



SERVING THE LYME COMMUNITY FOR OVER 100 YEARS

THE LYME SCHOOL

# Newsletter



## Yah Whoo!!! School has begun!

No more state forms, planning meetings, empty halls, state and federal legislation (who am I kidding), supply ordering and deliveries, or "prospective real estate visits"--- finally the life and joy of the school are back in the classrooms and hallways as teachers and students rejoin me in the school. As sad as some were to see the summer end, I think I may be the happiest as it means our school is vibrant again! In fact once again the Lyme School is experiencing growth in our student population. Not only do we have 20 new kindergartners, but we also are welcoming 10 new students to our school in grades 1 -8. It was great to see them meet new soon-to-be friends and learn about their new school. We also

welcomed someone else to our community, Officer Mike ( that's Officer Dion to the rest of us) the new Lyme Police officer who will be working with Incoming Chief of Police O'keefe (that's Shaun for the rest of us) in Lyme Police Department. Be sure to welcome all the new faces if you see one roaming around

(Let's hope you meet Officer Dion someplace other than of the side of the road). Our new faculty even seem like they have been part of the school for years and are fitting in perfectly! What a great start!



**Lunch**  
Week of  
9/7 to 9/10



<b>Monday</b>	<b>No School Labor Day</b>
<b>Tuesday</b>	lime chicken soft taco fajitas oriental vegetable mix white rice garden salad chocolate pudding applesauce/peaches/ fresh fruits
<b>Wednesday</b>	mac & cheese [vegetarian day] stuffed zucchini fresh yams or baked potato peas/carrots fresh salad/fruits animal crackers
<b>Thursday</b>	chicken salad sandwich corn chips/pickles romaine garden salad peas/corn/carrots apples/ watermelon / oranges
<b>Friday</b>	bbq pork/biscuits red roasted parsley potatoes garden romaine salad green beans plums/apples/ cantaloup



Contact me at: [JValence@LymeSchool.org](mailto:JValence@LymeSchool.org)  
Phone: 795-2125 or just stop by.  
You may print color copies of the Newsletters at: [www.LymeSchool.org](http://www.LymeSchool.org)



## GOLDEN RULE:

Parents:

**Never Perseverate - Communicate!**

Don't lose sleep or worry needlessly, together we can work on a solution.

Call me, stop by or send a telegram, I would love to hear from you. My hope is to ensure that before you lose any sleep worrying about something, you feel you can call to get the support, attention, information and reassurance you need.



## Did you hear?!

The Upper Valley once again broke the world's record for "Most Superheroes in One Place" at the CHaD Half Marathon / Cam's Course and Lyme was VERY well represented.



# CHaD + LYME = The Dynamic Duo

Lyme's Families Support CHaD Families

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• VOLUME: 5 •  
2010-2011  
SCHOOL YEAR



# PARENTS OF 1<sup>ST</sup> AND 2<sup>ND</sup> GRADERS:

This year we have three students in the lower school with life threatening allergies to nuts. I reviewed existing policies at various elementary schools, reviewed the recommendations of the Food Allergy and Anaphylaxis network, and consulted with the allergists at DHMC. As a result of this I have formulated the following guidelines for the Lyme School in order to avoid exposure to this allergen.

If a student has a physician diagnosed life threatening allergy, the Lyme School will follow the procedures outlined in its Life Threatening Allergy Policy & Procedures.

For the **2010 -2011 school year** the following procedure will apply to the **1st and 2nd grade**:

1. Peanuts, tree nuts or foods with added peanuts or tree nuts will not be allowed in the classroom for any reason. Please see the attached list of what would be considered a peanut or tree nut.
2. Foods that have disclaimers of “may contain peanuts/ tree nuts” or “made on equipment that makes products with peanuts or tree nuts” ARE allowed in the classroom.
3. For shared snacks in the class for events such as birthdays or holidays, item 1 and 2 will apply. However the student with the allergy will bring in a special snack to eat unless arrangements are made with the parents of the student with the allergy.
4. **In the cafeteria there will be a nut safe table. The student with the nut allergy will sit at this table with friends that have a nut safe lunch.**

Foods that contain Tree nuts or any of these ingredients:					
almonds	cashews	gianduja (a chocolate-nut mixture)	marzipan/almond paste	nut pieces	pistachios
artificial nuts	chestnuts	ginkgo nut	Nangai nuts	pecans	praline
beechnut	chinquapin	hickory nuts	natural nut extract (e.g., almond, walnut)	pesto	shea nut
Brazil nuts	coconut	litchi/lichee/lychee nut	nut butters (e.g. almond or cashew)	pili nut	walnuts
butternut	filberts/hazelnuts	macadamia nuts	nut meal	pine nuts	
<b>PEANUTS</b>					
All FDA-regulated manufactured food products that contain peanut as an ingredient are required by U.S. law to list the word “peanut” on the product label. Avoid foods that contain peanuts or any of these ingredients:					
artificial nuts	goobers	mixed nuts	nut pieces	peanut butter	peanut protein hydrolysate
beer nuts	ground nuts	monkey nuts	nutmeat	peanut flour	cold pressed, expeller pressed, or extruded peanut oil