


# Electronic Thursday Folder

## Thursday, March 23, 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.



- Leader in Me Program – Grades 3-5
- Skyhawks Youth Sports – 2 page\*
- Soccer Camp – 2 pages
- Year book Order Form\*
- April Lunch Menu – 2 pages



# “Leader in Me” Family Program for Students in Grades 3-5 and Their Families”

Based on Sean Covey’s “7 Habits of Happy Kids”

Come take the opportunity to learn more about the “7 Habits” along with your children while engaged in lessons, activities and games that will strengthen interpersonal and leadership skills for all of you!

Please join me for our next family program focusing on Habit 5:  
“Listen Before You Talk”

March 28th, 6:30-7:30 p.m. in the West Hill Library



Please Respond to Merle Cohen by phone 860-258-7761 or via email [cohenm@rockyhillps.com](mailto:cohenm@rockyhillps.com) or you can fill out the bottom portion and send it in with your child. Hope you can come!

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Your Name: \_\_\_\_\_ Child’s Name \_\_\_\_\_

Phone Number \_\_\_\_\_

2/28 Fam. Prog. Mrs. C

# ROCKY HILL PARKS AND RECREATION DEPARTMENT



## DEVELOPMENT & TRAINING TENNIS PROGRAMS

**Skyhawks Tennis Academy** is a full service nationwide operator of tennis instruction and management. Staffed and operated by an elite group of certified tennis professionals STA provides the most modern tennis training techniques available in a safe and fun environment. STA is a division of Skyhawks Sports Academy, one of the oldest and largest youth sports providers in the country.

### SUMMER 2017

(course)	(dates)	(days)	(time)	(ages)	(fee)	(location)
<b>SKYHAWKS RED BALL TENNIS</b>						
SSA96297	7/17 - 7/20	M,T,W,Th	9:00 a.m. - 12:00 p.m.	6-9	\$119	Maxwell Park
<p><i>This class provides a relaxed environment where fundamental tennis skills are taught along with a wide range of fun activities that help develop agility, balance, movement, sending, receiving and gross motor skills on a 36 ft court. In addition to learning more tennis skills, players improve their movement and rallying skills. We help each player to develop better tennis mechanics and more consistent shots. A variety of fun activities are used to improve player athleticism through agility, balance, coordination and movement development.</i></p>						
<b>SKYHAWKS ORANGE BALL TENNIS</b>						
SSA96295	7/17 - 7/20	M,T,W,Th	9:00 a.m. - 12:00 p.m.	7-10	\$119	Maxwell Park
<p><i>Players develop their tennis technique, athletic and court coverage skills in order to achieve success in rallying consistency and in point playing on a 60 ft court. A variety of fun and competitive games are used to develop a strong foundation of tennis fundamentals. Players increase their rallying, volley, serve and point playing skills while improving their athleticism and shot consistency. Players will focus on using the proper shot techniques and court coverage skills before moving on to a 78 ft court.</i></p>						
<b>SKYHAWKS GREEN BALL TENNIS</b>						
SSA96296	7/17 - 7/20	M,T,W,Th	9:00 a.m. - 12:00 p.m.	8-12	\$119	Maxwell Park
<p><i>This class emphasizes all aspects of the game and helps improve proper shot technique. Focus is placed on live ball drills that develop rallying and decision-making skills along with proper movement and recovery. Point playing games are used to reinforce the skills learned and to improve the player's competitive skills. Using teaching progressions that lead to live-ball play is a key element in this program.</i></p>						

**Note: Camps are M-TH with Friday as a rain backup, if needed**



**SPACE IS LIMITED!  
REGISTER TODAY >>**

**ONLINE:**  
[www.skyhawks.com](http://www.skyhawks.com)  
[www.rockyhillct.gov/parkrec](http://www.rockyhillct.gov/parkrec)

**PHONE:**  
 800.804.3509  
 860.258.2772



# ROCKY HILL PARKS AND RECREATION DEPARTMENT



## YOUTH SPORTS SKILL-BASED PROGRAMS

**Skyhawks Sports Academy** provides sport programs where children discover and develop athletic skills and social values, such as teamwork, respect and sportsmanship. We offer children a positive sports experience while promoting a healthy, active lifestyle.

### SUMMER 2017

(course) (dates) (days) (time) (ages) (res/non-res fee) (location)

#### MINI-HAWK® CAMP (SOCCER, BASEBALL & BASKETBALL)

SSA93611	6/26 - 6/30	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$119	West Hill School
SSA93746	7/31 - 8/04	M-F	9:00 a.m. - 12:00 p.m.	4-6	\$119	West Hill School

*This multi-sport program gives children a positive first step into athletics. The essentials of each sport are taught in a safe, structured environment with lots of encouragement and a focus on fun. All games and activities are designed to allow campers to explore balance, movement, hand/eye coordination and skill development at their own pace.*

#### CAPTURE THE FLAG CAMP

SSA93649	6/26 - 6/30	M-F	9:00 a.m. - 12:00 p.m.	8-12	\$119	West Hill School
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*You know this fun game from playgrounds, backyards and your family get-togethers. We will take all of the traditional aspects of the game and put a Skyhawks Sports spin on it. Your young athletes will learn strategy in addition to the rules of this game while we incorporate sportsmanship and teamwork into this week-long camp. Bring your friends of come and make new ones in this unique and fast-paced program.*

#### BASKETBALL CAMP

SSA93585	7/10 - 7/14	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$139	West Hill School
SSA93661	7/24 - 7/28	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$139	West Hill School
SSA93636	7/31 - 8/03	M,T,W,Th	4:00 p.m. - 6:00 p.m.	5-7	\$75	Rocky Hill Community Center Gym

*This fun, skill-intensive program is designed for beginning to intermediate athletes. An active week of passing, shooting, dribbling and rebounding makes this one of our most popular programs. Boys and girls will also learn vital life lessons such as respect, teamwork and responsibility.*

#### VOLLEYBALL CAMP

SSA93612	7/17 - 7/21	M-F	9:00 a.m. - 1:00 p.m.	9-14	\$119	Cromwell Middle School
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*All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This program is designed for the beginning and intermediate player. Our staff will assist boys and girls in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.*

#### MULTI-SPORT (SOCCER, BASEBALL, BASKETBALL & FLAG FOOTBALL)

SSA93586	7/31 - 8/04	M-F	9:00 a.m. - 3:00 p.m.	7-12	\$139	West Hill School
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*Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of multiple sports along with vital life lessons such as respect, teamwork, and self-discipline.*



**SPACE IS LIMITED!  
REGISTER TODAY >>>**

ONLINE:  
[www.skyhawks.com](http://www.skyhawks.com)  
[www.rockyhillct.gov/parkrec](http://www.rockyhillct.gov/parkrec)

PHONE:  
 800.804.3509  
 860.258.2772





# SOCCER CAMP

Your child deserves to go to the most popular camp in the country where they will learn new skills, develop confidence, and have fun!



- SPEED/AGILITY
- JUGGLING
- FOOT SKILLS
- PASSING/CONTROL
- DRIBBLING
- SHOOTING

## Rocky Hill Parks & Recreation

Sunny Crest Soccer Fields, 300 Parsonage st, Rocky Hill, CT 06067

### August 14th - 18th

First Kicks.....3-5yrs.....8-9am.....\$104  
 Half-Day.....6-14yrs.....9-12pm.....\$146  
 Full-Day.....7-14yrs.....9-3:30pm.....\$208

Early drop off available, see website for details.

Free online jersey offer deadlines - 6/30.

Mail applications and payment to: Sophie Dewar, 94a Jefferson Blvd, Warwick, RI 02888  
Phone: (401) 352-6890 • Email: [sdewar@challengersports.com](mailto:sdewar@challengersports.com) • Checks payable to: Challenger Sports

**WIN A TRIP TO ENGLAND**  
**TO WATCH PREMIER LEAGUE TEAM SOUTHAMPTON FC!**  
 See inside for details.

## Register at [challengersports.com](http://challengersports.com)

### OVER 200,000 PLAYERS WILL LEARN THE CHALLENGER WAY THIS YEAR — WHICH PROGRAM IS BEST FOR MY CHILD?

**FIRST KICKS.** Ages 3-4. Soccer basics, fun soccer games, stories, and challenges.

**HALF-DAY CAMPS.** Ages 5-16. Individual foot skills, core techniques, juggling and coached games.

**GOLDEN GOAL.** Ages 6-16. Bonus session of skills, competitions, and scrimmages for half-day campers.

**MINISOCCKER.** Ages 4-5. Skill-building activities, fundamental practices, and small-sided games.

**FULL-DAY CAMPS.** Ages 8-18. Advanced techniques, game-related practices, and competitive play.

**TEAM CAMPS.** All ages. Customized training program exclusively for your team.

## OVER \$100 OF FREE GIFTS!

Free Soccer Ball, Action Poster with Camp Report, Camp Shirt, and 12-Month Subscription to Online Coaching Resource!

**FREE JERSEY.**  
To receive your Free Jersey, sign up online 45 days prior to your camp's start date at [challengersports.com](http://challengersports.com). Only available while stock last! S&H Fees Apply.



**SIGN UP TODAY & AVOID A \$10 LATE FEE!**  
\*See application form below for more details.



### Rocky Hill P&R • August 14th - 18th

Time \_\_\_\_\_ Camp Program \_\_\_\_\_  
 Camper Name \_\_\_\_\_ Age \_\_\_\_\_ Gender (M) \_\_\_\_\_ (F) \_\_\_\_\_ DOB \_\_\_\_\_  
 T-Shirt Size YS \_\_\_\_\_ YM \_\_\_\_\_ YL \_\_\_\_\_ AS \_\_\_\_\_ AM \_\_\_\_\_ AL \_\_\_\_\_ XL \_\_\_\_\_ Ball #3 (U8yrs) \_\_\_\_\_ #4 (8-12yrs) \_\_\_\_\_ #5 (13+yrs) \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Email Address \_\_\_\_\_ Phone (day) (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_  
 Emergency Contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

\* If signing up less than 10 days prior to camp, please include an additional \$10 late fee.

**PAY BY CHECK.** Enclosed \$ \_\_\_\_\_ Check # \_\_\_\_\_  Yes, we are interested in hosting a coach.

**PAY BY CREDIT CARD.** Name on Credit Card \_\_\_\_\_

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ CVV # \_\_\_\_\_

Credit card information will be processed timely and destroyed in a secure manner immediately after processing.

\$40 Cancellation Fee — at least 10 days prior to camp.

No refunds for cancellation within 10 days of camp.

By submitting this form I hereby release Challenger Sports and any host organization from all claims and liability of any kind of personal injury or property damage due to participation in this camp. I understand that participation in sports camps include physical contact and certify that my child is in good health and able to participate in all activities. I agree to notify the coaching staff of any preexisting medical or psychological conditions. If attention is required for illness or injury, I give my permission to a staff member for such care. I give my consent for my child to be photographed or video taped while participating in the camp activities and for the resulting images to be used by Challenger Sports for promotional purposes. If returned unpaid I authorize my account to be electronically debited for the check amount and returned check fee.

Parent/Guardian Signature \_\_\_\_\_

**REGISTRATION DETAILS AVAILABLE AT [CHALLENGERSPORTS.COM](http://CHALLENGERSPORTS.COM)**





## WHY HAVE WE BECOME THE MOST POPULAR COACHING PROGRAM IN THE COUNTRY?

Our international staff are selected and trained exclusively to work in your child's camp. They have a genuine interest in helping with each player's development and providing memorable and positive experiences.

### OUR CURRICULUM DIFFERENCE.

Challenger's 1,000 Touch Curriculum has been created to address the key areas of technical development that have the biggest impact on performance in the game. We know that the more time the players spend in contact with the ball the quicker they will master important core skills.

### TEACHING MORE THAN SOCCER!

We coach within a framework of character development

based on respect, responsibility, integrity, leadership, and sportsmanship. Our ever-popular Camp World Cup Tournament allows us to introduce players to the geography, traditions, and culture of other great soccer playing countries.

### WHAT WILL THEY DO EACH DAY?

*The ABCs.* Individual practices that develop Agility, Balance and Coordination. *The Moves.* Twenty different ways to turn, fake and beat opponents. *Freestyle Soccer.* Juggling,

lifts, and balances that will help improve touch & control. *Drizzling.* Change direction and move at speed while in control of the ball. *Passing & Receiving.* Improve accuracy, pace & timing of passes, and better control. *Shooting.* Improve technique, power & placement with both left and right feet. *Tackling & Defending.* Taking the ball away from opponents and basic team defense.



The British Soccer coaches were three of the most amazing leaders I have ever seen work with kids. Not only did my kids' skills improve tremendously, but they had the time of their lives—and so did I watching them! This camp was 100% more than I ever expected it to be, and my kids will continue to be part of this every summer as long as there is one for us to attend. These are the childhood memories every kid deserves, so we will be spreading the word about your organization. Once again we loved our coaches; they rocked!!

— The Palmer Family, Lakeside, CA



### HOST A COACH.

Make this soccer experience even more special for your child by hosting one of our professional coaches during your week of camp.

Host families not only provide a memorable and truly international learning experience for their children but also receive a \$80

rebate towards the cost of camp. Contact the camp coordinator listed on the front cover for more information.

\* Don't forget to bring your British Soccer camp ball, plenty of water, shin guards, and sunscreen to camp.

Southampton FC is the official Premier League team of Challenger Sports.

## WIN A VIP TRIP TO WATCH

## A PREMIER LEAGUE MATCH!

To celebrate the partnership, Southampton FC is running a competition with Challenger Sports. Southampton will give your family the chance to win a VIP trip to watch a Premier League Match live in England. We will fly you across the Atlantic so you can experience live Premier League football at St. Mary's Stadium this season. Go to [southamptonfc.com/challengersports](http://southamptonfc.com/challengersports) for more details.



## SOCCERPLUS+ CAMPS

### AFTER BRITISH SOCCER, TAKE THE NEXT STEP!

If your child has attended a British Soccer camp and now wants something even more challenging, we would like to invite them to attend a SoccerPlus camp created by World Cup winning coach and Olympic Champion, Tony DiCicco! SoccerPlus Goalkeeper Schools and Field Player Academies are held at selected residential sites nationwide. Campers will take part in practices that Coach DiCicco has used with his National Team players! Check out the list of SoccerPlus camps at [www.soccerplus.org](http://www.soccerplus.org) and use code BSC17 when you register to save \$25!





**Capture the memories of the year!**  
**Order your Yearbook today!**

Order your **full color** yearbook with pictures and memories from your year at West Hill! Includes PK3 through 5th grade. Cash, check or money order payments accepted until 3/31/17. Please make checks payable to "West Hill PTO"

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Teacher: \_\_\_\_\_ Room# \_\_\_\_\_

Parent e-mail address: \_\_\_\_\_

Number of Yearbooks ordered: \_\_\_\_\_ @ \$20.00 each

Cash or Check # \_\_\_\_\_ Total Enclosed \$ \_\_\_\_\_



Please feel free to email Linda Sidote at [linsid@cox.net](mailto:linsid@cox.net) or Annemarie Morin at [annemariam860@aol.com](mailto:annemariam860@aol.com) with any questions.

This order form is for PK3 through Grade 4 yearbook orders only.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**3**  
  
Oven Baked Golden Chicken Tenders served with Creamy Mashed Potatoes Crispy Baby Carrots & Cinnamon Applesauce

**4**  
  
Pasta with Meat or Marinara Sauce served with Fresh Garlic Bread, a Side Garden Salad & Diced Peaches

**5**  
  
Freshly Baked Hand Tossed Pizza  
Choice of: Cheese(V), Vegetable (V), Pepperoni or Specialty Pizza with Steamed Broccoli & Pineapple Tidbits

**6**  
  
Cheesy Beef Burrito or Vegetable Burrito with Sour Cream & Salsa served with Roasted Garbanzo Beans & a Fresh Apple

**7**  
  
Oven Baked Mozzarella Cheese Sticks with Marinara Dipping Sauce served with a WG Dinner Roll, Chilled Cucumber Cup & Orange Bites

Salad of the Week: Taco Salad, Sandwich of the Week: Italian Sub  
Fresh & Chilled Fruit & Veggie Sides, Flavored Fat Free & Unflavored 1% Milk Offered Daily!

**10**  
  
Spring Recess  
NO SCHOOL

**11**  
  
Spring Recess  
NO SCHOOL

**12**  
  
Spring Recess  
NO SCHOOL

**13**  
  
Spring Recess  
NO SCHOOL

**14**  
  
Spring Recess  
NO SCHOOL

**17**  
  
Chicken Patty Sandwich or Buffalo Chicken Patty Sandwich on a WG Hamburger Roll served with Crispy Baby Carrots & Diced Peaches

**18**  
  
Cheese Ravioli served with French Bread, Fresh Cucumber Slices and Cinnamon Applesauce  
  
**\*\*LUCKY TRAY DAY\*\***

**19**  
  
Freshly Baked Hand Tossed Pizza  
Choice of: Cheese (V), Vegetable (V), Pepperoni or Specialty Pizza Steamed Broccoli & Pineapple Tidbits

**20**  
  
Popcorn Chicken Bowl filled with Creamy Mashed Potatoes & Sweet Golden Corn topped with Gravy served with a WG Dinner Roll Seasoned Black Beans & Cinnamon Apple Slices

**21**  
  
In Honor of **Earth Day** Fresh Fruit and Cheese Platter served with a variety of Fresh & Chilled Fruits Graham Crackers & Crispy Baby Carrots

Salad of the Week: BLT Salad, Sandwich of the Week: Tuna Salad Wrap  
All prepared food items are either baked, steamed, broiled or served fresh! NO FRYING!

**24**  
  
Oven Baked Chicken Nuggets served with Fluffy Brown Rice, Fresh Celery Sticks with Dip & Cinnamon Applesauce

**25**  
  
Pasta with Meatballs served with Fresh Garlic Bread a Side Garden Salad Chilled Cucumber Cup & Diced Peaches

**26**  
  
Freshly Baked Hand Tossed Pizza  
Choice of: Cheese (V), Vegetable (V), Pepperoni or Specialty Pizza served with Steamed Broccoli & Pineapple Tidbits

**27**  
  
Brunch for Lunch  
  
Mini Maple Pancakes with or without Sausage served with Maple Syrup Yogurt, String Cheese, Diced Pears & Crunchy Tater Tots

**28**  
  
Hot Dog served on a WG Roll paired with Smokey Baked Beans, Crispy Baby Carrots & Warm Cinnamon Apple Slices

Salad of the Week: Chef Salad, Sandwich of the Week: Hamburger  
Lunch Price: \$2.65 Reduced Lunch Price: \$0.40



**Daily Alternative Selections:**  
  
Fun on the Run Bagel Meal (V)  
Toasted Cheese Sandwich (V)  
Freshly Made Salad or Sandwich of the Week



Earth Day was created to promote awareness & appreciation for Earth's Environment. It is celebrated worldwide in over 175 different countries making it the largest, most celebrated environmental event world wide. **Earth Day is Celebrated on April 22nd!**



(V): Vegetarian, WG: Whole Grain



## Plants Are the Backbone of Life on Earth

Our everyday life depends on plants in so many ways. Let's review some of the special purposes of plants on Earth:

1. **Food:** Everything we eat comes directly or indirectly from plants. Throughout human history, approximately 7,000 different plant species have been used as food by people.
2. **Water:** Plants regulate the water cycle: they help distribute and purify the planet's water. They also help move water from the soil to the atmosphere through a process called transpiration.

3. **Medicine:** One-quarter of all prescription drugs come directly from or are derivatives of plants.
4. **Air:** Oxygen is brought to you by plants, as a by-product of photosynthesis.
5. **Habitat:** Species of fish and wildlife depend on plants for food and shelter.
6. **Climate:** Plants store carbon, and have helped keep much of the carbon dioxide produced from the burning of fossil fuels out of the atmosphere.

Source: Botanic Gardens Conservation International.  
<http://www.bgci.org/plantconservationday/index/>



Sodexo is committed to promoting healthier food choices and encourages students and families to use the USDA MyPlate to build healthy and balanced meals.

[liftoffsplayground.com](http://liftoffsplayground.com)

## Finding Protein in a Plant-Based Diet

Protein is one of three energy nutrients, which means protein helps provide calories to your diet. When people adopt a vegetarian lifestyle, depending on the type of vegetarian they are (lacto-ovo, vegan, etc.) protein can be easily overlooked in the diet. This can be problematic because protein is also needed for muscle growth and repair, hair and nail growth, the production of hormones and red blood cells and the maintenance of a healthy immune system. About 15 to 20% of all the calories we eat should come from protein. Animal foods are common sources of protein, however there are also popular plant based foods that can contribute protein to a healthy diet.

Foods such as beans and legumes, tofu, tempeh and grains such as quinoa or barley are all excellent sources of protein. The key is learning how to add these foods into your daily meals and snacks. For example, beans can be added to eggs or a morning breakfast burrito, bean dips like hummus, are convenient snacks with cut up vegetables, quinoa can take the place of pasta in a meal and often foods like tofu can be substituted for animal proteins in meals like spaghetti and meat sauce, chili, lasagna or as a topping on pizza. To ensure you and your family include plenty of protein in your vegetable based diet, gather some recipes and try at least one new dish each week. Build a list of family favorites and rotate these meals into your monthly meal plan.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to <http://www.foodallergy.org/>.

## Fresh Pick Recipe

### CORN AND AVOCADO SALSA

- 1/2 cup sweet onion
- 1 jalapeño pepper, minced
- 1 yellow bell pepper, medium dice
- 1 green bell pepper, medium dice
- 1/2 cucumber, medium dice
- 2 cups corn
- 2/3 avocados, large dice
- 1/2 cup orange juice
- 2 tablespoons lime juice
- 2 tablespoons extra virgin olive oil
- salt and pepper to taste
- baked corn chips

1. Prepare all ingredients as directed.
2. Mix the orange and lime juices with the olive oil in small bowl.
3. Place remaining ingredients in medium bowl and mix with the dressing.
4. Serve with baked chips.



Visit [www.rockyhillps.com](http://www.rockyhillps.com) for more information.

Click on the Food & Nutrition link to go to the [SodexoMyWay.com](http://SodexoMyWay.com) page. Here you will find monthly school menus, meal assistance information, wellness newsletters, FAQ, Links to Lift-Off's Playground and much more!

