



The Bear Facts

April 2010

March 2010							April 2010						
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	

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

Mark Your Calendar!

Mar. 26-Apr 2 No School – Happy Spring Break!
 April 7 – 14 PSSA testing
 April 21 HSA Meeting

HSA Meeting Schedule

Apr 21st @ 9:15 May 19th time TBA
 June 9th @ 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.
 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 review.

Hello Beaumont Families,

Spring is here already, and we are busy at the HSA! We are forming a nominating committee to fill all of the chairperson positions for next year. We are also looking for a few new board members. If you are interested in getting involved, contact any current board member and we will be happy to talk with you.

We will start off our spring fundraisers with our School Supply Kit fundraiser. This is a new event that we added last year and it was very successful. Order forms will be coming home after spring break, so be sure to check the backpack! Just fill out the form and send in your check. The company will purchase all the needed supplies for your child, and you will be able to pick them up at the school in the fall on Tuesday before the first day of school. It's just that easy. Just note that the company CANNOT get our workboxes, so you will need to provide that for your child. The teachers have reviewed the lists to insure that they are accurate and up to date.

I want to take a minute to thank all of you for the support you give to the HSA. We offer many different fundraisers to try to appeal to the differences of our families. We hope that each family participates at a level they are comfortable with. We know that not all fundraisers will be supported by every family. The reason for the amount and variety is to try and offer something for everyone. Please don't ever feel that you need to participate in everything! The variety is just our there to appeal to more people.

May will be very busy with our Plant Sale, Theme Week, and Playday. If you are interested in helping on any of these committee's please see the website and contact the chairperson for that event. 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,
Sherri Gartner
 HSA President

Table of Contents

Make up for Instructional Days	2	BUILD Event March 22	15
School Board Update	3-4	BUILD Event April 27	16
Grade Level News	5-6	ARCH Event April 7	17
TE All Call	7	Headlock Wrestling Camp	18
Acme Receipts Fundraiser	8	Bear Facts On-line	19
Bear Summer Camp	9-10	Water Bottle Order Form	20
Theme Week Mtg	11		
CAPCO Pizza Fundraiser	12	April Calendar	21
Play Day	13	Lunch Menu	22
CASE Golf Outing	14		

NEXT BEAR FACTS: April 26 SUBMISSION DEADLINE: April 20
 SUBMISSIONS TO: bearfacts@beaumonthsa.org CONTACT: Kate McAllister, Editor

Make up of Instructional Time for Emergency Closings



The school calendar has been revised to reflect the make up of 4 student instructional days lost due to weather-related emergency school closings on February 10, 11, 12 and 26.

The 2009-2010 calendar approved by the School Board lists rescheduled days for use in the event of emergency school closings.

With the support of the Board and the professional staff, **March 26 will be changed from a staff inservice day to a day of instruction for students.** As identified by the school calendar, in the event of a fifth emergency closing, March 29 will be a day of instruction for students.

The inservice day for the professional staff originally scheduled for March 26 is rescheduled to March 29.

With these accommodations, the last student day will remain June 18, 2010, a half day for students.

Please visit the T/E School District web site at www.tesd.net to view a single page summary of the revised 2009-2010 school calendar.



School Board Update



Summaries of School Board Committee Meetings for **March 2010**

Visit www.tesd.net and click on 'School Board' for meeting dates, agendas and minutes.

Education Committee, Chair: Karen Cruickshank

Prepared by: Committee Chair

The Education Committee met on March 9th at noon. The committee heard an extensive review of Standardized Testing Results in T/E schools.

The purpose of assessment in the District is to learn more about students, to guide instruction, review curricular programs, identify concerns and fulfill federal and state mandates for accountability.

Students in grades 2,3,4,6, and 8 take the ERB test in math and reading. The ERB tests are not mandated, but the district has found that they provide invaluable data about students and curricular programs. The state mandates that children take the PSSAs in grades 3-8 and in grade 11. The test is currently given in reading, math, writing and science. Overall students in T/E do very well on standardized tests.

The challenge for T/E and for all districts in the state of PA will be to achieve 100% proficiency on the PSSAs in the year 2014 in order to comply with No Child Left Behind legislation. Currently the No Child Left Behind (NCLB) law is being re-authorized and there is the potential for changes in this legislation. I'll keep readers posted of changes as they are rolled out.

The next Education Committee meeting is scheduled for April 13, 2010 at noon in the TEAO building.

Facilities Committee, Chair: Pete Motel

Prepared by: Business Office

The Facilities Committee met on Friday March 12th. The Committee recommended that the Board approve several bids for this year's summer projects. The projects include electrical and mechanical upgrades and flooring improvements to several buildings; demolition of residential properties on Old Lancaster Avenue; paving; roofing; and classroom renovation projects.

The administration updated the Committee on the impact of the winter storms on the District. The District has identified and reported approximately \$46,000 of expenditures to PEMA that may be reimbursed by FEMA. The administration also noted that some of the District's all-

purpose maintenance trucks, used to plow the snow during the storms, are not in working order at this time and would not be available for cleanup from another storm or for other maintenance duties. Also due to reductions in spending over the past two budget years, some of the repairs and maintenance on these trucks have been deferred and plans to replace some trucks have been postponed. The Committee discussed the deferred vehicle purchases and the possibility of including them as part of the capital budget. The Committee members asked the administration to provide a listing of the District's vehicles with cost and other information necessary to evaluate and determine a replacement plan.

The administration informed the Committee that the District has opted into a fixed price electric program with PECO. Participating in the plan will allow the District to purchase energy at a price fixed this spring for larger usage buildings. The fixed price program will only be used if the District is unable to purchase energy at a lower cost elsewhere.

District architects reviewed with the Committee two different schematics for the ESC site after the demolition of the ESC building. The first option shows the property with virtually no changes to the parking lot. Option two shows a reconfigured parking lot with additional parking spaces. The Committee supported option one, the lower cost option, in anticipation of the ESC demolition moving forward. The Facilities Committee will meet next on April 16th at 7:30 am in the TEAO.

Finance Committee, Chair: Kevin Mahoney

Prepared by: Business and Public Information Office
Reviewed by: Committee Chair

On March 8, 2010 the T/E School Board Finance Committee met to discuss proposed strategies to close the 2010-2011 budget gap. Projections for 2010-2011 show an expected gap between revenues and expenditures of \$9.25 million. The gap resulted from a loss in revenues and an increase in expenditures. The proposed strategies include actions to reduce expenditures, increase revenues and use existing reserves to close the budget gap.

The School Board directed the administration to present a draft budget at the March 15, 2010 budget workshop that

reflects the budget strategies discussed at the February and March Finance Committee meetings. The proposed budget strategies are available in the, "2010-2011 School District Budget Information" section of the TESD web site at www.tesd.net.

The T/E School Board and administration will continue to work towards balancing the budget between now and the final budget approval on June 14, 2010 at the June School Board Meeting.

The T/E School Board encourages public participation during the budget development process so that the budget reflects the input of all stakeholders. All School Board committee meetings are open to the public and have public comment periods. There will be a regular School Board meeting on March 22nd at 7:30 p.m. and a Finance Committee meeting on April 12th. Both meetings will be held at Conestoga High School.

For more information on the budget development process, including proposed budget strategies, visit the T/E School District web site at www.tesd.net and click on "2010-2011 School District Budget Information."

Public Information Committee,

Chair: Debbie Bookstaber

Prepared by: Public Information Office

Reviewed by: Committee Chair

The Public Information Committee met on March 2nd. The Committee reviewed open records requests between January 1, 2010 – March 2, 2010. The Committee asked that the administration review budget documents to determine which additional budget items would be appropriate to post on the TESD web site. In addition, the Committee suggested that the Policy Committee review Policy 1123, Public Access to School District Records, to consider adding language indicating that meeting agenda materials are considered public records and also that requests made to individual Board members are not considered public records.

The Committee asked the administration to post information about the Pennsylvania State Employee Retirement System (PSERS) on the TESD web site. In addition, the administration will develop a resolution on PSERS for the Board to consider at their March 22nd meeting.

The administration presented information on the number of violations of the Pennsylvania School Bus Stopping Law that have been reported to the TESD Transportation Department. The Committee recommended that the administration implement an awareness campaign to educate parents and the community about this law. Information will be posted on the TESD web site, included in the fall T/E Insight newsletter, discussed at upcoming PTO meetings and

communicated through a student-created public service announcement.

The Committee discussed communication regarding Hillside Elementary School's green roof installation, which is scheduled for summer 2010. The Committee recommended that Hillside invite neighbors to visit the school on April 22, 2010, Earth Day, to see architect renderings of the green roof. In addition, the Committee suggested that the green roof project be included as part of an upcoming T/E Board Talk segment.

Lastly, the Committee discussed the March T/E Board Talk program and decided that the program will include segments on e-learning/dual enrollment; PSERS and "green" initiatives happening throughout the District.



BEAUMONT GRADE LEVEL NEWS

MARCH 2010

Kindergarten



March was a special time in Kindergarten. Bring on the Bears was our monthly theme and we enjoyed many factual and entertaining stories about bears throughout the month. We also watched as our hibernating bears on display outside our classroom "wake up" to welcome the spring!



Mid- month brought new life to our classrooms. We began our chick-hatching project and the children were immersed in the excitement of watching the little chicks hatch and grow over the time they were with us. The children had many opportunities to interact with the chicks and then record what they had learned in their very own "chick journals." It was certainly a wonderful hands-on experience and served as the foundation of learning about life cycles to help us welcome additional little critters, such as ladybugs, butterflies, and praying mantises into our classrooms over the next few months.

As the days got milder and the spring season began, we also noticed the changes in the weather. In science we learned about the wind and the different types of weather and we noticed how the world seems to "wake up" from its winter slumber and burst to life with all types of vibrant colors.



March in Kindergarten was full of excitement and change!



First Grade

In First grade there are poems to **explore**
As our reading and drawing skills start to **soar**.
We learn to write a couplet, triplet, haiku and **more**
Cinquain, quatrain as well as a **metaphor**.
There are so many more forms of poetry in **store**
For your children to learn that we won't **ignore**.
Our poetry show will be more than you hoped **for**
It's sure to bring cheers as well as an **encore**.
Here's to a year of poetry **galore!**
We hope you make our show, **por favor!**



Second Grade

Did you hear about the amazing China Show? The second graders performed for a packed house of parents on Friday, March 12th. After singing their favorite song, "Gung Hay Fat Choy," the children and parents went back to the classrooms. The expert students taught their parents about the art of calligraphy while demonstrating their brush strokes and favorite characters. Parents also discovered the many Chinese Zodiac symbols and what characteristics each one represents. The Great Wall experts helped their parents create a brick which included an interesting fact about the 2,000 year old wall. It was incredible to see the bright lanterns parents created as decorations for the Chinese New Year. Finally, the tangram experts told the story of the ancient tile that broke into seven pieces. Parents had a great time trying to put them back together and discovering other shapes in the process. We all enjoyed studying about the fascinating country of China.

Third Grade

Our study of Chester County has begun! Did you know that Chester County was one of the three original counties established by William Penn? Our unit of study will include learning about the surrounding counties and bordering states of Chester County as well as major cities, highways, landscapes, historical sites, and parks throughout the county. Our unit will conclude with "Chester County Day" where students will be transported back in time to experience life as a child living in Chester County in the early 1800s.



At the end of this month, students will be presented with an oral biography presentation. This will model the "Famous Pennsylvanian Biography Report" that students will be working on. Please look for more information to come home the week before spring break!

*** As a reminder, the PSSA tests will begin Wednesday, April 7th and will continue until Wednesday, April 14th. Please make sure that your child is well rested and well fed each morning. ***



Fourth Grade

After snow delays, our P.A.L. Kickoff finally took place in the cafeteria. It was well attended and three former students Chris Turocy, Aidan Lake, and Lindsay Erickson, all presented their tips on a successful presentation. A big thank you to them all!

Fourth grade has also been busy with PSSA prep, Motion and Design in Science and the American Revolution in Social Studies.

We traveled to TEMS for the fifth and sixth grade play called, "A Little Rubbish" which featured some of our former fourth grade students. It was nice to get out and take a look at what TEMS has to offer.

And finally congratulations go out to our own Mrs. Meyer on the birth of her daughter Katie Elizabeth who was born on Sunday March 7th. We all wish Susan and Brent the best with their newest addition.

Important Information Regarding TE All-Call



The T/E School District uses TE All-Call, an automated emergency phone notification system, to communicate emergency closings, late openings, early dismissals and any unscheduled closing or emergency situation that may happen during the school day.

While TE All-Call is reliable, there may be times when some calls do not go through for reasons beyond the District's control. If parents have not received a message from TE All-Call on days **Parents are encouraged to call the T/E Information Hotline at (610) 240-1970 if they have not received a call from TE All-Call on days when weather may impact the status of school.** In addition to the TE Information Hotline, the District will continue to broadcast school closing on TETV, Comcast Cable Channel 14 and Verizon Channel 20; local TV stations; and designated radio stations.

In addition, on days when school closes early due to inclement weather, the TE All-Call message will instruct parents to press "1" to confirm that they have heard the message. It is important that parents press "1" during the TE All-Call message to help the school office staff determine which parents they need to contact individually regarding the early dismissal. Please note that pressing "1" to confirm will not work when listening to the message on an answering machine or voicemail; you must press "1" when listening to the message at the time of the call.

Please be sure to notify the school's main office if any of your contact numbers change throughout the school year.

Fundraising Alert

The ACME RECEIPTS
PROGRAM WILL BE
DISCONTINUED ON
APRIL 30, 2010.

Thru this program Beaumont
earns 1% of the receipt value.

Think of all of your trips to
Acme..... this really adds up!!!

Please turn your receipts in
ASAP

Thank You!!!

Beaumont Bear Summer Camp!

With *Miss Hunt, *Miss. Senior & *Mr. Bradley
Sponsored by the Beaumont H.S.A.

When: Weekly from June 28th to July 15th

Time: (1:00-4:00pm)

Ages: Any BEJ child in (Kindergarten - 4th Grade)*

(Includes students completing kindergarten this year & entering 1st Grade in fall '10 through students entering 5th Grade in Fall '10).

Session #1 Monday, June 28th – Thursday, July 1st (1pm-4pm)

*This week will include exciting P.E. games, outdoor activities, contests, and water games!

With Miss Hunt and Miss. Senior*



Session #2 Monday, July 5th- Thursday, July 8th (1pm-4pm)

*This week will include exciting P.E. games, outdoor activities, contests, and water games!

With Miss Hunt and Mr. Bradley*



Session #3 Monday, July 12th – Thursday, July 15th (1pm-4pm)

This week will be a combination of P.E. games, outdoor activities, Arts and Crafts and more with Miss Hunt and Miss Senior

Space is limited, so don't miss out!

What's better than...

- Summer fun with Miss Hunt, Miss. Senior and Mr. Bradley?
- A chance to play your favorite PE games?
- Cooling off with "wet and wild" water activities?
- Expanding your creativity with arts and crafts?
- Playing games in a non-competitive environment?
- An Affordable alternative for summer fun?



Questions may be directed to Miss Hunt at 610-240-2511 or HuntM@tesd.net



Children who enroll should bring a snack, hat, sunscreen, water bottle, bathing suit and towel.
We will provide water breaks and a small snack each day.

How Do I Sign Up For the Fun?

Return:

- Registration Form
- Payment in Full (please make checks payable to BES HSA) in an envelope marked Beaumont Bear Camp
- Deliver to the Bear Camp Drop-Off Box in the Main Office

All forms must be received by June 14th, 2010

Beaumont Bear Camp Registration Form and Permission Slip
(A confirmation/receipt will be sent to you via email)

Cost: Please make checks payable to “BES HSA”.

- Each Child/per day = \$30
- Each Child /per Full Sessions 1, 2, 3 = \$110 per session

Check the session you plan to attend. If you can not attend the entire session then **CIRCLE** the days you wish to attend.

<input type="checkbox"/> Session 1: June 28 th - July 1 st <u>\$110</u>	<input type="checkbox"/> Session 1: Monday, Tuesday, Wednesday, Thursday
<input type="checkbox"/> Session 2: July 5 th - July 8 th <u>\$110</u>	<input type="checkbox"/> Session 2: Monday, Tuesday, Wednesday, Thursday
<input type="checkbox"/> Session 3: July 12 th - July 15 th <u>\$110</u>	<input type="checkbox"/> Session 3: Monday, Tuesday, Wednesday, Thursday

Total Full Sessions Cost = \$ _____ (cost per student for full week sessions)	Total Days _____ @ \$30 per Day = \$ _____ (cost per student if not attending the full week session)
--	---

Total Amount Enclosed: \$ _____ Checks payable to “BES HSA”

Student Name(s) (**Please Print**): 1. _____ Grade (09/10 year) _____

2. _____ Grade (09/10 year) _____

***Waiver :** I wish to have my child participate in Beaumont Bear Camp. I recognize that risk of accident and/or injury are possible consequences of participation in any activity. I also understand that severe injuries are possible. I appreciate the character of the risks involved and I voluntarily assume all risk of injury. In accepting this risk, I expressly and explicitly release, discharge and waive any and all responsibility of employees of Tredyffrin-Easttown School District, and Beaumont HSA of any and all of the foregoing, pertaining or related to, or arising from, in any manner, injuries to my child as a result of participation in this activity.*

Parent/Guardian Name (**Please Print**): _____

Parent/Guardian Signature: _____

Phone number _____ Cell number _____

Emergency Contact name and number _____

Email address for confirmation/receipt: _____

Any pertinent health information (asthma, allergies, etc):



“Houston, We Have an Opportunity!”



The Beaumont Theme Week Artistic Committee is looking for Parent Volunteers to help with this years theme....

“SPACE”

May 17 - 20

You do not need to have artistic experience to join in the FUN of working with other parents at Beaumont to bring this years theme to life for our students!

We are currently assembling our decorating committees for the sections of hallway and
WE NEED YOU!

Whether you are new to Theme Week or a seasoned veteran, we have many opportunities to fit your schedule and availability!

Hallway Section Chairpersons Hallway Section Committee Members

A meeting of all volunteers will be scheduled for the week of April 5th and all Section Chairs will be emailed the hallway decoration options before Spring Break.

Please fill out the form below, tear off and return in your childs backpack.

Questions?

Please contact Holly Franciamone at

hollyfranciamone@gmail.com

cell: 484-318-6237

THEME WEEK 2010 - **“SPACE”**

YES! I am interested in volunteering as a HALLWAY SECTION CHAIRPERSON! Please email me the hallway decorating options as soon as possible.

YES! I am interested in helping on a HALLWAY COMMITTEE! Please email me more information.

NO... I am not able to work on a committee but may be able to assist with decorating on Friday evening May 14th, please keep me in mind and email me in May!



NAME: _____ HOME PHONE: _____

EMAIL: _____ CELL: _____

Note:

Make Sunday Dinner Pizza with **CAPCO !**

Fourth Sunday of March, April, May and June

~~~~~  
Dine at Peace A Pizza and present this coupon  
When you pay for your meal  
and

Peace A Pizza will donate **20%** of the  
proceeds to



**Fourth Sunday of the Month starting with**

**Sunday, March 28, 2010**

**4 PM – 9 PM**

**Strafford – Wayne Location**

**522 West Lancaster Avenue, Wayne, PA**

**(610) 293 -6988**

*~~ New coupon needed for each month*

*Check in school newsletters and at events ~~*

# Play Day

---

## **VOLUNTEERS NEEDED**

Approximately 100 volunteers will be needed to make Play Day run smoothly. The most help will be needed from 5:00-8:00 to cover the various event areas, but we will also need help setting and cleaning up.

Any questions contact Deb Castle at [dcastle1358@comcast.net](mailto:dcastle1358@comcast.net).

**Thank you in advance for your time!**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

I am able to help with Play Day.....

\_\_\_\_\_ Set up      \_\_\_\_\_ 5:00-6:30      \_\_\_\_\_ 6:30-8:00      \_\_\_\_\_ Clean-up

---

## **BAKERS NEEDED**

Cake donations are also needed for the cake walk. This is a very popular and fun activity for the kids. Any questions contact Nicole Kent at [nicolebkent@yahoo.com](mailto:nicolebkent@yahoo.com).

\_\_\_\_\_ I am able to donate a cake(s) for the cake walk.

Name \_\_\_\_\_ Phone # \_\_\_\_\_

E-mail \_\_\_\_\_

## **C.A.S.E. Provides TE Students with \$5,500 Grant & Prepares for 2010 Annual Golf Outing**

C.A.S.E. is the acronym for Conestoga Alumni Supporting Excellence, a small group of dedicated former area residents from the Conestoga High School Class of 1965. The group formed a little over two years ago with the objective of giving back to the T-E /Conestoga community.

Recently, CASE presented FLITE with a check for \$5,500, the proceeds from its 2009 fundraising efforts. That donation helped support a FREE online SAT preparation course available to all sophomores and juniors at Conestoga High School.

"We want the money to be used to provide TE students with the same outstanding education and community support that we experienced," said CASE member April Anderson-Jester.

The group will again hold its annual golf outing at Downingtown Country Club on Sunday, September 12th. This year, on Saturday night before the outing, there will be a cocktail party with music, silent auction and reuniting with old friends. All alumni are invited!

CASE is looking for new members from all CHS classes to join the group. You can make a difference to students and reconnect with old friends. Please contact Pete Townsend for more information about CASE at [tortie@comcast.net](mailto:tortie@comcast.net) or go to the website at [www.ccil.org~chs65](http://www.ccil.org~chs65). For more information about FLITE, visit [www.flite-pa.org](http://www.flite-pa.org).



# **B.U.I.L.D.**

*(Better Understanding of Individuals with Learning Differences)*

*Invites you to a talk on:*

## **Researched Based Instruction**

*(When is it required under Federal and State Law)*

*\*and\**

## **Critical Issues in Special Education under PA's Regulations**

**Monday March 22, 2010**

**7:00 PM**

at

**VALLEY FORGE MIDDLE SCHOOL (Audion)**

**105 West Walker Road, Wayne**

Our speaker is **Dennis C. McAndrews**, the founding shareholder of **McAndrews Law Offices, P.C.** Mr. McAndrews graduated with a double major in Education and Political Science from Villanova University and received his law degree from the Villanova School of Law.

He has worked for over twenty-five (25) years in the public and private sectors in several roles in the field of disability law. Mr. McAndrews regularly represents individuals with disabilities and their families in a variety of areas, including special education matters, special needs trusts, guardianship, estate planning, right-to-treatment cases, and injury cases. He frequently serves as a consultant to other public and private attorneys with regard to disability and special education issues.

Please RSVP by March 21<sup>st</sup> to:

Wendy Brooks: [wenobrooks@aol.com](mailto:wenobrooks@aol.com)

Michele Lynch: [rlynch610@verizon.net](mailto:rlynch610@verizon.net)

Susan Peterman: [shpeterman@yahoo.com](mailto:shpeterman@yahoo.com)



## **B.U.I.L.D.**

*(Better Understanding of Individuals with Learning Differences)*  
and the  
**Tredyffrin-Easttown School District**  
*Invites you to:*

***An Update on Special Education in the T/E School  
District***

***Presented by Dr. Joyce Videlock  
Director of Individualized Student Services, TESD***

*Dr. Videlock has worked with students with special needs throughout her professional career. In her current position, she is responsible for a range of student support services including special education, mental health services and programming for gifted students. Dr. Videlock holds a doctorate in Communication Disorders from the University of Pittsburgh. She holds certifications in speech-language pathology, school psychology and educational administration.*

**TUESDAY, APRIL 27, 2010**

**7:00 P.M.**

**VALLEY FORGE MIDDLE SCHOOL (Audion)**

**105 West Walker Road, Wayne**

Please RSVP by April 20<sup>th</sup> (for a headcount!) to:

Wendy Brooks: [wenobrooks@aol.com](mailto:wenobrooks@aol.com)

Michele Lynch: [rlynch610@verizon.net](mailto:rlynch610@verizon.net)

Susan Peterman: [shpeterman@yahoo.com](mailto:shpeterman@yahoo.com)

ARCH Presents

**GUEST SPEAKER:  
BOB RIGBY**

**COMPETITIVE PRESSURE &  
BURNOUT: HELPING OUR KIDS  
NAVIGATE STRESS & DEFINE  
HOW THEY MEASURE SUCCESS**

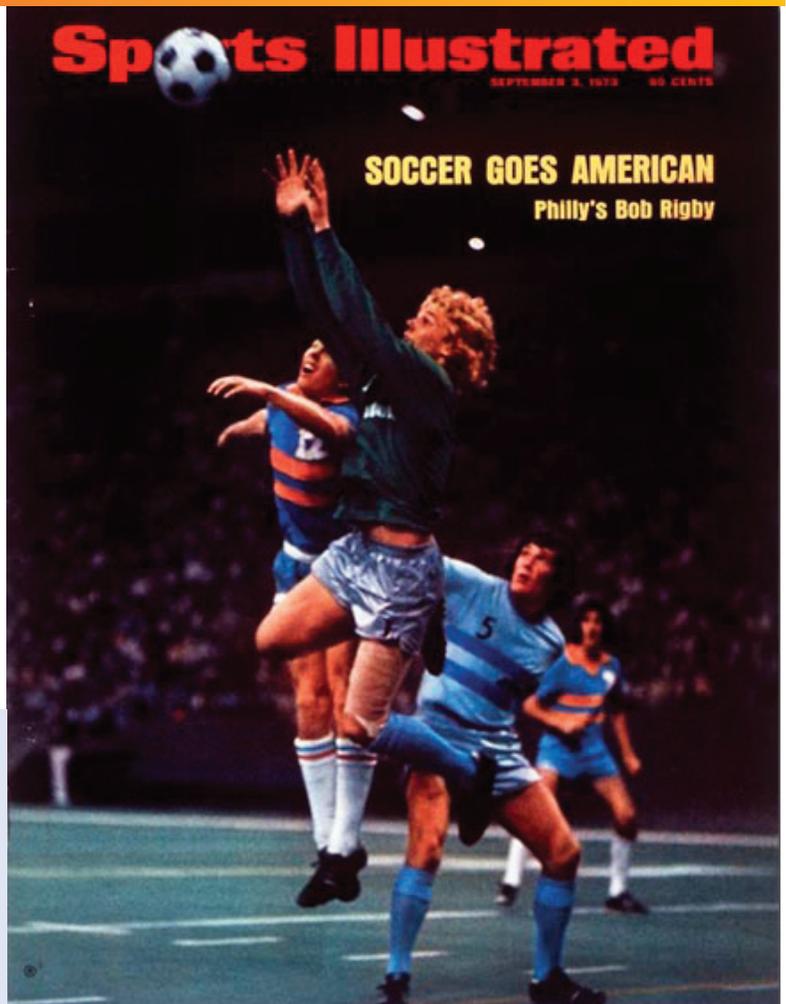
**April 7th @ 7 PM  
Conestoga High School  
All Parents Welcome!**

**RSVP Requested by Friday, March 26, 2010  
to tropes@tesd.net or (610) 240-1019**

Across the playing fields of academics and activities such as sports, music and dance, our kids have more opportunities than ever before to "take it to the next level" of achievement.

How much is too much?

Bob Rigby, a private therapist and the Student Assistance Program (SAP) Administrator for the Ridley School District, will offer his insight into the stress, competitive pressure and burnout experienced by many of today's kids. A former All American soccer goalie, who played for the U.S. Olympic and National teams as well as professionally for 13 years, Bob will share his unique perspective on how parents can help their kids navigate stress, achieve balance and avoid burnout.



ACHIEVE COMPETE EXCEL SUCCEED SCORE ACE STAND  
OUT PERFORM WIN DOMINATE PUSH PRACTICE  
SPORTS MUSIC ART DANCE THEATER  
SCOUTS SPORTS ACADEMICS MUSIC ART THEATER  
SOCCER LACROSSE FOOTBALL BASEBALL HOCKEY TRACK TENNIS WRESTLING  
BASKETBALL NEW GOLF ICE HOCKEY VOLLEYBALL SWIMMING DODGEBALL SQUASH  
CROSS COUNTRY GYMNASTICS SKIING FIGURE SKATING TRAINING TUTOR  
COACHING COMPETITION VARSITY TRAVEL CLUB TOWNSHIP PREMIER J.V.  
ACHIEVE EXCEL SUCCEED STAND OUT SCORE START WIN PRACTICE TRAINING  
LESSONS REHEARSE PERFORM INSTRUMENTS BAND ORCHESTRA THEATER RECITALS VOICE LESSONS ACTING  
LESSONS DANCE LESSONS PERFORM PRACTICE REHEARSE PERFORM TRAINING COACHING  
CAMPUS ACADEMIC EXCELLENCE AP COURSES SAT PREPARATION COURSES TUTORS  
COLLEGE ESSAY COACHES HONOR ROLE CLASS RANK GRADE POINT AVERAGE NATIONAL  
HONOR SOCIETY TUTORS COLLEGE RESUME ACHIEVE EXCEL SUCCEED COMPETE WIN

# Finding Balance

**ARCH (Area Residents Caring and Helping)** is a 501(c)(3) non profit community coalition of volunteer parents, educators and community members committed to promoting the well being of TE youth by helping them form a positive self-image, make healthy choices and reduce the use of alcohol, tobacco and other drugs.

Visit ARCH at [www.archcares.org](http://www.archcares.org)

# CONESTOGA YOUTH WRESTLING ASSOCIATION'S **HEADLOCK**

## WRESTLING CAMP July 12th to July 16th, 2010

**Camp Director:** Mike Semar

**Phone:** 484-318-1522

Former Head Coach at Conestoga High School & Current Valley Forge Middle School HPE Teacher  
2002-2003, 2003-2004, 2004-2005, & 2005-2006 Central League Coach of the Year  
2003-2004 Daily Local News Wrestling Coach of the Year  
1998, 2000, 2001, 2003, 2004, & 2006 Main Line Life Coach of the Year

**E-mail Questions to:**  
[semarm@comcast.net](mailto:semarm@comcast.net)

**Clinicians:**

John Semar - 1987 New Jersey Wrestling Coach of the Year, Member of the NJ Wrestling Hall of Fame  
Ed Spiller - Former Head Wrestling Coach at Conestoga High School & Former Marple Tigers & CYWA Youth Coach  
Pat Ryan-Valley Forge Middle School Wrestling Coach & Valley Forge Middle School HPE Teacher

**Where:** Valley Forge Middle School  
105 West Walker Road  
Wayne, PA 19087

**When:** Monday July 12th to Friday July 16th  
9:00 AM to 2:00 PM Each Day

**Who:** Wrestlers 16 years old and younger will be grouped for instruction by age, ability experience, and attention span. There is NO experience necessary!

This summer, the CONESTOGA YOUTH WRESTLING ASSOCIATION will be offering, for the 15th year, a wrestling camp for all wrestlers 16 years old and younger. The HEADLOCK WRESTLING CAMP has been designed to further expose athletes to the world of wrestling. Highly experienced teachers and coaches will utilize the wrestling room, new gym, and large gym at VF Middle School, to set-up three wrestling mats for instruction. The camp clinicians have experience teaching and coaching wrestlers stepping on the mat for the first time, as well as, coaching wrestlers winning national and international championships.

The technique sessions will involve topics including: leg attacks, throws, defense, scoring from the bottom, pinning combinations, and many others. There will also be time spent teaching the different styles of wrestling such as: SCHOLASTIC, FREESTYLE, GRECO ROMAN, and SUMO.

## THE EMPHASIS WILL BE ON HAVING FUN!!

**COST:** \$250 (Which includes a camp T-shirt and a drink at lunch.)

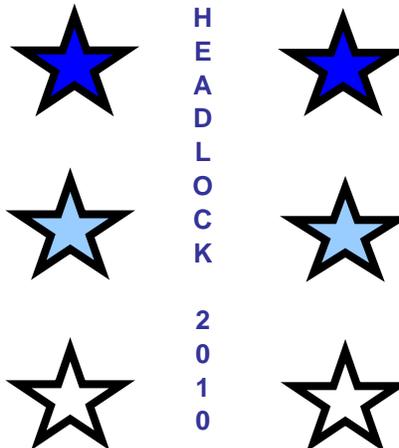
A copy of this form can be found at:

Please make checks payable to: Conestoga Youth Wrestling Association

[www.CONESTOGAWRESTLING.com](http://www.CONESTOGAWRESTLING.com)

### HEADLOCK WRESTLING CAMP CONESTOGA YOUTH WRESTLING ASSOCIATION

|                                  |
|----------------------------------|
| Name                             |
| Address                          |
| City / State / Zip               |
| Phone                            |
| Emergency Phone Number           |
| Medical Insurance Company        |
| Policy Number                    |
| Medications to be taken at camp: |



### PLEASE SEND FORMS TO:

**MIKE SEMAR - VFMS**  
**HEADLOCK WRESTLING CAMP**  
105 West Walker Road  
Wayne, PA 19087-1193

|                                   |         |     |
|-----------------------------------|---------|-----|
| Age:                              | Weight: |     |
| Wrestling Club:                   |         |     |
| E-Mail Address:                   |         |     |
| Years of Experience:              |         |     |
| T-shirt Size (Circle):            |         |     |
| YM                                | YL      | AS  |
| AM                                | AL      | AXL |
| [Add \$10 for any extra t-shirts] |         |     |

In consideration of acceptance of this form, I hereby for myself, my heirs, administrators, and assigns waive and release any and all rights and claims for damages I may have against the sponsoring organizations, or their representatives, successors and assigns, arising out of any and all injuries suffered by me while participating in the Headlock Wrestling Camp/Conestoga Youth Wrestling Association. Parent and/or guardian agrees to indemnify and hold harmless the sponsoring organizations, represent successors, and assigns, for any and all damages from injury received by the minor participating in the Headlock wrestling Camp/Conestoga Youth Wrestling Association.



## 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 in 2008. Last year, about 100 families signed up for this great service.

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

**Help us reduce the tremendous amount of paper that goes into reproducing the newsletter!**

You can also sign up to receive email blasts from the HSA. The email blasts will be replacing the homeroom parent email forwards for school-related events (but you will still receive class-specific emails from your homeroom parent).

To sign-up, go to the HSA website:

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

If you have any questions, please contact Jeanne Dechiaro at [jeanne@beaumontsa.org](mailto:jeanne@beaumontsa.org)

# Order your water bottles NOW!

What a great way to reduce plastic water bottle waste and show your Beaumont Pride! The perfect water bottle for:

- On the go
- Sports & activities
- Lunch boxes

Strong stainless steel construction with twist cap, 25 oz and BPA free, with a sporty Beaumont “B” (actual product artwork may differ in sizing than shown in this example). Bottle measures approx. 8-1/4” in height and 4” in width.



**\$12 for one**  
**\$10 each for two or more**

---

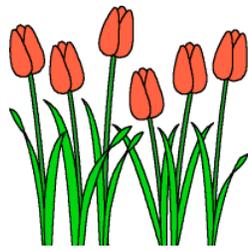
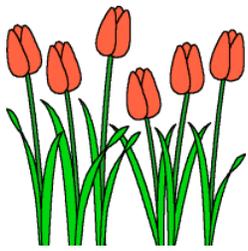
Your Name \_\_\_\_\_

Child's Name \_\_\_\_\_ Room # \_\_\_\_\_

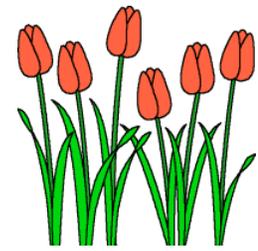
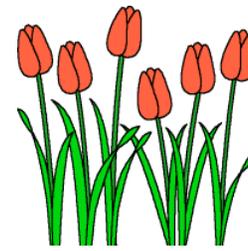
Quantity \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_

*\* \$12 for one bottle; \$10 each for two or more bottles ordered \**

Please make checks payable to Beaumont HSA. Any questions, contact Pam Albertson at [pamalbertson@comcast.net](mailto:pamalbertson@comcast.net) or 610.647.0124



# APRIL 2010



| MONDAY                                                                                           | TUESDAY                                                                                                                                                   | WEDNESDAY                                                                                                               | THURSDAY                                                                                                            | FRIDAY                                                                   |
|--------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|
|                                                                                                  |                                                                                                                                                           |                                                                                                                         | 1<br>NO SCHOOL                                                                                                      | 2<br>NO SCHOOL                                                           |
| 5<br><br>Day 3                                                                                   | 6<br><br>Day 4                                                                                                                                            | 7<br>8:00 Band & 4 <sup>th</sup> Grade<br>Orchestra<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>Day 5 | 8<br>8:00 Chorus<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>3:30-4:30 Science Explorers<br>Day 6 | 9<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>Day 1    |
| 12<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>Day 2                           | 13<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>Day 3                                                                                    | 14<br>8:00 Band<br>3 <sup>RD</sup> & 4 <sup>TH</sup> Grade PSSA<br>Testing<br>Day 4                                     | 15<br>8:00 Chorus & 4 <sup>th</sup> Grade<br>Orchestra<br>3:30-4:30 Science Explorers<br>Day 5                      | 16<br><br>Day 6                                                          |
| 19<br>3:30-4:30 Art Club<br>3:30-4:30 Sports Club<br>Day 1                                       | 20<br>3 <sup>rd</sup> Grade Orchestra<br>4 <sup>th</sup> Grade to Irvine Auditorium<br>1 <sup>st</sup> Grade SAGES Testing<br>3:30-4:30 Art Club<br>Day 2 | 21<br>8:00 Band<br>1 <sup>st</sup> Grade SAGES Testing<br>9:15 HSA Meeting<br>Day 3                                     | 22<br>8:00 Chorus<br>1 <sup>st</sup> Grade SAGES Testing<br>3:30-4:30 Clay Club<br>Day 4                            | 23<br>8:00 3 <sup>rd</sup> & 4 <sup>th</sup> Grade<br>Orchestra<br>Day 5 |
| 26<br>4 <sup>th</sup> Grade PSSA Science<br>3:30-4:30 Art Club<br>3:30-4:30 Sports Club<br>Day 6 | 27<br>4 <sup>th</sup> Grade PSSA Science<br>3:30-4:30 Art Club<br>Day 1                                                                                   | 28<br>8:00 Band<br>Day 2                                                                                                | 29<br>8:00 Chorus<br>3:30-4:30 Clay Club<br>3:30-4:30 Science Explorers<br>Day 3                                    | 30<br><br>Day 4                                                          |

**Tredyffrin Easttown School District**  
**Elementary Lunch Menu**  
**April 2010**

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

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

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Tuesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Friday                                                                                                                                                                                                                                                                                                                                                                                                                                       |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  | NO SCHOOL                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | NO SCHOOL<br>GOOD FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| Day 3 5                                                                                                                                                                                                                                                                                                                                                                                                                                                              |  | Day 4 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Day 5 7                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |  | Day 6 8                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Day 1 9                                                                                                                                                                                                                                                                                                                                                                                                                                      |  |
| <p>A. Whole Wheat French Toast Sticks w/Syrup ▼ &amp; Turkey Sausage Patty<br/>                     B. Pizza ▼<br/>                     C. Turkey Breast Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     Baked Potato Puffs ▼<br/>                     Chilled Fruit ▼</p>                                                                                                               |  | <p>A. Ham &amp; Cheese Hoagie<br/>                     B. Pizza ▼<br/>                     C. Turkey Breast Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Baby Carrots w/Dip ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                      |  | <p>A. Pasta w/Spaghetti Meatsauce ▼<br/>                     B. Pizza ▼<br/>                     C. Turkey Breast Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Green Beans ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                        |  | <p>A. Chicken Nugget w/ Whole Wheat Dinner Roll<br/>                     B. Pizza ▼<br/>                     C. Turkey Breast Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Baked Potato Puffs ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                   |  | <p>A. Double Stuffed Crust Pizza ▼<br/>                     B. Hot Dog w or w/o Sauerkraut<br/>                     C. Turkey Breast Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter ▼<br/>                     Tossed Garden Salad ▼<br/>                     Mixed Vegetables ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p> |  |
| Day 2 12                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | Day 3 13                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Day 4 14                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Day 5 15                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Day 6 16                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>A. Oven Baked Breaded Boneless Chicken Drumstick<br/>                     B. Cheeseburger on a Bun<br/>                     C. Hummus Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     Tossed Garden Salad ▼<br/>                     Carrot Coins ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                                      |  | <p>A. Toasted Cheese Sandwich ▼<br/>                     B. Cheeseburger on a Bun<br/>                     C. Hummus Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Tomato Soup ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                     |  | <p>A. Cheesesteak Sandwich on a Steak Roll<br/>                     B. Cheeseburger on a Bun<br/>                     C. Hummus Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Baked Potato Puffs ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                    |  | <p>A. Belgian Waffle Sticks ▼ with Sausage Patty<br/>                     B. Cheeseburger on a Bun<br/>                     C. Hummus Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Orange Juice ▼ and Carrot Sticks ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>              |  | <p>A. Pepperoni Pizza<br/>                     B. Cheeseburger on a Bun<br/>                     C. Hummus Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter ▼<br/>                     Tossed Garden Salad ▼<br/>                     Green Beans ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                 |  |
| Day 1 19                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | Day 2 20                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Day 3 21                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Day 4 22                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Day 5 23                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>A. Apple Cinnamon Dippers (Breadsticks) ▼ &amp; String Cheese ▼<br/>                     B. Chicken Nuggets w/Dinner Roll<br/>                     C. Turkey-Ham &amp; Cheese Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     Tossed Garden Salad ▼<br/>                     Honey Glazed Carrots ▼, Mandarin Oranges ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p> |  | <p>A. Nacho's with Seasoned Beef, Cheese, Salsa<br/>                     B. Chicken Nuggets w/Dinner Roll<br/>                     C. Turkey-Ham &amp; Cheese Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Cucumber Slices w/Dip ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p> |  | <p>A. Soft Chicken Taco w/Shredded Cheese, Tomato, Lettuce, Salsa<br/>                     B. Chicken Nuggets w/Dinner Roll<br/>                     C. Turkey-Ham &amp; Cheese Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Corn ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p> |  | <p>A. Pancakes ▼ with Sausage Patty<br/>                     B. Chicken Nuggets w/Dinner Roll<br/>                     C. Turkey-Ham &amp; Cheese Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Orange Juice ▼ and Carrot Sticks ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p> |  | <p>A. Pizza ▼<br/>                     B. Chicken Nuggets w/Dinner Roll<br/>                     C. Turkey-Ham &amp; Cheese Sandwich<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter ▼<br/>                     Tossed Garden Salad ▼<br/>                     Peas &amp; Carrots ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>        |  |
| Day 6 26                                                                                                                                                                                                                                                                                                                                                                                                                                                             |  | Day 1 27                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |  | Day 2 28                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | Day 3 29                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  | Day 4 30                                                                                                                                                                                                                                                                                                                                                                                                                                     |  |
| <p>A. Pizza Dippers w/Marinara Sauce ▼<br/>                     B. Pizza<br/>                     C. Yogurt Bites ▼<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     Tossed Garden Salad ▼<br/>                     Carrot Sticks w/Dip ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                                                            |  | <p>A. Popcorn Chicken<br/>                     B. Pizza<br/>                     C. Yogurt Bites<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Green Beans ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                                                 |  | <p>A. Cheeseburger on a Whole Wheat Bun<br/>                     B. Pizza<br/>                     C. Yogurt Bites<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Corn ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                                       |  | <p>A. Oven Baked Breaded Chicken<br/>                     B. Pizza<br/>                     C. Yogurt Bites<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter or Salad Bar ▼<br/>                     Tossed Garden Salad ▼<br/>                     Whipped Potatoes ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                                                                |  | <p>A. 5" Individual Pizza ▼<br/>                     B. Turkey Hot Dog on a Bun<br/>                     C. Yogurt Bites<br/>                     D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼<br/>                     E. Salad Platter ▼<br/>                     Tossed Garden Salad ▼<br/>                     Green Beans ▼<br/>                     Chilled Fresh and Canned Fruit ▼</p>                           |  |

▼ Identifies Vegetarian Items