

STUDENT INFORMATION PACKET

February 2010

Attached you will find important information and upcoming events for Clementon Elementary School.

The Student Information Packet contains the following information:

- School Calendar of Events
- Parent – Teacher Conferences
- Nutri-News
- Breakfast & Lunch Menus
- Olweus Bullying Prevention Program Meeting
- School Pictures
- H1N1 Information
- Basketball Schedule



Emergency Closing Number - 634

Radio: KYW 1060AM Cable: Channel 19

TV: NBC 10 & FOX 29

Keep Emergency Card Information up-to-date

SCHOOL HOURS

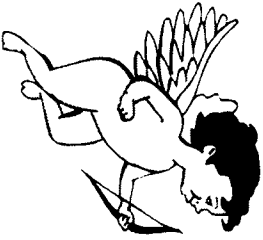
Full Day: 8:45 AM - 3:15 PM


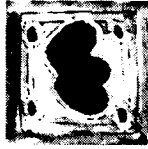

Early Dismissal 8:45 AM - 1:00 PM

Students are NOT to arrive prior to 8:30 AM

February 2010

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 (DAY 1) OLWEUS Bullying Prevention Program Update 3:15 PM-3:45 PM	2 (DAY 2)	3 (DAY 3)	4 (DAY 4)	5 (DAY 5) SMILE  Spring! School & Activities Picture Day	6	
	7 (DAY 6) 1:00 PM DISMISSAL Parent/Teacher Conferences Student Council Candy Gram Fundraiser Home and School Association Meeting 7:00 PM	8 (DAY 1) 1:00 PM DISMISSAL Parent/Teacher Conferences Student Council Candy Gram Fundraiser	9 (DAY 2) 1:00 PM DISMISSAL Parent/Teacher Conferences Student Council Candy Gram Fundraiser	10 (DAY 3) 1:00 PM DISMISSAL Parent/Teacher Conferences Student Council Candy Gram Fundraiser	11 (DAY 4) 1:00 PM DISMISSAL Parent/Teacher Conferences Student Council Candy Gram Fundraiser	12 (DAY 5) SCHOOL CLOSED Staff in-service	13
14  VALENTINES DAY	15 (DAY 4) SCHOOL CLOSED	16 (DAY 5)	17 (DAY 6)	18 (DAY 1) Spirit Day Wear Your Clothes Inside Out Black History Bee 2:00 PM-3:00 PM	19	20	
	21 (DAY 2) PRESIDENTS' DAY  BOE Meeting 7:30 PM PARENTS WELCOME	22 (DAY 3)	23 (DAY 4)	24 (DAY 5)	25 (DAY 6)	26	
28						27	



IMPORTANT INFORMATION

1:00 PM DISMISSAL



Monday, February 8, 2010 through Thursday, February 11, 2010

PARENT-TEACHER CONFERENCES



Monday, February 8, 2010 through Thursday, February 11, 2010

Conference Request Forms were sent home with the youngest child of each family on Tuesday, January 19. If you did not receive a conference form please contact your child's teacher and one will be sent home immediately.

Conference Appointment Forms will be sent home no later than Monday, February 1, 2010.

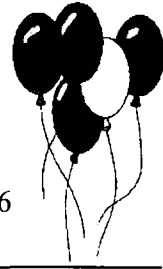
SCHOOL CLOSED



Friday, February 12, 2010 for Staff In-service and
Monday, February 15, 2010 in observance of
President's Day



NUTRI-NEWS

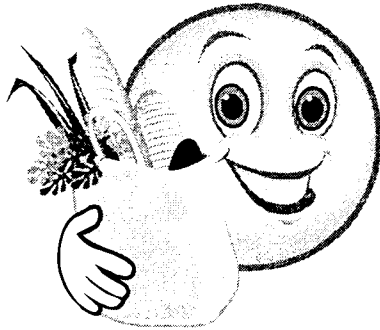


February 2010

"Balloons for a Balanced Lunch"
NUTRI-SERVE FOOD MANAGEMENT, INC

Volume 21 Number 6

Welcome to National Children's Dental Health Month



Each February the American Dental Association sponsors National Children's Dental Health Month. Healthy nutrition habits play an important role in healthy smiles. Here are some hints on keeping your teeth and gums healthy:

- Follow the My Pyramid advice for healthy eating. Sufficient nutrition from all food groups promotes healthy teeth and gums.
- Go easy on between meal snacks. When snacking try to eat the snack at one time rather than over a longer period.
- There's something wise that goes with the saying..."smile and say cheese!" Some aged cheeses may offer modest cavity protection. Dairy products have nutrients, such as calcium, phosphorus and protein which may protect teeth.
- Brush twice daily and floss as well, and have regular dental checkups.

Kids in the Kitchen

A great happy, healthy, smile snack for kids!

Pizza Snacks

6 whole wheat english muffins, split and toasted

1 can (8oz) pizza sauce

1 cup shredded low fat mozzarella cheese

Spread each toasted muffin half with pizza sauce. Top each with cheese. Place 4 halves on a micro proof dinner plate in a circle.

Microwave on power level 7 for 3-4 minutes until cheese is melted. Let stand 3 minutes before serving. Repeat 3 times. Enjoy!

(12 servings total). **Always check with a grownup before working in the kitchen.

Test Your Nutri IQ

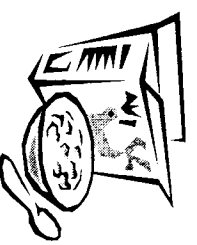
Take this quiz to test your IQ on nutrition and dental health:

True or False:

- _____ 1. Hard candy poses no more of a threat to dental health than pasta.
- _____ 2. Any food sugar, whether naturally-occurring or added to foods, can increase the risk of cavities.
- _____ 3. Cheese, such as sharp Cheddar, Monterey Jack and Swiss may protect against tooth decay.
- _____ 4. How often one snacks, not the snack portion size, is more important when looking at cavity-risk.
- _____ 5. In order to reduce your exposure to sugar on your teeth, you should drink a sugar-containing beverage quickly rather than sip on it.

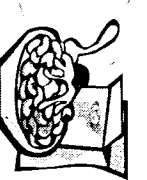
(Answers: all are true!)













Newsletter Editor:
Rosemary L. O'Dea, MA, RD



Clementon School District

February 2010



Breakfast Menu Prices	Monday	Tuesday	Wednesday	Thursday	Friday
Student Breakfast \$1.00 Reduced Pay \$0.30 Adult Breakfast \$1.50 <u>Extra Portions</u> Second Breakfast \$1.00 Cereal Bowl \$0.75 Extra Cream Cheese \$0.35 Milk \$0.50 4 oz. Fruit Juice \$0.40	1 Assorted Cold Cereal Keebler Bug Bite Grahams 100% Fruit Juice Cup Milk Choice	2 Oatmeal with Warm Cinnamon Apples 100% Fruit Juice Cup Milk Choice 	3 Cinnamon Glazed French Toast with Syrup 100% Fruit Juice Cup Milk Choice	4 General Mills Cinnamon Toast Snack Bar Applesauce 100% Fruit Juice Cup Milk Choice	5 Waffles with Strawberries 100% Fruit Juice Cup Milk Choice 
Daily Breakfast Alternates with Juice and Milk: Kellogg's and General Mills Cereal with Graham Crackers or Bagel w/Cream Cheese	Assorted Cold Cereal Pro Ball Super-Donut 100% Fruit Juice Cup Milk Choice	Egg and Cheese on a Bun 100% Fruit Juice Cup Milk Choice	Assorted Cold Cereal Trx Yogurt Cup 100% Fruit Juice Cup Milk Choice	Bagel/Cream Cheese Stuffed Bagel Stick Fresh Banana Milk Choice 	School Closed Teacher In-Service
Milk Choices: 1% White, Low Fat Chocolate, Low Fat Strawberry, Whole and Skim White 	15 School Closed President's Day 	16 Kellogg's Jump Start Breakfast Box Includes: 1/3 Less Sugar Cereal 100% Fruit Juice Box Single Serving Pop Tart Milk Choice	17 Breakfast Quesadilla with Egg, Sausage and Cheese 100% Fruit Juice Cup Milk Choice	18 Assorted Cold Cereal Buttered Toast w/Jelly 100% Fruit Juice Cup Milk Choice 	19 "Inside Out Day" Pancakes with Syrup 100% Fruit Juice Cup Milk Choice 
Pre Paid Breakfast Tickets Available in Advance: Full Pay: #Days X \$1.00 or Reduced Pay: #Days X \$0.30 Payment accepted Daily: Check Payable to Clementon Cafeteria	22 Assorted Cold Cereal Mini Muffin 100% Fruit Juice Cup Milk Choice 	23 Cheddar Cheese Omelet with Bacon on Side 100% Fruit Juice Cup Milk Choice	24 Cinnamon Raisin Bagel with Cream Cheese Applesauce Milk Choice	25 Breakfast Funnell Cake 100% Fruit Juice Cup Milk Choice	26 Sausage and Cheese on an English Muffin 100% Fruit Juice Cup Milk Choice
Breakfast is served 8:10 - 8:30 AM Daily 		Good Morning! 		Five Servings of Fruits and Vegetables per day provide essential vitamins and nutrients for a healthier YOU!!!	"Inside Out Day" 2/19/2010 Wear it Inside Out!

Menu subject to change without notice*

Comments or Questions? Call Mrs. Cathy Macaluso, FSD at: (856)783-2300X1023 or e-mail: cle@nsfm.com



February 2010 Lunch Menu



Lunch Menu Prices	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Student Lunch \$2.00 Faculty Lunch \$3.00 2nd Student Entree \$1.25 Extra Fruit/Vegetable \$.60 Milk \$.50 4 oz. Assorted Juice \$.40 16.9 oz. Water \$1.00 Shapple Juice \$1.25 Assorted Snacks \$.10 - \$.75</p>	<p>Balloons for Balanced Lunch Orange = Grains Green = Vegetables Red = Fruits Blue = Milk Purple = Meat & Beans Yellow=Oils & X Energy</p>	<p>"Pancake Day" 2/16/2010</p>	<p>NOTICE Applications for Cafeteria Kitchen Employment being accepted. Call 856-783-2300 X1023 for Details</p>	<p>"Inside Out Day" 2/19/2010 Wear it Inside Out!</p>	<p>Five Servings of Fruits and Vegetables per day provide essential vitamins and nutrients for a healthier YOU!!!</p>
<p>Available Daily with Lunch: Milk Choices: 1%, Skim, Low Fat Choc. & Low Fat Strawberry Fruit Choices: Fresh Fruit, Juice, or Cup of Fruit Cracker Basket</p>	<p>1 Crispy Chicken Tenders or Buffalo Chicken Tenders/Roll or Hot Dog on a Bun Lunch Choice Includes: Sliced Carrots Chilled Fruit Mix Milk Choice</p>	<p>2 Nacho El 'Grande' with Toppings or Turkey and Cheese on Roll Lunch Choice Includes: Lettuce and Tomato Diced Pears Milk Choice</p>	<p>3 French Bread Pizza or Chicken Patty on a Bun Lunch Choice Includes: Steamed Broccoli Chilled Peaches Milk Choice</p>	<p>4 Cinnamon Glazed French Toast and Sausage Links or Cheeseburger Lunch Choice Includes: Chilled 100% Juice Cup Applesauce Milk Choice</p>	<p>5 Domino's Pizza or Tuna Sandwich Lunch Choice Includes: Garden Salad Assorted Fruit Milk Choice</p>
<p>Alternate Lunches with Milk: Peanut Butter/Jelly on Wheat w/ String Cheese and Menu Sides Deli Sandwich with Chips, Fruit, and Juice Bagel/Cream Cheese w/Juice Trail Mix, Fruit, and Yogurt Cereal Bowl w/Pretzels Trail Mix, and Juice Salad, Lettuce, Dressing, Veggies, Cheese, and CROUTONS</p>	<p>8 Early Dismissal "Conferences" "Bagged Lunches" Assorted Sandwiches Chips Raisin Box 100% Fruit Juice Cup Milk Choice</p>	<p>9 Early Dismissal "Conferences" "Bagged Lunches" Assorted Sandwiches Chips Fun Size Carrots 100% Fruit Juice Cup Milk Choice</p>	<p>10 Early Dismissal "Conferences" "Bagged Lunches" Assorted Sandwiches Chips Fresh Fruit 100% Fruit Juice Cup Milk Choice</p>	<p>11 Early Dismissal "Conferences" "Bagged Lunches" Assorted Sandwiches Chips Fun Size Carrots 100% Fruit Juice Cup Milk Choice</p>	<p>12 School Closed Teacher In-Service</p>
<p>*Pre Paid Lunch Tickets* Available in Advance: Full Pay: #Days X \$2.00 or Reduced Pay: #Days X \$0.40 Payment accepted Daily: Enclose in an envelope marked with student's name, teacher's name, and amount enclosed. Check Payable to Clementon Cafeteria</p>	<p>15 School Closed President's Day</p>	<p>16 "Pancake Day" Pancakes & Syrup with Sausage Links or Turkey and Cheese on Roll Lunch Choice Includes: 100% Fruit Juice Orange Smiles Milk Choice</p>	<p>17 Macaroni and Cheese with Stewed Tomatoes or Chicken Patty on a Bun Lunch Choice Includes: Seasoned Green Beans Chilled Peaches Milk Choice</p>	<p>18 American Hoagie or Cheeseburger Lunch Choice Includes: Campbell's Chicken Noodle Lettuce/Tomato Box of Raisins Milk Choice</p>	<p>19 "Inside Out Day" Wear it Inside Out! Little Caesar's Pizza or Tuna Sandwich Lunch Choice Includes: Fun Size Carrots Assorted Fruit Milk Choice</p>
	<p>22 Meatball Sandwich on a Torpedo Roll or Hot Dog on a Bun Lunch Choice Includes: Seasoned Potato Wedges Diced Pears Milk Choice</p>	<p>23 Mozzarella Pizza Dippers with Dipping Sauce or Turkey and Cheese on Roll Lunch Choice Includes: Seasoned Green Beans Chilled Fruit Mix Milk Choice</p>	<p>24 Grilled Cheese Sandwich or Chicken Patty on a Bun Lunch Choice Includes: Tomato Soup Mini Carrots with Dip Chilled 100% Juice Cup Milk Choice</p>	<p>25 BBQ Chicken with Roll or Cheeseburger Lunch Choice Includes: Golden Corn Chilled 100% Juice Cup Sherbet Cup Milk Choice</p>	<p>26 Domino's Pizza or Tuna Sandwich Lunch Choice Includes: Garden Salad Assorted Fruit Milk Choice</p>

Update on the



Monday, February 1, 2010
3:15 PM – 3:45 PM

Clementon Elementary School
Media Center

SCHOOL PICTURES

Friday, February 5, 2010



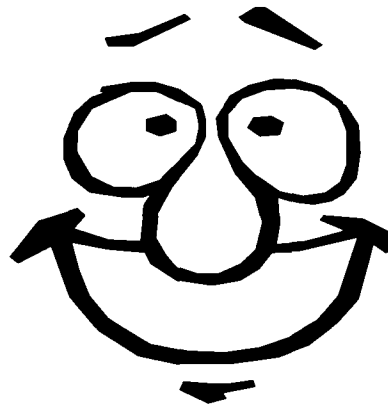
Lifetouch Studios will be taking our school pictures. Forms will be sent home on Monday, February 1.



Please return your completed order form to your child's teacher anytime BEFORE or ON picture day.



Do not send any payment. You will have the opportunity to view your portraits before you decide to make a purchase.



S M I L E

January 2010

Dear Parents/Guardian:

The Camden County Health Department will be hosting 3 vaccination clinics for school-aged children to receive their 1st or 2nd H1N1 vaccine. Children 9 years and younger need 2 H1N1 doses (spaced at least 21 days apart). Children 10 years of age and older only need 1 dose.

This vaccine is VOLUNTARY (not a school requirement) **and FREE** of charge. The H1N1 (swine) Influenza Injectable Vaccine will be available. Your child can still get the injectable vaccine, even if the 1st dose was the nasal mist. If your child needs a 2nd dose, please bring the form/card as to when the 1st dose was administered.

You do not need to pre-register for this clinic; these will be walk-in clinics. You can go to any one of the clinics; you do not need to live in that town or school district. The H1N1 Vaccine Consent Form will be completed at the clinic you attend. ***Children must be accompanied by a parent for the vaccine to be administered.***

All the H1N1 clinics will be from 4:00 p.m. – 7:00 p.m., details as follows:

Tuesday, February 9, 2010
Ann Mullen Middle School
1400 Sicklerville Road
Sicklerville, NJ 08081

Thursday, February 11, 2010
Avon Elementary School
862 Mercer Dr
Haddonfield, NJ 08033

Wednesday, February 17, 2010
Camden County One Stop
2600 Mt. Ephraim Ave., Suite 105
Camden, NJ 08104

According to the County Health Officer, Robert Smith: “Although H1N1 has been relatively mild, we do not know what may occur over the next few months. H1N1 is extremely unpredictable and may become more virulent causing increased disease and serious complications at any point in time. The most effective tool to prevent H1N1 flu is still vaccination.”

If you have any questions on H1N1 go to www.camdencounty.com or www.cdc.gov/h1n1flu for more information. Additionally, your child’s health care provider can answer your questions about the H1N1 virus and vaccine.

CLEMENTON ELEMENTARY SCHOOL
2009-2010 BOYS and GIRLS BASKETBALL SCHEDULE

(UPDATED 01/19/10)

(A) Away (H) Home



JANUARY

Tue, 01/05/10	Merchantville	Girls (A) 4:15 pm
Wed, 01/06/10	Merchantville	Boys (H) 4:15 pm
Fri, 01/08/10	Gibbsboro	Boys (H) 4:15 pm
Mon, 01/11/10	Brooklawn	Boys (H) 4:15 pm - Girls (H) 5:45 pm
Wed, 01/13/10	Woodlynne	Boys (A) 4:15 pm - Girls (H) 4:15 pm
Thu, 01/14/10	Berlin Township	Girls (A) 3:45 pm - Boys (A) 5:15 pm
Fri, 01/15/10	Oaklyn	Boys (H) 4:15 pm - Girls (A) 4:15 pm
Tue, 01/19/10	Magnolia	Boys (A) 4:15 pm - Girls (H) 4:15 pm
Wed, 01/20/10	Gloucester	Boys (A) 3:45 pm - Girls (A) 5:15 pm
Fri, 01/22/10	Stratford	Boys (H) 4:15 pm - Girls (A) 4:15 pm
Tue, 01/26/10	Merchantville	Boys (A) 4:15 pm - Girls (H) 4:15 pm
Wed, 01/27/10	Medford Lakes	Boys (A) 4:15 pm - Girls (A) 5:45 pm
Fri, 01/29/10	Woodlynne	Boys (H) 4:15 pm - Girls (A) 4:15 pm



FEBRUARY

Wed, 02/03/10	Medford Lakes	Boys (H) 4:15 pm - Girls (H) 5:45 pm
Fri, 02/05/10	Brooklawn	Boys (A) 4:15 pm - Girls (A) 5:45 pm
Mon, 02/08/10	Oaklyn	Boys (H) 4:15 pm - Girls (A) 4:15 pm
Wed, 02/10/10	Gibbsboro	Girls (A) 4:15 pm
Thu, 02/11/10	Gibbsboro	Boys (A) 4:15 pm

Playoffs will take place the week of February 21.

Schedule to be announced at a later date.

If you are attending a basketball game, please enter and exit the building through the gym doors (Door #D1). The doors will open 15 minutes prior to the start of the game. **Students who wish to be spectators must leave the school building at dismissal and return at game time with a parent who must remain with the child for the duration of the game.**