



# The Cougar Courier

Respect Others, Accept Responsibility  
COUGARS ROAR!

East Amwell  
Township School

Cougar Courier  
September 2011—Vol. 13

## THE WELCOME BACK EDITION

September 2011



### The Superintendent's Corner

Greetings:

On behalf of the Board of Education and Staff, I would like to welcome everyone back to East Amwell.

In a letter I sent to all families in August, I shared information regarding staff changes and district initiatives.

Our custodial staff once again did a great job working this summer to prepare the school for opening in September. Summer projects included a great deal of repainting and floor care, a new roof on the 1978 wing, new bleacher installation and gym floor reconditioning, new gutters, soffits, and downspouts and the installation of technology equipment and infrastructure.

We look forward to a great school year! Welcome back.

Sincerely,

**Edward Stoloski**  
Superintendent

### The Principal's View

Dear Parents,

Welcome back to school!! I hope you enjoyed your summer and that you're looking forward to another great year.

Please join me in extending a warm welcome to our newest staff member, **Miss Kimberly Snyder**. Miss Snyder will be the maternity replacement for Mrs. Longo for the 2011-2012 school year.

Over the summer, new bleachers were installed in our gym and the floor was repainted. The improvements to this area look outstanding!! In addition to this, we are pleased to announce that Epson Boards were installed in all of our Middle School classrooms. All of our teachers have attended training and are excited about the potential of this technology.

This year we will continue with our Terra-cycle Recycling Program. Our school has done a tremendous job reducing the amount of waste going to landfills and we want this to continue for the 2011-2012 school year. Ms. Ernst will be sending home information shortly regarding the types of material we will be collecting. Please support this valuable program.

In closing, I look forward to working with the entire East Amwell Community so that we can continue with our tradition of excellence.

Sincerely,

John Capuano  
Principal



- 1: Teacher's First Day**
- 6: Student's First Day**
- 15: Back To School Night  
Grades 5-8**
- 20: BOE Meeting 7:30 PM**
- 21: Early Dismissal 12:40**
- 21: Back To School Night  
Grades Pre-K-4**
- 23: PTO New Family  
Social**
- 29: Rosh Hashanah  
School Closed**
- 30: School Spirit Day**



### 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.*

## Computer Club

Computer Club will start up on Monday, September 19th. The Club is open to Students in 4th through 8th Grade.

Send an email to Mr. Colt at [crcolt@eastamwell.org](mailto:crcolt@eastamwell.org) if your son or daughter plans to participate this year.



## CALENDAR REMINDER

September 2011

Thursday, September 15: Back To School Night Grades 5-8

Tuesday, September 20: Board of Education Meeting 7:30 AM

Wednesday, September 21: Early Dismissal @ 12:40 PM

Back To School Night Pre-school to 4th Grade

Friday, September 23: PTO New Family Social

Thursday, September 29: Rosh Hashanah School Closed

Friday, September 30: School Spirit Day



# East Amwell

## Parent Teacher Organization

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.

Click and Join The PTO mailing List

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



## **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](http://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 Newtons, Nutter butter, FamousAmos, 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,

Elmers 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](mailto:sernst@eastamwell.org)**

# East Amwell Township School

## September 2011 Menu


Maschio's Food Services, Inc.

Healthy Meals Grow Healthy Kids!

Monday	Tuesday	Wednesday	Thursday	Friday
 Choose <b>MyPlate.gov</b>	 <b>Welcome Back!</b>	<b>Fruit &amp; Vegetable of the Month: Peaches Green Beans</b> 	<b>Did you know?</b> September is National 5 a Day Month! 	<b>2</b> Get your 5-9 Fruits and Vegetables a Day during our <b>New Jersey Farm to School Week</b> September 26-30
<b>5 Labor Day!</b> 	<b>6</b> Grilled Cheese on a Pretzel Bun Carrot Cups Fresh <b>Macintosh Apple</b> Milk Choice	<b>7</b> Popcorn Chicken Wheat Roll Buttered Noodles String Beans Peaches Milk Choice	<b>8</b> California Burgers On a Bun Baked Fries Lettuce, Tomato Chilled Fruit Milk Choice	<b>9</b> PANATIER'S Pizza Jersey Fresh Spinach Salad Applesauce Milk Choice
<b>12</b> Grilled Chicken on a Wheat Roll Brown Rice Lettuce & Tomato Chilled Fruit Milk Choice	<b>13</b> Taco Pizza Spanish Rice Golden Corn Peaches Milk Choice	<b>14 LUCKY PLATE DAY</b> Cheese Steak Sub Oven Baked Fries Cucumber Slices Peaches Milk Choice	<b>15 Breakfast for Lunch!</b> French Toast w/wo Blueberries Turkey Sausage Orange Juice Milk Choice	<b>16</b> Stuffed Crust Pizza Tossed Salad Assorted Fruit Fruit Juice Milk Choice
<b>19</b> Egg and Cheese On a Bagel Fruit Juice Applesauce Milk Choice	<b>20</b> <b>Wheat Penne Pasta w/Chicken</b> Whole Grain Breadstick Fresh Spinach Salad Fruit, Milk Choice	<b>21</b> Corn Dog Nuggets Dinner Roll Baked Beans Chilled Fruit Milk Choice	<b>22</b> <b>Beef Nachos w/ Cheese</b> Seasoned Rice Corn, Fruit Milk Choice	<b>23</b> Personal Pan Pizza Zucchini Sticks with Dip Chilled Fruit Jell-o, Milk
<b>26</b> Chicken Nuggets Dinner Roll Mashed Potatoes Jersey Peppers with Dip, Fruit Milk Choice	<b>27</b> Macaroni & Cheese, Roll Buttered Peas Chilled Pineapples Milk Choice	<b>28</b> Hot Dog on a Bun Smiley Potatoes Local Cabbage Slaw Farm Fresh Apple Milk Choice	<b>29</b> School Closed No Lunch Served	<b>30</b> Cheese Pizza Farm Fresh Cucumber & Tomato Salad Fruit & Milk Choice

**Available Daily**

Student Lunch	\$2.70
Adult Lunch	\$3.95
<b>"SIDEKICKS"</b>	
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

<b>MAC CHICKEN WRAP</b> 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	Or Bagel Bag Lunch Bagel Cheese Sticks Fruit Vegetable Sticks Low-Fat Milk
Or Monday: Turkey Wrap Tuesday: Italian Sub Wed: Egg Salad Sand. Thurs: Tuna Salad Sand. Fri: Ham & Cheese Wrap	



**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