



Home & School
Association

THE BEAR FACTS

SEPTEMBER 24, 2007

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

Mark Your Calendar!

Sept 26	Cultural Arts Assembly
Oct 2-8	ERB Testing
Oct 17	Grandparent Coffee 8-9am
Oct 17	HSA Meeting 9:15 am
Oct 17	Picture Day
Oct 29	Cultural Arts Assembly
Oct 29	Fall Book Fair (thru Nov 2)
Oct 31	Halloween Parade and Parties

HSA MEETING DATES FOR 2007-08 SCHOOL YEAR:

October 17 @9:15	April 16 @ 9:15
November 14 @9:15	June 11 @ 9:15
February 13 @7:00pm*	

*preceded by a pot luck dinner!

- All meetings are held in the large group room.
- HSA meeting minutes will be available for you to view in the HSA file folder in the main office, on the HSA website, and on the HSA bulletin board in the lobby.

575 Beaumont Road • Devon, PA 19333

Office: 610-240-1400

HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970

District Website: www.tesd.net

Hello Beaumont Families!

We would like to say WELCOME (or WELCOME BACK!) to OUR COMMUNITY! The HSA welcomes you back for another terrific school year; with many exciting activities for you and your children to participate in. We invite you and your children to each of the events that we have planned for this year—we think it is what helps to make our community special. We have some new and exciting events for this school year...look for them in upcoming issues of the Bear Facts! A preview of some upcoming events is in the calendar section to the left of this letter.

We would also like to take this opportunity to send out a special thanks to: The Hospitality Committee for the delicious refreshments at Curriculum night and at the New Parent Coffee; the Opening Week Picnic Committee for the beautiful weather and warm reception; the Beautification Committee for sprucing up the front plantings, providing name banners for all teachers, and for the decorations in the lobby; the Spirit Wear Committee for having great "bear gear"; the Homeroom Parent & Class Party Coordinators for signing up volunteers; the Opening Day Packet Committee for their new & improved packets; and for all members of our community that have participated in any of these so far!

This is what makes our community special. We are excited for what is in store!

Warmest Wishes,

Margaret MacKenzie

HSA President

On behalf of the Board

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NEXT BEAR FACTS: October 29, 2007

SUBMISSION DEADLINE: October 22, 2007

SUBMISSIONS TO: bearfacts@beaumonthsa.org

CONTACT: Kerri Martin, Editor

September 2007

Dear Beaumont Families and Staff Members,

Welcome to school year 2007-08! It is obvious that the students have settled into their new schedules and routines and are very excited to be in their new grade levels. I have observed many of the primary classes taking tours of the building and all classes reviewing directions and guidelines to ensure a successful academic year.

Beaumont has a few new programs beginning this year and several new staff members to welcome to our school family.

New Staff

Please welcome—

Mrs. Judith Root, counselor	Miss Kelly DuRand, music
Mrs. Lisa Toland, secretary	Miss Kristen Cornely, learning support
Mr. Dominic Parrotta, second grade	Mrs. Debbie Gillespie, office aide
Mrs. Connie Bourque, morning greeter	Mrs. Barbara Tuft, afternoon greeter
Mrs. Donna Stone, learning support aide	

Literacy Intervention

The district elementary schools are initiating a support program referred to as Literacy Intervention. We are fortunate that our schools have a variety of programs to meet the individual needs of our students, and the Literacy Intervention Program is a new addition to these programs. The literacy teacher, in connection with our reading specialist and reading support program, will be working with those students identified to need additional support in reading. Parent notification and involvement are always important parts of the process.

Wireless Laptop Carts

The wireless laptop carts will be assigned to each classroom once a week within a formal schedule. Teachers have the option of signing up for a second use of the carts each week as needed. This technology supports and enhances the core curriculum by using a variety of software and internet resources. The laptops, desk top computers in each class, computer projectors and Smart boards certainly are all great technology tools for the children and teachers.

Email Suggested Practices

Please be aware of a few suggestions for email use. Some email coming from parents may be detected as spam email on the District's mail server. The following points may be helpful to ensure that the email message reaches the teacher or other staff member:

- Always include a descriptive subject line. It is recommended that you include your child's room number first (e.g., Rm 14 Afternoon Snack).
- Avoid using all capital letters in the subject or the body of the email.
- Do not use excessive punctuation marks (e.g. !!!!! at the end of a sentence).
- Avoid multiple font colors and patterned backgrounds in the body of the email.
- Limit the number of recipients listed either in the copy or blind copy field.
- Avoid spaces or gaps in words (e.g., That was G R E A T !).
- Do not use odd characters in as letter substitutes (e.g., str@nge, 0dd).

In any event, if you have emailed a staff member and did not receive a response, it is suggested that you follow up with a phone call.

Monthly Character Traits

Each morning at 8:55, we will continue our daily morning announcements routine. At this time, we recite the Pledge of Allegiance as a whole school, listen to a brief lesson or scenario about the character trait for the month, and attend to any special information from the office.

The monthly character traits are:

September	RESPECT	February	HONESTY
October	RESPONSIBILITY	March	COURAGE
November	CARING	April	COOPERATION
December	FRIENDSHIP	May	SERVICE LEARNING
January	TOLERANCE	June	CITIZENSHIP

We have a very busy and fulfilling year ahead. I look forward to seeing everyone at Beaumont throughout the year. As always, please call 610-240-1401 or visit if you have any questions.

Sincerely,

Stephanie Demming
Principal

The Olweus Anti-Bullying Program – Information for Parents

The Olweus program has been in place since last September at all 5 elementary schools. This is the second year and the program may be expanded to the middle schools in the future. Information about the Olweus program was provided to parents and presented at an HSA meeting in the fall. Below are a few points as reminders of the program.

- The children are being taught about the idea of the Circle; that bullying doesn't just involve the bully and the bullied, but also the bystanders. The bystanders have the power to help the bullied student by telling an adult.
- There are 4 rules of the program that are displayed in all classrooms. We will...
 - not bully others
 - help students who are bullied
 - include all students who are left out
 - tell an adult at school and home when someone is bullied
- Staff supervision has been increased at lunch and recess.
- The program's definition of bullying: **"A person is bullied when he/she is exposed, repeatedly and over time, to negative actions on the part of one or more persons."** Some elements of bullying are intentional harm-doing, repeated over time and occurs in a relationship in which there is an imbalance of power. It is differentiated from rough and tumble play.
- If your child tells you about a bullying situation at school, please contact your child's teacher or Dave Hayes, the school counselor. The school will investigate the issue. If the investigation discovers proof of bullying, the school will respond appropriately following the schools discipline code.
- If the school has proof of bullying, parents of both students will be notified. The school will also contact parents with information regarding their child's involvement in an incident that may be leading up to a bullying situation. If needed, school staff would be available to work with the students involved and/or their parents.

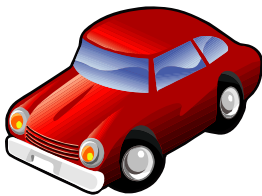
At Beaumont there is a Coordinating Committee for the program, they receive training and have been conveying the information to the BES teachers and staff. If you have any questions or concerns please contact Margaret MacKenzie at 610-725-9129.

From the desk of...



The Guidance Counselor and Reading Specialist

- The Education Record Bureau (ERB) Test will be given **October 2-5 and October 8**. Students in grades 2, 3, and 4 will have these standardized achievement tests.
 - Your children will benefit from being rested and eating a balanced breakfast on those days.
 - Please talk to your children about the nature of standardized tests. Although they are to try to do their best, they are not expected to know all the answers.
-



Student Drop off/Pick Up

To ensure the safety of our students, please note the following reminders:

- When dropping off or picking up students at regular arrival and dismissal times, parents are asked to please use the carpool circle. There should be no cars traveling through or parked in the bus lane.
- Students should not be coming in the lobby doors unless they are with an adult.
- Students should not be dropped off before 8:30 AM. There is no supervision available for children before this time.

Thank you for your cooperation with these procedures.

Holiday Curriculum

The Tredyffrin/Easttown School District developed a Holiday curriculum to teach about ten religious and ethnic holidays for students in grades K-4. It was implemented in the 1999-2000 school year. A committee of elementary teachers representing each grade and all five elementary schools designed the curriculum. The teachers selected appropriate literature for each holiday at every grade level, designed lesson plans, and gathered resource materials. The holidays taught, at the appropriate time of year, are Yom Kippur, Diwali, Thanksgiving, Ramadan, Hannukah, Christmas, Kwanzaa, Chinese New Year, Passover and Easter. The curriculum was presented to a group of representative clergy from the Tredyffrin/Easttown community who supported the efforts of the committee.

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

GRANDPARENTS WANTED

If your children have grandparents in the area that might like to occasionally volunteer at Beaumont please have them attend the Grandparent Coffee at 8 a.m. on October 17 in the cafeteria

for more information or contact

Jeff Preston at 610-644-5995 or jpreston05@comcast.net



GUIDELINES FOR VOLUNTEERS

Volunteers play an important role in the quality of life in all Tredyffrin/Easttown schools. The assistance and support they offer to staff and students is invaluable and their contributions are part of what make our schools special. The following guidelines have been developed to assist you in serving in this unique function. Offering to volunteer in any district school assumes your understanding and agreement with these guidelines.

CONFIDENTIALITY:

Information you may see or hear can affect the lives and futures of individual students. Volunteers must respect the privacy of this information and maintain the same in strict confidence. This same standard of confidentiality applies to policy statements, school procedures and district reports.

RELATIONS WITH STUDENTS:

Volunteers are viewed by students and parents as representatives of the School Board and the School Administration, and are perceived by students as authority figures. When issues of a personal or controversial nature are raised by students, volunteers are placed in a difficult position. While working in a volunteer capacity in school or at school-related activities however, volunteers must refrain from debating, discussing or imposing their opinions on students on personal or controversial issues.

RESPONSIBILITY FOR STUDENTS:

Teachers bear the ultimate responsibility for the welfare of students during school activities. When working with students, or chaperoning field trips or school activities, parent volunteers must report all incidents of inappropriate behavior or situations in which students might be in danger to the teacher in charge of the activity.

ATTENDANCE:

School personnel depend upon and plan for the assistance of the volunteers on a regular basis. Volunteers are encouraged to notify the various personnel with whom they work as far in advance as possible if they are unable to help in their regular time slot.

Concerns or questions about the guidelines or volunteer assignments should be referred to the Coordinator of Community and Volunteer Services at (610) 240-1913.

News from the art room

!!!! wanted: t-shirt donations (men's L or XL) for art smocks in the art room, old towels. Thanks ☺

***Our art curriculum focuses on art through art history, aesthetics, art criticism and art production.**

***All** art students will be able to identify the **elements of design** in art: line, shape, color, value, texture, space and form in a work of art ☺

We also analyze artwork using the **principles of design**: balance, contrast, proportion, pattern, rhythm, emphasis, unity, and variety. Whew!

***In Kindergarten** we learn to look around us for art is everywhere. We study famous artists and their art - Miro, Seurat, Vincent Van Gogh... to name a few.

***In gr. 1** our focus is art around the world- Mexico, Japan, and Africa.

***In gr. 2** the art curriculum looks at art through history: prehistoric cave art, Chinese, Greek, Roman, Medieval, and Gothic art.

***In gr. 3** we look at the art of Pennsylvania-artists past and present. This supports the Social Studies program which investigates the people and art native to our area.

***Gr. 4** students investigate modern art and artists. We look at how art can reflect the life and times of our society.

Beaumont Elementary School Library News

Beaumont 100 Book Club

This year's Beaumont 100 Book Club will begin next week. On Friday, September 28, a copy of the guidelines and the first log sheet will be sent home with each student. Please read the guidelines with your child and encourage him or her to begin a log. Any books that they have read since the beginning of the year will count. Last year we had 112 students who read 100 or more books. There were 50 students who read 200 and received a free paperback book. Seventeen students read over 300 books. We are very proud of all the children that participated in the book club last year. This year let's get everyone involved and have the whole school read 100 books!

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

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

Dona Halthiwanger
Librarian

Jane Anthony
Reading Specialist

Library Display Case

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

NAME _____ ROOM # _____

I have a collection of _____



Health and Fitness News

From the T/E Elementary Physical Education Department



Appropriate Clothes and Shoes for PE

1. It is imperative that the students come prepared to run, jump, and be active in Physical Education class! We pay particular attention to safety as we design and plan each and every lesson. Please help ensure that the safety of your child is preserved by wearing sneakers that lace up or have Velcro straps on the days that they participate in Physical Education. Shoes like sandals, slippers, dress shoes and boots do not provide the necessary protection for the feet and ankles in active participation. Acceptable shoes fit snugly on the foot and do not allow the foot to slip in the shoe. The tennis shoes without a back, heels, etc do not fit these criteria. Also shoes that slip on tend to slide off easily once they are broken in.
2. Open-toe sandals, crocs, and vented sandals do not count as sneakers either. We understand that there are days when it is desirable to wear other shoes due to the weather. On those days, please send tennis shoes in the backpack so that your child can change into them before PE.
3. Also please do not let your child wear sneakers that have wheelies in them – they are not appropriate for school and it is not healthy to wear them for long periods of time.
4. Students should dress in layers. It is often chilly in the morning when school starts and warm in the afternoon. Please be sure to label all your child's clothing.
5. Upper division students should also consider bringing in an extra change of socks or sandals to change into after PE class during the fall months. The older kids often go outside and the grass is still damp from the morning dew. This will enable your child to get out of their wet socks and/or shoes.

Getting back into the routine...

It is hard for all of us (teachers too) to get back into the school routine. Try some of the following:

- Make sure you go to bed early so you are rested for school.
- Make sure you eat a good breakfast every morning.
- Lay your clothes out the night before so you don't have to think about it in the morning.
- Pack your lunch the night before as well.
- Try not to schedule too many evening activities that first week or two while you are adjusting to the school schedule.
- Third and fourth graders eat lunch later than they are used to in first and second grade. Make sure you pack a healthy snack to get you through the morning.

Healthy Snacks

Please check out the district's website on our wellness and nutrition policy. We highly recommend you send only healthy snacks (low in sugar and low/minimal trans fats) in with your child(ren). Please also consider providing healthy snacks when you provide treats for birthdays.

Great alternatives to the typical cake, cookies, and cupcakes:

- Dried fruit snacks
- Fresh fruit salad with whip cream or Jell-O
 - Apple slices with yogurt dip
 - Veggie sticks with ranch dip
 - Bagged pretzels
 - Bagged popcorn
 - Licorice
 - Frozen fruit bars
- Your own homemade cereal mix (like Chex)
- Be careful of providing nuts- our kids have lots of allergies!

You get the idea!

Stay Hydrated!

Children are more prone to heat illness than adults because they have more body surface area per pound of weight. Young athletes, practicing hard in summer heat, are at particular risk. Learn to recognize the early warning signs of heat stress. Your knowledge could save a child's life.

Symptoms of Dehydration

- Thirst
- Fatigue
- Irritability
- Dry mouth
- Feeling hot

When children complain of thirst, feeling hot, or just seem irritable in the heat, they may have early dehydration. Get the child out of the sun into a cool, comfortable place. Have the child start drinking plenty of cool fluids such as water or sports drinks. (Sugary fruit juices or sodas with more than 8% carbohydrates are not absorbed as rapidly by the body.) The child should also take off any excess layers of clothing or bulky sports equipment. You can put cool, wet cloths on overheated skin.

Remember you can always bring a water bottle to school with your name on it.

Activity Calendar

We highly encourage your participate in events like these for two reasons. You are teaching your children to help others and you are participating in an activity that will help you stay fit together.

- Penn Vet 5k for Rabies and Dog Walk (Phila) – Sat, Sept 08
- Patriots Run (Chesterbrook) – Sat, Sept 15th
- Tourette Syndrome Distance Run and Children's Run (Phila) – Sunday, Sept 16th
- 5th Annual Fighting Irish Walk/5k (Chestnut Hill) – Saturday, Sept 29th at 9:00
- The Parkway Run/Walk for Children's Cancer Research (Phila) – Sunday, Sept 30th at 8:30
-

Check out www.active.com for more details and other activities/sports.

Dear Parents and Students:

We are writing to you to let you know of a major change that will be happening this year in Physical Education at all of the elementary schools. We successfully piloted a new fitness assessment program at Valley Forge Elementary last year. All elementary schools will be participating this year. As educators, we believe that it is important to develop within students the knowledge, skills, and confidence to enjoy a lifetime of physical activity. To support this goal, we are introducing the Fitness Gram Assessment Program to students.

The 5 fitness tests include: the PACER test, curl-ups, trunk lift, push ups and sit and reach. (Please note that even though there is section listed for Body Composition, we did not and will not measure percent body fat on our students. Students are measured during the school year by the health room nurses for the health screenings.) These tests measure the Health Related Components of fitness: aerobic capacity (PACER), abdominal strength (curl-ups), trunk flexibility (trunk lift), upper body strength (push ups) and flexibility (sit and reach). We take the results of each test and input them into the computer and the resulting printout tells the specific student whether he or she is in the “Healthy Fitness Zone” for each test.

The results of these tests will provide an individual snapshot of the physical health of each student relative to the health related components of fitness. At the end of the year you will receive a report that details the results of five fitness tests which your son or daughter completed during the school year. You may use this information to monitor your son's or daughter's progress each year. As always if you have any questions or concerns, please contact your child's Physical Education Teacher.

Sincerely,

The Elementary Physical Education Department

THE BEAR FACTS IS ONLINE!!!

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



Bear Facts Deadlines 2007 – 2008

<u>Deadlines</u>	<u>For</u>	<u>Distribution</u>
September 17	October News	September 24
October 22	November News	October 29
November 12	December News	November 26
December 10	January News	December 17
January 21	February News	January 28
February 19	March News	February 25
March 17	April News	March 24
April 21	May News	April 28
May 19	June News	May 26



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

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

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

TO: HSA WEBSITE COMMITTEE

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

Parent's Name(s): _____

Email(s): _____

Child(ren)'s Name/Grade: _____

CHECK ONE:

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

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

Signature: _____ *Date:* _____

Questions? Contact Jeanne Dechiario at jdechiario@yahoo.com or 610-647-4692



Mark your calendar because soon it will be time to...

"Cool off with a good book"

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

Contact co-chairs Laura Prout 610.251.9727, Ellen Quinn 610.687.4858, or
Dede Veale 610.578.0245 or check the Beaumont HSA Website
(www.beaumonthsa.org) for more information or to volunteer!



ArtStamps is coming! Please look for your child's artwork and
order form in their backpack in early October.

A special thank-you to all the parents who provided yummy
baked goods for our new parent coffee and/or our curriculum
nights. Your generosity warmed our hearts and tummies!

Beaumont HSA Board

Don't forget your Sally Foster Orders!!

How are those orders coming for the *Sally Foster Wrapping Paper and Gifts Sale*? You should have received a packet in your child's backpack.

The sale ends October 1st so please submit the orders!!

Use www.sallyfoster.com ...Beaumont's School # 277063.

OR

Return the catalog order forms to school with checks payable to
Beaumont HSA.

Last year we made nearly \$7,000 for the Beaumont HSA.
Thank you for your support!

Questions???

Susan Huck at 610-722-9475

Judy Evangelista at 610-644-1574



**REGISTRATION FOR
PAOLI WILDCATS
GIRLS BASKETBALL LEAGUE
2007-08 SEASON**

When: Saturday, October 6, 9:00 AM – 11:00 AM

Where: T/E Middle School Gym
840 Old Lancaster Road, Berwyn Pa

Eligibility: Limited enrollment for organized league play for girls
Junior Division 9 year olds (age on 8-31-07)
Senior Division 10/11 year olds (age on 8-31-07)
Varsity Division 12/13 year olds (age on 8-31-07)

Registration Requirements:

Players must provide a copy of their birth certificate at registration.

Fees: \$110.00 for Juniors
\$130.00 for Senior and Varsity

League Play: The season starts in November and ends in February.
Most events are on Wednesday, Thursday and Friday evenings and during the day on Saturdays.

Commitment: One practice per week and one game per week.

Contact Dan DiSanto
610-644-4351-evenings
610-251-0135-days

Web Site www.paoliwildcats.org



CONESTOGA YOUTH WRESTLING

2007-2008 REGISTRATION NOW OPEN

Ages: 5-14

SPORTSMANSHIP, DISCIPLINE, LEADERSHIP, COORDINATION, EXERCISE, BALANCE,
STRENGTH, STAMINA, SPEED, TECHNIQUE, STRATEGY, INTENSITY, POWER

Looking for a winter sport for your child? - Whether your child is a beginner who is just looking to participate, or an accomplished, competitive wrestler looking to build more experience, we have a place for him/her.

Looking for a sport that is much more than just a sport? The individual nature of the sport provides an outstanding opportunity for athletes to develop a sense of responsibility and self-esteem while learning the relationship between effort and achievement.

To register or for more information please visit our website: www.conestogawrestling

A Full Year of Community Service at BES

Did you know BES had a community service project almost every month last year? Some of the past projects have been bake sales, canned food drive, car wash, UNICEF and the Giving Tree at holiday time. These projects have been run by Bell Avenue Partnership, MASH, Book Fair, girl scouts and parents. These groups and others plan to work together this year to make sure BES has at least one community service project in *every* month of the school year. We are still in the planning stage, but have some exciting new ideas for this school year. If you are interested in helping plan the year and/or work on one or more community service project we'd love to have you join us. Please contact Julia Fisher at jjfish3@verizon.net or 610-644-6205, Doreen McGillis at dfmcgillis@comcast.net or 610-651-7866, or Maureen Shapiro at moshapiro@comcast.net or 610-651-8175.

CULTURAL ARTS at BEAUMONT
presents:

LELAND FALKNER

with his amazing show,
"World of Wonder"
September 26 at 9:15 and 10:15 a.m.

Your children will enjoy the spellbinding shadow imagery of popular theatrical actor, Leland Falkner. Trained in mime and film production, Mr. Falkner weaves his story lines without words, using his uniquely creative visual effects to allow the audience's imagination to develop and expand the story line.

Afternoon Kindergartners and parents are welcome to attend!

Thanks to the Beaumont HSA for funding for Cultural Arts

Come Out and Join Your Neighbors in the T/E community
at Valley Forge Middle School Auditorium
Friday, October 19th at 7:30 pm
For a one man extravaganza

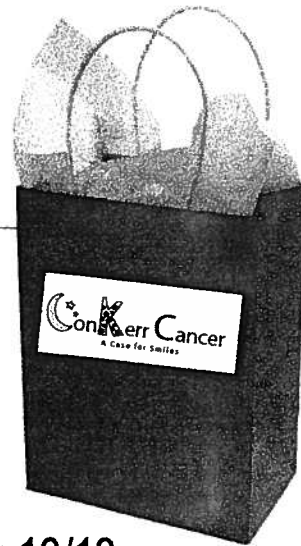
"MICHAEL COOPER"

You will be dazzled by his "breathtaking handcrafted masks, original stories of courage and wonder, outlandish stilt dancing and a physical repertoire that ranges from the madcap to the sublime."

Tickets available at the school office or at the door. You can't beat the family friendly price of \$7 each. (Financial funds available through the guidance counselor)

Presented by DELTA (District Educating and Learning Through the Arts)

★ macy's Shop for a Cause



To Do List: Saturday October 13

- ☒ Shop at Any Macy's Nationwide or Online
- ☒ Get Great Discounts All Day Long – 20% Off Most Items!
- ☒ Make a Pillowcase with Us at Macy's Exton Mall to Donate
- ☒ Can't shop 10/13? Pre-purchase your items and pick-up after 10/13

Here's how it works:

1. Buy a \$5 Macy's shopping pass from ConKerr Cancer for yourself or give it as a gift
2. Take your shopping pass to ANY Macy's nationwide on October 13th and save money all day!
 - ☒ 20% off regular, sale and clearance women's, men's and kids' apparel & accessories, fine, bridge & fashion jewelry, bed & bath items, housewares, frames, luggage, china, crystal & silver, all kitchen & personal care electrics & technology items.
 - ☒ 10% off regular, sale & clearance furniture, mattresses & rugs.

ConKerr Cancer receives all \$5 as a contribution to help us give even more smiles to sick children in hospitals across the country.

Shop for a Cause Order Form

Complete form and send payment to:

ConKerr Cancer
c/o Lisa Kaupp
90 Bunker Hill Court
Wayne, PA 19087

Name: _____

Address: _____

Phone: _____

Email: _____

Number of Shopping passes needed _____

Payment enclosed @\$5 per pass _____ Make checks payable to: ConKerr Cancer

ConKerr Cancer is a non-profit organization that has provided over 16,000 fun, colorful pillowcases to children battling life-changing illnesses at 9 hospitals up and down the east coast.



To get your Macy's shopping pass now, email shopforconkerr@aol.com or contact Lisa Kaupp at 610-296-1396. Check out our website www.ConKerrCancer.org to see how you can help "Give a Sick Child a Smile!"

Attention: Parents/Guardians of Middle School and Elementary School Students

Your Help Is Needed!

- Are you interested in helping our youth develop strong, positive self images of themselves and to make healthy choices to stay drug free?
- Do you wish to become more involved with other parents and community leaders who are facing the same concerns as you, but aren't sure how?

Please Consider Joining ARCH.

Parents of Middle School and Elementary School are needed to continue the fight against substance use and abuse.

There are many ways to get involved:

- Youth Committee
- Marketing Committee
- Events Committee
- School Liaison

**Attend an ARCH meeting and get involved.
Together we can make a difference!**

ARCH meetings are held the first Wednesday of every month from 8:30 to 10:00 a.m. in the Education Services Center (ESC), Berwyn.

Everyone is Welcome!

www.ARCHcares.org

Area Residents Caring and Helping, Inc., is a community coalition established in 1981 by parents in the Tredyffrin/Easttown School District to assist, educate and support one another in dealing with substance use and abuse by the young people in our community. ARCH sponsors parent workshops, offers educational programs for children and works closely with the Tredyffrin/Easttown School District Administration to provide student services and resources in the fight against substance abuse.

Statement of Purpose

We are a partnership of parents, school administrators, police officers, teachers, students, and community members committed to supporting families and helping youth form a strong positive self image to enable them to make healthy choices and stay drug free.

Our goal is to assist the community to provide a better quality of individual and community life by working towards the elimination of alcohol and other drug use by minors, fostering healthy relationships between parents and youth, and further cooperation between schools and the community.

B.U.I.L.D.

**BETTER UNDERSTANDING OF INDIVIDUALS WITH
LEARNING DIFFERENCES**

*B.U.I.L.D., a support group for parents of children with
learning differences, is pleased to invite the public to
participate in a discussion on*

Sexuality and The Exceptional Child with **Anne Bernstein**

MSW/L and Trained Sex Educator

**Tuesday November 27, 2007
7:00 – 9:00 P.M.**

**EDUCATION SERVICES CENTER
738 FIRST AVENUE
BERWYN, PA 19312**

For questions or additional information, please contact
Cindy Verguldi at (610) 202-4371

B.U.I.L.D.

**BETTER UNDERSTANDING OF INDIVIDUALS WITH
LEARNING DIFFERENCES**

*B.U.I.L.D., a support group for parents of children with
learning differences, is pleased to invite the public to
participate in a discussion with:*

Dr. Jeff Bernstein

Author of

“10 Days to a Less Distracted Child”

**Tuesday October 23, 2007
7:00 – 9:00 P.M.**

**EDUCATION SERVICES CENTER
738 FIRST AVENUE
BERWYN, PA 19312**

For questions or additional information, please contact
Cindy Verguldi at (610) 202-4371

"The Gathering" OF T.E. Special Needs Families

Sponsored by B.U.I.L.D.

**Help from: The Arc of Chester County
& Acting Antics**

Saturday September 29. 2007

11a.m.-4p.m.

Wilson Farm Park

(The All Abilities Playground)

**Please come and meet other pre-school,
elementary and middle school families
while the children play.**

Entertainment, Games & Fun!

Please bring your lunch and something to share.

We need a head count so

Please R.S.V.P. to:

Cindy Verguldi 610-202-4371



Addressing Substance Abuse in T/E School District

Join (or listen to) an Open Discussion
In a Townhall Meeting format

October 24, 2007... 7:30– 9 pm
Easttown Library, Berwyn, PA

Parents and care givers are invited to join the community effort to make a difference and keep our youth alcohol and drug free. A Townhall Meeting (conducted by ARCH), entitled “Keep the Discussion Going,” will be held on Wednesday, October 24 from 7:30 – 9:00 pm, at the Easttown Library in Berwyn.

Plan to leave this meeting with *at least* **ONE ACTION** you can take to prevent our youth from drinking or using other drugs, both today and in the future.

Some of the topics to be explored will be:

- Learn the current trends of substance abuse in *our* community;
- Understand the role of peer pressure;
- Learn how to talk with teens and how to listen;
- Share experience, strength and hope with other parents.

Officer Jim Mutter of the Tredyffrin Police Department (and local D.A.R.E.* Instructor) will participate in the discussion.

The discussion will be facilitated by Dr. Marc Tannenbaum, psychologist, district parent and ARCH Co-Chair. For further information, visit the ARCH website: www.ARCHcares.org or contact Marc Tannenbaum (610-296-1006) or Ellen Moeller (610-783-6301), ARCH Co-Chairs.

**Drug Abuse Resistance Education is part of the 5th grade curriculum in TE middle schools*



*When they were little you
made sure that every ride
in a car was with the
proper child safety seat
– buckled tightly.*

*So now they are
teenagers (or soon to be
teenagers) – don't you
want to prevent them
from being in the car with
a driver who is drinking
or doing drugs?*

The Path to Positive Self-Concept

Over the past three decades, psychologists have placed huge emphasis on the importance of having a positive self-concept. Rightly so! How we feel about ourselves may be the single most important factor affecting how motivated we are to succeed in school, the types of friends we select, the person we marry, etc.

Due to the undisputed importance, people have spent tremendous energy trying different approaches to give kids good self-concepts. Listed below are just a few of the many **tactics that have created selfish kids** rather than ones with a good sense of self!

- Constant praise
- Ensuring that they are always the center of attention
- Making sure that they never encounter any hardships
- Buying them everything they want
- Rescuing them from the consequences of their misbehavior
- Setting no limits so that they can “express their creativity”

There's only one approach that really works, and it's based on the following age-old truism:

**The best way to feel good is to
do something good.**

When parents place a high emphasis on good and respectful behavior, children look at themselves and think, “I act pretty darn good and responsible. I must be pretty darn good and responsible.”

True self-concept is developed when children encounter struggles, are taught how to overcome these struggles, and see themselves acting in respectful and responsible ways. Stated quite simply, self-concept is an inside job.

Adapted from www.loveandlogic.com

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

Tredyffrin Easttown School District

Elementary Lunch Menu

October 2007

Please include Pin #'s and your child's name with all pre-payments.

Paid Lunch \$2.10

Reduced Lunch \$.40

				
Monday	Tuesday	Wednesday	Thursday	Friday
1 A. Turkey Sloppy Joe on a Bun B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat Oven Baked French Fries Chilled Fresh and Canned Fruit	2 A. Chicken Fingers w/Dipping Sauce B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Green Beans Chilled Fresh and Canned Fruit	3 A. Cheesesteak Sandwich on a Steak Roll B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Garden Salad Chilled Fresh and Canned Fruit	4 A. Baked Potato Bar w/Broccoli & Cheese B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Salad Chilled Fresh and Canned Fruit	5 A. Stuffed Crust Pizza B. Chicken Patty on a Whole Wheat Bun C. Tuna Salad on a Bun D. PBJ White or Whole Wheat E. Salad Platter Baby Carrots w/Dip Chilled Fresh and Canned Fruit
8 A. French Toast Sticks w/Syrup & Turkey Sausage Patty B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat Potato Wedge -Baked Chilled Fresh and Canned Fruit	9 A. Cheeseburger w/Lettuce, Tomato B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Mixed Vegetables Chilled Fresh and Canned Fruit	10 A. Pasta w/Meat sauce B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	11 A. Chicken Nugget w/ Whole Wheat Dinner Roll B. Pizza C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Whipped Potatoes Chilled Fresh and Canned Fruit	12 A. French Bread Pizza B. Hot Dog w or w/o Sauerkraut C. Turkey Breast on Whole Wheat Bread D. PBJ White or Whole Wheat E. Salad Platter Tossed Garden Salad Chilled Fresh and Canned Fruit
15 A. Chicken Patty on a Bun B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat Carrot Coins Chilled Fresh and Canned Fruit	16 A. Toasted Cheese Sandwich B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tomato Soup Chilled Fresh and Canned Fruit	17 A. Meatball Sandwich on a Sub B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Garden Salad Chilled Fresh and Canned Fruit	18 A. Soft Taco w/Shredded Cheese, Tomato, Lettuce, Salsa B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Chilled Fresh and Canned Fruit	19 A. Pepperoni Pizza B. Cheeseburger on a Bun C. Bagel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter Green Beans Chilled Fresh and Canned Fruit
22 A. Cheese Quesadilla B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat Honey Glazed Carrots Chilled Fresh and Canned Fruit	23 A. Nacho's with Seasoned Meat, Cheese, Salsa B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Carrot & Cucumber Slices w/Dip Chilled Fresh and Canned Fruit	24  "Great Apple Crunch Day" A. Turkey Hot Dog on a Bun B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Baked Beans Assorted Apples, Applesauce	25 A. Ham & Cheese Hoagie on a Sub Roll w/ Lettuce, Tomato B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Potato Puffs Chilled Fresh and Canned Fruit	26 A. Pizza B. Chicken Nuggets w/Dinner Roll C. Turkey-Ham & Cheese Sandwich D. PBJ White or Whole Wheat E. Salad Platter Tossed Salad Chilled Fresh and Canned Fruit
29 A. Mozzarella Cheese Sticks w/Marinara Sauce B. Pizza C. Pretzel & Yogurt D. PBJ White or Whole Wheat Carrot Sticks w/Dip Chilled Fresh and Canned Fruit	30 A. Popcorn Chicken B. Pizza C. Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Corn Chilled Fresh and Canned Fruit	31 A. Cheeseburger on a Whole Wheat Bun B. Pizza C. Pretzel & Yogurt D. PBJ White or Whole Wheat E. Salad Platter or Salad Bar Tossed Salad Chilled Fresh and Canned Fruit	ON-Line You can view your child's cafeteria account on-line, as well as receive e-mail balance notifications and make deposits directly into your child's account. You must register your account each year at www.paypams.com . There will no longer be a 5.6% charge for putting deposits on your child's account. There is however, a once a year registration fee of \$10 per student. The District does not receive any of the registration fee. Benefits include increased security and control, auto-payment to ensure your child always has money in their account and much more! If you prefer, you may still pay by check or cash.	



OCTOBER 2007



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Beaumont 100 Book Club Begins 3:30 - 4:30 4th Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>2</p> <p>ERB Testing Grades 2-4 3:30 -4:30 3rd Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>3</p> <p>7:30 AM Chess Club 8:00 AM Chorus Rehearsal ERB Testing Grades 2-4 3:30 - 4:30 2nd Grade Sports 3:30 - 4:30 Kids Helping Others Club</p>	<p>4</p> <p>8:00 AM Orchestra rehearsal ERB Testing Grades 2-4 3:30 - 4:30 3rd - 4th grade Art Club</p>	<p>5</p> <p>ERB Testing Grades 2-4</p>
<p>8</p> <p>ERB Testing Grades 2-4 3:30 - 4:30 4th Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>9</p> <p>3:30 -4:30 3rd Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>10</p> <p>7:30 AM Chess Club 8:00 AM Chorus Rehearsal 3:30 - 4:30 2nd Grade Sports 3:30 - 4:30 Kids Helping Others Club</p>	<p>11</p> <p>8:00 AM Orchestra rehearsal 3:30 - 4:30 3rd - 4th grade Art Club 3:30 - 4:20 Science Explorers</p>	<p>12</p>
<p>15</p> <p>3:30 - 4:30 4th Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>16</p> <p>3:30 -4:30 3rd Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>17</p> <p>7:30 AM Chess Club 8:00 AM Grandparent Coffee 8:00 AM Chorus Rehearsal 9:15 HSA Meeting 3:30 - 4:30 2nd Grade Sports 3:30 - 4:30 Kids Helping Others Club</p>	<p>18</p> <p>8:00 AM Orchestra rehearsal 9:00 & 12:45 Kindergarten to Sugartown Strawberries 3:30 - 4:30 3rd - 4th grade Art Club 3:30 - 4:20 Science Explorers</p>	<p>19</p>
<p>22</p> <p>3:30 - 4:30 4th Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>23</p> <p>3:30 -4:30 3rd Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>24</p> <p>7:30 AM Chess Club 8:00 AM Chorus Rehearsal Kindergarten Pumpkin Extravaganza 3:30 - 4:30 2nd Grade Sports 3:30 - 4:30 Kids Helping Others Club</p>	<p>25</p> <p>8:00 AM Orchestra rehearsal 3:30 - 4:30 3rd - 4th grade Art Club 3:30 - 4:20 Science Explorers</p>	<p>26</p>
<p>29</p> <p>9:15 Cultural Arts Assembly 10:15 Cultural Arts Assembly 3:30 - 4:30 4th Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>30</p> <p>Book Fair 3:30 -4:30 3rd Grade Sports 3:30 - 4:30 1st -2nd grade Art Club</p>	<p>31</p> <p>Book Fair 7:30 AM Chess Club 8:00 AM Chorus Rehearsal 9:30 AM K Parade & Party 1:00 Gr 1-4 Parade & Party 2:30 PM K Parade & Party 3:30 - 4:30 2nd Grade Sports 3:30 - 4:30 Kids Helping Others Club</p>		