

AE/MS Feasts At Heart Healthy Restaurant

By Gretchen Hildebrand
AE/MS Second Grade Teacher

Andover second graders did it again! The teachers at AE/MS were treated to a great feast, courtesy of the super ideas and thoughtful cooking and shopping of second graders and their parents.

Some of the new items on this year's menu were chicken lasagna, ricotta pie, and chicken and bean quesadillas. The fruit salad was "to die for" and there

were carrots, raw nuts, grapes and yogurt in abundance.

Any teachers who ate at the restaurant felt healthy and full afterwards. Don't worry! Second grade servers were able to serve themselves as well.

Mr. Jensen and I extend our thanks to the second graders and their families for a successful and fun Valentine's Day Heart Healthy Restaurant.



Danika Kolesar and Bret Russell enjoy a bite to eat after their shift is over
Photo: Gretchen Hildebrand



Alan Thompson takes Mr. Hubert's order . Photo: Gretchen Hildebrand

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always ready to lend a hand.

But the highlight of Lee's work, she admits, is seeing the "enthusiasm of the little ones" as they take out library books. Enthusiasm, I'm sure will continue within this special place.

Outside of school, Lee has spent the past few years on the "college tour," helping her daughters choose and get settled into college life. Her son, a senior at MVHS, will also be attending college in the fall.

Although the Donaldson home is getting quieter, Lee stays busy with many interests. In addition to visiting with her children, she enjoys reading, especially novels by Jane Austen and Jan Koran, and she is eager to plant a new spring garden (if the snow ever disappears).

Mr. and Mrs. Donaldson are looking forward to relaxing camping trips this summer, he with his fishing pole, and she with her books, of course.

Chris Braley

Chris Braley, a lifelong resident of New Hampshire, is enjoying her seventh year at AE/MS. Although she began working as a special education assistant in the middle school, her varied strengths have given her a new challenge. She is now the official AE/MS "permanent sub," which means that she must take the place of a classroom teacher, assistant, or school

secretary, sometimes on a moment's notice.

Imagine being called upon to teach first graders one day and eighth graders the next! It takes a special person, and Chris is just that person. When she isn't substituting, she is busy with a myriad of other "behind the scenes" duties and responsibilities that keep our busy school of AE/MS running smoothly. We all depend on her energy and enthusiasm.

Chris grew up in nearby Sutton and currently lives in Danbury with her husband Christopher and two children: Joshua, 16, and Alyssa, 14. Chris was a "stay at home mom" for eight years before coming to AE/MS.

Chris can often be found at Newfound High School, cheering on her daughter's volleyball team. Chris also enjoys reading, camping, visiting her sister in Rhode Island, and spending time with her family. She has been enjoying the winter days "sitting on the couch near the woodstove watching the snow fall with my cats."

The best part of being at AE/MS, she reports, is being able to work with all students and staff. She loves the small school and sense of community, so evident at AE/MS.

AE/MS's unique climate and character is certainly enhanced by the everyday work of these dedicated women.

Parent to Parent...

How can I tell if my child has ADHD?

ADHD (attention deficit hyperactivity disorder) affects about one child per classroom in the United States. With proper treatment, most learn to manage their behavior and do well in school and at home.

Children with ADHD often have trouble concentrating and get bored easily. They may be restless and unable to sit still. Sometimes, they may say or do inappropriate things, even when they should know better.

If you think your child may have ADHD, you should call your child's physician for a complete examination. Diagnosing ADHD can be difficult and needs to be done by a trained professional.



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