



October, 2016

Daniel Wertz Elementary School
Eagle's Nest

Eagle Eggs (Pierogi)	\$4.00
<i>Potato/Cheddar Jalepeno with Butter Bacon Sauce or Potato/Cheese with Butter Parmesan Sauce</i>	
Eagle's Nests	\$4.00
<i>Pumpkin Spice Caramel Funnel Cake, Red Velvet Funnel Cake Or Regular Funnel Cake</i>	
Potato Tornado	\$4.00
<i>Bold, Original, Ranch, or Garlic Parmesan Seasonings Available</i>	
Potato Tornado Twister Dog	\$5.00
Corn-Dogged Brats	\$5.00
Corn Dog	\$4.00
Grippo Cheesy Ribbon Fries	\$4.00
Grippo Chilli-Cheesy Ribbon Fries	\$5.00
Apple Cider Jugs (Regular or Cherry)	\$5.00
Canned Soft Drinks & Water	\$1.00

Our food may contain allergens



**Visit the
Daniel Wertz
Booth at
The Fall Festival!!
Booth 120**



FUNKY FALL FEST



Please join us October 28, from 6-8, for our PTA's Funky Fall Fest/Trunk-or-Treat! More information will be sent home this month.

From the nurse

Medication reminders--all over the counter medication (including cough drops and topical creams) must have a parental permission form completed. All prescription medications must be in the ORIGINAL bottle/box and must have a parental permission form completed.



Clothing--fall temperatures fluctuate greatly so please send a sweater/jacket with your child daily. flip-flops/ high heels are not appropriate school attire due to break-age and injuries. Sneakers with socks are best. please return laundered clothing that your child has borrowed to the nurse.

Illness--children are to remain home a full 24 hours after the last bout of vomiting or diarrhea or fever of 100.0 or over. emergency numbers MUST be current. Child Protective Services will be contacted if your child has not been picked up by the end of the day

Wellness--daily habits affect our health. A good breakfast and a good night's sleep boost immunity. Teach your child to sneeze/cough into their sleeve to prevent airborne transmission of germs handwashing before eating, after toileting, and after sneezing helps prevent transmission of bacteria/viruses and is one of the best ways to remain well. Sing "Happy Birthday" twice while rubbing soapy hands together and then rinse.

We have great students, parents and staff at Daniel Wertz. Let's all work together to keep our children healthy and in school so they can learn to the best of their abilities!

Go, Eagles!!

OCTOBER BIRTHDAYS

1	Peyton Bullock	16	Brock Doss
2	Haydyn Hille	17	Derrion Motley
2	Launa Seta	19	Aurora Sherrill
3	Raistlin Colbert	20	Kyran Hulan
3	Breanna Newton	20	Makaylah Wall
5	Estefan Baker	22	Benjamin Grisham
6	Landon Molinet	25	Leland Hendrick
7	Ian Bateman	25	Logan Hendrick
11	Hari Kankanala	25	Brandon Johnson
11	Jackson Nellis	25	Landon Johnson
13	Javier Bruce	25	Kadent Lemon
13	Charles Daniel	26	Dayton Parker
15	Nolan Jones	29	Kaci Sanders
15	Julia Kirk	30	Alden Burton

**PICTURE DAY IS WEDNESDAY,
OCTOBER 12TH !**



Upcoming Events

Please visit our web site for a complete calendar

10/4	SPECIAL NEEDS FIELD TRIP
10/7 - 10/10	NO SCHOOL - FALL BREAK
10/12	PICTURE DAY
10/13	WALK TO SCHOOL DAY
10/14	REPORT CARDS GO HOME
10/17-10/28	PENNY DRIVE
10/21	KG FIELD TRIP
10/25 6PM	PTA MEETING
10/28 6-8 PM	FUNKY FALL FEST/TRUNK OR TREAT
10/17-10/21	PARENT/TEACHER CONFERENCES



Wellness – As a part of the Daniel Wertz School Wellness policy, restaurant food is prohibited during school hours. If you plan to eat lunch with your child, please bring a lunch from home or plan to purchase a lunch from our cafeteria. Also – we no longer will be celebrating student birthdays with food items. We cannot send home any food related items, but “goodie bags” with non-food items are still welcome. Please contact your child’s teacher for ideas on how you can make your child’s birthday at school a very special day.

Below is a list of approved, better choice food/beverage items: (single serve)

- Angel food cake – plain or topped with fruit
- Animal crackers
- Applesauce cups
- Baked chips
- Cakes/Brownies (low fat)
- Chex mix/Goldfish snack mix
- Cheese cubes, string
- Fig Newtons
- Frozen juice bars/sherbet
- Fruit (fresh)
- Graham crackers
- Granola bars/Cereal bars (reduced fat, low fat)
- Ham (lean), cheese (low fat), or turkey sandwiches (with low fat condiments)
- Ice cream treats (low fat)
- Individual fruit cups packed in juice
- Juice boxes (100% juice with no added sweeteners, 8 ounces)
- Milk (K – 8: low fat, 8 ounce, up to 140 calories)
- Mini bagels with low fat spreads
- Mini cereal boxes/bags
- Muffins (low fat)
- Nuts & Seeds
- Pizza – low fat toppings (veggie, lean ham, Canadian bacon)
- Pizza dippers (pizza toppings and bread on skewer with marinara dip)
- Popcorn (popped in trans-fat free oil)
- Pretzels
- Pudding cups (low fat)
- Quesadillas with salsa
- Raisins/dried fruit
- Rice cakes
- Smoothies
- String cheese/low fat cheese cubes
- Sunflower seeds
- Trail mix (nuts, dried fruit, cereal)
- Vegetables and dip (small)
- Water (flavored, calorie-free)
- Yogurt cups (low fat) Yogurt parfaits

LUNCH TIMES

KG - 11:00-11:20	3RD - 11:40-12:00
1ST - 11:20-11:40	4TH - 12:20-12:40
2ND - 12:00-12:20	5TH - 12:40-1:00

EVSC ELEMENTARY, K-6, K-8, MIDDLE & JR. HIGH BREAKFAST MENU – 2016-2017
OCTOBER, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Breakfast Bar – Banana Chocolate Chunk (1) *Fruit Choice	Mini Blueberry Pancakes (1 Pkg.) *Fruit Choice	Cheese Omelet (1) Toast (1 Slice) And/Or Cereal Choice (1) *Fruit Choice	Blueberry Muffin (2 oz.) And/Or Cereal Choice (1) *Fruit Choice	Fall Break
10	11	12	13	14
Fall Break	Pop Tart (1) – Fudge (Single) (1) And/Or Cereal Choice (1) *Fruit Choice	Mini Cinnis (1 Pkg.) *Fruit Choice	Chocolate Chip Waffle (1 Pkg.) *Fruit Choice	Breakfast Wrap (1) And/Or Cereal Choice (1) *Fruit Choice
17	18	19	20	21
Wild Berry Bread Slice (1) *Fruit Choice	Cinnamon Bun (1) *Fruit Choice	Eggstravaganza (#16 Scoop) Toast (1 Slice) And/Or Cereal Choice (1) *Fruit Choice	Breakfast Bar – Oatmeal Chocolate Chip (1) Fruit Choice	Banana Muffin (2 oz.) And/Or Cereal Choice Fruit Choice
24	25	26	27	28
Breakfast Round (1) *Fruit Choice	Goody Ring (1) *Fruit Choice	Mini Cinnis (1 Pkg.) *Fruit Choice	Yogurt (4 oz.) And/Or Giant Goldfish Graham (1) *Fruit Choice	Pop Tart (1) – Strawberry (Single) (1) And/Or Cereal Choice (1) *Fruit Choice
31				
Breakfast Bar – Banana Chocolate Chunk (1) *Fruit Choice				

*A daily fruit choice of ½ C chilled or fresh fruit or ¼ C Dried Fruit is offered in addition to a daily choice of 4 oz. 100% Apple or Orange Juice. A choice of 8 oz. Fat-Free Chocolate or 8 oz. 1% unflavored milk is offered daily.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."

EVSC ELEMENTARY, K-6 AND K-8 MENU 2016-2017
OCTOBER, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Chicken Patty Sandwich Potato Wedges Baked Beans Frozen Juice Cup	Pasta w/Marinara/Max Stick Grilled Chicken & Cheese Wrap Mixed Green Salad/Dressing Cauliflower w/Cheese Sauce Chilled pears	Mini Cornies Mashed Potatoes w/Gravy Steamed Broccoli Berry Fruit Salad	Sack Attack: Turkey & Cheese on Bun Jambwich/String Cheese Chips Dragon Punch Fresh Fruit	Fall Break
10	11	12	13	14
Fall Break	***** <u>Breakfast for Lunch</u> Cinnamon Glazed Pancakes/ Sausage Patties Peanut Butter Sandwich Tator Tots Mini Carrots w/Dip Applesauce	<u>National School Lunch Week</u> Chicken Bites (Roll-Gr. 6-8 ONLY) Mashed Potatoes w/Gravy Edamame Succotash Fresh Fruit	***** Pepperoni Pizza Crispy Chicken Salad/ Croutons Golden Corn Mixed Green Salad/Dressing Chilled Peaches	Walking Taco Chicken & Cheese Quesadilla/Chips Refried Black Bean & Salsa Dip Shredded Lettuce & Tomato Salad/Dressing Mandarin Oranges
17	18	19	20	21
Hamburger/Cheeseburger Colossal Crinkle Potatoes Baked Beans Tropical Fruit Salad	Chicken Alfredo/ Breadstick Ham & Cheese Wrap Mixed Green Salad/Dressing Golden Corn Chilled Pears	Chicken Chips/Roll Mashed Potatoes w/Gravy Glazed Carrots Fresh Fruit	Cheese Pizza Ham & Cheese on Bun Potato Wedges California Blend Veggies Mixed Fruit Salad	Ravioli/Biscuit Hot Dog on Bun Seasoned Green Beans Veggies w/Dip Frozen Juice Cup
24	25	26	27	28
BBQ Pulled Pork Sandwich Tator Tots Broccoli w/Cheese Sauce Mandarin Oranges	Taco/Chips/Salsa Grilled Cheese Sandwich Refried Beans Shredded Lettuce & Tomato Salad/Dressing Chilled Peaches	Chicken Poppers (Roll-Gr. 6-8 Only) Mashed Potatoes w/Gravy Seasoned Green Beans Fresh Fruit	Cheese or Fiestada Pizza Golden Corn Mini Carrots w/Dip Applesauce	Asian Chicken/Rice Burrito/Salsa Sweet Potato Crinkles Garden Peas Chilled Pineapple
31				
Happy Halloween!! Chicken Patty Sandwich Potato Wedges Baked Beans Halloween Frozen Juice Cup				

NOTE: Additional Choice Every MONDAY: Peanut Butter Sandwich (K-5); Peanut Butter Sandwich/Cheese Stick (Grades 6-8).
Additional Choice Every WEDNESDAY: Yogurt/Peanut Butter Graham Bar.
A choice of 8 oz. Fat-Free Chocolate or 8 oz. 1% unflavored milk is offered daily.

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Asthma and Smoking

21%

of people with asthma smoke cigarettes - even though they are a known asthma trigger.



Cigarette smoke is the **2nd** most cited cause of asthma flares.

Smokers with severe asthma have poorer asthma control and more prescribed healthcare visits.

1,300

deaths per day are attributed to smoking.



Smoking or exposure to secondhand smoke can cause:

- Lung cancer
- More frequent and severe asthma flares
- COPD
- Respiratory infections
- Coughing and wheezing
- Ear infections in children
- Heart disease
- Stroke
- Nicotine addiction



Secondhand Smoke



There's **NO** safe amount of secondhand smoke!

Kids with asthma who are exposed to secondhand smoke at home are **2X** more likely to be hospitalized due to asthma flares.

Secondhand smoke contains more than **7,000** chemicals, including 70 that can cause cancer. If you breathe secondhand smoke, you breathe in many of the same chemicals the smoker is inhaling.



Benefits to Quitting Smoking

- Repairs the body - improved lung function
- Reduces risk of asthma flares
- Reduces risk of developing COPD
- Ensures you're not harming others via secondhand smoke
- Extends your life



Sources: AAAAI, ACA, CDC, National Cancer Institute



2016-2017 Student Council

- Devin Bedell
- Peyton Bullock
- Hobson Butler
- Christian Butler
- Madison Burris
- Austin Cunningham
- Madalyn Cunningham
- Julia Dann
- Quinten Devillez
- Elyse Garnett
- Aniyah Givens
- Ben Grisham
- Haydyn Hille
- Colin Hopple
- Jaret Hopple
- Khalia Jones
- J.P. Lehman
- Tyler Payne
- Johnna Riger



Walk before School Day for DW families
 Thursday, October 13th @ 745am
 South Parking Lot
 Rain date is 10/19.

All 4th & 5th grade boys interested in possibly trying out for basketball are invited to take part in open gym on October 4, 6, 10, 26, 31. All students must be picked up at 5 p.m. Students MUST have a permission slip in order to stay for open gym. Tryouts will be held on November 1st. More information will come home regarding tryouts.



Want to volunteer at Daniel Wertz or go on a field trip? Visit: <http://district.evscschools.com/cms/one.aspx?portalid=74772&pageid=339794> to complete the online form. You must do a new form every year. Once you've been approved, you are welcome to volunteer. Thank you for your support!



The Book Fair will be from November 14-18.
 If you would like to volunteer contact Mrs. Gilbert in the library.