

WESTMERE ELEMENTARY NEWSLETTER

<http://www.guilderlandschools.org/westmere/Westhome.htm>

JUNE 2017

Mrs. Beth Bini
Principal

Dear Westmere Families,

Another school year is quickly coming to an end. How quickly time passes! As you make plans for the summer, keep in mind these helpful habits that will keep your child ready for school in the fall.

- **Be Active!**

Not only get outside and enjoy the warm summer weather with bike rides and summer swims, but also be active academically. Read regularly! Visit the Guilderland Public Library and take advantage of summer reading incentives from Barnes & Noble, Capital Communications Federal Credit Union and TCBY. Keep your math skills sharp with practice on IXL or Reflect Math. 10 minutes a day really helps!

- **Be Aware!**

Look and listen to what's happening around you. Ask questions, make connections, and talk about what you see and hear. The summer season is short. Make the best of this special time of year!

- **Be Together!**

Whatever you choose to do, wherever you go, celebrate time together. It's not about the amount of time, but what you do with your time together.

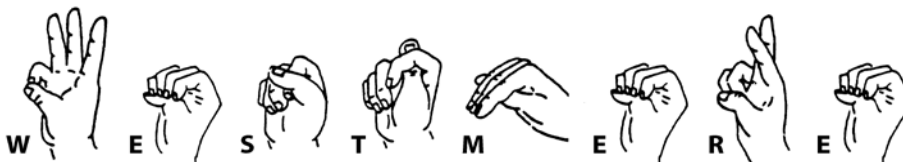
From all of us at Westmere, we wish you a restful and enjoyable summer! Keep in mind, the first day of school is Wednesday, September, 6!

Sincerely,

Beth Bini
Principal

7:30 A.M.-3:30 P.M.
Telephone: 456-3771
Secretaries:
Mrs. Marie Wark
Mrs. Laurie Hilton

SCHOOL OFFICE HOURS





IMPORTANT DATES TO REMEMBER

- June 5 Gr. 4 NYS Science Test (written portion)
- June 6 Incoming Kindergarten Visitation
- June 8 Gr. 3 Field Trip to Howe Caverns
Karoke Club Concert 7 PM
- June 13 Building Cabinet 2:15 PM Rm 113
BOE Mtg. 7 PM HS LGI
- June 14 Flag Day Assembly-wear Red, White & Blue!
PTA meeting 6 PM
- June 19 5th Grade Friendship Games
- June 21 Field Day Grades K-5
- June 22 5th Grade Moving Up Day Program
8:30 AM
11:30 Dismissal – All Grades
- June 23 Last Day of School 11:30 Dismissal
- June 27 Report Cards released on School Tool

During the day the doors will be locked while students are in school and you will be requested to follow the school rules for visitation. We are going to be asking you to help us expedite the process by “R.S.V.P.ing” to your classroom teacher for class events so we can pre-register you for your visit. This will help us ensure you have a pleasant visit to Westmere so you can enjoy time with your child.



FROM THE NURSE

It is exciting to think of summer approaching. But it is also bittersweet because it is the end of another school year. My best wishes to the Fifth Grade 2017 graduating class of Westmere. May your future years at Farnsworth Middle School be successful.

At the close of each academic year there are items that parents need to be aware of and prepare to accomplish during the summer months:



MORNING DROP-OFF

Students may be dropped off **no earlier** than 7: 30 AM and then proceed down to the cafeteria where there is supervision until 7:45.

Student drop off is at **7:45** when our school day begins. Please drop off as close to that time as possible. Dropping off children from 7:55 -8:00 already puts your child in a “catch up” mode. Help your child avoid being late. Drop off at 7:45!

- **A reminder to all parents who have their child’s medication in the Health Office.** This medication **must be picked up in person by the parent/guardian, any time prior to or by the end of the school year on Friday June 23th by 11:30AM,** per Guilderland School District policy. **No medication can be sent home with the child on the bus. Medications cannot be stored or kept over the summer months. Medications that are not picked up will be disposed of accordingly as stated in New York State Education Department Law. Please call the Health Office if you have any questions or need to discuss arrangements for picking up medications.**
- **All students starting Sixth Grade in September 2017,** will need to have a **booster vaccination of Tdap (tetanus, diphtheria and acellular pertussis), Varicella #2 and 4-5 doses of Polio prior to starting school.** Please consult with your child’s doctor to arrange for these immunizations to be obtained. Please forward the completed vaccination information during the summer months directly to the Health Office at Farnsworth Middle School.
- In September 2017 all children **entering Kindergarten, 2nd and 4th Grades and all New students at any grade level entering the GCSD, will need to have a medical physical exam done by their private physician/clinic for the start of the 2017-2018 school year. All physical exams that were performed between 9/1/16 and 9/1/17 are acceptable. A Dental Certificate is also**



SCHOOL SAFETY

Please make sure you let friends or family members who may be picking up your child know they will be asked for an ID if they are picking up a child or entering the building. We truly appreciate your understanding as we work to find the most efficient ways to process visitors while keeping our school as secure as possible.

required. Each physical needs to be done by a New York State doctor. Out of country or out of state exams are not acceptable per New York State Education Law.

This will be my last newsletter article for Westmere. I will be retiring this year after being the Westmere School Nurse for the last 15 years. I want to thank all the Westmere families and the children of Westmere for their support throughout my 15 years at Westmere. It has been a pleasure. I hope you all have a safe and healthy summer.

Marie C. Eoff, R.N.



**FROM THE MICKI
NEVETT LIBRARY**

The Micki Nevett Library
Westmere Elementary School

WOW! It is hard to believe that we have entered the month of June and summer vacation is right around the corner. It has been a wonderful year for me here at Westmere and I have thoroughly loved sharing my love of everything library with the children.

The children learned so much during the year that it hard to know where to begin. Students in each grade enjoyed learning how libraries work, how they are organized, what resources are available and how to utilize them to become great library citizens. Most of all, I do hope they have found books that they enjoy reading.

Westmere Elementary, along with all the libraries at Guilderland, encourages your families to keep reading over the summer. Children will have the opportunity to borrow books from the school library (information will be sent home via backpack mail) and I strongly urge you to visit your local public library and take advantage of the special programming offered during the summer.

I look forward to seeing the students in September and hearing about the great books they read!



MUSIC

On Thursday, June 8th, the Karaoke Club will be having a concert at Westmere at 7:00 p.m.

Third grade chorus and fourth grade band and orchestra will be performing for a **school** assembly on Flag Day.

Third grade instrument sign-ups for next year are due ASAP.

Looking for summer music activities? Ask one of the music teachers for information!

Karylene Close
Jeff Herchenroder
Judy Russo



PE

It may not seem like it but the summer season is upon us. This is a great time to spend more time with your family doing outdoor activities like walking, hiking, biking, swimming, etc.

Our Rhythm & Dance and Physical Fitness units went quite well with students showing great effort and improvement in many of the different assessments.

The 5th Grade Friendship Games are scheduled for Monday, June 19th at Guilderland High School. This is great end of year program for all of Guilderland's 5th graders to get acquainted with each other.

You will be receiving information on the upcoming 5th grade track & field meet. This event is being held on Monday, June 5th from 3:30 pm – 4:30 pm at the Guilderland High School Track/Football field.

Our Just Run program for 3rd-5th graders continues to run smoothly! Students are working hard at logging their running miles, just deeds and eating new and healthy fruits and vegetables.

Mr. Schwan and Mrs. Reed-Best would like to congratulate all of our Westmere Wildcats on a wonderful year together and wish you a healthy and active summer.

If you have any questions call Mrs. Reed-Best or Mr. Schwan at school (456-3771).



ART

Hello from the art room! Students are working hard on a variety of assignments. Kindergarten students are using paper folding techniques, drawing and painting to create a surprise interactive artwork.

First grade students are looking at the work of Claude Monet and creating their own impressionist scenes with paint.

Second grade is learning about the pointillist artist Georges Seurat and creating a work based on inspiration from the painting *A Sunday Afternoon on the Island of La Grande Jatte*.

Third grade is learning about the artist Vincent Van Gogh and using bold paint strokes to create their own post-impressionist style works.

Fourth and fifth grade are studying facial proportions and learning how to draw realistic faces. Students have been working very hard this year and will be bringing their art portfolios home in the next few weeks.



LOST & FOUND

Please put your child's name on their clothing and other items. Each year items are donated because they cannot be identified. The Lost and Found is located outside the library in the main lobby.

WESTMERE PTA NEWSLETTER

June 2017



Heather Rowe
President

Kim Phelan
Vice President

Maria Witazek
Treasurer

Brenna Autrey
Recording
Secretary

**Penny
Martinsen**
Corresponding
Secretary

**Rebecca
Simpson**
Membership
Chairperson

SEFCU School Banking: Congratulations to GRACE FORAN (2nd grade), who was named SEFCU School Banker of the Year! Way to go Grace!

Walk for Westmere update:
We raised \$2840.50!

Top three with most donations: **Thano Cholakis** (Mrs. Zimmerman - grade K)
Mackenzie Cady (Ms. Richardson - grade 1)
Connor Cady (Mrs. Polino - grade 3)

Each received a Target gift card for their wonderful efforts. Mrs. Zimmerman's class also earned an extra PE class because they raised the most funds. Way to go, Kindergartners!

The PTA thanks everyone for their endless support and for all that was collected for the walkathon. YOU make it possible for us to support our

Don't forget...As you are cleaning out clothes, you can put them in the **BLUE** donation bin at Westmere. The PTA gets a donation based on the weight of the bin each month. Every little bit helps! Thank you.


Our **LAST** PTA Meeting is **Wednesday, June 14th – 6pm** in the library. Please join us!

5th grade Moving Up Day is Thursday, June 22nd. 5th grade families will be receiving information about the event.

Thank you to all of our Westmere families. The PTA hosted, helped with, or financially supported over 30 events and fundraisers this year; it was certainly busy. We would do anything for our Westmere students and teachers. Thank you for your support of our ongoing programs. We hope you will consider joining us in the fall.

Have a fantastic summer!

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</p>	<p><i>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</i></p> 		<p>1 WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Hamburger/Cheeseburger on a WW Bun Served w/ Potato Wedges and 2 PC Ketchup (2 1/2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>2 WG Chicken Quesadilla (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or WG Mini Waffles Served w/ Chicken Sausage (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>5 12 WG Popcorn Chicken Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or WG Chicken Quesadilla (2 Protein & 2 Starch) or BBQ Rib Patty on WG Bun 1/2c Potato Wedges (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>6 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>7 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Melted Cheddar Cheese & 1 oz Salsa & ½ cup Long Grain Brown Rice (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or Egg & Cheese on a WW Bun Served w/ 1 Turkey Sausage Links (2 ½ Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Go-Go Cucumber Wheels</i> <i>Tom Thumb Peas</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>8 1 c WG Rotini Served w/ 3 oz Homemade Spaghetti Meat Sauce Over Top (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ 2 Turkey Sausage Links (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>9 Pre-Made Tuna Wrap 2 oz OR Tuna, 1 Leaf Romaine Lettuce, 2 Slices of Tomato a WG 10"wrap (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or Pizza Bagel (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>12 WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or Hamburger/Cheeseburger on a WW Bun Served w/ Potato Wedges and 2 PC Ketchup (2 1/2 Protein & 2 Starch) or Max Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>13 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>14 Baked Nachos Served w/ 2 oz Spicy Meat Sauce, 2 oz Grated Cheddar Cheese & 1 oz Salsa & ½ c Long Grain Brown Rice (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or 3 WG Chicken Tenders Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Go-Go Cucumber Wheels</i> <i>Tom Thumb Peas</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>15 Hot Dog Served on WG Bun 2 PC's of Ketchup or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Sloppy Joe on a WW Bun (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>16 Stuffed Crust Pizza (2 Protein & 2 Starch) or WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>Assorted Fresh Vegetables</i> <i>Dragon Tongue Beans(veg)</i> <u>½ c Fruit (may take 2)</u> <i>Assorted Fresh Fruit</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>19 12 WG Popcorn Chicken Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or Cook's Choice or BBQ Rib Patty on WG Bun 1/2c Potato Wedges (2 Protein & 2 Starch)</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Silly Dilly Green Beans</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>20 Italian Dunkers (2-1 oz WW Bread Sticks w/2 oz LS Spaghetti Sauce) & 5 RF Mozzarella Sticks (2 Protein & 3 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Cook's Choice</p> <p><u>½ c Vegetables (may take 2)</u> <i>X-Ray Vision Baby Carrots</i> <i>Power Punch Broccoli</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i> <i>Blueberries</i> 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>21 WG Breaded Chicken Pattie Served on a WW Bun Served w/ 2 PC's Ketchup (2 Protein & 3 Starch) or Cook's Choice</p> <p><u>½ c Vegetables (may take 2)</u> <i>Tiny Tasty Tree Tops (Broccoli)</i> <i>Kickin' Corn</i> <u>½ c Fruit (may take 2)</u> <i>Apple Fairies</i> <i>Sunshine Smiles (Orange Wedges)</i>3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>22 ½ Day</p>	<p>23 ½ Day Last Day Of School</p>
26	27	28	29	30

Available Daily at the Elementary Schools

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;">2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)</p> <p style="text-align: center;">May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)</p> <p style="text-align: center;">May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)</p> <p style="text-align: center;">May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)</p> <p style="text-align: center;">May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>	<p style="text-align: center;">2 oz WG Bagel w/ 2 PC's Margarine or 1 PC Cream Cheese 4 oz Yogurt and 1oz String Cheese (2 Protein & 2 Starch)</p> <p style="text-align: center;">May Choose With These Meals: 2 Fruits 2 Vegetables 8 oz Low Fat Milk</p>

New State & Federal Regulations for 2016-2017

$\frac{1}{2}$ -3/4c Fruit Serving ($\frac{1}{2}$ c portions served may take 2 daily)

$\frac{1}{2}$ -3/4c Vegetable Serving ($\frac{1}{2}$ c portions served may take 2 daily)

(weekly minimums: 1/2c legumes, 1/2c dark greens, 3/4c red/orange, 1/2c starchy, 1/2c other, Plus an addition 1c weekly)

1-2 Grains Per day

1-2oz Protein per day

8oz Low Fat Milk (1%, Skim and Flavored Skim Milks offered daily)

Minimum- Maximum Calories 550-650

Saturated Fat- Less than 10 % of Total Calories

Sodium- 1230 mg or less

Zero Trans Fats

Menu is subject to change without notice

WG: Whole Grain WW: Whole Wheat LS: Low Sodium RF: Reduced Fat

Visit Our Website at www.guilderlandschools.org

Student Lunch Price: \$2.80 Milk: \$.60 Adult Lunch Price \$3.45 plus tax

Breakfast \$1.95

A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged

Non-discrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.