

A Valuable Teaching Moment: Civil Rights Day, January 16th

First, a history lesson, or review adapted from an article available from Wikipedia: "Martin Luther King Day was founded as a holiday promoted by labor unions in contract negotiations. After King's death in 1968, Rep. John Conyers introduced a bill in Congress to make King's birthday a national holiday, highlighting King's activism on behalf of trade unionists. Unions did most of the promotion for the holiday throughout the 1970s. In 1976, trade unionists helped to elect Jimmy Carter, who endorsed the King Day bill. Six million signatures were collected for a petition to Congress to pass the law, termed by a 2006 The Nation article as "...the largest petition in favor of an issue in US history."

Opposition to the bill was led by Senator Jesse Helms, who questioned whether King was important enough to receive such an honor. He was also critical of King's opposition to the Vietnam War and accused King of having Communist connections. President Ronald Reagan was also opposed to the holiday. He relented in his opposition only after Congress passed the King Day Bill with an overwhelming, veto-proof majority (538 to 90 in the House of Representatives and 78 to 22 in the Senate). At the White House Rose Garden on November 2, 1985, Reagan signed a bill creating a federal holiday to honor King. It was observed for the first time on January 20, 1986.

In Utah, Martin Luther King Day is also known as Human Rights Day; similarly, in Arizona and New Hampshire, Martin Luther King Day is also known as Civil Rights Day."

For many of us, this day recognizes the triumph of equality for all. The ideal of equality has a personal significance far greater than this article from wikipedia conveys. It substantiates a core value for many in this country and the world, as well as here at the school. It is the basis for our school values of Respect, Inclusivity and belonging and, of course, "fairness"- three of the eight values we have identified as cornerstones of what kind of community we strive to be. As you have noticed this school year includes a half day on Civil Rights Day or, as it is know in other states, Martin Luther King Day. We believe there is an opportunity to hold a half day in order that we can devote time to discuss and personalize the meaning of equality, and equal rights for all-- what it means and what it looks like in the lives of Lyme School Students. To this end we have planned a day which focuses our attention on WHY we are taking time away from our working schedules. Such that we can appreciate the significance of what has been accomplished as well as the importance to continue our commitment to assuring equality. We recognize that there may be some who wish to recognize this day in there own way as a family and to investigate for themselves the meaning of this day for themselves. If that is the case free to do so. For those that join us we are excited to be able to celebrate, recognize and value the continued efforts to ensure that everyone has the right to pursue their dreams, to be met with respect regardless of differences, and to feel that they are as much a part of our school, our community, and our country as any other person.



Human rights rest on human dignity. The dignity of man is an ideal worth fighting for and worth dying for.
-Robert Maynard



INK Spot

Imagination and Knowledge

Where did our imagination and innovation take us this week?...

ENGINEERS



Future engineers Alex and Jamie- grade 4, designed a remote controlled propeller driven tin can car (on right) on their free time, we took it for a test drive (far right) and it was flawless and VERY cool.



AUTHORS AND ILLUSTRATORS

I now have a pile of publications from the prolific minds of our our 1st graders, so many I can't include them all in one issue. Authors and illustrators include: Dylan, Drew, Cooper, Luke, Teddy, Rowan, Ryan and Eli.



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THE LYME SCHOOL Newsletter



#14



INK Spot

Imagination and Knowledge

More imagination and innovation created this week?...



Girls Choral Group

Girls of all ages welcome! Come learn to sing in 4-part harmony with Liz Pippin Carey and Margaret Finley. We'll meet every Monday in the Kindergarten room from 3pm to 4pm. It's a lot of fun and a great way to learn harmony!
Any questions, please call Liz at 667-3450

First practice will be on Monday, Jan 16th at 12pm (half day of school).

Message from the **P.T.O.**

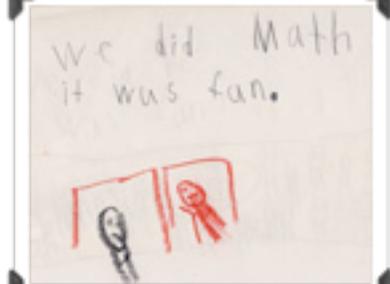


PTO GEAR NOW AVAILABLE IN THE OFFICE

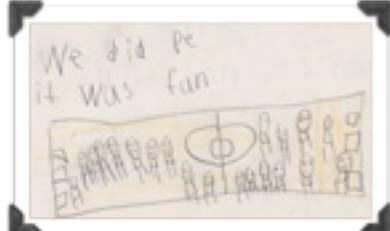
In case you left something off the gift list or suddenly need a stuffed lion, the PTO is here to help. Proceed go to support the Artist-in-Residence program as well as other PTO programs.



Dear Principal...



We did Math it was fun...



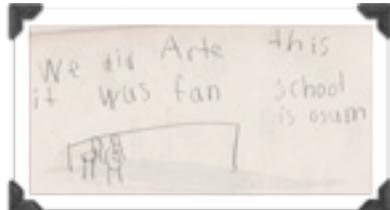
We did P.E. it was fun...



We did read aloud it was fun...



We did Spanish it was fun...



We did Art it was fun. This school is awesome.

(So are you guys... - Mr. V)



Lunch
Week of
1/9 to 1/13



Monday	Soft Tacos w/ salsa, lettuce, tomatoes, cheese Rice Carrots Garden Salad Fresh Fruit
Tuesday	Beef Beef Stew Cornbread Mixed Vegetables Garden Salad Fresh Fruit Chocolate Pudding
Wednesday	Hamburgers w/ lettuce, tomatoes, cheese Fries Corn Garden Salad Fresh Fruit
Thursday	Beef Meat or Veggie Pizza Broccoli/Cauliflower Garden Salad Fresh Fruit
Friday	Chicken Fingers Roasted Potatoes Squash Garden Salad Fresh Fruit



Al a carte Fruit and Milk are available everyday



Contact me at: JValence@LymeSchool.org
Phone: 795-2125 or just stop by.
You may print color copies of the Newsletters at: www.LymeSchool.org



CONVERSE FREE LIBRARY

There is ONE more space in the Doll Making Workshop for kids in Grades 3-5
Three Monday afternoons starting January 9--afterschool until 4:30.

Thursday Afternoon Knitting Group
Knitters, young and old, are welcome
Thursday afternoons in the Lyme Room
Anytime between 1:30-4PM.
Bring your own project. Informal.

Hot Lunch Discrimination Statement: This explains what to do if you believe you have been treated unfairly. "In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, 1400 Independence Ave., SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."



The Lyme School

Kindergarten to Eighth Grade Serving the community of Lyme, New Hampshire for over 100 years
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School Health Notes

Welcome back! This week the NH Department of Health & Human Services reported confirmed cases of influenza in New Hampshire. Please read the general illness guidelines for school and review the following DHHS recommendations. Thank you in advance for doing your part in limiting the spread of illness, reducing sick days for students/staff and protecting compromised individuals within our school community.

School Guidelines

Keep your child home with fever (temperature 100 or above). Please notify the health office or school when your child is home sick.

Your child may return when their temperature is below 100 without the use of fever reducing medications.

If your child has vomited during the night or has slept poorly due to illness or injury please allow them to rest at home the following day. When children come to school tired they perform poorly, are not productive and are much more likely to get hurt. Children should return to school only when they are well enough to fully participate in their school schedule including outdoor recess and PE. If they are diagnosed with a bacterial infection (ie. strep throat, pneumonia) they should stay home until they have been on antibiotics for a full 24 hours and feel better.

If your child has been injured please notify the nurse on their return to plan for their safety and comfort.

If on return they need prescription medication, any treatment, or have activity restrictions please send in a doctor's order.

Wellness Tips

Boost your child's natural immunity by offering healthy meals and snacks. Make regular bedtime a priority to ensure they get adequate sleep necessary for restoration and to strengthen recuperative powers. Young children require 11 hours of sleep each night, older children need 9-10 hours. Encourage down time daily to promote wellness and reduce stress. By keeping your child home when ill they will bounce back quicker, recover more fully and return to school faster.

Flu facts from DHHS

The main way that influenza viruses are spread is from person to person in respiratory droplets of coughs and sneezes. Symptoms of flu include fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Children can also have gastrointestinal symptoms (nausea, vomiting, and diarrhea), but these symptoms are uncommon in adults.

Tips to avoid getting and spreading the flu include:

Wash your hands often with soap and water for at least 20 seconds. When soap and water are not available, use antibacterial hand gel.

Cover your nose and mouth with a tissue when coughing or sneezing, then dispose of the tissue and wash your hands or cough or sneeze into your sleeve.

Avoid close contact with people who are sick.

Stay home from work and school when you have fever with cough and/or sore throat.

Eat right, exercise, and get plenty of sleep.

Do not share utensils, such as silverware

Stay well & Best wishes for a healthy and happy New Year !

Mary Doucet RN