


Electronic Thursday Folder

Thursday, November 3, 2016

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.



- Referendum on new intermediate school – 2 pages
- “Leader in Me” Family Program for Grades 3-5
- November Lunch Memo – 2 pages
- Introduction to Lacrosse



**EXPLANATORY TEXT REGARDING
REFERENDUM TO CONSTRUCT AN
INTERMEDIATE SCHOOL**

This referendum was originated by the action of the Rocky Hill Board of Education in authorizing its school administration to develop educational specifications for the construction of a new intermediate school. This new school would be serving students in grades four and five, at the site of the former Dr. Oran A. Moser Elementary School. Moser was built in 1924 and has been vacant since September, 2011 after the Board of Education decided to discontinue using the facility as a school by transferring kindergarten through second grade students to Stevens Elementary School.

The student population in the town's two existing K-5 schools, Stevens Elementary and West Hill Elementary, has exceeded their design capacity. Currently, Stevens School uses seven portable classrooms and West Hill School is using seven bringing the total number of portable classrooms in the school district to fourteen. The construction of a new intermediate school would enable the Board of Education to eliminate the need for these temporary structures. Once the new school is built, the Board would convert its two K-5 elementary schools to K-3 schools. The goal is to complete the construction and open the new intermediate school in the fall of 2019.

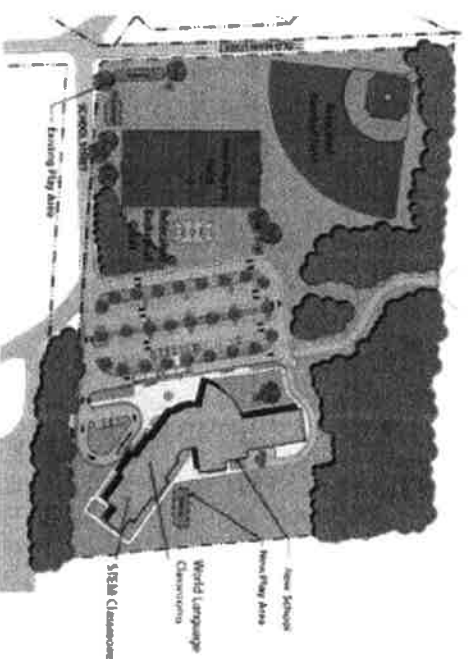
This building project falls under the long-range plan of the Town of Rocky Hill to expand its facilities to accommodate the increasing size of the student population.

Program Spaces	Building Square Footage
20 General Classrooms	18,000
6 General/STEM Classrooms	7,200
Administration (principal, vice-principal, secretarial staff, conference room, storage)	2,500
Student Support Spaces (social worker, speech, psychologist and others)	1,500
Resource Rooms (Special education, literacy, numeracy, shared tutorial, and teacher work room)	3,500
Art/Music (General, band, choral/practice rooms/storage)	5,300
Gymnasium (including student lockers, showers and offices)	9,000
Cafetorium (combined cafeteria and auditorium)	4,250
Kitchen and Servery	1,500
Nursing Area	550
Library/Media Center (including computer lab)	2,750
Building Support (toilets/circulation/MDF/IDF, Boiler Room)	23,100
Total	79,150

This notification serves as a reminder to all registered Rocky Hill voters that Tuesday, November 8 is an election day.

Polls will be open from 6:00 a.m. to 8:00 p.m. at West Hill Elementary School, Griswold Middle School, and the Community Center at Town Hall.

Please be advised that a referendum question on whether to approve a new intermediate school for Rocky Hill is on the ballot.



SITE DEVELOPMENT

This school project may need a site of up to 14 acres to accommodate the Rocky Hill Intermediate School with an expected enrollment of 582 students. The Town and the Board of Education has identified the site of the former Oran D. Moser School as an appropriate location for the new intermediate school. The existing parcel of land encompasses approximately 10.5 acres. Adjacent parcels encompassing approximately 3.2 acres have been identified as well. During the design and selection of the site, the following criteria will be evaluated:

CRITERIA FOR DEMOLITION OF EXISTING MOSER BUILDING

Abatement of hazardous materials and complete removal of entire existing building.

ATHLETIC AND PLAYING FIELDS

A soccer/lacrosse field and a baseball/softball field are to be provided for both student and community use. The school also requires an age appropriate playground and an asphalt/bitumen, full-sized outdoor basketball court with regulation markings and six backboards/basket fixtures.

OVERALL INSTRUCTIONAL DESIGN

The common focus is to assess each child's level of development upon entering Grade 4 and to design language arts, science, social studies and mathematical programs that meet students' needs to ensure success. The goal of the school is to have every child demonstrating academic success by the end of Grade 5.

GENERAL PURPOSE CLASSROOM DESIGN AND LAYOUT

Twenty-six classrooms are to be included, six of which will be outfitted for integrating science, technology, engineering, and mathematics (STEM). Classrooms are to be of sufficient size to accommodate 22-24 students, a teaching station, file cabinets, and furniture inclusive of desks and chairs. Instructional whiteboards, one of which is to be digitally interactive, will be located on at least two walls in each classroom. Also included should be lockable storage for teachers' personal items, storage shelves for books, and tack boards for notices. The general purpose classrooms should be approximately 900 sq. ft. and be designed to allow flexibility for different teaching/learning styles such as group work and independent study. STEM classrooms are slightly larger and should be approximately 1,200 sq. ft. to accommodate additional science workstations. All classrooms within the school will have similar instructional equipment and a configuration layout as follows:

The front and back walls of the rooms will serve as teacher/student presentation areas. Teacher stations will be located in the front of the classroom and will have the following components: computer, document camera, projection screen and/or interactive whiteboard with the required support equipment, LCD projector, and touch-screen control monitor panel.

The location and configuration of classroom educational and technology equipment will be consistent for all classrooms to allow faculty ease and confidence in their use. Instructional computers in the teacher offices should be similar to those in the classrooms. The similarity of the computers throughout the school provides uniformity in faculty and student use while reducing maintenance costs.

PROJECT BUDGET

The projected costs of the Intermediate School is \$48.35 million. Funding would be provided from an expected \$17.25 million State Grant and an estimated \$31.1 million from Town issued twenty (20) year general obligation bonds.

TAX IMPACT

Based on the October 2015 Grand List and a three percent (3%) interest rate on the bonds, this school project would increase the mill rate by 1.23 mills.

Homeowners Impact:

House Assessment at \$100,000

Increase in Taxes = \$123.00 a Year (or \$10.25 a Month)

PROJECTED STUDENT ENROLLMENT AND SPACE REQUIREMENT

In accordance with enrollment projections from the New England School Development Council (NESDEC), the educational specifications of the proposed new intermediate school have been drafted to accommodate a peak enrollment of 582 students in school year 2020-2021. The school district continues to experience student growth with overcrowding in its two, K-5 elementary schools, Stevens Elementary and West Hill Elementary.

Overcrowding will remain in the foreseeable future until the new building is opened. As addressed previously, the new school is expected to serve a total of 582 students – with 286 students in Grade 4 and 296 students in Grade 5. The programmatic square footage required for the student enrollment is noted on the next page:

“Leader in Me” Family Program for Grades 3-5

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



Please take the opportunity to learn more about the 7 Habits with your children while engaged in lessons, activities and games that will strengthen their leadership skills and their ability to make good choices. This is for parents and children in grades 3-5.

Please join me for our first family program to learn about Habit 2:
“Begin with the End in Mind”

November 15th 6:30-7:30 p.m. in the West Hill Library



Openings are limited to the first 20 families to respond.

Please respond to Merle Cohen to RSVP by phone (860) 258-7761, via e-mail cohenm@rockyhillps.com, or you can fill out the bottom portion and send it in with your child.

Your Name _____

Child's name _____

Phone number _____

11/15 Fam. prog Mrs. C

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Daily Alternative Selections:
Fun on the Run Bagel Meal (V)
Toasted Cheese Sandwich (V)
Salad or Sandwich of the Week:
Week 1: Chicken Caesar Salad or Hamburger
Week 2: Taco Salad or Italian Sub
Week 3: BLT Salad or Tuna Wrap
Week 4: Chef Salad or Hamburger

1
Oven Baked Golden Chicken Tenders served with a WG Dinner roll
Steamed Green Beans and Chilled Sliced Peaches

2
Freshly Baked Hand Tossed Pizza
Choice of: Cheese (V)
Vegetable (V) or Pepperoni Pizza
Steamed Broccoli
Petite Banana

3
Crunchy Chicken Tacos served with Lettuce, Tomatoes, Salsa & Guacamole
Roasted Garbanzo Beans
Chilled Diced Pears

4
World Flavor of the Day - India
Tandoori Chicken served over Fluffy Brown Rice with Steamed Broccoli & Diced Pineapple

Fresh & Chilled Fruit, Veggie Sides, Flavored Fat Free & Unflavored 1% Milk Offered Daily!
Menu is Subject to Change

7
Oven Baked Chicken Nuggets served with Fluffy Brown Rice
Chilled Cucumber Cup & Cinnamon Applesauce

8
ELECTION DAY
.....
NO SCHOOL

9
Freshly Baked Hand Tossed Pizza
Choice of: Cheese (V)
Vegetable (V) or Pepperoni Pizza
Steamed Broccoli
Petite Banana

10
Homemade Chicken Pot Pie filled with Grilled Chicken & Mixed Vegetables served with Chilled Cinnamon Apple Slices

11
Grilled Cheese & Tomato Soup with a Side Garden Salad & half of a Baked Apple

All prepared food items are either baked, steamed, boiled or served fresh! NO FRYING!

14
Oven Baked Chicken Tenders with a WG Dinner Roll served with Fresh Baby Carrots & Celery Sticks
Cinnamon Applesauce

15
Pasta & Marinara Sauce served with Garlic Bread
side Caesar Salad
Chilled Peach Slices

16
Freshly Baked Hand Tossed Pizza
Choice of: Cheese (V)
Vegetable (V) or Pepperoni Pizza
Steamed Broccoli
Petite Banana

17
National Healthy Lunch Day
Oven Baked WG Popcorn Chicken
Roasted Butternut Squash Salad
Cinnamon Apple Slices

18
Italian Dunkers with Marinara Dipping Sauce
a side Garden Salad & Mandarin Oranges

Lunch Price: \$2.65 Reduced Lunch Price: \$0.40
Please make checks payable to: Rocky Hill School Lunch Program

21
Thanksgiving Meal
Oven Roasted Turkey with Stuffing, Gravy, Mashed Potatoes, Corn, Cranberry Sauce & Chilled Cinnamon Applesauce

22
Freshly Baked Hand Tossed Pizza
Choice of: Cheese (V)
Vegetable (V) or Pepperoni Pizza
Steamed Broccoli
Petite Banana

23
Early Dismissal
Oven Baked Chicken Patty Sandwich on a Whole Grain Roll
Fresh Cucumber Cup & Chilled Sliced Peaches

24
HAPPY THANKSGIVING
.....
NO SCHOOL

25
THANKSGIVING BREAK
.....
NO SCHOOL

Please send checks and lunch money in a sealed envelope with your child's name and ID number, or use MyPaymentsPlus Online to submit payments.
NO cash or checks will be accepted during the lunch periods

28
Oven Baked Chicken Nuggets with a WG Dinner Roll
Potato Wedges
Chilled Diced Pears

29
Italian Meatball Sub on a WG Sub Roll with Steamed Green Beans & Mandarin Oranges

30
Freshly Baked Hand Tossed Pizza
Choice of: Cheese (V)
Vegetable (V) or Pepperoni Pizza
Steamed Broccoli
Petite Banana



(V): Vegetarian, WG: Whole Grain

Why Should Children and Adults Eat More Plant-Based Foods?

Plant based foods like fruits, vegetables, whole grains and beans can provide a variety of color, texture and taste to your plate, and are also packed with important nutrients to help prevent disease. They each contribute important fiber to your daily diet which helps to fill you up and keep your digestive system healthy. Eating plant-based foods has also been shown to reduce the risk for heart disease, high blood pressure and some cancers. In addition, the added vitamins and minerals in these foods can help keep you energized when properly added to a balanced daily meal plan.

Why do we struggle to get more plant-based foods into our diets? For some people it's lack of familiarity and not understanding how to incorporate them into a daily diet routine. Consider some of the tips below to help you learn how to add these nutrient-filled foods into your family's meal plan. There are also issues of availability in different seasons, as well as convenience. If fresh is not an option for your family, try frozen fruits and veggies, canned fruits in natural juices, or low-sodium canned vegetables and beans as a healthy alternative.



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

www.liftoffsplyground.com



Nutrition • Achievement • Environment • Community • Activity

How To Build More Plant-Based Foods Into Your Menu

Adding more plant-based foods into your diet has never been easier. With access to recipes on the internet, as well as cooking videos and volumes of educational information on how to cook plant-based foods, there really are no excuses for not adding them to your diet. It may take a couple weeks to build them into your weekly routine, but it's the right thing to do for your health.

Try some of the following tips to get started:

- 1) Find recipes that interest your family.
- 2) Stock your freezer and pantry with frozen veggies and fruits, as well as a variety of "low sodium" or "no salt added" vegetables and beans.
- 3) Stock your pantry with fruits packed in natural juices.
- 4) Make sure you fill half of your plate with fruits and vegetables.

Check out these additional resources to help build plant based foods into your menus:

<http://liftoffsplyground.com/parents.html>

<http://www.fruitsandveggiesmorematters.org/>

<http://www.mondaycampaigns.org/campaigns/meatless-monday/>

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.

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/>.



Visit www.rockyhillps.com for more information

Click on the Food & Nutrition link to go to the 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!



Rocky Hill Lacrosse

Rocky Hill, CT

Introduction to Lacrosse



Introduction to Lacrosse

The Rocky Hill Lacrosse Club will be hosting a free introduction to lacrosse clinic for girls and boys in grades 2 - 5 who want to learn to play "The Fastest Game on Two Feet". The clinic will be directed by lacrosse club coaches and current players and will provide information on the following:

- How the game is played
- Required equipment for girls and boys
- Season (dates)
- Registration information
- Equipment packages

When: Saturday November 19th

Where: RHHS McVicar Field

Time: 12:00p - 2:00p

For more information, please contact Tom Lang at 860-930-9650