

# Fred Moodry Newsletter

December 20, 2018

## Important Dates

December 21	Head Start Program
January 14	Family Food Night ( FMIS 6-7)
January 17	Family Night @FMIS
January 23	PTA Meeting (6:39 PM @ FMIS library)
<b>January 28</b>	<b>3rd grade ski day (this is a change)</b>
February 11	<b>3rd grade ski day (this is a change)</b>

**Pizza lunch dates: January 10 and 27**

**Did you know this newsletter is sent home the 2nd and 4th Thursday of every month?** If you have any suggestions please contact Anne Calhoun! [acalhoun@anacondaschools.org](mailto:acalhoun@anacondaschools.org)

## Wellness Committee

Our school is renewing its School Wellness Policy, and I am looking for an interested parent who might like to be a part of the Wellness Committee.

The wellness committee helps guide the school wellness policy - its goals - and meets 4 times a year to discuss the implementation / progress of it. (I'm hoping to set up short quarterly webinars as the committee meetings.) The committee also meets every three years to review / assess the policy for revisions. Please email Heidi Nielsen at [hnielsen@anacondaschools.org](mailto:hnielsen@anacondaschools.org) if you are interested in participating!

## Have a safe and fun Christmas Break!

We return to school on January 3. We will have regular days, with an early out on Friday (2:20).

### **Note from Mary Kay Bjornemo:**

I would like to thank all the staff and students for their help and encouragement that was given to me. Thank you very much. Merry Christmas Happy New Year.

### **Ski Dates**

3rd grade: Jan 28, Feb 11

4th grade: Mar 5, Mar 12

5th/6th grade: Mar 7, Mar 14

### **Want to Travel the World?**

We are going to Belize June 2019. If you are interested in joining us for this all inclusive trip please contact Mrs. Leipheimer at Fred Moodry Middle School. All students from 6th grade through High School are invited to travel as well as parents, grandparents, aunts, uncles....

### **After School Intervention**

We will be starting a new after school intervention group. Group will run after school from 3:30 to 4. We will begin on January 7th. Letters of permission will be going home and if you have questions, you may email Tammy Hurley at [thurley@anacondaschools.org](mailto:thurley@anacondaschools.org)

### **3rd Quarter Parent/Teacher Conferences**

We will be having a 3rd quarter conference. They will take place on March 28. More information will come home as we get closer. There will be no school on March 29.

# Water Conservation Challenge

## 10 Easy Steps

1. We challenge you to not let the water run every time you brush your teeth.
2. Try to take showers instead of baths, and take 1-2 minutes off your shower.
3. Only wash full loads of laundry and wear your clothes over again if they are not dirty.
4. Wash dishes using your dishwasher, or fill a sink  $\frac{1}{2}$  full, wash all dishes, then rinse all dishes at same time
5. Make sure you don't over water your plants/crops. Water to a depth of one inch.
6. Try not to make too much of a food item if there is not enough people to eat it, this saves water as well as food.
7. Instead of running water to get a cold drink, put a pitcher under the faucet to collect water until the right temperature is reached. Store the pitcher in the refrigerator for your next drink.
8. While warming up your shower, place your pet's bowl to collect water in  
Until the correct temperature is reached.
9. Move your pet's water bowl to an area next to a wall to prevent them from tipping it over.
10. Convince others to take the challenge.

This challenge is brought to you by the 6th graders of Fred Moodry  
Intermediate School