

Cougar Connection

A Publication of Helen Keller Middle School and the Easton PTA
November 2010

"One can never consent to creep when one feels an impulse to soar."
— Helen A. Keller



Assistant Principal's Pen

Dear Parents:

In a few short weeks we will all be sitting around a table filled with family and friends to celebrate the Thanksgiving holiday. The Thanksgiving holiday gives us each a moment to stop and reflect on what we each are thankful for as another year passes. Mrs. Parker and I have many people to be thankful for here at Helen Keller Middle School. Each and every person who works at Helen Keller Middle School contributes ultimately to serve and provide for each child who enters our doors each morning ...

The building is opened at 6:30 a.m. each morning and is closed at 11:00 p.m. by the custodial staff, who provide a clean and safe environment for all of us at Helen Keller Middle School. The office staff does so much to ensure the smooth operation of our school, from answering the phone, helping students

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CALENDAR @ A GLANCE

- 11/2 Picture Retake Day
- 11/2 ELECTION DAY! Remember every vote counts!
- 11/11 Professional Development
Early Dismissal 12:10 pm
- 11/12 PTA Meeting 9:15 am at the
Easton Library Community
Room
- 11/24 Early Dismissal 12:40 pm
- 11/25-26 Thanksgiving Recess



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The Cougar Connection is a monthly publication of Helen Keller Middle School and the Easton PTA.

Previous issues of the Cougar Connection can be found on the Helen Keller Middle School website at:
<http://www.helenkellerps.org>

and the Easton PTA website at:
<http://www.eastonpta.com>

Please submit information in MS Word format by the 25th of the preceding month to Caroline D'Agostino at:
cd@d-agostinodesign.com

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throughout the day, to managing the large amount of data we are required by law to maintain. The cafeteria staff provides healthy lunches daily for our students, and care deeply about what they do day in and day out. The student support staff (our psychologist, social worker, counselor, and para-professionals) support the well being of all students on a daily basis. The teachers of Helen Keller Middle School are devoted, hard-working, and tireless advocates for every student they teach throughout the year. Beyond the classroom teaching, we are also grateful for the efforts of those teachers and parents who help to provide extracurricular opportunities that are so beneficial to our students.

Finally, Mrs. Parker and I are thankful to all the parents of our community who entrust us with their motivated, energetic, and well-mannered children. We both feel blessed to be able to serve the Easton community as administrators of the Helen Keller Middle School. May you all enjoy a safe and wonderful Thanksgiving holiday with those you love.

Best regards,

*Susan J. Kaplan,
(skaplan@eastonps.org)
Helen Keller Middle School Assistant Principal*



News from the PTA Presidents

All are invited:

PTA MEETING SCHEDULE

All meetings held at 9:15 at the Easton Library Community Room:

- November 12, 2010 - Guest Speaker: TBD
- December 10, 2010 - Guest Speaker: TBD



SKI CLUB REGISTRATION:

We have extended the deadline to register for this year's Ski Club until Nov 3. Please get your paperwork in ASAP. There will be an informational meeting and collection of documents on Monday, November 1, in the Easton Public Library's Community Room, 6:30-8:00. If you cannot make this meeting, please be sure all documents are in to the school by November 3.

Any questions, feel free to email them to:
HKMS.ski.club@gmail.com.

Trip dates are: Jan 7, Jan 21, Jan 29 and Feb 3.

HKMS BOOK FAIR:

Looking for parents to volunteer at the upcoming HKMS Book Fair, November 29-December 4. If you already signed up at the Back-To-School night, you will be contacted soon regarding your availability during the week.



For more information, please contact Britt Bast at: Brittbast@gmail.com.

SCHOOL STORE:

Thanks to all our parent volunteers who have come in so far to help. We welcome more volunteers if you have between 11:00-1:00 available on Fridays. Please also encourage your Keller students to volunteer at the store during their lunch time, or to stop by to purchase needed supplies and support the Library and school Governments.

FALL FUNDRAISER:

Thank you to everyone who made a purchase during our Fall Fundraiser. Special thanks to Terri Lenhart and Donna Allen for coordinating the program at HKMS this year!

*Heidi Adair (hadair@optonline.net)
and Laura T. Jones (stoneybell@sbcglobal.net)
Easton PTA HKMS Co-Presidents*



Notes From the Media Center:



We will be celebrating Veteran's Day on Thursday, November 11 when each homeroom will host a veteran. Both students and the veterans will have questions in preparation for the presentations. The day will begin with a ceremony at the flagpole.

Mrs. Weinshel is, once again, sending packages to the troops in Afghanistan ... this time, the 101st Combat Aviation Brigade. This is a great opportunity for you to share your excess Halloween candy. Three thousand soldiers will make it disappear in no time! Our waistslines will not suffer and our soldiers will be happy so, if you are inclined, have your child bring the candy to the Media Center.

We are getting ready for our Winter Book Fair scheduled for the 29th of November through the 4th of December. This will be a great time to purchase holiday gifts...and we offer a gift-wrapping service.

The Media Center has been transformed. There is now a special place for Connecticut authors and books, an initiative suggested by the Governor as part of the Summer Reading Challenge. Additionally, new books are featured and showcased. Our students are particularly interested in "The Hunger Games" series and love to check out a new book. Who wouldn't?

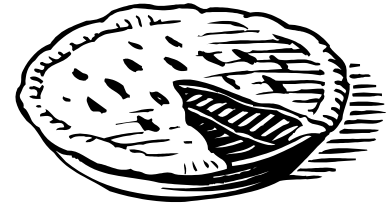
Carol Weinshel,
Director of Learning Resources & Technology,
cweinshel@eastonps.org



Save the Date for the Pancake Breakfast

What: HKMS Annual Pancake Breakfast
When: Saturday, December 4th
Time: 8 am - 11 am
Where: HKMS Cafeteria





Dear Students and Faculty,

The Easton PTA is sponsoring a pie fundraiser in plenty of time for Thanksgiving. There are 6 different varieties. They will be delivered frozen and will be ready to heat and serve anytime over the holidays. Sale dates: now through November 5.

Collect orders on the brochure form

Total each column, checking for accuracy
Remember to fill in all requested information.

Collect checks/cash at the time of order

Please make all checks out to Easton PTA

Return order form and payment to school by November 5, 2010,

Attention: Diane Karazulas

The pies will be available for pick-up in the Keller Cafeteria, on Monday,
November 22, 2010 from 2:30-5 pm

Proceeds will go towards Samuel Staples and Helen Keller
student enrichment programs.

Thank you for your support! If you have any questions, please
contact:

Diane Karazulas
268-2305
pkarazulas@optonline.net

GIFT CARD CENTRAL: IT'S LIKE HAVING YOUR OWN PERSONAL SHOPPER



The holidays are on their way and Gift Card Central is here to save the day!
Gift cards are the perfect gift and Easton SEPTA gift cards do not incur fees.

The following form shows only a small percentage of available retailers and their denominations.
There are two ways to order:

1. Go to <https://www.shopwithscrip.com>. Provide your email address and SEPTA's account number, which is E2L4B2AB22968. Place your order then pay through PrestoPay online or send a check to "Easton SEPTA" c/o the SSES office.
2. Use this form to place an order. If a retailer is not listed write out the retailer name and denomination and we will contact you.
3. We will contact you and deliver your cards when they arrive.

RETAIL	QTY	TOTAL	EATERIES/SUPERMARKETS	QTY	TOTAL	KIDS LOVE 'EM	QTY	TOTAL
Aeropostale \$25			Bruegger's Bagels \$10			Build-a-Bear \$25		
Banana Republic \$25			Cold Stone Creamery			Claire's \$10		
Bath & Body Works \$10			Dunkin' Donuts \$10			Disney \$25		
Bed Bath & Beyond \$25			On the Border \$25			EB Games \$25		
Best Buy \$25			Outback Steakhouse \$25			Game Stop \$25		
Champs Sports \$25			Panera Bread \$25			Icing \$10		
Dick's \$25			Sam's Club \$25			iTunes \$15		
Gap \$25			Stop & Shop \$25			Subway \$10		
J. Crew \$25			MOVIE THEATERS			Toys R Us \$20		
JCPenney \$25			Cineplex Odeon \$25			GENERAL		
Kmart \$25			Loews Cineplex \$25			CVS \$25		
Kohl's \$25			Multiplex Cinemas \$25			Hallmark \$25		
LL Bean \$25			Regal Entertainment \$25			Home Depot \$25		
Land's End \$25			BOOKSTORES			HomeGoods \$25		
Lord & Taylor \$25			Barnes & Noble \$10			Lowe's \$25		
Macy's \$25			Borders \$10			Mobil \$50		
Marshall's \$25			Waldenbooks \$10			OfficeMax \$25		
Old Navy \$25			EVERYONE LOVES 'EM			Shell \$25		
Sears \$25			Amazon.com \$25			Staples \$25		
TJ Maxx \$25			Restaurant.com \$25			Walgreen's \$25		
Wal-Mart \$25			Starbuck's \$10					

Please make checks payable to: "Easton SEPTA" and return this form to the SSES office.

Name _____ Email _____

Please deliver to: [] My home *or* [] My child's backpack _____ (teacher's name)

Home Address _____

	ORDER DEADLINES
Regular Monthly Order	11/1/10
Hanukah/Black Friday	11/19/10
Holiday Order	12/10/10
Procrastinators Order	12/17/10



HKMS BIRTHDAY BOOK CLUB

This is a **great** way to support the **HKMS Media Center!**

Your \$25 donation will buy quality books that are hand selected for a great variety of student's interests and with academics in mind!

Honor your student's birthday by donating to the **HKMS Birthday Book Club**. Each book will be marked by a special bookplate inscribed with a dedication to your child in celebration of his/her birthday.

Students will be recognized in their birthday month by receiving \$1 voucher to be used toward the snack of their choice in the HKMS cafeteria. (* Summer birthdays will be recognized in the Fall.)

Join at any time of the school yearor now so you don't forget!!!!

Questions? Please call or e-mail Kim Lenoci (mrskiml@yahoo.com) or Mary O'Connor (toconnor02@snet.net or 524-0108)

Please make checks payable to Easton PTA-HKMS Birthday Book Club and send your check in to HKMS, Attention: HKMS Birthday Book Club

***** tear off

HKMS BIRTHDAY BOOK CLUB

YES! Please include my child/children in the HKMS Birthday Book Club! Each book contributed is \$25. Please include your child's birthday year in the date.

Childs Name _____ Birthdate _____

Homeroom teacher _____ Grade _____

Childs Name _____ Birthdate _____

Homeroom teacher _____ Grade _____

Total Amount Enclosed \$ _____

Nutrition Newsletter

Easton, Redding & Region 9 Public Schools



“Who’s Who?” In Our Food Service Program

Meet Ann Metcalf, the Director of Dining Services. Ann has been working in our district kitchens for over 35 years and has been the director for 17 years! Meg Whitbeck, MS RD is our Resident Dietitian. Together Ann and Meg plan menus, develop nutrition promotions, manage all 5 kitchens, and ensure that we not only meet but surpass government school meal standards.

Program Highlights

Healthy Whole Grains

All of our bread, grains, and pizza crusts are made from whole grains! At least one serving of whole grains is offered with every meal. Look for more foods made with whole wheat, whole grain corn, oats, and brown rice. We are introducing new whole grains into the menu to enhance our current offerings.

Focus on Fruits

We include unlimited servings of fruits with each meal and include locally grown fruits when available.

Varied Veggies

We offer dark green and orange veggies like broccoli, spinach, dark leafy greens, and carrots three times per week or more. Legumes are offered once per week. Unlimited fresh vegetables are offered with each meal including locally grown produce.

Lean Proteins

Our menus include a variety of lean proteins including vegetarian and plant based entrees. When offered, shell eggs are certified cage free and fish are sustainable species.

Calcium Rich Milk & Dairy Foods

We serve fat free and low fat milk from cows certified to be free of the artificial growth hormones rGBH/ rBST. Chocolate milk does not contain artificial sweeteners or high fructose corn syrup. We offer reduced fat cheese and organic low fat yogurt.

Reducing Unhealthy Fats

All foods contain zero grams of trans fats per serving. No fried foods are served. We offer reduced fat dressings and spreads including homemade pesto sauce and cranberry mayonnaise!

Lowering Sodium

Salt and salty condiments like pickles, and salty snacks are not served with meals. We season foods with herbs and spices instead of salt. We have limited cured/smoked/salted meats to bacon on breakfast sandwiches and pepperoni on pizza. We offer low fat and fat free salad dressings and offer vinegar and oil as an alternative to salad dressings.

Reducing Sugars

Where breakfast is offered, we only serve low sugar cereals. Cereal bars, jelly and syrup meet precise portion size limits. We do not serve sugar packets, donuts, or pastries.

Healthy Snacks & Beverages

Our snacks meet precise standards that limit calories, fats, sodium, and sugar per package. Our beverages are limited to waters with no added sweeteners, 100% juices, and milk.

Making the Most out of Your Child’s School Lunch



Did you know that the US Department of Agriculture has set forth very specific nutrition requirements for each and every school lunch that is served in the US? In order to qualify for the National School Lunch Program (NSLP), we have to meet these strict requirements. Chartwells has always set

their standards higher than that of the NSLP. Our goal is to provide the best quality meals that we can!

A “meal” contains 5 components. Those components are: Meat/Meat Alternate, Grain, 2 Fruit or Vegetable Servings, and Milk. Any child can refuse up to 2 compo-

nents and still be able to pay the school lunch price. Share this info with your children! Remind them to take a piece of fruit, a side of fresh vegetables, and a milk with every meal. If your child does not drink milk due to allergies, they can choose a 100% fruit juice as their beverage and count it as a fruit!

What About Allergies?

Food allergies are more common than ever. If you child has a food allergy, we can work with you and their school nurse to find days where they can enjoy a meal from the cafeteria with their friends!

Our elementary and middle schools are peanut and tree nut free, making a safer environment for highly allergic children. At the high school level, we offer peanut butter and jelly sandwiches, which are packaged separately and prepared in a designated area in the kitchen. Our kitchen staff prevents cross contamination throughout all food preparation.

We have worked with children with various allergies and found some fun and delicious solutions. Our Registered Dietitian has extensive experience with food allergy management and keeps a database of food labels to closely monitor ingredients.

Want more information? E-mail Meg to set up a time to talk!



In the month of September, we featured locally grown produce from around the region! We continue to offer local produce whenever available throughout the school



CONTACT US!

Ann Metcalf
Director of Dining Services
Phone: (203) 938-0862
E-mail: ann.metcalf@compass-usa.com

Meg Whitbeck, MS RD CDN
Resident Dietitian:
margaret.whitbeck@compass-usa.com

100 Black Rock Tpke
Redding, CT 06896

View Your School's Lunch Menu Online! www.er9.org/schools/er9schools.html

Frequently Asked Questions

“I heard there are new POS systems in all of the schools, how does that work?”

The POS systems allow children to have cash-free transactions in the lunch room. This speeds up the lunch line, allowing children with more time to eat their lunch. Parents can deposit money into their child's account either online via mynutrikids.com or by sending cash or a check to school with their child. If you send in a payment with your child to school, be sure to clearly write the student's name and account number on the envelope or memo line of the check.

“I heard that meats from school lunch are “mystery meat”. What kind of meat do you serve?”

We are happy to share that no “mystery meat” is served in our

schools! All of our chicken products come from vendors which have no routine use of antibiotics. Our beef is 100% beef with no preservatives. Deli meats are all top quality, with no fillers. We utilize fresh meats throughout our menu. For example, the Reuben offered at the high school comes from fresh corned beef which we cook in house! We welcome all parents to come tour the cafeteria to see for themselves that school lunch is not what it used to be!

What would you like to know?

E-mail your questions to either Ann or Meg and they may be featured in the FAQ section of the newsletter!



For the entire month of October, Chartwells is ONLY sourcing locally grown apples! That means every apple eaten from our cafeterias has been grown nearby!

November 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Picture Retake Day  Election Day	3	4	5	6
7	8	9	10	11 Professional Development Early Dismissal 12:10 pm	12 PTA Meeting 9:15 am at the Easton Library Community Room	13
14	15	16	17	18	19	20
21	22	23	24 Early Dismissal 12:40 pm	25 Thanksgiving Recess	26 Thanksgiving Recess	27
28	29	30	 <div style="text-align: center;"> <p style="font-size: 2em; font-family: cursive;">Happy</p>  <p style="font-size: 2em; font-family: cursive;">Thanksgiving</p> </div> 			

