

Cougar Chronicle

Colchester Middle School

Volume 1, Issue 3

February 29, 2012

And now for the... **Cougar News**

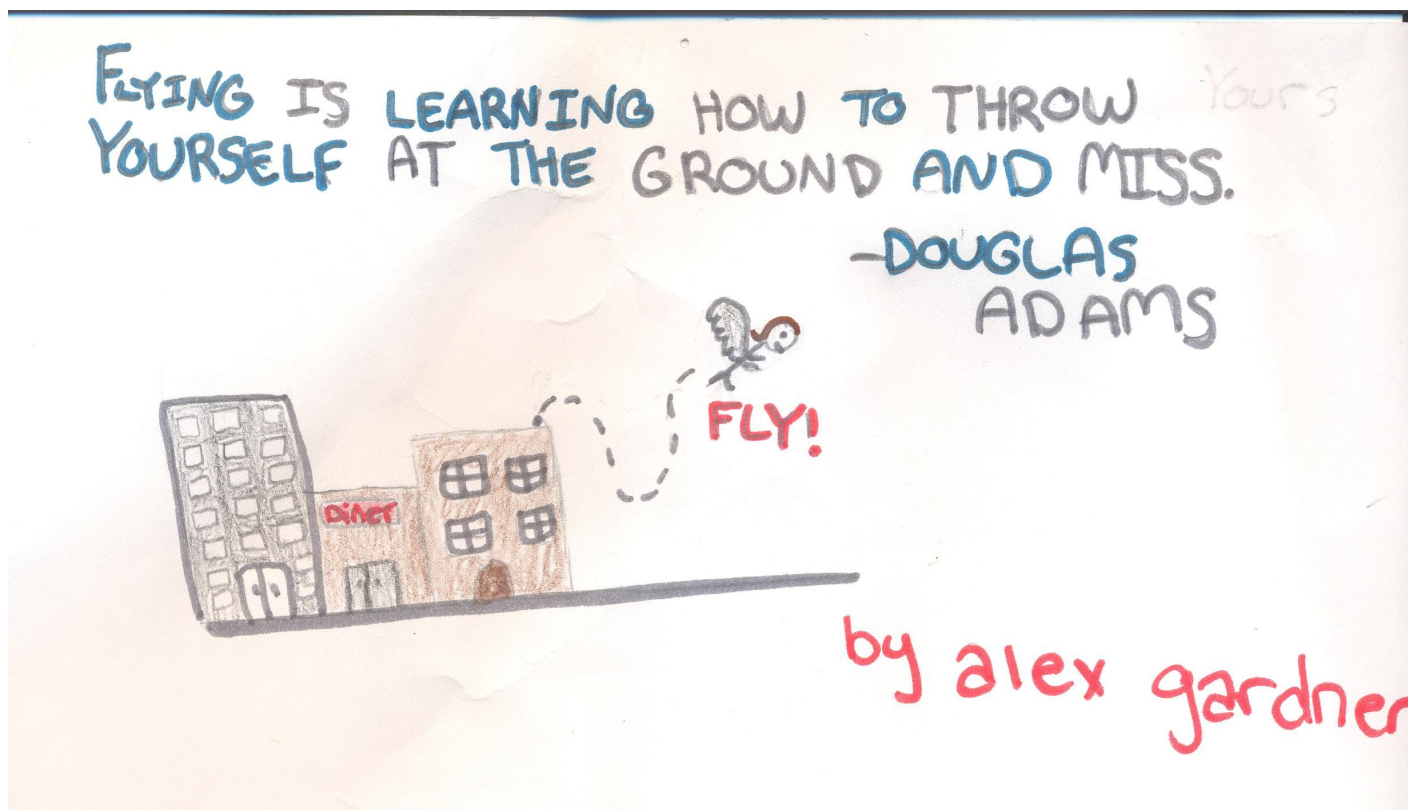
Since last month, we have been enjoying our very own televised news program. The *Cougar News Show* will continue to air every Friday here at CMS. Our school news crew produces news and announcements each week to keep us up-to-date and entertained! This live, taped news program features a variety of information about our school and community. Reports from the field go viral in our school.

“I have been going around the school with some of my coworkers, interviewing teachers about what they are doing for their *Wellness Month* goals,” said Cougar news member, Brett Kryzinski.



FITNESS CHALLENGE

Last month in T.A., everyone participated in the Fitness Challenge. The objective was to make more healthy choices little by little. The challenge was completed last week and charts are hanging around the school showing everyone's progress. The hope is that these little changes may become permanent. Have a healthy day and eat more fruit!



Grilled Cheese & Salsa

Kid-Friendly Recipe

Time it Takes: 30 minutes
Makes: 2 Servings (1 Sandwich and ¼ Cup Salsa each)

Ingredients:

- 4 Teaspoons Softened Butter
- 4 Slices Wheat Bread
- 2 Slices (¾ Ounce Each) American Cheese
- 2 Slices (¾ Ounce Each) Muenster Cheese
- ½ Cup Chunky-Style Salsa

Tools You Need

- Measuring Spoons
- Table Knife
- Large Skillet (10 or 12 Inch)
- Pancake Turner
- Cutting Board
- Measuring Cups

- Spoon
- 2 Custard Cups
- Rubber Spatula

Measure 1 teaspoon of the softened butter. Use the table knife to spread it on 1 slice of bread. Repeat measuring the butter and spreading it on the other 3 slices of bread. Carefully put 2 slices of bread, butter side down, in the skillet. Put 1 slice of American cheese and 1 slice of Muenster cheese on top of each of these bread slices. Put the other 2 slices of bread, butter side down, on top of the cheese. Carefully cook the sandwiches in the skillet over medium heat for 4 minutes. Flip the sandwiches over with the pancake turner.

Cook another 4 minutes. Use the pancake turner to remove the sandwiches from the skillet and put them on the cutting board. Let them cool for 5 minutes.

While the sandwiches are cooling, measure out the salsa. Spoon half of it into each custard cup. Scrape all the salsa out of the measuring cup with the rubber spatula. Use the table knife to cut the sandwiches into strips. To eat, dip the sandwich pieces into the salsa.

1 Serving: Calories 380; Total Fat 23 Grams; Sodium 1,070 Milligrams; Total Carbohydrates 31 Grams (Sugars 5 Grams); Protein 16 Grams • Exchanges: 2 Starch, 2 Fat

Obama's Visit

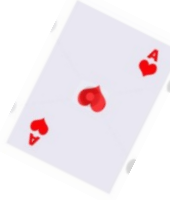

By Zayla S.

The President's coming! Yes, it's true our own President Barack Obama is planning a trip to Burlington on March 30. The last President to visit Vermont was Bill Clinton in 1995. George W. Bush chose not to visit Vermont but was able to visit every other state during his eight-year term. President Obama also came to Vermont in 2006, when he was a U.S. senator from Illinois campaigning for Peter Welch. Mr. Welch was seeking the Vermont state's lone U.S. House seat and Bernie Sanders, who was running for U.S. Senate. President Obama also came to Vermont in 2007 for a Norwich University fundraiser. First Lady, Michelle Obama has also visited Vermont. She came to thank families for their military service in Afghanistan and Iraq, back in June of 2011.



February and March Calendar

~Fun Facts ~ Sporting Events ~ After School Programs ~ Important Dates ~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12 February is Black History: Who was Langston Huges? Find out!</p>	<p>13 Show Choir: 2:15pm-3:45pm</p> <p>First Public School established in 1635</p>	<p>14 Happy Valentine's Day!</p> <p>6th Grade Harbor House Flynn Theater Field-trip</p> 	<p>15 Boys Basketball Game: CMS A Tournament February 15-17</p> <p>Girls Basketball Game: CMS A Tournament</p> <p>MathCounts: 2:20pm-3:45pm</p> <p>Jazz Band: 2:20pm-3:20pm</p>	<p>16 Charles Darwin lands HMS Beagle 1^o N 29^o W, at St. Paul's Rocks en route around the globe in 1832! <i>Search it on the web.</i></p>	<p>17 School Dance: 6:30pm-8pm Beach Party Theme!</p>	<p>18 Former Planet, Pluto, discovered in 1930 by Clyde Tombaugh</p>
<p>19</p>	<p>20 Show Choir: 2:15pm-3:45pm</p> <p>Presidents Day</p>	<p>21 Mardis Gras Find out what this is!</p>	<p>22 Boys Basketball Game: B Tournament February 22-24</p> <p>Girls Basketball Game: B Tournament</p> <p>Student Council: 2:15-3:45pm</p> <p>MathCounts: 2:20pm-3:45pm</p> <p>Jazz Band: 2:20pm-3:20pm</p>	<p>23 Basketball Tournament</p>	<p>24 Basketball Tournament</p>	<p>25 Renoir's birth date. Find out who Renoir was and VT connection.</p>
<p>26</p> 	<p>27 Mid-Winter Recess YAY!!! 30 minutes of exercise a day keeps you healthy!</p>	<p>28 No School</p> <p>Go outside and get moving!</p>	<p>29 No School</p> <p>Make plans with friends. Have a dance party. Call a grandparent and say hi!</p>	<p>March 1 No School</p> <p>Try board games and challenges with friends and family!</p>	<p>2 No School 30 minutes of exercise a day keeps you healthy!</p>	<p>3 School Resumes on Wed., March 7th</p>



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