



SERVING THE LYME COMMUNITY FOR OVER 100 YEARS

THE LYME SCHOOL

# Newsletter

## Welcome Back !!!

As you can see we have been very busy getting ready for the new school year. We are very excited for everyone to return and we hope that you will find the same welcoming and exciting place the Lyme School has become know for. As the year begins you will hear about other efforts we have been working on to build on the strong reputation of the school and the effectiveness in which we manage the resources of our town. As always I would love to hear from you. My goal 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.

### New Faculty At The Lyme School

We are very pleased to welcome our new teachers to the new school year. Trisha Shipman, graduated from Wheaton College with a degree in Psychology and earned a Masters in Curriculum and Instruction from Keene State. Last year she taught first grade in the Bath Village School in Bath, NH. Trisha was born in the Upper Valley and is very excited to join the Lyme School.



Lauren Chomko, moved to the Upper Valley several years ago with her family and has been teaching middle school English at Rivendell. Lauren will be teaching LA in Grades 6 and 7 as well as 8th grade Humanities. She graduated from Rutgers University with a degree in English and Minor in Political Science and earned a Masters degree in English Education from



New York University. She enjoys a variety of outdoor recreational sports and is an avid writer and reader.

Mary Doucet will be replacing Jen Woodmansee as School Nurse. Mary earned her Pediatric Nurse Practitioner degree from Boston College after earning her nursing degree. She previously has worked at Dartmouth College's Dick House and in several Elementary schools in New Hampshire. (Her modesty precluded her from sending me a picture). We are very fortunate to have each of these amazing professionals join us.



### Local Farming, Composting, and Local Organic Foods for Hot Lunch?...

#### THE FARM TO SCHOOL PROGRAM.

Watch for all the new things that will be taking place this year! More to come...



### Note from the Nurse's Office:

#### ALLERGY PROCEDURES



This year we have a number of students in the lower school with life threatening allergies to nuts. In accordance to existing policies at various elementary schools, recommendations of the Food Allergy and Anaphylaxis network, and in consultation with the allergists at DHMC, the Lyme School adheres to the following guidelines 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 any classroom with students who have life threatening allergies in at this point this includes grade 1 and grade 2:

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	nut pieces	marzipan/almond paste
artificial nuts	pecans	Nangai nuts
beechnut	pesto	natural nut extract (e.g.almond, walnut)
Brazil nuts	pili nut	nut butters (e.g. almond or cashew)
butternut	pine nuts	nut meal
cashews	pistachios	gianduja (a chocolate-nut mixture)
chestnuts	praline	ginkgo nut
chinquapin	shea nut	hickory nuts
coconut	walnuts	litchi/lichee/lychee nut
filberts/hazelnuts		macadamia nuts

#### PEANUTS

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
beer nuts	ground nuts	monkey nuts	nutmeat
peanut butter	peanut protein hydrolysate		
peanut flour	cold pressed, expeller pressed, or extruded peanut oil		



I love a new school year. A fresh start... To think last year I was associated with the Swine Flu! ...And you thought you had a hard year...





Its is not over yet...

... but I just wanted to get word out that school is around the corner. (If you did not notice.) I am very excited to see everyone, as are all the teachers who have started coming in to get their classrooms ready. Here are just a few reminders for the start of school:

First Day of School:  
Wednesday, Sept. 1st

Ice Cream Social

Monday, August 30th at  
6:00 pm  
on the playground of the Lyme School

We may not be the olympics, but we have a really nice tradition to the start of school, including the ringing of the old school bell, the parade of classes and the welcoming of the kindergarten by the 8th grade. The bell will be rung officially starting the school year at 8 am in front of the school on September 1st. Parents be sure to make it if you can and arrive before 8:00.



School Board News  
Lunch Accounts

This year our hot lunch program will operate slightly differently than in years past. Families will now have one lunch account shared by all of the families children as opposed to separate accounts. We hope this makes it easier for families. The most significant change is that families will need to keep a positive balance in the account in order for their child to receive hot lunch. **Students with a negative balance can no longer be provided with a lunch.** The school will notify the family when the account reaches \$25 and families are asked to send in a check immediately so that the account remains positive. We are asking that families initially deposit \$150 into their account. Lunches are \$2.75 and depending on the number of children you may elect to deposit more. Any unused balance can be returned or carried forward into the next year. Checks should be made out to the Lyme School.

Free and reduced lunch applications will be sent home with students on the first day of school. Please complete them if you qualify and return them immediately. Please call the school if you have any questions or concerns.

Parents' Reception

On the first day of school following Opening Assembly, there will be a Parents' Reception in the lobby hosted by the PTO.



Message from the P.T.O.  
See enclosed newsletter



Lunch  
Week of  
9/1 to 9/3



<b>Wednesday</b> 	pasta meatballs/with sauce zucchini primavera bread sticks hot corn tossed green salad peaches pears oranges sherbet
<b>Thursday</b>	chicken nuggets white rice carrots garden salad bean soup crackers fruit cobbler fresh fruits
<b>Friday</b> 	sloppy joe or veggie Burgers corn chips hot peas pickles cold slaw peaches bananas oranges garden salad w/ raspberry dressing

Al a carte Fruit and Milk are available everyday



Contact me at: [Jeff.Valence@LymeSchool.org](mailto:Jeff.Valence@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)

CONVERSE FREE LIBRARY  
Summer Reading Program Finale  
August 30th 5:30 to 6:00pm  
(just prior to the Ice Cream Social)  
at the Library

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."