



**The Andover Beacon**

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(L-r) Ainsley Goodwin, Koty Lorden, Jessica Lewis, and Jared Frost volunteered from the audience on February 21 to help Youth Beatz' drummer Rich Reggione. Photo: Chris Connor

## Youth Beatz Comes To Andover!

A Youth Beatz press release

The Andover Afterschool and Five Alive programs, AndoverKids.org, AE/MS, and the AE/MS PTO launches its first "afterschool" program targeted toward middle-schoolers.

Rich Reggione and his exciting rhythm and fitness program, Youth Beatz, comes to AE/MS starting Friday, March 5, following February vacation.

A national touring rock drummer, Mr. Rich provides an entertaining, aerobic, progressive music-in-motion program based on self-respect, respecting others, dedication, and creativity.

Youth Beatz visited AE/MS to kick

off Spirit Week with a rocking all-school assembly on February 21.

Space in the program that starts on March 5 is limited, so sign your child up today. The 1½ hour weekly program begins Friday, March 5, at 2:45 PM and runs for 12 weeks, through May 12, and will be offered to all grades.

Parents: This is a fun, creative, and entertaining program, with workshops focused on respect, self-respect, self-confidence, responsibility, and musical expression. The cost is \$60 per child for all 12 weeks, and space is limited. Call 735-6566 or e-mail AndoverKids@gmail.com if you have questions.



At Hildebrand's Heart-Healthy Restaurant, Katie Keezer gives her son Riley her order. Photo: Gretchen Hildebrand

## Hildebrand's Heart-Healthy Restaurant

By Gretchen Hildebrand  
AE/MS Second Grade Teacher

AE/MS second graders had another smashingly successful Heart Healthy Valentine Restaurant this year thanks to the hard work of all second grade students and their generous parents.

During this year's planning stage we invited Mrs. Pellegrino to teach us all about what makes a healthy heart. We learned about food we can eat *all* the time (like fruits, vegetables, fish, and beans); those we should eat only some of the time (like pasta and steak); and foods that should only be an occasional treat (like fried food and ice cream).

Then we planned a healthy menu for our restaurant to serve.

Teachers, staff, and some privileged students attended. All of the servers learned that waiting on tables is hard work, fun, bothers your feet, feels good because you are doing something for someone else, and is just like "a real job!"

We raised \$256, which the children decided to send to Haiti relief this year. In fact, they also wanted to send the leftovers down to Haiti to help all the people who have so little to eat right now.

We should feel good about Andover's children. They have good heads and kind hearts!

## What Are Adolescents Thinking?

By Heather Hill  
AE/MS School Nurse

Remember the years when there wasn't a care in the world, you were certain that you knew everything about life, and your parents didn't have a clue? Yes, the wonders of being an adolescent.

We survived it, but do you wonder if your teen will? Equally as important, are you prepared and ready to deal with the trials and tribulations of your teenager? Research has proven that parents have the greatest impact on their child's success.

The adolescent developmental years are full of questions, discovery, confusion, identity, excitement, learning, maturity, and growth. They are the years that can be the most challenging for both the child and the parents.

Teenagers share a culture of their own. They bond together, share experiences, make mistakes, experience suc-

cesses and failures, and all along the way depend on their parents to remain constant. Some teenagers manage to glide through adolescence without any major difficulties, while others hit every obstacle in the course.

There are multiple factors that influence the course of your child's future. Some of these include brain development, social skills, parent support, self-esteem, education, social opportunities, and environmental factors. Understanding these factors can help strengthen relationships, open communication, and help both you and your child through this journey called adolescence.

You are cordially invited to attend an informative session titled *What Are They Thinking?* presented by Heather Hill, RN, M.Ed. behavior specialist, on Wednesday, March 10, from 6 to 7:30 at the Andover Elementary/Middle School. This session is open to all.

## SHARE Day Is Coming On May 10!

By Gisela Darling  
SHARE Day Coordinator

SHARE Day, which stands for "See How the Arts Reach Everyone," was started by a small but very active PTO in 1988. This special day brings artists, craftspeople, and musicians from Andover and surrounding communities into the classroom to share their wealth of talents and inspirations with the children.

Even though SHARE Day requires a lot of volunteers and preparation, it has become one of the favorite activities at the school. Everybody who has been part of it looks forward to the next one.

Last year, over 30 different workshops were offered to third through eighth grade students.

This year, SHARE Day will be on Monday, May 10, and we are looking for members of the community who are willing to share their talents and time with the students of the Andover Elementary/Middle School.

If you would like to be part of it, as a workshop leader or as a volunteer, or if you know someone who might like to give a workshop, please call Gisela Darling, workshop coordinator, at 735-5681, or call the school at 735-5494.



Koby Perreault (l) and Aiden Cox played errand boys in "Colonial Voices, Hear Them Speak," the presentation that wrapped up Mrs. Kidane's fourth grade class' unit on the Revolutionary War. Photo: Doreen Perreault