


Electronic Thursday Folder

Thursday, September 27, 2018

This week's electronic Thursday folder includes the following documents. Please note that documents with an asterisk (*) are only available on-line and were not sent home with the children. Items may be found on the West Hill website under **INFORMATION, NEWS & EVENTS**  **THURSDAY FOLDER** or by clicking on the following icon.



- October Lunch Menu
- Student Council Food Drive
- West Hill PTO Newsletter
- Youth Basketball



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Popcorn Chicken Bowl
with Mashed Potatoes
Gravy & Corn
Served with a WG Dinner Roll

Fresh or Chilled Fruit

2

Italian Dunkers
with Marinara Sauce
Chilled Cucumber Cup

Fresh or Chilled Fruit

3

Brunch For Lunch
French Toast Sticks
Fruit Salad & Sausage Links
Rainbow Tray of Veggies

Fresh or Chilled Fruit

4

Crunchy Beef or Veggie Tacos
Salsa & Sour Cream
Mexican Black Beans

Fresh or Chilled Fruit

5

NO SCHOOL

Professional Development
Day

Salad of the Week: Chicken Taco Salad served with Whole Grain Corn Tortilla Chips
Sandwich of the Week: Chicken Patty on a Whole Grain Roll

8

NO SCHOOL

Columbus Day

9

Pasta with Meat Sauce
or Marinara Sauce
Homestyle Garlic Bread
Steamed Broccoli

Fresh or Chilled Fruit

10

Mozzarella Sticks
Marinara Dipping Sauce
Chilled Cucumber Cups

Fresh or Chilled Fruit

11

"Shepherds Pie"
Meatballs in Brown Gravy
Over Mashed Potatoes
& a Side of Steamed Corn

Fresh Or Chilled Fruit

12

Cheese Pizza
Pepperoni Pizza
or
Specialty Pizza
& Caesar Side Salad

Fresh or Chilled Fruit

Salad of the Week: Cheesy Garden Salad served with a Whole Grain Breadstick
Sandwich of the Week: Chicken Salad Sandwich

15

Chicken Corn Dogs
Tater Tots
& Fresh Baby Carrots
with Dip

Fresh or Chilled Fruit

16

Pasta served with
Meatballs in Marinara Sauce
WG Sliced Fresh French Bread
& Fresh Celery Sticks

Fresh or Chilled Fruit

17

Beef and Cheese Nachos
Bean and Cheese Nachos
Roasted Chickpeas
Salsa & Sour Cream

Fresh and Chilled Fruit

18

Italian Meatball Sub
topped with
Shredded Mozzarella Cheese
Served with Steamed Corn or
Fresh Baby Carrots

Fresh or Chilled Fruit

19

Cheese Pizza
Pepperoni Pizza
or
Specialty Pizza
& Caesar Side Salad

Fresh or Chilled Fruit

Salad of the Week: Chef Salad Served with a Whole Grain Breadstick
Sandwich of the Week: Hamburger on a Bun

22

Buffalo or Plain
Chicken Patty on a Bun
Smile Fries
Steamed Broccoli

Fresh or Chilled Fruit

23

Macaroni & Cheese
Whole Grain Dinner Roll
Chilled Cucumber Cup

Fresh or Chilled Fruit

24

Cheese Pizza
Pepperoni Pizza
or
Specialty Pizza
& Caesar Side Salad

Fresh or Chilled Fruit

25

Beef or Veggie Burritos
Seasoned Chickpeas
Salsa & Sour Cream

Fresh or Chilled Fruit

26

Early Dismissal

Cheese Filled Bread Stick
Marinara Dipping Sauce
Fresh Baby Carrots
or Steamed Italian Green Beans

Fresh or Chilled Fruit

Salad of the Week: Chicken Caesar Salad served with a Whole Grain Breadstick
Sandwich of the Week: Egg Salad on a Roll

29

Baked Chicken Nuggets
with Barbecue Dipping Sauce
Brown Rice
Steamed Carrots

Fresh or Chilled Fruit

30

Pasta with Meat Sauce
or Marinara Sauce
Sliced French Bread
Crunchy Celery Sticks
with Ranch to Dip

Fresh or Chilled Fruit

31

Hot Dog on a Bun
Vegetarian Baked Beans
Steamed Broccoli

Ketchup and Mustard

Fresh or Chilled Fruit

Low Fat Milk Choices
Available Daily for
Purchase of \$0.55 each

1% Milk,
1% Chocolate Milk,
1% Strawberry Milk
or Fat Free

Daily Alternatives

- a) Sun-butter & Jelly Sandwich
- b) Grilled Cheese Sandwich
- c) Turkey & Cheese
on a Whole Grain Sub Roll
- d) Fun on the Run Bagel Meal

Salad of the Week: Chicken BLT Salad served with a Whole Grain Breadstick
Sandwich of the Week: Italian Sub with Shredded Lettuce

Help the Rocky Hill Food Bank and Have FUN too!



The West Hill Student Council is sponsoring a food Drive to benefit the Rocky Hill Food Bank.

Bring a can or a box of food to Spirit Night on October 26 and get a free raffle ticket and a chance to win a prize!



Did you know...?

1 in 8 people struggles with hunger.



YOU can help!

Bring a can or a box to Spirit Night and help your community and get a raffle ticket to enter to win a prize.



West Hill Elementary PTO Newsletter

Volume 1, Issue 1

September 2018



2018-2019 PTO Board

Amy Forcier
President

Gina Aresco
P. Ramya Sindusha
Co-Vice Presidents

Shilpa Gohil
Treasurer

Nischala Rao
Ellie Kaufman
Sponsorship

Lauren Gallagher
Teresa Weatherbee
Co-Secretaries

Scott Nozik
Principal

Elizabeth Kormos
Teacher
Representative

What is the West Hill PTO?

PTO stands for Parent Teacher Organization. We are a non-profit charity that is dedicated to students and staff of West Hill Elementary school.

What does it mean to be a Sponsor of the PTO?

You can become a PTO sponsor by giving a donation of \$20. It does not require you to attend meetings or volunteer, though we're happy for people to do that. Through your charitable donation, we are able to provide after school clubs/activities and put on educational assemblies, like the Constitution Day assembly we had earlier this month.

Sponsorship Drive Update

A big "THANK YOU!" to all the West Hill families who have already sponsored the PTO this year.

To date, we have not met our sponsorship goal of 200 families. So far this year we have 161 families.



In order to try to meet our goal, we are extending our deadline to **Friday 10/5**. If you're interested in donating to the PTO please send in the form attached at the end of this newsletter with \$20 cash or check made out to West Hill PTO

Where do we spend our money?

This school year, to date:
\$1000 Teacher's Welcome Back Luncheon
\$1300 Constitution Day Assembly

Upcoming Events

Spirit Night- Thursday October 25th, 6-8 pm
This is a popular event that always sells out. Games, music, pizza, raffle giveaways and more! Be on the lookout for ticket information next month.

Election Day Bake Sale- Tuesday, Nov 6th
We are always looking for bakers and volunteers to sell baked goods to all the people who come to vote at West Hill School
Harvest Ball- Friday, Nov 9th

This event is for all the young ladies at school and a special adult in their life.
Scholastic Book Fair- Nov 11-16th
Four whole days of books for sale, with setup on Monday. Everyone is always excited for the annual fall Book Fair!

Each of these events require a lot of volunteers to be successful. If you're able to help out in any way, please contact us at: WestHillPTO@gmail.com





Dunkers Basketball Clinic (Grades 1-2)

Get ready for our recreational league by learning the basics in our basketball clinic for boys and girls. Basketball fundamentals and basic skills will be taught by volunteer coaches. Each class will end with a game and all participants will receive a t-shirt.

- Days:** Saturdays
- Date:** December 1 - February 23 (No 12/29 & 2/16)
- Time:** Girls 10:30am-11:30am
Boys 11:30am-12:30pm
- Location:** Griswold Middle School
- Fee:** \$90



Coaches needed!

Volunteer coaches are needed in some divisions. If interested, please complete an interest questionnaire, found on page 4 of the Fall Brochure or online on our website under youth basketball. Return the form to the Recreation Office by October 12.

High School Boys League

For **current** 9th -12th graders who live in Rocky Hill. This league will start after RHHS picks their teams. The boys will be divided into teams and will coach themselves. Participants must be registered and paid by December 12 to be placed on a team.

- Days:** Wednesdays
- Date:** Draft will be held Dec. 12 at 6:45pm;
Games will be held Dec. 19- Mar. 6
(No Game 12/26)
Tournament will be held on March 9 & 10
- Time:** Games at 5:45, 6:40, 7:35, & 8:30pm
- Location:** Griswold Middle School
- Fee:** \$90

Referees Needed

Training provided, but must know basics of the sport. To apply, please fill out a Town of Rocky Hill Employment Application, which can be found on the Town website www.rockyhillct.gov and return to the Parks and Recreation Office.



Youth Basketball



Divisions for Basketball

| Boys | Girls |
|---|-----------------------------------|
| 1st-2nd Grade, see Dunkers Clinic | 1st-2nd Grade, see Dunkers Clinic |
| 3rd-4th Grade League | 3rd-5th Grade League |
| 5th-6th Grade League | 6th-8th Grade League |
| 7th-8th Grade League | |
| 9th-12th Grade, see High School Boys League | |

Youth Basketball League open to boys and girls grades 3-8

Participants will learn the fundamentals of basketball and become a team player while having fun in the recreational league with the support of our volunteer coaches. Learn the game of basketball through weekly practices and games.

Fee: \$90/child

Late Registration: Anyone registering after October 19 will be placed on a waitlist and will be assigned to a team as openings are made available. Team placement is not guaranteed for players registering after October 19.

Team Selection

The coaches will pick the teams with the intent of creating teams as balanced as possible. Coaches do not have the authority to commit a child to their team and we cannot honor requests for specific coaches. You may place one teammate request until October 31 and we will do our best to accommodate during the selection process, but cannot make any guarantees. Team placement is final. Coaches will notify players of team placement starting November 6.

Practice

Every team practices 1 hour/week. Day and time depend on team placement. Practice time slots are Monday-Friday between 5:00 and 9:00 p.m. and will start the week of November 12.

To assist with team placement fill out a Practice Availability Questionnaire at time of registration. There are no guarantees for teams or practice nights. Forms are due by October 31.

Clinics

Clinics will be held on Saturday, November 17.



Games

Games will be held Saturday, Dec. 8- Feb. 23. No games on 12/29 & 2/16. Each team will play approximately 8 games.



For more information, please contact the Parks & Recreation Department

(860) 258-2772 www.rockyhillct.gov/parkrec

