



Home & School
Association

THE BEAR FACTS

November 30, 2009

November 2009							December 2009						
1	2	3	4	5	6	7	1	2	3	4	5		
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		

Mark Your Calendar!

December 3, 6-8pm Winterfest!
December 23 Holiday Parties!
Dec. 24 – Jan. 4 Winter Break!

HSA Meeting Schedule

Feb 17th @ 9:15 May 19th time TBA
Mar 17th @ 9:15 June 9th @ 9:15
Apr 21st @ 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 review.

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,

I can't believe Winter Break is just a little over three weeks away! The time has gone by so quickly. Thank you to all of the homeroom parents and party helpers! All the kids had a wonderful Halloween Parade and Party! The kids really enjoy all the work you put into the day! Without the involvement of all the great parents that Beaumont has, we would not be able to run so many exciting events for our school!

Don't forget that Winterfest is this Thursday Dec 3rd from 6pm-8pm. We will have tables with gifts for the kids to do their shopping, as well as having many wonderful vendors for the parents to shop at. There will be a movie to keep the kids entertained, if they finish shopping, but mom and dad need more time! We will also be having The Gold Sale at Winterfest. You can sign up for a time during the day, evening, or if you forget to sign up, just stop by with your old jewelry.

We have started a new email BLAST. We will be sending these out from the HSA to keep you informed of all events. The Blast will help the families that have multiple children at the school not get multiply emails with the same information. If you gave your email to your homeroom parent then you should be already getting the blast. 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.beaumonthsa.org/maillinglist.php

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,

Sherril Gartner

HSA President

On behalf of our HSA Board

Included this Month

School Visitor Reminder	2 School Board Update	11-12
Sign-up to receive the Bear Facts via email!	3 Keystone Exams Alert (formerly known as GCA's)	13-14
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NEXT BEAR FACTS: January 4, 2010 SUBMISSION DEADLINE: December 21, 2009

SUBMISSIONS TO: bearfacts@beaumonthsa.org CONTACT: Kate McAllister, Editor

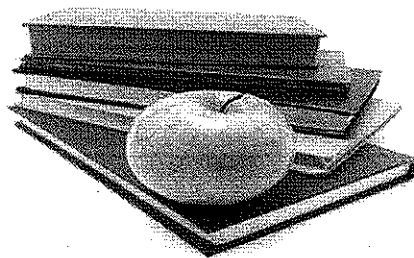
IMPORTANT REMINDER from the Main Office

Visitors who need to enter the building before 8:30 a.m. are asked to stop into the main office, sign in, and wear a visitor's badge. The lobby greeter isn't present until 8:30.

Please be aware that teachers are in morning meetings until 8:40 and are unable to meet with visitors. If you have a question or need to share information with your child's teacher, please contact the teacher by note, message through the office, or email. Of course, you can always schedule a teacher conference or meeting if needed.

Signing in and wearing a visitor's badge are important safety procedures for the building.

Thank you



A decorative border made of numerous small pencil icons arranged in a rectangular frame around the text.

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

If you have any questions, please contact Jeanne Dechiario at
jeanne@beaumontsa.org



Are you considering a holiday gift
for a T/E staff member?



Honor them by making a tax-deductible donation to
FLITE in their names.

Simply fill out the form below. Your chosen recipient(s) will be notified by letter of the honor (but not the dollar amount), and your donation will go a long way toward fulfilling FLITE's mission of helping all district students reach their potential.

Please accept this gift of \$_____ for FLITE in honor of the staff member(s) listed below.

Staff member honored	School	Student's name

*Additional names can be attached on a separate page.

Name _____ Date _____

Address _____ City _____ Zip _____

Email _____ Phone _____

All checks should be made payable to FLITE and mailed to: PO Box 806, Southeastern, PA 19399-0806.

Important note: This opportunity is available all year long. Please visit www.FLITE-pa.org
at any time to download additional forms, learn more about FLITE, find out how
you can help, or sign-up to receive FLITE's newsletter.

FLITE works in partnership with the Tredyffrin/Easttown School District to help all district students reach their potential. FLITE recognizes that some children do not have the financial, emotional, and environmental support to succeed in school. FLITE aims to invest in helping these students, and thereby invest in the good of our entire community. FLITE is an IRS recognized non-profit organization under 501(c)(3) of the tax code. All donations are tax-deductible.

WinterFest

This Thursday, December 3, 2008

6 -8 p.m.



Bring the whole family:

Adult Shopping
Ice Cream Social
Children's Crafts

Children's Shop
Family Movie Night
Gold Exchange *

- The Gold Sale is scheduled for December 3 from 1-8pm.
Five minute appointments available. Walk-ins welcome.

For more info or to help, contact Kate McAllister at katemcallister01@gmail.com
To schedule a Gold Sale appointment contact Courtenay Homan at
thehomans@chemstation.net or (484)320-8474

I'd like to avoid lines with advance craft & snack tickets:

Pretzle/water: \$1 each _____ (# of tickets)

Crafts: \$3/Votive Holder _____ or \$1/Snowflake _____

(Craft supplies limited, tickets will be offered on first come, first served basis)

Name _____ Homeroom # _____

All proceeds go to support H.S.A. programs

The Adult Shopping Bazaar includes:

American Girl
Avi-Art
Buttonlicious
Children's Books
Creative Memories
Cute Loops
Flipponz
Growing Up Global
Kangaroo Bear
Lollipops & Lizards
Midge's Stitches
Ollie
Opus67 Jewelry
Peace of Color
Premier Designs Jewelry
Sam Brando Headbands
Silpada Designs

Thanks to the wonderful vendors who support our HSA!

Main Line Gold Exchange is back!

Main Line Gold Exchange will be buying gold, silver, and platinum jewelry you don't use anymore, broken pieces, vintage watches, coins, class rings, sterling flatware, and mismatches too! Not sure if what you have is "real"? Bring it in and they will tell you!

You get *cash* and Beaumont gets *10%* of
total sales!

December 3, 1:00pm-8:00pm

same day as Winterfest

Large Group Room

Bring your friends, neighbors, co-workers, and family!

Questions? Contact Courtenay Homan
thehomans@chemstation.net or (484)320-8474

Appointments will be 5 minutes per person. Please indicate your time choices below. Cut and return by Wednesday, December 2, 2009. We will email your confirmed time.

_____ 1:00-2:00

_____ 2:00-3:00

_____ 3:00-4:00

_____ 4:00-5:00

_____ 5:00-6:00

_____ 6:00-7:00

_____ 7:00-8:00



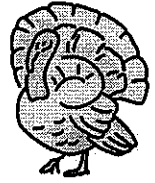
BEAUMONT GRADE LEVEL NEWS

NOVEMBER 2009

Kindergarten

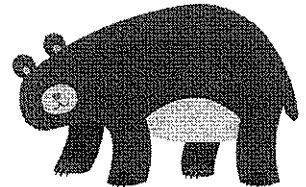


The theme for November was "Home Sweet Home". The thrust of this theme focused mainly on families, family traditions, and family diversity. Many thematic activities were integrated throughout the language arts and math curriculum. Under the umbrella of this theme Beaumont's kindergarten students also learned how many of our Thanksgiving traditions originated from the first Harvest Feast celebrated by the Native Americans and Pilgrims.



On Tuesday November 17th the children were engaged in a reenactment of the first Harvest Feast. They made costumes and dressed up as Native American and Pilgrim boys and girls and sat down together to enjoy their very own harvest feast. The day before the feast they participated in the preparation of the food. Parent volunteers, as our "master chefs", supervised all four cooking stations which every student circulated through. The cooking stations were designed to provide hands-on opportunities for the children to apply skills they are taught in school such as; measuring, estimating, and following step-by-step directions to a real life experience.

In Science we learned about hibernation, animal coverings, and seasonal changes. Located in the kindergarten hallway is a bear cave where all our kindergarten bears are fast asleep for the winter. Shhhhhh....let's hope they stay that way until the spring.



First Grade

What are literacy workstations? First grade has put together literacy workstations which review, strengthen, and challenge our first grade students to apply their reading skills in phonics, phonemic awareness, structural analysis, oral fluency, and comprehension just to name a few. The children enjoy the variety of choice and independence as they get to participate in these activities during Language Arts time. Be sure to ask your child what their favorite workstation is and why. We wish you all a happy and healthy Thanksgiving.

We are in need of glass baby food jars for a special activity. Please send in as many as you can by December 15th. As always thank you for your continued help and support! ☺



Second Grade

Second graders had an exciting trip to the Academy of Natural Science in Philadelphia on November 10, 2009. The students closely examined the 37 animal habitat dioramas in the Academy. This was a great opportunity to see these magnificent animals up close. A highlight was when the students saw the huge skeleton of a Tyrannosaurus Rex, one of the largest predators to ever walk the Earth. It measured up to 42 feet in length and weighed an estimated 7.5 tons. Students were able to see dinosaur eggs, footprints, dinosaur sculptures, murals, paleontologist tools and a life-sized model showing the internal anatomy of a *Stegosaurus*. Students participated in a show called, *Deciphering Dinosaurs*. It was about how paleontologists learn about dinosaur features by examining fossils, artifacts, and museum specimens. Students were able to see another show called *Bugs to Butterflies* where students had the opportunity to learn about the amazing world of invertebrates. We appreciate all the parents who joined us for the day.

Third Grade

The third grade has begun our study of Native American tribes. The third grade students will be divided into tribes for our walk-through Tribal Tribute exhibit. Wait until you see this - you will be blown away 😊 Please put the date for our Tribal Tribute onto your calendar: **Friday, December 18th from 9:15-10:00.**



In science, we have begun our study of rocks and minerals. This unit will help give us a good foundation for our next unit, Land and Water.

Fourth Grade

Fourth grade has been quite busy in the month of November. In Social Studies, the classes have been studying colonization of America. The students are learning the stories of The Lost Colony of Roanoke, Jamestown, Pilgrims, Puritans, and Quakers. In Science, we are finishing our Electric Circuits unit by creating quiz boards. The students are wiring their own quiz board along with creating questions and answers to go with it. On November 12th the high school students from the REACH group performed skits about alcohol awareness. They then visited each 4th grade classroom and helped the kids write letters to the seniors about being

careful on Prom night. The Book Show projects have been brought in and they look wonderful! We are all enjoying the multitude of summaries, game boards, mobiles, dioramas, journals and many other types of projects. After Thanksgiving break, the students will begin their next big project, the creating of the traditional winter stories.

Special Areas & Support Areas

FLES—Senor Lopez-Pesini

Third grade learned how to talk about school classes in Spanish. We're working right now on identifying and naming classroom objects in Spanish through lots of games! **Fourth grade** has been learning how to describe themselves! Students have completed oral presentations. We are working on reading in Spanish, and will start learning about Spain very soon.

FLES—Senora Axtmayer

This year with **1st graders** we have already covered numbers to 10, colors, and are now working with shapes. The children have also learned a little about Mexico, and can answer greeting questions like how are you, what is your name and how old are you. **Second grade** has also been working on the greetings, and we have also worked on the days of the week, months, and classroom objects.

Third grade had worked on classroom objects, numbers to 40, calendar questions and are about to start the unit on Guatemala. With **4th grade** we have recently finished a very fun unit on descriptions, worked on telling time, and is now working on morning routines. I feel honored to work with such great children, full of promise and with such diverse personalities! Not a day goes by that I have a story that makes me smile and puts life into the right perspective. Ana

Physical Education—Miss Hunt

In Physical Education we have completed our fall session of Fitness gram testing for 3rd and 4th grade. The fitness gram tests measure aerobic capacity, upper body strength, abdominal strength, and flexibility. We will also test again in the spring. This month all grade levels are active in their Problem Solving Unit. This unit includes games that encourage students to problem solve in a group while they are engaged in physical activity.

Art—Mrs. Walsh—Days 1, 2, 4, & 5.

We have been lucky to have a student teacher, Kathryn Delaney, from Moore College of Art and Design working with us this year at BES.

In kindergarten we drew our own "art eye" which will help us see art all around us.

We've looked at line, texture and color through the art of abstract painter, Jackson Pollock, then did marble paintings using the primary colors. Artists explored line, color and shape in the art of Piet Mondrian. Our first project with clay is a pinch pot made by using our elbows to shape the pot!

First grade students designed "art eye glasses" to use to see art everywhere. We looked at ourselves in a mirror and drew self portraits using the "egg head" method. Using the letters in our first names we did a colorful design project. We painted the beautiful flowers of Mexico after learning about their "Day of the Dead". After looking at many kinds of maps first grade artists invented their own personal map.

Second grade artists "drew with scissors" after seeing the cut out art of Henri Matisse. We learned about + and - in art using both for our own dinosaur cutout. We investigated three dimensional form building dinosaurs from aluminum foil. Moving along through time we pressed 300 million year old fern fossils into clay to create a print of the past. We are presently studying cave paintings and petroglyphs found in many places all around the world.

After looking out the window at our **Pennsylvania** landscape **third grade** artists painted watercolor landscapes embellished with pastel. We saw examples of calligraphy in the art of Medieval Europe then we illuminated the first letter in our name on our art portfolio. Mask design and animal pinch pots were part of our study of sculpture of our country's original people.

Fourth grade students began the year by designing their initial. They pressed a variety of textures into clay then fired and glazed their textured initials. We looked at examples of still life drawings and paintings then drew from our own still life with pencil. After studying the art of American artist Jasper Johns, we re-designed the American flag. Work on an abstract design project in black and white is in progress.

We've been busy!

Music—Mrs. Gumble

The students in the Beaumont music department have been working hard to prepare for the Fall Music Concert. The November 23rd concert featured both the String Orchestra and Fourth Grade Chorus. Congratulations to all participants on a job well done!

Library—Mrs. Haltiwanger

In kindergarten we have just finished reading a selection of fairy tales and now are reading folktales. **First and second grades** have been listening to new books as well as ones that have been nominated for Pennsylvania Young Reader's Choice

Award. Later this year students will help decide the winners for the state. In **third grade** we are in the middle of a unit on learning how to use a dictionary. **Fourth grade** has been reviewing research skills with "Pickles" and other lessons and have just begun their animal research project.

Applied Technology—Mrs. Ballentine

Kindergarten- These students have been working on fine motor skills with the mouse. They have been learning new tools to draw with and have been incorporating classroom activities such as shape and patterns while learning computer skills.

1st grade- First grade students have been learning a variety of computer skills. They just learned to copy and paste while practicing their Spanish numbers. They completed and printed a Spanish number booklet.

2nd grade- Second grade students have been working on their first research project. They research a dinosaur and copy and paste a picture in their report. They also learned how to site their research from the internet.

3rd grade- Third graders have been working on map skills most of the year. They are working on a Native American Region map at this time. Look for the finished map to come home soon.

4th grade- Fourth grade students started out the year learning about character traits and wrote about their own traits. They then learned about longitude and latitude and other map skills. Right now they are creating their own map mysteries with clues using directions. When they are finished, the students will play each other's mystery.



School Board Update



Summaries of School Board Committee Meetings for October 2009

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

Education Committee, Chair: Debbie Rollins

Prepared by: Committee Liaison

Reviewed by: Committee Chair

The Education Committee received a report on the 2010-2011 School Calendar. The Committee recommended the adoption of Draft Calendar I, which will be presented to the full Board at their October 26, 2009 Regular School Board Meeting. Since Labor Day is late again with the holiday falling on September 6, 2010, the Committee recommended a calendar for the 2010-2011 school year with school beginning for students on September 1, 2010. This calendar configuration provides a schedule that allows school to end on a reasonable date in June 2011 and also incorporates the holidays of Martin Luther King Jr. Day and President's Day. The 2010-2011 calendar is currently available on the T/E School District web site at www.tesd.net.

The Committee received a report on Preliminary Staffing Allocations. The Committee recommended proceeding with the budgeting process based on straight line around the target sectioning with additional enrollment positions funded from the contingency fund.

Lastly, the Committee received a report on Special Education.

Facilities Committee, Chair: Pete Motel

Prepared by: Business Office

Reviewed by: Committee Liaison

The Facilities Committee met on October 16. The Committee heard from community members who thanked the District's grounds crew for the fine work they completed at all of the schools over the summer. The Committee briefly discussed the facilities and infrastructure plan, how they were created and how and when they are used.

The administration provided a status report on the District's construction projects. There were no change orders for the month and all of the 09-10 projects are in the punch list phase. The Committee also discussed the possibility of taking down a large tree located next to T/E

Middle School that is unbalanced and diseased. The Committee asked the administration to continue evaluating the status of the tree before a final decision is made.

The Committee then heard a presentation on the Districts network. Information was provided concerning the network's current ability to provide single cast for video streaming and the possibility of providing multi-cast in the future. The Committee then discussed the possible future need for multi-cast service and the cost to provide that service. The Committee requested a 3 to 5 year plan for the network, similar to the District's infrastructure report. The plan should be updated annually.

The District architect presented the most current version of the infrastructure report. The latest version of the report listed activity for each year through 2018. The Committee also received the architect's fee schedule for the 2010-2011 projects that the Committee agreed to send to the Board on the consent agenda.

Next, the Committee discussed the green roof project. The administration informed the Committee that personnel from Valley Creek are attempting to confirm with the roof manufacturer that the existing warranty will remain intact after the HES green roof project is completed. The Committee noted that the District should wait until the Committee's questions have been answered before holding meetings with the neighbors surrounding the school.

Finance Committee, Chair: Kevin Mahoney

Prepared by: Business Office

Reviewed by: Committee Chair

The Finance Committee met on October 12, 2009. The Committee heard a report from the administration summarizing the District's finances through the first quarter of the 2009- 2010 fiscal year. The administration highlighted revenue items that need to be closely monitored since the collections of those revenues have been below the monthly budgeted amounts. It was also noted that the ARRA IDEA revenue will be higher than the budgeted amount. Using the percent of monthly budgeted revenues collected the administration provided a projection of total

revenues for the year. These revenue projections are being examined weekly and will be updated each month.

Next the administration presented a report showing the 2009-2010 through 2012-2013 projected revenues and expenditures. The Committee discussed the projections and the reasons for some of the significant changes in the projections compared to the current budget.

The Committee reviewed a report showing last year's Act 1 referendum exceptions compared to this year's Act 1 referendum exceptions. The Committee discussed using all or a portion of the exceptions as a way to fund state and federal unfunded mandates. The Committee agreed that it is too early in the budget process to certify that we will be able to stay under the index and to use or not use the exceptions.

The Committee discussed the Capital Source and Use report. The Committee discussed using fund balance and or debt to fund the projects listed on the report. The Committee also asked that Michael Wolf, from Boenning & Scattergood, Inc. be invited to the next Finance Committee meeting to discuss possible debt options.

The Committee finished the meeting by briefly discussing old business concerning copyright and trademark issues and the Tredyffrin Township's winter recreation program. The Committee asked the administration to develop a list of items or wording to be trademarked or copyrighted.

Policy Committee, Chair: Liane Davis

Prepared by: Committee Liaison

The Policy Committee met on October 1st.

The Committee recommended that the following revised policies be sent to the full Board for a second reading at the October 26th meeting: Draft Policy 1131, Parent Organizations; Draft Policy 7100, Gifts and Bequests to the District; Draft Policy 5332, Student Publications; Policy 5113, Procedures for Enforcing School Attendance; Revised Policy 5342, Public Performances and Community Services by Students; and Draft Policy 5343, Contests and Other Competitions for Prizes Involving Students. No policies were sent to the Board for a first reading.

The Committee discussed, suggested revisions and will review the following policies at their meeting on November 5th: Policy 5228, Awarding of Diploma to WWII and Korean War Veterans; Draft Policy 5400, Students' Rights and Responsibilities; Draft Policy 5420, Unlawful Harassment of and By Students; Policy 5414, Restrictions on the Use of Electronic Devices (Students); Policy 5422, Student Accident and Injuries; Policy 5436, Reporting Suspected Child Abuse.

Public Information Committee, Chair: Pat Wood

Prepared by: Public Information Office

The Public Information Committee met on October 8th. The Committee received an update from the administration on the communications plan for 2009-2010 draft goal 1, curriculum planning. Information on goal 1 will be communicated through on-line video, programs on T/E TV, articles in the T/E Insight and PTO newsletters and web site updates. All information will also be communicated through the District's community email notification program. The Committee also reviewed a draft document, *Curriculum Study: Looking Ahead*, that will serve as the basis for communication on goal 1. The Committee's suggestions were incorporated into the document and it will be sent to the full Board for input.

The Committee discussed the development of a policy on requests to access T/E students. The Committee's comments will be sent to the Policy Committee as they begin the development of the policy on requests to access T/E students.

The November *T/E Board Talk* program will feature a segment on goal 1, curriculum planning, and a segment on safe practices for Web 2.0 technology.

Finally, the Committee reviewed topics for discussion at an upcoming community civic association meeting.

TREDYFFRIN/EASTTOWN SCHOOL DISTRICT

****ALERT****

Please review the following letter written by the school board concerning information on the Keystone Exams formerly known as Graduation Competency Assessments (GCAs). This letter is on their website www.tesd.net where the links for the sample letters and regulations can be accessed.

Our children at Beaumont will be affected by this regulation if it is passed.

Please spread the word.

Dear Parents:

On August 13, the State Board of Education voted 14-2 to approve final regulations that will change graduation requirements for Pennsylvania students. Part of these reforms includes end-of-course tests called Keystone Exams in 10 subject areas: Algebra 1, Geometry, Algebra 2, Biology, Chemistry, World History, U.S. History, U.S. Government, and 2 exams in English Literature and Composition. Students will be required to pass six end-of-course tests to earn a diploma.

In addition, schools that use these Keystone Exams as a graduation requirement will be required to count the exam score as one-third of the final grade for the course. Students who fail the exam by scoring below basic shall be awarded a zero for one-third of the final average, which will have a negative impact on the student's grade point average. While the regulations do permit the development of local assessments for these courses, the path toward approval is challenging and, as of yet, undefined.

The following represent key elements of the state plan:

- End-of course testing in 10 subject areas and the elimination of the existing 11 th grade PSSA tests.
- Withholding of diplomas for students who do not demonstrate proficiency in six of these courses.
- Curricular review to consider changes to current course offerings and content to ensure alignment with Keystone Exams.
- State expenses that will exceed \$201 million to develop and implement the new tests during a fiscally challenging budget environment.
- District expenses that threaten to draw resources from other program areas.

The current assessment system provides schools needed information about students who need assistance, and the state has failed to demonstrate how the proposed system will improve student achievement without increasing dropout rates and creating barriers to college entrance.

What can be done?

The final form of these regulations has been sent for the Independent Regulatory Review Commission (IRRC) for approval. If the IRRC approves the regulations, they will take effect as written. The state legislature may also still act to block Keystone Exams or to withhold implementation funds. If you wish to express an opinion about Keystone Exams to the IRRC or to your local legislators, you will find contact information and sample letters below. Please note that the sample letters for the legislators and the IRRC differ in focus to address concerns specific to each recipient's work. Thank you.

Summary of the New Regulations:

http://www.pde.state.pa.us/stateboard_ed/cwp/view.asp?A=3&Q=149712

Revised Final Form Regulations:

http://www.pde.state.pa.us/stateboard_ed/cwp/view.asp?A=3&Q=127158

Sample Letters

Note: there are two different letters, one for your senator and representative and one for the IRRC. The letters may be downloaded, completed and mailed via U.S. mail to one of the addresses below. Alternately, the content of the letters may be copied and pasted into an email. For ease of sending your comments via email, the senators' and representatives' email addresses as well as the email address for the IRRC have been provided below as well.

Letter to Senators and Representatives (Microsoft Word)

Letter to Senators and Representatives (fill-in PDF; complete form then print)

Letter to IRRC (Microsoft Word)

Letter to IRRC (fill-in PDF; complete form then print)

U.S. Mail and Email Addresses:

Senator Andrew Dinniman (Tredyffrin)

One North Church Street
West Chester, PA 19380

andy@pasenate.com

Senator Ted Erickson (Easttown)

5037 Township Line Road
Drexel Hill, PA 19026-4821

teerickson@pasen.gov

Representative Paul Drucker (Tredyffrin)

922 Old Eagle School Road, Suite 909
Wayne, PA 19087

pdrucker@pahouse.net

Representative Duane Milne (Easttown)

18 E. Lancaster Avenue
Malvern, PA 19355

dmilne@pahousegop.com

Independent Regulatory Review Commission (IRRC)

333 Market Street
14th Floor
Harrisburg, PA 17101

Fax: (717) 783-2664

Email: irrc@irrc.state.pa.us



Health and Fitness News

From the T/E Elementary Physical Education Department



ReciPE of the Month

Italian Vegetable Casserole
Preparation time – 25 minutes

Ingredients:

- 1 zucchini, sliced
- 1 yellow squash, sliced
- ½ red bell pepper, chopped
- 2 tomatoes, chopped
- ¼ cup fat-free Italian dressing
- 2 cups brown rice, cooked
- ¼ cup soy parmesan cheese
- Nonstick cooking spray

Directions:

1. Spray casserole dish with cooking spray.
2. Mix vegetables and dressing together in casserole dish.
3. Cook vegetables in microwave for 10 minutes, stirring every 2-3 minutes
4. Sprinkle parmesan cheese over the top of the vegetables.
5. Serve vegetables over rice.

Serves 4

Nutritional content – 1 cup vegetables and ½ cup rice

165 calories

7 g protein

2 g fat

31 g carbohydrate

4 g fiber

PE Family Homework:

- Take a nature hike – you can even bring the dog!
- Rake leaves – maybe even jump in the leaf pile.
- Jump rope – you can jump with an individual rope or with a long rope and two people turning the rope.
- Go to a local playground or park.
- Practice throwing and catching a Frisbee, football or baseball.
- Play hockey or broomball in the driveway.

Resources:

- Chesco.org
- www.active.com
- www.kidshealth.org

Sportsmanship

Sportsmanship is defined as the demonstration of respect towards teammates, opponents, officials, coaches, and or teachers during game play. This includes fair play, honesty, etiquette, and kind and respectful behavior during game play. Displaying good sportsmanship can be as simple as shaking hands with the other team following a game or providing a positive word of encouragement to a teammate. Shaking hands with the opponent or opposing team can be hard, as everyone wants to win when they play a game. The hard part is learning how to win and lose graciously. This is a skill and like any skill, it takes practice.

Learning how to win and lose graciously will have many positive social benefits including a reputation for being a fun child to play with. Games are more enjoyable when the participants are all playing by the same rules and including everyone.

Here are some tips for children when playing games:

1. Learn the rules of the game and play by them. Be honest, even if the other team is not.
2. Don't show off and take turns. Play the best that you are capable of, while allowing your teammates to play the game too.
3. Be polite and cheer for your teammates. Do not "boo" or "trash talk" the other team. Provide only encouragement to your teammates.
4. Congratulate the other team on a well played game or even a specific play.
5. Don't argue with anyone – teammates, opponents or officials.

Here are some tips to foster good sportsmanship at home:

1. Encourage your child to have fun when playing, not just winning.
2. Provide encouragement, not a critique from the sidelines.
3. Following a game or competition, ask your child how they think they did and what they would like to work on for next time.
4. Keep your own comments positive. Congratulate the other team for a good play or a well played game.
5. Engage in dialogue with your child about examples of good and poor sportsmanship in professional sports.

Activity Calendar

Go to Chesco.org – the website for Chester County Parks and recreation and check out the wide variety of nature programs available for children and adults of all ages.

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

- World Run Day – 11/8/09 -- check website for a variety of locations including Villanova
- 5K Turkey Trot for Pennies for Peace – Chesterbrook, PA 11/26/09 www.sevensummitspt.com
- Chester County Turkey Trot – Downingtown, PA, 11/26/09
- Brian's Run 2009 – West Chester, PA, 12/6/09

FLITE Bookmark Contest Has a Winner - Congratulations Patricia Egan!

After careful consideration the art department has chosen a winner for the FLITE bookmark contest. Congratulations to Patricia Egan, who is in Mrs. Fry's third grade class. Patricia's composition and attention to detail made her design a winner. She incorporated books, learning and sports in her design.

We are proud of all the Beaumont artists who submitted creative designs for the FLITE bookmark contest. All bookmark entries are on display in the main hallway of the school for all to enjoy.

Directory Changes and Additions

Mrs. Potter's third grade class welcomes:

Kenny Wang

2 Harrow Lane

Berwyn, PA 19312

919-457-7954

Steve & Hong

Mrs. Kowalski's first grade class welcomes:

George Li

1123 Sheffield Drive

Berwyn, PA 19312

732-491-3525

Guanghai & Li

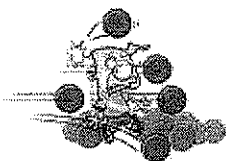
Please note this correction of the phone number for
Julien Crowe - 484-320-8352

Fourth Grade Mash Trick-Or-Treat For UNICEF A Big Success

Many fourth grade MASH students contributed to this years Trick-or-Treat for UNICEF project. Students created terrific posters that were displayed around the school. Other students participated in a play for the entire school. The students in the play explained what UNICEF is, how the money UNICEF received is used and how students can help by trick-or-treating for UNICEF. This year Beaumont collected approximately \$1,200.00 for UNICEF.

Congratulations to all the students for doing such a great job
for such a wonderful cause.

More & Moore Fun Presents Kids Night Out



Kids Night Out

Boys and Girls in grades K- 5th
6:30-9:00pm
(Drop off 6:30-7:00pm
Pick up 9:00- 9:30pm)
\$15.00 per child

Date:

December 19, 2009

Activities Include:

Basketball
Kickball
Jump Rope
Hula Hoop
Tag and Many More

Location: Tredyffrin/ Easttown Middle School 801 Conestoga Rd Berwyn Pa 19312

Kids Play in a safe and secure environment for
3 hours while you enjoy a terrific night out
on the town.

A Night where BOREDOM is not an Option

Register Today!!!!!!!!!!!!Register Today!!!!!!!!!!!!

Walk- in's accepted!!!!!!!!Walk-in's are accepted!!!!!!!!Walk- in's accepted!!!!!!!!

Register today by

sending in the completed
form below with payment
to **More&MooreFun @ PO Box**
381 Swarthmore Pa, 19081-381.
Please make all checks or money
orders payable to Durell Moore.

Come Out and have FUN!!!!!!!!!!!!!!!!!!!!

For more information please contact Durell Moore at (610) 505-0643 or MoreMooreFun@yahoo.com

-----Cut Here-----

Child's Name: _____ Age: _____ Gender: _____

Parents Name: _____ Contact Number: _____

Email: _____ Number of Children: _____

Cost: \$15.00 Per Child

Total Fee: _____

Please make all Checks or Money Orders Payable to Durell Moore:



COLD OR FLU ?

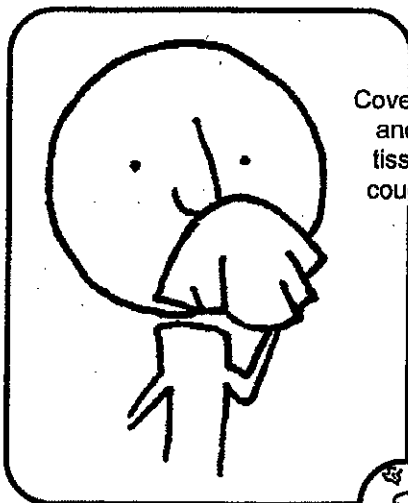
Colds and Flu are common winter upper respiratory infections caused by viruses. These viruses spread mainly from person to person through coughing or sneezing. People may become infected by touching an item contaminated with a virus, and then touching their eyes, nose or mouth. Most people are able to infect others beginning one day **before** symptoms develop and **up to 5 days after** becoming sick. **Because you are able to pass on a virus before you know you are sick, good hygiene habits are always important.**

The following table from the National Institute of Allergy and Infectious Diseases is a guide to distinguishing between them. Both illnesses should be treated with bed rest, fluids, and fever reducing medications. Consult a physician if the symptoms become worse or prolonged.

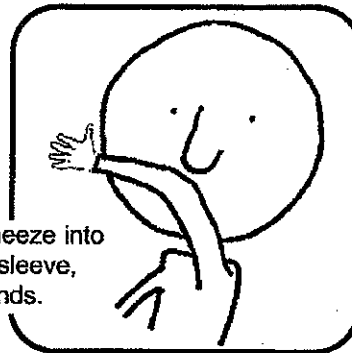
SYMPTOMS	COLD	FLU
Fever	Rare	Yes (102 – 104 degrees F, Sudden onset, lasts 3-4 days)
Headache	Rare	Prominent
General aches & pains	Slight	Usual, Often quite severe
Fatigue & weakness	Quite mild	Extreme, can last 2-3 weeks
Prostration	Never	Early & prominent
Runny, stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate, hacking cough	Common, can become severe

Stop the spread of germs that make you and others sick!

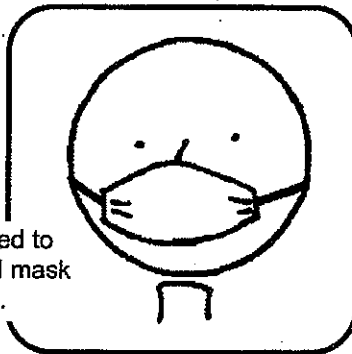
Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.



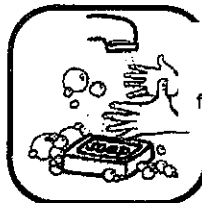
Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

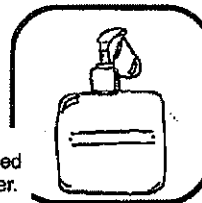
Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water for 20 seconds or

clean with alcohol-based hand cleaner.



Minnesota Department of Health
717 SE Delaware Street
Minneapolis, MN 55414
612-676-6416 or 1-877-676-6414



20 TIPS FOR COLD AND FLU PREVENTION



Although there is no cure for the common cold or flu, there are preventive measures you can take to decrease your chance of getting either this season.

1. **WASH YOUR HANDS.** This is still the best way to prevent colds and flu! Wash your hands frequently with soap and warm water for at least 15 seconds.
2. **USE A TISSUE INSTEAD OF A HANDKERCHIEF.** Wipe or blow your nose and immediately throw the tissue away. Handkerchiefs continually spread germs to your hands and face.
3. **DON'T TOUCH YOUR FACE.** Touching your eyes, nose or mouth is a fast way for germs to get into your body.
4. **COUGH AND SNEEZE AWAY FROM OTHERS.** Instead of coughing or sneezing into your hands, turn away from others, cough or sneeze into your sleeve or use a tissue.
5. **WATCH THAT MOUTH.** Avoid placing objects such as pens or pencils into your mouth. Also avoid licking your fingers when sorting papers.
6. **TAKE CARE AT WORK.** Clean your work area and phone often. Wash your hands after using the bathroom, lunchroom, copy/fax machine, and any other space that is used by others. Some germs can survive on objects for hours or a few days.
7. **BE AWARE OF COMMUNITY SPACE.** Doorknobs, light switches, refrigerator doors, bathroom and kitchen counters, telephones, and remote controls are all places germs can reside.
8. **USE HAND SANITIZERS.** Keep liquid or gel hand sanitizers or anti-bacterial wipes handy.
9. **TEACH YOUR CHILDREN.** Children are very susceptible to colds. Teach them to wash their hands often with soap and warm water. Saying the ABCs while washing their hands assures they wash long enough (at least 15 seconds).
10. **DON'T SHARE CUPS.** Use paper cups in the bathroom and kitchen.
11. **DON'T SHARE FOOD OR UTENSILS.** This may be difficult for parents to do, but it is important so germs aren't passed back and forth.
12. **USE DISPOSABLE PRODUCTS.** Germs can live on cloth towels and sponges for hours, so use paper towels in the kitchen and bathrooms or wash bathroom hand towels often. Disinfect sponges by running them through the dishwasher and replace them frequently.
13. **DON'T SMOKE.** Smoking can irritate the nose and lungs when you have a cold or the flu, making symptoms worse.
14. **PRACTICE GOOD HOUSE CLEANING.** Frequently clean living areas and wash bedding (especially children's) and towels.
15. **KEEP TOYS CLEAN.** Regularly wash children's toys in warm, soapy water.
16. **VENTILATE.** When weather permits, open up doors and windows to let fresh air in to circulate through your home.
17. **EXERCISE.** About 30 minutes three or more times a week can help strengthen your immune system.
18. **EAT HEALTHY.** Getting all your daily vitamins and nutrients can help ward off colds and flu.
19. **RELAX.** You're more likely to get sick when you're under stress. Get eight hours or more of sleep per night and remember to relax!
20. **IF YOU DO GET SICK.** Stock up on cough drops, tissue and other products you use in case someone in your family becomes sick.

This topic sheet is for general information only, and is not intended as a substitute for professional medical care.

Visit our Healthy Living page at www.HealthNetFederalServices.com

PROVIDED BY HEALTH NET FEDERAL SERVICES ♥ Preventive Care Services

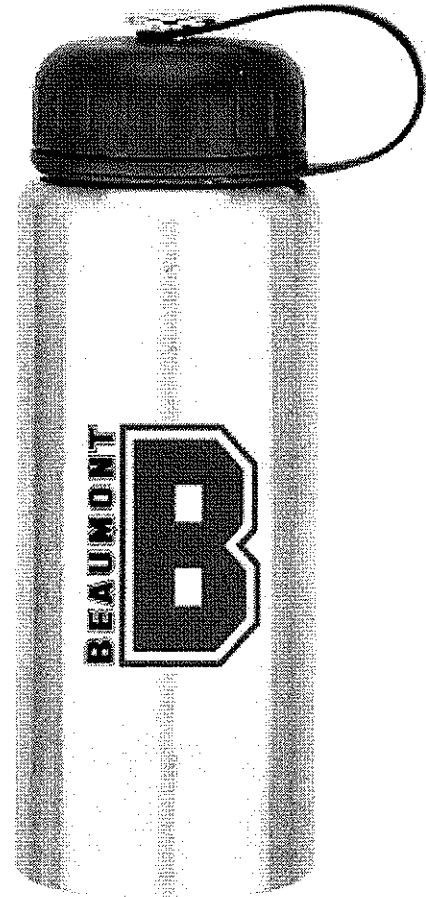


Order your water bottles NOW!

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

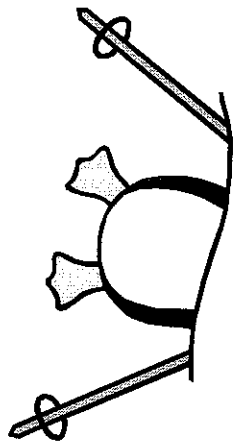
Your Name _____

Child's Name _____ Room # _____

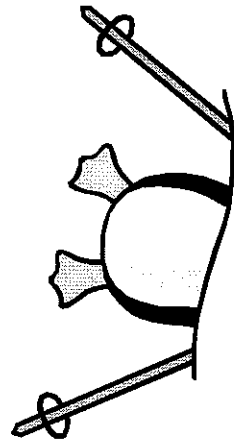
Quantity _____ Total Enclosed \$ _____

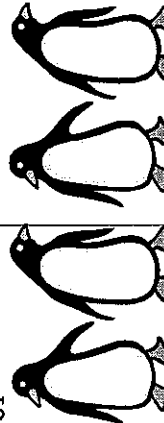
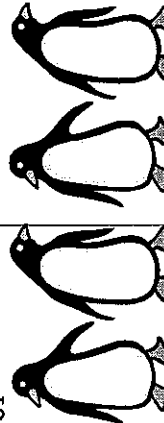
** \$12 for one bottle; \$10 each for two or more bottles ordered **

Please make checks payable to Beaumont HSA. Any questions, contact
Pam Albertson at pamalbertson@comcast.net or 610.647.0124



DECEMBER 2009




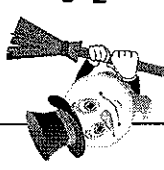
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 3:30-4:30 3 RD Grade Sports	2 3:30-4:30 4 th Grade Sports	3 3:30-4:30 Science Explorers 1:00 - 8:00 Gold Sale 6:00 - 8:00 Winterfest	4
7 3:30-4:30 2 nd Grade Sports	8 9:30 FUNance Cultural Arts Assembly 3:30-4:30 3 RD Grade Sports	9 3:30-4:30 4 th Grade Sports	10 3:30-4:30 Science Explorers	11 Kindergarten Gingerbread Hunt
14 Day 3	15 Day 4	16 Day 5	17 3:30-4:30 Science Explorers	18 9:15 3 rd Grade Tribal Tribute 9:30 & 1:00 Kindergarten Gingerbread Tea Party
21 9:15 3 rd Grade to CHS play	22 Day 3	23 1:30 Holiday Parties & Sing a Long	24 Day 5	25 Day 6
28 Day 1	29 Day 2	30 Day 3	NO SCHOOL	NO SCHOOL
WINTER BREAK - NO SCHOOL				
		31	31 	

Tredyffrin Easttown School District Elementary Lunch Menu December 2009


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	
Day 4	Day 3	Day 5	Day 4	Day 6	Day 5	Day 6	Day 1	Day 2	Day 1
A. Pizza Dippers w/Marinara Sauce ✓ B. Pizza C. Yogurt Bites D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ Tossed Garden Salad ✓ Carrot Sticks w/Dip ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Popcorn Chicken B. Pizza C. Yogurt Bites D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Peas & Carrots ✓ Chilled Fresh and Canned Fruit ✓ Day 4	A. Chicken Fingers w/Dipping Sauce B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Peas & Carrots ✓ Chilled Fresh and Canned Fruit ✓ Day 5	A. Cheeseburger on a Whole Wheat Bun B. Pizza C. Yogurt Bites D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Corn ✓ Chilled Fresh and Canned Fruit ✓ Day 6	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 1	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 2	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 4	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 5	A. Baked Breaded Chicken B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 6
A. Macaroni & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ Tossed Garden Salad ✓ Stewed Tomatoes ✓ / Corn ✓ Chilled Fresh and Canned Fruit ✓ Day 2	A. Chicken Fingers w/Dipping Sauce B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Peas & Carrots ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Pork and Vegetable Egg Roll B. Pizza ✓ C. Turkey Breast Sandwich* D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Vegetarian Fried Rice ✓ Chilled Fresh and Canned Fruit ✓ Day 4	A. Cheese Ravioli w/Spaghetti Sauce ✓ B. Pizza ✓ C. Turkey Breast Sandwich* D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Green Beans ✓ Chilled Fresh and Canned Fruit ✓ Day 5	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 6	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 1	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 2	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 4	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 5
A. Whole Wheat French Toast Sticks w/Syrup ✓ & Turkey Sausage Patty B. Pizza ✓ C. Turkey Breast Sandwich* D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ Tossed Garden Salad ✓ Orange Juice and Carrot Sticks ✓ Chilled Fresh and Canned Fruit ✓ Day 1	A. Apple Cinnamon Dippers (Breadsticks) ✓ & String Cheese ✓ B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ Tossed Garden Salad ✓ Honey Glazed Carrots ✓, Mandarin Oranges ✓ Chilled Fresh and Canned Fruit ✓ Day 2	A. Nacho's with Seasoned Beef, Cheese, Salsa B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Cucumber Slices w/Dip ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Belgian Waffle Sticks ✓ with Sausage Patty B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Orange Juice ✓ and Carrot Sticks ✓ Chilled Fresh and Canned Fruit ✓ Day 4	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 5	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 6	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 1	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 2	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 3	A. Baked Potato Bar w/Broccoli & Cheese ✓ B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ✓ E. Salad Platter or Salad Bar ✓ Tossed Garden Salad ✓ Chilled Fresh and Canned Fruit ✓ Day 4
<div></div> <div>CHRISTMAS NO SCHOOL</div>									



CHRISTMAS
NO SCHOOL



NO SCHOOL

HEALTHY HOLIDAY SNACK
BANANA POPS
3 bananas
6 Popsicle sticks
1/4 cup peanut butter, softened
1/4 cup chopped peanuts or walnuts, granola, crispy rice cereal or sunflower seeds

1/4 cup chopped peanuts or walnuts, granola, crispy rice cereal or sunflower seeds
Spread peanut butter on the bananas, then roll them in the nuts, cereal or seeds. Wrap them in waxed paper and freeze for 3 hours. Makes 6.

▼ Identifies Vegetarian Items