

Weymouth Families,

Thank you to all who came to our Back to School Night last night. It was a pleasure to see all of the familiar and new faces.

Our school clubs are starting soon. The dates are on the website calendar and all club information is posted on the homepage [here](#).

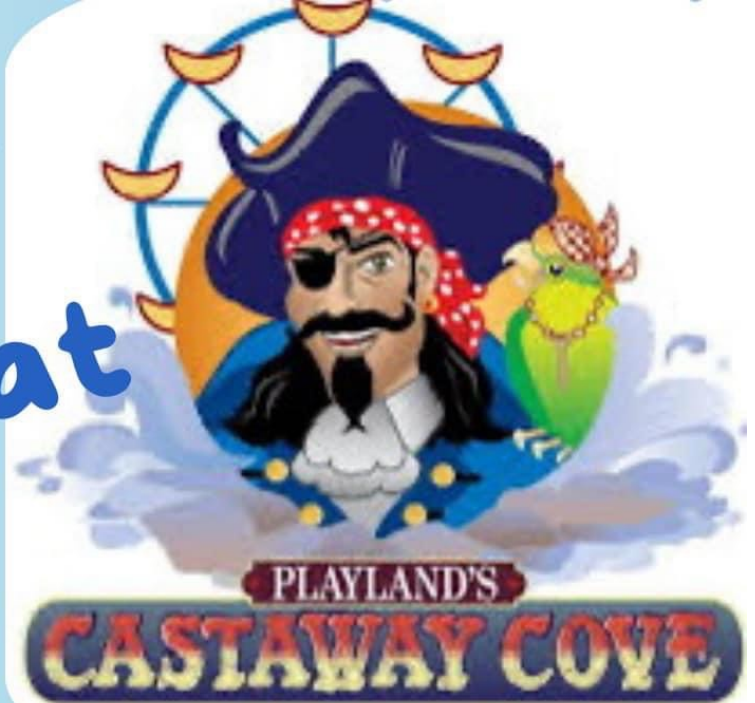
Please see the attached for this week's Friday folder. It includes:

- HSA fundraiser and membership flyers
- WACYL flyer
- Upper Township wrestling flyer
- Memos from Nurse Hooven
- October Meal Menus

Thank you and have a great weekend!

Weymouth Twp HSA
presents

FUN Day at



October 5th
1:00-4:00PM

Rain date 10/6

\$18
per
wristband

*does not include Gale Force Coaster

Days to purchase are:

During the HSA meeting
September 11th 6-7:30pm

At the school gazebo:
September 23rd 6-7:30pm
October 3rd 6-7:30pm

If you are unable to make the
purchase dates or have any
questions please email:
weymouthhsa@weymouthtsd.org

Weymouth Township Home & School Association

2024 Fall Mum Fundraiser



Support the Weymouth Township students by purchasing your fall mums through the Weymouth Home and School Association!

- Order today for the best quality and selection.
- All purchases are on a first come first serve basis, along with color selection.

Once an order is placed, a “ticket” will be returned in your child’s folder to be redeemed in person at Coia’s Garden Market located at 3107 Oak Road, Vineland NJ 08360.

All order forms must be returned by October 4, 2024

	Total Sold						
	Cost	\$3.75	\$5.50	\$25.50	\$23.50	\$13.99	
	Grand Total						

Please make all checks payable to: Weymouth Twp H.S.A. Thank you for your support!

WE NEED YOU

Will you join us?



WHO ARE WE?

We are the Weymouth Township Home & School Association (HSA). We are a group of volunteers whose sole purpose is to provide support to our school community. We gather monthly to discuss ways to raise funds and create fun events for our students, staff, and families. Check out our Facebook page to see some of our past activities. We encourage and welcome anyone who shares a love for our school community.

OUR MISSION

Our mission is to advocate, encourage, and support a positive school environment for students, teachers, staff, families, and community.

WHY JOIN

With your help, we will make a big impact this year by advocating for our students, teachers, and school! Your membership helps support a variety of school activities and programs while creating a fun, engaging, and positive community! By becoming a member, you will be given the opportunity to vote at our meetings and be a voice for our students.

HOW TO JOIN

Complete the attached form and send it to the school along with the \$5 membership fee.

We meet every 2nd Wednesday of the month at 6pm in the library. Our first meeting of the school year is September 11th.

CONNECT WITH US

Email: weymouthhsa@weymouthtsd.org

Facebook: [Facebook.com/weymouthtownshiphome&schoolassociation](https://www.facebook.com/weymouthtownshiphome&schoolassociation)

please contact us with any questions

NAME _____ Email _____

Phone# _____

Student(s) _____ Grade(s) _____

\$5 membership payment _____ cash or _____ check to the Weymouth Twp HSA



WEST ATLANTIC COUNTY YOUTH LEAGUE

FALL FUNDRAISER

ROASTED CHICKEN PLATTER SALE

OCTOBER 20TH 2024

12:00-4:00PM

\$22 PLATTER

RAFFLES

CASH BAR



TICKETS AVAILABLE AT:

WACYL SNACK SHACK
(OPEN DURING SOCCER
GAMES)

MERRILL'S COLONIAL INN

FOR MORE INFO CONTACT [KORTNEYLLUND@WACYL.COM](mailto:kortneyllund@wacyl.com)

HOSTED AT

MERRILL'S COLONIAL INN 1309 BLVD.50, MAYS LANDING NJ 08330



Upper Township Wrestling Association
 Mailing Address: PO Box 734 – Marmora, NJ 08223
 Hornets’ Nest: UT Community Center Wrestling Room
 1790 Rt 50 Tuckahoe, NJ 08250
 uppertwphornets@gmail.com www.upperwrestling.com



The Upper Township Wrestling Association is
 inviting, **ALL BOYS AND GIRLS K – 8th** grades to join the

2024-25 UPPER TOWNSHIP GREEN HORNETS WRESTLING TEAM

**FREE... No Obligation “TRY IT OUT” practices – Mon. Oct 28th, Wed. Oct 30th, & Fri. Nov 1st
 5:30 PM - 7:00 PM. No wrestling gear needed for “Try it Out” practices.**

Online Registration IS OPEN: GO TO WWW.UPPERWRESTLING.COM

1st Child \$125.00, **Sibling Discount**- 2nd child \$100, 3rd child \$100, 4th child is free.
 We will collect a refundable \$150 Singlet Bond per wrestler and a refundable \$75 Work Bond per family.
 Your bond checks should be made payable to UTWA and turned in no later than November 23rd.
We will be accepting a limited number of out-of-town wrestlers,
contact Head Coach Frank Sannino 609-231-8528 with any questions.
*****FREE REGISTRATION FOR ALL 1ST YEAR GIRL WRESTLERS!!!!!!*****

Meet the Coaches:

Look for our Upper Township Green Hornets Wrestling booth at Caldwell Park during the Upper Township Indians home games on Sunday 9/29, Saturday 10/5 & Sunday 10/20. You’ll be able to register & meet the coaches.

Practice Schedule :

(Novice wrestlers) practice at the Hornets’ Nest Mon & Wed from 5:00pm – 6:00pm, starting Wed Nov 6TH.
 (Intermediate Group) will practice Mon & Wed from 6:15-7:45pm, starting on Wed Nov 6TH
 (Advanced Group) will practice Tues & Thurs from 5:30pm-7:30pm Starting Thurs Nov 7TH.

Mandatory Parents Meeting:

Novice Group Parents: Monday, November 25th, 5:30pm at the Hornets’ Nest
 Advanced Group Parents: Tuesday, November 26th, 5:30pm at the Hornets’ Nest

Gear needed for wrestling practices:

Wrestling shoes, headgear, athletic shorts, t-shirt (no buttons/zippers). A limited supply of wrestling shoes and head gear will be made available for new wrestlers to borrow during “try it out” practices. If you have any questions, email uppertwphornets@gmail.com , or call Head Coach Frank Sannino at 609-231-8528 anytime.

TO ALL K – 8TH GRADE GIRLS.... WE WANT YOU!!

We want you at Upper Township Wrestling!! Last season we had 41 girls on our team, the largest girls rec team in the state of New Jersey!! This coming season we expect to surpass that!! Our Green Hornet girls have had tremendous success over the last few years with girls winning many state and national titles!! If you prefer not to compete you can opt to attend practices only. No pressure, become a part of our Green Hornet Wrestling family, have fun, and learn to love the sport of wrestling!

*****Free registration to all new 1st year girl wrestlers*****

IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU





Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
	1 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	2 Apple Cinnamon Cheerios Fruit 1% White Milk	3 Maple Flavor Waffles Fruit 1% White Milk	4 Honey Nut Chex Fruit 1% White Milk	<p>What is a Meal? Pre-K students are served the three following components for the school breakfast.</p> <ul style="list-style-type: none"> - Whole Grain - - Fruit-Fresh or Cupped - 1% White Milk <p>Whole Grain Cereals Cinnamon Toast Crunch, Apple Cinnamon Cheerios, Honey Nut Chex</p> <p>Milk 1% white</p>							
7 Cinnamon Toast Crunch Fruit 1% White Milk	8 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	9 Apple Cinnamon Cheerios Fruit 1% White Milk	10 Maple Flavor Waffles Fruit 1% White Milk	11 No School								
14 No School	15 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	16 Apple Cinnamon Cheerios Fruit 1% White Milk	17 Maple Flavor Waffles Fruit 1% White Milk	18 Honey Nut Chex Fruit 1% White Milk								
21 Cinnamon Toast Crunch Fruit 1% White Milk	22 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	23 Apple Cinnamon Cheerios Fruit 1% White Milk	24 Maple Flavor Waffles Fruit 1% White Milk	25 Honey Nut Chex Fruit 1% White Milk								
28 Cinnamon Toast Crunch Fruit 1% White Milk	29 Oatmeal Chocolate Chip Breakfast Bar Fruit 1% White Milk	30 Apple Cinnamon Cheerios Fruit 1% White Milk	31 Maple Flavor Waffles Fruit 1% White Milk									
<p>Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com</p>			<p>Meal Prices</p> <table> <tr> <td>Student Breakfast</td> <td>\$1.75</td> </tr> <tr> <td>Reduced Breakfast</td> <td>\$0.00</td> </tr> <tr> <td>Faculty Breakfast</td> <td>\$2.25</td> </tr> </table>			Student Breakfast	\$1.75	Reduced Breakfast	\$0.00	Faculty Breakfast	\$2.25	
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Pancakes & Sausage Grape Tomatoes Cupped Fruit of the Day 1% White Milk	2 Hot Dog Celery & Carrot Sticks Cupped Fruit of the Day 1% White Milk	3 Cheeseburger Baked Beans Cupped Fruit of the Day 1% White Milk	4 Pizza Dippers Veggie Patch Cupped Fruit of the Day 1% White Milk	What is a Meal? Students are served in the classroom. - Whole Grain - Protein - Vegetable - Fruit -1% Milk Daily Alternates Uncrustable with Veggie, Fruit and Milk
7 Chicken Nuggets Cucumber Slices Cupped Fruit of the Day 1% White Milk	8 Pancakes & Sausage Green Beans Cupped Fruit of the Day 1% White Milk	9 Hot Dog Celery & Carrots Cupped Fruit of the Day 1% White Milk	10 Cheeseburger Oven Baked Fries Cupped Fruit of the Day 1% White Milk	11 No School	
14 No School	15 Pancakes & Sausage Grape Tomatoes Cupped Fruit of the Day 1% White Milk	16 Hot Dog Glazed Carrots Cupped Fruit of the Day 1% White Milk	17 Cheeseburger Fresh Broccoli Cupped Fruit of the Day 1% White Milk	18 Pizza Crunchers Veggie Patch Cupped Fruit of the Day 1% White Milk	
21 Chicken Nuggets Cucumber Slices Cupped Fruit of the Day 1% White Milk	22 Pancakes & Sausage Corn Cupped Fruit of the Day 1% White Milk	23 Hot Dog Green Beans Cupped Fruit of the Day 1% White Milk	24 Cheeseburger Baked Beans Cupped Fruit of the Day 1% White Milk	25 French Bread Pizza Side Salad Cupped Fruit of the Day 1% White Milk	
28 Chicken Nuggets Sweet Peas Cupped Fruit of the Day 1% White Milk	29 Pancakes & Sausage Grape Tomatoes Cupped Fruit of the Day 1% White Milk	30 Hot Dog Celery & Carrots Cupped Fruit of the Day 1% White Milk	31 Cheeseburger Fresh Broccoli Cupped Fruit of the Day 1% White Milk		
Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com			Meal Price Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50		

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Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily							
	1 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	2 Apple Bites Fresh or Cupped Fruit Orange Juice	3 Maple Waffles Fresh or Cupped Fruit Orange Juice	4 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	<p>What is a Meal? Students must have at least 3 of the 4 components for the school breakfast price.</p> <ul style="list-style-type: none"> - Whole Grain - Protein - Fruit - Milk <p>A minimum ½ cup serving of fruit must accompany a reimbursable breakfast.</p> <p>Daily Alternate</p> <ul style="list-style-type: none"> -WG Pop-Tart with a Cheese Stick -Yogurt & Graham Crackers -Oatmeal Bar & Cheese Stick -Cereal & Graham Crackers <p>Milk 1% white, FF White</p>							
7 Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Apple Juice	8 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	9 Apple Bites Fresh or Cupped Fruit Orange Juice	10 Maple Waffles Fresh or Cupped Fruit Orange Juice	11 No School								
14 No School	15 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	16 Apple Bites Fresh or Cupped Fruit Orange Juice	17 Maple Waffles Fresh or Cupped Fruit Orange Juice	18 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice								
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Meet Your Nutritious Friend:
"Papa" Corn

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	<p>1</p> <p>Beef Soft Tacos</p> <p>Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGGIES Black Beans & Salsa Grape Tomatoes</p>	<p>2</p> <p>Cowboy Burger on a Bun</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Onion Rings Celery & Carrots Sticks</p>	<p>3</p> <p>Chicken Patty on a Bun</p> <p>Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Baked Beans Fresh Broccoli</p>	<p>4</p> <p>Pizza Dippers</p> <p>Cheeseburger</p> <p>FEATURED VEGGIES Veggie Patch Side Salad</p>	<p>What is a Meal?</p> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none"> - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <p>Salad of the Week</p> <p>Week-1 (Chicken Caesar Salad) -Served with Goldfish & Dinner Roll</p> <p>Week-2 (Chef's Salad) -Served with Goldfish & Dinner Roll</p> <p>Week-3 (Buffalo Chicken Salad) -Served with Goldfish & Dinner Roll</p> <p>Week-4 (Taco Salad) -Served with Tortilla Chips</p> <p>Week-5 (Garden Salad w/ Yogurt) -Served with Goldfish & Dinner Roll</p> <p>Choice of Fruit</p> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <p>Choice of Milk</p> <p>1% white, chocolate, and strawberry</p> <p>Daily Alternates</p> <p>Uncrustable Meal with Cheese Stick and Goldfish</p>
<p>7</p> <p>Chicken & Cheese Quesadilla</p> <p>Tuna & Cheese Sandwich</p> <p>FEATURED VEGGIES Steamed Corn Fresh Cucumber Slices</p>	<p>8</p> <p>Classic Sloppy Joe on Hawaiian Roll</p> <p>Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGGIES Green Beans Grape Tomatoes</p>	<p>9</p> <p>Buffalo Chicken Dip over Tortilla Chips</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Roasted Garbanzo Beans Celery & Carrots Sticks</p>	<p>10</p> <p>Pancake, Sausage, Egg & Cheese Sandwich</p> <p>Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Home Fries Fresh Broccoli</p>	<p>11</p> <p>No School</p>	
<p>14</p> <p>No School</p>	<p>15</p> <p>Chicken Parm. & Pasta</p> <p>Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGGIES Green Beans Grape Tomatoes</p>	<p>16</p> <p>Turkey & Cheese Melt on a Croissant</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Glazed Carrots Celery & Carrots Sticks</p>	<p>17</p> <p>Nachos Grande with Tortilla Chips</p> <p>Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Roasted Garbanzo Beans Fresh Broccoli</p>	<p>18</p> <p>Pizza Crunchers</p> <p>Cheeseburger</p> <p>FEATURED VEGGIES Veggie Patch Side Salad</p>	
<p>21</p> <p>Chicken Nuggets with a Breadstick</p> <p>Tuna & Cheese Sandwich</p> <p>FEATURED VEGGIES Steamed Corn Fresh Cucumber Slices</p>	<p>22</p> <p>Asian Sesame Chicken over Noodles</p> <p>Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGGIES Steamed Broccoli Grape Tomatoes</p>	<p>23</p> <p>Baked Ziti</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Green Beans Celery & Carrots Sticks</p>	<p>24</p> <p>BBQ Pulled Pork on a Hawaiian Roll</p> <p>Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Baked Beans Fresh Broccoli</p>	<p>25</p> <p>French Bread Pizza</p> <p>Cheeseburger</p> <p>FEATURED VEGGIES Veggie Patch Side Salad</p>	
<p>28</p> <p>Fish Sticks & Goldfish</p> <p>Tuna & Cheese Sandwich</p> <p>FEATURED VEGGIES Sweet Peas Fresh Cucumber Slices</p>	<p>29</p> <p>Grilled Cheese Sandwich</p> <p>Chicken Bacon Ranch Wrap</p> <p>FEATURED VEGGIES Tomato Soup Grape Tomatoes</p>	<p>30</p> <p>Chili & Cornbread</p> <p>Ham & Cheese Sandwich</p> <p>FEATURED VEGGIES Green Beans Celery & Carrots Sticks</p>	<p>31</p> <p>Hot Ham & Cheese on a Pretzel Roll</p> <p>Turkey & Cheese Sandwich</p> <p>FEATURED VEGGIES Glazed Carrots Fresh Broccoli</p>		
<p>Rachel Adams, Food Service Director 609-476-2412 ext. 5 wey@nsfm.com</p>			<p>Meal Prices</p> <p>Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50</p>		

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