

Hurrah! for Harrison



Issue 7 - October 6, 2009

TIPS FOR EATING HEALTHY:

- ✓ **Eat a wide variety of foods.** Healthy eating is an opportunity to expand your range of choices by trying foods—especially vegetables, whole grains, or fruits—that you don't normally eat.
- ✓ **Keep portions moderate,** especially high-calorie foods. In recent years serving sizes have ballooned, particularly in restaurants. Choose a starter instead of an entrée, split a dish with a friend, and don't order "super-sized" anything.
- ✓ **Eat enough calories but not too many.** Maintain a balance between your calorie intake and calorie expenditure—that is, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight, and physical activity.

CALLING ALL 2ND GRADE BOYS: It is not too late to sign up for Cub Scouts. Be part of a group that will camp, shoot bb guns, learn how to shoot a bow & arrow and many more fun activities. This year has many great activities planned: walking in parades, visiting interesting places in the Quad Cities, and doing our part to help give back to our community. **DO YOUR BEST!** Join today by calling Mike Lizak at 650-6116.

FROM THE NURSE'S DESK: : FLU SHOTS: A free flu shot clinic by Genesis Health System will be available for all elementary school students at all elementary buildings one day between November 2nd and 13th (date for Harrison to be announced later). If you would like your child to receive a flu shot please pick up or have your child pick up a consent form in the office then return the completed form to the nurse's office. This clinic will be for seasonal flu; another clinic will be held for students interested in the H1N1 vaccine--more information to follow. Children 8 years old or younger who've never received a flu shot should get a second/booster vaccine. Call me with questions at 391-3113 or email iossier@davenportschools.org. **Parents**, please write a note in your child's planner if you would like information and a consent form sent home with your child for the upcoming seasonal flu shot.

****WISH LIST**:** NEW boys' underwear (small and medium), gently used t-shirts and sweat pants in small sizes.

--Mrs. Iossi, R.N., School Nurse

ICE CREAM!!!!: **TONIGHT** is our first Family Night Out at **Country Style Ice Cream** on 53rd Street in Davenport from 5-8 p.m.

PETS AT SCHOOL: Please refrain from bringing pets to school as students are dropped off or picked up. Some students are allergic to animals or are fearful and a well-behaved animal will sometimes react in an unexpected manner (perhaps even biting) when confronted with a large crowd of children. We appreciate your cooperation with this issue.

OLWEUS BULLYING PREVENTION PROGRAM:

The Olweus program defines bullying as "when someone repeatedly and on purpose says or does mean or hurtful things to another person who has a hard time defending himself or herself."

School Rules

- We will not bully others.
- We will try to help students who are bullied.
- We will try to include students who are left out.
- If we know that somebody is being bullied, we will tell an adult at school and an adult at home.

It Takes a Team Effort to Effectively Address Bullying.

- Talk with your child what they learn about bullying at school.
- Model and reinforce anti-bullying ideas at home.
- Contact your child's teacher if your child informs you of bullying behaviors.

DADS' CLUB BASKETBALL Registration for Pre k thru 5th grade runs now through Oct 22nd. Registration forms will be sent home. Please return them to the Harrison office. The season is January 9, 2010 through February 27th; games are played at various local schools and Friendly house. Late registrations will only be accepted November 9-13th and only at the Dads' club office. Questions? Call Sara @ 445-1173 or www.dadsclubsports.com.

SPIRIT WEAR: Show your school pride and wear Harrison Hawk spirit wear! Several new items are in: Hawk socks, Hawk tattoos, hooded sweatshirts, etc. Items will be sold at school events or orders can be placed throughout the year. Pick up order forms in the Harrison office or email/call Kristin or Julie to have them send you one. Simply attach a check (payable to Harrison PTA) to an order form and drop it off at the Harrison office. If the item is in stock, it will be delivered to the school; if not, it will be ordered. Contact: Kristin Lizak (528-4664, lizakkristin@yahoo.com) or Julie Blozevich (386-3381, j.blozevich@mchsi.com)

NO SMOKING: The use of tobacco products by anyone, including students, employees and visitors, is prohibited on all Davenport Community School District property at all times, including school-sponsored and non-school sponsored events. Persons failing to abide by this policy shall be required to properly dispose of the tobacco product or leave the school district property immediately. Thank you for your cooperation!

THE COOKBOOKS ARE HERE!! Be sure to get your copy of the all new Harrison "Hungry Hawks" cookbook on sale now! This book contains over 400 recipes from your Harrison students, families, staff members and friends and costs just \$14.00! An order form was included in your child's fundraiser packet, but if you should need additional order forms, they are available in the office.

LOCAL ORCHARDS & PATCHES FOR FALL FAMILY FUN!!!

Stones Apple Barn at 16115 Hubbard Rd in Port Byron.
Shady Knoll off of Hampton's Hubbard Road.
Pride of the Wapsi at 14600 305 St in Long Grove, Iowa.
Happy Hollow U-Pick near Port Byron at 17325 20TH Ave N in East Moline.
Country Corners in Alpha, IL at 5333 US HWY 150.
Tanner's Orchard at RR2 in Speer, IL, near Wyoming Illinois.
Anderson's Apple Valley Farm at 10505 114th Street in Coal Valley.
Visit <http://www.frightnights.com/qcarea.htm> for more info.

PARKING/DROP-OFF & PICK-UP: Remember the front parking lot is reserved for school bus drop off from 8:30-9:00 a.m. and pick up from 3:00-3:40 p.m. and **NO PARENT VEHICLES ARE ALLOWED IN** at these times. **ALSO REMEMBER** when using the Kussatz Ln. back turnaround, children must enter and exit their ride from the sidewalk in the right lane only; the left lane is for **SLOWLY** passing the other cars in the turnaround to exit and students are prohibited from exiting vehicles from the left lane. Please pull forward all the way to the end of the curve (not just at the sidewalk that leads to the playground). Should you feel the need to watch your child enter the building, please pull into a designated parking space and either step out of your vehicle to watch or walk them up to the building. **TO KEEP EVERYONE SAFE, PLEASE BE PATIENT AND WAIT YOUR TURN.**

Parents dropping off late arriving or picking up early departing students must come to the 53rd Street lot as all building exits are locked from the outside after the beginning of school. Please do not to park in the yellow curb areas but find an empty space in the lot. An adult must check early departing or late arriving students in or out at the office.

Finally, there is ***No Parking on the Lutheran Home property.***

HY-VEE SMILES FOR EDUCATION: Hy-Vee is again offering our school the opportunity to win up to \$5000 with Smiles for Education. Each week for 8 weeks, Hy-Vee will hold a drawing to select 10 winning students who will each receive a free laptop computer - and each of their schools will receive a donation of \$5000 from Hy-Vee. Parents, teachers, and other school staff can join the Smiles for Education program by visiting their local Hy-Vee and registering their student's names for the drawing.

NEW 2010 ENTERTAINMENT AND DINING TOUR books are here! Save \$100s on restaurants and entertainment in the Quad Cities by using these valuable coupons. Cinemas coupons are back this year in the Entertainment Book—that alone is worth the price of the book! Entertainment Books are \$20, Dining Tour Books are \$35 & both can be purchased in the office or by calling Catherine at 388-7415. Tell your friends who purchase one every year to pick them up at Harrison!

CAT PACK IS STILL BACK! Still ONLY \$10 for a Cat Pack t-shirt providing free admission into any HOME North event (when accompanied by a paid adult), and one free popcorn at any home event during the winter (basketball) season. Pick up and return forms to Harrison's office to sign up or contact Jennifer Josund at 359-1312.

UPCOMING CAT PACK ELIGIBLE EVENTS (All times p.m.):
 10/6-Freshman Football vs. Burlington @ Brady, 6:00
 10/6-Soph/Var Volleyball @North, 5:45



EVENTS AT-A-GLANCE...

TUES., OCT. 6TH, 5-8 p.m.: Family Night at Country Style Ice Cream

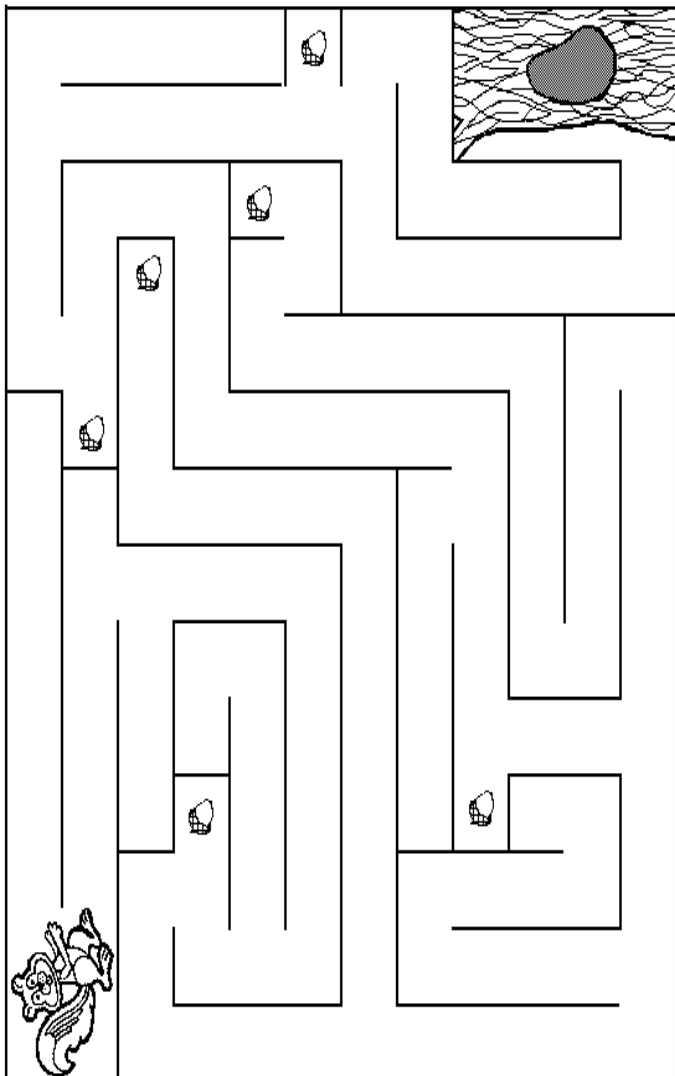
MON., OCT. 12TH, 7 p.m.: Band Spectacular at Brady Stadium

TUES., OCT 20TH, 6-8 p.m.: Skating Party, Eldridge & End of 1st Quarter

WED., OCT 21ST, 1:20 p.m.: TWO hour early dismissal

FRI., OCT 30TH, 2:30 p.m.: Halloween Parade & Class Parties AND Popcorn Day (\$0.50)

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; 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, 388-7719.



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Collect the acorns and take them home

NEXT HURRAH: Tuesday, October 13th.

SUBMISSION DEADLINE: NOON, THURSDAY, October 8th.