

WESTMERE ELEMENTARY NEWSLETTER

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

MAY 2017

Mrs. Beth Bini
Principal

Dear Parents,

Welcome to May! What a wonderful time of year as we observe the flowers blooming, trees budding and birds singing. It's a great time to be outside and enjoy the fresh air.

Please join us on Tuesday, May 16 for Westmere's **Mystery Door Hunt** and Guilderland's school budget vote. Classroom doors will be decorated representing a popular children's book. Together, you and your child can walk the hallways of Westmere (3-8 pm), identifying and matching the books displayed on each door. Students who fill out and return a recording sheet will be entered into a drawing Wednesday morning. Six names (one per grade level), will be randomly selected to win a gift card to Target.

This fun family activity has been purposefully designed to coincide with the annual school budget vote. Voting is an important civic responsibility and your vote does make a difference! Please come to Westmere on Tuesday to vote on the budget and take part in our mystery door hunt!

Thank you for your partnership in your child's learning. Happy May everyone!

Sincerely,

Beth Bini
Principal

SCHOOL OFFICE HOURS

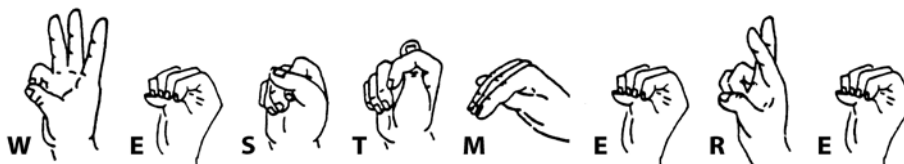
7:30 A.M.-3:30 P.M.

Telephone: 456-3771

Secretaries:

Mrs. Marie Wark

Mrs. Laurie Hilton





IMPORTANT DATES TO REMEMBER

- May 2 NYS Math Test Gr. 3-4-5
BOE Meeting 7 PM HS LGI
- May 3 PTA Walk A Thon 1:15-1:45
- May 4 NYS Math Test Gr 3-4-5
- May 5 Gr. 4 Field Trip to Saratoga Battle Field
- May 9 Bldg. Cabinet 2:15 Conf. Room
- May 10 School Nurse's Day
- May 11 Gr. 4 field trip to Mabee Farm
- May 16 BUDGET VOTE 7 AM – 9 PM at Westmere
Mystery Door Hunt 3-8 PM
- May 18 5th Grade Visit to FMS 11:30-3:30
Ready, Set, Kindergarten (Incoming Kindergarten) 2:15 PM
- May 19 5th Grade Luau 6-8 PM
- May 22 PTA Meeting 6 PM Library
- May 23 BOE Mtg. 7 PM HS LGI
- May 24 Grade 4 NYS Science Testing (performance)
- May 25/26 Grade 5 Maturity Unit
- May 29 **NO SCHOOL Memorial Day**
- June 5 Grade 4 Science Testing (written)
- June 6 Incoming Kindergarten Visitation
- June 8 Grade 3 Field Trip to Howe Caverns
Karaoke Club Concert 7 PM
- June 13 Building Cabinet 2:15



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.

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

We are finally enjoying the warmth and colors of spring. This is a reminder to all 5th grade parents, please make sure your child has been immunized with the Tdap (Tetanus, diphtheria, pertussis) vaccine, a Second Varicella and 4 + Polio vaccines. **These are required immunizations for entry to 6th grade.** Once your child has obtained these immunizations, please send proof of your child having received these immunizations to the Westmere Health Office before the end of the school year in June. Otherwise mail this proof directly to FMS Health Office during the summer months.

This year it is stated that there will be a large amount of ticks in our grassy and wood environments. It is very important that you check your child and yourself after being out in the ball fields, wooded areas and your own back yard.

To help prevent ticks from attaching themselves to the body, wear light colored clothes, wear long pants and tuck your socks over the bottom of the pant legs. Long sleeves and repellents are also suggested.

It is advised to remove ticks immediately when found, to help any potential threat of obtaining Lyme Disease. Please consult with your doctor for advice and treatment. Never use any flammable substance to remove a tick. Ticks can be easily removed by pulling them out of the skin with tweezers. For more information: www.health.ny.gov/diseases/communicable/lyme/factsheet

Have a great Spring.

Marie C. Eoff, R. N. – School Nurse



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!



**FROM THE MICKI
NEVETT LIBRARY**

The Micki Nevett Library
Westmere Elementary School

Greetings from Westmere Elementary Library! It is hard to believe I am writing "Library News" for the month of May; where did the time go?

We will certainly be busy as the school year winds down; there is still so much yet to learn and share about Information Literacy.

Students in Kindergarten will continue learning how the Library works and where different types of resources are located along with sharing and checking out books each week. Your children are becoming interested in different types of books and excited to share! During our time together in the Library we will be sharing books about the many different types of families.

In Grade 1 during the month of April, the students continued exploration of many different GENRES ... we brainstormed about how to tell what a book was about without reading it. We decided that the title can help, the illustrations can help and even labels on the spine of book can help! The children explored mystery, fantasy, sports, biography and realistic fiction picture books. We also moved on to BOOK REVIEWS! We will continue this as the children create EMOJI BOOKMARKS to share with all Westmere friends through a book display.

Students in Grade 2 continued to become more familiar and comfortable with using the Library Catalog; how to search for and/or request books. It was exciting to see them interested in and excited to look for books independently. In the classroom, the children will be exploring lab reports so we will be sharing "how to" books during our time together in the Library. We will explore how books are written and made.

As students in Grade 3 begin their Fairy Tale Unit, we will support this during our time in the Library. Our focus will be exploring "Goldilocks" in its traditional form but also the many versions including "fractured" that are out there. I am sure they will enjoy this!

It's Revolutionary War time in Grade 4. The Library supported this unit as well by sharing topic related picture books. During the month of May, the students will help our younger Westmere friends get ready for summer reading by selecting a picture book that is included in the Summer Reading List (to be released soon) read it and create a "commercial" of sort to advertise it.

Students in Grade 5 will also be busy patrons of the Library. In the classroom, Grade 5 friends will be exploring historical fiction. We plan to do the same in the Library focusing on picture books written and illustrated by Patricia Polacco. We will get to know her along with her books.

What a great school community to be a part of! Please be on the lookout for information regarding SUMMER READING at the beginning of June -



MUSIC

Happy Spring!

May 17th is the District 5-12 Band Festival. Look for paperwork with details to be sent home soon.

Lessons will continue through June. Students should continue to practice at home!

Third grade instrument selections should be returned to Mrs. Close ASAP.

Mrs. Russo
Mr. Herchenroder
Mrs. Close



PE

We have completed our Rhythm & Dance unit in all grades, which has been going marvelously. We just completed our circus arts, and our indoor and floor tennis units.

Congratulations to our Fifth Grade Physical Education Leadership Award Winners: Ameer Chopra, Alexis Drislane, Jesiah Etheart-Carrington, Amarianna Flores, Genevieve Glunk, Evan Harbeck, Addison Seebode, Haley Waldron, Nora Whiteside. The selection criteria used for these award winners was: demonstrating responsible personal and social behavior, sportsmanship and

citizenship in Physical Education class. They also demonstrate leadership and are a positive influence on their peers while in Physical Education.

Walking for Westmere sponsored by the PTA will be held on Wednesday, May 3rd. Please make sure your child is wearing sneakers that day, as we will be walking, jogging & running. It's such a positive atmosphere and wonderful experience for the kids.

Two dates that the 5th graders should put on their calendars are: Monday, June 5th, which is the district wide 5th grade track meet and Monday, June 19th which is the 5th grade Friendship games. Both events are held at Guilderland high school. More information on these events will be coming home soon.

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

Your Physical Educators
Mrs. Reed-Best & Mr. Schwan



This month in the art room Kindergarten students are using oil pastels and tempera paint to create their own spring butterfly paintings with colorful designs and unique markings.

First grade are completing their warm and cool color hand paintings. The positive space (hand) features warm colors and the negative space (background) features cool colors.

Second grade are learning the concepts of perspective and using this knowledge to create a realistic field of poppy flowers. The completed works will be oil pastel and tempera resists.

Third grade is learning how to blend watercolor paint to create a colorful sunset behind shaded cacti in a desert landscape.

Fourth grade is studying value and blending of tempera paint to create an interesting mixed media underwater scene.

Fifth grade is studying perspective and using this knowledge to create a scene depicting a glass aquarium tunnel with various aquatic life.



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.

MAIN LINE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>2</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>3</p> <p>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 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>4</p> <p>Hot Dog Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>5</p> <p>BBQ Rib on WG Bun (2 Protein & 2 Starch) or Meatloaf Sandwich on a WG Bun (2 Protein & 2 Starch) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>8</p> <p>5 WG Chicken Nuggets 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 Meatloaf on WG Bun 1/2c Potato Wedges (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>9</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>10</p> <p>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 & Sausage on a WW Bun (2 ½ Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>11</p> <p>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/ Chicken Sausage (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>12</p> <p>2 WG Stuffed Shells w/ Spaghetti Sauce (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) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>15</p> <p>WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) or 5 Meatball Sub w/ Spaghetti Sauce & Melted Moz. Cheese (2 Protein & 2 Starch) or Bosco Sticks Served w/ 1/3 cup Marinara Sauce (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>16</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>17</p> <p>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 Stuffed Crust Pizza (2 Protein & 2 Starch) or 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>18</p> <p>Hot Dog Served on WG Bun 2 PC's of Ketchup (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or Pulled Pork on a WW Bun (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>19</p> <p>Pizza Bagel (2 Protein & 2 Starch) or 2 oz Sloppy Joe on a WG Bun Served w/ ½ cup of Tater Tots (2 Protein & 2 Starch & 1 Veg) or 3 Pancakes w/ 1 oz Maple Syrup Served w/ 1 Chicken Sausage Pattie (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>22</p> <p>5 WG Chicken Nuggets 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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Silly Dilly Green Beans <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>23</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>24</p> <p>5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or Egg & Cheese & Sausage on a WW Bun (2 ½ Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>25</p> <p>1 c WG Rotini Served w/4 Meatballs in Spaghetti Sauce Over Top (2 Protein & 2 Starch) or 18 Cuts per pan Fresh Pizza (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Tiny Tasty Tree Tops (Broccoli) Kickin' Corn <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>26</p> <p>Meatloaf on WG Bun 1/2c Potato Wedges (2 Protein & 2 Starch) or Pizza Bagel (2 Protein & 2 Starch) or WG Mini Pancakes Served w/ Chicken Sausage (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Assorted Fresh Vegetables Dragon Tongue Beans(veg) <u>½ c Fruit (may take 2)</u> Assorted Fresh Fruit 3 Varieties of Asst. Canned/Frozen Fruits</p>
<p>29</p> <p>Memorial Day</p> 	<p>30</p> <p>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) <u>½ c Vegetables (may take 2)</u> X-Ray Vision Baby Carrots Power Punch Broccoli <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) Blueberries 2 Varieties of Asst. Canned/Frozen Fruits</p>	<p>31</p> <p>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 5 WG Chicken Nuggets Served w/ ½ cup Long Grain Rice and 2 PC's Ketchup or 1 PC BBQ Sauce (2 Protein & 2 Starch) <u>½ c Vegetables (may take 2)</u> Go-Go Cucumber Wheels Tom Thumb Peas <u>½ c Fruit (may take 2)</u> Apple Fairies Sunshine Smiles (Orange Wedges) 3 Varieties of Asst. Canned/Frozen Fruits</p>	<p>What is a meal? An Entrée (Protein & Grain usually ie: Hamburger on a Bun or Pizza) 2 Fruits 2 Vegetables</p> 	
<p>A fruit or vegetable must be taken by a student for a meal to be reimbursable otherwise ala carte pricing will be charged</p>				

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>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>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>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>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>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.

WESTMERE PTA NEWSLETTER

May 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, who was named SEFCU School Banker of the Year! Way to go Grace!

Thanks to everyone who came to the Westmere Carnival. It was a great night of fun for our Westmere families. Be sure to like us on facebook to see pictures from all of our events.

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.

Membership: It's NEVER too late to join the PTA. Email Rebecca rs551040@aol.com for information.

Our next PTA Meeting is Tuesday, May 22nd – 6pm in the library. Please join us!

Mark your calendars...The Walk for Westmere is Wednesday, May 3rd. Remember to send in the donations on Wednesday.

Plans are in the works for the 5th grade **Luau** on Friday, May 19th. If you are a 5th grade parent and interested in helping, please let the office know.

Shopping for Westmere! On Thursday, May 4th, multiple stores in Stuyvesant Plaza will be donating a portion of their sales to Westmere. Watch for a flyer to come home next week with the details.