


Electronic Thursday Folder

Thursday, February 2, 2017

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.



- Pancake Dinner Fundraiser*
- Donate Your Used Clothing*
- Future Chefs Challenge – 5 pages*



Rocky Hill Cub Scouts Pack 135

PANCAKE DINNER

FUNDRAISER

Friday February
10



5:45 – 7:30pm

St. Andrew's Church
331 Orchard Street
Rocky Hill, CT 06067

All proceeds
to benefit
Cub Scout Pack 135



Menu: Pancakes, Sausage, Fruit Bar, Coffee, Milk, Juice

TICKETS AVAILABLE AT THE DOOR & IN ADVANCE

\$5 individual, \$20 family

Contact Eric Christensen, 860-463-3463, Pack135rockyhill@gmail.com

DONATE YOUR USED CLOTHING



Project Graduation 2017 is hosting a used clothing drive to earn funds (by the pound) for our seniors to have a safe and fun post-graduation celebration. Not only will you be helping our grads, but you will also be providing clothing for people in developing countries!



When: Saturday, April 22, 2017
Where: Rocky Hill High School
loading dock
50 Chapin Avenue
Time: 8:00 a.m. to 12 p.m.

Items we are collecting include:

Clothing: usable and wearable clothing for all seasons and all sizes. Men's, ladies' and kids' clothing and shoes

Accessories: handbags, belts, baby accessories, backpacks, hats, scarves, briefcases, gloves, ties

Household Items: blankets, table cloths, bed sheets, drapery, pillows, towels, quilts, comforters

Toys: stuffed animals, dolls, action figures, cars, trucks

(Please no DVD's/CD's, books, oversized playsets, car seats or workout/exercise equipment)

****Donations should be placed in 13-gallon bags or smaller for easy transport****

Have a donation now and don't want to hold on to it until April 22?

Call us or text us and we will make arrangements for either drop off or pick up!

Contacts:

Andrea Tenerowicz: 860-794-9376

Jackie Rossitto: 860-712-4018

Rosetta Fraleigh: 860-836-2600

What happens with your donation?

Clothing that is in wearable condition gets packaged into containers and is shipped by A&E Clothing Corp. to countries such as Ghana, Conakry, Guinea, Honduras, Haiti, Ecuador, Belize, Mexico, Chile, within the US, and also parts in Eastern Europe. None of the clothes get shredded or destroyed.



Thank you for your support of Rocky Hill High School
Project Graduation 2017!



**HEY
STUDENTS!**

CAN YOU COOK?



Calling all “**FUTURE CHEFS**” for our
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
HEALTHY COMFORT FOOD ENTRÉE
RECIPE!**

Five lucky winners from the district will be chosen as finalists to compete in our contest at Rocky Hill High School Café on Monday March 20, 2017. As an added bonus, the winner of this event will be entered into a national competition for some great prizes!

**All Recipe
submissions are due to
the West Hill cafeteria
by Friday
February 24, 2017**



Elementary School Culinary Competition

Sponsored by Sodexo, Rocky Hill Public School's Food Service Provider

DATE: 02/02/17

Hello everyone,

We are pleased to welcome back the Future Chefs Culinary Competition for its fifth year in Rocky Hill Public Schools. This year's competition will be open to all West Hill Elementary 4th and 5th grade students.

The idea behind this event is to help educate the kids in **HEALTHY EATING HABITS**. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits. We encourage your child to submit a recipe for their favorite healthy comfort food entree!

Judging will be based on the following criteria:

- Originality
- Kid Friendly
- Ease of Preparation
- Healthy Attributes
- Plate Presentation
- Taste

Timeline of the event:

1. Students who would like to participate need to fill out the recipe card and return it to the West Hill Cafeteria by Friday, February 24th.
2. Teachers please send the recipe cards to the cafeteria if received.
3. A panel of judges will narrow the number of finalists down to five.
4. Those finalists will be formally invited to a Culinary Competition "Cook-Off" to be held on March 20, 2017, tentatively scheduled for **3:30 PM at Rocky Hill High School.**



QUALITY OF LIFE SERVICES

The local press will be invited to take pictures of the student's creations and parents and teachers can view (and taste!) the final product during the reception portion of the event.

Parents will be responsible for transporting their children to and from the competition.

Each group of students will have a kitchen staff member assigned to help them to ensure that there are no safety issues. This will ensure safe food and preparation practices are followed and no one gets harmed.

As an added bonus, our competition is just one of 225 local competitions being held nationwide that Sodexo will be orchestrating across the country in February and March. The winning recipe from each event will be entered to win a national competition in March. More details will follow, but we're lining up some great prizes for those that are chosen to receive national recognition!

Please let me know if I can answer any questions or concerns.

John White

General Manager

Rocky Hill Public Schools

Office Number: (860) 258-7780

Cell Phone Number: (203) 313-0897

E-Mail Address: John.White@Sodexo.com



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite meals.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This doesn't have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy comfort food Entree** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn **bonus points** at the judging:

Whole Grain Pasta, Whole Grain Bread, Brown Rice, Low-Fat Cheese, Eggs, Lean Ground Beef, Turkey, Potatoes & Mushrooms. NO NUTS OF ANY KIND in recipes please.

GOOD LUCK & HAVE FUN!!!!



Rocky Hill Public Schools Recipe Entry Form

~Healthy Comfort Food Entree Recipe~

Open to All 4th and 5th Grade West Hill Students!

My Name:	
My School:	West Hill Elementary
My Grade:	
My Teacher's Name:	

Return to the West Hill Cafeteria by **Friday, February 24th**
Teachers: please send to the cafeteria if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. *(If you need more room, attach and staple another piece of paper to this form.)*