

Important Dates:

- ☺ January 20 through January 24—MIDTERMS for Upper School students.
- ☺ **January 24—SFC Meeting, 7:00pm, RM125.** All parents invited and encouraged to attend.
- ☺ January 27—Lower School Dance, at SACS, 6:00-9:00pm.
- ☺ January 28—AP Science Study Session, Methuen High School, 8:00am-2:30pm.
- ☺ January 29—FAFSA DAY at North Shore Community College, (Lynn, MA), 2:00pm.
- ☺ **February 1—Service Learning Half Day, 12pm Dismissal.**
- ☺ *February 2—Admission Information Session, 6:30pm at Salem Academy.*
- ☺ February 4—Board of Trustees' Retreat, 9:00am-1:00pm.
- ☺ **February 8—PTS Conferences, 5:00pm-8:00pm.**
- ☺ February 10 & 11—School Play, *A Midsummer Night's Dream*, 7:00pm (both nights).
- ☺ February 11—AP Math Study Session, Peabody High School, 8:00am-2:00pm.
- ☺ February 13 through March 2nd—Yankee Candle sales!

News and Notes

The SFC (School, Family, Community) Team will meet on Tuesday, January 24th, 2012 at 7:00pm in room 125. All parents and families are invited and encouraged to attend. Please contact Jennifer Banville for additional details on how to become more involved in your student's experience at Salem Academy. 978-744-2105 x143 OR jberville@salemacademycs.org.

The next Admissions Information Session for prospective students will be held Thursday, February 2nd, 2012 at 6:30pm at Salem Academy, 45 Congress Street, Salem, MA 01970. Please contact Ms. Acosta at the front desk with questions: (978) 744-2105 or send an email to info@salemacademycs.org.

FAFSA Information: Attention all 12th grade students! It is time to fill out your FAFSA forms! FAFSA information is available online at: www.fafsa.ed.gov. Deadlines for the 2012-2013 FAFSA can be found on the site. *Need help with your FAFSA?* Visit North Shore Community College, located at 300 Broad Street, Lynn, MA 01901 for **FAFSA DAY** on Sunday, January 29th at 2:00pm. NSCC will offer 1-on-1 assistance, computer access, online filing, and Spanish translation will be available. Register for FAFSA DAY at www.fafsaday.org. Please contact Salem Academy's College Counselor, Mrs. Lassen with any questions.

Capozzi Takes 1st Place in School-wide Geography Bee

Congratulations to 8th grader, Taylor Capozzi and 7th grader Alec Austraw who both made it to the final round of last Friday's school-wide National Geographic Geography Bee.

The championship round began neck in neck with both students answering "The Gulf of Mexico" correctly to question 1: "Barrier islands help shelter a nature reserve on Apalachicola Bay, an arm of what large gulf?" The second question proved more difficult asking the students to "Name the Asian country at the eastern sea edge of the South China Sea that includes about 7,100 islands." Taylor answered, "Philippines", and Alec answered: "Indonesia". The correct answer to question #2 was the *Philippines*, putting Taylor ahead by one point. Alec and Taylor both answered question #3: "Timbuktu, a center of caravan trade for almost a thousand years, is located north of the Niger River in which land-locked country?" incorrectly, qualifying Taylor for the statewide Geography Bee competition on March 30th.



In 3rd place, was 7th grader, Sia-Linda Lebbie. Rounding out the top ten finalists at Salem Academy were 6th graders, Susana Martinez, Jaycab Reynoso, Isabel Welch, 7th grader William Tuttle, and 8th graders, Grace Phillips, Tyler Espinal, and 2011's school-wide geography bee champion, Joshua Waldman.



Salem Academy Charter School is currently accepting Enrollment Applications for the 2011—2012 school year.

The enrollment deadline for the March Lottery is **March 5th, 2012**

The admission lottery will be held on: **March 7th, 2012**

Please call Ms. Acosta at the front desk with any questions: (978) 744-2105 OR info@salemacademy.org.

Salem Academy Charter School is holding Admissions Information Sessions on:

Thursday, February 2nd, 2012 at 6:30 pm

Please pass the word to friends and neighbors!

Body Mass Index (BMI)

What does it mean and why is it important?

Body Mass Index (BMI) is a number calculated from a person's weight and height.

BMI provides a reliable indicator of body fat for most people and is used to screen for weight categories that may lead to health problems. For children, BMI is used to screen for obesity, overweight, healthy weight, or underweight. However, BMI is not a diagnostic tool. For example, a child may have a high BMI for age and sex, but to determine if excess fat is a problem, a health care provider would need to perform further assessments. BMI is both age-and sex-specific for children and teens for 2 reasons: the amount of body fat changes with age, and body fat differs between girls and boys.

In the US, approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese. This has tripled since 1980, indicating that childhood obesity is a very real and serious problem. By requiring BMI screenings in schools, the department of public health is hoping to catch weight related health problems early and educate children and families about what can be done.

$$\text{BMI} = \frac{\text{weight (lb)} * 703}{\text{height}^2(\text{in}^2)}$$



The BMI screenings for seventh and tenth graders at Salem Academy were completed just before winter break. All parents of students in these grades should have received their child's information in the mail. The full results will be published in next week's newsletter.

For more information on BMI screenings, please visit the Center for Disease Control website at <http://www.cdc.gov/healthyweight/assessing/bmi/index.html>

Upper School Mid-term Exam Schedule

Monday, Jan. 23—Science, 9:00am

Monday, Jan. 23—History, 12:00pm

Tuesday, Jan. 24—Spanish, 9:00am

Tuesday, Jan. 24—Make-up Exams, 12:00pm



- Students are dismissed from school at the end of exams (2pm Fri/Mon, 12pm Tues) unless they need to complete make-ups.
- Students do not have to come to school/stay at school if they do not have an exam in a given class.
- If students have two exams in one subject, they will take one exam during a block when they do not have an exam (e.g., two history, no math).
- Students may not be dismissed before the end of the exam block.
- Students are not given extended time on exams unless they have approved accommodations or the teacher has told students prior to the exam that they will have extended time.



LOLLI-GRAMS

A fun way to show some love on Valentine's Day!



Lolli-Grams will be on sale before & after school and during lunches Jan. 25th through Feb. 14th for \$1.00 EACH!!!

Proceeds Support Upper School Student Government!

