



THE BEAR FACTS

January 26, 2009

January 2009							February 2009						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
				1	2	3	1	2	3	4	5	6	7
4	5	6	7	8	9	10	8	9	10	11	12	13	14
11	12	13	14	15	16	17	15	16	17	18	19	20	21
18	19	20	21	22	23	24	22	23	24	25	26	27	28
25	26	27	28	29	30	31							

Mark Your Calendar!

- Jan 27..... Jewelry Sale
- Jan 30..... Staff In-service - No School
- Feb 2-3..... Kindergarten Registration
- Feb 13 Valentine's Day Parties
- Feb 16 President's Day - No School
- Feb 17-23.... Art Goes to School
- Feb 21 Father-Daughter Dance
- Feb 23-27... Spring Book Fair

HSA Meeting Dates

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

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

575 Beaumont Road •Devon, PA 19333

Office: 610-240-1400

HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970

District Website: www.tesd.net

Hello Beaumont Families,

Welcome back! I hope everyone had a good winter break. Our wonderful Beaumont volunteers have already been very busy since getting back to school. Avis Rueger organized and ran a great evening at Pizza bingo. Monique McQuaid has been filling all the orders for the Kids Stuff books so efficiently! I know I have said it before, but we have the best bunch of parents around. You guys all help out in any way you can. Thank you for all you do for our school.

The Father Daughter Dance is right around the corner in February, as well as the class parties. Look for more info to come in how to help out with these events.

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
 On behalf of our HSA Board

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NEXT BEAR FACTS: February 23, 2009 SUBMISSION DEADLINE: February 27, 2009
 SUBMISSIONS TO: bearfacts@beaumonthsa.org CONTACT: Kerri Martin, Editor

GET THE BEAR FACTS ONLINE!

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

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

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

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

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

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

TO: HSA Website Coordinator

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

Parent's Name(s): _____

Email(s): _____

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

Check One:

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

Signature: _____ Date: _____

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

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

FROM THE PRINCIPAL'S DESK

“Beaumont Health Council Update”

Dear Beaumont Families,

We are fortunate at Beaumont to have so many wonderful committees comprised of dedicated, knowledgeable, and hard-working staff members and parents. These committees and service groups help to enhance the instructional programs and school activities and are meaningful for the students. I would like to take this opportunity to highlight the work of one of these committees, the Beaumont Health Council. The Health Council has been organizing many events planned for this winter and spring.

The Beaumont Health Council was formed in school year 2004-05, and it meets regularly to discuss and plan activities to share good nutrition and wellness practices with our students. The committee members include teachers, the school nurse, parents, the district food services supervisor, Beaumont café staff, and the building principal. The committee has helped to format the school's Walking Club, Keystone Healthy Zone Event Day/ACES Day activities, and nutrition education sessions. With the assistance of the committee members and all Beaumont staff members, we have provided successful and fun programs for the students.

The past years' annual themes have included “Eat Your Colors,” “Grains for Brains/Whole Grains,” “Water Cycle,” and “Healthy Snacks for Your Heart.” This year's theme is “Size Wise” which focuses on the importance of portion control in meals and snacks.

Our schedule of events this year is similar to past years. The students will complete pre and post assessment activities that include questions about how large a food portion of certain foods one should eat. The students will participate in education sessions facilitated by parent volunteers and teachers during lunch times. Fourth and third grade volunteers will create posters for our hallways to continue to remind us about good nutrition practices. Finally, during the May Event Day, the students will engage in a taste-testing activity during lunch to try healthy snacks and food samples in appropriate portions. The students will exercise altogether, school-wide during morning announcements and at the end of the day.

The Health Council meets monthly usually during a Monday morning time. If you have any questions about the council, please feel free to call me or stop in.

A special thank you is extended to the council, all staff members and volunteers for their support of these events.

Best Wishes,
Stephanie Demming
Principal

Attention Parents/Guardians

DON'T WAIT -----VACCINATE NOW

Children IN ALL GRADES in 2009/2010 need the following:



- 4 doses of tetanus*
(1 dose on or after the 4th birthday)
- 4 doses of diphtheria*
(1 dose on or after the 4th birthday)
- 3 doses of polio
- 2 doses of measles**
- 2 doses of mumps**
- 1 dose of rubella (German measles)**
- 3 doses of hepatitis B
- 2 doses of varicella (chickenpox) vaccine or history of disease (phased in by 2010/2011)

*Usually given as DTP or DtaP or DT or Td

**Usually given as MMR

Children ENTERING 7th grade in 2009/2010 need the following:

- 1 dose of tetanus, diphtheria, acellular pertussis (Tdap)
(if 5 years has elapsed since last tetanus immunization)
- 1 dose of meningococcal conjugate vaccine (MCV)

These requirements allow for medical reasons and religious beliefs.

If your child is exempt from immunizations,

He/she may be removed from school during an outbreak.

Pennsylvania's school immunization requirements can be found in 28 PA.CODE CH.23 (School Immunization)

Contact your health care provider or 1-877 PA HEALTH for more information

DEPARTMENT OF
HEALTH

Edward G. Rendell, Governor



Health and Fitness News

From the T/E Elementary Physical Education Department



February is Heart Month!

Tips for Raising Heart-Healthy, Active Children

- Help your children develop good physical activity habits at an early age by setting a good example yourself. Practice heart-healthy habits.
- Limit television, movies, videos and computer games to less than two hours a day. Substitute the rest of leisure time with physical activity.
- Plan family outings and vacations that involve vigorous activities such as hiking, bicycling, skiing, swimming, etc.
- Give your children some household chores that require physical exertion, keeping in mind their levels of strength, coordination and maturity. Mowing lawns, raking leaves, scrubbing floors and taking out the garbage not only teach responsibility but can be good exercise.
- Observe sports and activities your children like, then find out about lessons and clubs. Some children thrive on team sports; others prefer individual activities. Some activities, like tennis and swimming, can be enjoyed for a lifetime and are much easier to learn during childhood.
- If it's safe to walk or bike rather than drive, do so. Use stairs instead of elevators and escalators. Increase the distances you and your children walk.

STAY ACTIVE! KIDS WHO EXERCISE:

- have stronger [muscles and bones](#)
- have a leaner body because exercise helps control body fat
- be less likely to become [overweight](#)
- decrease the risk of developing [type 2 diabetes](#)
- possibly lower [blood pressure](#) and [blood cholesterol](#) levels
- have a better outlook on life

Healthy reciPE of the month

Fruit and vegetable faces

These fun faces let kids play with their food and get creative in the kitchen. They inspire young imaginations and encourage healthy snacking, too.

Ingredients

- 1 ounce Cheddar cheese
- 8 thin wheat crackers
- 2 cherry tomatoes, halved
- 1/4 cup shredded carrot
- 1 orange, peeled and segmented

Cooking Instructions

Cut cheese into shapes: squares, triangles, and circles. Place cheese shapes and cherry tomato halves on crackers. Use these, as well as shredded carrot and orange segments to make a face complete with eyes, nose, ears, mouth, and hair--use your imagination! The kids will love it.

TAKE CARE OF YOUR HEART AT SCHOOL TOO!

The basics for a healthy lunch box:

Try to include:

1. One serving of vegetables or salad and one serving of fruit (fresh, canned or dried can all count).
2. One serving of a low-fat or fat-free milk or dairy item such as a low-fat cheese stick, a yogurt cup, or some cottage cheese.
3. One serving of meat, chicken, fish, eggs, peanut butter, beans or another protein source.
4. A healthy drink such as water or 100% juice.

Resources

- www.keepkidshealthy.com
- www.kidshealth.org
- www.americanheart.org
- www.allianceforahealthiergeneration.org

✳️ Need the perfect gift for the holidays, a birthday, Grandparent's Day, Valentine's Day?

✳️ Need a fun project for your child during school breaks?

Let the Beaumont Publishing Center help you! Have your child's *original* story printed, illustrated and bound.
A perfect gift!



The Publishing Center is now open and accepting stories to be published. Getting your child's story published is VERY easy:

1. Have your child write a story (any topic, any length) and submit it to their teacher. The story can be handwritten or typed.
2. The story will be returned to them for proofreading and dedication.
3. A final copy of their story will be returned to them for illustrating.
4. A final book will be bound and returned to your child.

It's that easy and fun!

Any questions please call or e-mail:

Anita Borger 610.651.8288 aborger@comcast.net

Stories can be e-mailed into the Publishing Center -- aborger@comcast.net

ART GOES TO SCHOOL IS COMING TO BEAUMONT February 17-23

Art Goes to School is an art appreciation program whose primary purpose is to instill in the young child an interest and delight in art, in all of its forms and styles and from all historical periods. The AGTS volunteers help children discover for themselves an enjoyment and understanding of art, not by lecturing, but by becoming “Art Detectives” who will uncover a whole new way of looking at and appreciating art. We will be playing games that involve poems, a grab bag, and fun facts trivia. The 2009 portfolio includes a photograph by Ansel Adams, a print from Currier and Ives and a portrait of George Washington by Philadelphian, James Peale. Some of the other artists we will be discussing this year include Mary Cassatt, Horace Pippin, and Dominique Ingres. The children will also be engaged in conversations about landscapes, cityscapes, genre painting, Impressionism, and Op-Art...just to name a few! Ask your children questions and find out about their favorite work of art! If you have any questions about the Art Goes to School program, please contact Beaumont members: Margaret MacKenzie, Avis Rueger, and Tina Whitlow.

2009-2010 School Year Calendar

The school calendar for the 2009-2010 school year was approved by the School Board on November 17, 2008 and is available on the T/E School District web site at www.tesd.net under “Calendar” on the right side of the home page. Labor Day occurs later than usual in 2009.

Notable about the new calendar are the following details:

- School will start on September 3, 2009, the Thursday before Labor Day, for students in grades 1-12.
- The first day of school for kindergarten students is September 10, 2009.
- Conferences will take place during the week before Thanksgiving. School will be in session on Wednesday, November 25, 2009, the day before Thanksgiving.
- School will be in session on Monday, February 15, 2010, President’s Day.
- Spring break will begin the last week in March.
- The tentative last day of school for students is a half day on June 15, 2010.

STAYING HEALTHY

Close contact with other individuals, and decreased building ventilation provide many opportunities for the spread of bacteria and viruses. Here are a few tips to help you win the “battle against the germs”.

Colds and Flu are common winter upper respiratory infections caused by viruses. The following table from the National Institute of Allergy and Infectious Diseases is a guide to distinguishing between them. Both illness 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

Prevention - Help your body repel invading bacteria and viruses by eating a healthy diet, getting adequate rest, and washing your hands frequently. Remember to use an effective hand washing technique.

1. Use continuously running water.
2. Use plenty of soap, and apply with vigorous contact to all hand surfaces.
3. Wash for a minimum of ten seconds
4. Keep hands down so that any run off will go into the sink and not on your arms.
5. Avoid splashing, and rinse thoroughly.
6. Dry well with a paper towel.
7. Use the towel to turn off the faucet and light.
8. Discard towel in the trash.

The Children's Dental Clinic Fundraiser

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

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

This year we will once again be offering products from *The Yankee Candle Company*. You will receive the catalogue in your child's backpack the week of February 17, 2009. Orders are due Tuesday, March 3, 2009

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

If you have any questions please feel free to call Connie Egan, 610-644-1130. If you are willing to help out in distributing products once received, that too would be greatly appreciated. Thank you in advance for your support!



'Stoga Music Theatre Presents...

KISS ME, KATE Music & Lyrics by Cole Porter

Directed by Jennie Eisenhower

Producer & Musical Director Suzanne Dickinger

Choreography by Jen Rose

February 25 – 7:30 pm

February 27 – 7:30 pm

February 26 – 10:00 am & 7:30 pm February 28 – 2:00 pm & 7:30 pm

Everyone is sure to enjoy Cole Porter's musical comedy *KISS ME, KATE*. In this classic American musical, an egotistical producer and his Hollywood diva ex-wife attempt to put on a musical version of Shakespeare's *Taming of the Shrew*. Twists and turns in this play-within-a-play find cast members' on-stage lives get rather complicated by events offstage. There's fabulous music, romance, slapstick comedy, drama and gangsters! Cole Porter's Tony Award-winning musical numbers include *Why Can't You Behave*, *Too Darn Hot*, and *Brush Up Your Shakespeare*.

Mark your calendars for *KISS ME, KATE* and enjoy the talents of 'Stoga Music's cast, crew and student pit orchestra.

All Seats Reserved - **\$12** Premium Seats, **\$10** Standard Seats. Special Discount Tickets – **\$9** Standard Seats **only** for Students (Age 19 & under), Seniors (62+) & TESD Staff

Go to www.stogamusic.com/kissmekate for 24 hour internet ticketing. Tickets also available at Conestoga High School February 20, 23, 24 & 25 from 11 am to 12:45 pm and at the door 60 minutes prior to each performance.

Pack 113 Annual Blue And Gold Dinner

**This year we will have a buffet of Penne Pasta,
Meatballs, Sausage, Pepper and Onions, Rolls,
Chicken Nuggets for the kids, cookies and
drink!**

Berwyn United Methodist Church

Sunday February 22, 2009

**Cost: \$10.00 for Adults
\$5.00 for Children
Scouts, Den Leaders and
Children 5 and under are free**

Family Name_____

Scout's Name_____

Den Number_____

Number of Children_____

Number of Adults_____



Turn your **GOLD** into **GREEN!**

Main Line Gold Exchange will be buying gold, silver, and platinum – broken and jewelry you don't use anymore – vintage watches, coins, class rings, sterling flatware – mismatches too!

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

January 27, 9:00am – 4:00pm

Large Group Room

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

**Gold Sale Appointments are
5 minutes per person
Time slots still available – please call
Courtenay Homan at 484.320.8474
to schedule!**

BEAUMONT BEAR GEAR ONLINE STORE WILL BE OPEN IN FEBRUARY!



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

.....
Visit our school store at the Beaumont HSA website

www.beaumonthsa.org/beargear

and follow the links

or visit www.sneakersplus.com

Select Beaumont School under “Schools/Teams”

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

Online store is open from

Sunday February 1st until Sunday, February 15th.

Items will arrive at Beaumont the first week of March.

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

aynnedebeer@hotmail.com 603-986-4235

or contact the Bear Gear Chair

Alexis Bové alexiswvbove@hotmail.com 610-725-8111

BE BEAUMONT PROUD!



Order your Beaumont car magnet today.

Name _____

Child's name _____ Room # _____

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

Please make checks payable to Beaumont HSA.

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



Save the Date!

PARENT SOCIAL

May 16, 2009

More details coming your way...

Questions?

Contact Dawn Poeta or Monique McQuaid

dmpoeta@speakeasy.net

tmsmmcq@comcast.net



Kidstuff Coupon Books

*****Reminder: One week left before the sale ends on 1/30/09. Please send in your requests with payment to the main office. If you have any questions, you can contact Monique McQuaid @ 610.695.6401*****



Father-Daughter Dance

February 21, 2009

7-9:30 P.M.

At Beaumont

RSVP due

Friday, February 6th

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

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

*Thank You,
Laura Sedor and Sue Moody*



**YES, I CAN HELP with the
Father-Daughter Dance!**
(February 21, 2009; 7-9:30PM)

NAME _____

PHONE & EMAIL _____

Please circle your area of interest:

Decorating, Name Tags, Greeters/Sign-In, Event Set-Up,

Event Clean-Up, Party Favors, Invitations, Food/Beverage,

Music/DJ, Photographs, Fundraising/Raffle Tickets, Luminaries

General Event Worker, Other _____



Father Daughter Dance

Please help the Beaumont HSA raise funds for the school by attending and participating in fundraising activities at this year's event.

Did you know that all net proceeds from ticket sales go directly to the Beaumont HSA?

Other fundraising activities during the event will include:

- **American Girl Doll Raffle**- *exciting details to come!*
- **50/50 Raffle**
- **Photographs** - *Dan Hall of Prestige Photography will be back this year to take professional pictures of the girls and their special dates. He has graciously offered to donate half of all photo sales to the school!*

So, when you send that special date to the dance, consider tucking a little extra cash into his pocket!!!



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 _____

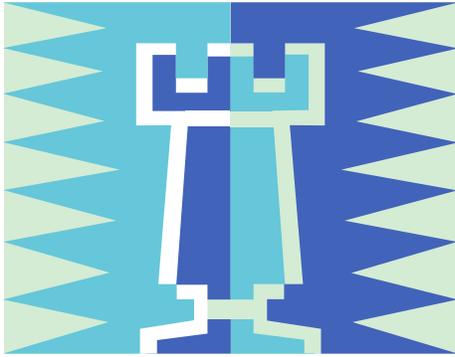
Child's Name _____ Room # _____

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

Water bottles will also be for sale at Winterfest, Thursday, December 4!



*Beaumont
Chess Club...
...let the games begin!*

**Please join us for our first meeting
Wednesday, February 11th
7:30 am Beaumont cafeteria**

**Beaumont Chess Club is open to all Beaumont students -
beginners, intermediates and experts!**

**At Chess Club, players will learn chess basics, tricks and
strategies, approaches and tactics.
Chess matches will be played every meeting.**

~~~~~

**Chess Club meets every Wednesday morning (schedule to come)  
7:30 – 8:30 am in the Beaumont Cafeteria**

**Questions/concerns/issues please feel free to call or e-mail  
Anita Borger 610.651.8288 [aborger@comcast.net](mailto:aborger@comcast.net)**

**P.S. A little parent participation will be appreciated. Details to follow.**



**February 23rd – February 27th  
Volunteers needed!**

It's Book Fair time once again at Beaumont! Our second semi-annual Scholastic Book Fair is scheduled for Monday, February 23rd through Friday, February 27. The Book Fair helps excite your children to read books and at the same time raises money for the school. Many volunteers are needed to help set-up the fair, work during the fair and provide refreshments for the family events.

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

-----  
I want to volunteer at the Scholastic Book Fair!

Name \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Telephone numbers \_\_\_\_\_

- Yes, I will help set-up fair (9-11a.m., Feb. 20th)
- Yes, I will bake/provide refreshments for special events.

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

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


**FEBRUARY 2009**


| MONDAY                                                                                                                                                                       | TUESDAY                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                                   | THURSDAY                                                                                                                                                                   | FRIDAY                                                                                                                                                                 |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b><br>Kindergarten Registration<br>3:30 - 4:30 Storytelling Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 2 <sup>nd</sup> Grade Sports<br>Day 3 | <b>3</b><br>Kindergarten Registration<br>3:30 - 4:30 Theater Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 3 <sup>rd</sup> Grade Sports<br>Day 4 | <b>4</b><br>8:00 Band Rehearsal<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Theme Week<br>Decorating Club<br>3:30 - 4:30 4 <sup>th</sup> Grade Sports<br>Day 5                                                  | <b>5</b><br>8:00 Chorus Rehearsal<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Gimp Club<br>3:30 - 4:30 Science Explorers<br>Day 6                      | <b>6</b><br>8:00 Orchestra Rehearsal<br>Day 1                                                                                                                          |
| <b>9</b><br>3:30 - 4:30 Storytelling Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 2 <sup>nd</sup> Grade Sports<br>Day 2                              | <b>10</b><br>3:30 - 4:30 Theater Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 3 <sup>rd</sup> Grade Sports<br>Day 3                             | <b>11</b><br>8:00 Band Rehearsal<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Theme Week<br>Decorating Club<br>3:30 - 4:30 4 <sup>th</sup> Grade Sports<br>Day 4                                                 | <b>12</b><br>8:00 Chorus Rehearsal<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Gimp Club<br>3:30 - 4:30 Science Explorers<br>Day 5                     | <b>13</b><br>2 <sup>nd</sup> Grade China Day<br>2:00 Valentine Parties<br><br>Day 6 |
| <b>16</b><br><b>NO SCHOOL</b><br>                                                          | <b>17</b><br>8:00 Orchestra Rehearsal<br>3:30 - 4:30 Theater Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 3 <sup>rd</sup> Grade Sports<br>Day 1 | <b>18</b><br>8:00 Band Rehearsal<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Theme Week<br>Decorating Club<br>3:30 - 4:30 4 <sup>th</sup> Grade Sports<br>7:00 PM HSA Meeting<br><b>ART GOES</b><br>Day 2       | <b>19</b><br>8:00 Chorus Rehearsal<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Gimp Club<br>3:30 - 4:30 Science Explorers<br><b>TO SCHOOL</b><br>Day 3 | <b>20</b><br>7:00 - 9:30 PM Saturday 21 <sup>st</sup><br><b>Father Daughter</b><br><b>Dance</b><br>Day 4                                                               |
| <b>23</b><br>3:30 - 4:30 Storytelling Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 2 <sup>nd</sup> Grade Sports<br>Day 5                             | <b>24</b><br>8:00 Band Rehearsal<br>3:30 - 4:30 Theater Club<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 3 <sup>rd</sup> Grade Sports<br>Day 6      | <b>25</b><br>8:00 Orchestra Rehearsal<br>K Moon Dance Workshop<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Theme Week<br>Decorating Club<br>3:30 - 4:30 4 <sup>th</sup> Grade Sports<br><b>B O O K</b><br>Day 1 | <b>26</b><br>8:00 Chorus Rehearsal<br>3:30 - 4:30 Art Club<br>3:30 - 4:30 Lego Club<br>3:30 - 4:30 Gimp Club<br><b>F A I R</b><br>Day 2                                    | <b>27</b><br>Day 3                                                                                                                                                     |

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

# Tredyffrin Easttown School District

## Elementary Lunch Menu

### February 2009

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



| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | Tuesday | Wednesday | Thursday | Friday                                                                                                                                                                                                                                                                                     |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|----------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Review accounts and make payments on-line at <a href="http://www.paypams.com">www.paypams.com</a></b></p> <p>We welcome your comments and suggestions. Please feel free to contact Food and Nutrition Services at: E-Mail: <a href="mailto:prestond@tesd.net">prestond@tesd.net</a> or Telephone (610)-240-1956 or 1955.<br/>                     Dave Preston, Food and Nutrition Services Supervisor<br/>                     Desiree Ciccone, Food and Nutrition Services Secretary</p> |         |           |          | <p>Washington's Birthday is the official name designated to what many of us know as President's Day. During the month of February the birthday of two of our greatest President's takes place. Both George Washington who was born on Feb. 22nd and Abraham Lincoln born on Feb. 12th.</p> |

| Monday                                                                                                                                                                                                                                                                                                                 | Tuesday                                                                                                                                                                                                                                                                                                         | Wednesday                                                                                                                                                                                                                                                                                                                                                | Thursday                                                                                                                                                                                                                                                                                                                                                | Friday                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><i>Groundhog Day</i></p> <p>Day 3</p> <p><b>A. French Toast Sticks w/Syrup &amp; Turkey Sausage Patty</b><br/> <b>B. Pizza</b></p> <p><b>C. Turkey Breast on Whole Wheat Bread</b><br/> <b>D. PBJ White or Whole Wheat</b></p> <p>Potato Wedge -Baked<br/>                     Chilled Fresh and Canned Fruit</p>   | <p>Day 4</p> <p><b>A. Cheeseburger w/Lettuce, Tomato</b><br/> <b>B. Pizza</b></p> <p><b>C. Turkey Breast on Whole Wheat Bread</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Mixed Vegetables<br/>                     Chilled Fresh and Canned Fruit</p>         | <p>Day 5</p> <p><b>A. Pasta w/Meat sauce</b><br/> <b>B. Pizza</b></p> <p><b>C. Turkey Breast on Whole Wheat Bread</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Carrot Sticks w/Dip<br/>                     Chilled Fresh and Canned Fruit</p>                                                           | <p>Day 6</p> <p><b>A. Chicken Nugget w/ Whole Wheat Dinner Roll</b><br/> <b>B. Pizza</b></p> <p><b>C. Turkey Breast on Whole Wheat Bread</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Whipped Potatoes<br/>                     Chilled Fresh and Canned Fruit</p>                                      | <p>Day 1</p> <p><b>A. French Bread Pizza</b><br/> <b>B. Hot Dog w or w/o Sauerkraut</b><br/> <b>C. Turkey Breast on Whole Wheat Bread</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter</b></p> <p>Tossed Garden Salad<br/>                     Chilled Fresh and Canned Fruit</p> |
| <p>Day 2</p> <p><b>A. Chicken Patty on a Bun</b><br/> <b>B. Cheeseburger on a Bun</b><br/> <b>C. Bagel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b></p> <p>Carrot Coins<br/>                     Chilled Fresh and Canned Fruit</p>                                                                        | <p>Day 3</p> <p><b>A. Toasted Cheese Sandwich</b><br/> <b>B. Cheeseburger on a Bun</b><br/> <b>C. Bagel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Tomato Soup<br/>                     Chilled Fresh and Canned Fruit</p>                       | <p>Day 4</p> <p><b>A. Meatball Sandwich on a Sub</b><br/> <b>B. Cheeseburger on a Bun</b><br/> <b>C. Bagel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Tossed Garden Salad<br/>                     Chilled Fresh and Canned Fruit</p>                                                     | <p>Day 5</p> <p><b>A. Soft Taco w/Shredded Cheese, Tomato, Lettuce, Salsa</b><br/> <b>B. Cheeseburger on a Bun</b><br/> <b>C. Bagel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Corn<br/>                     Chilled Fresh and Canned Fruit</p>                                          | <p>Day 6</p> <p><b>A. Pepperoni Pizza</b><br/> <b>B. Cheeseburger on a Bun</b><br/> <b>C. Bagel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter</b></p> <p>Green Beans<br/>                     Chilled Fresh and Canned Fruit</p>                                  |
| <p><br/>                     Washington<br/> <b>Presidents Day</b><br/>                     No School<br/> <br/>                     Lincoln</p> | <p>Day 1</p> <p><b>A. Turkey Hot Dog on a Bun</b><br/> <b>B. Chicken Nuggets w/Dinner Roll</b><br/> <b>C. Turkey-Ham &amp; Cheese Sandwich</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Baked Beans<br/>                     Chilled Fresh and Canned Fruit</p> | <p>Day 2</p> <p><b>A. Nacho's with Seasoned Meat, Cheese, Salsa</b><br/> <b>B. Chicken Nuggets w/Dinner Roll</b><br/> <b>C. Turkey-Ham &amp; Cheese Sandwich</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Carrot &amp; Cucumber Slices w/Dip<br/>                     Chilled Fresh and Canned Fruit</p> | <p>Day 3</p> <p><b>A. Ham &amp; Cheese Hoagie on a Sub Roll w/ Lettuce, Tomato</b><br/> <b>B. Chicken Nuggets w/Dinner Roll</b><br/> <b>C. Turkey-Ham &amp; Cheese Sandwich</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Baked Potato Puffs<br/>                     Chilled Fresh and Canned Fruit</p> | <p>Day 4</p> <p><b>A. Pizza</b><br/> <b>B. Chicken Nuggets w/Dinner Roll</b><br/> <b>C. Turkey-Ham &amp; Cheese Sandwich</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter</b></p> <p>Tossed Salad<br/>                     Chilled Fresh and Canned Fruit</p>                     |
| <p>Day 5</p> <p><b>A. Pizza Dippers w/Marinara Sauce</b><br/> <b>B. Pizza</b><br/> <b>C. Pretzel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b></p> <p>Carrot Sticks w/Dip<br/>                     Chilled Fresh and Canned Fruit</p>                                                                       | <p>Day 6</p> <p><b>A. Popcorn Chicken</b><br/> <b>B. Pizza</b><br/> <b>C. Pretzel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Corn<br/>                     Chilled Fresh and Canned Fruit</p>                                                    | <p>Day 1</p> <p><b>A. Cheeseburger on a Whole Wheat Bun</b><br/> <b>B. Pizza</b><br/> <b>C. Pretzel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Tossed Salad<br/>                     Chilled Fresh and Canned Fruit</p>                                                                   | <p>Day 2</p> <p><b>A. Oven Baked Breaded Chicken</b><br/> <b>B. Pizza</b><br/> <b>C. Pretzel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter or Salad Bar</b></p> <p>Whipped Potatoes<br/>                     Chilled Fresh and Canned Fruit</p>                                                                     | <p>Day 3</p> <p><b>A. 5" Individual Pizza</b><br/> <b>B. Turkey Hot Dog on a Bun</b><br/> <b>C. Pretzel &amp; Yogurt</b><br/> <b>D. PBJ White or Whole Wheat</b><br/> <b>E. Salad Platter</b></p> <p>Tossed Salad</p>                                                                                 |