

Burke's Families:

October was an incredibly busy month with some great events from Po Bronson to the wet and wild [Bus-to-School Week](#) to [Family Festival](#) . Thank you to all who volunteered, underwrote and participated in all these events, especially the Family Festival! We are lucky to have such a vibrant, active community. This month, while not as busy, we can look forward to three thought-provoking Speaker Series events as well as a presentation on "Burke's by the Numbers" at our PA meeting on Monday, November 16 at 8:30 am.

Again, many thanks for all your hard work.

Lara Witter
2009-2010 Parents' Association President

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November Overview

November 9 at 5:30 pm: Raising Media Smart Kids in a Digital World

[Common Sense Media](#) presenter, Ellyn Weisel will provide insight on today's media landscape, the impact media has on our children and ways parents can raise children to use media safely and responsibly.

November 12 at 9:00 a.m: Ken Ginsberg, author of *Building Resilience in Children and Teens*

SPEAK Lecture Series at Greek Orthodox Cathedral of the Annunciation.

In addition to discussing the adverse impact stress and everyday pressure can have on development, [Dr. Ken Ginsberg](#) creates strategies on how to raise resilient children.

November 16 at 8:30 am: Parents' Association Meeting ([download agenda](#))

Join us for a discussion of "Burke's by the Numbers," a financial overview of how Burke's is run. This is your opportunity to ask any questions that you may have about Burke's and its finances and budget. Please email larawitter@yahoo.com with your questions **prior** to the meeting or save them to ask at the meeting itself.

November 18 at 9:00 a.m: John Ratey, author of *Spark, The Revolutionary New Science of Exercise and the Brain*

Learn from [Dr. John Ratey](#) about his research on how exercise can optimize brain function. Visit his website- johnratey.com - to get some insight into his research and findings.

eScrip

- 1. First, a reminder to sign up for [eScrip](#)! Through this passive loyalty program, you automatically donate money to the Burke's PA, supporting programs like our Speaker Series and Hospitality.
- 2. Second, use eScrip Mall to shop for this year's holiday gifts. They have added more vendors. So, start your shopping at shopping.escrip.com. A percentage of your purchase is then donated to the Burke's PA.
- 3. Third, recycle your old phones, PDA's and printer cartridges with eScrip recycling. We have a recycling box outside the Front Office and recycle these items every month or two.