

MARION CROSS SCHOOL

PTO **November** NEWS

Upcoming PTO Events

Tuesday, Nov. 2: PTO Meeting, 8:30 a.m. in XXX

Thursday, Nov. 19: Staff Appreciation Feast

Important MCS Reminders

Wednesday, Nov. 11: Veterans' Day, No School

Friday, Nov. 20: Parent/Teacher Conferences, No School

Wednesday, Nov. 25: Thanksgiving Recess Begins, No School

Staff Appreciation Feast: Thursday, November 19

K-3 MCS families will host the first Staff Appreciation Day of the year, a feast on Thursday, November 19 from 11:30 a.m. to 1:30 p.m. in the staff lounge. We hope to provide a scrumptious lunch for all MCS staff to express our appreciation for all they do for our children! If you have children in grades K-3, please look for a sign up Google doc coming soon to your e-mail. Items may be dropped off on the morning of the feast between 7:30 and 11 a.m. Upper grades will host the second appreciation day in February. Thank you in advance for your support.

Halloween Candy Collection – Thank you!

A HUGE thank you to the generous MCS families and community members who donated candy to our Halloween Candy Collection over the past month. Due to your generosity, we were able to distribute a number of bags of candy to each of the houses on the trick or treating route in town. The folks along this heavily traveled route are very grateful for your help!

Willing Hands Wednesdays nets 501 pounds of produce

Willing Hands Wednesdays was very successful bringing in a total of 501 pounds last month. As a special motivation for our first food drive this year, the PTO held a pizza party for the classroom bringing in the most contributions. That class was Mrs. McKeever's 6th grade, who came out ahead by a very narrow margin! The PTO is so very grateful for all who participated. The students did an amazing job and the teachers were so very helpful for organizing and recording everything. Most of all thank you to our community that contributed; you made a real difference. Our next food drive begins today and goes through December 4th. The Hartford-Norwich Holiday Basket Helpers are asking us to contribute single serving cans of pears or 6 packs of raisins (small boxes.) We greatly appreciate any support. To read more about Hartford-Norwich Holiday Basket Helpers please visit <http://holidaybasketsvt.org/>

Gift Making Festival: Saturday, December 5

We welcome you to join us on December 5, between 10 a.m. and 1 p.m. for the MCS Gift Making Festival. This is a fun and relaxed event that gives students an opportunity to make their own holiday gifts. The event also features a café with chili, mac n cheese and more! This is a favorite MCS community day and fundraiser so save the date. Be on the lookout for e-mails requesting volunteers to help staff the gift tables (craftiness not required) or work the cafe. Questions? Please contact festival co-chairs [Corin Benedict](#) or [Megan Tompkins](#).

PTO funds Author David Schwartz's visit to MCS

David Schwartz, author of numerous math and science books including *How Much is a Million?*, *Where in the Wild?* and *If You Hopped Like a Frog*, visited with students on October 16. He gave explanations and demonstrations of how he determined such concepts as how much is a million, how to determine how far a human could hop if it had the same capabilities as a frog and how to work with numbers to the power of ten. He used ever-larger bags of popcorn to

demonstrate counting by groups of one, ten, hundreds and so forth. Many students took advantage of the opportunity to purchase a book that was personally signed by the author. Many thanks to the PTO for their generous funding of the visiting author program! Joy Blongewicz, MCS Librarian

Biennial Children's Book Sale to take place this spring

The book sale is a fundraiser for the library, as well as a chance for you to a) get rid of books you're now finished with and, b) purchase some great "new" books at a very low price. Students should begin collecting books that your family no longer wants now, but please keep them at home until we let you know it is time to bring them to school (sometime at the start of May.) Donated books and DVDs should be suitable for children in pre-school through 8th grade. Watch for more information throughout the year and consider being a volunteer at the sale in May.

November Business Partner — Mindful Dermatology

Our November Local Business Partner is Mindful Dermatology. Located on Billings Farm Road, across from Dothan Brook School, this practice offers cosmetic and medical dermatological services. Here's how Mindful Dermatology's Dr. Roberta Lucas answered our questions.

What do you like best about living in Norwich? 1) Feeling comfortable going to Dan and Whit's in my pajama pants at 7 a.m. when needed, 2) being more connected to the outdoors, 3) knowing my kids can play safely and independently outside, 4) Walking through the woods with my kids to school.

Why should we go to the dermatologist and how often? I don't like statements like "everyone should see a dermatologist yearly." It really depends on the individual's philosophy about health and medical care. A yearly dermatology visit is a very good idea at any age if any of the following are true: 1) you have numerous moles, 2) you have a history of heavy sun exposure and/or sunburns, 3) you have a history of skin cancer or pre-cancers, 4) you have any new or suspicious growth, or 4) you have a desire to improve or maintain your skin at its optimal health.

What is a mole map and should everyone get one? "Mole mapping" is a bit of a misleading term. A better way to refer to the process is a "total body skin exam," which looks for more than just nevi (the medical name for "moles".) We look for non-melanoma skin cancers (like basal cell or squamous cell carcinomas) and pre-cancers (like actinic keratosis.) Nevi are comprised of melanocytes (the benign version of the cell type that causes melanoma) and can be a precursor to melanoma. But the vast majority are normal and healthy. Melanoma is more likely to arise completely separate from any pre-existing nevus. During a total body skin exam, we make note of existing "landmarks", like nevi (or "moles") and other growths. If they are suspicious they get removed. If they're just noteworthy and help to document what's normal for the patient then we record them in the chart and refer back to them over time to help detect changes. With some patients, that ends up looking kind of like a map. This examination process really helps patients to get a sense for what types of lesions should be monitored and empowers them to do a better—and hopefully more regular—self-examination. Self-examination is the most important screening tool we have for melanoma and skin cancer.

Is Botox safe and does it make one look like a robot? Botox has an excellent safety profile. In the last 5-10 years its non-cosmetic uses have increased dramatically (for gut motility conditions, hemorrhoids, sweating and muscular spasticity to name a few.) In those settings, doses can be much higher than we have ever used for cosmetic patients and still the safety profile is excellent. As far as its appeal, well, that depends. It's definitely true that some will benefit more from Botox than others. For some, it is absolutely wonderful, taking years off or dramatically preventing years from showing their effect on the face. It can be truly amazing how in just two weeks it makes the skin look healthier and the person look less tired and less worn down by life—without looking like a robot. I often hear patients say they worry about starting it too young. The truth is, it works better when started early and is much more difficult to pull-off without being obvious if started after significant aging and wrinkling have taken place. In that case, other treatments may be more appropriate.

Thank you business partners!

