



The Cougar Courier

Respect Others, Accept Responsibility
COUGARS ROAR!

East Amwell
Township School

Cougar Courier
October 2011—Vol. 13



The Principal's View

Dear Parents,

It was great to see so many of you at our Back to School Nights. As always, the staff and I are committed to providing your children with the best education possible. If at anytime you have questions or concerns, please do not hesitate to contact a member of our staff.

Per the new Anti-Bullying Act, the first week in October is designated as a "Week of Respect." In celebration of this, we have planned numerous classroom activities and an assembly, "Bullies, Targets and Bystanders" by Quiet Riot. It has always been a priority of our school to foster an environment where everyone is "respected" and we believe this week will reinforce that.

Our PTO is currently sending out membership information. This year they have a goal of 100% participation!! We've achieved this in the past and it is our hope that we can accomplish this again. I'm asking for you to please support this organization as they provide so many great things for our students and school.

Sincerely,

John Capuano
Principal

Our mission is to help parents and teachers work together in the education of our children, and to provide funding to supplement educational, cultural and social programs within the school.

October 2011

- 3-7: Week of Respect**
- 5: Student Picture Day**
- 7: Progress Reports Sent Home**
- 10-14: PTO Book Fair**
- 17-21 Violence and Vandalism Week**
- 18: BOE Meeting 7:30 PM**
- 21: Staff Development
Early Dismissal 12:40 PM**
- 22: PTO Halloween**
- 28: School Spirit Day**
- 28: Student Council Dance**



School

Vision Statement:

East Amwell Township School District... is a safe, supportive community that recognizes all students as unique individuals and provides opportunities for academic, artistic, cultural, emotional, physical, social and character development in a diverse and ever-changing society.

The Superintendent's Corner

Greetings!

Despite the hurricane, we are off to a great start. Back to School Night was a huge success with many families in attendance. Please be sure all of your emergency phone numbers are up to date and also make it a point to attend the Parent/Teacher Conferences in November.

Sincerely,

Edward Stoloski
Superintendent



Computer Club

Computer Club is in full swing. The Club is open to Students in 4th through 8th Grade and meets Monday through Friday from 7:30 AM to 8:40 AM

Send an email to Mr. Colt at crcolt@eastamwell.org if your son or daughter plans to participate this year.



CALENDAR REMINDER

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Click and Join The PTO mailing List

<http://www.eastamwellpto.com/>



**School Picture Day Is
October 5th...**



A Message from your Board of Education

Welcome back! We hope all East Amwell families had an enjoyable and restful summer. The Board of Education would like to highlight some of the recent areas of improvement to our school over the past few months. They include: a partial roof replacement, refurbishment of gymnasium (floor repainted, new bleachers installed),

installation of wireless internet access throughout the building, and Epson Powerlite projectors in nine additional classrooms.

Additionally, a yard sale resulted in a community purchase of a old truck and tractor, as well as recycling old, unclaimed equipment including TV's, VCR's, and broken computers.

East Amwell Music Clubs

The East Amwell Music Clubs will begin meeting during October. Students that are interested in joining Music Club must fill out a permission slip. Parents are advised to check the monthly newsletter for specific dates.

Music Club for Fourth and Fifth Grade students meets on Thursdays after school from 3:15-4:15 PM. If there is a large number of students the group will be split and Fourth Grade students will meet on Wednesdays after school. The students will work in the areas of songwriting, electronic music, percussion instruments, World Music, and music recording.

Music Club for Sixth, Seventh, and Eighth Grade students meets on Tuesdays after school from 3:15-4:15 PM. The students will work in the areas of improvisation, songwriting, percussion instruments, electronic music, music recording, and World Music.

Students should see Mr. Woolston for permission slips.

Instrumental Music Program Overview

The East Amwell Township School offers a wide range of Instrumental Music opportunities. Students may begin playing an instrument at any grade level from Fourth-Eighth Grade and we have the full range of performing ensembles.

In Fourth Grade the instrument instruction that we offer is:

Orchestral Instruments: Violin, Viola, Cello

Band Instruments: Flute, Clarinet, Alto Saxophone, Trumpet, and Trombone

In Fifth Grade the above instruments plus Percussion, French Horn, Oboe, and Baritone Horn

In Sixth-Eighth Grades the above instruments plus Guitar and Electric Bass

If your student would be a beginner in any grade from 4th-8th Grade, your family is new to our school district, or you need further information about our program please contact me at

908-782-6464 x345 or swoolston@eastamwell.org.

Mr. Skip Woolston

Environmental Club Collections- Update Fall 2011

Please Collect from your home, friends, family, sports activities, etc..

Our school is involved in many collection brigades for TerraCycle. Visit their website (www.terracycle.net) -the list keeps growing and growing!

SAVE YOUR OWN TRASH BAGS-

RECYCLE THESE ITEMS AT EAST AMWELL SCHOOL! ROOM 16 or cafeteria bins!

East Amwell School Gets 2 cents per wrapper/item-

Over 2,200 dollars collected last year from trash!

Plus we saved over 300,000 items from going into a landfill!

We were awarded \$50,000 by being a top waste collector!

LET'S KEEP IT UP! HELP THE EARTH & EAST AMWELL

WE COLLECT...

Drink Pouches: Capri Sun, Honest Kids, Kool-Aid, Minute Maid

Cookie Wrappers All Varieties and sizes: some examples are...Nabisco-Oreo Varieties, Veinna Fingers, Fig Newton's, Nutter butter, Famous Amos, Chip Ahoy Varieties, 100 calorie Oreos, mini Oreos,

Energy Bar Wrappers: Luna Bar, Cliff Bar,

Nature Valley, Power Bar, Balance Bar

Chip, Pretzel, Popcorn Bags- ALL VARIETIES/Sizes – Frito Lay Brands, Utz, Smartfood, Herr's, Rold Gold, Baked Lays, Cheetos, Doritos, Tostitos, Veggies Chips, Terra Chips

Candy Wrappers: All Bars, Bags, and Outside Wrapper- M&Ms, Babe Ruth, Hershey's, Skittles, Starburst, 3 Musketeers

Bear Naked Granola Bags: All Bear Naked Bag Varieties

Scotch Tape and All Tape Dispensers/Wrappings too!

Toothpaste, Toothbrushes, Toothpaste boxes,

Elmer's and other glue sticks and bottles

Writing Tools- Pens, Markers, Highlighters, Expos- all kinds

Spreads Containers- butter spreads plastic containers and lids- all brands (please clean!)

Scott Toilet Tissue Paper- outer plastic wrapping and paper wrapping, flushable wipe packaging, baby wipes wrappers

Health Beauty Products- sun screen tubes/bottles, hand lotion, body lotion, shampoo, conditioner, lipstick, mascara, eye shadow, body wash, hair gel, hair spray, hand soap dispenser, etc.

Huggies Wrappers- huggies diaper plastic wrappings

NEOSPORIN® Tube Brigade- all bottle and tubes

Lunch Kit Brigade- Lunchables

Solo cups (any plastic cup – PLEASE RINSE!)

Keyboards and Mouse for computers

DVD discs (only DVD discs please NO CDS)

Ink and Toner cartridges

Used/Old Cell phones

Digital cameras, camcorders, mp3 players, iPods

Laptops THANK YOU

**PLEASE COLLECT THESE ITEMS- THIS IS A YEAR ROUND
COLLECTION AND IT BENEFITS EAST AMWELL STUDENTS!**

Questions: Contact Sharon Ernst: sernst@eastamwell.org



East Amwell Township School

October 2021 Menu

Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Grilled Cheese on a Pretzel Bun Baked Beans Applesauce Fruit Punch Milk Choice</p>	<p>4 California Burgers On a Bun Baked Fries Lettuce, Tomato Chilled Fruit Milk Choice</p>	<p>5 Turkey or Tuna Subs Pretzels Celery Sticks Peaches Apple Juice Milk</p>	<p>6 Chicken Nuggets Dinner Roll Mashed Potatoes Corn Peaches Milk Choice</p>	<p>7 Personal Pan Pizza Salad Cups Carrot Cups Pears Grape Juice Milk Choice</p>
NATIONAL SCHOOL LUNCH WEEK				
<p>10 Egg and Cheese On a Bagel Orange Juice Applesauce Milk Choice</p>	<p>11 Cheese Steak Sub Baked Tator Tots Glazed Carrots Peaches Milk Choice</p>	<p>12 Corn Dog Nuggets Dinner Roll Butter Noodles Baked Beans Chilled Fruit Milk Choice</p>	<p>13 Ham & Cheese Warm on a Bagel Pasta Cups Pears Milk Choice</p>	<p>14 PANATIER'S Pizza Jersey Fresh Spinach Salad Applesauce Milk Choice</p>
WORLD FOOD WEEK				
<p>17 Breakfast for Lunch! French Toast Turkey Sausage Fruit Cup Orange Juice Milk Choice</p>	<p>18 Macaroni & Cheese, Roll String Beans Chilled Peaches Milk Choice</p>	<p>19 Popcorn Chicken Dinner Roll Mashed Potatoes Peas Pears, Milk</p>	<p>20 Meatball Subs Pasta w/Butter Hot Vegetable Applesauce Milk Choice</p>	<p>21 EARLY DISMISSAL Stuffed Crust Pizza Tossed Salad Assorted Fruit Fruit Juice Milk Choice</p>
<p>24 CHINESE Roasted Chicken/Roll Chinese Vegetables Lo Mien Noodles Pineapples Fortune Cookie/ Milk</p>	<p>25 Cheese Quesadilla Seasoned Rice Corn Fruit Cup Milk Choice</p>	<p>26 ITALY Pasta w/Meat Sauce Italian Roll Salad Cups Pears Milk Choice</p>	<p>27 Cheese Steak Sub Oven Baked Fries Cucumber Slices Peaches Milk Choice</p>	<p>28 French Bread Pizza Caesar Salad Carrot Cups Assorted Fruit Milk Choice</p>
<p>31 Scary Doggies Wiggley Jello Spooky Beans Eyeball Fruit Ghostly Milk</p>	<p><i>Please Look for Activity Sheets Week of Oct 10th - Oct 14th</i></p>		<p>National School Lunch Week Oct 10th - 14th World Food Week Oct 24th - Oct 28th</p>	

Student Lunch	\$2.70
Adult Lunch	\$3.95
"SIDEKICKS"	
Milk	\$0.60
Fruit	\$0.75
Baked Chips	\$0.75
Baked Cookie	\$0.25
Hot Pretzel	\$0.75
Spring Water	\$1.00
Flavored Water	\$1.00
Fruit Juice	\$0.65
Ice Cream	\$0.75

Available Daily

<p>MAC CHICKEN WRAP Veggie Sticks Fruit Low Fat Milk Or Peanut Butter & Jelly on Wheat Bread Or Salad Bar Mixed Salad, Proteins Whole Grain Roll, Fruit, Milk Choice</p>	<p>Bagel Bag Lunch Bagel Cheese Sticks Fruit Vegetable Sticks Low-Fat Milk</p>
<p>Or</p>	
<p>Monday: Turkey Wrap Tuesday: Italian Sub Wed: Egg Salad Sand. Thurs: Tuna Salad Sand. Fri: Ham & Cheese Wrap</p>	

BEST BUY *Complete Lunch...Only \$2.70/3.95

Includes Vegetable, Fruit or Juice and Milk
Lunch Tickets Available In The Cafeteria
10 Meals \$26.00
20 Meals \$52.00

***Our lunch menus meet or exceed USDA guidelines for child nutrition lunch programs**
Extra Bread Available Daily with Lunch!

www.maschiofood.com
Menu Subject to Change!