



THE BEAR FACTS

OCTOBER 29, 2007

October 2007							November 2007						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	
7	8	9	10	11	12	13	4	5	6	7	8	9	10
14	15	16	17	18	19	20	11	12	13	14	15	16	17
21	22	23	24	25	26	27	18	19	20	21	22	23	24
28	29	30	31				25	26	27	28	29	30	

Mark Your Calendar!

- Oct 29 Cultural Arts Assembly
- Oct 29 Fall Book Fair (thru Nov 2)
- Oct 31 Halloween Parade and Parties
- Nov 15 Winter Concert
- Nov 15 HSA Meeting 10:15 am
(after the winter concert)
- Nov 16-20 Parent/Teacher Conferences
- Nov 28 Picture Retakes 11:00-1:00 pm
- Nov 30 Barnes & Noble Book Fair

HSA MEETING DATES FOR 2007-08 SCHOOL YEAR:

- November 15 @10:15*
- *After the winter concert
- February 13 @7:00pm**
- **preceded by a pot luck dinner!
- April 16 @ 9:15
- June 11 @ 9:15
- 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.

575 Beaumont Road • Devon, PA 19333

Office: 610-240-1400

HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970

District Website: www.tesd.net

Hello Beaumont Families!

It is hard to believe that Halloween is already upon us! We have had a great October! Our After School Clubs program is in full swing! Our Scholastic Book Fair is underway! Our Sally Foster Gift Wrap sale has successfully "wrapped up", our Kid Stuff Coupon Books are in use around the community, and our Art Stamps project has come to conclusion! Thank you to all parent chair people & volunteers who helped to make these programs so wonderful.

A special thanks goes out to the Phone Directory Committee for developing and distributing our priceless directory, and to the Emergency Phone Chain volunteers for getting our emergency procedures in good working order! Additionally, we had another lovely, well attended Grandparent Coffee. It is lovely to see such an interested group of seniors in our midst.

With all of this activity, the autumn season is flying by! Hopefully you are enjoying every busy minute!

As always, thank you for being an important part of our Beaumont community.

Warmest Wishes,

Margaret MacKenzie

HSA President

On behalf of the Board

NEXT HSA MEETING DATE: November 15 @ 10:15 after the winter concert! Come and learn about what our publishing center can do for you! Your child can be a published author in no time!

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HSA

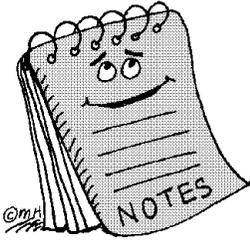
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REMINDER CONCERNING AFTER SCHOOL ACTIVITIES

Just a quick reminder about our school policy concerning notes for after school activities.

Procedure for dismissal notices

For Upper Division (grades 3 and 4)

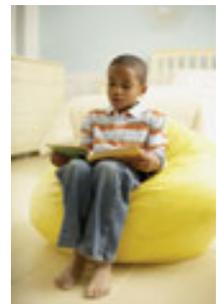
If your child is signed up and has sent a note to the teacher for participation in after school activities such as any After School Club, After School Sports, Brownies, Art Club or Science Explorers, please only send a note into school if your child is not attending this activity on a day that she/he is scheduled to attend.

For Primary Division (grades K, 1 and 2)

Please send a note into school each day when your child is attending an after school activity such as any After School Club, After School Sports, Brownies, Art Club or Science Explorers.



*Mrs. Berg's 4th grade class is looking for some Bean Bag Chairs for the Classroom. If you have a Bean Bag Chair that needs a new home, please consider donating it to Mrs. Berg's Classroom.
Thank you!!*



The Olweus Bullying Prevention Program

Bullying...

- A student is being bullied when he or she is exposed repeatedly and over time to negative actions on the part of one or more students.

Bullying Behaviors

Physical Aggression	Social Alienation
<ul style="list-style-type: none"> ▪ Pushing ▪ Shoving ▪ Kicking ▪ Hitting ▪ Inflicting Bodily harm ▪ Physical acts that are demeaning and humiliating 	<ul style="list-style-type: none"> ▪ Gossiping ▪ Embarrassing ▪ Setting up to look foolish ▪ Excluding from the group ▪ Ethnic Slurs ▪ Manipulating social order to achieve rejection
Verbal Aggression	Intimidation
<ul style="list-style-type: none"> ▪ Mocking ▪ Name Calling ▪ Dirty looks ▪ Taunting ▪ Teasing about clothing or possessions ▪ Verbal threats 	<ul style="list-style-type: none"> ▪ Threatening to reveal personal information ▪ Graffiti ▪ Publicly challenging to do something ▪ Defacing property or clothing ▪ Taking possessions ▪ Playing a dirty trick ▪ Coercion

Rules for a Bully-Free School

In our schools we will

- not bully others.
- help students who are bullied.
- include students who are easily left out.
- tell an adult at home and at school when we know someone is being bullied.



A Message from the Nurses Office

Nearly seven weeks of school have flown by, and your nursing office at Beaumont Elementary has been a beehive of activity. Mrs. Mary McCann, and for a while, Mrs. Louise Cook, our Health Room Nurses, and I have been hopping as fast as we can go. Along with gathering and examining immunization records, physical examination forms, emergency cards, and health histories on all our new students, which includes 75 kindergartners, we have also screened the eyes and ears, and measured heights and weights of 445 students. We could never have accomplished all this without the wonderful support of all our staff, plus 8 wonderfully efficient volunteer mothers (who did everything from traffic patrolmen to shoe-tieing), along with 13 trained registered nurses who carefully tested all the students sight and hearing. During this time we have also been treating several hundred "visitors" for a wide variety of injuries and illnesses, giving out medications, checking several dozens of heads, written multiple reports, and made nearly 200 phone calls. Retesting on an individual basis for any students who had difficulty with any part of the vision and hearing screenings begins this week. We will notify you immediately if your child has any problem passing the tests over these next few weeks.

Many of our students have allergies to a multitude of items, ranging from seasonal environmental allergies, to insect stings, to a full range of food allergies. Some of these allergic reactions can be severe, even life-threatening. For this reason, we are requesting your help by not sending foods items to school for class consumption, or for bake sales, that would contain nuts of any sort. (Your children may still eat their peanut butter sandwiches at lunchtime - they are just not to share them with others).

For the past 7 years I have been very actively involved with the PBM (Paoli/Berwyn/Malvern) Lions Club. We are the local chapter of the world's largest service organization, helping people in every country with all types of needs, including vision problems. One of our many projects is collecting used glasses, which we then clean, analyze, and use again the world over. What a great way to recycle AND help others! If at any time you have old glasses, please bring them by the nurses' office and place them in our Lion's eyeglass donor box. This past year alone we collected over 5,000 pairs of glasses. Also, this last year, just in TE, our group provided eye exams and glasses for over 16 uninsured students.

Please always remember that the most valuable action you can take to help keep your families healthy is by teaching and practicing good handwashing.

Take care ☺ Our best to all our Beaumont Bear families
- Mrs. Engle, Mrs. McCann, and Mrs. Cook



Health and Fitness News

From the T/E Elementary Physical Education Department



Eating for Sports

Just as children and adults need to make sure they have the right equipment for their practice or game, they should also make sure they have the proper fuel for their bodies to perform at their best. Just like adults, children need protein (meats, eggs, and dairy foods), carbohydrates (whole grain breads), vitamins (fruits and vegetables), minerals (ex. calcium-found in dairy products) and fats each day. School aged children need between 1600 and 2500 calories a day, depending on how active they are. A highly active child may need more calories a day, but it depends on how frequent and intense their activity level is.

Two important nutrients for kids are calcium and iron. Calcium helps build strong bones, which is especially important for preventing bone breaks. Good sources of calcium are: yogurt, milk, cheese as well as dark green leafy vegetables and calcium fortified orange juices. Iron, found in meat, eggs and dried fruit is valuable for energy as kids may tire more easily if they do not have enough of it.

In addition to eating right, it is important to stay hydrated. Kids and athletes should make sure they drink plenty of water before, during and after exercise. Sweating causes the body to lose water, and dehydration may cause one to not feel well and thus not perform to their capabilities. Do not wait until you are thirsty to drink, you should be drinking 8 ounces of fluid every 15 minutes or so. Water is the best as sports drinks, sodas and juices are high in calories and sugar. A sports drink is okay once in a while, but it may be helpful to water it down some.

Before practice or competition, make sure you have some food in your stomach. Do not eat a full meal right before a game or practice; rather eat 2-3 hours before hand. Having a lot of food in your stomach will require your body to spend its energy digesting your food rather than fueling your muscles for exercise. Have a snack on hand though in case you do get hungry. Half of a sandwich, a piece of fruit or some nuts are all healthy choices.

Lastly, avoid sugary foods and drinks before practice and competitions. While you may receive an energy boost, it will be short-lived and the individual may experience a "sugar-crash" and feel drained.

Resources :

<http://active.com>

www.kidshealth.org

http://www.fruitsandveggiesmorematters.org/?page_id=12

****check out www.skipa.com for information on how to get a free ski and snowboard pass - only for 4th graders.**

Healthy ReciPE - Technicolor Vegetable Pizzas

Preparation time: 20 minutes

3 cups frozen mixed vegetables with mushrooms
 5 slices Italian bread (1 oz. slices; each ~ 1" thick and 5" long)
 1 tablespoon olive oil
 ½ cup prepared pizza sauce
 1 cup finely chopped tomato
 ½ cup very finely diced onion
 1 tablespoon dried oregano leaves
 1 teaspoon garlic powder
 2 ½ tablespoons grated Parmesan cheese

Instructions: Pre-heat oven to 350° F and place oven rack in middle-high position. Microwave frozen vegetables, then pat dry. Brush all bread slices lightly with oil and spread each with ~ 1½ tablespoons sauce. Combine all vegetables in a medium-sized bowl. Carefully spoon vegetable mixture equally onto bread slices. Sprinkle with oregano and garlic powder and then with cheese. Bake about 5-7 minutes, until bread is brown on the edges and all vegetables are piping hot. Serve immediately.

Serves: 5

1 Cup of Vegetables per Serving

Fruit and/or Veggie Colors: Green, White, Yellow, Orange, and Red

Nutrition Information per Serving: calories: 182, total fat: 5.0g, saturated fat: 1.1g, % calories from fat: 24%, % calories from saturated fat: 5%, protein: 6g, carbohydrates: 29g, cholesterol: 2mg, dietary fiber: 5g, sodium: 339 mg

Each serving provides: An excellent source of vitamin A and a good source of vitamin C, folate and fiber.

Recipe was developed for Produce for Better Health Foundation (PBH) by Chef Carmen I. Jones, CCP. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

Recipe from the *Cool Fuel for Kids* cookbook.

http://www.fruitsandveggiesmorematters.org/?page_id=85

Activity Calendar

Go to Active.com to get information on the following events or to look for other local events to participate in.

- Devon Prep 5K Challenge - Devon, PA, 11/25/07
- 9th Annual World Run Day – Villanova, PA, 11/11/07
- Brian's Run 2007 – West Chester, PA, 12/2/07
- Alive and Running in West Chester – West Chester, PA 11/10/07
- 2007 Dash for Democracy 5K Run and Walk – Philadelphia, PA, 11/3/07
- Free to Breath™ 5K Run/Walk and 1 Mile Walk – Philadelphia, PA, 11/4/07
- Chester County Turkey Trot – Downingtown, PA, 11/22/07



Beaumont's Fall Book Fair October 29th - November 2nd

Mark your calendar because it is time
to...
"Cool off with a good book"

Hours:

- * Monday October 29th 8:20 am - 4:00 pm & Family Night 5:30 pm - 8:30 pm
- * Tuesday October 30th 8:20 am - 4:00 pm
- * Wednesday October 31st 8:20 am - 3:20 pm (closed during Halloween Parade)
- * Thursday October 29th 8:20 am - 4:00 pm
- * Friday October 29th 8:00 am - 1:30 pm - Special Someone Breakfast

Special Events:

- * Classroom Visits - all week (schedule forthcoming)
- * Family Night w/Dr. Demming & Friends - Monday 5:30 pm - 8:30 pm
- * Halloween Party Hours - Wednesday 2:30 pm - 3:20 pm
- * Special Someone Breakfast - Friday 8:00 am - 8:50 am

Do you want to get involved? We still need volunteers to bake, decorate, set up, clean up, help kids write wish lists, stock shelves, run registers, etc. Shifts are usually 2 hours but any time is appreciated. Please contact co-chairs Ellen Quinn (volunteer coordinator) (610) 687-4858 ellen.quinn@comcast.net, Laura Prout (610) 251-9727 lprout@yahoo.com or Dede Veale (610) 578-0245 dtbirdies@excite.com



*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 for you to look at!

THE BEAR FACTS IS ONLINE!!!

Don't forget the Bear Facts is ONLINE, see the sign up form for automatic email notification on the next page.



Bear Facts Deadlines 2007 – 2008

<u>Deadlines</u>	<u>For</u>	<u>Distribution</u>
November 12	December News	November 26
December 10	January News	December 17
January 21	February News	January 28
February 19	March News	February 25
March 17	April News	March 24
April 21	May News	April 28
May 19	June News	May 26



BEAUMONT
Home & School Association

In an effort to reduce paper waste, we are moving towards email delivery of the “Bear Facts” monthly newsletter. You will receive an email with a link to the newsletter online. Please add bearfacts@beaumonthsa.org to your address book to ensure delivery in your inbox.

To receive the “Bear Facts” notification by email, please complete the tear-off below and return to the school office.

In the (hopefully near) future, we would like to offer this option to include other HSA communications (e.g., event flyers, event reminders). Please indicate if you do not want to be included on this mailing list.

TO: HSA WEBSITE COORDINATOR

Yes, I would like to receive email notification when the “Bear Facts” is available online!

Parent’s Name(s): _____

Email(s): _____

Child(ren)’s Name/Grade: _____

CHECK ONE:

Yes, include me on the email list for other HSA communications

No, do not include me on the email list for other HSA communications

Signature: _____ Date: _____

Questions?

Contact Jeanne Dechiaro at Jeanne@beaumonthsa.org or 610-647-4692



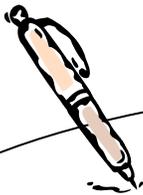
TREASURER'S BOX

By
Joan Gaidimas

As with most non-profit organizations, part of our challenge is fundraising. One of the **easiest ways the HSA makes money is through the supermarket programs.** Last year, we received over **\$2,500** from these programs. This total includes **\$1,400 just from submitting our Acme receipts!** All you need to do is save all your receipts from Acme in an envelope. Whenever the envelope gets full, send the envelope to school and the HSA will do the rest.

We also received over \$750 from Target as part of their "Take Charge of Education" program. If you shop at Target and have a Target credit card, go to their web-site and choose Beaumont as your beneficiary. Every time you make a purchase, 1% of your total purchase is donated back to Beaumont.

Genuardi's, Shop Rite, and General Mill's (Box Tops) also have programs that donate money to our school. So please be thoughtful about where you shop and about saving your receipts. It really does make a difference!

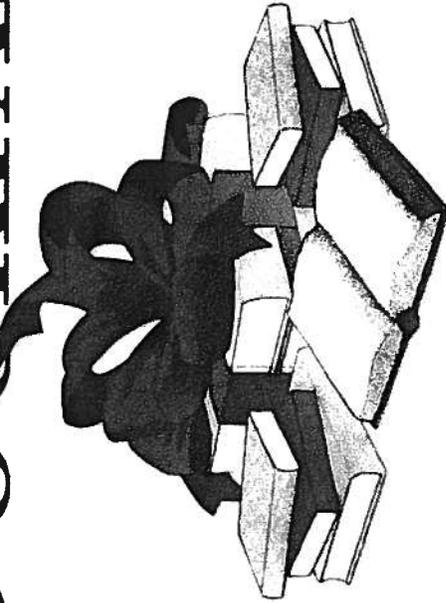


Mark your Calendars

Beaumont's Secret Shop & Ice Cream Social has changed from November 29th to December 6th.



Come to Our
**Barnes & Noble
 BOOKFAIR**



Support Our School

Friday, November 30th at 6:00 PM
 Barnes & Noble, Valley Forge
 150 W. Swedesford Road, Devon

**Barnes & Noble
 Bookfair Voucher
 Supporting
 Beaumont
 Elementary School**

DATE: Friday, November 30th at 6:00 PM.....

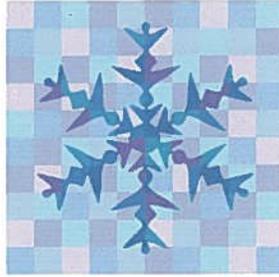
BARNES & NOBLE AT: Valley Forge.....

150 W. Swedesford Road.....

Please present this voucher prior
 to making your purchase.
 A percentage of the net sale will
 be donated to your school.*

BOOKFAIR ID #:

*The purchase of gift cards and membership cards are
 not included in bookfair totals. Our Discount Purchasing
 Program may not be applied to bookfair purchases.



COMING ON NOVEMBER 30th

**Beaumont Elementary and Barnes & Noble
come together for**

HOLIDAY BOOKFAIR SHOPPING DAY

A great day of shopping at the Valley Forge Barnes & Noble awaits Beaumont families on **FRIDAY, NOVEMBER 30th**! Get a jump on your holiday wish lists in the morning (without the kids!) and enjoy a coffee meet and greet with your Beaumont friends. The store will be stocked for the holidays with new books, music, treats, DVD's, CD's, stuffed animals and mind bending games! Return with the family in the early evening for a light meal from the café before "Teacher's Milk & Cookie Story time", performances by Beaumont's Orchestra and Chorus, and playtime in the "Think Fun" games area. Beaumont will receive a portion of all sales (excluding gift cards) when Barnes & Noble vouchers are used. Mark your calendars now and **SAVE** this page, as voucher is found on the back!

Cultural Arts at Beaumont presents on
Monday, October 29th

Kits Kaboodle's

SLEEPY HOLLOW HALLOWEEN SHOW

Local actress, Kitty Jones, performs a one-woman show which takes Washington Irving's "Legend of Sleepy Hollow" as the starting point for colonial era Halloween fun!



WINTER REC IS HERE!

The Tredyffrin Township Park and Recreation board along with The Tredyffrin Easttown School District are once again sponsoring the Tredyffrin Township Winter Recreation Program for Tredyffrin and Easttown residents in grades K-12.

December 1st through March 1, 2008
Saturdays 9:00am – 1:00pm

At Valley Forge Elementary School for students K-6 children can play table games, rock climbing, basketball, floor hockey, gym scooters and numerous other old favorites.

At Valley Forge and T/E Middle Schools for students grades 6 -12 there will be a monitored open gym for basketball pick up games only.

No preregistration required – just sign in when you arrive.

AFRICAN AMERICAN PARENT GROUP MEETINGS:

TUESDAY, OCTOBER 16	EDUCATION SERVICES CENTER	7:30 P.M.
TUESDAY, NOVEMBER 20	EDUCATION SERVICES CENTER	7:30 P.M.
TUESDAY, DECEMBER 18	EDUCATION SERVICES CENTER	7:30 P.M.

You are invited to become a part of
THE PARENT NETWORK

A discussion group for parents of Middle & High School students
Parent wisdom & experience PLUS professional facilitation

Discussion topics chosen by parents: What is discussed at each meeting is determined by the needs of the parents who attend that evening.

Comments from attendees:

"Low key, comfortable, informative"

"Support for current challenges, plus excellent preventative medicine!"

"I experienced generous help for my topic."

"Posting questions through the 'shared network' has been very helpful."

"Passionate comments, compassionate responses"

"Valuable information from Dr. Blaine"

"My core values and attempts at parenting are always validated!"

"Insightful discussion...camaraderie"

Some topics brought to the group last year:

ADD/ADHD, College prep process and pitfalls, stress response and alleviation for parents and children, privacy, boundaries, parent rights and responsibilities, values, consequences, suspected drug use, actual drug use, driving and your teen, Senior Week, legal liabilities and responsibilities, suicide, motivation, parties, new friends...new concerns.

Professionally facilitated by:

Dr. Christine L. Blaine of Dibworthtown Psychology

Questions? Contact Dolores Hunter 610-651-8185, DHunter13@comcast.net
or Kathy Collier 610-854-1641

Visit our Website: www.gvcphy.org

Meets Tuesdays from 7:00 pm – 9:00 pm
Great Valley Middle School
Faculty Dining Room

Mark you calendar!

In 2007: September 11, October 23, November 27, December 11

In 2008: January 15, February 19, March 25, April 29, May 13, June 10

Brought to you by...



FALL 2007 - SPRING 2008



Carol Tatta, president

PARENTING OF YOUNG CHILDREN

From birth to 3, children develop at a phenomenal rate mentally and physically. Issues related to child development, discipline, communication and winning cooperation will be explored. 6 weeks.

Date: Wednesdays Oct. 3 to Nov. 14
Date: Wednesdays April 2 to May 7
Time: 7:30 - 9:30 pm
Location: Family Forum Conference Room
Fee: \$130/person, \$210/couple

PARENT QUEST for CHILDREN

A practical, fair, firm & consistent approach to parenting. Come to learn ways to raise more cooperative, responsible children - without yelling! Topics include sibling rivalry. 6 weeks. For ages 4-11.

Evening Classes: 7:30 - 9:30 pm
Tuesdays, Oct. 2 to Nov. 6
Thursdays, Oct. 4 to Nov. 8
Fridays, Oct. 12 to Nov. 16 - Birth Center

Daytime Class: 9:15 - 11:15 am
Tuesdays, Oct. 2 to Nov. 6
Location: Family Forum Conference Room
Fee: \$130/ person, \$210/couple

PARENT QUEST for DADS

The Parent Quest class content for Dads only - taught by a Dad! 7 weeks.

Date: Mondays, Oct. 8 to Nov. 12
Time: 7:30 - 9:30 pm
Location: Family Forum Conference Room
Fee: \$150 per Dad

PARENTING of PRE-TEENS & TEENS

Although the teen years can be challenging, discover how to make them some of the best years with your children. Learn how to discipline, not punish; how to give freedom, yet maintain constructive limits and how to win the confidence, respect, and affection of your teen. 7 weeks. For ages 8-18.

Date: Wednesdays Oct. 3 to Nov. 21
Time: 7:30 - 9:30 pm
Location: Family Forum Conference Room
Fee: \$150/person, \$230/couple

SIBLINGS WITHOUT RIVALRY

Using the book *Siblings without Rivalry* by Faber and Mazlish, this course will explore ways to cope with the frustration that sometimes comes with being the parent of more than one child. 4 weeks.

Date: Tuesdays, February 19 to Mar. 11
Time: *Daytime*, 9:15 - 11:15 am
Location: Family Forum Conference Room
Fee: \$110/person, \$150/couple

BEYOND BASICS

This group meets once a month to practice techniques learned in the Parent Quest class. Situations are reviewed and possible solutions evolve from group discussions. (3 sessions)

Date: Mondays Oct. 8, Nov. 12, Dec. 10
Time: 7:30 - 9:30 pm
Location: Family Forum Conference Room
Fee: \$60.00 per person

BEYOND BASICS FOR DADS

Date: Tuesdays Oct. 16, Nov. 20, Dec. 18
Time: 7:30 - 9:30 pm
Location: Family Forum Conference Room
Fee: \$25.00 per session.

"I learned new techniques on how to deal with my daughter."

"It also showed me that I was doing some things right."

SEMINARS

Raising Responsible and Resilient Children

Lisa Corcoran

Sept. 26 7:30 - 9:00

Kindergarten Readiness

Ellie Stewart

Explore developmental skills needed for kindergarten and ways to help your child make the transition.

January 30 (Snow date Feb. 6)

Siblings Without Rivalry

Lisa Corcoran

An invaluable seminar for parents of more than one child. Learn concrete methods of handling sibling rivalry and reducing your children's disagreements.

Wednesday, February 13

Building Relationships

CHILDREN AND THEIR PARENTS

Stephen Treat PhD.

Learn about subtle dynamics within a family and marriage, and how to foster strong relationships between family members.

Wednesday, October 17

Building a Bridge:

MIDDLE SCHOOL YEARS

Stephen Treat PhD

Parents are surprised with the changes in their 8—14 year olds' social and school environment. What are the hidden issues children face and how can parents support their child in handling the situations that arise?

Wednesday, April 23

<p>Moms 360 Daytime Forum Twins with Siblings Second Children Adoption Single Parents</p>

For more information

Call 610-964-0004

Or visit our website at:

www.FamilyForumInc.org

Class locations:

Family Forum, Inc.

120 Bloomingdale Avenue, Second Floor
 Wayne, PA 19087

The Birth Center

918 County Line Road
 Bryn Mawr

Christ Church Ithan Episcopal

538 Conestoga Road
 Villanova

Family Forum, Inc. is a non-profit organization that does not discriminate on the basis of race, color, creed or national or ethnic origin in the administration of its educational and admissions policies and financial aid programs. This statement also applies to those employed by Family Forum, Incorporated.

Family Forum reserves the right to cancel any classes or seminars due to insufficient enrollment. Registration and pre-payment will be carried over to the next session.

Occasionally, it is necessary for Family Forum to cancel class due to inclement weather or other unforeseen reasons. You will be notified as soon as possible if this occurs. If you are unable to attend a class, make-up classes can be arranged by calling the office 610-964-0004.

Family Forum appreciates referrals. Please tell others about our programs: We value your comments regarding benefits of the classes, as well as suggestions for improvement.

Family Forum welcomes the opportunity to speak at the location of your choice - business, synagogue, church or school. We offer a wide variety of topics from which to choose. Daytime and Evening hours are available.

Contributions are truly appreciated and are tax-deductible. Please make checks payable to Family Forum, Inc. Thank You!

My daughter is always on the phone, sleeping, out with her friends, or in her room. She never has time to talk to me.

The only time my father talks to me is when I do something wrong or when he's trying to point out what I should do.

Communicating with teens

If you feel a disconnect building in your house – or if you want to prevent yourself and your teen from disengaging – take a proactive step. Attend this community meeting.

Format for November 5

Thom Stecher is a nationally recognized facilitator, trainer, and speaker and has helped hundreds of parent groups to fine tune their parenting skills. He will give an introductory talk and then facilitate small group discussions.

This meeting will provide

- ★ Time proven and research based skills and practices,
- ★ Inspiring personal stories, AND
- ★ An opportunity for dialogue and community building.

Who should attend on Nov 5?

Dads, Moms, Caregivers and all adults in our community with an interest in the teenagers in our community.

You're Invited

Parents are invited to an Evening Coffee with Thom Stecher on

**Monday, November 5, 2007
7-9 pm at
Conestoga High School**

**Parent / Teen Communications
How to stay engaged!**

- ★ Conestoga High School Staff is partnering with the community to bring parents and care givers together to talk, learn and listen.
- ★ The topic is communicating with teens.

RSVP

CHS Student Services 610-240-1045

**Great Valley Citizens Forum
(Formerly Charlestown Citizens Forum)**

Mark your calendars for our November 27th forum

The U.S. and the Middle East

Tuesday, November 27, 7:30 – 9:00 PM

Treydfrin Township Municipal Building Auditorium

1100 Duportail Road, Berwyn

Future forum topics include: The Separation of Church and State; Immigration; America's Future as a Superpower; Our Criminal Justice System. Watch our website for more details! www.gvcitizensforum.org

A suggested donation is requested at the door: \$10.00 for adults; \$15.00 couples; \$5.00 students. Light refreshments will be served.

The Great Valley Citizens Forum is a nonpartisan, non-profit organization committed to fact-based, balanced exploration of complex local and national issues. We seek to promote civic awareness and participation and to strengthen the local community by bringing together neighbors with diverse points of view in respectful dialogue. We welcome all concerned citizens.

STAGE DOOR INFORMATION

Show Description

'Stoga Music Theatre will present the funny yet poignant *Stage Door*, by Edna Ferber and George S. Kaufman. The play takes place in a 1930's New York City boarding house for aspiring actresses, focusing on the women's individual struggles to "make it" in show business and the life choices they face. While there is a famous movie of the same name starring Katharine Hepburn using a similar setting, the theatre and film versions have very different plot lines.

Central to the play is the ongoing choice that Terry Randall, the main character, must make between continuing to pursue elusive work on the Broadway stage versus "selling out" to the easy glamour and financial rewards of a Hollywood film career. The story follows the heart-breaking auditions and theatrical experiences of Terry and other characters, and their decisions to stick-it-out, give up, return to a more normal home and family existence or pursue success in movies. Conestoga's production will be family friendly, appropriate for children elementary school age or older.

This year 'Stoga Music Theatre will have an exciting new director, Jennie Eisenhower, for both *Stage Door* and our February musical, *Footloose*. A professional actress and director, Ms. Eisenhower is also a 1996 Conestoga High School graduate. She has appeared Off Broadway in productions of *Suburb*, *Bus to Buenos Aires* and *Dreamhouse*, and in the films *Mona Lisa Smile* and *Head Case*. In the Philadelphia area, Ms. Eisenhower originated roles in Christopher Durang's *Adrift in Macao* with Philadelphia Theatre Company, *Embarrassments* at Wilma Theater and *Baby Case* with Arden Theatre Company. She won a Barrymore Award (Philadelphia's theatre awards program) for Best Supporting Actress for her role as Kate in *The Wild Party* with Media Theatre for the Performing Arts. Her previous directing credits include *Ragtime* and *Working* for a performing arts high school in FL, and *Home Sweet*, a new musical, at the Tampa Bay Performing Arts Center.

Location & Cast:

Hobson C. Wagner Auditorium, Conestoga High School
Cast of 32 Conestoga students

Show Dates & Times: 4 Performances

Wednesday, November 14 – 7:30 PM

Friday, November 16 – 7:30 PM

Saturday, November 17 – 2:00 PM Matinee

Saturday, November 17 – 7:30 PM

Tickets:

All Seats Reserved - \$10 Premium Seats, \$8 Standard Seats

Special Discount - \$7 Standard Seats only for Seniors (62+), Students (Age 19 & under)
& TESD Staff

Tickets available beginning October 20, 2007 via the internet at www.stogamusic.com

Ticket purchases at school box office in cafeteria during lunches on November 7, 8, 12 & 13, 2007,
11 AM-1 PM

As available, tickets can be purchased at the door 60 minutes prior to each performance.

Questions: Go to www.stogamusic.com or E-Mail STOGATKTS@stogamusic.com



NOVEMBER 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Book Fair 8:00 AM Orchestra rehearsal 3:30 - 4:30 3 rd - 4 th grade Art Club	2 Book Fair 3:30 - 4:30 Brownie Troop 4247
5 3:30 - 4:30 4 th Grade Sports 3:30 - 4:30 1 st -2 nd grade Art Club	6 Election Day 3:30 -4:30 3 rd Grade Sports 3:30 - 4:30 1 st -2 nd grade Art Club 3:30 - 4:30 Troop 171	7 7:30 AM Chess Club 8:00 AM Chorus Rehearsal 3:30 - 4:30 2 nd Grade Sports 3:30 - 4:30 Caring Kids Club 3:30 - 4:30 Brownie Troop 1086	8 8:00 AM Orchestra rehearsal 3:30 - 4:30 3 rd - 4 th grade Art Club	9 NO SCHOOL INSERVICE DAY
12 3:30 - 4:30 4 th Grade Sports 3:30 - 4:30 Troop 161	13 3:30 -4:30 3 rd Grade Sports 3:30 - 4:30 Brownie Troop 1849	14 7:30 AM Chess Club 8:15 3 rd Grade to Pennsbury Manor 8:00 AM Chorus Rehearsal 3:30 - 4:30 2 nd Grade Sports 3:30 - 4:30 Caring Kids Club 3:30 - 4:30 Troops 1044 & 1897	15 8:00 AM Orchestra rehearsal 9:30 Thanksgiving Music Concert 10:15 AM HSA Meeting 3:30 - 4:30 Science Explorers	16 Half Day Parent Conferences
19 Half Day Parent Conferences	20 No School Parent Conferences	21 NO SCHOOL THANKSGIVING RECESS		23 
26 3:30 - 4:30 4 th Grade Sports 3:30 - 4:45 Cub Scouts	27 3:30 -4:30 3 rd Grade Sports 3:30 - 4:30 Brownie Troop 1849	28 Picture Retakes 7:30 AM Chess Club 3:30 - 4:30 2 nd Grade Sports 3:30 - 4:30 Troops 1044 & 1897	29 3:30 - 4:30 Science Explorers 6:00 PM Secret Shop & Ice Cream Social	30

All lunches include a choice of skim, low-fat white or low-fat chocolate milk.

Tredyffrin Easttown School District

Elementary Lunch Menu

November 2007

Deposits for lunch, breakfast and Snacks can be made in any dollar amount. Please include Pin #'s and your child's name with all payments.
 Paid Lunch \$2.10
 Reduced Lunch \$.40



Monday Tuesday Wednesday Thursday Friday

<p>We welcome your comments and suggestions. Please feel free to contact Food and Nutrition Services at: E-Mail: Dave Preston: prestond@tesd.k12.pa.us or Desire'e Cook @ cookd@tesd.k12.pa.us</p>	<p>We are hiring part-time cafeteria staff and cafeteria substitutes. Applications available at the Education Services Center 738 First Avenue Berwyn, Pa. (Next to the Tredyffrin Library)</p>	<p>A. Oven Baked Breaded Chicken B. Pizza C. Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Whipped Potatoes Chilled Fresh and Canned Fruit</p>	<p>A. 5" Individual Pizza (Tony's) B. Turkey Hot Dog on a Bun C. Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter</p> <p>Tossed Salad Chilled Fresh and Canned Fruit</p>
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<p>A. Turkey Sloppy Joe on a Bun B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat</p> <p>Oven Baked French Fries Chilled Fresh and Canned Fruit</p>	<p>A. Chicken Fingers w/Dipping Sauce B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Green Beans Chilled Fresh and Canned Fruit</p>	<p>A. Cheesesteak Sandwich on a Steak Roll B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Garden Salad Chilled Fresh and Canned Fruit</p>	<p>A. Baked Potato Bar w/Broccoli & Cheese B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Tossed Salad Chilled Fresh and Canned Fruit</p>	<p>DISTRICT IN-SERVICE</p>
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<p>A. French Toast w/Syrup & Turkey Sausage Patty B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat</p> <p>Potato Wedge -Baked Chilled Fresh and Canned Fruit</p>	<p style="text-align: center;">THANKSGIVING DINNER</p> <p>A. Turkey w/Gravy & Stuffing Mashed Potatoes</p> <p>D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Corn Cranberry Sauce Pumpkin Pie</p>	<p>A. Pasta w/Meat sauce B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Carrot Sticks w/Dip Chilled Fresh and Canned Fruit</p>	<p>A. Chicken Nugget w/ Whole Wheat Dinner Roll B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Whipped Potatoes Chilled Fresh and Canned Fruit</p>	<p>1/2 Day School Conference No Lunch</p>
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<p>School Conferences 1/2 Day</p>	<p>School Conferences No School</p>	<p>Thanksgiving Recess</p>	<p>Thanksgiving Recess</p>	<p>Thanksgiving Recess</p>
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<p>A. Chicken Patty on a Bun B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat</p> <p>Carrot Coins Chilled Fresh and Canned Fruit</p>	<p>A. Toasted Cheese Sandwich B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Tomato Soup Chilled Fresh and Canned Fruit</p>	<p>A. Meatball Sandwich on a Sub B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Tossed Garden Salad Chilled Fresh and Canned Fruit</p>	<p>A. Soft Taco w/Shredded Cheese, Tomato, Lettuce, Salsa B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar</p> <p>Corn Chilled Fresh and Canned Fruit</p>	<p>A. Pepperoni Pizza B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter</p> <p>Green Beans Chilled Fresh and Canned Fruit</p>
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Healthy Tip

A well balanced diet includes eating from all of the major food groups:

Fruit, Grains
Vegetables
Dairy
Protein

Visit: <http://mypyramid.gov/kids/index.html> for more info.