

# Hurrah! for Harrison



Issue 11 - NOVEMBER 3, 2009

## HEALTHY TIPS:

- ✓ **Eat plenty of fruits, vegetables, grains, and legumes**— foods high in complex carbohydrates, fiber, vitamins, minerals, low in fat, and free of cholesterol. Try to get fresh, local produce.
- ✓ **Drink more water.** Our bodies are about 75% water. It is a vital part of a healthy diet. Water helps flush our systems, especially the kidneys and bladder, of waste products and toxins. A majority of Americans go through life dehydrated.
- ✓ **Limit sugary foods, salt, and refined-grain products.** Sugar is added to a vast array of foods. In a year, just one daily 12-ounce can of soda (160 calories) can increase your weight by 16 pounds.

**STUDENT DIRECTORIES** are done and have been distributed; contact Teresa Houseal at 676-8517 or [jamzandtreza@aol.com](mailto:jamzandtreza@aol.com) if you didn't get one. A Special Thanks to Teresa Houseal for all of her hard work creating the Student Directory and Thanks to all who participated!

**DON'T FORGET:** Family Night Out with the Mallards is **THIS SATURDAY, Nov. 7<sup>th</sup>** at 7:00. Come out and support our own Harrison Harmony as they sing the National Anthem. Game starts at 7:00. Tickets are \$9/person and can be purchased by sending in the green order form that came home with your student or contacting Tifini at [Myiatwins@aol.com](mailto:Myiatwins@aol.com) or 388-7719. If you decide to purchase tickets at the door make sure to tell the ticket counter you are with Harrison Elementary Family Night Out.

**THANKS** to the following parents who helped with the **October Staff Appreciation:** Dawn Luna, Robin VanKeulen, Karen Seago, Lisa Carstens, Stacey Rensberger, Tiffany Bequeath, Jennifer Moss, Julie Blozevich, Sheila Kelly, Angie Herrell, Rhonda Logsdon, Lori Haugen, Robin White, Andrea Tollefson, Beth Cullett, Elizabeth Williams, Jeannie Morrow, Jillissa Healy Jen VanSpeybroeck.

**STAY IN TOUCH VIA YOUR CELL PHONE:** As a community service, the Quad-City Times and Family Museum offers parents the opportunity to sign up to have text message alerts sent to their cell phones announcing school closings and delays for free. Sign up at [www.qctimes.com/closing](http://www.qctimes.com/closing).

**PICTURE RETAKES** will be Wednesday, Nov. 4<sup>th</sup>. Students who were not here on the original Picture Day may obtain picture envelopes in the office. Payment is due at the time the picture is taken. Students who were not pleased with their pictures should bring the entire package back on the day of retakes

**SUPPORT OUR SCHOOL AND GIVE THE GIFT OF SPIRIT THIS YEAR!** Harrison Hawk Spirit Wear Holiday Order forms were sent home in your child's backpack last week. Please return the order form and check to your child's teacher by Friday, November 13<sup>th</sup>. All orders will be delivered to Harrison before Christmas break. Contact Kristin Lizak (528-4664, [lizakkristin@yahoo.com](mailto:lizakkristin@yahoo.com)) or Julie Blozevich (386-3381, [j.blozevich@mchsi.com](mailto:j.blozevich@mchsi.com)) with questions or if you need to make special arrangements!

**UPCOMING CONCERT EVENT!!** - Autumn Elementary Instrumental Concert, November 16<sup>th</sup>, 7:00 p.m. at Wood Intermediate School by the 4th Grade Beginning String Orchestra, 5th Grade Advanced String Orchestra, and the 5th Grade Beginning Band

**FOR PERFORMERS:** (4th/5th Grade String Orchestra and 5th Grade Band). Make sure to:

1. Arrive to Wood by 6:15 (4th/5th string orchestra to cafeteria/gym; 5th Band to room 216 (band room))
2. Dress in concert attire - black bottoms and a dressy white top
3. Bring: instrument, concert music, and folding music stand from home.

## **FOR PARENTS:**

When arriving at Wood, please take your child's wire stand to the gym and set it up in front of their chair. All chairs will be marked with name tags.

**NOTE ON CONCERT ATTENDANCE:** All students participating in band and string orchestra are required to perform in this concert event. If for some reason your student is unable to perform, the missed concert must be made up. Please refer to the Band/Orchestra Guidelines sheet to review missed concert expectations.

**CONGRATS** to the 2<sup>nd</sup> & 3<sup>rd</sup> grade team coached by Andy Thompkins and John Luedtke for an undefeated season this year in fall soccer and for winning the team award for sportsmanship, an award they won in past seasons as well. The team has played under these coaches for years and parents couldn't be happier with that.

## **OLWEUS BULLYING PREVENTION PROGRAM:**

Suffering bullying can have numerous adverse effects:

- Lower self-esteem
- Depression & anxiety
- Absenteeism & lowered school achievement
- Thoughts of suicide
- Illness

**Health Consequences of Bullying** (Fekkes et al., 2004)

|                     | Bullied | Not Bullied |
|---------------------|---------|-------------|
| Headache            | 16%     | 6%          |
| Sleep problems      | 42%     | 23%         |
| Abdominal pain      | 17%     | 9%          |
| Feeling tense       | 20%     | 9%          |
| Anxiety             | 28%     | 10%         |
| Feeling unhappy     | 23%     | 5%          |
| Depression scale    |         |             |
| Moderate indication | 49%     | 16%         |
| Strong indication   | 16%     | 2%          |

## **QSP MAGAZINE SALE REMINDERS:**

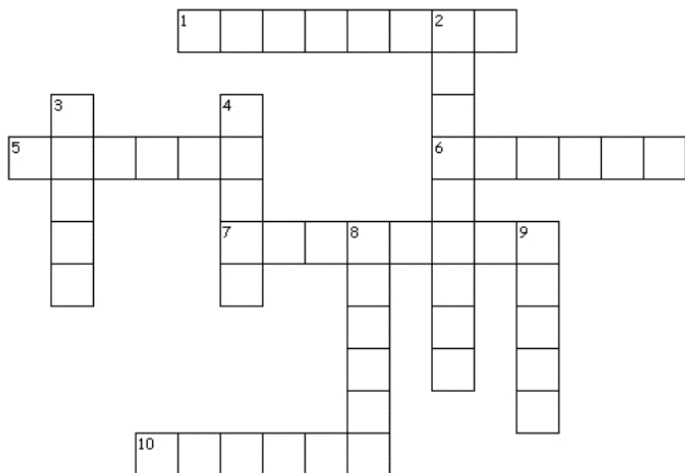
1. It is **NOT** a door-to-door sales program. Only take magazine orders from your family and close friends.
2. These magazines are the cheapest price you can ever pay!
3. Your child gets prizes for magazine orders.
4. Harrison School receives 40% of the money you spend.
5. The 40% profit is divided among the teachers to spend on materials for your children.
6. A packet came home last Friday. Follow the instructions for ordering on the instruction sheet.
7. All orders should be brought to Mrs. Flynn from by November 10<sup>th</sup>.
8. If you have any questions, please contact Mrs. Flynn at 391-3113.

**FLU SHOTS REMINDER:** If you would like your child to receive a free flu shot offered by Genesis at a clinic at Harrison one day between November 2<sup>nd</sup> and 13<sup>th</sup> (date for Harrison to be announced later), please pick up, have your child pick up in the office or request a consent form via a note in your child's planner then return the completed form to the nurse's office. **NOTE:** This free flu shot clinic is for the SEASONAL FLU, not the H1N1 flu. We are hoping to have a clinic for the H1N1 at a later date. Please watch the Hurrah for more information on the H1N1 vaccine clinic. If you have any questions, please contact Mrs. Iossi at 391-3113 or email [iossis@davenportschools.org](mailto:iossis@davenportschools.org).

**TRIVIA NIGHT** to benefit North High School's music department on November 7<sup>th</sup> in North's cafeteria. Doors open at 6 p.m.; play begins at 7 p.m.; \$10/person for tables of 8. Pre-registration preferred but not required if space permits. Call Tammy at 388-8285 or e-mail [tmsistersue@aol.com](mailto:tmsistersue@aol.com) to reserve your spot. Snacks, water & pop available for purchase or bring your own. NO Alcohol. Cash prizes for 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams, door prizes and 50/50 raffle.

**"PIRATES" THE MUSICAL:** The 4<sup>th</sup> and 5<sup>th</sup> grade Harrison Harmony choir is presenting this concert on Thursday, November 12<sup>th</sup> at 6 p.m. We are in need of donated "pirate" attire--No weapons--just scarves, eye patches, puffy shirts, ragged shirts, etc. If you have any old costume pieces (or set pieces--planks?) that look like elementary pirates could use them, please send them to school with your name on them and Mrs. Riewerts will let the students borrow them for the concert day and return them shortly after if needed.

## Thanksgiving Crossword

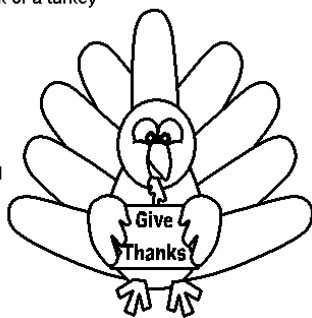


### Across

1. people who have migrated to a different land from where they were born
5. reddish growth that covers the throat and neck of a turkey
6. a Thanksgiving time of year
7. fills up the bird and then fills up the people
10. main course at Thanksgiving supper

### Down

2. another word for family members
3. another name for corn
4. a celebration including large quantities of food
8. people we visit on Thanksgiving
9. yummy sauce to pour over turkey



Word List: autumn, family, feast, gravy, maize, relatives, settlers, stuffing, turkey, wattle

[www.dltk-holidays.com](http://www.dltk-holidays.com)



## EVENTS AT-A-GLANCE...

**MON, NOV 2<sup>nd</sup>-FRI, NOV 13<sup>th</sup> (exact date TBA):** Flu Shots at school; turn in consent forms.

**SAT, NOV 7<sup>th</sup>:** Harrison Night at QC Mallards Game.

**SAT, NOV 7<sup>th</sup>, 6 p.m.:** NHS Trivia Night, Cafeteria.

**MON, NOV 9<sup>th</sup>, 6 p.m.:** PTA Meeting, 6:00 p.m.

**WED, NOV 11<sup>th</sup>:** Veteran's Day.

**THU, NOV 12<sup>th</sup>, 6 p.m.:** "Pirates" the Musical by Harrison Harmony Choir.

**MON, NOV 16<sup>th</sup>, 7 p.m.:** Autumn Band/Orchestra Concert at Wood Intermediate.

**FRI, NOV 20<sup>th</sup>:** Popcorn Day (\$0.50) & Backward Day. **ALSO:** 4<sup>th</sup> & 5<sup>th</sup> grade dance: 3:30-4:30 p.m.

**TUES, NOV 24<sup>th</sup>:** Skating Party at Eldridge Skatepark, 6-8 p.m.

**WED, NOV 25<sup>TH</sup>-FRI, NOV 27<sup>TH</sup>:** No School, Thanksgiving Break.

**THE HURRAH! FOR HARRISON** is the newsletter put out by the PTA to keep everyone informed of what's happening at Harrison. We welcome input from **ANYONE!!** To submit items, provide suggestions or ask questions, e-mail them to Jodie Toohey at [hurrah@jodiet.com](mailto:hurrah@jodiet.com); if you do not have internet access, items may be submitted via telephone at 563/386-3236. To learn more about PTA, contact Tifini Foglesong, PTA President, [Myiatwins@aol.com](mailto:Myiatwins@aol.com), 388-7719.

**HARRISON'S WEB-SITE:** [www.davenportschools.org/harrison](http://www.davenportschools.org/harrison)

**NEXT HURRAH:** Tuesday, November 10<sup>TH</sup>  
**SUBMISSION DEADLINE:** NOON, THURSDAY, November 5<sup>th</sup>.