

## Upcoming Events

### December 2012

6 <sup>th</sup>	WPG Meeting, 6p
7 <sup>th</sup> & 8 <sup>th</sup>	Winterberry Circus
13 <sup>th</sup>	WCC Meeting, 6p
20 <sup>th</sup>	All-School Assembly, East High, 6
21 <sup>st</sup>	Last Day of School 2012

### January 2013

1 - 6 <sup>th</sup>	Winter Break
7 <sup>th</sup>	First Day of School 2013
10 <sup>th</sup>	WPG Meeting, 6p NOTE CHANGE
13 <sup>th</sup>	WCC Meeting, 6p
18-20 <sup>th</sup>	APWE Annual Conference in CA
21 <sup>st</sup>	MLK, Jr. Day, NO SCHOOL

## Announcements

Welcome back to Mary Robicheaux!

Awakening the innate potential in every

intention and balance. Both of these are new to me as I was raised in a "check it off the list, live in the future (ie: that magical day when everything comes into perfect alignment and all things are wonderful) biological family.

In the past I have shared ideas for evening routines that worked when our family had a stay-at-home member and when our children were younger. Now we find ourselves in a different stage of life where rhythm is still paramount to our success, but it is much more difficult to find. When the adults in a family do not arrive home until 6 or 6:45 it is very difficult to maintain a 7 o'clock bedtime. In light of this reality, it is important for us to identify realistic ways we can capture the heart of what we hold dear while also making realistic goals for ourselves and our families.

For us, this meant beginning by identifying the one essential thing we could do consistently as a family each day prior to bedtime. Reading a nighttime story was where we began. Regardless of our days or evenings, we commit ourselves to reading to our boys each night. Do we fall asleep during reading sometimes? Sure, but that adds to the of the experience. When we began this commitment we were lucky to be in bed by 9:30. Now, we consistently make it to bed by 8:30 and are sound asleep by 8:45. Is this the ideal? No, but it is the striving that counts.

Another thing we did was to simplify their toys. It has been almost a week and (knock-on-wood) they have not even noticed the absence of three bags of trash (broken toys, etc) and four bags of toys donated to Value Village. Shhh, don't tell!

There are other things we have added into our lives as well, but instead of sharing them by one, I would ask you to consider the question: What is important to you in regard to establishing rhythm and where do you believe you can find success? Begin with one thing you know you can be successful in implementing, find success, and then add another thing. One-by-one you will build a sustainable base for your family.

Blessings,  
Shanna





*(L c a D a C e d )*

food and drink to the poor. Her day, December 13<sup>th</sup>, is also the old Julian calendar Winter Solstice. Lucia Day offers us a chance to celebrate the light of generosity and sharing



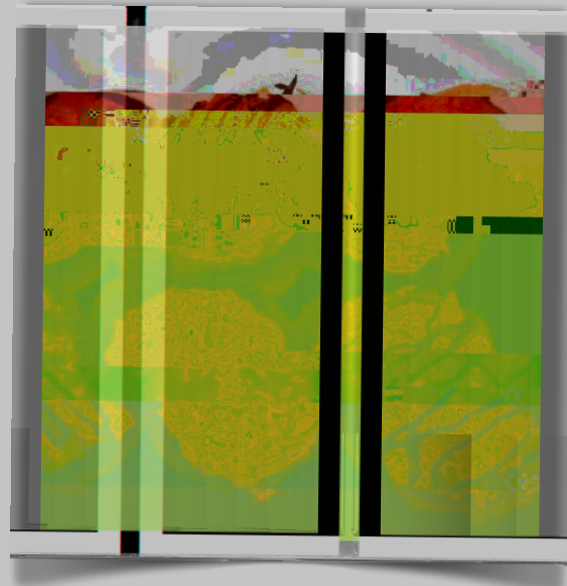
# A Healthy Holiday Treat

## VEGAN GLUTEN-FREE CARROT MACAROONS

Cooking time: 30 min @ 350 degrees Makes: 2 dozen

### Ingredients

1 ac edc f a g a edca  
1/4 c a e  
1/2 c ca a i  
2 c ee e edc c f a e (ad  
ee e e a e if i g ee e edc c  
f a e )  
3/4 c icef  
1/2 a  
1 a i a  
3 Tb h e  
O i a ga i h: 1 ha df e i ee ch c a e  
chi e ed



### Cooking Instructions

Preheat the oven to 350 degrees.

Mix all the ingredients together except for the chocolate in a large bowl.

Lightly grease a cookie sheet. Wash your hands and pat the mixture into 24 balls, slightly smaller than golfballs.

Place balls on pan 2 inches apart and bake for 30 minutes, rotating once. Use a spatula to remove the macaroons from the pan.

If desired, drizzle melted chocolate over the macaroons with a fork.

The National Academy of Sciences Institute of Medicine (IOM) released a report earlier this week slightly raising the Dietary Reference Intake (DRI) levels for vitamin D considered adequate for most Americans. The report states that most people are currently getting the required amount of vitamin D. However, questions remain for special populations, including those living in the far north, regarding how much vitamin D is needed to protect against chronic disease. Long known to be an important nutrient in bone health and calcium metabolism, vitamin D, also known as 1,25-dihydroxy vitamin D, has become a focus of research in recent years. This research has shown that a deficiency in vitamin D is associated with over 50 diseases affecting every system in the human body.

In 2007, Michael Holick, M.D., Ph.D. published an article in the New England Journal of Medicine (NEJM) in which he described how a deficiency in vitamin D is associated with a growing list of medical problems including bone disease, certain cancers, diabetes, and heart disease. Since then, other researchers have shown that a healthy vitamin D level may prevent or reduce the risk for influenza, autoimmune

## Vitamin D - C

People who consume salmon or who travel to lower latitudes during the winter will not require the same dose as someone who eats little marine food and spends most of the year indoors. Blood tests may need to be repeated every 6 weeks until an optimum dose is determined.

Supplementing vitamin D can cause problems for the relatively few number of patients with diseases that affect calcium in the body. Patients with hyperparathyroidism, sarcoidosis, and certain cancers must cautiously monitor their Vitamin D and calcium levels during supplementation.

Vitamin D deficiency causes damage slowly. Levels may remain low for years before any symptoms develop, and even when present, symptoms are vague and nonspecific. Some patients with vitamin D deficiency describe a diffuse bone or muscle pain, general fatigue, or feelings of depression. Often patients do not recognize any symptoms until the low level has caused irreversible damage as in osteoporosis, diabetes mellitus type I, or multiple sclerosis.

As a part of good preventive health care, patients should consider having their vitamin D levels checked at least annually followed by a discussion with a medical provider regarding the need for supplementation.

The WCC met November 18 in the 7<sup>th</sup> grade classroom. Present

The Winterberry Annual Circus is coming! This year, the eighth grade is preparing an exciting circus around the theme of past decades, specifically the 60s, 70s, and 80s we're calling it "Psychedelic Circus!"

It will feature period costuming, great music and, of course, juggling, tumbling, body balancing, dancing, clown and mime acts, unicycle, diabolo ("giant yoyos), spinning sticks, and much more! It will be a great show for toddlers up through middle school.

We will offer three shows, all at the Bartlett High Theatre:

Tickets are \$10 for individual, or \$25 for a family. Children 3 and under are free. We will also be offering sets of juggling balls, clown noses, and other circus goodies for sale at the shows.

Tickets may be purchased beginning November 27th at the 8th grade coffee cart, from the front desk, or from any 8th grader; they will also be available the day of the show at the door.

See you there! Thanks for supporting the Winterberry 8th grade!





