



# MAINE MESSENGER



MAINE ELEMENTARY –WAUSAU SCHOOL DISTRICT

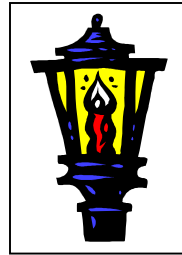
## This week's calendar:

- Feb. 8- Book Bowl- 3:30  
WSD- Mtg. LAC –7:00  
PM
- Feb. 9- Girl's Basketball-3:30-  
4:45
- Feb. 11-Hearing & Vision  
rechecks  
Girl's Basketball-3:30-  
4:45
- FFR 12-Maine Moves

## FUTURE DATES

### Feb. 15-NO CLASSES

- (Dist. Staff  
Development)  
President's Day  
Susan B. Anthony Day
- Feb. 16- Girl's Basketball-3:30-  
4:45
- Feb. 17-Gr. 1-Borchardt –  
To Aspirus-12:15
- Feb. 18-Wild Life Assembly  
1:00  
Kindergarten Parent/  
Teacher Conf. 3:45-7:15  
Girl's Basketball-3:30-  
4:45
- Feb. 22-Gr. 4 & 5 –PAF-9:30  
Book Bowl-3:30-4:30  
Washington's Birthday
- Feb. 23- Kindergarten Parent/  
Teacher Conf. 3:45-7:15



## CANDLE LIGHT WALK...

FRIDAY, FEB.12  
6:00-8:00

IT IS FUN FOR THE  
WHOLE FAMILY.  
ENJOY THE NIGHT  
BEAUTY, FRESH AIR  
AND WILDLIFE IN  
OUR MAINE SCHOOL  
FOREST. WALK OR  
SNOWSHOE FOR  
GREAT EXERCISE.  
THEN WARM UP  
WITH HOT COCOA  
AND COOKIES!

Feb. 5, 2010

### OFFICE INFO:

HOURS: 7:45-3:45

**715.261.0250**

[www.wausau.k12.wi.us/maine](http://www.wausau.k12.wi.us/maine)

Principal:

Daniel T. Sullivan

**715.261.0251**

[dsulliva@wausau.k12.wi.us](mailto:dsulliva@wausau.k12.wi.us)

Check your I. Q.  
(Inspirational  
Quote)

“The  
Better  
Part  
Of  
One's  
Life  
Consists  
Of  
Their  
Friendships.”

### WSD Continuous Nondiscrimination Notice

The Wausau School District does not discriminate against individuals on the basis of sex, race, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional, or learning disability. Federal law prohibits discrimination in education and employment on the basis of age, race, color, national origin, sex, religion, or disability. Anyone who believes that the Wausau School District has inadequately applied the principles and/or regulations of Title VI, Title VII, Title IX, Section 504 or the Americans with Disabilities Act, may file a complaint with the WSD Equity Director at the Longfellow Administration Center, 415 Seymour Street, Wausau, Wisconsin 54402-0359, or by telephone at 715-261-0500.



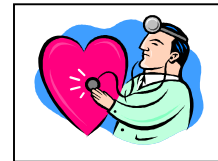
## "JUMP ROPE FOR HEART"

Maine School students will be jumping rope during their gym time on Feb. 24th or 25th. If your child will be raising money for the Heart Association and they haven't sent their permission slip back to the office, please do so. Pledge forms went home in last weeks Friday folder. Get those pledges!!

### **BONUS!!**

A bonus option for this year's Jump rope for Heart participants is a free ticket to a Milwaukee Bucks basketball game. All it takes to qualify for this ticket is a collection of \$10.00 or more in this year event. Along with this free ticket, the Bucks are offering family discounts on additional tickets.

If this is of interest to you stop in the office to pick up a form to check the game dates and order your tickets.



## **MAINE MUSIC CONCERT**



Monday, March 1, 2010  
at 6:30 pm.

Please have students there at 6:15 pm.

Wausau East High School Auditorium

All students K-5 will be performing.

March is "Music In Our Schools Month" and we will be celebrating the role that music plays in each of our lives. The students will be sharing their musical gifts and talents with you!



We look forward to seeing you there!

Ms. Preisig, Music Teacher



### **Maine Moves Health and Wellness Tip**

**To add a different healthy taste to rice, use orange juice in place of water. Add a few toasted almonds after the rice is cooked.**

## Pizza Biz

Students in Mrs. Trulen's room participated in an economics unit as they opened their own Pizza businesses. Partners were randomly selected and the game was on. Each business needed to create a name with logo to match. They used their creative skills in designing an advertisement for their business. The winners of the ad contest were **Skyler Baumann and Aaron Eckardt** with their company's "The Pizza Palace!"

Students then created finance sheets that had them figure the costs involved in pizza making, advertising costs, and what to charge customers that would allow them a fair profit. Their day's earnings were determined by the "luck of the cards". They calculated their profits or losses and made business decisions about the next pizza day.

After 10 days, the winners were determined by the amount of profit they earned over the course of the activity.

**Edythe P** and **Hunter R** were the class winners! They earned \$2,439.01. They received a pizza lunch complete with a few extra treats! Look out America; our fifth graders are going to be the next entrepreneurs!



## Once Upon a Time in a Castle Far Away...

### Spring Break Camp

Wausau Child Care, Inc. will be having a fun-filled camp at Franklin Elementary School on March 29-April 2, 2010. Enjoy a week of field trips, arts & crafts and fun outdoor activities in a well-supervised environment. We have also arranged an opportunity for the children to partake in swimming lessons. Please call us at 848-1437 for enrollment information.

Join us on Saturday, March 6, 2010 at  
Castle Quest 2010

A special Family F.U.N. Event  
from 8:00 AM to 1:30 PM  
at John Muir Middle School

F.U.N.—Family University Network is proud to announce the first ever F.U.N. event for WSD 4K through fifth grade students and their families! Join us for a FUN-filled morning with activities, games, and learning for children, for parents, and for families! The day is completely free and includes a light breakfast and lunch for all.

**Please Mark Your Calendar** now and plan to join the Wausau School District and its community partners for this morning of great family FUN!

## WELLNESS NEWS AND OTHER TIDBITS

February is Muscular Degeneration Month, Wise Health Consumer Month, National Children's Dental Health Month and most notably American Heart Month. Time to do something good for your heart – exercise, forgive, floss your teeth daily, let go of anger and old resentments – anger and depression are common companions of heart disease. Letting go is a healthy lifestyle behavior as is surrounding yourself with nourishing people, people who energize you, maintaining a positive attitude even in difficult times, working out problems as they occur, being thankful, taking control of your stress and stressors, eating healthy – all help in the fight against heart disease. Sounds simple, right? Well, it does take some work but it is well worth it, you are not living in a Pollyanna world you are just taking charge of your attitude since you are in total control of your attitude, life is what you make it, make it a good one!! Take care of your heart, happy February!!

**Understanding stress:** Many of the reasons that we go to the doctor may actually be related to stress. These can include very serious medical conditions. For example, high blood pressure is a major risk factor for heart disease and may be linked to high levels of stress. It is believed that stress might be an independent risk factor. Stress may also affect other risk factors by making them worse. Research strongly suggests that stress causes an increase in some behaviors (such as smoking, drinking alcohol, overeating and inactivity) that are known risk factors for heart disease. Stress is actually the way your body reacts to the triggers such as demands from work, financial worries or sick family members. The stress response is the body's natural fight or flight reaction. It is a set of physical changes in your body that provides a burst of energy and a heightening of your senses, briefly giving you the ability to perform at a higher level when most needed. It is your ally when you are about to compete or deal with an urgent life-threatening situation because it gears you up for the challenge. The problem comes in when the stress response is stimulated too frequently by little things that can keep you geared up for an extended period of time. Such constant stress is hard on the body, including the cardiovascular system. It is important to recognize when the stress you experience is good stress, when it is bad stress, and to take measures to reduce the bad stress. The physical impact that stress has on your heart and other parts of your body can be determined by your health care provider, but there are many symptoms that you can watch for: headaches, backaches, stomach aches, tight muscles in the jaw or neck, feeling tense, insomnia, lack of energy, irritability, nervous habits, forgetfulness, impatience, feeling anxious, angry, depressed, helpless or out of control. (Managing stress for better heart health, Marshfield Clinic, [oneheartcareteam.org](http://oneheartcareteam.org))

**Loosen up!** Give your tight muscles a good stretch; it could help your heart. When the researchers at the National Institute of Health and Nutrition in Tokyo measured the blood pressure of healthy-weight people and then had them perform sit-and-reach tests, they found that the least flexible participants also had higher systolic blood pressure, a risk factor for cardiovascular disease. A possible reason: stretching may reduce activity in the sympathetic nervous system, and over stimulating that system can stiffen your arteries. Moreover, stretching is often something you do during regular exercise, and exercise protects your heart. Limber up in yoga or Pilate's class to build toe-touching into your gym routine. (Fitness magazine, February 2010)

Eat some chocolate, let go of stress, exercise, eat healthy and laugh – happy February!!