

PLEASANT VALLEY SCHOOL

PANTHER POINTS *of interest*

Phone: 860-610-0291

Mrs. Tiffany L. Caouette, Principal

Fax: 860-282-2287

December 1, 2017

UPCOMING EVENTS

Weds. 12/6

Conference Day
12:45 Dismissal

Thurs. 12/7

7:00 PM PTO Meeting

Fri. 12/8

"Read 500 Pages Day"

8:50 B&G Assembly "A"

LOST AND FOUND

Tables will be set up in the Pleasant Valley lobby over the next 2 weeks with items from our Lost and Found bins. Please be sure to check and see if any of your children's items are there.

LOST & FOUND



BARNES & NOBLE BOOKFAIR
THURSDAY, 12/14
THE SHOPPES AT BUCKLAND HILLS
6:30 - 8:00 PM

Come see your favorite teachers and PV staff read some of their favorite books at Barnes & Noble on Thursday, 12/14. There will also be fun activities for the students to participate in.



LIBRARY VOLUNTEERS NEEDED

November flew by, but the December Volunteer Calendar is ready to go. The greatest need is in the afternoon with Kindergarten, Grade 1 and Grade 2. I have also added some spots on Wednesdays for Shelf Readers, Book Hospital, and adding new books into the Collection. Thanks for all your help!



Cheryl Pervere
Library Manager

Thinking about volunteering but don't want to cramp your kid's style? You can volunteer to help with any classroom or grade.

Volunteer Sign Up Link

<http://signup.com/go/GghufkS>



PV PTO SPONSORED
WOLFPACK NIGHT AT THE XL CENTER
SUNDAY, JANUARY 7TH
5:00 PM

Pleasant Valley Night at the Wolfpack game will be held on Sunday, January 7th! Come to watch the game and see the Pleasant Valley students sing with Mr. Myers!



All students who purchase tickets in advance will be entered in a drawing to ride the Zamboni!

There is also a winter clothing drive on this night. Bring one article of winter clothing to donate and you will receive a complimentary ticket voucher for another Wolf Pack game.

See the attached flyer with all of the details. Fill out the ticket form and return it by Friday, December 22nd.



We hope to see you there!

PTO NEWS.....

Upcoming Events

- ◆ **Thank you! To our Holiday Fair committee and all of the volunteers who made it possible!**
- ◆ **Barnes and Noble Book Fair Night, Thursday, 12/14:** Join us at Barnes and Noble where the PV staff will be reading!
- ◆ **PTO Meetings:** We encourage all parents to attend our monthly PTO meetings, which are usually held on the first Thursday of each month. Free childcare is available. **Our next PV PTO meeting will be held on Thursday, 12/7 at 7:00 PM.**
- ◆ **Ways to Help the PV PTO Earn Money and Supplies for Pleasant Valley School:** All of your purchases can really add up and help our budget! Stop and Shop, Shop Rite and Price Chopper Grocery Store Bonus Programs, Geisler's Supermarket- put receipts in the envelope on the board outside of the office Box Tops (The collection box for the Box Top program is located inside the cafeteria), donations of ink cartridges, cell phones and other small electronics, (collection boxes for ink cartridges is located outside of the Pleasant Valley office.
- ◆ **AMAZON SMILE:** <http://smile.pvpto.org/> or search: pleasant valley pto South Windsor



FROM THE HEALTH ROOM.....

If your child has a fever of 100° or greater along with a sore throat, cough, body aches and/or nausea and vomiting **PLEASE KEEP THEM HOME.**



Children need to be 24 hours fever free **without any fever reducing medication (Tylenol, non-aspirin pain reliever, ibuprofen, Advil, Motrin etc.) before they can return to school. **

**SHOES, SHOES AND MORE SHOES.....
START CLEANING YOUR CLOSETS OUT!
SHOE DONATIONS ARE BEING ACCEPTED
IN JANUARY!**



Pleasant Valley School will be collecting shoes as a fundraiser for a local youth humanitarian trip to the Cheyenne River Sioux Reservation in South Dakota.

You can donate any size shoes in any condition. No donations of BOOTS can be accepted.

Your shoe donations can be dropped off in the collection bin in the lobby during the entire month of January.

If you have any questions, please contact Rebecca at rshinkoff@gmail.com.

YOUR PICTURES ARE NEEDED!

Don't forget to submit pictures of you reading for the bulletin board!



Hard copies or electronic submissions to your teacher are welcome!

PV PTO GENEVIEVE FUNDRAISER

Our annual Genevieve fundraiser was delivered on Tuesday. All families that ordered items should have either picked them up or they were sent home with students.



If you have any questions, please contact Dawn Healey at dawladd7@yahoo.com or 203-537-7474.

**RECYCLE BIN
KEEP ON DONATING!**

There is a new white recycling bin that has been added to Pleasant Valley near the parking lot and soccer field. The bin is a collection bin from Bay State Textiles, a company that will now pay us by the pound for all used clothing donations. Items can be in any condition; the company will even take old shoes and stuffed animals!



[Acceptable Items for Recycling at PV.pdf](#)



**COME WATCH AND SUPPORT
PLEASANT VALLEY ELEMENTARY STUDENTS SING
BEFORE THE HARTFORD WOLF PACK GAME!**



Sunday, January 7th

@ 5:00 PM

XL Center, Hartford

Doors Open at 4:00 PM

Please contact Courtney Perzan at
860-541-4729 for more information.

- Come watch us perform “God Bless America” on the ice with Mr. Myers!
- \$1 Hot Dogs!
- All students who purchase tickets in advance will be entered in a drawing to ride the Zamboni
- Winter Clothing Drive – bring one article of winter clothing to donate and receive a complimentary ticket voucher for another Wolf Pack game
- Fill out the bottom of this flyer and **return it to the PTO Box by Friday, Dec 22nd.**

Tickets \$15

\$5 from each ticket benefits Pleasant Valley’s Music Program!

Name: _____

Event: **Hartford Wolf Pack** vs. Utica Comets

Email: _____

Phone Number: _____

of tickets _____ X \$ 15 =Total \$ _____

Payment method CHECK or CASH

Sponsored by the PV PTO
Checks should be made out to PV PTO

**All Pleasant Valley parents and students should meet Mr. Myers
in the lobby of the XL Center in front of the ticket booth at 4:15 PM.**



Autumn 2017

What's New in South Windsor Public Schools?

IN THIS EDITION

Orchard Hill Elementary

- **New Café**

Pleasant Valley Elementary Garden

- **Pasta salad made with student grown vegetables for all**

South Windsor High School

- **Dedicated Crop Program-
Cecarelli Farms
in Northford, CT**
 - Sweet Corn
 - Kale
 - Potatoes

What's on YOUR Plate?

- **Meal Components**

Happy Autumn from all of us here in Food Services! The start of the school year was filled with many interactive food experiences, and healthy, nutritious meals for our students in South Windsor.

This year, we are proud to feature more vegetarian options to meet customer requests. Our Resident Dietitian will be working with elementary faculty to co-teach curriculum-based nutrition education regarding MyPlate.

Chef Erica DeHay will now be working as District Chef. Look for Erica at all of our Café locations, providing culinary expertise with her own special brand of kindness and energy to students, faculty, and staff.

As always, we are here to answer any questions or concerns you may have.



TEMS Student Garden



Orchard Hill

Orchard Hill Elementary School has opened, and we are enjoying the preparation of healthy, delicious and quality meals in the new state of the art kitchen.

The beautiful mural, pictured below, is a testament to our food values and service techniques. *From Farm to Table* illustrates the importance of the regionally procured produce offered by Café associates Brenda and Diane daily. All fruit and vegetable servings remain unlimited to students to support ideal learning and growth. We are happy to provide student favorites such as carrots, apples, cucumbers, and more at every meal.



Pleasant Valley

In September, all of our elementary Cafés celebrated “Garden Vegetables” as the monthly Food Focus. Students from Pleasant Valley Elementary approached our associates Louise, Gina, and LeAnn to request that we use the bountiful harvest from the school garden in a tasting. On September 12th, all grades were treated to Chef Erica’s take on “Caprese” salad, utilizing student grown tomatoes and cucumbers as well as added mozzarella cheese.





Pleasant Valley cont.

Resident Dietitian Emily (pictured right) provided Lunch and Learn mini lessons to students about the importance of vegetable intake and how to make healthy foods like fruits and vegetables taste good.

Third and fourth grade students enjoyed the salad most of all, and were so excited to learn that they reaped what they had sowed. A healthy and fun time was had by all.



South Windsor High School

School starts at the perfect time for us to use the crops as they roll in from the fields. The Chartwells' Dedicated Crop Program was underway as of Autumn

2017. We met with local farmers and committed to produce based on the needs of our school district. The farmers planted seeds for us and harvested, packaged, and delivered fresh, local produce to districts across the Northeast.

This year, **Cecarelli Farms** in Northford, CT provided South Windsor with sweet corn, kale, and potatoes.

The week of September 25th brought delicious ears of corn, perfect to pair with BBQ fare, and chock full of complex carbohydrates for student athletes. Students are enjoyed sweet corn on the cob, and fresh corn and black bean salsa in new salad options and on the Sono Station. We received kale the week of October 16th, a superfood like no other. In November, earthy and potassium rich potatoes arrived. Stay tuned!

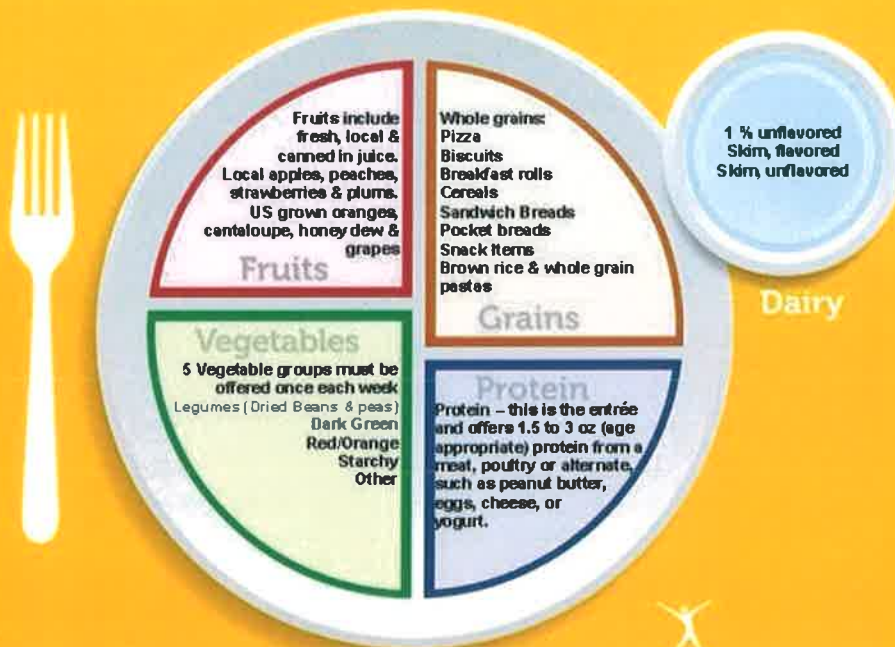




Below is helpful information on what components make up a reimbursable meal. Menus for each school are available at:
<http://southwindsor.nutrislice.com/>



What's on YOUR Plate?



Visit www.ChooseMyPlate.gov

© foodandhealth.com nutrition

School meals now have more fruits, vegetables, and whole grains. They are more focused on current dietary guidelines. Join your child for lunch one day and see the changes.

These changes affect students at all levels K-12

- Elementary and middle school students will be offered ½ cup fruit AND ½ cup vegetable minimum
- High School Students will be offered 1 cup of Fruit and 1 cup Vegetable minimum

Students must take at least 1 choice of fruit or vegetable daily with their meal choice to be charged the meal price. Students refusing both the fruit and vegetable component must be charged a la carte prices for the items on their tray.

100% of our Grains served must be whole grain by definition in the 2010 Dietary Guidelines - Whole Grains are defined as having at least 51% of ingredients whole grain such as wheat, barley, oats, rye, etc.

Select 3 to 5 choices based on groups:

Grains,
Fruits,
Vegetables,
Protein and
Dairy

Your plate must include a fruit or veggie!

CONTACT FOOD SERVICES

Director of Dining Services ~ Greg King ~ 860-474-1440
Food Service Specialist ~ Lisa Clayton ~ 860-474-1499

Start Cleaning Your Closets for....

SHOES, SHOES and MORE SHOES!!!!



Pleasant Valley is collecting shoes as a fundraiser for a local youth humanitarian trip to the Cheyenne River Sioux Reservation in South Dakota.

Please donate any size shoes...**any condition...** but, please, NO BOOTS of any kind.

Shoes can be dropped in the collection bin in the lobby during the month of January.

Questions?

Please contact Rebecca at rshinkoff@gmail.com





South Windsor Craft & Specialty Foods Show

South Windsor Human Services Community Service Group is sponsoring their 5th Annual Craft & Specialty Foods Show!

Sunday, December 10, 2017

9:00 AM -- 3:00 PM

at the

South Windsor Community Center

150 Nevers Road, South Windsor, CT

Featuring:

New, unique, quality, handmade crafts

Hand Thrown Pottery, Silk Florals, Fabric Purses,
Original Jewelry Designs, Creative Notebooks,
Children's Items, Natural Soaps, Crocheted and Knitted Items,
Kitchen Items, Holiday Cards, Slate & Painted Rock gifts,
Holiday Décor, Glass work, Candles, Handmade Chocolate Delights
and much more!

And Don't Miss our Specialty
Food Room!

Free Admission — Bake Sale — Raffle

The Human Services Community Service Group supports various service projects within South Windsor and surrounding towns.

For more information, contact Sandi at 860-794-1997 or Andrea 860-648-6357



SWHS Science Olympiad
Scrimmage - Come see our
building events!

The South Windsor High School Science Olympiad team will be hosting a scrimmage with other high schools and middle schools in the area on December 9th, 2017 from 9:30 am- 1 pm. Parents and STEM students are welcome to come watch the events and see what happens at a Science Olympiad competition!

Events being run:

Hovercraft	Mousetrap Vehicle
Optics	Helicopters
Towers	Mission Possible
Wright Stuff	Thermodynamics
Write It Do It	Mystery Architecture
Rollercoaster	Thermodynamics
Battery Buggy	

While you are there
join us for a...

Student/Parent Straw Tower STEM Challenge!

Open to : SW Elementary Students and
Parents (you must have a student and
parent(s) to form a team)

Date: Saturday, December 9th

Time: 10am - 12pm

Location: SWHS

**Who can build the tallest tower to
hold a weight for three seconds?**

Each parent/child team will get a set number of straws and a set amount of masking tape to build the tallest tower that supports a predetermined weight.

Sign up: See your STEM teacher to sign up. It is first come first serve as space is limited. There will be a \$5.00 per student participation fee to be registered for the STEM challenge.