



THE BEAR FACTS

September 29, 2008

September 2008							October 2008						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6				1	2	3	4
7	8	9	10	11	12	13	5	6	7	8	9	10	11
14	15	16	17	18	19	20	12	13	14	15	16	17	18
21	22	23	24	25	26	27	19	20	21	22	23	24	25
28	29	30					26	27	28	29	30	31	

Mark Your Calendar!

- Sept 30.....Rosh Hashanah-No School
- Oct 1-6ERB Testing
- Oct 9Yom Kippur - No School
- Oct 20Cultural Arts Assembly
- Oct 22Grandparent Coffee
- Oct 22HSA Meeting
- Oct 27-31Fall Scholastic Book Fair
- Oct 31.....Halloween Parties & Parade

HSA Meeting Dates

- Oct 22 @ 9:15 Apr 21@9:15
- Nov 18 @ 9:15 May 13th
- Feb 18 @ 7:00 pm June 3@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.

*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 district "Guidelines for Volunteers" will be in the HSA file folder in the main office for you to look at!

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,

Welcome to all our new families and welcome back to those returning for another great year at Beaumont. The HSA board is looking forward to an exciting year at Beaumont. I would like to thank those of you that have already been busy coordinating the events that took place at the beginning of the school year. Jean Allen and Maureen Bailey did a wonderful job with the opening week picnic. It was a great time to meet new families and reconnect with those you had not seen over the summer. Patti Davis worked hard to make sure the hospitality committee had plenty of refreshments at curriculum nights and the new parent coffee. The board would also like to thank Marci Tierney for taking time over the summer to audit our HSA books. Without the involvement of all the wonderful Beaumont parents, we would not be able to run so many exciting events for our school!

As always, we have many exciting events coming next month. We will kick off our Fall fundraising with the kids Art Stamps, then Wrapping Paper Sale and Book Fair. We will also host our third annual Grandparent Coffee on October 22 at 8:00am in the large group room.

Remember to check out the Beaumont HSA website (beaumonthsa.org). It is an easy way to get connected to what we are doing at Beaumont. Any flyer, order form or important information is on the website.

Thank you for being an important part of our Beaumont community.

Warmest Wishes,

Shervi Gartner

HSA President

On behalf of our HSA Board

Beaumont Business

Sign-up to receive the Bear Facts via email!	2
Physical Education News	3
School Board Meeting Info	4
Holiday Curriculum Info	4
Beaumont 100 Book Club	5
FLES Announcement/Hispanic Heritage Month Facts	6

HSA

Buy Bear Gear Online	7
Beaumont Car Magnet Order Form	8
Art Stamps	9
Fall Scholastic Book Fair Volunteer Form	10

Community

A Note of Thanks	11
The T/e-Bulletin Board	12
T&E Care Fundraiser	13
Diversity Committee Mtg Date Change	13
Easttown Library Programs	14
Substance Prevention Steps	16
Trinity Preschool 5K Run/Walk	17

Menu and Calendar

October School Calendar	18
Lunch Menu	19

NEXT BEAR FACTS: October 28, 2008

SUBMISSION DEADLINE: October 21, 2008

SUBMISSIONS TO: bearfacts@beaumonthsa.org

CONTACT: Kerri Martin, Editor

GET THE BEAR FACTS ONLINE!

In our continued efforts and commitment to reduce paper waste, we began moving towards email delivery of The Bear Facts monthly newsletter beginning last year. Last year, about 100 families signed up for this great service! Those families will continue to receive The Bear Facts electronically and will not receive a paper version. If you have signed up previously and your email has changed, please notify us.

Please, if you have not already done so, sign up soon!

How does it work? You will receive an email with a link to the newsletter online, letting you know that the issue is available on the website. Please add bearfacts@beaumontsa.org to your address book to ensure delivery to your inbox.

To receive *The Bear Facts* notification by email, complete the tear-off below and return to the school office. Alternatively, send an email to website@beaumontsa.org with the following information:

- Parent or Guardian Name(s)
- Child(ren)'s Name(s)
- Child(ren)'s Grade(s), Teacher(s), and Room Number(s)
- Email address
- Your phone number

All the above information must be in the email in order to be processed. Your phone number is needed for any questions regarding sign-up.

TO: HSA Website Coordinator

Yes, I would like to receive email delivery of The Bear Facts!

Parent's Name(s): _____

Email(s): _____

Child(ren)'s Name(s)/Grade(s): _____

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: _____

Please direct questions to Jeanne Dechiaro at jeanne@beaumontsa.org or 610-647-4692

* The HSA has not yet sent communications via email, but plan to roll out this form of communication during the 2008-09 school year.



Health and Fitness News

From the T/E Elementary Physical Education Department



Each month the elementary PE Department will be sending out a newsletter incorporating different topics. The goal of our newsletter is to give you information we think is important to our student's health, physical and emotional well being.

We highly encourage you to have an open dialogue with your student about what you read in our newsletter. For example - why do you think we chose that thought or quote of the month? What does that thought or quote of the month mean to you?

We have included an Activities in the Area section for two reasons. First - we think it's important that our students learn to give their time and energy to others for a good cause. Secondly - this is a fun way to help others and get exercise at the same time.

We also challenge you as a family to try our PE Homework and Healthy ReciPE. Kids are more likely to make healthier choices as adults if they see and learn them when they are young. It's important that the adults in our student's lives set a good example on how to stay active and eat healthy.

PE FAMILY HOMEWORK

The elementary PE department challenges you as a family to stay healthy and active together. Your family homework for the month is to do at least two of the following activities as a family!

- Bike the valley forge loop in Valley Forge Park
- Walk along the river by the covered bridge in Valley Forge Park and then challenge yourselves to hike the trail over the mountain on the way back.
- Go roller-skating one night.
- Go play chip-n-putt or miniature golf.
- Volunteer to help an elderly friend or family member cleanup their yard and garden.
- Participate in one of the activities in the area we suggested.

Sneaker Reminder

*Please make sure your child wears **REGULAR sneakers** on PE days. Your child needs to be able to either lace-up, Velcro or tighten a toggle on their sneaker. Fashion sneakers are not appropriate. Please do not let your child wear sneakers to PE class that just slip on or have a heel strap, have wheelies, high heels, etc. Crocs, sandals, shoes with slits on the side, etc, etc do not counter either...*

Activities in the Area:

September 13th – Go For Mito 5k and 1 mile walk benefits the United Mitochondrial Disease Foundation(Philadelphia) <http://www.shellysheroes.org/>

September 21st – Kristin's Krusade 5K for Domestic Violence Awareness(St Joe's University) http://www.sju.edu/news/archives/kristins_krusade_091207.html

September 27th – Eagle National bank 5k Run/Walk (Drexel Hill) benefits Delaware County Regional Cancer Center http://www.active.com/page/Event_Details.htm?event_id=1592624&assetId=ce0987a0-a7a6-4705-86a0-30618e13ed3c

September 28th – The Parkway Run and Family Walk for Children's Cancer (Philadelphia) <http://www.parkwayrun.com/>

Also check out www.active.com for information on other activities and sports.

Thought or Quote of the Month:

Regardless of your ability or disability we all face challenges in life. One can see them as hurdles or barriers. Barriers are designed to hold people back. Hurdles are made to jump over. The choice is yours.

Author unknown

Healthy ReciPE of the Month

Veggie Stir Fry

Cook a cup of brown rice following the directions on the package. You can substitute olive oil instead of butter and use low salt vegetable or chicken broth instead of water for extra flavor.

Cut up one-two cups (per person) of your favorite vegetables (Let your child help choose what veggies will go in the stir fry). Make sure your veggies are cut in thin strips or small pieces. Sauté the vegetables in 1-2 teaspoon of olive oil or a 1/4-1/2 cup of vegetable broth. Cook the vegetables until you can pierce them with a fork – be careful you don't overcook them! If you need a little more seasoning use some pepper and a dash of low-sodium soy sauce.

Regular School Board Meetings to be held at Conestoga High School

Beginning with the September 22nd meeting, all regular school board meetings will be held in the Conestoga High School cafeteria unless otherwise indicated.

Click here for a list of all regular school board meeting dates:

<http://www.tesd.net/schoolbd/meetings.html>



The Tredyffrin/Easttown School District developed a Holiday Curriculum to teach about ten religious and ethnic holidays for students in grades K-4. It was implemented in the 1999-2000 school year. A committee of elementary teachers representing each grade and all five elementary schools designed the curriculum. The teachers selected appropriate literature for each holiday at every grade level, designed lesson plans, and gathered resource materials.

The holidays taught, at the appropriate time of year, are Yom Kippur, Diwali, Thanksgiving, Ramadan, Hannukah, Christmas, Kwanzaa, Chinese New Year, Passover and Easter. The curriculum was presented to a group of representative clergy from the Tredyffrin/Easttown community who supported the efforts of the committee.

The materials are available in each elementary school library for any parent who wishes to review the literature.

Beaumont Elementary School Library News

Beaumont 100 Book Club

This year's Beaumont 100 Book Club will begin next week. On Friday, September 26, a copy of the guidelines and the first log sheet will be sent home with each student. Please read the guidelines with your child and encourage him or her to begin a log. Any books that they have read since the beginning of the year will count. Last year we had 100 students who read 100 or more books. There were 36 students who read 200 and received a free paperback book. Twelve students read over 300 books. We are very proud of all the children that participated in the book club last year. This year let's get everyone involved and have the whole school read 100 books!

We have tried to make it as simple as possible for them to keep track of their reading, yet also easy for us to know exactly where they are in terms of the number books they have read. Briefly, children may read independently or have stories read to them. Their books should be reading and age level appropriate. Smaller books (for example, picture books) count as one whole book. Every 25 pages in a longer book counts as one book. Each log sheet holds 25 books. The library is open in the morning before school at 8:40 for the children to exchange their library books or to turn in their log sheets.

If you have any questions, please feel free to call me at 610-240-1405.

Dona Haltiwanger
Librarian

Jane Anthony
Reading Specialist

Library Display Case

Once again we are scheduling collections for our display cabinet. It is lighted, locked and right by the library door. If your child has a collection that he/she would like to share with the school, please fill out this form and return it to the library. We will notify you of your display date.

NAME _____ ROOM # _____

I have a collection of _____

FLES FLASH!

What have your Foreign Language in the Elementary Schools teachers been up to this summer? In a word, everything! As a group, we have completed graduate courses, attended conferences, and spoken before other World Language educators. One special project our team of FLES teachers tackled this summer was updating the student workbooks, or *Diarios*, for use this fall. Do you know that the FLES curriculum we deliver to your children is T/E teacher-created? The *Diarios* are key elements in our instruction. This summer we focused on enhancing the quality of our written workbooks to ensure that students meet goals that will prepare them for middle and high school language study. Make sure you ask your child what is going on during Spanish class, and take a moment to admire your child's *Diario* during conference time later this year.

~Joan Blair

SOME FACTS ABOUT HISPANIC HERITAGE MONTH:

- Its observation started in 1968 to celebrate the culture, heritage and contributions of Hispanic Americans.
- In 1988, President Ronald Reagan expanded the celebration from one week to one month, starting on September 15 and ending on October 15.
- The dates were set to coincide with the celebration of independence of seven Latin American countries.
- According to the U.S. Census Bureau, the term HISPANIC refers to Spanish-speaking people in the United States of any race.
- 64% is the percentage of people with Mexican background.
- 9% is the percentage of people with Puerto Rican background.
- 48% is the percentage of Hispanic-origin population that lives in California or Texas.
- 78% is the percentage of U.S. residents 5 and older who speak Spanish at home.

For more information, please go to www.factmonster.com

~Señora Rodríguez



BEAUMONT BEAR GEAR IS NOW ONLINE!

Tee shirts, hoodies, peak caps, string bags and more!

Visit our school store at the Beaumont HSA website

www.beaumonthsa.org/beargear

and follow the links

or visit www.sneakersplus.com

Select Beaumont School under "Schools/Teams"

**Select pick up in store/Flemington (this ensures no shipping costs)
& pay by credit card!

Online store is open from

Monday, October 6 until Sunday, October 26th.

Items will arrive at Beaumont before Thanksgiving Recess.

If you would like item(s) to be a gift or have any questions email

aynnedebeer@hotmail.com

603-986-4235

or contact the Bear Gear Chair

Alexis Bové at alexiswvbove@hotmail.com

610-725-8111

BE BEAUMONT PROUD!



Order your Beaumont car magnet today.

Name _____

Child's name _____ Room # _____

Quantity _____ Amount (\$5 per magnet) \$ _____

Please make checks payable to Beaumont HSA.

Any questions contact Pam Albertson at pamalbertson@comcast.net or 610-647-0124

Art Stamps

The Art Stamps Fundraiser is coming!

Please be on the lookout for your child's Art Stamps order packet coming home soon.

Imagination...Creativity... Self Discovery!

Dear Parents & Supporters:

Your child can experience all this and more by participating in our upcoming fundraising program: **ArtStamps**, a fun way for kids to create personalized postage!

By simply drawing or painting a picture, your child can discover the satisfaction of turning original artwork into **real U.S. Postage!** Your child's art can be featured on stamps and other products while raising money for your school.

You will be receiving more information on how the program works and all its benefits.

Thanks for your support and participation!



For more information visit www.myartstamps.com

Orders Due Monday, October 6th.

Questions about placing your Art Stamps order?
Please contact Alexis Bové alexiswvbove@hotmail.com or 610-725-8111.

Book Fair Safari

October 27th – October 31st
Volunteers needed!

Beaumont's Fall Scholastic Book Fair is scheduled for Monday, October 27th through Friday, October 31st. The Book Fair helps excite your children to read books and at the same time raises money for the school. Many volunteers are needed to help set-up the fair, work during the fair and provide refreshments for the family events.

If you can help, please complete the form below and send it back to the school office or contact Ellen Quinn at ellen.quinn@comcast.net.

I want to volunteer at the Scholastic Book Fair!

Name _____ E-Mail Address _____

Telephone numbers _____

- Yes, I will help set-up fair (Oct. 24th)
- Yes, I will bake/provide refreshments for special events.

Please check any of the following shifts you would like to work during the fair:

- Monday Tuesday Wednesday Thursday Friday
- 8:20-10:00 (8:00 Thurs.) 10:00-12:00 12:00-2:00 2:00-3:30
- 5:30-8:30 p.m. (Tuesday- Family Night)



A NOTE OF MOST SINCERE THANKS

I apologize for this informal manner of expressing our thanks, but I simply cannot keep up with all of the notes that I would otherwise be compelled to write.

My family and I extend to the Beaumont community our most heartfelt thanks for all of the kindness, support and generosity extended to us since we lost my husband Matt quite suddenly in April. Our loss is immeasurable but the incredible warmth of all in this community has been like a comforting embrace. We truly cannot thank you enough.

~Denise, Caroline, Claire and Ben Chaplin

Introducing the *T/e-Bulletin Board*

What is the *T/e-Bulletin Board*?

Beginning in September 2008, the T/E School District will begin posting approved fliers from non-profit organizations of interest to T/E parents and students on an electronic bulletin board called the *T/e-Bulletin Board*.

The *T/e-Bulletin Board* will replace paper fliers previously included school newsletters or sent home with students. To help with the transition from paper fliers to electronic fliers, the T/E School District will continue including approved fliers in school newsletters through December 31, 2008. As of January 1, 2009, all approved fliers will be posted on the *T/e-Bulletin Board* instead of being sent to schools for inclusion in newsletters.

At their discretion, school newsletter editors and/or school principals may include announcements from the *T/e-Bulletin Board* in school newsletters. Newsletter editors and school personnel are encouraged to check the *T/e-Bulletin Board* and, if a paper announcement is desired, include an abbreviated version rather than a full flier.

What about PTO or School District sponsored events or announcements?

Information from School District groups and PTOs will be forwarded as usual to the schools for inclusion in newsletters as space permits. School District groups and PTOs may request that their fliers be posted on the *T/e-Bulletin Board* in lieu of or in addition to newsletters.

How will the *T/e-Bulletin Board* work?

A link to the electronic bulletin board is available on the right side of the T/E School District home page at www.tesd.net. Approved fliers will be updated twice a month on or about the 10th and 25th.

Why are we moving to an electronic bulletin board?

There are a number of reasons why the District has decided that it is in our best interest to move to an electronic form of communication for outside groups' events. Following the practice of many public organizations, the use of an electronic bulletin board to communicate with students and parents will not only preserve natural resources and reduce costs, but it will enable us to advertise more efficiently by having all fliers in one central location.

How will the *T/e-Bulletin Board* be advertised?

The new electronic bulletin board will be advertised through existing community newsletters, school newsletters, the District TV station, the District web site, email blasts, PTO meetings, school curriculum nights in the fall and press releases. In addition, there will be a permanent reference to the *T/e-Bulletin Board* in school newsletters.

What if community groups prefer that we distribute paper fliers?

T/E wants to continue to be a positive community partner by creating and maintaining the new *T/e-Bulletin Board*. The School Board Public Information Committee has determined that distributing fliers or copying fliers in newsletters is not the best use of staff time, paper and copier resources. The District hopes that community groups will understand the need to reduce costs, advertise more efficiently and preserve resources.

What about families who may not have home internet access?

In this region, home internet access is very prevalent. For those who do not have home internet access, local public libraries offer free internet access. Plus, school newsletter editors and school principals may choose to include abbreviated announcements of fliers from the *T/e-Bulletin Board* in their school newsletters. School personnel may choose to post printed copies of fliers from the *T/e-Bulletin Board* on school bulletin boards or in a binder in the school's main office or lobby if they feel that their school community would benefit from additional options.

How can a non-profit organization submit a flier?

Non-profit organizations may visit the *T/e-Bulletin Board* at www.tesd.net to obtain a copy of the guidelines for submitting a flier. Fliers should be emailed to Chris Connolly Bakker, Public Information Specialist, at connollyc@tesd.net.



T & E Care Fundraiser

**October 25, 2008 – 7:00pm -
Waynesborough Country Club
Creative attire with a Halloween flair**

Join us for a fun evening of great food, silent auction items and dancing to the DRF Band to help raise money for **T&E Care's Holiday Wish List!**

For information on event and organization go to www.tecare.org

If you would like to donate items or services please contact:

Rita Seltzer at rita55@comcast.net.

Recycled new items are welcome!

Diversity Committee Meeting Date Change

*The first Diversity Committee meeting of the year will be held on **October 21, 2008**. This is a change from the originally scheduled meeting date of October 14, 2008.*

*The meeting will be at
T/E School District Administration Offices
7:00 p.m.
Meeting Room 200*



720 First Avenue, Berwyn, Pa., 19312
(610) 644-0138 • www.easttownlibrary.org

Programs and Events for Youth at Easttown Library, Fall 2008

Chess Club

Mon. Sept. 29; Oct. 6, 13, 20 and 27, 4:15-5 p.m.

Ages 5+

No registration necessary.

Beginners and all levels of players are welcome.

Reading with Animals

Sat., Oct. 11, 18; Nov. 8, 1:30-2:15 p.m.

Ages 6+

Registration required; in-person sign-ups begin Mon., Sept. 8.

Pals for Life (www.palsforlife.org) will visit the library with animals who enjoy listening to stories. This program is made possible by a generous donation from Whole Foods Market in Devon.

Halloween Hijinx! with Segal Puppet Theatre & Company; David Fiebert, Puppeteer

Sun., Oct. 12, 2 p.m.

Infants-age 7

Registration required; sign-ups begin Mon., Sept. 8.

If you like the rustle of leaves and the mischief of ghosts and friendly witches, join us for an interactive program of fun and silliness.

Mark Rogalski – Dream Machines

Sun., Nov. 9, 2 p.m.

No registration required.

Join local acclaimed children's book author and illustrator Mark Rogalski as he reads from his new book *Dream Machines* (Running Press Kids, October 2008), which "takes readers on a fantastic quest through sea, land, and air... a breathtaking thrill-ride of a voyage." *Dream Machines* will be available for purchase and signing. Mark Rogalski's first book for children, *Tickets to Ride*, was awarded the 2007 International Reading Association Prize for Primary Fiction.

Parent/Child Workshop

Fri., Nov. 21; Dec. 5, 12, 19, 10-11 a.m.

Infants through age 3 with a parent/caregiver

No registration required.

Spend time with your child and read and play together. Parents and children will meet new people in an educational and creative environment. Parent/Child Workshops are staffed by a librarian and a library assistant. Participants who have previously attended are welcome to attend again.

Story Times

Story times for children and parents/ caregivers will be held Mon., Sept. 29 through Fri., Nov. 7. No registration necessary.

Family Story Time (infants-age 6)

Mon. 7 p.m.

Wee Readers (infants-18 months)

Tues. 10 a.m.

Toddler Time (ages 1-2)

Wed. 9:30 a.m. and 10:15 a.m.

Tales for Twos & Threes (ages 2-3)

Thurs. 9:30 a.m. and 10:15 a.m.

Great Starts (ages 3+)

Fri. 10 a.m.

For Teens

Teen Consultants

Wed., Sept 3; Oct. 1; Nov. 5, 6-7 p.m.

Ages 12-18

No registration required.

Want to have a say in what's happening in the library? Teen Consultants will meet once a month to share ideas and suggestions on new teen programs, review books for our YA collection, and much more. Join us on the first Wednesday of every month from 6 to 7 p.m. for food, drinks and conversation. Anyone age 12-18 is welcome. If you are interested in being a Teen Consultant, e-mail Becky Sheridan at bsheridan@ccls.org.

College Admissions Panel

Thurs., Sept. 18, 7-9 p.m.

Registration suggested.

College applications weighing on your mind? High schoolers and their parents will gain insiders' knowledge about the admissions process during this program. Attendees are welcome to attend one or all of the half-hour sessions. The final half-hour will be open for questions and discussion with the presenters.

“The College Search Starts Within” – 7-7:30 p.m.

Renee Sherman Strauss, Ph.D., College Way Educational Consulting, LLC

With increasing competition and escalating costs, applying to college is a stressful process. The deeper stress, however, comes from students having to answer the life question, “Who will I become?” Dr. Strauss will discuss how students can approach this question in the context of applying to college, and how to identify colleges that match their aspirations. She is an educational consultant and certified school psychologist.

“Writing Successful College Application Essays” – 7:30-8 p.m.

Marylyn E. Calabrese, Ph.D., writing coach

As admission to highly selective colleges becomes more difficult, a good application essay can give students an edge. Dr. Calabrese has counseled hundreds of students in preparing their essays. She will discuss the essentials of a successful essay, the best topics to address, the appropriate tone, and what to avoid. Examples of successful essays will be presented.

“Preparing for the SAT” – 8-8:30 p.m.

Karen Miller, Editor, Real Solutions Educational Consulting, Inc.

How do colleges use SAT scores in the admissions process? What are the differences between the SAT and the ACT? How should students prepare for the SAT? How is the new writing section scored? Ms. Miller will answer these questions and more. She co-authored *Real SAT Solutions*, an elective SAT course used in more than 40 high schools.

Questions and Discussion with Presenters – 8:30-9 p.m.

Gaming Tournaments

Fri., Oct. 3, Nov. 7, Dec. 5, 5-8 p.m.

Ages 10-18

Registration begins Mon., Sept. 8.

Join fellow players for an evening of gaming (including *Guitar Hero*) and pizza. Two brackets will be set up for players – easy/medium and hard/expert. Winners will be chosen by percentages. The first and second place winners in each bracket will be awarded GameStop gift certificates.

Susan Shaw and Eileen Spinelli

Thurs., Oct. 23, 7 p.m.

Ages 12 and up

Registration suggested; sign-ups begin Mon., Sept. 8.

Authors Susan Shaw and Eileen Spinelli present an evening of their poetry and prose. Books by both authors will be available for sale and signing. Susan Shaw is the author of *Safe* (Dutton, 2007), which was chosen as one of the Top Ten Quick Picks for Young Adult Readers by the American Library Association. She is also the author of the award-winning book *The Boy from the Basement* (Dutton, 2004). Ms. Shaw lives in Wayne.

Eileen Spinelli is the author of more than 30 picture books, poetry collections, and chapter books for young readers, including *Somebody Loves You, Mr. Hatch*, a Christopher Award winner, and *Do You Have a Hat?*, which won the Carolyn Field Award. Her newest book, *The Best Story*, was published in May. Her poem “To a Daughter Who Worries Much” is featured in Susan Shaw's book *Safe*.

Substance Prevention

10 Prevention Steps for Parents:

1. **START EARLY...** by instilling values and giving information to children about alcohol, tobacco and other drugs before they reach the age when they are likely to be asked to try them.
2. **DON'T BE AN ENABLER...**by being passive when you see anything or anyone, encouraging your kids to use alcohol, tobacco and other drugs. Speak up and take a firm stand against their use. Also, be sure to safely secure any alcohol you may have in your own home.
3. **REMEMBER THAT YOU ARE A ROLE MODEL FOR YOUR CHILD...**actions speak louder than words. If you use or abuse alcohol, tobacco and other drugs, your child is at greater risk to use them, too.
4. **TAKE ADVANTAGE OF EVERY TEACHABLE MOMENT...**use news stories and events in your community, such as television shows and movies, as opportunities to discuss alcohol, tobacco and other drugs.
5. **REINFORCE BOTH THE INFORMATION AND THE RULES YOU TEACH YOUR CHILD...**remember how many times you have to tell them to turn off the lights, eat their vegetables or do their homework?
6. **KNOW WHAT IS GOING ON IN YOUR CHILD'S LIFE AT HOME, IN SCHOOL, AND WITH FRIENDS...**listen to your child and to your child's friends – Stay Aware!
7. **KNOW THE ATTITUDES TOWARDS ALCOHOL, TOBACCO AND DRUGS WHICH YOUR CHILD MAY BE LEARNING...**from babysitters, day care providers, camp counselors, family friends and relatives.
8. **IF YOU HAVE A FEELING YOUR CHILD IS TRYING ALCOHOL, TOBACCO OR OTHER DRUGS, DO SOMETHING ABOUT IT...**don't wait for the problem to go away by itself. Take Action. Parents have good instincts – trust them.
9. **KEEP IN TOUCH WITH THE PARENTS OF YOUR CHILD'S FRIENDS...**work together with other parents to establish curfews and other rules for all your children, whatever their ages.
10. **REMEMBER, PARENT POWER IS STRONGER THAN PEER PRESSURE...**parents are the first line of defense for safe, healthy, drug-free youth! Stand together!

Adapted with permission from PRIDE-Omaha Inc

ARCH is a local community group established to assist, educate and support one another in dealing with substance abuse in our community. www.ARCHcares.org

Help Those Affected by Leukemia & Lymphoma



Trinity Preschool 5K Run/Walk & Kid's Fun Run

Date: Sunday, October 19, 2008 (rain or shine)

Time: Registration Opens at 7:30 am
Race Starts at 8:30 am
Free Kid's Fun Run follows race start
(ages 2-10)



Location: Wilson Farm Park in Chesterbrook
Course is on paved trails and surrounding roads

Entry: \$25.00 for Pre-registered Runners/Walkers (by October 14)
\$30.00 for Race Day Registration

Includes T-shirt for first 150 registrants, awards for overall Male & Female and Top 2 Male & Female by age group, post race party & Kid's Fun Run (strollers welcome)

Donate: Checks made payable to: Trinity Preschool 5K Run
50 Main Avenue
Berwyn, PA 19312
610-644-9370

The Trinity Preschool 5K Run/Walk & Kid's Fun Run supports the Leukemia & Lymphoma Society and the Filippelli's, a family in our community affected by Leukemia.

Register Online: www.runtheday.com



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 ERB Testing Day 3	2 ERB Testing Day 4	3 ERB Testing Day 5
6 ERB Testing 3:30 - 4:30 Storytelling Club Day 6	7 3:30 - 4:30 Theater Club Day 1	8 3:30 - 4:30 Lego Club Day 2	9 NO SCHOOL	10 3:30 -4:30 Crocheting Club Day 3
13 3:30 - 4:30 Storytelling Club Day 4	14 3:30 - 4:30 Theater Club Day 5	15 9:15 AM K to Sugartown Strawberries 1:00 PM K to Sugartown Strawberries 3:30 - 4:30 Lego Club Day 6	16 3:30 - 4:30 Caring Kids Club 3:30 - 4:30 Lego Club Day 1	17 10:00 Fire Company - AM K & First Grade 1:00 Fire Company - PM K & Second Grade 3:30 -4:30 Crocheting Club Day 2
20 9:15, 10:15 & 1:30 Cultural Arts Assembly - Thaddeus Rex 3:30 - 4:30 Storytelling Club Day 3	21 3:30 - 4:30 Theater Club Day 4	22 8:00 AM Grandparent Coffee - Large Group Room 9:15 HSA Meeting 3:30 - 4:30 Lego Club Day 5	23 3:30 - 4:30 Caring Kids Club 3:30 - 4:30 Lego Club Day 6	24 3:30 -4:30 Crocheting Club Day 1
27 3:30 - 4:30 Storytelling Club Day 2	28 3:30 - 4:30 Theater Club Day 3	29 3:30 - 4:30 Lego Club Day 4	30 3:30 - 4:30 Caring Kids Club Club Day 5	31 2:00 PM Halloween Parties & Parade 3:30 -4:30 Crocheting Club Day 6
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">←</div> <div style="font-size: 2em; letter-spacing: 0.5em;">B O O K F A I R</div> <div style="text-align: center;">→</div> </div>				

All lunches include a choice of skim, 2% white or low-fat chocolate milk.

Tredyffrin Easttown School District Elementary Lunch Menu October 2008

Please include Pin #'s and your child's name with all pre-payments.
Paid Lunch \$2.35
Reduced Lunch \$.40

Monday	Tuesday	Wednesday	Thursday	Friday
DID YOU KNOW? Wawa Dairy only produces milk that is free of artificial growth hormone (rBST). To ensure that all products processed and packaged by Wawa and under the Wawa label are free of artificial growth hormone, Wawa only purchases raw milk from farmers who will pledge, and sign legal affidavits, that they will not use artificial growth hormones in their cows.		Day 3 1	Day 4 2	Day 5 3
		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 Garden Salad Chilled Fresh and Canned Fruit	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 Tossed Salad Chilled Fresh and Canned Fruit	A. Stuffed Crust Pizza B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter Baby Carrots w/Dip Chilled Fresh and Canned Fruit
Day 6 6	Day 1 7	Day 2 8	Yom Kippur No School	
A. French Toast Sticks w/Syrup & Turkey Sausage Patty B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat Potato Wedge -Baked Chilled Fresh and Canned Fruit	A. Cheeseburger w/Lettuce, Tomato B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Mixed Vegetables Chilled Fresh and Canned Fruit	A. Cheese Ravioli w/Spaghetti Sauce B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	A. Double Stuffed Crust Pizza B. Hot Dog w or w/o Sauerkraut C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter Tossed Garden Salad Chilled Fresh and Canned Fruit	
Day 4 13	Day 5 14	Day 6 15	Day 1 16	Day 2 17
A. Chicken Patty on a Bun B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat Carrot Coins Chilled Fresh and Canned Fruit	A. Toasted Cheese Sandwich B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tomato Soup Chilled Fresh and Canned Fruit	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 Tossed Garden Salad Chilled Fresh and Canned Fruit	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 Corn Chilled Fresh and Canned Fruit	A. Pepperoni Pizza B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter Green Beans Chilled Fresh and Canned Fruit
Day 3 20	Day 4 21	Day 5 22	Day 6 23	Day 1 24
A. Chicken Egg Roll & Rice B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat Honey Glazed Carrots, Mandarin Oranges Chilled Fresh and Canned Fruit	A. Nacho's with Seasoned Meat, Cheese, Salsa B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot & Cucumber Slices w/Dip Chilled Fresh and Canned Fruit	A. Turkey Hot Dog on a Bun B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Baked Beans Chilled Fresh and Canned Fruit	A. Pancakes with Sausage Patty B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Orange Juice and Carrot Sticks Chilled Fresh and Canned Fruit	A. Pizza B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter Tossed Salad Chilled Fresh and Canned Fruit
Day 2 27	Day 3 28	Apple Crunch Day Day 4 29	Day 5 30	Day 6 31
A. Pizza Dippers w/Marinara Sauce B. Pizza C. Whole Wheat Soft Pretzel & Yogurt D. PBJ White or Whole Wheat Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	A. Popcorn Chicken B. Pizza C. Whole Wheat Soft Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Chilled Fresh and Canned Fruit	A. Cheeseburger on a Whole Wheat Bun B. Pizza  C. Whole Wheat Soft Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Salad Chilled Fresh and Canned Fruit	A. Oven Baked Breaded Chicken B. Pizza C. Whole Wheat Soft Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Whipped Potatoes Chilled Fresh and Canned Fruit	A. 5" Individual Pizza B. Turkey Hot Dog on a Bun C. Whole Wheat Soft Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter Tossed Salad Chilled Fresh and Canned Fruit