

Hats off to the students and staff at AI

The students and staff of Allegheny I Elementary School have been invited to apply to become a National Blue Ribbon School. Thirteen schools from the state of Pennsylvania were nominated by PDE to apply. Schools are considered for this honor based on one of the two criteria: 1) schools with at least 40% of their students from disadvantaged backgrounds that dramatically improve student performance; and 2) schools whose students, regardless of background, achieve in the top 10% on the PSSA. The staff is now in the process of completing the application, which will be submitted to the US Department of Education. If the school is selected we will be notified in the fall.

I would like to thank all of the parents of Allegheny One Elementary students for their involvement in the education of our children. Parents are the first, and most important teachers, and we know that in order for our children to be successful that the connection between home and school needs to be a strong one. Take a few moments every day to ask your son/daughter about what they learned in school today and what was most exciting! If you have questions or concerns, please contact your child's teacher. Keeping the lines of communication open are very important. We are more than half-way through this school year. Thanks again, for your continued involvement with Allegheny One Elementary.

Mr. Moore's Fitness Facts

Layering Keeps you Warm!

Winter clothing keeps you warm primarily by trapping warm air next to your body (insulation). But when being active in winter and spending multiple days in the same clothes, insulation alone is not enough. It has to stay dry, not just from the outside in, but from the inside out. The advantage to layering, of course, is that when working hard and starting to overheat, you can simply take off an insulating layer (usually a fleece jacket or vest), replace your windproof shell, and you're on your way. When inactive and cooling down, you can replace the insulating layer. Here are some Ideas for layering:

Under layer:

- Two pairs liner socks (thin, quick-drying)
- liner gloves
- Synthetic underpants
- Synthetic long underwear tops and bottoms

Insulating layer 1:

- Thick insulating socks (one pair per day)
- Synthetic pants
- Synthetic shirt

Insulating layer 2:

- heavy gloves or mittens (mittens conserve heat better);
- Fleece pants
- Fleece vest

Outer layer:

- Shell jacket with hood, waterproof/breathable
- neck gaiter or scarf
- shell mittens of waterproof/breathable material
- hat (fleece or wool)
- boots, waterproof and roomy enough for thick socks and toe-wiggling to prevent frostbite
- sunglasses, sunscreen and lip balm with sunblock

Source: BACKPACKER's *Making Camp*, by Steve Howe