



# The Bear Facts

Beaumont's Monthly Newsletter February 2011

### Mark Your Calendar!

- M, 1/31-T, 2/1 Kindergarten Registration
- Th, 2/3 2<sup>nd</sup> Grade Chinese New Year Parade
- Th, 2/10 Cultural Arts Science Show
- M, 2/14 Valentine's Day Parties
- M, 2/14-F, 2/18 Carnival Book Fair
- F, 2/18 4<sup>th</sup> Grade PAL Kick-Off
- Sa, 2/19 Father Daughter Dance
- M, 2/21 NO SCHOOL
- F, 2/25 2<sup>nd</sup> Grade China Day
- F, 2/25 Kindergarten Moon Dance

### HSA Meeting Schedule

- Feb. 17 at 9:15am
- March 17 at 9:15am
- April 21 at 9:15am
- May 19 at 7pm
- June 9 at 9:15am

\*All meetings are held in the large group room.  
 \*HSA meeting minutes will be available for you to view in the HSA file folder in the main office, on the HSA website and on the HSA bulletin board in the lobby.  
 \*For those of you who have volunteered or are considering it, the district "Guidelines for Volunteers" will be in the HSA file folder in the main office.

575 Beaumont Road Devon, PA 19333  
 Office: 610-240-1400  
 HSA Website: [www.beaumonthsa.org](http://www.beaumonthsa.org)

District Hotline: 610-240-1970  
 District Website: [www.tesd.net](http://www.tesd.net)

Dear Beaumont Families,

Happy New Year! I hope everyone had a nice winter break. We haven't missed a beat at Beaumont and are right back in the swing of things. Thank you to Heather Giacoio, Heather Greenberg and Melissa Acton for starting off the new year with a fun night of Pizza Bingo. The kids really look forward to this night and what a great way to start 2011! We are also looking forward to the Carnival Book Fair from Feb 14<sup>th</sup> – Feb 18<sup>th</sup>, the Valentine's Day Parties on Feb 14<sup>th</sup> and the Father Daughter Dance on Feb 19<sup>th</sup>. That will be a very busy week!

I wanted to take this opportunity to thank all involved in the many activities we had going on at the end of 2010. Winterfest was such a nice event for the kids. They really enjoyed the crafts and they loved the Secret Shop. Thank you to Kate McAllister and Susan Cantando for organizing this night for Beaumont. Thank you to MASH (chaired by Maureen Bailey and Susan Cantando) for hosting the Ice Cream Social during Winterfest and coordinating efforts with Barb Jackson in collecting the donations for the Royer Greaves School for the Blind. The Community Service committee was very busy with the Giving Tree Project and the pet contest to raise funds for our donation to Save the Children. The pet contest raised enough to purchase a donkey, a cow, two sheep and two goats for needy communities in Ethiopia. Special thanks to Kerri Martin, Kate McAllister, Jean Allen, Maureen Sloan, Eileen Ryle and Alexis Bove for your efforts and to all Beaumont families for their participation in these projects. Thank you to all parents who helped with the classroom Holiday parties. It was a great way for the kids to end 2010. We also had a very nice Holiday breakfast for the teachers organized by Nikki Blagden and Nicole Kent. Thank you to all who helped with this special morning for our teachers. They really appreciate your effort and recipes!

Thank you as well to Kate McAllister and Connie Egan for organizing the cultural arts programs for the kids. We had a performance by Shake, Scrape, and Strike and the Walnut Street Theatre. The kids and faculty really enjoyed their performances. Anne Ansa has done a great job decorating the lobby and keeping Oso in the latest fashions. And not to go unnoticed, thank you to Tory Stagnaro for stepping in this year and being editor of *The Bear Facts*. Thank you everyone!

Don't forget to stay up to date by reading the weekly Sunday blast email. There is a lot going on this winter at Beaumont and you don't want to miss a thing!

Warmest Wishes,  
 Pam Albertson  
 HSA President - On behalf of the HSA Board

Next Bear Facts: February 22  
 Submission Deadline: February 14  
 Contact: Tory Stagnaro, Editor  
 Submissions to [torystagnaro@yahoo.com](mailto:torystagnaro@yahoo.com)

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# Upcoming Cultural Arts Events!!!

Friday, February 4th

Papa Tortuga, Fernando Manzano, is coming to Beaumont!

Yes, one person CAN make a difference. There's proof in a small fishing village in Mexico. It was there, at the age of 16, that Fernando Manzano found his purpose. Now, thirty-five years later, he continues to dedicate his life to bringing Kemp's Ridley sea turtles back from the edge of extinction. His efforts have made a remarkable impact on the population of this critically endangered species. His passion touches thousands of people each year and Fernando has become a role model in his community. See the documentary, *Papa Tortuga*. Then meet the extraordinary man who inspired the film!

Thursday, February 10th

The Franklin Institute Weather Show

"Lightning, twisters and hail — oh my! This new show reveals the science of weather ... to the extreme. Where does our weather come from, and what factors make it a sunny day or a blustery one? We'll make a cloud, explore thunder and lightning, and even create snow. We promise a stormy ending to this show as we demonstrate the power of a tornado."



DATE: FEB 14<sup>TH</sup> – FEB 18<sup>TH</sup>  
TIME: 8am - 4pm  
PLACE: LARGE GROUP ROOM

## SPECIAL EVENTS

**SPECIAL SOMEONE BREAKFAST  
TUESDAY FEBRUARY 15  
730am - 9am**

BRING A GRANDPARENT, PARENT  
OR SPECIAL FAMILY MEMBER TO  
ENJOY BREAKFAST WHILE  
VISITING THE BOOK FAIR.



**FAMILY NIGHT—  
THURSDAY FEBRUARY 17  
5pm - 8pm**  
ENJOY REFRESHMENTS  
AND GAMES WHILE VISITING  
THE BOOK FAIR.

## VOLUNTEERS NEEDED

WE WILL BE USING VOLUNTEERSPOT.ORG TO SCHEDULE  
BOOK FAIR VOLUNTEERS. LOOK FOR DIRECTIONS ON  
HOW TO SIGN UP ON THE HSA WEBSITE.

[www.beaumontsa.org/bookfair.php](http://www.beaumontsa.org/bookfair.php)

IF YOU ARE ABLE TO DONATE A BREAKFAST ITEM FOR  
THE SPECIAL SOMEONE BREAKFAST PLEASE CONTACT  
PAM ALBERTSON AT [PAMALBERTSON@COMCAST.NET](mailto:PAMALBERTSON@COMCAST.NET)

# **SAVE THE DATE!!**

**FOR THE FATHER-DAUGHTER DANCE**

***"Candy Land"***



**SATURDAY, FEBRUARY 19, 2011  
7:00-9:30 PM  
BEAUMONT ELEMENTARY SCHOOL**

**RSVP by February 7<sup>th</sup>**

***Bring your special date - Father, Uncle, Grandfather, Big Brother, etc.  
Dress Fun and Fancy***

## **CORSAGE SALE**

**a keepsake to remember a special night  
ORDER YOUR CANDYLAND-INSPIRED SILK WRIST CORSAGE  
VIA RSVP CARD (OR ORDER FORMS AVAILABLE IN THE OFFICE)  
only \$5  
SAVE TIME! SAVE MONEY! SUPPORT YOUR HSA!**

**CORSAGES WILL BE AVAILABLE FOR PICKUP AT SCHOOL 2/17 AND 2/18 OR AT THE DANCE**

*Questions? [laurasedor@comcast.net](mailto:laurasedor@comcast.net)*

**MOMS!**  
**We need you!**  
PLEASE JOIN US IN MAKING THIS YEAR'S  
FATHER-DAUGHTER DANCE  
A GREAT SUCCESS BY  
**VOLUNTEERING TO HELP!**

*We need volunteers for several areas. If you can help, please fill out the slip below and return it in your child's backpack OR email [laurasedor@comcast.net](mailto:laurasedor@comcast.net) OR call 610.408.9063.*



Thank You,  
*Laura Sedor, Sue Moody, Tiffany Dowling and Jamie Mushlin*

.....

**YES, I CAN HELP** with the  
Father-Daughter Dance! (February 19, 2011; 7-9:30PM)

NAME: \_\_\_\_\_

PHONE&EMAIL: \_\_\_\_\_

*Please circle your area of interest:*

Decorating, Name Tags, Greeters/Sign-In, Event Set-Up,  
Event Clean-up, Party Favors, Music/DJ, Baker,  
Food/Beverage Stations, Photographs, Fundraising/Raffle,  
Corsage Sale, General Event Worker, Other \_\_\_\_\_

*Father-Daughter Dance*  
**CORSAGE SALE**  
a keepsake to remember a special night



**ORDER YOUR CANDYLAND-INSPIRED SILK WRIST CORSAGE  
VIA RSVP CARD (OR USE THE FORM BELOW)**

**only \$5**

**SAVE TIME! SAVE MONEY! SUPPORT YOUR HSA!**

*Corsages will be available for pickup at school 2/17 and 2/18 or at the dance*

.....  
**PLACE YOUR ORDER VIA RSVP CARD OR USE THE FORM BELOW**  
.....

**YES, order me a CandyLand-inspired silk wrist corsage(s)  
for the Father-Daughter Dance**

**Daughter's Name: \_\_\_\_\_**

**TOTAL enclosed \$ \_\_\_\_\_ (\$5 each)**

*All Proceeds to Benefit Beaumont HSA. Checks Payable to Beaumont HSA.*

*Questions to: [LauraSedor@comcast.net](mailto:LauraSedor@comcast.net), 610.408.9063*



# 2011 STATE CHAMP SOCCER CLINIC

Girls Ages 4 yrs – 14 yrs old  
Saturday, February 26th • 1:00 – 3:00 p.m.  
\$25 Session Fee - \$5 discount for siblings

Conestoga High School Gymnasium  
Benefiting the Conestoga HS Girls Soccer Booster Club

**Fun Games, Skills Instruction, Competitions & More! Training conducted by the Conestoga Girls Coaching Staff & 2010 State Semi-Finalist Players**

**What to bring:** A soccer ball, water bottle, sneakers, shin guards, & socks.

**Space is Limited – Register Now!!!**

Your cancelled check is confirmation of registration – Registration & Payment to Tracey Ellerbeck at 1821 Hawthorne Place, Paoli, PA 19301

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## REGISTRATION/CONSENT

Participant Name \_\_\_\_\_

Age \_\_\_\_\_

Address \_\_\_\_\_

Phone (Home/Work/Cell) \_\_\_\_\_

Email \_\_\_\_\_

Allergies/Physical Limitations? If yes, please explain: \_\_\_\_\_

Taking medications? If yes, please explain: \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Emergency Contact Name/Phone # \_\_\_\_\_

Medical Insurance Co. Name & Policy # \_\_\_\_\_

<b>Fees Due:</b>	Session Fee	\$ 25.00
	Sibling Discount	(\$ 5.00)
	Total Enclosed	_____

As the parent/legal guardian of the child named above, I hereby give my full consent and approval for my child to participate in the Conestoga High School State Champ Soccer Clinic. I understand there are certain risks of injury inherent in the practice and play of this sport and I am willing to assume these risks on behalf of my child. I hereby certify that my child is fully capable of participating in the camp and that my child is healthy and has no physical or mental disabilities or infirmities that would restrict full participation in these activities. I do hereby waive, release and hold harmless Conestoga High School, Conestoga HS Girls Soccer Booster Club, Conestoga HS girls soccer players and coaching staff, its officers, directors, employees and other affiliated personnel or organizations for any injury that may be suffered by my child in the normal course of participation in the camp and the activities incidental thereto, whether the result of negligence or any other cause.

Signature Parent/Guardian

Date

Mail **registration and check** payable to Conestoga HS Girls Soccer Booster Club (CGSBC) to:  
Tracey Ellerbeck, 1821 Hawthorne Place, Paoli, PA 19301  
For more info, please email Jana Walker at [jana.walker@comcast.net](mailto:jana.walker@comcast.net)  
Please visit [www.stogasoccer.org](http://www.stogasoccer.org).

# The Children's Dental Clinic Fundraiser

It's that time of year again for the Annual Children's Dental Clinic Fundraiser. Your support is very important to us since it is our only organized fundraiser for this school year.

For those who have not heard of the clinic, we are a non-profit community clinic housed in the T/E Middle School. We are open solely to benefit the children of the T/E and Great Valley School Districts. Our clinic is a one room, one chair office staffed by a paid professional dentist and a nominally paid supervisor. Volunteers serve as dental assistants, drivers, board members and school representatives. This is truly a rare and wonderful community service.

This year we will once again be offering products from *The Yankee Candle Company*. You will receive the catalogue in your child's backpack the last week in February. Orders are due Friday, March 11, 2011.

We had great success last year in raising funds for this very worthy community service and hope that you will support us once again in that endeavor. Don't forget, even if you don't wish to order any products a contribution would be greatly appreciated and is tax deductible. Checks can be made payable to The Children's Dental Clinic.

If you have any questions please feel free to contact Connie Egan, 610-644-1130, [connieegan@yahoo.com](mailto:connieegan@yahoo.com) or Maureen Sloan, 610-725-9877, [mpnsloan@gmail.com](mailto:mpnsloan@gmail.com). If you are willing to help out in distributing products once received, that too would be greatly appreciated. Thank you in advance for your support!





Calling all paparazzi!!! The yearbook editors need your help getting photos for submission into Beaumont's yearbook. If you have taken any photos this year, please contact Susan Cantando at [susancantando@verizon.net](mailto:susancantando@verizon.net) or Dawn Poeta at [dmpoeta@verizon.net](mailto:dmpoeta@verizon.net). Thank you!!!

# Stay Connected Beaumont!

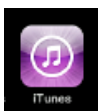
## Order your 2010/11 Beaumont Yearbook



All orders due March 25<sup>th</sup>



Yearbook availability not guaranteed for orders placed after March 25th



**ORDER NOW TO GUARANTEE YOUR COPY!**



Questions – contact Dawn Poeta 610-640-4284  
or Susan Cantando 610-647-4623

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Grade \_\_\_\_\_ Homeroom Teacher \_\_\_\_\_

Number of Copies \_\_\_\_\_ Check number \_\_\_\_\_

Payment \$25

**Make check payable to Beaumont HSA**

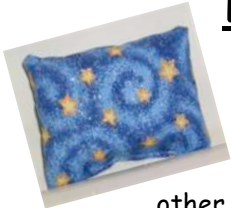


# BEAUMONT GRADE LEVEL NEWS

## Monthly Report

### January 2011

#### Kindergarten



January was a special time in Kindergarten. We kicked off our night-time literature theme which carried over into many curriculum areas and we also celebrated the magic of the winter season with snowmen!

Our literature choices for the month focused on sleep-overs, dreams and other night-time adventures. The children could easily relate to the story characters as they experienced the nervousness and un-easy feelings of a first-time sleepover, talked about dreams and enjoyed the wonders that come from exploring the night.

Towards the middle of the month, we designed our very own "Dream Pillows." We all created a drawing of our very favorite dream and then with the help of our volunteer moms, we ironed the drawing onto a pillowcase to keep forever! As a special culminating event at the end of the month, we had a Jammie Party! Everyone came to school dressed in their jammies. We enjoyed hearing bedtime stories, making a dream puzzle and eating donuts with hot chocolate as a bed-time snack.



In science, we also learned about how day and night affect our world. In so doing, we learned about nocturnal and diurnal animals and their differences.

The frosty weather throughout the month also lent itself nicely to all of the activities we did with snowmen. We read lots of whimsical snowman stories and created unique and adorable snowmen to hang in the hall.

Even though January is still far from spring, kindergarten was able to keep warm and toasty with all our fun activities!



#### First Grade



January was a fun filled month in first grade. We completed our weather unit in science. We had so much fun learning about all different kinds of weather. We conducted several fun experiments - making fog and rain in a beaker and tornadoes in a jar. We learned about rainbows and how they are made and got to experiment with prisms and color. Ask your child what ROY G. BIV means. We will start a fun, hands-on unit using magnets shortly in science.

In math we finished our geometry and fraction rotation. We learned the difference between flat and solid shapes, learned what a flat surface and vertices are and matched common objects to the solid shapes we learned about.

In our fractions unit, we learned how to tell if parts were equal or unequal. We drew lines of symmetry. We also learned about halves, thirds, and fourths and fractions of a set. We discovered that in fractions the smaller the denominator the bigger the portion and the bigger the denominator the smaller the portion. We learned this lesson in a yummy way. Ask your child what portion of cake they got to eat!



\*\*First grade is in need of empty cereal boxes. Send in as many as you can. Thanks. ☺

## Second Grade



Second grade was very busy during the month of January! In Social Studies, the children continued to learn lots of fascinating information about China. They were involved in all sorts of hands-on lessons that you will have an opportunity to experience for yourself on China Day coming up in late February. We can't wait to show off our masks on Thursday, February 3<sup>rd</sup>!



In science we just completed a unit on soils. Be sure to ask your child about the different layers of soil as well as the different types of soil. In addition, ask them if they know what a worm tastes like?!?!?

A special thank you to the Walnut Street Theater who visited us this past month and taught us all some great strategies on how to recognize and react to a bullying situation.

As always, in this cold weather, we encourage our students to find a special spot and continue their reading.



## Third Grade

Happy New Year! We wish everyone and their families a happy, healthy and prosperous 2011!!!!

Third grade has begun our study of Pennsylvania. What an exciting unit!!!! Some topics that we will be learning about: Pennsylvania's surrounding states, rivers, resources, climate, population, regions, and state symbols. We will take a Pennsylvania test sometime in February.



In science, we have begun our unit titled *Land and Water*. In this unit, third graders will discover how moving water changes the land of our earth. We will be seeing the water cycle at work and will learn about dams and their uses.

## Fourth Grade

Happy New Year! We hope everyone enjoyed a nice winter break and has stayed warm during these very cold days. The 4<sup>th</sup> grade kicked the New Year off by discussing New Year's Resolutions and goals for 2011. In Social Studies we are studying the American Revolution. We will get to experience, "A Day in the Life of a Continental Soldier," on January 21<sup>st</sup>. This is a program brought to us by Valley Forge National Park. The students will learn about medicine, clothing, chores, soldier songs and rations, officer responsibilities, toys, and how to march. It will be a fun day for all of us. We continue to learn about electric circuits in Science. The students are looking forward to the culminating project where they will build and wire a house with their teammates.

Please remember to turn in your child's permission slip for Family Life as this will begin the week of February 7th. Also, looking ahead to February, we will be introducing PAL with our annual PAL Kick-Off assembly on Friday, February 18th from 1:45-2:30 in the Cafeteria. All parents are welcome to attend.

# Special Areas & Support Areas

## Applied Technology

Kindergarten continues to learn general computer skills while incorporating what they are learning in their class room curriculum. First graders are learning how to add graphic objects to their project. They are learning to copy and paste, size their objects and order their objects to create a collage. They will start lessons incorporating the Japan curriculum next week. Second grade classes learned about map skills studying concepts of county, state, and country as well as continents and oceans. The students create a free-form map of the world including labels for all the continents and oceans. Third grade students are researching Pennsylvania symbols and produced a poster depicting numerous state symbols, using Word Art and pictures. The fourth graders are creating a PowerPoint. They are using the Internet to compile information on a chosen topic and then they are using PowerPoint to create a slide show on their chosen topic. They will present their PowerPoint to the class.

## Art

Kindergarten has been busy making pinch pots and learning about warm colors. They also used their cutting and gluing skills to create penguins. They will continue their exploration of color by learning about cool colors and Van Gogh's Starry Night next.

First graders learned about the Japanese Legend of the Maneki Neko and created "Good Luck" cats out of model magic. They have been painted and studies have continued in Japan where we have begun to create 3-D sculptures using Origami.

Second grade classes have been learning about Chinese Cherry Blossom paintings and were able to explore painting with a straw. They were also introduced to Chinese Landscape paintings and will be concentrating on the use of value.

Third grade has been learning about Native American Totem Poles. The students chose an animal that they could be, or that best describes characteristics about them and are turning it into a paper mache' sculpture using paper towel tubes.

Some fourth graders have been learning about Keith Haring and his use of simplistic form. Students created prints using foam and ink and will be creating group murals to hang in the auditorium.

## Library

Kindergartens will hear some of our new literature, including books nominated for the Pennsylvania Young Reader's Award. First and second graders will continue to hear folktales from Japan and China, respectively. Third graders will have a lesson on how to do Super Sleuth and one on the Dewey Decimal System before beginning work on their class ABC Book of Philadelphia. Animal research will continue into February ending with each fourth grader using note cards to present their animal to the class.

Our first drawing for the Beaumont 100 Book Club was right before Winter Break. The top prize was a \$10 gift card to Barnes and Nobel. We will have two more this year. The "Reading Tree" continues to have personalized leaves added to its limbs. If you need a new beginning sheet, just ask in library and we will gladly provide one.

## Music

The New Year in music class has brought about the study of Austrian composer, Wolfgang Amadeus Mozart. Mozart was a child prodigy, learning to play the piano at age three and composing his first piece of music at age five. Through moving, singing, and playing activities the students have been able to experience some of Mozart's piano, orchestral, and opera works. Students in

third and fourth grade had the opportunity to write some of their own music in the style of Mozart and all grades have learned about various theme and variations that Mozart wrote. Ask your child, what very familiar melody did Mozart write?

The band, orchestra, and chorus students continue to make beautiful music! This is the last chance for any new fourth grade students to join chorus. If your child is interested in joining chorus, please send Miss Hoover an e-mail as soon as possible indicating his or her interest ([hoovert@tesd.net](mailto:hoovert@tesd.net)). In addition, please remember that in the event of a 2-hour delay band, orchestra, and chorus rehearsals will not take place before school. Lessons during school will take place, just on a modified schedule.

"The music is not in the notes, but in the silence between."

— [Wolfgang Amadeus Mozart](#)

## Physical Education

This month we are finishing up the Winter Olympics! During this unit, students will participate in modified activities that resemble the Winter Olympic Games. Some of these activities include bob sledding, curling, partner skis, and the luge! All of these activities take place in Beaumont's gym. This is always a very popular unit with our students. Following the Olympics we will begin our floor hockey unit. During this time we will introduce and work on dribbling, passing, shooting, spatial awareness, teamwork and game concepts. Upper division will learn how to play actual floor hockey games while primary division will participate in modified games and activities to help develop their hand eye coordination, spatial awareness, and basic hockey skills. Kindergarten also participated in the Winter Olympics this year and are now involved in activities to help develop fitness, body awareness, balance, and coordination.

## Reading Aloud

Research indicates that an important activity for preparing your children to succeed as a reader is reading aloud together. Fill your story times with a variety of books. Be consistent, be patient, and watch the magic work. Here are helpful tips:



- Keep reading to your children even when they can read. Read books that are too difficult or long for them to read alone.
- Try reading books with chapters and talk about what is happening in the story. Encourage your children to make predictions about what will happen next and connect characters or events to those in other books.
- Talk with your children about favorite authors and help them find additional books by those authors.
- Take turns reading a story with your children---they read a page and you read a page.
- Talk about the meaning of new words and ideas introduced in books. Help your children think of examples of new concepts.
- Talk with your children about the beginning, middle, and end of the story to organize thinking and discussion.
- Ask your children to tell why a character might have taken a specific action. Ask for information from the story to support their answer.
- Enjoy yourself and have fun! The most important thing you can do to help your children become successful readers is to communicate that reading is valuable and enjoyable.

(Excerpt from National Education Association)

## **Emergency Closing Information**

Serious weather conditions or other emergencies may make it necessary to close or delay the opening of schools. Announcements will be made on the TE All-Call Phone Notification System, the T/E Information Hotline, (610) 240-1970, T/E TV on Comcast Cable Channel 14 and Verizon Channel 20, as well as on local commercial television and radio stations. Parents are asked to establish emergency procedures with their children to prepare for early school closings.

### **Early Dismissal Times:**

Grades 9-12: 11:25 am  
Grades 5-8: 11:40 am  
Grades K-4: 12:20 pm

### **TE All-Call Emergency Phone Notification System**

An automated message will also be sent to parents through the TE All-Call phone notification system. Please contact your school's main office if you need to add or change one of your contact numbers for TE All-Call. [Click here to learn more about the TE All-Call system.](#) From time to time technical issues beyond the District's control may cause some calls generated by TE All-Call to not be received by the call recipient. If the weather is inclement and parents have not received a call from TE All-Call, they are advised to call the T/E Information Hotline at 610-240-1970 or check local TV networks, including T/E TV, Comcast Channel 14 and Verizon Channel 20.

### **T/E Information Hotline: (610) 240-1970**

Emergency closing information will be the first message the caller will hear. If there is no special message at the beginning of the recording, then no emergency closing is in effect at that time.

### Radio Stations: (T/E's number is 854)

- KYW 1060 AM
- WCHE 1540 AM

### TV Networks:

- WKYW (CBS)
- WTXF (Fox 29)
- WCAU (NBC 10)
- WPVI (ABC)

For information on A Child's Place after school care program, please contact A Child's Place directly at (610) 687-4999.

Parents are encouraged to make appropriate arrangements and review emergency procedures with their children prior to a delayed opening, early dismissal or cancellation of school.

# Health and Fitness News

## From the T/E Elementary Physical Education Department

A recent article in the New York Times advocates free play for children and illustrates current efforts to restore play to children's lives. Scientists, psychologists and educators believe that most of the social and intellectual skills that people need to succeed in school, work, and life are developed from play as a child. "Experts define play as a game or activity initiated and directed by children." (Stout, 2011) According to this definition, organized sports or video games do not count as play because organized sports are directed by an adult, while most video games are created by someone else. Additionally, many of the newer electronic or educational toys may not qualify as play either. For example, toys that count from 1 – 10 or sing the ABC's upon the push of a button are not created and directed by the child.

According to a 2007 report by the American Academy of Pediatrics, "play is essential to development because it contributes to the cognitive, physical, social and emotional well-being of youth." (Ginsburg, 2007) For example, playing a game of Simon Says teaches your child to follow directions, practice active listening skills and control their impulses. Building forts, towers with blocks, or a stage to perform on teach children to think creatively by using their imagination to create something new. Playing with other children provides the opportunity to problem solve and negotiate with others. Play can also provide time for parents to interact with their child. However, adults need to be careful that they are not instructing or directing children during play. Allow children the opportunity to explore and figure things out on their own. (Stout, 2011)

Some forms of play can also provide your child with the benefits of physical activity which include reducing risks for obesity and obesity related diseases, anxiety, stress, depression, aggression and improving sleep. Experts from the Children's Hospital of Philadelphia also cite three key areas of well being that can be improved through free play and physical activity. They include:

- Attention: This is an important skill needed for learning. Unstructured free time allows children the chance to make decisions, plan, organize and sequence.
- Affiliation: Children learn to connect with others, how to cooperate and how to compromise. Children also learn to be flexible, self-aware and self-regulating while cultivating empathy.
- Affect – Play makes children happy and improves their mood.

### So what can you do...?

- Choose toys that require imagination
- Encourage your kids to go outside and play
- Limit the overuse of passive play such as television or computer games
- Provide your child with blocks of unscheduled, independent, non-screen time.
- Be wary of "overscheduling" – having too many extracurricular activities can cause stress and decrease potential positive interaction time with the family
- Be a good role model – give yourself "play time" free of work

### References

Ginsburg, Kenneth R. "The Importance of Play In Promoting Healthy Child Development and Maintaining Strong Parent-Child Bonds." *Pediatrics*, v 119, no. 1, January 2007.

Stout, Hilary. "Effort to Restore Children's Play Gains Momentum." *The New York Times*. January 5, 2011.

[www.kidshealth.org](http://www.kidshealth.org)

[www.thechildrenshospital.org](http://www.thechildrenshospital.org)



# Want something special for your Valentine?

**Buy Gift Cards through CAPCO.**

**AVOID transaction fees and a percentage of the sale goes to CAPCO. It's a win-win!**



All profits directly benefit the Junior After Prom celebration.

1. Orders placed by the 15<sup>th</sup> of the month will be available on the 20<sup>th</sup> of that month.
2. Completed forms and **checks made payable to CAPCO** should be mailed to:  
Patti Campbell, CAPCO 2011 Co-Chair  
216 Lenape Drive, Berwyn, PA 19312
3. **Pick-up:** Please provide your email and phone number and we will contact you to arrange pick-up.

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

4. If you have any questions, please email: [patticampbell4@verizon.net](mailto:patticampbell4@verizon.net)

## Order Summary

Total Number of cards ordered \_\_\_\_\_; **Total Amount Due: \$** \_\_\_\_\_

Checks should be payable to CAPCO.

### February -

Treat your loved one to a special night out! Go out on "date night" to a restaurant and a movie. Or stay at home and make a special dinner!

**CAPCO** is the Conestoga parent organization that organizes the Junior After Prom party. CAPCO started in 1999, and in the past has run post-prom events at the school, Hershey Park and Dave & Busters. The Prom ends at 10PM, and often some unwise decisions are made afterwards. CAPCO provides a safe alternative activity. About 300 Juniors and their dates attend annually.

# CAPCO Monthly Scrip ordering program

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

Orders placed by the 15th will be available on the 20th. Families can ALSO sign up to make their purchases online. Please email [patticampbell4@verizon.net](mailto:patticampbell4@verizon.net) if you have questions or are interested to get registered on the site.

Mail form & check made payable to CAPCO to Patti Campbell 216 Lenape Drive Berwyn, PA 19312

Product	QTY	Total	Courtyard by Marriott \$50, \$100, \$500		\$
<b>A-Plus Convenience Store \$50</b>		\$	Cracker Barrel \$25, \$100		\$
<b>Ace Hardware \$25 or \$100</b>		\$	<b>CVS/pharmacy \$25, \$100</b>		\$
<b>Acme Markets \$25 or \$100</b>		\$	DAVE & BUSTER POWER CARDS \$10, \$20		\$
<b>Aeropostale \$25</b>		\$	<b>Dick's Sporting Goods \$25</b>		\$
<b>Amazon.com \$25 or \$100</b>		\$	Disney \$25, \$100, \$1000		\$
Applebee's \$25 or \$50		\$	Domino's Pizza \$10		\$
ARCO \$50, \$100, \$250		\$	<b>Dunkin' Donuts \$10</b>		\$
Avis Car Rental \$50		\$	EB Games \$25		\$
Bahama Breeze \$25		\$	Eddie Bauer \$25		\$
Baja Fresh \$25		\$	Electronics Boutique \$25		\$
Banana Republic \$25		\$	Express \$25		\$
<b>Barnes &amp; Noble Books \$10,\$20,\$25,\$100</b>		\$	Express for Men \$25		\$
<b>B&amp;Noble College Books \$10,\$25,\$100</b>		\$	Exxon \$50, \$250		\$
Bath & Body Works \$10, \$25		\$	Fairfield Inn/Suites byMarriott \$50,\$100,\$500		\$
Bed Bath & Beyond \$25		\$	Fairmont Hotels \$100		\$
Bertucci's Italian Restaurant \$25		\$	Fashion Bug \$25		\$
<b>Best Buy \$25, \$100, \$250</b>		\$	Foot Locker \$25		\$
Bloomingdale's \$25, \$100		\$	<b>GameStop \$25</b>		\$
<b>Bonefish Grill \$25</b>		\$	Gap \$25		\$
Boscov's \$25		\$	Genuardis \$25, \$100		\$
Boston Market \$10		\$	Giant Food Stores \$25, \$100		\$
<b>BP \$50, \$100, \$250</b>		\$	GNC \$25.00		\$
Brooks Brothers \$25		\$	Great Clips \$25		\$
Bagel Factory \$8 for 1 dozen		\$	Great Harvest Bread \$10		\$
Buca Di Beppo \$25		\$	Guitar Center \$25		\$
Budget Car Rental \$50		\$	Gulf Oil \$25		\$
Build-A-Bear Workshop \$25		\$	Gymboree \$25		\$
Burger King \$10		\$	H&M \$25		\$
Cabela's \$25, \$100		\$	Hallmark \$25		\$
California Pizza Kitchen \$10		\$	Hard Rock Cafe \$25		\$
Carnival Cruise Lines \$100		\$	Hardee's \$10		\$
Carrabba's Italian Grill \$25		\$	Harry & David \$25		\$
Celebrity Cruise Lines \$100		\$	<b>Home Depot \$25, \$100, \$500</b>		\$
Champps Americana \$25		\$	<b>HomeGoods \$25, \$100</b>		\$
Chart House \$25, \$100		\$	Honey Baked Ham \$10		\$
<b>Cheesecake Factory \$25</b>		\$	Hyatt Hotels/Place/Summer Suites \$50, \$100		\$
Chevron \$50, \$100, \$250		\$	IHOP \$25		\$
Children's Place \$25		\$	<b>iTunes® \$15, \$25</b>		\$
<b>Chili's Grill &amp; Bar \$25</b>		\$	J. Crew \$25		\$
<b>Chipotle Mexican Grill \$10</b>		\$	J. Jill \$25.00		\$
Chuck E. Cheese \$10		\$	JCPenney \$25, \$100		\$
Claire's \$10		\$	Jiffy Lube \$30		\$
Cold Stone Creamery \$10		\$	Jo-Ann Fabrics \$20		\$

Comfort Suites \$100	\$	Journeys Kidz \$25	\$
JW Marriott Hotels \$50, \$100, \$500	\$	<b>Regal Entertainment Group \$25</b>	\$
Kay Jewelers \$50	\$	Regal Entertainment Single Admit \$9.50	\$
KFC \$5	\$	REI \$25	\$
Kids Foot Locker \$25	\$	Residence Inn by Marriott \$50, \$100, \$500	\$
Kmart \$25, \$50	\$	Restoration Hardware \$25, \$100	\$
<b>Kohl's \$25, \$100</b>	\$	Rite Aid \$25	\$
<b>L.L.Bean \$25, \$100</b>	\$	Rock Bottom Restaurant \$25	\$
Lady Foot Locker \$25	\$	Ross Dress for Less \$25	\$
Lands' End \$25, \$100	\$	<b>Ruby Tuesday \$25</b>	\$
Lane Bryant \$25	\$	Ruby's Diner \$25	\$
Legal Sea Foods \$25	\$	Ruth's Chris Steak House \$50	\$
Loews Cineplex Single Admit \$9.50	\$	Safeway \$25, \$100	\$
Longhorn Steakhouse \$25	\$	Sally Beauty Supply \$25	\$
<b>Lord &amp; Taylor \$25</b>	\$	<b>Sam's Club \$25, \$100, \$250</b>	\$
Lowe's \$20, \$25, \$100, \$500, \$1000	\$	<b>Sears \$25, \$100, \$250</b>	\$
Macaroni Grill \$25	\$	Sears Auto Service Center \$25, \$100, \$250	\$
<b>Macy's \$25, \$100</b>	\$	<b>See's Candies \$16.10</b>	\$
Maggiano's Little Italy \$25	\$	Sephora \$20.00	\$
Marriott Hotels & Resorts \$50, \$100, \$500	\$	Sheetz \$25, \$100	\$
Marriott Vacation Club \$50, \$100, \$500	\$	Shell \$50, \$100, \$25	\$
Marshalls \$25, \$100	\$	ShopRite \$25, \$100	\$
Men's Wearhouse \$25	\$	Shutterfly \$25.00	\$
Mobil \$50, \$250	\$	Six Flags One-Day Admission Ticket \$32.00	\$
<b>Nike \$25</b>	\$	Sleep Inn \$50, \$100	\$
Office Depot \$25, \$100	\$	<b>Sports Authority \$25, \$100</b>	\$
Office Max \$25, \$100	\$	SpringHill Suites by Marriott \$50, \$100, \$500	\$
Old Country Buffet \$25	\$	<b>Staples \$25, \$100</b>	\$
Old Navy \$25.00	\$	<b>Starbucks \$10, \$25</b>	\$
Olive Garden \$25	\$	<b>Subway \$10, \$50</b>	\$
Omaha Steaks \$25	\$	Sunoco \$50, \$250	\$
Omni Hotels \$100	\$	Super Fresh \$25	\$
On The Border \$25	\$	Super G \$25, \$100	\$
Orvis \$25, \$100	\$	Supercuts \$25	\$
<b>Outback Steakhouse \$25</b>	\$	T.J. Maxx \$25, \$100	\$
Overstock.com \$25	\$	Talbots \$25	\$
<b>P.F. Chang's China Bistro \$25</b>	\$	<b>Target \$25, \$100</b>	\$
Panera Bread \$10, \$25	\$	Texaco \$25	\$
Papa John's \$10	\$	Texas Roadhouse \$25	\$
Pathmark \$25	\$	TGI Friday's \$25	\$
Payless Shoes \$20	\$	Toys-R-Us \$20	\$
Pep Boys \$20	\$	Ultra Service Center \$50, \$250	\$
PetSmart \$25	\$	<b>Visa \$25, \$50</b>	\$
Pier 1 Imports \$25	\$	Walgreens \$25, \$100	\$
Pizza Hut \$10	\$	<b>Walmart \$25, \$100, \$250</b>	\$
Pottery Barn, PB Teen, PB kids \$25, \$100	\$	<b>Wawa \$25, \$100</b>	\$
Qdoba Mexican Grill \$25	\$	Wendy's \$10	\$
Quiznos \$10	\$	Williams-Sonoma \$25, \$100	\$
<b>Radio Shack \$25</b>	\$	Williams-Sonoma Home \$25, \$100	\$
Rainforest Cafe \$25, \$100	\$	<b>Zappos.com \$25</b>	\$



# FEBRUARY 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>8:00 Orchestra Kindergarten Registration 3:30-4:30 3<sup>rd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 5</p>	<p>2</p> <p>8:00 Band 3:30-4:30 4<sup>th</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 6</p>	<p>3</p> <p>8:00 Chorus 9:30 2<sup>nd</sup> Grade Chinese New Year Parade 3:30-4:30 Going Green Team 3:30-4:30 Creative Writing 3:30-4:30 Science Explorers</p> <p>Day 1</p>	<p>4</p> <p>Day 2</p>
<p>7</p> <p>3:30-4:30 2<sup>nd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 3</p>	<p>8</p> <p>3:30-4:30 3<sup>rd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 4</p>	<p>9</p> <p>8:00 Band 8:00 Orchestra - 3<sup>rd</sup> grade 3:30-4:30 4<sup>th</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 5</p>	<p>10</p> <p>8:00 Chorus Cultural Arts Science Show 3:30-4:30 Science Explorers 3:30-4:30 Going Green Team 3:30-4:30 Creative Writing 3:30-4:30 Science Explorers</p> <p>Day 6</p>	<p>11</p> <p>Day 1</p>
<p>14</p> <p>2:00 Valentine Parties 3:30-4:30 2<sup>nd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 2</p>	<p>15</p> <p>3:30-4:30 3<sup>rd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 3</p>	<p>16</p> <p>8:00 Band 9:15 HSA Meeting 3:30-4:30 4<sup>th</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 4</p>	<p>17</p> <p>8:00 Chorus 8:00 Orchestra - 4<sup>th</sup> grade 3:30-4:30 Going Green Team 3:30-4:30 Creative Writing 3:30-4:30 Science Explorers</p> <p>Day 5</p>	<p>18</p> <p>1:45 4<sup>th</sup> Grade PAL Kick Off</p> <p>19<sup>th</sup> @ 7:30PM Father Daughter Dance</p> <p>Day 6</p>
<p>21</p> <p><b>NO SCHOOL</b></p>	<p>22</p> <p>3:30-4:30 3<sup>rd</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 1</p>	<p>23</p> <p>8:00 Band 3:30-4:30 4<sup>th</sup> Grade Sports 3:30-4:30 Lego Club</p> <p>Day 2</p>	<p>24</p> <p>8:00 Chorus 5:30-7:30 Kindergarten Math Night - New Eagle Elementary 3:30-4:30 Going Green Team 3:30-4:30 Creative Writing</p> <p>Day 3</p>	<p>25</p> <p>2<sup>nd</sup> Grade China Day 9:15 &amp; 1:00 Kindergarten Moon Dance</p> <p>Day 4</p>
<p>28</p> <p>8:00 Orchestra - 3<sup>rd</sup> Grade 3:30-4:30 Lego Club</p> <p>Day 5</p>				

# TREDYFFRIN EASTTOWN SCHOOL DISTRICT

**Elementary Cycle Lunch Menu January 2011- June 2011**



**Keeping it Green!**

**Lunch Prices**  
 Paid Lunch: \$ 2.35  
 Reduced Lunch: \$ .40

**Point of Sale**  
 Payments can be made by check or cash. Please include your child's name and pin # with all pre-payments. You may also pay online at [www.paypams.com](http://www.paypams.com). There is a \$10 per student registration fee per year and fees may apply to online deposits.

**Calendar Legend**  
 Follow the calendar and color key to our six week cycle

1	4
2	5
3	6

NO LUNCH ■

JAN				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				
FEB				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				
MARCH				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
APRIL				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
MAY				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
JUNE				
		1	2	3
6	7	8	9	10
13	14	15	16	17

A MINIMUM OF ONE FRESH AND ONE CANNED FRUIT AVAILABLE DAILY WITH EACH MEAL						
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	A	Popcorn Chicken w/ Dipping Sauce <span style="color: orange;">NEW</span>	Penne Pasta w/ Spaghetti Sauce ▼ & Meatballs	Cheesesteak Sandwich on a Bun	Homemade Chili & Beans w/ Cornbread	French Bread Pizza ▼
	B	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun
	C	Chicken Salad on WW Bread	Chicken Salad on WW Bread	Chicken Salad on WW Bread	Chicken Salad on WW Bread	Chicken Salad on WW Bread
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter <span style="color: orange;">NEW</span>	Pizza Salad Platter <span style="color: orange;">NEW</span>	Crispy Taco Salad <span style="color: orange;">NEW</span>	Fruit Salad, Yogurt and Granola ▼ <span style="color: orange;">NEW</span>	Chicken Confetti Salad <span style="color: orange;">NEW</span>
Veg		Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Green Beans ▼	Garden Salad ▼ Baked Potato Puffs ▼	Garden Salad ▼ Whole Baby Carrots	Garden Salad ▼ Seasoned Corn ▼
<b>See our Salad Recipes on the Web at: <a href="http://www.tesd.net!!">www.tesd.net!!</a></b>						
<b>WEEK 2</b>	A	Cheese Breadsticks w/ Marinara Sauce ▼	Oven Toasted Cheese Sandwich ▼	Meatball Sub w/ Mozzarella Cheese	Pancakes ▼ and Turkey Sausage	Pizza Slice ▼
	B	Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets
	C	Sliced Turkey and Cheese Wrap	Sliced Turkey and Cheese Wrap	Sliced Turkey and Cheese Wrap	Sliced Turkey and Cheese Wrap	Sliced Turkey and Cheese Wrap
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
Veg		Garden Salad ▼ Baked Potato Puffs ▼	Garden Salad ▼ Tomato Soup ▼	Garden Salad ▼ Carrot Coins ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Corn ▼
<b>WEEK 3</b>	A	Apple Cinnamon Dippers and String Cheese ▼	Baked Ziti w/ Meatsauce*	Veggie Burger w/ Cheddar Cheese & Salsa on a Bun ▼	Soft Turkey Taco w/ Shredded Cheese, Tomato, Lettuce	Whole Grain Double Stuffed Crust Pizza ▼
	B	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog
	C	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
Veg		Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Green Beans ▼	Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Corn ▼	Garden Salad ▼ Broccoli w/ Dip ▼
<b>WEEK 4</b>	A	Chicken Nuggets w/ WW Dinner Roll	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼	Toasted Turkey Ham & Cheese Sandwich	Oven Baked BBQ Chicken	Pizza Slice ▼
	B	Grilled Chicken on a Bun	Grilled Chicken on a Bun	Grilled Chicken on a Bun	Grilled Chicken on a Bun	Grilled Chicken on a Bun
	C	Tuna Salad on a WW Bun	Tuna Salad on a WW Bun	Tuna Salad on a WW Bun	Tuna Salad on a WW Bun	Tuna Salad on a WW Bun
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
Veg		Garden Salad ▼ Whipped Potatoes ▼	Garden Salad ▼ Black Bean Salad ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Herbed Wild Rice ▼	Garden Salad ▼ Fresh Carrot Sticks ▼
<b>WEEK 5</b>	A	Wheat French Toast ▼ w/ Sausage* Patty	Sweet and Sour Chicken w/ Rice <span style="color: orange;">NEW</span>	Sloppy Joe on a WW Bun	Italian* Hoagie w/ Lettuce and Tomato	Pepperoni* Pizza
	B	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun	Cheeseburger on a WW Bun
	C	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
Veg		Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Baked French Fries ▼	Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Peas & Carrots
<b>WEEK 6</b>	A	Lasagna Roll-ups w/ Spaghetti Sauce ▼	Baked Potato Bar w/ Broccoli and Cheese ▼	Sausage, Egg and Cheese Burrito <span style="color: orange;">NEW</span>	Soft Beef Taco w/ Cheese, Tomato, Lettuce	Individual Round Pizza ▼
	B	Chicken Patty on a Bun	Chicken Patty on a Bun	Chicken Patty on a Bun	Chicken Patty on a Bun	Chicken Patty on a Bun
	C	Ham & Cheese on a Sub Roll <span style="color: orange;">NEW</span>	Ham & Cheese on a Sub Roll	Ham & Cheese on a Sub Roll	Ham & Cheese on a Sub Roll	Ham & Cheese on a Sub Roll
	D	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼	WW PBJ Sandwich ▼
	E	BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
Veg		Garden Salad ▼ Peas ▼	Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Corn ▼	Garden Salad ▼ Broccoli w/ Dip ▼

**MILK AVAILABLE WITH EACH MEAL: White, 2%, Skim, and 2% Chocolate**

▼ = Vegetarian      WW = Whole Wheat      \*Turkey