



THE BEAR FACTS

September 28, 2009

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

Mark Your Calendar!

Oct 1..... 1 Mile Walk/Run Event 5PM
 Oct 5-8..... ERB Testing
 Oct 6..... Halloween Costume Sale
 2 - 7 PM
 Oct 21..... HSA Meeting 9:15am
 Oct 26-30... Fall Book Fair
 Oct 30 Halloween Parade and
 Parties

HSA Meeting Schedule

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

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

575 Beaumont Road • Devon, PA 19333

Office: 610-240-1400

HSA Website: www.beaumonthsa.org

District Hotline: 610-240-1970

District Website: www.tesd.net

Hello Beaumont Families,

Welcome to all our new families and welcome back to those returning for another great year at Beaumont. The HSA board is looking forward to an exciting year at Beaumont. I would like to thank those of you that have already been busy coordinating the events that took place at the beginning of the school year. Despite the rain those of us that came out enjoyed the opening week picnic. It was a great time to meet new families and reconnect with those you had not seen over the summer. The hospitality committee had a wonderful assortment of refreshments at all of the curriculum nights. Without the involvement of all the wonderful parents that Beaumont has, we would not be able to run so many exciting events for our school!

As always, we have many exciting events coming next month. We have kicked off our fall fundraisers with our wrapping paper sale and kidsstuff coupon book sale. Both of these events are still on going. You can return order forms to the office. We will also host our annual New Parent Coffee on September 23 at 8:15am in the large group room.

We have added two new fundraisers to the fall line up. Our first annual 1 mile family Walk/Run will take place on October 1st at 5:00pm. Come out and walk with your friends, family classmates and teachers! Our second is a used Halloween Costume Sale on October 6th from 2:00pm-7:00pm. You can donate gently used costumes in the lobby. All costumes will be sold for \$5.00.

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: October 26, 2009

SUBMISSIONS TO: bearfacts@beaumonthsa.org

CONTACT: Kerri Martin, Editor

Welcome to the New School Year !
From Dr. Demming

Dear Beaumont Students, Staff, and Families,

Welcome to a new year at Beaumont Elementary School. By now you have settled into some classroom and school routines within your new grade level. Many exciting and important events and school-related activities await us this fall. I encourage you to check the Beaumont School and H.S.A. websites often, read the Bear Facts carefully, and be aware of handouts coming from your teachers and the office. All of this information will keep you informed and up-to-date with the many activities and programs Beaumont has to offer! Following I have a quick thank you to express and a reminder of testing schedules.

I would like to take this opportunity to extend a special thank you to the Home and School Association for their generous gifts to Beaumont this summer. The new blue couches are a welcome addition to our lobby. The flatscreen tv and computer in the lobby display a loop of student pictures, school announcements, lunch menu, day of the cycle and upcoming school events. The cafeteria projector and control systems provide a more efficient means to project presentations for meetings, assemblies, school events, and cultural arts activities. The extra equipment for the poster/banner-making machine extends the ways the staff members and parents can make materials for the students and school.

To share an important notice in terms of school testing this year, ERB (Educational Records Bureau) standardized tests are scheduled during October 5-13 for grades 2, 3, and 4. PSSA (Pennsylvania System of School Assessment) reading and math testing is April 12-16 for grades 3 and 4. PSSA science testing is April 26-30 for grade 4. Prior to testing times, each grade level involved will have a specific schedule of testing that classroom teachers will share with you. For all assessments, generally, we complete the majority of the testing during the first days of a test window. Make-up testing occurs during the rest of the days. If you have any questions about school assessments, please call our counselor, Mrs. Root, or me at any time.

Thank you to everyone for your wonderful efforts to ensure a great beginning. Cheers to school year 2009-2010!!

Sincerely,

Stephanie Demming
Principal

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 Dechiario 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.



TE All-Call Needs Your Updated Numbers!

Again this year, the T/E School District will use TE All-Call, the emergency phone notification system, to communicate emergency closings and early dismissals. Please to notify the school's main office as soon as possible if your contact numbers change at any point during the school year.

Interested in receiving email updates from the T/E School District?

Join our email notification program today to receive special announcements, press releases, T/e-Bulletin Board fliers, meeting information and more. Visit the T/E School District web site at www.tesd.net to sign-up or send your email address to notification1@tesd.net.



Please Note:

The 2009-2010 School District Calendar lists the incorrect date for Passover 2010. The calendar lists Passover beginning on April 8, 2010. The correct date for the beginning of Passover is March 30, 2010, which falls during Spring Break.

2009-2010 Elementary Holiday Curriculum

Prior to the 1999-2000 school year, a committee of elementary teachers from all grades and schools met to develop the current Holiday Curriculum for students in grades K-4. The curriculum teaches students about ten religious, ethnic, and cultural holidays at the appropriate time of year. In designing the curriculum, teachers gathered resources, selected literature for each holiday and grade level and designed lesson plans. The ten holidays covered are Ramadan, Yom Kippur, Diwali, Thanksgiving, Hanukkah, Christmas, Kwanzaa, Chinese New Year, Passover, and Easter. The Holiday Curriculum was presented to representative clergy from the Tredyffrin-Easttown community prior to implementation.

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

Holiday Dates - 2009-2010

Ramadan – Begins at sunset on Friday, August 21 and ends on Saturday, September 19.

Yom Kippur – Begins at sunset on Sunday, September 27, 2009
(Rosh Hashanah begins at sunset on Friday, September 18, 2009)

Diwali – Saturday, October 17, 2009

Thanksgiving – Thursday, November 26, 2009

Hanukkah – Begins at sunset on Saturday, December 12, 2009 and ends on Saturday, December 19, 2009)

Christmas – Friday, December 25, 2009

Kwanzaa – Saturday, December 26, 2009 - Friday, January 1, 2010

Chinese New Year – Begins on Sunday, February 14, 2010 (Year of the Tiger)

Passover – Begins at sunset on Monday, March 29, 2010.

Easter – Sunday, April 4, 2010

Beaumont Elementary School Library News

Beaumont 100 Book Club

This year's Beaumont 100 Book Club will begin next week. On Friday, September 25, 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 108 students who read 100 or more books. There were 48 students who read 200 and received a free paperback book. Twenty-two students read over 300 books. We are very proud of all the children that participated in the book club last year. This year let's get everyone involved and have the whole school read 100 books!

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

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

Dona Haltiwanger
Librarian

Jane Anthony
Reading Specialist

Library Display Case

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

NAME _____ ROOM # _____

I have a collection of _____



Health and Fitness News

From the T/E Elementary Physical Education Department Sept 2009



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

We highly encourage you to have an open dialogue with your student about what you read in our newsletter. For example, you could ask your child to tell you why s/he thinks we chose the thought or quote of the month or what that thought or quote of the month means to her/him.

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

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

Appropriate Clothes and Shoes for PE

1. 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 your child's clothing.

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. We understand that there are days when it is desirable to wear other shoes. On those days, please send tennis shoes in the backpack so that your child can change into them before class.

Thought or Quote of the Month:

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

Author unknown.

*The best way to prevent the flu virus is by hand washing!!!
When washing your hands, you should sing Happy Birthday 2 times!!!*

The importance of staying hydrated

Staying hydrated in the fall/winter is just as important as the spring/summer. When we engage in physical activity we lose a fair amount of fluid when we are sweating to cool our bodies as they heat up as well as breathing harder from the exertion. Depending upon weather conditions, a brisk walk will generate up to 16 ounces of sweat (a pound of water).

Illness symptoms such as a fever, diarrhea, and vomiting can cause dehydration. If a fever is present due to an infection, the body can lose a significant amount of water in the form of sweat to cool itself.

Diarrhea is the most common reason a person loses excess water. A significant amount of water can be lost with each bowel movement. Worldwide, dehydration from diarrhea accounts for many of the deaths in children.

Vomiting can also be a cause of fluid loss because it makes it difficult to replace water by drinking it.

Symptoms of Dehydration

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

When children complain of thirst, feeling hot, or just seem irritable, especially during physical activity, they may have early signs of dehydration. Get the child into a cool comfortable place and have them 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.

Symptoms of Heat Illness Associated With Dehydration

- **Heat cramps:** Painful cramps of the abdominal muscles, arms, or legs.
- **Heat syncope:** Weakness, fatigue, or fainting after exercising in heat.
- **Heat exhaustion:** Profuse sweating, fatigue, headache, dizziness, loss of appetite, nausea, vomiting, chills, weakness, excessive thirst, muscle aches and cramps, vision problems, flushing, agitation or irritability, and sometimes unconsciousness.
- **Heat stroke:** High body temperature (often it's 104°F-105°F or higher) and rising, nausea and vomiting; seizures; disorientation or delirium; hot, dry skin; unconsciousness; coma; shortness of breath; decreased urination; or blood in urine or stool.

Healthy ReciPE of the Month

Veggie Stir Fry

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

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

H1N1 Flu News From Your School Nurse

When the school year ended last June, our district had begun to see a few isolated cases of the H1N1 Flu. The public health agencies have advised us that we may have an increased number of influenza cases in schools this fall and winter, but there are a number of good health practices that will help to prevent the spread of this illness in our community.

- Wash hands often with soap and water or an alcohol based hand cleaner.
- Cover coughs and sneezes with a tissue, or if a tissue is unavailable, cough into an arm or sleeve.
- Tell your children not to share food or drinks.
- Be alert for symptoms of the flu, and do not send children to school if they appear sick.
- Keep sick children at home for at least 24 hours after they no longer have a fever and are not taking fever-reducing medications.

The symptoms of the H1N1 Flu are usually mild in otherwise healthy individuals, but may include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and occasionally diarrhea and vomiting. The virus is not spread by animals, by eating any food, by community drinking water, or by recreational water such as swimming pools or spas. Any contaminated environmental surface can be cleaned by heat (167-212 degrees F), chlorine, hydrogen peroxide, or common detergents.

The school staff will be encouraging students to practice good health hygiene habits at school and at home. Working together, we hope to make the school year as “flu free” as possible. If you have any questions please call the School Nurse in your child’s school.

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)	Senator Ted Erickson (Easttown)
One North Church Street	5037 Township Line Road
West Chester, PA 19380	Drexel Hill, PA 19026-4821
andy@pasenate.com	eerickson@pasen.gov
Representative Paul Drucker (Tredyffrin)	Representative Duane Milne (Easttown)
922 Old Eagle School Road, Suite 909	18 E. Lancaster Avenue
Wayne, PA 19087	Malvern, PA 19355
pdrucker@pahouse.net	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	

BEAUMONT BEAR GEAR ONLINE STORE – OPEN SEPTEMBER 9TH THRU 27TH!



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

Wednesday, September 9th until Sunday, September 27th.

Items will arrive at Beaumont the third week of October.

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@gmail.com 610-725-8111



1 Mile "Back to School" Family Fun Walk/Run

5:00 pm 1 Mile Walk/Run all ages!

~Benefits Beaumont HSA~

(If financial assistance is needed, please contact Judith Root)

CUT HERE

It's Not Too Late to Place an Order!

Beaumont's Innisbrook Wrapping Paper and Gifts Sale is still going on.

To order on-line go to www.innisbrook.com and select EZ.

Beaumont's school number is **102191**.

Make checks payable to Beaumont HSA and return with voucher.

Don't forget, the annual wrapping paper sale is one of our biggest fundraisers. 50% of proceeds go directly to Beaumont.

Thank you for supporting our school!

Questions?

Vivian Lee at 484-318-7100 or nayoungkim88@hotmail.com

The Beaumont HSA presents a
HALLOWEEN COSTUME



COLLECTION & SALE

Need to clean out your closets of old Halloween costumes?
Looking for great costumes that won't break your budget? If so,
check out Beaumont HSA's Halloween Costume Collection &
Sale!

\$5



\$5

COLLECTION: Week of September 21st

Drop off gently used costumes IN GOOD CONDITION to
marked box in Beaumont's lobby during school hours. All sizes
from toddler through elementary age will be accepted.

SALE: Tuesday, October 6, 2009 – 2 to 7 p.m.

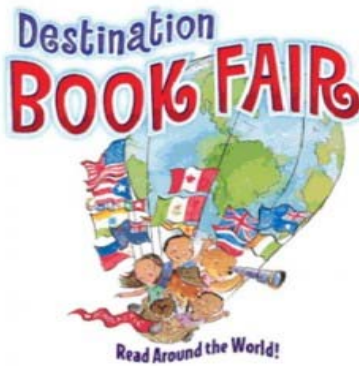
Bring the kids and shop for their Halloween costumes this year.

Sale will be held in Beaumont's Cafeteria.

ALL COSTUMES ONLY \$5!!!!

All proceeds benefit Beaumont HSA. Any questions, call Patti Kennedy – 610-640-0560

Unsold collected costumes will be donated to charity



Beaumont's Fall Scholastic Book Fair is scheduled for Monday, October 26th through Friday, October 30th. 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 Pam Albertson at pamalbertson@comcast.net

I want to volunteer at the Scholastic Book Fair!

Name _____ **E-Mail Address** _____

Telephone numbers _____

- ☐ **Yes, I will help set-up fair (Oct. 23rd)**
☐ **Yes, I will bake/provide refreshments for special events.**

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

☐ **Monday** ☐ **Tuesday** ☐ **Wednesday** ☐ **Thursday** ☐ **Friday**

☐ **8:20-10:00 (8:00 Thurs.)** ☐ **10:00-12:00** ☐ **12:00-2:00** ☐ **2:00-3:30**

☐ **5:30-8:30 p.m. (Tuesday- Family Night)**



OCTOBER 2009



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 8:00 Chorus 3:30 - 4:30 Math Club 3:30-4:30 Science Explorers 5:00 PM Race Back to Beaumont Day 1	2 9:30 Fire Company visit for K & 1st Day 2
5 ERB Testing Day 3	6 ERB Testing 2:00-7:00 PM Halloween Costume Sale 3:30 - 4:30 Theater Club Day 4	7 ERB Testing 8:00 Orchestra 3:30 - 4:30 Math Club Day 5	8 ERB Testing 8:00 Chorus 3:30-4:30 Science Explorers 3:30 - 4:30 Math Club Day 6	9 Day 1
12 3:30-4:30 2 nd grade Sports Day 2	13 3:30-4:30 3 rd grade Sports 3:30 - 4:30 Theater Club Day 3	14 3:30 - 4:30 Math Club 3:30-4:30 4 th grade Sports Day 4	15 8:00 Chorus & Orchestra K to Sugartown Strawberries 3:30-4:30 Science Explorers 3:30 - 4:30 Math Club Day 5	16 Day 6
19 3:30-4:30 2 nd grade Sports Day 1	20 3:30-4:30 3 rd grade Sports 3:30 - 4:30 Theater Club Day 2	21 9:15 HSA Meeting 3:30 - 4:30 Math Club 3:30-4:30 4 th grade Sports Day 3	22 8:00 Chorus 9:30 & 1:00 Kindergarten Pumpkin Extravaganza 3:30-4:30 Science Explorers 3:30 - 4:30 Math Club Day 4	23 8:00 Orchestra Day 5
26 3:30-4:30 2 nd grade Sports Day 6	27 3:30 - 4:30 Theater Club 3:30-4:30 3 rd grade Sports Day 1	28 3:30 - 4:30 Math Club 3:30-4:30 4 th grade Sports Day 2	29 8:00 Chorus 3:30 - 4:30 Math Club Day 3	30 9:30 AM K Halloween Party 2:00 PM Halloween Parties & Parade Day 4

B O O K F A I R




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

Tredyffrin Easttown School District

Elementary Lunch Menu

October 2009

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

Monday	Tuesday	Wednesday	Thursday	Friday
▼ Identifies Vegetarian Items	Healthy Snack Tip Before grabbing a candy bar or bag of chips try something new and healthy like; fruit & yogurt, raw vegetables w/dip, a whole grain bagel with peanut butter, string cheese, lowfat yogurt with granola, unsalted pretzels, 100% frozen juice bars, banana slices with a little peanut butter, just to name a few! These healthy snacks will energize you and are great tasting too! 		Day 1 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 2 A. Stuffed Crust Pizza ▼ 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 ▼ Tossed Garden Salad ▼ Baby Carrots w/Dip ▼ Chilled Fresh and Canned Fruit ▼
	Day 3 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 4 6 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 5 7 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 6 8 A. Chicken Nugget w/ Whole Wheat Dinner 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 ▼ Baked Potato Puffs ▼ Chilled Fresh and Canned Fruit ▼
Day 2 12 A. Oven Baked Breaded Boneless Chicken Drumstick B. Cheeseburger on a Bun C. Hummus Bites ▼ D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼ Tossed Garden Salad ▼ Carrot Coins ▼ Chilled Fresh and Canned Fruit ▼	Day 3 13 A. Toasted Cheese Sandwich ▼ B. Cheeseburger on a Bun C. Hummus Bites ▼ D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼ E. Salad Platter or Salad Bar ▼ Tossed Garden Salad ▼ Tomato Soup ▼ Chilled Fresh and Canned Fruit ▼	Day 4 14 A. Cheesesteak Sandwich on a Steak Roll B. Cheeseburger on a Bun C. Hummus Bites ▼ D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼ E. Salad Platter or Salad Bar ▼ Tossed Garden Salad ▼ Carrot Sticks w/Dip ▼ Chilled Fresh and Canned Fruit ▼	Day 5 15 A. Soft Chicken Taco w/Shredded Cheese, Tomato, Lettuce, Salsa B. Cheeseburger on a Bun C. Hummus 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 16 A. Pepperoni Pizza B. Cheeseburger on a Bun C. Hummus Bites ▼ D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼ E. Salad Platter ▼ Tossed Garden Salad ▼ Green Beans ▼ Chilled Fresh and Canned Fruit ▼
Day 1 19 A. Cheeseburger on a Whole Wheat Bun 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 20 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 21 A. Turkey Hot Dog on a Bun 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 ▼ Vegetarian Baked Beans ▼ Chilled Fresh and Canned Fruit ▼	Day 4 22 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 5 23 A. Pizza ▼ 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 ▼ Tossed Garden Salad ▼ Peas & Carrots ▼ Chilled Fresh and Canned Fruit ▼
Day 6 26 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 1 27 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 2 28 "APPLE CRUNCH DAY" A. Apple Cinnamon Breadsticks ▼ & String Cheese ▼ 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 ▼ Assorted Apples and Apple Slices 	Day 3 29 A. Oven Baked Breaded 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 ▼ Whipped Potatoes ▼ Chilled Fresh and Canned Fruit ▼	Day 4 30 Happy Halloween!!!  A. 5" Individual Pizza ▼ B. Turkey Hot Dog on a Bun C. Yogurt Bites D. Peanut Butter and Jelly Uncrustable on White or Whole Wheat ▼ E. Salad Platter ▼ Tossed Garden Salad ▼ Green Beans ▼ Chilled Fresh and Canned Fruit ▼