

Important Dates:

- ☺ 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, 12:00pm Dismissal.**
- ☺ February 2—Basic Rights in Special Ed Workshop, RM125, 6:00pm.
- ☺ 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!
- ☺ February 15—Board of Trustees' Meeting, 6:00pm, RM125.
- ☺ February 17—NOLA Fundraiser.

News and Notes

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.

Service Learning Half Day — Wed., February 1st, 2012. Students will be **dismissed at 12:00pm**.

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@salemacademy.org.



PTS Conferences will take place on Wednesday, February 8th, 2012 from 5:00-8:00pm for both the Upper School and Lower School. All parents are invited and encouraged to attend. Upper School Student Government will be serving a Pasta Supper. \$5 per plate. \$1 for drinks in the café.

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!

Basic Rights in Special Education WORKSHOP

Thursday, February 2, 2012
at 6:00pm

Location: Salem Academy Charter School, Room: 125

This workshop is designed to help parents learn to be effective partners with their child's school to decide their child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

Mr. Betts is running the 2012 Boston Marathon to support Salem Academy Athletics!

As Athletic Director, I feel it is important to show students how to challenge themselves and excel at new things. Through fundraising, we will be able to expand our program and give every student the chance to be a part of something truly great. With *your* help, our students will be given new opportunities to excel and obtain the important values built into being a team member.

To find out more about this opportunity, please visit Salem Academy's *FirstGiving* page: <http://www.firstgiving.com/fundraiser/salemacademy-charterschool/bostonmarathon2012>

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**SUPPORT
SALEM ACADEMY
ATHLETICS**



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@salemacademycs.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.

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. See the charted results from the testing of our current 7th and 10th graders.

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

Please see Ms. Wolf with any questions.

Julie Wolf, RN, School Nurse

phone: 978-744-2105 ext.111

email: jwolf@salemacademycs.org

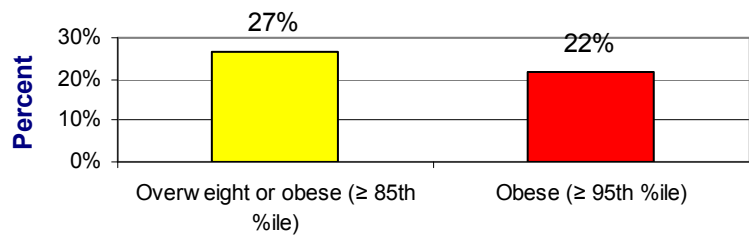
Summary of Children's BMI-for-Age



	<u>Boys</u>	<u>Girls</u>	<u>Total</u>
<u>Number of children assessed:</u>	25	30	55
<u>Underweight (< 5th %ile):</u>	4%	0%	2%
<u>Normal BMI (5th-85th %ile):</u>	56%	60%	58%
<u>Overweight or obese (≥ 85th %ile)*:</u>	40%	40%	40%
<u>Obese (≥ 95th %ile)*:</u>	28%	23%	25%

*Terminology based on: Barlow SE and the Expert Committee. Expert committee recommendations regarding the prevention, assessment, and treatment of child and adolescent overweight and obesity: summary report. Pediatrics. 2007;120 (suppl 4):s164-92.

Prevalence of Overweight and Obesity



Prevalence of Overweight and Obesity, by Sex

