

GO TIGERS



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# Kenneth A. Brett School

"Student Expectations"  
Keep Safe  
Act Respectfully  
Be Responsible

## February 8, 2017

### Special Points of Interest

- 2/8 ~ Afterschool Programs Begin Week One
- 2/9 ~ Tamworth vs Moultonboro Home Game 4pm
- 2/9 ~ School Board Budget Meeting 5:30pm & Tamworth School Board immediately thereafter
- 2/10 ~ Week 5 Ski/Skate Program
- 2/13 & 2/15 Afterschool Program Week Two
- 2/16 ~ Seventh Grade Crock Pot Cook Off 6-7pm
- 2/17 ~ Week 6 Ski/Skate Program
- 2/20-2/24 **February Vacation** Enjoy your time off!!

**Yearbook Committee 16/17** ~ Please send me pictures for the yearbook to my email or share on google docs. We need soccer and basketball pictures specifically. All pictures will not be used, but we would like some to add to the yearbook. Winter sports pictures would be great too. We will be meeting on Wednesdays after school until 4:30pm.



## Yearbook

### UNH Cooperative Extension's Nutrition Connections Program

Joy Gagnon is currently working with Mr. Hayman's seventh grade science class, addressing the issue of how to make healthier lifestyle choices. The topics they are studying include the importance of physical activity, reducing screen time, the value of healthy food choices and basic cooking skills. At the end of the six week program, the students will demonstrate what they have learned by choosing a healthy slow cooker recipe, preparing it and competing by groups in a cook off. You are cordially invited to this presentation and meal as we reveal what our students can do with a slow cooker and some healthy ingredients?  
Please join us!

Date: Thursday, February 16, 2017  
Time: 6 - 7  
Parents, relatives and community members are all welcome!



**News from the Café ~ Taste test on Thursday in the cafeteria.**

Rutabaga (also called swede) is in the Brassica family, that of turnips and cabbage, and when you cut one open you get a very definite whiff of the cruciferous. Technically, rutabaga is actually a direct cross between cabbage and turnips, and it shares turnips' slightly bitter flavor. Raw rutabaga tastes milder than turnips though, almost like a carrot without sweetness. It's crisp, juicy, and just a tiny bit piquant.

### **Afterschool Program Late Bus ~ Depending on stops needed times will be adjusted.**

- Union Hall-S. Tamworth (4:40)
- End of Depot Rd/113 (4:50)
- Tamworth Village (4:53)
- White Lake Inn/Tavern (5:03)
- Chocorua Village (5:15)



**Nurse News ~ American Red Cross ~ On Average 7 people die every day from a home fire.**

Did you know that if a fire starts in your home, you may have just two minutes to escape?

Make sure you and your family are alerted as soon as a fire is detected.

Get your FREE Smoke Alarm installed and Free home safety check.

To schedule an installation:

Visit: [redcross.org/nhvt/in-home-smoke-alarm](http://redcross.org/nhvt/in-home-smoke-alarm)  
Call: 1-800-464-6692  
Join Us! Become a Red Cross Volunteer, visit [redcross.org/volunteer](http://redcross.org/volunteer)

## Community Events



**Indoor Market Schedule 9am—1pm / Tamworth Town House / 27 Cleveland Hill Road / February 18th**

**Tamworth Farmers' Market Needs YOU to shop Half Price! ~ The Double Your SNAP Dollars**

**Program** continues at the Tamworth Farmers' Market. If you have an EBT card you can use it to cut your farm fresh grocery bill in half. There are over 25 vendors at the market offering many SNAP-eligible items such as meat, dairy products, bread, vegetables, fruit and more! Did you know that nutrition assistance makes up 73% of the USDA's budget? SNAP (Supplemental Nutrition Assistance Program) is the federal program formerly known as Food Stamps. This program is funded with donations from the community and grants from Harvard Pilgrim Healthy Food Fund, New England Grassroots Environment Fund and Granite State Market Match. Come down for a market fresh breakfast or lunch featuring produce, baked goods, meat and eggs from our vendors! Live music at the market! Check us out on Facebook !!

**ENCOUNTERS IN SOUND ~ JED WILSON & MIKE SAKASH ~ FEBRUARY 17, 2017, 7:30 PM ~** Bradley Backstage presents the final Encounters in Sound concert with pianist



Jed Wilson. Wilson, best known for his appearances on NPR's A Prairie Home Companion and collaborations with singer/songwriter Heather Masse, will be accompanied by saxophonist Mike Sakash. Mike has performed, recorded, and toured with the Phoenix Jazz Project and the Traverser Saxophone Quartet, in addition to being a regular member of the Portland Jazz Orchestra. His latest recording project included

legendary bebop alto saxophonist, Richie Cole, and Maynard Ferguson's longtime trombonist, Reggie Watkins. The CD, titled, "Wood Dance" is scheduled for release in June 2017. Currently, Mike is the music department chair at Fryeburg Academy, where he directs the instrumental ensembles and teaches courses in music theory, guitar, and jazz improvisation. \$15-Adults, \$5-Students

**A Winter Camping Expo** - Learn how to camp in the winter woods in comfort. The event will demonstrate various ways to set up the gear, using traditional tents, light-weight woodstoves, trekking toboggans, food, gear and the basic rules of winter camping, Saturday, February 11th from 1 to 4pm behind the Cook Memorial Library in Tamworth. Sponsored by the Tamworth Outing Club, the Wonalancet Outdoor Club and Geoffrey Burke.

*\*Information contained in or with this newsletter from other organizations is not necessarily endorsed by the Administration or the staff of K.A. Brett School. You are highly encouraged to investigate these organizations on your own.*

Join us for a special screening of

# SCREENAGERS



**GROWING UP IN THE DIGITAL AGE**

BY: Kennett High School

WHEN: 02/08/16 6:00 PM- 8:00 PM

WHERE: Loynd Auditorium, Kennett High School

Free Admission  
screenagersmovie.com



### News from Kennett High School:

We will host the incoming 8th grade transition night this year on March 23<sup>rd</sup> from 6 PM to 8:PM in the Loynd auditorium. More information to follow..

### Kennett Middle School Basketball Mixer for 8th Grade Students ~

On Monday, February 13th, 8th grade girls/boys basketball players will be leaving school at 2:45 going to the mixer and will return between 5:30—6pm to Brett School. They will be playing with other basketball teams from local surrounding towns.

**Cook Memorial Library** ~ On Monday, February 13th at 5:00 the reading club RATs will meet at the Cook Memorial Library. Kids age 8-11 are welcome to join in as we talk about books, play games, eat Flatbread pizza, and read to the club dog. **If you would like to take the late bus to Tamworth Village please let Amy know so she can meet the bus.** Also let Amy know you are coming so there will be enough pizza by emailing

[amy@tamworthlibrary.org](mailto:amy@tamworthlibrary.org) or calling the library at 323-8510.

**Join us for a Mending Sewcial** ~ with Juno Lamb from 9—11am on Saturday, February 18 at the Tamworth Lyceum in Tamworth. Bring your mending and sit with us. Mending materials, advice and instruction will be available. Why mend? Watch "The True Cost", free online. More info: 603-323-5120