


# Electronic Thursday Folder

## Thursday, September 6, 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.



- September Lunch Menu
- UCONN Football Game
- Parks & Rec. Fall Programs



#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY



School Year 2018-2019 Meal Prices  
 Full Price: \$2.75  
 Reduced: \$ 0.40  
 Make Checks Payable to:  
**Rocky Hill School Lunch Program**  
 You may also pay online at:  
[www.mypaymentsplus.com](http://www.mypaymentsplus.com)  
 MENU IS SUBJECT TO CHANGE

**3**  
**LABOR DAY**  
 No School

**4**  
 Whole Grain Pasta with Meat Sauce or Marinera Sauce  
 Fresh Garlic Bread  
 Chilled Cucumber Cup  
 Fresh or Chilled Fruit

**5**  
 Mozzarella Sticks served with Marinara Sauce  
 Steamed Broccoli  
 Fresh or Chilled Fruit

**6**  
 "Shepherds Pie"  
 Meatballs in Brown Gravy  
 Served over Mashed Potatoes  
 Sweet Corn  
 Fresh or Chilled Fruit

**7**  
 Hand Tossed Cheese, Pepperoni, or Specialty Pizza  
 Caesar Side Salad  
 Fresh or Chilled Fruit

**10**  
 Chicken Corn Dogs  
 Served with Crispy Tater Tots  
 Fresh Baby Carrots  
 Fresh or Chilled Fruit

**11**  
 Whole Grain Pasta Served with Meatballs & Marinera Sauce  
 WG Sliced French Bread  
 Celery Sticks  
 Fresh or Chilled Fruit

**12**  
 Beef and Cheese or Bean and Cheese Nachos  
 Roasted Chickpeas  
 Salsa & Sour Cream  
 Fresh and Chilled Fruit

**13**  
 Italian Meatball Sub topped with Shredded Mozzarella Cheese  
 Steamed Corn and Fresh Baby Carrots  
 Fresh or Chilled Fruit

**14**  
 Hand Tossed Cheese, Pepperoni, or Specialty Pizza  
 Caesar Side Salad  
 Fresh or Chilled Fruit

**17**  
 Buffalo Chicken Patty on a WG Hamburger Bun  
 Smile Fries  
 Fresh Broccoli Cup  
 Fresh or Chilled Fruit

**18**  
 Macaroni & Cheese Served with a WG Dinner Roll  
 Chilled Cucumber Cup  
 Fresh or Chilled Fruit

**19**  
 Beacon Street Cheese Filled Breadstick  
 Marinera Sauce for Dipping  
 Steamed Italian Green Beans  
 Baby Carrots  
 Fresh or Chilled Fruit

**20**  
 Beef Burrito or Sautéed Veggie Burrito  
 Roasted Chickpeas  
 Fresh or Chilled Fruit

**21**  
 Hand Tossed Cheese, Pepperoni, or Specialty Pizza  
 Caesar Side Salad  
 Fresh or Chilled Fruit

**24**  
 Baked Chicken Nuggets & Barbecue Dipping Sauce  
 Served with Brown Rice  
 Fresh Baby Carrots  
 Fresh or Chilled Fruit

**25**  
 Whole Grain Pasta with Meat Sauce or Marinera Sauce  
 WG Sliced French Bread  
 Celery Sticks  
 Fresh or Chilled Fruit

**26**  
 Hot Dog on a WG Bun Served with Baked Beans  
 Fresh Broccoli Cup  
 Ketchup and Mustard  
 Fresh or Chilled Fruit

**27**  
 Cheeseburger on a WG Bun  
 Baked Potato Wedges  
 Sweet Corn  
 Ketchup and Mustard  
 Fresh or Chilled Fruit

**28**  
**Early Dismissal**  
 Hand Tossed Cheese, Pepperoni, or Specialty Pizza  
 Caesar Side Salad  
 Fresh or Chilled Fruit

**Free and Reduced Meal Applications** are available on the Rocky Hill Schools District webpage  
 Click on the *Food and Nutrition Tab* look under *Forms and Documents* to find a new application

To remain eligible for free and reduced meal benefits a new application **MUST** be completed at the start of **EACH SCHOOL YEAR**  
 Thank You

**Daily Meal Alternatives**

- a) Sun-butter and Jelly Sandwich
- b) Grilled Cheese Sandwich
- c) Turkey and Cheese Sandwich
- d) Fun on the Run Bagel Meal

**Weekly Salad Meal Alternative**  
 3rd till 7th - Cheesy Garden Salad  
 10th till 14th - Chicken Caesar Salad  
 17th till 21st - Chef Salad  
 24th till 28th - Cheesy Garden Salad  
 \*All Salads are served with a WG Breadstick\*



**The West Hill PTO is excited to announce that we are selling tickets to an upcoming UConn Football game!**

**Come cheer on the UConn Huskies as they play the Cincinnati Bearcats on Saturday September 29th at Rentschler Field in East Hartford. Get a group of friends together and make it an all-day event by tailgating before the game! Game time TBA one week beforehand.**

**Tickets are just \$15 per person and a portion of the proceeds will benefit:**



**Simply fill out the information below and send it to school with your child. Payments should be in an envelope marked "PTO UConn" by Wednesday, September 19<sup>th</sup>. Tickets will be sent home the following week.**

\*Please note: Transportation to and from the game is not provided and every person in attendance needs to purchase a ticket (children and adults).

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Student Name (please print clearly): \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Number of tickets purchasing (\$15 each): \_\_\_\_\_

Amount enclosed (cash or check made out to West Hill PTO): \_\_\_\_\_



# Fall Programs

## Registration Now Open!

### Youth Basketball - Dunkers Clinic (Grades 1-2)

Get ready for our recreational league by learning the basics in the basketball clinic for boys and girls. Basketball fundamentals and basic skills will be taught, and each class will end with a game.

Everyone will get a t-shirt.

Saturdays, Dec 1 - Feb 23 (No 12/29, 2/16)

**Girls:** 10:30- 11:30am

**Boys:** 11:30- 12:30pm

**Location:** Griswold Middle School

**Fee:** \$90

### Starter Tennis Lessons (for ages 5-7 and 8-10)

Saturdays September 22 - Nov 10

8:00 - 9:00am

Rocky Hill Tennis and Fitness Center

\$120 for 8 weeks



### Sparkling Sip and Paint Night

For ages 8-14, an age appropriate twist on the newest adult trend! A 2 hour session just for kids gives them the opportunity to get creative as a professional artist leads the class. Sparkling water and cupcakes provided.

Friday, Nov. 2 • 6:00- 8:00pm

**Location:** Community Center

**Fee:** \$35



## NEW PROGRAMS this Fall!



### Sizzling Science, for ages 4-8

Become junior scientists with engaging hands-on experiments.

Wednesdays, 4:00-5:00 pm at the Community Center

Session 1: Sept 12-Oct 3

Session 2: Oct 10-Nov 7 (No 10/31)

Session 3: Nov 14-Dec 19 (No 11/21, 12/5)

### Kidscapades Mix, for ages 5-8

Creative craft projects to spark their imaginations.

Wednesdays, 5:15-6:15pm at the Community Center

Session 1: Sept 12-Oct 3

Session 2: Oct 10-Nov 7 (No 10/31)

### Creative Kids, for ages 5-8

Create seasonal and holiday crafts using a variety of materials.

Wednesdays, 5:15 - 6:15pm at the Community Center

Nov 14-Dec 19 (No 11/21, 12/5)

**Fee for above programs:** \$60 per each session for 4 classes



For a more detailed list of programs offered, please visit our website at [www.rockyhillct.gov/parkrec](http://www.rockyhillct.gov/parkrec) or call (860) 258-2772





# Fall Programs



## Dance Classes

Dance instructors Janet Arnold and Mindy Levack from New England Dance will be teaching a variety of classes for ages 2-7. Look for the complete listing of dance offerings in our Fall Brochure and on our website.

**Location:** Community Center dance room  
**Fee:** \$100 residents for 12 classes, \$120 non- residents

## Essential Oils 101



Join us for this **FREE** class on **Wednesday, September 26**  
**7:00 – 8:00 p.m.**

## Pool Float Night



Bring your own float or use ours! Lifeguards will determine if float can be used. Friday, Nov. 16 and Dec. 28 • RHHS Pool

## Total Barre

Thursdays, Oct. 18- Dec. 13; Jan. 3- Feb. 21  
(No 11/22)  
6:45- 7:30pm

**Location:** Community Center dance room  
**Fee:** \$65 for 8 classes

## NYC Bus Trip

Saturday, Dec. 1 • 8:00am- 10:00pm  
Leaves from Elm Ridge Park  
**Fee:** \$38 per person (tip Included)  
Register by Nov. 16



## Pilates

A class for everyone! Designed to develop a strong core while maintaining loose limbs, the exercises provide multiple variations to meet the needs of different body types.

Class meets every Thursday  
Oct. 18- Dec. 13; Jan. 3- Feb. 21  
(No 11/22)  
6:00- 6:45pm

**Location:** Community Center dance room  
**Fee:** \$65 for 8 classes



## Strength with Cardio

This class provides a complete workout that will help tone and reshape your body. Includes a cardio component to increase your endurance and add aerobic activity to your workout.

Tuesdays, Oct. 16- Dec. 11; Jan. 8- Feb. 26  
(No 11/20)  
**Time:** 6:30- 7:15pm

**Location:** Community Center dance room  
**Fee:** \$65 for 8 classes



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