



# The Bear Facts

Beaumont's Monthly Newsletter April 2011

## Mark Your Calendar!

M, 4/1 Kindergarten Spring Fling  
 M, 4/2-T, 4/3 4<sup>th</sup> Grade PSSA Science  
 T, 4/12-  
 Th, 4/14 1<sup>st</sup> Grade Sages  
 W, 4/13 HSA Meeting  
 Th, 4/14 Kindergarten Mother  
 Goose Assembly  
 F, 4/15 3<sup>rd</sup> and 4<sup>th</sup> Grade Betsy  
 Ross Assembly  
 M, 4/18-  
 F, 4/22 Spring Break  
 M, 4/25 School Board Meeting  
 W, 4/27 2<sup>nd</sup> Grade to Kimmel Center  
 1<sup>st</sup> Grade Field Trip

## HSA Meeting Schedule

April 13 at 9:15am

May 19 at 7pm

June 9 at 9:15am

\*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.

Next Bear Facts: April 25

Submission Deadline: April 15

Contact: Tory Stagnaro, Editor

Submissions to [torystagnaro@yahoo.com](mailto:torystagnaro@yahoo.com)

575 Beaumont Road Devon, PA 19333

Office: 610-240-1400

HSA Website: [www.beaumonthsa.org](http://www.beaumonthsa.org)

District Hotline: 610-240-1970

District Website: [www.tesd.net](http://www.tesd.net)

Dear Beaumont Families,

Aren't bears supposed to hibernate in the winter? Well the Beaumont Bear must have forgotten this year. There hasn't been any resting taking place at Beaumont this winter. We have been very, very busy! We had our Spring Scholastic Book Fair (even though it was technically winter) during the week of Feb 14<sup>th</sup>-18<sup>th</sup>. The Carnival theme was a lot of fun. Thank you to everyone for supporting this great fundraiser. Beaumont raised \$200 through the One For Books program which was used by Mrs. Haltiwanger to purchase books for the library. Sherri Gartner, Courtenay Homan, and Tamra Adams did a great job chairing this fundraiser. Thank you to all the parent volunteers who helped in the classrooms during the Valentine's Parties. The kids really look forward to these parties. Thank you for coming up with such creative games!

The much anticipated Father Daughter Dance took place on February 19<sup>th</sup> and luckily the snowy winter weather cooperated. I hope everyone had a chance to see the decorations the committee designed. Every year I am blown away and I have to say this year's CandyLand theme was my personal favorite. Thank you to Laura Sedor, Sue Moody, Tiffany Dowling, and Jamie Mushlin for planning such a wonderful night for the girls and their special dates. Not to be outdone, Carol Lake, Kerri Martin, and Jenny Matson created quite a buzz for the Minute to Win It night for the Mother Son Event on March 18<sup>th</sup>. I know I had mentioned to my daughter that I was a little jealous that she and her dad were going to the dance and my youngest son was right there saying it was okay because we were going to go to the cool Minute To Win It night. I love that my kids are proud of the events that take place at our school! The chairs and many volunteers that help them really do put so much time and energy into making these events special for our children. Their lives really do get put on hold especially the week of the event. Your effort does not go unnoticed. THANK YOU!!

Finally, I wanted to mention the HSA 2011/2012 Planning Survey that came home in the backpacks last week. It would be really helpful if you take the time to complete the survey. We would like to use them to help us figure out what events/fundraisers the Beaumont community likes and doesn't really like anymore. We also have two board position openings for the 2011/2012 school year - the Treasurer and the Vice President of Communications (which is a newly created position per by-law amendment approval at the next HSA meeting). If you are interested in either of these positions please contact me at [pamalbertson@comcast.net](mailto:pamalbertson@comcast.net).

Hopefully spring will be here soon and I will see you on the fields somewhere!

Warmest Wishes,

Pam Albertson

HSA President

On behalf of the HSA Board

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# BEAUMONT GRADE LEVEL NEWS and Monthly Report March 2011



## Kindergarten



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



March also brought new life to our classrooms. We began our chick-hatching project on March 8<sup>th</sup> and it ran through until March 18<sup>th</sup>. The children were immersed in the excitement of watching the little chicks hatch and grow over the time they were with us. Our kindergarten students also had many opportunities to interact with the chicks and then record what they had learned in their very own "chick journals." This embryology project was certainly a wonderful hands-on experience and served as the kick-off for our study unit about life cycles.

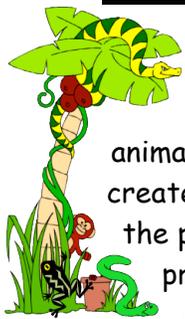
In April we will also be engaged in additional life cycle projects with other little critters such as; ladybugs, butterflies, and praying mantises.

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



March was an exciting time for our Beaumont Kindergartners as they welcomed a new season, celebrated new life, and observed new weather patterns.

## First Grade



With the arrival of spring, things are really heating up in first grade as we begin our study of the rain forest. In addition to learning the names of the layers that make up the rain forest, the children are also learning about the plants and animals that make their home there. All of the first grade classes worked together to create a mural depicting a typical rain forest in our hallway. They will also learn about the products that come from the rain forest and the importance of protecting and preserving them in our world. Our study of the rain forest spreads throughout Beaumont to all of the special area classes that we visit all through the week. Be sure to ask your first grader to tell you about the many interesting facets of what we have been learning in science.

## Second Grade

March was another fun month in 2<sup>nd</sup> grade! In Social Studies, we began to learn about some famous explorers, such as The Vikings, Marco Polo, and Christopher Columbus.

Their bravery and adventure were very important to the discovery of the new world.



In science we are learning about Space and the Solar System. We will be exploring the inner and outer planets, as well as other topics related to space. It's sure to be an "out of this world"

experience!



Upcoming events include: Art Goes to School - Week of March 28<sup>th</sup>; Second Grade field trip in late April to Perelman Theater in Philadelphia - be on the lookout for more information to come home soon!



Let's hope, now that spring is here, warmer weather will soon follow!

## Third Grade

Biography projects are under way!!! Students have randomly chosen the famous Pennsylvanian that they are researching. Information should be put onto index cards in bullet form. Visual aides should be decided upon and worked on. Biography presentations will begin on Monday, May 9<sup>th</sup>. It is highly recommended that each child practices their oral biography report *several* times to insure familiarity with the content they will present. Have fun!! We can't wait to see these presentations 😊

In social studies, the third grade will be beginning our "City Planning" unit. Wait until you see the final products created by the third graders!!! Please save the date for our third grade Pennsylvania show "Living William Penn's Dream" and our City Walk on the afternoon of **Tuesday, June 14<sup>th</sup>**. There will be more info to follow.



As a reminder, the third grade will go on a field trip to Philadelphia on Thursday, May 26<sup>th</sup>. We will **LEAVE school at 8:15, so your child will need to be in their classroom at 8:00. You will need to provide transportation to school for your child on this day!!!!** We will visit

many historical sites, including the US Mint, Franklin's grave, Liberty Bell, Independence Court, and the National Constitution Center. We will be doing a lot of walking, so sneakers are required. What a great field trip!!!



# Fourth Grade- March Madness

The Fourth Grade began PSSA testing on Tuesday March 15<sup>th</sup> and finished on Tuesday March 22<sup>nd</sup>.



"Racers, start your engines!" Students are working in teams to create vehicles in order to conduct tests on force-acceleration and resistance. This science unit is always a favorite.

We continue to study the Revolutionary War. Students are learning about the Patriots, disagreements with England, and the formation of our democracy.

P.A.L. presentations will begin following the PSSA testing period-fourth graders will present a topic of personal interest. Check with your student for date and time.

The weather is warming up but mornings are still a little chilly -be sure to have your student bring a sweatshirt to school until the chill is out of the air.

## Special Areas

### Applied Technology

Students in Applied Technology have been busy learning a variety of computer skills. Kindergarten students have just finished creating patterns on a set of mittens and are starting a lesson on constellations. The first graders just finished learning how to add graphs to a sign and are now working on learning the map of Japan. Second graders just finished drawing a world map and labeling the continents and oceans. They will be starting a unit on graphing. The third grade students are researching Benjamin Franklin and will design a one page newsletter about one part on Benjamin Franklin's life. Lastly, our fourth graders have been learning power point and presented their reports using the SMART board.

### Art

Kindergarten students learned about artist Miro' and his surrealistic approach to art. They learned that Miro' painted images that have a dream like and child like quality to them. Students have painted the backgrounds of their dreams with watercolor and will be adding textures by doing rubbings with found objects and will also be using cut paper and paint to enhance their projects.

First grade students created decorative Japanese fans. They drew a Japanese *motif* (dragon, tsunami, flowers, cherry blossoms) and colored their drawing in with crayons. After coloring students added *crayon resist* with water color, cut out their fans and another tracing of their fan and added craft sticks for a finishing touch. Some students also learned about *Gyotaku* (*Gyo-* fish- *taku*-rubbing). Students were given rubber fish to paint using 3 colors. Next, they made prints on tracing paper and let them dry. The following class students chose Japanese symbols and placed them around their fish, added a little red stamp to resemble a chop and enhanced their fish print by using white, black and a color.

Second grade students learned about the link between Chinese sculptures of horses and America's carousel horses. Using simple shapes students drew a carousel horse in their sketchbook and transferred it to metal where they learned about the relief process. Using wooden stylus' students made areas pop and go down. The last step was to rub black paint into the indented grooves. Since February is Black History Month students learned about the famous African American artist Faith Ringgold. They learned that she created paintings on quilts and used her paintings to tell a story. Students developed 4 different concepts: 1) A dream I have... 2) I wish I could... 3) I want to become... 4) A memory I have... After choosing their favorite drawing students made sure to add fore-ground, mid-ground and background and transferred their drawing to good paper. Using markers they colored in their projects and added a paper, quilt-like frame. The last step was to give their painting a title and write it around their drawing.

Third grade is finishing a unit on Native Americans and will be making storytellers out of clay. The storyteller can be either an animal or a human. Once completed, students will be painting their projects.

Fourth graders learned about Pop-Artist Roy Lichtenstein. They learned about his use of *Benday dots*, decorative line, and bright solid colors. Students took Lichtenstein's style and added it to a cartoon of their choice. Students also applied the "math in art" concept as they measured and used a grid to make their cartoon twice the size of the original. Students are adding color with marker.

### Library

During the teaching cycle that surrounded Dr. Seuss's birthday (March 2<sup>nd</sup>) kindergarten, first, and second grade learned more about him. In kindergarten we read the first book that he wrote, *And to Think That I Saw It on Mulberry Street* and learned that it took a long time to get it published. First grade heard his *If I Ran the Zoo* and then made a crazy animal flip book. Second grade saw a movie about his life and then heard his story "The Sneetches." All grades voted for their favorite book among the PA Young Reader's Award choices. In the K-3 category the winner was *Chester* and the 3-6 grade winner was *The Dunderheads*. We will wait to see who wins in the state. Kindergarten also heard some stories about alphabetizing and then practiced with some activities on the SMART Board. First grade heard the last of their Japanese folk literature, sadly saying good-bye to the Kamishibai stories. Second grade was introduced to the way our library is set-up and practiced putting books on the library shelves in correct order using SMART Board lessons. Third grade has started working on their class ABC Book of Philadelphia by finding ideas for each letter. Morning recess sees many third graders in the library working on Super Sleuth. Fourth graders presented their animal research to their class and then began another Media Literacy lesson.

The 100 Book Club continues, with children adding leaves to the "library tree" and getting free paperback books when they have read 200 (or 400 or 600) books.

## Music

March is Music in Our Schools Month. The purpose of Music in Our Schools Month is to raise awareness of the importance of music education for all children - and to remind citizens that school is where all children should have access to music. This is the time of year when music education becomes the focus of schools across the nation.

This month the students have been learning about the French composer, Camille Saint-Saens. While all of the classes have been able to experience the music of Saint-Saens, the first grade classes have learned about his masterpiece, "Carnival of the Animals". The students have studied the piece in depth, learning about all 13 animals in this musical carnival. Ask your child to describe to you the music of some of the animals he or she has learned about. In addition, this month the kindergarten classes have been learning about a piece of music written by Sergie Prokofiev called "Peter and the Wolf." This piece teaches the students about the instruments of the orchestra while telling a story about a boy named Peter and his adventures with a wolf.

Coming up in April, the 1<sup>st</sup>-4<sup>th</sup> grade students will have the opportunity to participate in "Share the Talent Day" in music class. Students who have a musical talent (playing an instrument, singing, dancing, etc.) will be given the opportunity to perform for their classmates during music class. More information will be sent home with your child soon, including a form that will need to be returned to Miss Hoover before your child can participate.

## Strings

Third grade string students are working hard to perfect their bow skills as our concert time draws closer. We are working very hard to combine all the skills we have learned so far to prepare for what will be some great music come concert time. Fourth grade string students are also hard at work preparing their concert music. They have also been perfecting the new skills they have learned over the past few months to incorporate into their concert music.

## Support Areas

In ESL we have been in full swing as we enter into spring! The students are busy bees continuing to learn about special events such as Chinese New Year! We are discussing all of the signs of spring as well such as the birds chirping and the green sprouts popping up everywhere! We are incorporating books into our Reading program that are full of new vocabulary! How wonderful it is to see our ESL students making progress as stories are being told and family traditions are shared. We look forward to the warm weather as it encourages oral proficiency skills across all levels.

# The Children's Dental Clinic Yankee Candle Fundraiser

Thank you to everyone who supported the Children's Dental Clinic through the Yankee Candle Fundraiser and by making monetary donations. The orders have been submitted and you will be notified when they arrive at Beaumont.

We really appreciate your continued support for this worthwhile cause!

Connie Egan and Maureen Sloan  
The Children's Dental Clinic Representatives



## **FLITE Bookmark Winners Announced!** **Congratulations!**



The winners are announced!

VFES – Yubin (grade 4)

HES – Ellie (grade 3)

NEES – Reema (grade 4)

BES – Lindsay (grade 3)

DES – Mary Claire (grade 3)

TEMS – Claire (grade 8)

VFMS – Amy (grade 7)

CHS – Devinne (12)

The contest was held in order to increase awareness of FLITE, the foundation for Learning in Tredyffrin/Easttown. FLITE is a non-profit organization that fund programs to support excellence in our schools for all of our students. FLITE funds many school programs, including the after school homework clubs at all five elementary schools and both middle schools, the instrument rental program and the preschool program for children needing more assistance. For a full program listing and more information, or if you would like to make a tax-deductible donation to FLITE, please visit [www.flite-pa.org](http://www.flite-pa.org) on the web.

Look for these fabulous bookmarks to be distributed at future school book fairs and school board meetings. A special thank you to all who participated in the bookmark competition, and to the art department, who ran the bookmark contest on behalf of FLITE.

## **FLITE Year-End Staff Tributes**

180 days. That is the amount of time our children spent in classes this year with the outstanding staff of our award-winning TE schools. As the year ends, we often want to commend a special teacher or staff member for their dedication to our school or our child.

A great way to acknowledge them is with a **staff tribute** donation to FLITE, the Foundation for Learning in Tredyffrin-Easttown. Donations of any level are gratefully accepted: FLITE will then notify the teacher that a contribution has been made in their name by your student. Teachers have said they are honored to be recognized this way.

The non-profit FLITE foundation is funded entirely by donations and all monies are used only in the TE schools. Examples of FLITE-supported programs include preschool tuition assistance, after school homework clubs at the elementary and middle schools and SAT and college prep programs at Conestoga. The Foundation also funds instrument rentals, graphing calculators and other “tools for success” that might be out of reach for some TE families. All awards are confidential – and information is available through the guidance counselors.

Please recognize that terrific teacher or super staff member on behalf of your child and your family. Donate on- line with PayPal at [www.flite-pa.org](http://www.flite-pa.org) or download a staff tribute form and mail to P.O. Box 806, Southeastern, PA 19399. Questions? Contact Chris Caine at [cdcaine@yahoo.com](mailto:cdcaine@yahoo.com)



# Health and Fitness News

## From the T/E Elementary Physical Education Department



### Spring Sports Safety

As winter turns into spring and temperatures increase, so does the amount of time that children spend outdoors playing spring sports. This means that the number of injuries to children can also increase.

Each year, more than 30 million children participate in sports in the United States and more than 3.5 million children ages 14 and under are treated for sports injuries. While collision and contact sports are associated with higher rates of injury, injuries from individual sports tend to be more severe.

In team sports, most injuries - 62 percent - occur during practices, not games. "The most common types of sport-related injuries in children are sprains (mostly ankle), muscle strains, bone or growth plate injuries, repetitive motion injuries, and heat-related illness."

"When we think of sports injuries, we tend to think of dramatic tackles or falls - such as the plays you often see on highlight reels, but young athletes are also at risk of injuries," says Rene Hopkins, Coordinator of Safe Kids East Central. "If your coach recommends certain types of warm-ups, it's not just to make you a better athlete - it will help keep you from getting hurt."

Consider these recommendations and precautions for all children playing or practicing any individual or team sport:

- **Before signing up for a sport, get a general physical exam.**
- **Always wear appropriate protective gear for the activity** - for practice as well as games - and make sure it's the right size and properly adjusted.
- **Always do your warm-ups and cool-downs.** If it's important before and after a game, it's important before and after practice too.
- **Make sure responsible adults know and enforce the safety rules of the sport,** are present to provide supervision, and are trained in first aid and CPR.
- **Never "play through" an injury.** Get immediate help from a coach or trainer and be sure to mention everything that hurts or aches. All coaches should have a plan for dealing with emergencies.
- **If you're playing outside, wear SPF 15 or higher sunscreen.**
- **Follow the rules.** In most sports, the rules are based not only on sportsmanship, but safety.
- **Last but not least: "Stay hydrated,"** says Hopkins. "Drink plenty of water or electrolyte sports drinks before and during the activity, and rest frequently during hot weather. A child can lose up to a quart of sweat during two hours of exercise, and kids get overheated more quickly than adults and cannot cool down as easily."

### SPRING ALLERGIES

In the spring, depending on where you live, trees and grasses can be a common allergen, or trigger of your child's allergies.

Allergic rhinitis, or hay fever, is a common problem in infants and children. The most common symptoms include a stuffy or runny nose with clear drainage or congestion, repeated sneezing, itchy eyes and nose, sore throat, throat clearing and a cough that may be worse at night and in the morning. Children with allergies may also breathe through their mouth a lot and have dark circles under their eyes (allergic shiners).

These symptoms usually occur during certain times of the year for people with seasonal allergies, corresponding to being exposed to outdoor allergens, such as tree pollens, grasses and weeds.

Other people may have perennial allergies, with symptoms occurring year round from exposure to indoor allergens, such as dust mites and pets.

Although it can be helpful to avoid the things that you are allergic to, such as dust mites or cats, it is harder when you have seasonal allergies. Although it isn't practical to not go outside during your allergy season, there are some steps you can take to minimize your child's exposure to allergens (things that cause allergies), such as:

- keeping windows closed in the car and home to avoid exposure to pollens, especially on days when the pollen forecasts predict medium or high pollen levels
- limiting outdoor activities when pollen counts are highest (early morning for spring time tree pollens, afternoon and early evening for summer grasses, and in the middle of the day for ragweed in the fall.)
- taking a daily bath at bedtime, which may help to wash off allergens and prevent nighttime allergy problems
- take any preventative allergy medications, such as an antihistamine and/or nasal steroid spray before your child's allergy season begins and continuing them on a daily basis throughout your child's allergy season.

If your child's allergy symptoms aren't getting under control with your current medications, a recheck with your Pediatrician might be a good idea.

#### RESOURCES

[www.mcghealth.org](http://www.mcghealth.org)

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

# **TESD STUDENT / FACULTY BASKETBALL GAME**

## **Operation Gratitude**

**"To honor our local servicemen and women  
who have given so much for our country"**

**Conestoga High School Gym**

**Wednesday, April 13th**

**Game Time 7:30 PM**

**Pre-game events start at 6:30 PM**

**Admission \$5.00**

*Tickets will be available at the door.  
Advance ticket sales available through  
Conestoga Student Council.*

**All proceeds benefit the Chester County Heroes Fund**

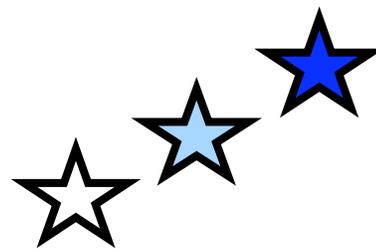
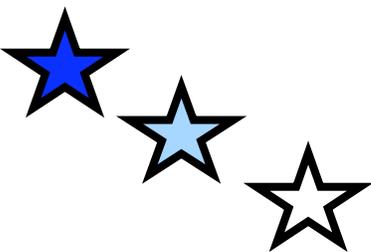
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16th ANNUAL

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# CONESTOGA YOUTH WRESTLING ASSOCIATION'S

# HEADLOCK



## WRESTLING CAMP

July 11th to July 15th, 2011

**Camp Director: Mike Semar - Conestoga and Great Valley Youth Coach**

**Phone: 484-318-1522**

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

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

Clinicians:

**John Semar - 1987 New Jersey Wrestling Coach of the Year, Member of the NJ Wrestling Hall of Fame**

**Ed Spiller - Former Head Wrestling Coach at Conestoga High School & Former Marple Tigers & CYWA Youth Coach**

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

When: Monday July 11th to Friday July 15th  
9:00 AM to 2:00 PM Each Day

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

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

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

## THE EMPHASIS WILL BE ON HAVING FUN!!

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

A copy of this form can be found at:

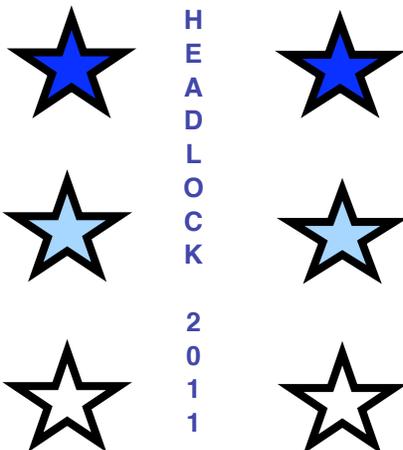
Please make checks payable to: **Conestoga Youth Wrestling Association**

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

### HEADLOCK WRESTLING CAMP

CONESTOGA YOUTH WRESTLING ASSOCIATION

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



### PLEASE SEND FORMS TO:

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

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

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

Signature of Parent/Guardian

# Spring into Savings!!

*Buy Gift Cards through CAPCO.*

*AVOID transaction fees and a percentage of the sale goes to CAPCO. It's a win-win!*



All profits directly benefit the Junior After Prom celebration.

1. Orders placed by the 15<sup>th</sup> of the month will be available on the 20<sup>th</sup> of that month.
2. Completed forms and **checks made payable to CAPCO** should be mailed to:  
Patti Campbell, *CAPCO 2011 Co-Chair*  
216 Lenape Drive, Berwyn, PA 19312
3. **Pick-up:** Please provide your email and phone number and we will contact you to arrange pick-up.

Email: \_\_\_\_\_

Phone Number: \_\_\_\_\_

4. If you have any questions, please email: [patticampbell4@verizon.net](mailto:patticampbell4@verizon.net)

## Order Summary

Total Number of cards ordered \_\_\_\_\_; **Total Amount Due: \$** \_\_\_\_\_

Checks should be payable to **CAPCO**.

## March & April –

Stock up on gift cards for those special occasions -- Birthdays, Anniversaries, Thank You, Congratulations, etc. And don't forget to purchase cards for the businesses you visit often, or hotel cards to use for Spring Break!

**CAPCO** is the Conestoga parent organization that organizes the Junior After Prom party. CAPCO started in 1999, and in the past has run post-prom events at the school, Hershey Park, and Dave & Busters. The Prom ends at 10 PM, and often some unwise decisions are made afterwards. CAPCO provides a safe alternative activity. About 300 Juniors and their dates attend annually.

# CAPCO Monthly Scrip ordering program

NAME: \_\_\_\_\_

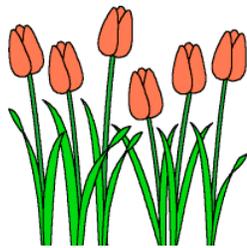
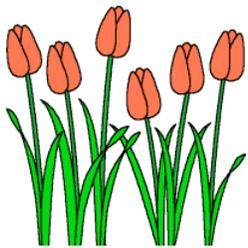
EMAIL: \_\_\_\_\_

Orders placed by the 15th will be available on the 20th. Families can ALSO sign up to make their purchases online. Please email [patticampbell4@verizon.net](mailto:patticampbell4@verizon.net) if you have questions or are interested to get registered on the site.

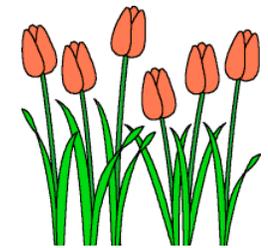
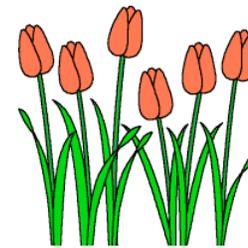
Mail form & check made payable to CAPCO to Patti Campbell 216 Lenape Drive Berwyn, PA 19312

Product	QTY	Total	Courtyard by Marriott \$50, \$100, \$500		\$
<b>A-Plus Convenience Store \$50</b>		\$	Cracker Barrel \$25, \$100		\$
<b>Ace Hardware \$25 or \$100</b>		\$	<b>CVS/pharmacy \$25, \$100</b>		\$
<b>Acme Markets \$25 or \$100</b>		\$	DAVE & BUSTER POWER CARDS \$10, \$20		\$
<b>Aeropostale \$25</b>		\$	<b>Dick's Sporting Goods \$25</b>		\$
<b>Amazon.com \$25 or \$100</b>		\$	Disney \$25, \$100, \$1000		\$
Applebee's \$25 or \$50		\$	Domino's Pizza \$10		\$
ARCO \$50, \$100, \$250		\$	<b>Dunkin' Donuts \$10</b>		\$
Avis Car Rental \$50		\$	EB Games \$25		\$
Bahama Breeze \$25		\$	Eddie Bauer \$25		\$
Baja Fresh \$25		\$	Electronics Boutique \$25		\$
Banana Republic \$25		\$	Express \$25		\$
<b>Barnes &amp; Noble Books \$10,\$20,\$25,\$100</b>		\$	Express for Men \$25		\$
<b>B&amp;Noble College Books \$10,\$25,\$100</b>		\$	Exxon \$50, \$250		\$
Bath & Body Works \$10, \$25		\$	Fairfield Inn/Suites byMarriott \$50,\$100,\$500		\$
Bed Bath & Beyond \$25		\$	Fairmont Hotels \$100		\$
Bertucci's Italian Restaurant \$25		\$	Fashion Bug \$25		\$
<b>Best Buy \$25, \$100, \$250</b>		\$	Foot Locker \$25		\$
Bloomingdale's \$25, \$100		\$	<b>GameStop \$25</b>		\$
<b>Bonefish Grill \$25</b>		\$	Gap \$25		\$
Boscov's \$25		\$	Genuardis \$25, \$100		\$
Boston Market \$10		\$	Giant Food Stores \$25, \$100		\$
<b>BP \$50, \$100, \$250</b>		\$	GNC \$25.00		\$
Brooks Brothers \$25		\$	Great Clips \$25		\$
Bagel Factory \$8 for 1 dozen		\$	Great Harvest Bread \$10		\$
Buca Di Beppo \$25		\$	Guitar Center \$25		\$
Budget Car Rental \$50		\$	Gulf Oil \$25		\$
Build-A-Bear Workshop \$25		\$	Gymboree \$25		\$
Burger King \$10		\$	H&M \$25		\$
Cabela's \$25, \$100		\$	Hallmark \$25		\$
California Pizza Kitchen \$10		\$	Hard Rock Cafe \$25		\$
Carnival Cruise Lines \$100		\$	Hardee's \$10		\$
Carrabba's Italian Grill \$25		\$	Harry & David \$25		\$
Celebrity Cruise Lines \$100		\$	<b>Home Depot \$25, \$100, \$500</b>		\$
Champps Americana \$25		\$	<b>HomeGoods \$25, \$100</b>		\$
Chart House \$25, \$100		\$	Honey Baked Ham \$10		\$
<b>Cheesecake Factory \$25</b>		\$	Hyatt Hotels/Place/Summer Suites \$50, \$100		\$
Chevron \$50, \$100, \$250		\$	IHOP \$25		\$
Children's Place \$25		\$	<b>iTunes® \$15, \$25</b>		\$
<b>Chili's Grill &amp; Bar \$25</b>		\$	J. Crew \$25		\$
<b>Chipotle Mexican Grill \$10</b>		\$	J. Jill \$25.00		\$
Chuck E. Cheese \$10		\$	JCPenney \$25, \$100		\$
Claire's \$10		\$	Jiffy Lube \$30		\$
Cold Stone Creamery \$10		\$	Jo-Ann Fabrics \$20		\$

Comfort Suites \$100	\$	Journeys Kidz \$25	\$
JW Marriott Hotels \$50, \$100, \$500	\$	<b>Regal Entertainment Group \$25</b>	\$
Kay Jewelers \$50	\$	Regal Entertainment Single Admit \$9.50	\$
KFC \$5	\$	REI \$25	\$
Kids Foot Locker \$25	\$	Residence Inn by Marriott \$50, \$100, \$500	\$
Kmart \$25, \$50	\$	Restoration Hardware \$25, \$100	\$
<b>Kohl's \$25, \$100</b>	\$	Rite Aid \$25	\$
<b>L.L.Bean \$25, \$100</b>	\$	Rock Bottom Restaurant \$25	\$
Lady Foot Locker \$25	\$	Ross Dress for Less \$25	\$
Lands' End \$25, \$100	\$	<b>Ruby Tuesday \$25</b>	\$
Lane Bryant \$25	\$	Ruby's Diner \$25	\$
Legal Sea Foods \$25	\$	Ruth's Chris Steak House \$50	\$
Loews Cineplex Single Admit \$9.50	\$	Safeway \$25, \$100	\$
Longhorn Steakhouse \$25	\$	Sally Beauty Supply \$25	\$
<b>Lord &amp; Taylor \$25</b>	\$	<b>Sam's Club \$25, \$100, \$250</b>	\$
Lowe's \$20, \$25, \$100, \$500, \$1000	\$	<b>Sears \$25, \$100, \$250</b>	\$
Macaroni Grill \$25	\$	Sears Auto Service Center \$25, \$100, \$250	\$
<b>Macy's \$25, \$100</b>	\$	<b>See's Candies \$16.10</b>	\$
Maggiano's Little Italy \$25	\$	Sephora \$20.00	\$
Marriott Hotels & Resorts \$50, \$100, \$500	\$	Sheetz \$25, \$100	\$
Marriott Vacation Club \$50, \$100, \$500	\$	Shell \$50, \$100, \$25	\$
Marshalls \$25, \$100	\$	ShopRite \$25, \$100	\$
Men's Wearhouse \$25	\$	Shutterfly \$25.00	\$
Mobil \$50, \$250	\$	Six Flags One-Day Admission Ticket \$32.00	\$
<b>Nike \$25</b>	\$	Sleep Inn \$50, \$100	\$
Office Depot \$25, \$100	\$	<b>Sports Authority \$25, \$100</b>	\$
Office Max \$25, \$100	\$	SpringHill Suites by Marriott \$50, \$100, \$500	\$
Old Country Buffet \$25	\$	<b>Staples \$25, \$100</b>	\$
Old Navy \$25.00	\$	<b>Starbucks \$10, \$25</b>	\$
Olive Garden \$25	\$	<b>Subway \$10, \$50</b>	\$
Omaha Steaks \$25	\$	Sunoco \$50, \$250	\$
Omni Hotels \$100	\$	Super Fresh \$25	\$
On The Border \$25	\$	Super G \$25, \$100	\$
Orvis \$25, \$100	\$	Supercuts \$25	\$
<b>Outback Steakhouse \$25</b>	\$	T.J. Maxx \$25, \$100	\$
Overstock.com \$25	\$	Talbots \$25	\$
<b>P.F. Chang's China Bistro \$25</b>	\$	<b>Target \$25, \$100</b>	\$
Panera Bread \$10, \$25	\$	Texaco \$25	\$
Papa John's \$10	\$	Texas Roadhouse \$25	\$
Pathmark \$25	\$	TGI Friday's \$25	\$
Payless Shoes \$20	\$	Toys-R-Us \$20	\$
Pep Boys \$20	\$	Ultra Service Center \$50, \$250	\$
PetSmart \$25	\$	<b>Visa \$25, \$50</b>	\$
Pier 1 Imports \$25	\$	Walgreens \$25, \$100	\$
Pizza Hut \$10	\$	<b>Walmart \$25, \$100, \$250</b>	\$
Pottery Barn, PB Teen, PB kids \$25, \$100	\$	<b>Wawa \$25, \$100</b>	\$
Qdoba Mexican Grill \$25	\$	Wendy's \$10	\$
Quiznos \$10	\$	Williams-Sonoma \$25, \$100	\$
<b>Radio Shack \$25</b>	\$	Williams-Sonoma Home \$25, \$100	\$
Rainforest Cafe \$25, \$100	\$	<b>Zappos.com \$25</b>	\$



# APRIL 2011



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1   Day 2
4 Kindergarten Spring Fling Kick Off 4 <sup>th</sup> Grade PSSA Science  Day 3	5 4 <sup>th</sup> Grade PSSA Science  Day 4	6 8:00 Band & 3 <sup>rd</sup> Grade Orchestra 3:30 Language Clubs  Day 5	7 8:00 Chorus 3:30-4:30 Science Explorers  Day 6	8   Day 1
11  Day 2	12 1 <sup>st</sup> Grade - Sages  Day 3	13 8:00 Band 1 <sup>st</sup> Grade - Sages 9:15 HSA Meeting 3:30 Language Clubs  Day 4	14 8:00 Chorus & 4 <sup>th</sup> Grade Orchestra 1 <sup>st</sup> Grade - Sages 10:00 & 1:00 Mother Goose Assembly - Kindergarten only  Day 5	15 1:30 & 2:30 Betsy Ross Assembly - 3 <sup>rd</sup> & 4 <sup>th</sup> grades  Day 6
18	19	20	21	22
<p>← SPRING BREAK →</p>				
25 7:30 School Board Meeting  Day 1	26  Day 2	27 8:00 Band 2 <sup>nd</sup> Grade to Kimmel Center 1 <sup>st</sup> Grade Field Trip 3:30 Language Clubs  Day 3	28 8:00 Chorus 3:30-4:30 Science Explorers  Day 4	29 8:00 Band & 3 <sup>rd</sup> Grade  Day 5

# TREDYFFRIN EASTTOWN SCHOOL DISTRICT

**Elementary  
Cycle  
Lunch Menu  
January 2011-  
June 2011**



**Keeping it  
Green!**

**Lunch Prices**

Paid Lunch: \$ 2.35  
Reduced Lunch: \$ .40

**Point of Sale**  
Payments can be made by check or cash. Please include your child's name and pin # with all pre-payments. You may also pay online at [www.paypams.com](http://www.paypams.com). There is a \$10 per student registration fee per year and fees may apply to online deposits.

**Calendar Legend**  
Follow the calendar and color key to our six week cycle

1	4	NO LUNCH
2	5	
3	6	

JAN				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				
FEB				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28				
MARCH				
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	
APRIL				
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29
MAY				
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			
JUNE				
		1	2	3
6	7	8	9	10
13	14	15	16	17

A MINIMUM OF ONE FRESH AND ONE CANNED FRUIT AVAILABLE DAILY WITH EACH MEAL					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>A</b> Popcorn Chicken w/ Dipping Sauce <sup>NEW</sup>	Penne Pasta w/ Spaghetti Sauce ▼ & Meatballs	Cheesesteak Sandwich on a Bun	Homemade Chili & Beans w/ Cornbread	French Bread Pizza ▼
	<b>B</b> Cheeseburger on a WW Bun	Cheeseburger on a WW Bun			
	<b>C</b> Chicken Salad WW Bread	on Chicken Salad on WW Bread	Chicken Salad on WW Bread	Chicken Salad on WW Bread	Chicken Salad on WW Bread
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter <sup>NEW</sup>	Pizza Salad Platter <sup>NEW</sup>	Crispy Taco Salad <sup>NEW</sup>	Fruit Salad, Yogurt and Granola ▼ <sup>NEW</sup>	Chicken Confetti Salad <sup>NEW</sup>
<b>Veg</b>	Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Green Beans ▼	Garden Salad ▼ Baked Potato Puffs ▼	Garden Salad ▼ Whole Baby Carrots	Garden Salad ▼ Seasoned Corn ▼
<sup>NEW</sup> See our Salad Recipes on the Web at: <a href="http://www.tesd.net!!">www.tesd.net!!</a>					
<b>WEEK 2</b>	<b>A</b> Cheese Breadsticks w/ Marinara Sauce ▼	Oven Toasted Cheese Sandwich ▼	Meatball Sub w/ Mozzarella Cheese	Pancakes ▼ and Turkey Sausage	Pizza Slice ▼
	<b>B</b> Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets	Baked Chicken Nuggets
	<b>C</b> Sliced Turkey and Cheese Wrap	Sliced Turkey and Cheese Wrap			
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
<b>Veg</b>	Garden Salad ▼ Baked Potato Puffs ▼	Garden Salad ▼ Tomato Soup ▼	Garden Salad ▼ Carrot Coins ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Corn ▼
<b>WEEK 3</b>	<b>A</b> Apple Cinnamon Dippers and String Cheese ▼	Baked Ziti w/ Meatsauce*	Veggie Burger w/ Cheddar Cheese & Salsa on a Bun ▼	Soft Turkey Taco w/ Shredded Cheese, Tomato, Lettuce	Whole Grain Double Stuffed Crust Pizza ▼
	<b>B</b> Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog	Turkey Hot Dog
	<b>C</b> Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼	Hummus Bite(Veggies Strg. Cheese, Pita Wedge) ▼			
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
<b>Veg</b>	Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Green Beans ▼	Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Corn ▼	Garden Salad ▼ Broccoli w/ Dip ▼
<b>WEEK 4</b>	<b>A</b> Chicken Nuggets w/ WW Dinner Roll	Nachos ▼ w/ Beef, Cheese ▼ & Salsa ▼	Toasted Turkey Ham & Cheese Sandwich	Oven Baked BBQ Chicken	Pizza Slice ▼
	<b>B</b> Grilled Chicken on a Bun	Grilled Chicken on a Bun			
	<b>C</b> Tuna Salad on a WW Bun	Tuna Salad on a WW Bun			
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
<b>Veg</b>	Garden Salad ▼ Whipped Potatoes ▼	Garden Salad ▼ Black Bean Salad ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Herbed Wild Rice ▼	Garden Salad ▼ Fresh Carrot Sticks ▼
<b>WEEK 5</b>	<b>A</b> Wheat French Toast ▼ w/ Sausage* Patty	Sweet and Sour Chicken w/ Rice <sup>NEW</sup>	Sloppy Joe on a WW Bun	Italian* Hoagie w/ Lettuce and Tomato	Pepperoni* Pizza
	<b>B</b> Cheeseburger on a WW Bun	Cheeseburger on a WW Bun			
	<b>C</b> Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼	Yogurt Bites (4 oz Yogurt, String Cheese, Animal Crackers, Grapes) ▼
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
<b>Veg</b>	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Baked French Fries ▼	Garden Salad ▼ Baked Beans ▼	Garden Salad ▼ Peas & Carrots
<b>WEEK 6</b>	<b>A</b> Lasagna Roll-ups w/ Spaghetti Sauce ▼	Baked Potato Bar w/ Broccoli and Cheese ▼	Sausage, Egg and Cheese Burrito <sup>NEW</sup>	Soft Beef Taco w/ Cheese, Tomato, Lettuce	Individual Round Pizza ▼
	<b>B</b> Chicken Patty on a Bun	Chicken Patty on a Bun			
	<b>C</b> Ham & Cheese on a Sub Roll <sup>NEW</sup>	Ham & Cheese on a Sub Roll			
	<b>D</b> WW PBJ Sandwich ▼	WW PBJ Sandwich ▼			
	<b>E</b> BBQ Chicken Salad Platter	Pizza Salad Platter	Crispy Taco Salad	Fruit Salad, Yogurt and Granola ▼	Chicken Confetti Salad
<b>Veg</b>	Garden Salad ▼ Peas ▼	Garden Salad ▼ Fresh Baby Carrots ▼	Garden Salad ▼ Sliced Cucumbers ▼	Garden Salad ▼ Corn ▼	Garden Salad ▼ Broccoli w/ Dip ▼

**MILK AVAILABLE WITH EACH MEAL: White, 2%, Skim, and 2% Chocolate**

▼ = Vegetarian      WW = Whole Wheat      \*Turkey