

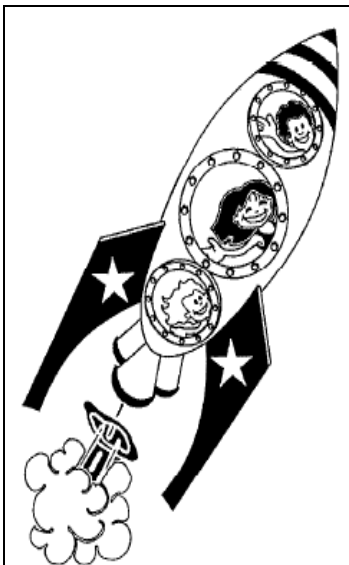
ALANTON ASTRO NEWS



Volume 1, Issue 1

October 2009

Kay Phillips, Editor



We welcome you to our Alanton student newspaper.

The purpose of the school newspaper is to share information, ideas and feelings.

We decided to publish it Online to save paper and to show our commitment to the environment.

Look for future editions in December, March and June.

*Camerion DeMayo



REPORTERS

Courtney Cover

Meredith Sieller

Jose Neira

Rhys Johnson

Vicki Li

Brant Manoso

Anna Ray

Cameron DeMayo

WASH YOUR HANDS REGULARLY (to avoid the flu and other communicable diseases)

Follow these steps each time you wash your hands

1. Wet hands with warm water.
2. Lather both hands with soap.
3. Scrub between fingers, fingertips and wrists.
4. Scrub hands for at least 20 seconds.
5. Rinse hands thoroughly under running water.
6. Dry hands on a clean paper towel or let hands air dry.

ALANTON GOES TO THE DOGS (TAGS)

by Meredith Sieller

Did you know you can earn a lot of dog tags in different areas in school like, art, music, orchestra, AR reader, READING: I love books, student host, math E-point leader, S.T.A.R.S student (Students, Taking, A Right, Stand). You could earn principal's list, Honor roll, outstanding citizen, and Perfect attendance too!

Do you know how Alanton got started with dog tags? Alanton began dog tags as a way to recognize students for their achievements. Deserving kids would be recognized by something other than a certificate- something that would be more exiting to them. After Mrs. Demers showed Mrs. Crocker an idea her son's school had with dog tags, the idea became official. Alanton staff saw the opportunity to use dog tags as a "unifying symbol for our Alanton school family". All students get their first blue dog tag and chain at the beginning of the school year and can collect more dog tags as they move through each

grade level. Teachers were very excited and came up with creative ways to use different colors to symbolize categories with lots of different levels of recognition. The exiting thing about dog tags is that every single Alanton student has an opportunity to earn them whether it is for perfect attendance, citizenship, AR, art, or music and more! Good luck Alanton students and wear them with pride!

Rhys' Green Tips

By Rhys Johnson

*If it's not far, don't take the car!

*Eat organic, healthy foods. Make sure your coffee is fair trade and shade grown!

*Take reusable bags to the grocery store.

*Don't take baths. But limit your showers to about 5 minutes.

*Recycle paper, aluminum, and plastic.

*Reuse stuff. Can you think of any uses for a plastic milk jug?

*Exercise. Work out at your local gym and run. It's fun!



Healthy Foods

By Courtney Cover

Did you hear about what foods you should be eating in the lunch room? Well, we interviewed Mrs. DeMartini on what you should be eating in the lunch room, and here are some questions we asked her: Should we eat more than one unhealthy food a day? , What is the healthiest food you can eat? To the first question we asked her this is what she said:"No because unhealthy foods are ok but not every day." This is what she said in answer to the second questions, "Veggies are the best and fruits are ok but mostly veggies."

So when you go to the lunch room you should make sure get lots of healthy foods.

COMPUTER INTERNET SAFETY

By Jose Neira

TIPS:

1. Never share personal information.
2. If you see something scary, tell an adult.



AN INTERVIEW WITH MRS. HEBERT (CRS)

1. What would you do if someone installed something on the computer and you didn't notice? She has ways of finding out who did it and that person would have to pay the terms.
2. How long have you been a CRS? 5 years
3. What is the best thing about being a CRS? She gets to see all of the children in the school.

Meet the School Nurse: Mrs. Susan Griffin

By Vicki Li

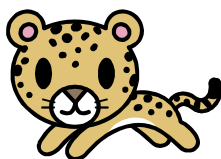
Have you ever wondered if the school nurse has been another kind of nurse before? Our nurse, Mrs. Griffin, She's been a substitute nurse for one year and an ICU nurse for 20 years. Our nurse says that the best part of being a school nurse is meeting the kids. The hardest part is when the students get injured and are crying. Some tips from our nurse for not spreading colds and flu are: cough in your sleeves, wash your hands, drink lots of water and rest if you are not feeling well.

THE STUDENT WHO LOST HER CLASS by Anna Ray

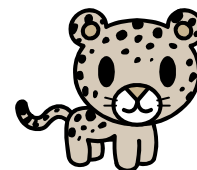
Where did my classroom go? Excuse me, have you seen Mrs. Collens?



No, I have not. But if you go to the principal, she will call her.



Hi Principal Gallagher. Can you tell me where Mrs. Collens is? I forgot where my classroom is.



I'm sorry, little cat, but my friend is Mrs. Collens and she teaches at a whole different school.



Principal Gallagher

NOVEMBER EVENTS

- 3 Staff day/
no school for students/
General Election
- 11 Veteran's Day/school closed
- 13 End of 1st grading period
- 23 Report cards issued
- 25 Principal's List Breakfast/
Adjusted dismissal
- 26-27 Thanksgiving Holiday

MONSTER MASH — ALWAYS A SMASH!

Monster Mash:

October 30, 5:30 to 8:00 PM

By Brant Manoso

There will be no bounce houses. There will be a variety of games.

You will need 7 dollars to get in. Also you will get free raffle tickets.

There will be a DJ and a spooky story and a costume contest.

Pizza, drinks and bake sales will cost extra.

And so much more. See you there!!

