



The Nutshell



September 12, 2011

Dates to Remember

- Sep 14 Picture Day
- Sep 30 Pizza Day
- Oct 6 Gentry Farm
- Oct 7 Noon Dismissal

News and Notes . . .

. . . **Bass Guitar Lessons** are now being offered through Acorn. Contact Doris McMillan if interested.

. . . **Lunch and Acorn charges** are always billed a month in arrears. As such, we ask that you try to pay a "deposit" to cover your estimated lunch and Acorn charges for the month. At the end of each month, the amount you still owe (or have left over) will show up on your statement.

. . . **DVD Players.** We are looking for a few more DVD players to replace some that are no longer working. If you have an old one sitting around and would like to donate it, we would love to have it. A working remote control would be nice, but not a necessity.

*** LUNCH DUTY ***

We have several openings for this week. Please take a look at your calendar and contact the office if you can help fill in any of the open slots listed below.

- Sep 12 White / White
- Sep 13 Lendos / Haworth
- Sep 14 **Need 2 (1st)**
- Sep 15 **Need 1 (1st) / Scheibe**
- Sep 16 **Need 2 (1st)**
- Sep 19 White / White
- Sep 20 **Need 1 (K) / Haworth**
- Sep 21 **Need 2 (1st)**
- Sep 22 Mendez / Scheibe
- Sep 23 **Need 2 (K)**
- Sep 26 White / White
- Sep 27 Mendez / Haworth
- Sep 28 Stovall / Mayhew
- Sep 29 **Need 1 (PK) / Scheibe**
- Sep 30 Pizza Day

Get Involved with the NHA Golf Classic

The inaugural New Hope Academy Golf Classic will be held Monday, October 24th at the Westhaven Golf Club. The 6th Grade class is organizing the event to raise money for the end of the year Washington D.C field trip. The class needs to raise over \$20,000 so that all the students in the class can go regardless of ability to pay.

Thank you to those parents who have already donated prizes for the golf scramble! It promises to be a top-notch event with prizes awarded in 3 flights, breakfast provided by Merridees, lunch from Red Pony/55 South, dessert by Ivey Cakes and all day service from our 6th grade students.

The 6th grade students are prepared to make a 7-minute presentation to your companies and friends about New Hope, their trip and the Golf Classic. They need sponsors for the event, golfers,

prizes and a couple more celebrity golfers.

The primary way money will be raised for the trip is through sponsorships and auctioning off celebrities to golf with the teams. We have a couple of celebrities confirmed already, but if you know of anyone else who may be willing to give time for this event (politicians, professional athletes or coaches, musicians etc.) or if you know of potential sponsors, golfers, or donor of prizes and would like our 6th grade to make a presentation, please contact Pat Sauder (psauder@nhafranklin.org) or Mitch White (mitch@moosemgt.com).

If you want to play, register soon as there is a discount for those signed up by September 30th. Spots are starting to fill up. Registration and sponsorship information for the Golf Classic is on the New Hope Academy website at www.nhafranklin.org/events. Please share the link with your friends. If you are a New Hope friend on Facebook feel free to "like" the event and share with your friends as well.

Stuff Needed for Yard Sale SATURDAY

If you missed the 6th Grade yard sale this summer, don't worry. It was so much fun (and so profitable) that they are going to do it again THIS SATURDAY, Sep. 17th, from 7a.m. to 4 p.m. at the Grow's home - 115 Cleburne St.

You can help by cleaning out your closets and dropping your stuff on their back porch any time this week. You can also call and the class would be happy to come pick up donations.

Please also help spread the word by telling your friends or neighbors. If you have a **canopy** that we can borrow, please let them know too.

If you have any questions or for pick-up of goods call Jon (525-6821) or Jen (485-6141) Grow.

Drinks and food will also be for sale and all proceeds will go towards the class trip to Washington, D.C. next spring.

Picture Day, Sep. 14th (THIS WEDNESDAY)

A photographer will be on site on Wednesday, Sep. 14th, to take school pictures. Students should wear their regular school uniforms.

You are not required to buy pictures. **Class pictures** are \$12 and must be ordered and paid for on picture day.

Individual photos do not need to be ordered that day. Individual proofs will be sent home later and individual pictures may be ordered at that time.

This year Inter-State Studios is offering a variety of background options. You can check them out at <http://portraits.inter-state.com/?parents&page=fall>.

Retakes are scheduled for Wednesday, October 19th.

Brain Healthy Eating . . . on a Budget

Dr. Daniel Amen, bestselling New York Times author, along with Dr. Jeff Fortuna, came up with the following 10 tips to help families eat healthier without spending a fortune.

1. *Go for satisfying grains.* Whole grains moderate blood sugar for hours, keeping your child feeling full. Ever notice how your kids are starving soon after eating a bowl of sugary cereal? Give them oatmeal (the old-fashioned kind, not instant) and you will notice a huge difference. A canister costs around \$3, equating to only 10 cents a serving.

2. *Buy vitamin-rich vegetables frozen.* While the freezing process does remove some of the vitamin content, frozen vegetables are still a great source of brain-boosting, disease-fighting nutrients. At \$1 for 3 12-oz. packages of broccoli, a 4-oz. serving is only 11 cents.

3. *Boost antioxidants with apples, oranges, and bananas.* These fruits promote heart health and boost brain performance. Pack these affordable fruits in kids' lunch boxes and leave them on the kitchen counter to encourage healthy snacking.

4. *Say cheese – cottage cheese, that is.* Dr. Fortuna says, "If I had a magic wand I would make every kid eat cottage cheese before going to school. It is packed with a dietary protein that [helps] with attention span. When kids eat 15-20 grams of protein at breakfast their brains work better and they are better able to concentrate in class." A single serving of cottage cheese provides 14 grams of protein for about 75 cents.

5. *Pump up protein with affordable eggs.* Eggs, for as low as \$1 a dozen, are a great source of protein. At less than 10 cents each, eggs are an affordable option for any meal.

6. *Fill up on high-fiber, low-cost beans.* To be extra economical, choose uncooked black beans, red beans, lima beans, garbanzo beans, white beans, or any other variety that is NOT canned. A 1-lb. bag of black beans costs less than \$2 and gives you 12 servings for less than 16 cents each.

7. *Stock up on canned tuna,* a great source of omega-3 fatty acids. For about 83 cents a can you get 22 grams of protein and a good amount of healthy omega-3 fatty acids. Without a question, canned tuna is the best buy for fish.

8. *Drink to your brain health with skim milk and water.* Your brain is 80 percent water and needs plenty of liquids to keep it from becoming dehydrated. Fill up a jug with filtered water, add a few orange slices and keep it in the refrigerator for easy access.

9. *Spice up your meals.* Enhance the flavor of any dish without using a lot of butter, cream, or salt. Many spices like cinnamon (great on oatmeal), curry, garlic, and sage have been shown to have brain and body benefits.

10. *Become a savvy shopper.* Save by buying in bulk. Look for items with a long shelf life – like many of the items mentioned above. Use coupons and buy generic or store brands whenever possible.

Student Prayer Warriors

Each student is assigned a day to pray for our school. We always encourage you to pray with your child, but please make extra effort to join your child in praying for NHA on their assigned day. The prayer warriors for Sep 13-26 are:

Sep 13	Tyra Petway
Sep 14	Donovan Pinkston
Sep 15	Noah Pinkston
Sep 16	Timothy Pinkston
Sep 17	Tait Pitts
Sep 18	Tommy Pitts
Sep 19	Anniyah Pointer
Sep 20	Byron Pointer
Sep 21	Malachi Pointer
Sep 22	Anthony Pope
Sep 23	Jarvel Pope
Sep 24	Hanna Prado
Sep 25	Melissa Prado
Sep 26	Itzel Quiroz

Annual Gentry Farm Family Event Oct. 6th

This year's NHA family fieldtrip to Gentry Farm is Thursday, October 6th from 4:00-6:00 p.m. More details about this fun tradition will be sent home as the date draws nearer.

Each grade is assigned an event during the year to help with. This event is 4th Grade's turn to help with set-up and clean-up. If you have a 4th Grade student, please try to make yourself available on this date and watch for more information about what specific things you can help out with.

Comcast Offering \$9.95 Internet Service

Comcast is currently offering an "Internet Essentials" program whereby qualifying families can get monthly internet service at home for only \$9.95 per month. Qualifying families may also be able to purchase a new computer for \$149.99. To qualify you must meet all of the following criteria:

- Live in an area where Comcast offers internet service.
- Not have had Comcast Internet service within the last 90 days.

- Have at least one child receiving free lunches through the National School Lunch Program.
- Do not have an overdue Comcast bill or unreturned equipment.

This offer includes no price increases, no activation fees, and no equipment rental fees.

If you are interested and think you may qualify, you can call (855) 846-8376 or visit InternetEssentials.com.

Prayer Corner

Parent prayer meetings for New Hope academy will be held on Wednesdays this year from 2:00-3:00 p.m. in the prayer room in the NHA library.

If you would like to pray at another time during the week with other parents, please let the office know so we can get the word out.

The prayer room is always open. Feel free to come alone or bring some friends and use it any other time as well.