

FORT CHERRY ELEMENTARY CHALKBOARD

~TO ALL PARENTS~

Just as a reminder....

There will be NO SCHOOL from November 22-26
Thanksgiving break.

Students are to return to school on Tuesday,
November 27th.

Have an enjoyable Thanksgiving!!!!





FORT CHERRY SCHOOL DISTRICT ANGEL TREE



Fort Cherry School District has chosen to sponsor local families who are in need at the holidays by continuing our annual Angel Tree.

Angels will be available on Thursday, November 8th. In addition, we are asking for monetary donations (cash or check) to assist with the purchase of gifts, Walmart gift cards, wrapping paper, tape, etc.. If making a monetary donation, checks should be made payable to "Fort Cherry School District" (please put in the memo line "Angel Tree"). All gifts/donations can be dropped off in the **elementary library**. Please return all gifts and money by **November 27th**.

Please do not wrap the gift; they will be wrapped at school prior to delivery. Also, kindly attach the angel to the gift when returning it.

If you wish to make someone's holiday a little nicer please fill out the permission slip below, return it to your child's homeroom teacher and an angel will be delivered to your child. We greatly appreciate your generosity!!!

If you are a parent or guardian of a child who is in need of help for the holidays, please contact Debbie Cowden, HS Nurse at ext. 2332 to see if you may be eligible to receive assistance from the FC Angel Tree.

Happiest of Holidays,
Mrs. Eiler, Mrs. Welsh, Mrs. Tarentino, + Mrs. Lander



FORT CHERRY SCHOOL DISTRICT ANGEL TREE PERMISSION SLIP

Student's Name _____ Homeroom Teacher _____

I give my child permission to bring home an angel from the FCSD Angel Tree. I understand that I am to purchase gifts for the child described on the angel. All gifts and donations are due back to school by **November 27th** to the library.

Parent/Guardian Signature _____





Fort Cherry School District

110 Fort Cherry Road
McDonald, PA 15057
724.796.1551
www.fortcherry.org

Dear Parents/Guardians,

We are happy to offer to you the "Fort Cherry Helping Hands" program. The district is collaborating with local providers to continue this program which began last January. It is only offered to families that have qualified for free or reduced meals at the school. Once a month, you will have the opportunity to pick up a box with food items for all of the children in your household under the age of 18. A schedule will be provided to the families who confirm their participation in the program. This is at NO COST to your family. We ask that all eligible families accept this monthly contribution and support this worthwhile program. The school district is proud to offer this initiative.

To take part in "Helping Hands" this school year:

- You must receive free or reduced school meals.
- Complete the form below and return it. (If you do not wish to receive food, simply do not return the form.)
- The food will need to be picked up by a parent, or designated adult, between **12:00 - 2:00 pm** at the Kindergarten Suite Entrance (to the right of the main entrance/Door 12).
- If you cannot get to the school during the established pickup time, please let us know what time you or another adult can pick up the food on the registration form. We will do our best to accommodate your request.

If you **choose to participate** in the "Fort Cherry Helping Hands" program, please complete the enclosed **OPT- IN** form (one per household only). Return this form to Debbie Cowden, High School Nurse, or Brianne Eiler, Elementary Student Service Member. **If you already take part in the Helping Hands program you do not need to complete this Opt-In again. If you wish to be removed from this program please call.**

If you have any questions regarding the program, please contact Debbie Cowden at 724-796-1551, ext. 2332 or email her at dcowden@fortcherry.org.

Thank you, and we look forward to helping.

“Fort Cherry Helping Hands” Opt-In Form

Please complete this form and return it to Mrs. Cowden at the high school or Mrs. Eiler at the elementary center.

YES, I am interested in participating in the “Fort Cherry Helping Hands” program.

Please list all children living in the household and their ages:

(Name/Age)

(Name/Age)

(Name/Age)

(Name/Age)

(Name/Age)

(Name/Age)

Parent's/Guardian's Name _____

Signature _____

*Phone Number _____

**We will add this number to an automated calling system to remind you of pick up dates/times.*

Please list any designated adult(s) that may pick up the food for your family if you are unable to do so.

(Name)

(Phone Number)

(Name)

(Phone Number)

My family is not able to pick up the food at the school between 12:00 - 2:00 pm. This time is when I or a designated adult is available:

Cornerstone Care is coming to FC!

Who: For all grades, K through 12

What: Dental Care provided using your insurance information. If you need insurance, Cornerstone Care will help your family get it. Please complete and send back their booklet to your nurse, Mrs. Cowden or Mrs. Spinden.

Where: Mobile Dental Unit will be here at our school.
Convenient!

When: November 21, 2018

Why: Dental Health is Important! Something to smile about!

Forms maybe picked up and returned in the nurse's office or completed online at www.MySchoolDentist.com.

**Please turn in completed dental forms
by 10-12-2018.**





Food Collection

The Fort Cherry School District will be collecting healthy snacks for our *FC Helping Hands Program*. This program provides qualifying Fort Cherry families with monthly food items. We will be collecting non-perishable canned fruit/veggies for the entire month of **November**. If you wish to donate, we would greatly appreciate it.

Elementary Drop Off: Fish Bowl/Lobby

High School Drop Off: Homeroom or behind the HS at Door 18 across from the greenhouse

Examples of canned fruits/veggies:

- Peaches
- Pears
- Fruit cocktail
- Mandarin oranges
- Applesauce
- Corn
- Peas
- Green beans
- Carrots
- Lima beans
- Asparagus



Get Packin' ...

Tips for a Healthy Lunch Box

Healthy Eating
Made Easier!

Main Courses

- Cheese quesadillas
- Chicken drumstick
- Chicken, tuna or egg salad with pita bread
- Hard-cooked eggs
- Hot soup in Thermos®
- Pasta salad with vegetables (use colored pasta or fun shapes)
- Sandwich on whole-wheat bread, bagel or English muffin:
 - ★ Peanut butter and jelly (add raisins for a twist)
 - ★ Turkey, ham or roast beef
- Vegetable or cheese pizza

Vegetables and Fruits

- Dried raisins or plums
- Orange slices or wedges
- Snack-size applesauce
- Raw vegetables with low-fat dressing:
 - ★ Baby carrots
 - ★ Celery sticks
 - ★ Cucumber slices



Beverages

- Fat-free or low-fat (1%) milk
- Fat-free or low-fat (1%) flavored milk
- Water
- 100% fruit juice

Snacks

- String cheese
- Air-popped popcorn

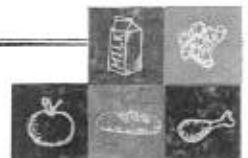
- Baked chips
- Cottage cheese and fruit
- Dry whole-grain cereal

- Graham crackers
- Pretzel sticks
- Trail mix with nuts and dried fruit
- Whole-grain crackers with cheese or peanut butter
- Yogurt

Make sure to include all the food groups when packing your child's lunch:

Dairy
Vegetables
Fruits
Grains
Protein

No time to make lunch? Check out your school cafeteria as a healthy lunch option.



Please LIMIT sugary snacks!

For other fun, easy meal and snack ideas and for lunch-box safety tips, visit HealthyEating.org

THE SOUTH FAYETTE FLIPTURN CLUB

Announces

South Fayette/Fort Cherry Pool Parties



WHERE: South Fayette Middle School Pool

WHO: 4TH, 5TH & 6TH GRADES

WHEN: **FRIDAY, November 16th, 2018**

TIME: 6:30-8:45 pm

COST: \$8 per swimmer (includes a slice of pizza)

Additional PIZZA and SNACKS will be available for sale!

****Parents don't forget you need to come in to pick up your children
Or pull down to the pool doors and we will escort your child to the car)**

SEE YOU THERE!

NEXT POOL PARTY December 14 !