



Concord Community Connections

January 13th-Vermont Symphony Orchestra visits Concord School!

January 14th-Movie Night at Concord School

January 11th, 18th, 25th– Grades 3-5 Winter Activities

January 12th, 19th, 26th– K-2 Winter Activities

January 27th-Middle School Winter Skiing

February 1st-Early Release Day for students

Healthy Snack List for Concord School

Fruits and Veggies– avocado, broccoli, carrots, cauliflower, celery sticks, cherry tomatoes, cucumber, green beans, pepper slices, snap peas, squash, apple slices, applesauce, bananas, blueberries, cantaloupe/honeydew melon, raisins, dried fruit, dates, grapefruit, grapes, oranges, peaches, pears, pineapple, plums, prunes, raisins, raspberries, watermelon, and strawberries.

Protein and Dairy-low-fat, low sugar, no nuts or nut products depending on allergies in the classroom: cheese sticks, yogurt, low-fat cottage cheese, low-fat string cheese, hardboiled eggs, low-fat cream cheese dip, sunflower seeds, turkey slices.

Whole Grains-whole wheat, oat flour, multi-grain, corn, etc. Not bleached flour, etc. Cheerios, graham crackers, fig bar, oatmeal, popcorn, pretzels, rice cakes, sesame sticks, tortilla chips, whole grain bagel/English muffin, whole grain crackers, whole wheat/grain bread.

Our school would like to partner with parents in developing strong healthy-physically, mentally, and socially-young adults by asking all parents to send snacks to school that are higher in nutrients than in fat and sugar. The above lists many great, healthy snacks. We are sure that parents will see many other opportunities to increase the number of nutrients their children are eating while decreasing the amount of sugar and fat they are eating. We will be encouraging students to ask parents to send healthy snacks to school for snack time. If you have any questions, please contact the school nurse (ext 204) at any time. Thank you for your support.



Caption describing picture or graphic.

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your

own articles, or include a calendar of upcoming events or a special offer that promotes a new product.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So, when you're finished writing your newsletter, convert it to a Web site and post

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might com-

ment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or an editorial. You can also profile new employees or top customers or vendors.

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.



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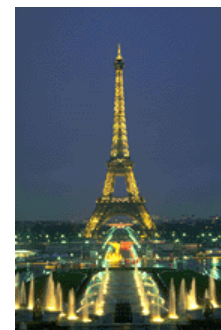
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Essex/Caledonia S.U.

Primary Business Address
Your Address Line 2
Your Address Line 3
Your Address Line 4
Phone: 555-555-5555
Fax: 555-555-5555
E-mail: someone@example.com

Your business tag line here.



We're on the Web!
example.com

This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline



Caption describing picture or graphic.

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark

their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.