

CES Lunch Menu for October

Thursday, October 01, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Chicken Nuggets, Butter Egg Noodles, Green Beans, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, October 02, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Whole Grain Pizza, Fresh Vegetables, Pears, Milk CES Alternate: Bagel Lunch

Monday, October 05, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Popcorn Chicken, Whole Grain Rice, Carrots, Applesauce, Milk CES Alternate: Cereal Lunch

Tuesday, October 06, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Grill Cheese Sandwich, Tomato Soup, Cucumbers, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, October 07, 2015

Breakfast: Whole Grain Muffin

Lunch: Ziti with Meat Sauce, Mixed Green Salad, Pears, Milk CES Alternate: Sliced Ham Sandwich

Thursday, October 08, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Hamburger on Roll, Sweet Potato Tots, Spinach, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, October 09, 2015

Breakfast: Minimum Day - HMS: No Breakfast Served CES: Whole Grain Cinnamon Bun

Lunch: HMS: No Lunch Served CES: Whole Grain Pizza, Fresh Vegetables, Fresh Fruit, Milk CES Alternate: Bagel Lunch

Monday, October 12, 2015

Breakfast: Columbus Day - Schools Closed

Tuesday, October 13, 2015

Breakfast: Staff Development - Schools Closed

Wednesday, October 14, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meatballs, Mixed Green Salad, Peaches, Milk CES Alternate: Sliced Ham Sandwich

Thursday, October 15, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Grilled Chicken on Whole Grain Roll, Lettuce, Tomato, Sweet Potato Fries, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, October 16, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Cheese Quesadilla Pizza, Fresh Vegetables, Mixed Fruit, Milk CES Alternate: Bagel Lunch

Monday, October 19, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Hogdog on Whole Grain Roll, Baked Beans, Fresh Carrots, Pears, Milk CES Alternate: Cereal Lunch

Tuesday, October 20, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Baked Chicken, Mashed Potatoes, Broccoli, Dinner Roll, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, October 21, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meat Sauce, Mixed Green Salad, Peaches, Milk CES Alternate: Sliced Ham Sandwich

Thursday, October 22, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Taco Salad, Cheddar Cheese, Lettuce, Tomatoes, Mexican Corn, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, October 23, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: French Bread Pizza, Peas, Applesauce, Milk CES Alternate: Bagel Lunch

Monday, October 26, 2015

Breakfast: Whole Grain Oatmeal Bar

Lunch: Chicken Patty on Roll, Lettuce, Tomato, Sweet Potato Fries, Corn, Mixed Fruit, Milk CES: Cereal Lunch

Tuesday, October 27, 2015

Breakfast: Whole Grain Bagel & Cream Cheese

Lunch: Grilled Cheese, Tomato Soup, Cucumbers, Assorted Juice, Milk CES Alternate: Tuna Salad Sandwich

Wednesday, October 28, 2015

Breakfast: Whole Grain Muffin

Lunch: Whole Grain Pasta with Meatballs, Mixed Green Salad, Pears, Milk CES Alternate: Sliced Ham Sandwich

Thursday, October 29, 2015

Breakfast: Yogurt & Whole Grain Graham Crackers

Lunch: Chicken Parmesan, Butter Egg Noodles, Broccoli, Assorted Juice, Milk CES Alternate: Peanut Butter & Fluff Sandwich

Friday, October 30, 2015

Breakfast: Whole Grain Cinnamon Bun

Lunch: Whole Grain Pizza, Fresh Vegetables, Peaches, Milk CES Alternate: Bagel Lunch

Help wanted!

Center School

Substitute Teachers & Paraprofessionals

\$75 or \$65/day

If you have a bachelor's degree
and are interested
please call

860.429.9367

Would you like to...

Work at a great place?

Work when you want to?

Work close to home?

Help your community?

E.O.E.



September 24, 2015

Hi Everyone,

It is time again for **Flu Shots**. VNA East will be at Center School **October 6th, 2015 from 3:00pm until 5:00pm.**

***3:00pm to 3:30pm** for all Center School and Hall School staff.

***3:30pm until 5:00pm** for all school staff, students, town hall employees and any of their family members.

The health insurances that cover the Flu shots are:

- Anthem
- Medicare B
- Aetna
- Connecticut Care

***NO Husky, United Health Care or Cigna will be accepted! (Flu shot or mist must be given at MD office for state to cover!)**

*** If no health insurance, the Flu shot and Flu Mist will cost \$30**

As a reminder, if you are interested in the **Flu Mist** you must be between ages 2 to 49 years old. You cannot have asthma or other diseases of the lungs. You should not have a cold or other respiratory illness, fever or be pregnant or nursing. You should not live or be in close proximity to people who have a weakened immune system because the flu mist is a live virus.

***Flu Mist may not be available due to a difficulty with VNA East getting a supply in time for this Flu Clinic!**

Please bring a **photocopy of your insurance card** with you.

Thank you,

Lynne Fox R.N.



the difference
I can make.



clip ~ ~ ~ save!

Turn shopping trips into easy cash for your school, and encourage friends to do the same! Just look for the Box Tops logo on hundreds of products like Cheerios®, Pillsbury®, and products in almost every aisle of the store.

All you need to do is clip the box tops, and send them to your school — each one is worth 10¢ for your school (it pay's to clip!)



Here's what we need you to do.....

- **Check the Expiration Date (make sure they are still valid)**
- **Cut the box top(s) along the dotted line**
- **Return Box Tops to school in a bag**

Other ways to earn for your school are:

Labels for Education Please cut these out and send them into school also! Labels for Education are found on items such as Campbell's Soup® and GoldFish®. Points are collected and can be redeemed for numerous items throughout the school, such as a new equipment cart for the gym!

Questions? Contact Danielle lacampo 860.429.1896



Wilmington Youth, Family and Social Services

Fall "Crafternoon"



Three Autumn Crafts for Kids!

Saturday October 3rd from 12:00-3:00 pm

Town Office Building– First Floor "Common Room"

\$10 per person (or \$4 each craft). Stay for all three and SAVE!

12:00-1:00 pm Leaf Candle Holders

1:00-2:00pm Painted mini pumpkins

2:00-3:00 pm Birdhouses and Birds



Please register by Thursday October 1st to ensure availability of materials.

Call 860-487-3118 or email wyfss@wilmingtonct.org.

All proceeds go to WYFSS programs.



Willington Youth, Family and Social Services

40 Old Farms Road, Willington, CT 06279

(860) 487-3118 email: wyfss@willingtonct.org

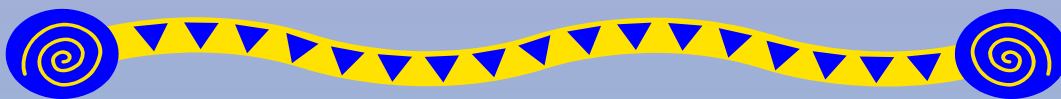
Preschool Programs

At the Willington Public Library

9:30am -11am

FALL SESSION ENROLLING NOW!

- Tuesdays— Music and movement
- Thursdays— Caterpillar Club (free, continuous Oct-May)
- Fridays— Preschool Activity



\$50 per 10 class session, or
pay as you go option- \$7 per class.

To register or for more information,
call 860-487-3118 or email wyfss@willingtonct.org.

*Warming families
makes cents*



Now supporting Willington, CT



We throw pennies away every day. We throw them on the ground, in the car, in our purses. Why not throw them in a jar and save them to help warm local families. We have collection jars located at local businesses throughout Stafford Springs CT. The money we collect in those jars, not just pennies, then goes to help a local Stafford Springs or Willington resident who is in need of heating assistance. This assistance could be oil, pellets, wood, coal, or propane.

For more information, please visit <http://www.warmingfamiliesmakescents.com> or contact the Town of Willington Department of youth, Family and Social Services (WYFSS) at 860-487-3118 or wyfss@willingtonct.org.



A stylized human figure in yellow and green, with arms raised, positioned to the left of the text.

Health & Wellness Fair

Saturday, October 3, 2015

9:00 AM - 2:30 PM

Free Admission

Join the many vendors and speakers that will share their passion, knowledge, information, products, and services on how to live a healthy life style.

If anyone is interested in participating as a vendor or speaker, please contact the library and ask for Debbie.

See you at the fair!

Willington Public Library

7 Ruby Road

Willington, CT 06279

(860) 429-3854

www.willingtonpubliclibrary.org

WILLINGTON PARKS AND RECREATION FALL BUS TRIPS

These trips are being offered in Ashford, Coventry, Ellington, Mansfield, Tolland and Willington. Please register in the Parks and Recreation Department in those towns if you live there. Everyone else is welcome to register in any of those towns. The pickup location will be at the exit 68 Commuter Parking Lot, Tolland, next to Dunkin Donuts.

- **Radio City Music Hall Christmas Spectacular, Sat., November 14th – registration deadline November 1**

Let this classic, amazing show be one of the highlights of your holiday season! We were able to reserve great seats this year, at a discounted rate before the peak season, in Orchestra Section 6 Rows J-N. You'll have some time before the 5 p.m. Rockettes show to roam N.Y.C. Plan to arrive at Radio City at least a ½ hr. before show time. The performance is about 90 minutes. We suggest dinner before the show and some snacks for the bus ride home. We plan to depart N.Y. at 7:00 pm and arrive back at the Commuter Lot in Tolland at 10:00 pm. This popular trip sells out so reserve early.

Day: Sat., Nov., 14

Time: Bus will leave from the Tolland commuter lot at exit 68 off I- 84 at 9 a.m. and will return approximately 10 p.m.

Fee: \$100 for residents (includes bus transportation and ticket to the show)

- **Macy's Thanksgiving Day Parade, Thurs., Nov., 26th – registration deadline is November 14**

Enjoy Thursday morning with family and friends by watching the Macy's Thanksgiving Day Parade in person! Enjoy the floats, bands, and entertainment as they pass by right in front of your eyes. This trip will definitely get you in the holiday spirit, and you will be back home to enjoy your time with family for your Thanksgiving Day dinner.

Day: Thurs., Nov., 26

Time: Bus will leave from the Tolland commuter lot at exit 68 off I- 84 at 5 a.m. and will return approximately 1 p.m.

Fee: \$50 for residents (includes bus transportation only)

- **A Day in New York City, Sat., Dec 5th - registration deadline November 21**

Holiday Shopping in Lower Manhattan

Enjoy a day in the "Big Apple" with friends and family. Visit Battery Park, the 911 Memorial, South Street Seaport, or just take the day to shop the stores in midtown for those last minute holiday gifts! There will be one pick up location to go home in lower Manhattan. (Location determined on the day of the trip.)www.southstreetseaport.com In the ever-changing Manhattan landscape, The Seaport stands out as a community anchor providing entertainment, retail and dining for New Yorkers and visitors to alike.

<http://www.statueoflibertytickets.com> Visit Battery Park the “jump off point” for the Statue of Liberty and Ellis Island.www.911memorial.org Visit the 9/11 Memorial, A national tribute of remembrance and honor to the men, women, and children killed in the events of 9/11. Bus will drop off in mid-town if there is interest, but pickup will be in lower Manhattan only.

Day: Sat., Dec., 5

Time: Bus will leave from the Tolland commuter lot at exit 68 off I-84 at 7 a.m. and return approximately 10:30 p.m.

Fee: \$45 for residents (fee includes bus transportation only)

~Registrations take place in the Parks and Recreation office or by mail.
YOUR SEAT IS CONFIRMED WHEN WE HAVE RECIEVED YOUR PAYMENT.

Please Note: Because of transportation commitment deadlines, no cancellations will be made after the registration deadline (usually 2 weeks before the trip) unless there are people on the waitlist who can take your spot(s).

For more information contact the Parks and Recreation office at (860) 487-3108 or email tgareau@willingtonct.org.

Willington Parks and Recreation 2015-2016 Youth Basketball

Recreational Basketball features basic skills, dribbling, passing, shooting, good sportsmanship, and fun! All games and practices are at the Hall School Gym.
Registration deadline is 10/31; teams are final after assessments.

About the Program

Instructional League: Grades 1 and 2 (Registrations accepted until 12/4)

Sessions begin Saturday 12/5 and continue through 1/30. 8:00 am - 9:00 am (no session on 12/26)

Grades 3-8: Games are played on Saturdays beginning 12/5 (no games 12/26) and the last season game is 2/13; Tournament play will begin immediately following season-TBD.

COACHES ARE CURRENTLY NEEDED FOR ALL LEVELS FOR THE BOYS!

Please email me if you are interested in coaching. Evaluations/team selections will be held on 10/31. Times will be sent out in an email to all those registered and through the digital backpack.

Practices begin Monday, November 2nd. Coaches will email you the exact day and time.

Fees:

Instructional (Grades 1-2) \$50.00 per player (8 weeks)*

Grades 3-4 \$70.00 per player* (shooter shirt given)

Grades 5-8 \$80.00 per player* (Reversible jersey provided)

Grades 9-12: A separate registration form will come out in November.

***\$225.00 family maximum**

Reversible tanks must be returned to your coach at the last game or a \$20 fee will be assessed.

Program Philosophy

It is expected that players will do their best at all times and avoid negative remarks (or gestures) to any player, and act in a sportsmanlike manner always, win or lose. All participants shall treat one another with dignity and respect. Be generous when you lose; be gracious when you win.

PARENTS

Volunteer parents are needed to help with keeping the book, cleaning bleachers, sweeping floor and picking up bathrooms. Please remember no food or drink besides water is allowed in the gym. Please keep siblings in the bleachers with you and not wandering the gym or entry way. Together we can have a successful program!

Please make checks payable to: WPRD and mail to Parks & Recreation Department, 40 Old Farms Road, Or drop off at the Parks and Recreation Office during normal business hours or drop in the tax collector's box outside of the building.

Willington Parks and Recreation policy is that all children should have the opportunity to participate in sport programs. Registration fees maybe reduced due to financial need. If you are experiencing a financial hardship this season contact Parks and Recreation Director, Teri Gareau at tgareau@willingtonct.org or call (860) 487-3108.

Please Print Clearly
Use a Separate Form for Each Child

Child's Information

Child's Name: _____

Sex (Circle One) Male Female

Grade: _____

Tee Shirt Size: (please circle) YM YL

Date of Birth: _____

AS AM AL AXL

Address: _____

Home Phone: _____

Allergies, Meds, Other Info: _____

Primary Household Contact (Parent/Guardian) Secondary Household Contact (Parent/Guardian)

Name: _____

Name: _____

Address: _____

Address: _____

Town: _____ Zip: _____

Town: _____ Zip: _____

Phone: (H) _____ (W) _____

Phone: (H) _____ (W) _____

(Cell) _____

(Cell) _____

Email Address: _____

Email Address: _____

Communications will be through email.

LOCAL Emergency Contact (Other than parent/guardian, i.e. grandparent, neighbor, etc.)

Name: _____

Phone: _____

For Signature

I, the undersigned, by registering myself or my child in the town's programs/trips understand the nature and risks associated with the participation in this activity. I hereby grant my child permission to participate. I am aware that participation is at one's own risk. I acknowledge that the activity, equipment and facilities may pose a risk of personal injury. I am also aware that each participant is responsible for his or her own safety. I hereby waive and release myself, my heirs, executors or administrators of any and all claims and damage we ever had or now have, against the Town of Willington, its successors and assigns, employees, agents and representative for any and all kinds of injury, including but not limited to personal injury and/or property damage suffered by my child, myself, family members or friends while participating in this program. Consent for Medical Treatment of Minors, as the parent or legal guardian of the above named player, I hereby give consent for emergency medical care prescribed by a fully licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve the life, limb or wellbeing of my dependent. I certify that the information contained on this form is accurate and complete.

Player, Parent or Guest Code of Conduct:

Any person who is using alcohol or illicit drugs and/or appears to be intoxicated or under the influence, or who is flagrantly rude, attempts to intimidate, verbally abuse or uses vulgarity or profane language/gestures with an official, coach, or player will be asked to leave the program or game immediately. Any person who commits the above offenses a second time will be banned from any and all programs for a period of one year from the date of the second offense. Any person who physically assaults another player will be immediately removed from program and will be banned for one year from the time of the offense.

Parent/Guardian Name (Please Print): _____

Parent/Guardian Signature: _____

Office Use Only: Check _____ Cash (in office only) _____ Amount Paid _____ Date Paid _____

Warming families
makes cents



2ND ANNUAL



AND
HALF PENNY DASH

1
2
3
4
5
6

Saturday, November 14, 2015

Stafford High School Track

145 Orcuttville Road, Stafford Springs, CT

Registration starts at 9:00 a.m.

Half Penny Dash at 9:30 a.m.

5K starts at 10:00 a.m.

ENTRY FEES: 5K - \$25.00 per runner / \$30.00 per runner after 10/23/15 thru day of race.
T-Shirts for all pre-registered runners. *(no guarantees for day-of registration).*

Half Penny Dash - \$10.00 per runner *(ages 2-10. Parents are welcome to join)*
Every registered child wins! *(Finish Medal in Lieu of T-Shirt)*

AWARDS: Overall Top Male & Female • Top 3 Male & Top 3 Female *(no double dipping)*



Please bring a non-perishable food item to be collected for SafeNet Food Pantry. Receive one free raffle ticket for your donation.



Sorry – no pets or strollers allowed on the race course

Please register online at www.lightboxreg.com/warming-families-makes-cents-5k

You may also register by filling out and returning the form below along with your entry fee

Please make checks payable to **Warming Families Makes Cents** and mail to: **P.O. Box 464, Stafford Springs, CT 06076**

For more information visit www.warmingfamiliesmakescents.com, www.facebook.com/WarmingFamiliesMakesCents or call 860-716-5299

Name: _____ Email: _____ Tel #: _____

Address: _____ City: _____ State: _____ Zip: _____

M / F Race: 5K or Half Penny (circle one) T-Shirt Size: Adult - S M L XL Child - S M L (For 5K runners only)

LIABILITY WAIVER MUST BE SIGNED BEFORE MAILING:

I know that running a road race is a potentially hazardous activity and that I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciate by me. Having read the waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the Warming Families Makes Cents 5K, Warming Families Makes Cents, Stafford Public Schools, Town of Stafford, and all and any sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in waiver. Furthermore, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for advertising and other legitimate purposes.

Signature: _____ Date: _____

(Parent or guardian if under 18)