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New Milford High School 860-350-6647 Mr. Greg Shugrue, Principal Mrs. Liz Curtis, Asst. Principal Ms. Linda Scoralick, Asst. Principal Mr. Eric Williams, Asst. Principal



Schaghticoke Middle School 860-354-2204 Dr. Christopher Longo, Principal Mrs. Kerri Adakonis, Asst. Principal Mrs. Jennifer Chmielewski, Asst. Principal Mrs. Barbara Nanassy, Asst. Principal Dr. Len Tomasello, Transition Admin.



Sarah Noble Intermediate School 860-210-4020 Mrs. Anne Bilko, Principal Mrs. Emily Gervasio, Asst. Principal Mrs. Jennifer Hankla, Asst. Principal Mrs. Jennifer Meyers, Asst. Principal



Hill & Plain Elementary School 860-354-5430 Mrs. Paula Kelleher, Principal Mrs. Jennifer Hankla, Asst. Principal



Northville Elementary School 860-355-3713 Mrs. Susan Murray, Principal Mrs. Barbara Nanassy, Asst. Principal

Spotlight on New Milford Schools

Volume 7, Issue

March 2017

New Milford Public Schools Are Filled with the Sound of Music



March is **Music in Our Schools Month** (MIOSM®), supported by the **National Association for Music Education** (NAfME). What better time to spotlight the district's music programs? Here in New Milford, we have a dedicated and talented Music staff that spend many hours guiding our students in their pursuit of musical expression and performing excellence.

Music education begins at the elementary level. NES Music teacher Mrs. Diana Beddows says, "Music instruction grounds children in the fundamentals of creating, performing, and responding to music so they can become artistically literate as they get older. Each 30 or 40 minute music class includes a variety of music activities targeted towards developing specific skills."



Beginning for some students as early as Pre-K, children learn to find their singing voice. In Kindergarten, children enjoy beat activities, seen here through the use of

a community drum at NES. HPS Music teacher Leanne Buckley says first grade students create music and conduct their own rhythmic creations. Second grade students



learn how to read, write, and play rhythms in duple (two main beats to a measure) and triple meter.

Students also have the opportunity to be in a mini-musical. NES' 2017 minimusical, *NUTS!*, a forest story celebrating the circle of life, and serendipitously reinforcing the science curriculum, was presented to a full house of parents and family on March 17 (<u>click here for a video clip</u>). HPS second graders will perform their show *Barnyard the Moosical* on June 7, closer to the end of the school year.

At the intermediate level, the goal is to excite and energize *all* students toward building a life-long love of music. This is also the first formal opportunity students have to elect to participate in the group activities of band and chorus. Music teacher Mrs. Allison Parke speaks for her fellow SNIS music teachers when she says, "Music is an integral part of the Sarah Noble experience, and we celebrate the joyful learning that music brings to our community. At SNIS, in grades three through five, students are immersed in a blend of modalities designed to teach music, including Kodaly, Orff-Schulwerk, and Dalcroze

eurhythmics. Through these, students experience singing and ear-training, playing recorder and Orff instruments such as xylophones, movement and dance, as well as avenues for self-expression and creating original music. These core skills, combined with rich cultural and historical contexts, cultivate a sensitivity and appreciation for an arts-filled life. At SNIS, all students learn fundamental musical skills in General Music. Students are then encouraged to participate in performing groups (chorus, band, and orchestra), and TAG Music Enrichment."





For Music in Our Schools Month, Mrs. Parke says students are exploring the value of music and discussing how music impacts them on a personal level. Each morning this month, students have been greeted by music during announcements, accompanied by a music history fact. In the front lobby, weekly performances by SNIS chorus and instrumental ensembles greet students as they arrive from the buses. Every Sarah Noble student has been encouraged to

express how music inspires them. In a visual display, students say that music "makes me calm and focused", "makes me feel alive with energy", and "inspires me to try my best".

Students at Schaghticoke Middle School are offered general music classes. SMS Music teacher Mr. Paul Shim says "In 6th grade general music students learn the foundation of music theory but we also dive into learning different instruments such as the xylophone and the ukulele. There are also various composition projects throughout the year where students can compose for the instrument they have learned and create a song which we then input on the computer for a finished product. A new opportunity for 6th graders this year is the Music Technology course centered around our iPad Music Lab at SMS. The purpose of the course is to give students an opportunity to create, perform, and experience music through technology. There are inevitably some students who aren't as passionate about music through the classical musical lens so this gives students an outlet to be creative

in music with technology. Our classroom is a nearly 1:1 iPad to student environment and we walk through various apps where students learn how to program various sounds, record their own samples, and create complete songs that we can save to iTunes and other devices. We are very excited about this course and look forward to all the amazing creations from the students." Visit our website to see what our SMS iPad Music Lab is currently working on: www.mrshim.wix.com/smsipad.



Mr. Shim says he is pleased to report that SMS has new keyboards for student to use this year. "We have 25 brand new keyboards for each student in class which is a huge help as 7th grade general music focuses on keyboard technique and jazz."

Music education continues to expand at the middle school level, both instructionally and socially, as teachers work on community building and what it means to be part of a larger group. Music teacher Mr. Darryl Gregory says, "Within the instrumental music department there are many opportunities for our students to create new relationships and to feel a greater sense of belonging. Through participation in concerts and events, students work together to create new bonds on the personal and academic levels. Our festivals and events involve the parents thus bringing the sense of outside family into our musical family."

SMS students may choose to participate in Band and Orchestra classes. The groups perform in concert throughout the year, including at the New Milford Jazz Fest and String Fling. This year, the instrumental music groups performed at the Alzheimer's Foundation "Memory Walk" and at the Candlewood Valley Rehab Center in December for the holidays.

Mr. Gregory says, "During the 8th grade year, the Band and Orchestra do a few transitional activities to help ease students into the high school program. In the fall we attend a band competition and a football game. In January the 8th grade band plays a joint concert with the NMHS bands. We also help with transition activities on the other end. During our Spring Bands Concert, the SNIS 5th grade band combines with SMS bands. This gives us an opportunity to speak about the transition to middle school for the incoming 6th grade students and their parents. Students coming in to SMS know right away that they will belong to a valued and exceptional organization."

SMS students are also offered choral instruction in all grades. SMS Music teacher Ms. Diane Taylor says, "In addition to the three grade-level choruses at SMS, we also have SMS Voices. This is a performing group that meets before and after school, and students who participate in it must pass an audition. There are two concerts per year - the second one, usually in May, involves all three choruses, and gives each grade level an opportunity to sing with each other. During the school year, the vocal groups also participate in community activities. We have performed for Candlewood Valley Health & Rehab, Chestnut Grove Congregate Housing, the American Cancer Society Relay for Life, and Danbury Titans hockey games. Some past performances have also been at The Silo and Northville Fire Department."

Ms. Taylor says SMS music students also participate in the Northern Region Middle School Music Festival each year in both choral and instrumental. "Students spend time attending after school workshops prior to auditions, and for those accepted to the festival, we work together on learning their repertoire. Participation in this festival is often the highlight of their time at SMS."

SMS students show off their musical talents in the annual school musical held in the spring. The most recent musicals have been *The Little Mermaid Jr.*, *The Lion King Jr.* and this year's *Beauty and the Beast Jr.* (Students pictured at right performed a preview at the March BOE meeting.) Ms. Taylor says, "Following auditions, many hours go into rehearsing songs and acting, as well as behind the scenes activities such



as set building, costumes, stage crew, etc. It is an excellent way to bring talent together from not just a musical standpoint, but artistic and hands-on as well. It is a wonderful way for those new to the stage to mingle with more seasoned thespians to learn a new craft. The bond that is formed between cast and crew and among the grade levels is very strong and the production offers a truly memorable experience for all."

New Milford High School continues New Milford Public Schools strong program of music education by offering students elective choices and membership in performance groups. Over 250 students participate in music courses or large ensembles each year at NMHS.

Mr. Robert Keck directs the Chorus and Advanced Chorus and teaches Electronic Music and History of American Musical Theater. He also directs the annual All-School Musical and serves as the Manager and Technical Director for the theater. Chorus is open to all students who wish to participate. There are three classes of regular Chorus and students are scheduled into these classes as their schedule permits. There is one section of Advanced Chorus. Auditions for this group are held in

January for the next year's ensemble. The Advanced Chorus sings with the main Chorus and is the group that performs outside of school as opportunities arise. The choruses perform at four concerts during the school year. Choral students can also audition to participate in Regional and All-State music festivals.

History of American Musical Theater is a half-year elective course where students watch and discuss important shows, and learn about the people involved in the development of this American art form. Electronic Music is a half-year elective in which students are taught to use Garageband software to create original music using synthesizers and a computer.

The All School Musical production is an annual event combining the talents of our singers, actors, dancers, instrumentalists, and artists. It has been a highlight of the year since its inception in 1982. This year's production, *Mary Poppins*, was no exception. To read more about the history of the all-school musical at NMHS, <u>click here</u>.

Mr. David Syzdek oversees the instrumental side of the music program at NMHS. The program offers many performance opportunities in large ensembles as well as a comprehensive list of academic courses in music. Large ensembles include Marching Band, Concert Band, Wind Ensemble, Winter Percussion, Orchestra, Lab Band, Jazz Band, Pit Orchestra, Chorus and Advanced Chorus. The New Milford High School Symphonic Band combines students from Concert Band and Wind Ensemble. Courses offered in music include Music Theory and Music Appreciation.

In recent years, ensembles from New Milford High School have performed in South Carolina, Virginia, Florida and Washington DC. In 2015, the Symphonic Band performed on stage at Carnegie Hall in New York, in 2016 the Marching Band performed for the New York City Veterans Day Parade and most recently in 2017 both the Orchestra and Symphonic Band performed at Symphony Hall in Boston. The Marching Band is also scheduled to perform in the 2017 Hollywood Christmas Parade in California this coming fall.



Mr. Shim speaks for all the district's music teachers when he says, "We are really proud that we can provide so many musical opportunities for students to experience, create, perform, and enjoy music. Music is such a powerful tool to tell stories, to express our emotions, and to be creative and it is important that we give our students a chance to experience and enjoy what music has to offer."

Mr. Syzdek agrees and says, "We are very proud of all the accomplishments of our music students and would like to thank them for their hard work and dedication, as well as thank the parents and administration of the New Milford Public Schools for their continued support of music education."



Full House for Family Science Nights

There was a full house at the SNIS Family Science Night held Thursday, March 9th in the SNIS Gym and for the K-2 Science Night on March 22nd. The events were a collaboration between the schools, New Milford PTO and K-5 Science Enrichment Teacher Mrs. Susan Brofford.



Mrs. Brofford says, "There were 47 third through fifth grade students who registered in advance for the SNIS event and approximately 15 more who registered at the door. There were more than 60 scientists exhibiting their work. These impressive presentations included topics such as: Exploring DNA, Acids and Bases, Robotic Hands, Magnetic Slime, Density, Electromagnets, How Do Bees See...and many more! There were so many great presentations from students who were well informed and able to explain what they had chosen, why they had chosen it, and the science it represented. It was apparent that much hard work, thought, and

planning went into these student exhibits."

In addition to the exhibitors, more than 30 students and families showed up to see the presentations and do STEM activities. The STEM stations included Marble Roller Coasters, Marshmallow Catapults, Flying Hoopsters and more. For the K-2 group, a whopping 110 students registered. Several NMHS students, a number of teachers, and several administrators also attended to lend support and praise.

Mrs. Brofford said the events could not have happened without all the volunteer help. "PTO volunteers were amazing to work with in planning, coordinating, and setting up the events. The SNIS Custodial Crew did a spectacular job prepping for and then breaking down the tables. NMHS students were a great help and did a fantastic job! There were fourteen



students, many of them National Honor Society Members, who helped man stations and 'judge' projects. A number of teachers and administrators were on hand to support our students. I am so grateful to all those whose hard work made the events a huge success."



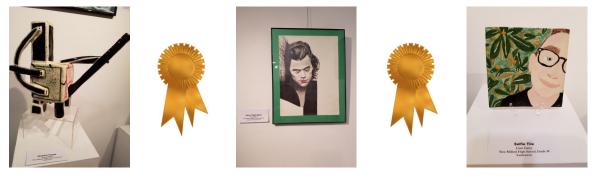
NMHS DECA Makes History

NMHS DECA took FIRST place in SIX competitive events at the DECA State Conference on March 13th. Breaking all records for NMHS, eighteen students took to the stage as victors. Fifteen students placed to attend the DECA International Career Development Conference in Anaheim, CA this April. Congratulations to all the students and to DECA advisor Mrs. Deb Knipple!

Artists on the Rise

The Brookfield Craft Center held their second Annual Juried Student Exhibition in March, titled **Artists on the Rise**. This juried youth art show, which ran from March 4-26, featured seventy talented high school student artists from six local high schools in the Greater Danbury area who displayed their work in a wide-range of media including ceramics, painting, photography, and more. Awards were given across media and for best-in-show. A jury of noted community members, artists, and educators evaluated all the submissions and finalists in making the awards.

NMHS Art teacher Annette Marcus reports that eleven New Milford student artists had works juried into the show. "Three students won awards for their work: Fiona Wilson, 2nd Place in Drawing; Dan Krepil, 2nd Place in Ceramics; and Liam Lacey, 1st Place in Ceramics. Many NMHS students and parents attended the opening reception to offer their appreciation to all the artists."



Howard Lasser, executive director of the Brookfield Craft Center states "The quality of work of these students is a testament to their creativity as well as the inspiration and encouragement from family and teachers."

Working Together for Art's Sake



Students in Ms. Marcus' Ceramics II class recently participated in an interdisciplinary unit between Visual Arts and Theater Arts by creating beautifully decorated vases in Chinese Ming Dynasty Era designs to be used in this year's All School Musical production of *Mary Poppins*. Musical director Mr. Bob Keck approached Ms. Marcus with the request for about a dozen large ceramic vessels to be used as props in the show.

Mr. Keck envisioned "priceless family heirlooms" and Ms. Marcus said her thoughts went to the Ming Dynasty period. Ceramic students paired up, selected

a vessel shape from purchased starter pieces, researched the period, and worked collaboratively on the design and decoration.



Per Ms. Marcus, "All of the vases were lovely and very reminiscent of

that period in Chinese ceramic history, but one vessel stood out among all others after a panel of independent judges voted it first honors. This vase, filled with notes of love and appreciation from the cast and crew, was presented to retiring director Mr. Keck after the last performance of this year's musical."



Maria Breton Karin Dieterle Jeanne Dubray Erin Fagan Tara Gee Erin Lucia



Please join us for our Spring **College and Secondary Options Fair**

Special congratulations to Karin Dieterle who will drive the Ingersoll Auto of Danbury NMPS courtesy car for the month.

Don't forget to visit the district website to submit your staff nomination.

Upcoming Events...

Parent/Teacher Conferences March 30 and April 5



CT State Department of Education Releases Next Gen School Performance Report

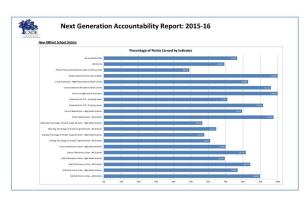
The CT State Department of Education (CSDE) recently released the 2015-16 Next Generation Accountability Report. This model was originally outlined in Connecticut's flexibility application to the U.S. Department of Education and formally approved by the USDE in August 2015 and is now included in Connecticut's state plan for the Every Student Succeeds Act. It is the direct result of an extensive consultation process over a two year period. The CSDE sought feedback from district and school leaders, Connecticut educators, state and national experts, CSDE staff, and many others.

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14	71.4 Performance Index - All Waderds	67.8		75	44.7	52	23.55	627	every indicator including the rationale for its inclusion, the methodology used as well as	
15.	CLA Performance Index - High Needs Students	57.7		25		52	76.9%	567		
16	Math Performance Index - All Souderos	63	1	25	42.1	54	84.1%	62.4	Inits to resources, research, and evidence-	
14.	Math Performance Index – High Needs Students	53	1	25	34.8	50	69.SN	49.9	based strategies, please consult the docume titled Using Accountability Results to Guide improvement which is available on the Next	
1e.	Science Performance Index - All Students	63	2	- 25	43.8	52	81.7%	\$7.5		
1f.	Science Performance Index - High Needs Students	52	52.5		0.26	50	70.0%	47.0	Generation Accountability Resource	
2a.	CLA Arg. Percentage of Growth Target Achieved All Students	61.	61.1%		61.1	100	61.1%	63.8%	the CSOI Performance Office.	
26.	ELA Avg. Percentage of Growth Target Achieved - High Needs Students	57,		100	57.7	100	57.7%	58.3%	This model is the deart result of an extension	
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24	Math Avg. Percentage of Growth Target Achieved - High Meeds Students	56.6N		100				\$7.4%		
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5	Preparation for CCR - % taking courses	68.6N		25%				67.6%		
6	Preparation for CCR - % passing exams	53.3%		75%		50		49.7%		
7	On track to High School Graduation	95.8N		34N				85.2%		
8	4-year Graduation All Students (2015 Onhort)	90.3N		36%				87.2%		
2	is year braduation - High Needs Students (2213 Cohert)	28.0%		56%		100		78.6%	the Every Student Succeeds Act.	
10	Postsecondary (intrance (Class of 2315)	75.7%		- 25%		120		72.9%]	
11	Physical Ritness (estimated part rate) and (Roness rate)	92,4%	36.8%	25N		50			1	
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The statistics represent the results from the second year of Connecticut's Next Generation Accountability Model for districts and schools. The complete report as well as detailed information and resources about every indicator including the rationale for its inclusion, the methodology used, as well as links to resources, research, and evidence-based strategies, is available on the CSDE website <u>here.</u>

New Milford Superintendent of Schools Joshua Smith says, "This is only the first time we have had the opportunity to see year-to-year growth with the new accountability index. It is like getting a report card from the state. Indicators include attendance, discipline, standardized tests and graduation rate among others. I am pleased to report that the New Milford Public Schools are above the overall state average and have demonstrated growth in most of the indicator categories. High schools are accountable to the greatest number of indicators and their performance indicator is a result of the most data points. NMHS scored over 80% on the overall performance indicator. The high school profile is the most comprehensive and includes all factors that contribute to our ratings as a district. Each school has a similar profile, but not all data points apply. The district rating is comprised of the aggregate from all schools."

Mr. Smith said identified areas of strength include 61% of our 11th grade students and 78% of our 12th grade students meeting the state benchmarks for College and Career Readiness. This is up from 55.1% and 77.1% in the 2014-15 school year. Our high school graduation rate remains above the state average at just about 90%.



Regarding areas for future concentration, Mr. Smith says, "While assessment scores in English, Math and Science remain at just about the state average for many grades, we continue to focus on improvements to curriculum and instruction. We have also increased our capacity to identify and support students who are underperforming in these areas. We did see improvement in the number of 10th grade students reaching the health standard on the physical fitness test and we are substantially above the state average, but we see this as an area for growth also."

NMHS Students Invited to Join Principal's Advisory Council

New Milford High School has had a School Climate Committee for several years now. Composed of teachers, students and administrators, the Committee works on school wide initiatives after school hours. The school administration and teachers were finding that meeting times often conflicted with other options for clubs and activities and students that wanted to get involved were spread thin.

Principal Greg Shugrue says "Student leaders want more to do; many are trained for a few activities and students are yearning for more ways to get



involved and refine their leadership skills. Our goal with the newly created Principal's Advisory Council is to promote a positive school climate by providing staff and students a forum to be heard and serve as a liaison for change, thus creating an even better school culture."

This month, NMHS administration invited interested students to an introductory meeting. Here students learned the overall theme for the Council which is designed to meet monthly at the rise and shine hour of 7:00 a.m., hopefully enabling staff and students the opportunity to attend and still keep their commitments in the afternoon.

What's it Look Like?

The Principals' Advisory Council will start with four sub-committees:

Spirit/Special Projects

The goal here is to promote school spirit and a climate of safety, tolerance, and philanthropy.

Peer Mentoring

The Peer Mentoring Committee will collaborate with administration, teachers, and counselors regarding ways to lead and help fellow NMHS students through programs such as new student orientation, both in the summer and throughout the year, to make sure that NMHS is a welcoming school.

Outreach

The goal here is to show our middle, intermediate, and elementary schools how great New Milford High School is and to give younger, prospective students an introduction to the GREEN WAVE. The group will also brainstorm ways to reach out to the general community.

• Public Relations and Media

The goal here is to promote social causes, advertise school events, and provide media relations.

Mr. Shugrue says, "We had approximately 90 students and 20 staff members attend our first meeting, a great sign of things to come. A follow-up questionnaire was sent to each student that attended soliciting their participation in one of the four committees and also soliciting suggestions for additional committees. At this point we are tabulating the responses and assigning committees. It is my goal to meet again within the next two weeks. I am really excited to see where it goes."

Project Purple



New Milford High School had a purple glow the week of February 27th to March 3rd. NMHS Health teacher, and New Milford Substance Abuse Prevention Council Co-Chair, Mrs. Erica Keane explains, "The Project Purple initiative was founded by former professional basketball player Chris Herren to bring awareness to substance abuse and addiction. The The Herren Project (THP) <u>Project Purple Initiative</u> empowers youth to stand up and make a difference. Going Purple gives students motivation and support as they embrace a message of education and awareness. Students learn that they do not need drugs and alcohol to meet life's

challenges; that they are perfect the way they are."

NMHS embraced the theme by going purple in various ways for the week. Says Mrs. Keane, "Some of the SADD students decorated the green with purple ribbon and a banner encouraging the community to join us. Mayor Gronbach made an official proclamation stating the week of February 27th- March 3rd would be THP Project Purple week and encouraged town leaders and businesses to wear purple on Friday, March 3rd." As another visual reminder, NMHS students were encouraged to make a statement on who they are without substances and proudly hang them on the wall in the cafeteria. Students



were given glow-in-the-dark purple bracelets for joining the purple movement and students and staff wore purple on Friday in support of the initiative. SMS students also wore purple on Friday in solidarity.

Braving the Shave

Our late spring snowstorm did not deter the participants in this year's Brave the Shave event held at NMHS on March 16th. NMHS Key Club sponsored this second St.Baldrick's Head Shaving event and raised over \$6,500 in the process!

Dr. Natalie Belzer, Assistant Professor of Pediatrics at UCONN School of Medicine and Attending in Pediatric Hematology/Oncology at Connecticut Children's Medical Center spoke about the realities of childhood cancer. Key Club advisor Mrs.

Danette Lambiase says "Dr. Belzer explained how less than 4% of the National Cancer Institute is solely dedicated to childhood cancer research. Worldwide, a child is diagnosed with cancer every two minutes. It's real, it's ugly, and staff, students, administrators, friends, family and police officers from NMPD stepped up to do something about it. Key Club wants to thank everyone who Braved the Shave and all who donated. Your courage and support will go a long way in funding childhood cancer research!"





Let's Go Fly a Kite

At SNIS, Mr. Justin Mack's 4th grade class recently took advantage of the March wind by designing and constructing their own kites to fly as an extra culminating project to their Math unit on geometry. Students used their knowledge of polygons, angles and measurement to plan out a kite design and then chose materials (straws, bamboo



skewers, plastic bags and a lot of tape) from the classroom makerspace to construct their kites. They worked collaboratively to problem solve obstacles in their construction and used a short instructional video viewed on their Chromebooks as a guide. After construction, students measured and recorded the actual lengths of sides and angles of the kite they had created.

Then, it was time to fly! Says Mr. Mack, "It was the perfect way for the students to see their Math instruction in action. As a bonus, they were able to observe ways to improve their design in any future kites they may build and fly."



Jump Rope for Heart

NES Physical Education teacher Denise Merrill says the Jump Rope for Heart event took place on Wednesday, March 1st. This fun event not only raised money for a good cause, it provided some valuable exercise for students. "The event was for our 2nd grade students only. We began with a dance warm-up to the song *Everything is Awesome*. The event ran from 9:30 to 10:30 a.m. with all 2nd grade classes in the gym during that time. Following the event our PTO furnished bottled water and orange slices for the students. We are so

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pleased to announce that our students raised \$4,241.34 for the American Heart Association."



Not to be outdone, SNIS students held their own Jump Rope for Heart event. Physical Education Teacher Danielle Brooks coordinated and with all grades participating, Principal Anne Bilko proudly reports over \$9,300.00 raised!



March is National Nutrition Month



National Nutrition Month[®] is a nutrition education and information campaign created annually in March by the <u>Academy of Nutrition and Dietetics</u>. The campaign promotes healthful eating as well as physical activity. "*Put Your Best Fork Forward*" is the theme for NNM 2017 which inspires everyone to start with small changes toward a healthful eating style – one forkful at a time. In an effort to support this campaign, New Milford Public Schools' Food and Nutrition Services department provided a nutrition tip of the day to all district staff during March with information from the Academy's website. We've provided a few samples below.

• Weight Ranges for Adults

Weight ranges for adults are defined using body mass index — a number, usually between 15 and 40, calculated from a person's height and weight. The easiest way to determine your BMI is to use the <u>Academy online BMI calculator</u>. A calculator will give you both your BMI and the weight category your BMI falls within.

Physical Activity

Regular physical activity is essential for good health and healthy weight management. The key to success is to find physical activities that you enjoy and then aim for 30 to 60 minutes of activity on most days of the week. If you want to maintain a healthy weight, build muscle and lose fat, the best path is a lifelong combination of eating smarter and moving more. A mental trap is rewarding a good workout with high-calorie or fatty foods. Rewarding your workout with food and high-calorie fluids will undo your efforts in the gym; instead, treat yourself to a new pair of sneakers for a job well done.

• Benefit Your Body with Water

Water plays a role in the functioning of your body. It moistens tissues, regulates your body temperature, lubricates joints, helps flush out waste, carries nutrients to cells and protects organs. How Much Water Do I Need? The amount of water you need to drink is different for everyone. A good rule of thumb is to drink whenever you feel thirsty. If your urine is clear or light yellow, it is a good indicator you're drinking enough water.

• Cruciferous Vegetables

Cruciferous vegetables are a good source of dietary fiber and contain vitamin K, C and E, folate and minerals such as potassium and calcium. Extensive research shows that a number of the nutrients in the cruciferous family may have anticancer effects. So eat your cauliflower, kale, Brussel sprouts, cabbage, radishes, turnip, rutabaga and broccoli.

The Academy's website has many tips for parents regarding food, health and fitness.



The Food and Nutrition Services department included our youngest students in National Nutrition Month as well. On March 20th and 21st, the Department sponsored a special event for grades K-4 students. FOODPLAY, a national award winning theater show brought juggling, music and magic to turn kids on to healthy eating and active living.

Food Services is Tweeting now too! Follow them @NMPSFoodService



New Milford Public Schools

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Ms. Alisha DiCorpo Assistant Superintendent

Ms. Ellamae Baldelli Human Resources Director

Mr. Kevin Munrett Facilities Manager

Mr. Anthony Giovannone Fiscal Services & Operations Director

Mrs. Laura Olson Pupil Personnel & Special Services Director

Ms. Roberta Pratt Technology Director

Mrs. Sandra Sullivan Food Services Director

Board of Education Mr. David A. Lawson Chairperson

Mr. Bill Dahl Vice Chairperson

Mrs. Tammy McInerney Secretary

Mr. Robert Coppola Assistant Secretary

Mrs. Angela C. Chastain

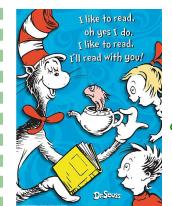
Mrs. Wendy Faulenbach

Mr. Dave Littlefield

Mr. Brian McCauley

Mr. J.T. Schemm

Read Across America Day



Celebrated annually on Dr. Seuss' birthday, March 2nd, Read Across America Day reminds us all to take time to read—especially with our children. New Milford schools embraced the event with guest readers and "time outs" for reading.



The mission of the New Milford Public Schools, a collaborative partnership of students, educators, family and community, is to prepare each and every student to compete and excel in an ever-changing world, embrace challenges with vigor, respect and appreciate the worth of every human being, and contribute to society by providing effective instruction and dynamic curriculum, offering a wide range of valuable experiences, and inspiring students to pursue their dreams and aspirations.