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Wrightsville Elementary
Community Newsletter

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Wrightsville Elementary Dates to Remember

NO School ~ Monday, Sept. 6th
Early Dismissal ~ Sept. 14th at 1:45 pm

Open House:

Wednesday, September 8th at 6:30 pm

PTO Meeting:

Tuesday, September 7th at 6:30 pm

Show Your School Spirit:

September 3rd - Red, White & Blue
September 17th - Blue & Gold

Important News from Wrightsville Elementary

1. Please do NOT bring your pets with you to pick up your child. This causes a distraction to the other students and may delay them getting home in a timely manner.

2. Students will be dismissed as followed:
Kindergarten / Safety Patrol - 3:15pm Bus - 3:20pm All Walkers / Car Riders - 3:20pm
If you decide to pick up your child before their dismissal time for any other reason **other than** a doctor's appointment or an emergency they will receive an un-excused period for the time that they have missed.
3. When students are late to school or coming back from an appointment a parent/guardian must bring them into the office to sign them in. This also applies to students leaving early for an appointment. All doctor/dentist appointments need a doctor's note for it to be an excused absence.



4. Students are NOT permitted to walk through the Administration parking lot or the Post Office parking lot. This is for the safety of the children...cars and post office trucks may NOT see small children.
5. Remember when you are taking your child out for an educational trip/vacation you need to complete the appropriate paperwork two weeks in advance. You may receive this information by calling the school, going to the Eastern York website or sending in a note you the classroom teacher.

Thank you for your assistance in helping make this school a better and safe place for everyone. If you have any questions or concerns, please feel free to contact the Wrightsville Office between 7:30 am - 4:00 pm at (717) 252-3676.



Car & Bus Circles:

It has come to my attention that on occasion when visiting Wrightsville Elementary during the day or evening people are parking either in the Chestnut Street or Orange Street circle. Again when visiting or using the facilities at night, we ask that you park

in the Chestnut Street parking lot and walk to the Wrightsville entrance. **Please DO NOT park in the circles or where we have the areas posted or painted with yellow lines. This is especially important to allow for emergency vehicles should need to arise.**

Remember to Eat Breakfast:

"Eat your breakfast. It's the most important meal of the day!" Why are parents always saying that?

Well, imagine you're a car. After a long night of [sleeping](#), your fuel tank is empty. Breakfast is the fuel that gets you going so you can hit the road.

What Should You Eat?

Any breakfast is better than no breakfast, but try not to have doughnuts or pastries all the time. They're high in calories, sugar, and fat. They also don't contain the [nutrients](#) a kid really needs. And if you have a doughnut for breakfast, you won't feel full for long.

Just like with other meals, try to eat a variety of foods, including:

grains (breads and cereals)

[protein](#) (meats, beans, and nuts)

fruits and vegetables

milk, cheese, and yogurt

Breakfast Ideas

First, the traditional ones:

eggs

French toast, waffles, or pancakes
(try wheat or whole-grain
varieties)

cold cereal and milk

hot cereal, such as oatmeal or
cream of wheat (try some dried
fruit or nuts on top)

whole-grain toast, bagel, or English
muffin with cheese

yogurt with fruit or nuts

fruit smoothie, such as a [strawberry
smoothie](#)

**And now some weird (but yummy)
ones:**

banana dog (peanut butter, a
banana, and raisins in a long
whole-grain bun)

breakfast taco (shredded cheese on
a tortilla, folded in half and
microwave; top with salsa)

country cottage cheese (apple butter
mixed with cottage cheese)

fruit and cream cheese sandwich
(use strawberries or other fresh
fruit)

sandwich — grilled cheese, peanut
butter and jelly, or another
favorite

leftovers (they're not just for dinner
anymore!)

single servings of whole-grain, low-
sugar cereal

yogurt

fresh fruit

whole-grain muffin

trail mix of nuts, dried fruits,
pretzels, crackers, and dry cereal



Need More Convincing?

Just in case you need more evidence that eating breakfast is the way to go, kids who don't eat breakfast are less able to learn at school, get less iron (an important nutrient) in their diets, and are more likely to have a higher body mass index (BMI), which is a sign they may be overweight.

On the other hand, kids who eat breakfast do better in school, are more likely to participate in physical activities, and tend to eat healthier overall. So tomorrow morning, don't run out the door on an empty stomach. Fuel up with a healthy breakfast!

Box Tops/Campbell's Label Etc.:

PTO would like to introduce a few ways to raise extra money for the students at Wrightsville Elementary.....no selling involved. Things that we do every day can help us to keep doing the things that we do and set goals for things that we would like to see happen at school.



Boxtops - Just cut and save your boxtops of the everyday foods that you buy and send the in to school with your child. We will do the rest.



Campbell's Soup Labels - Collect these labels and send them into the school. The rest is up to us.

Back To School

Today I hurry off to school,
To work and learn and play.
I'm in a brand new grade this year.
What a happy day!

Book Fair:

The PTO book fair will be held beginning at Open House Wednesday, September 8th and during the school day September 9th and 10th. All profits from this year's fair will be used to purchase a book for every student!

So please stop by the fair held on the stage. Hope to see you there!!

WRIGHTSVILLE ELEMENTARY SCHOOL
320 Chestnut Street
Wrightsville, PA 17368
252-3676

August 31, 2010

Hello Parents,

We hope you all had a very nice summer- now it's time to get back into the school spirit and become a member of the Parent-Teacher Organization.

Our P.T.O. has been extremely supportive of the important work that our teachers do here at Wrightsville Elementary School. We would like all of our parents to become active members. Any parent or guardian of a Wrightsville student will automatically become a P.T.O. member.

The P.T.O. also funds such benefits as the school store, Santa Secret Shop, memory books, spirit wear, etc.. The P.T.O. does NOT make a profit on these items. They are extras offered by the P.T.O. that otherwise children would not have.

The monthly Executive Committee Meetings are held the first Tuesday of the month at 6:30 p.m. All P.T.O. members are invited to attend. The first P.T.O meeting for the year will take place on September 7th at 6:30 PM.

The success of any organization is directly related to the participation of it's member. Thank you for your help!

Sincerely,

Jessica Deppen

President
Wrightsville P.T.O.