

the Harrold



Week of February 19-24, 2018

Interesting Facts for the Week

It may sound unbelievable, but the human intestines have taste receptors. Gut buds are not as alien as they sound. The mouth is the start of a long tube known as the gastrointestinal tract, including the intestines. However, taste buds lining the tract function differently than those on the tongue. The latter is all about telling the brain, through taste, what is being placed in the mouth. If palatable, the person swallows. The food reaches the gut buds, which can recognize different tastes. One won't taste a meal in the intestinal tract, but its receptors' reactions can be felt as hunger and fullness. Once the brain "tastes" something in the gut, it triggers the release of energy-processing hormones in the tract. This keeps blood sugar levels steady. In this sense, taste buds in the gut have an important health role to play. If faulty, they can cause weight gain or, worse yet, mess with glucose absorption and potentially worsen type 2 diabetes. In the future, a better understanding of gut receptors may be the secret to controlling blood glucose and obesity.

this week

After School Detention

Pena

- ⊙ Board meeting—Monday, February 19th @ 6:30.



"Barry, you fool! You made a wrong turn and now we're in the middle of robin 'hood!"

this week cont.

- ⊙ Be sure and keep students bell-to-bell. We have some that like to roam and bend the rules to the breaking point.

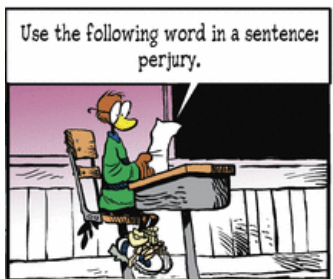
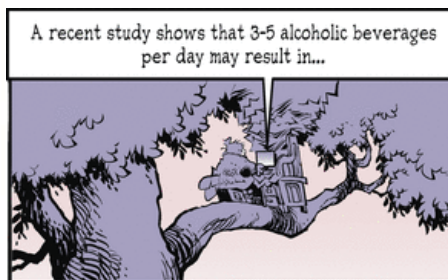
the future

February 26-March 3

After School Detention

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- ⊙ February 26—Teacher workday – 7:30-11:30
- ⊙ March 8—District OAP in Vernon
- ⊙ March 8—Early out at 2:35 and begin Spring Break.
- ⊙ March 9-16—Spring Break



two week overview

19	20	21	22	23 End of 4 th Six Weeks OAP Festival in Olney Harrold Performs @ 12:45	24
26 Teacher Workday 7:30-11:30 Bad Weather Day No Classes	27 Beginning of 5 th Six Weeks	28	1	2	3