

ESTELL MANOR SCHOOL DISTRICT

FRIDAY FOLDER

WEEK 5: September 30, 2024

<u>MONDAY</u> September 30, 2024	Choir: Begins 8am in Room 133
<u>TUESDAY</u> October 1, 2024	Cross Country vs Egg Harbor City: 3:45pm Student Council Speeches in Gym: Grades 5-8: 10:10am
<u>WEDNESDAY</u> October 2, 2024	Custodian Appreciation Day
<u>THURSDAY</u> October 3, 2024	Levoy Theatre Holocaust Trip: Grades 7-8 Book Club: Grades 5-8: 3:30pm Intramurals: Grades 3-5: 3:30pm
<u>FRIDAY</u> October 4, 2024	Cross Country at Assumption: 3:45pm HSA Spirit Sale: Ends
<u>REMINDERS</u>	October 7: Week of Respect October 7: Fire Prevention Week October 8: Cross Country vs Mullica: 3:45pm October 9: Picture Day October 10: Cross Country at Egg Harbor City: 3:45pm October 10: Intramurals: Grades 3-5: 3:30pm October 11: Book Club: Grades 5-8: 3:30pm October 14: School Closed: Columbus Day October 15: Cross Country at Folsom: 3:45pm October 17: Field Hockey at Northfield: 3:45pm October 17: Intramurals: Grades 3-5: 3:30pm October 17: Think Pink Day October 18: Cross Country vs Assumption: 3:45pm October 18: Public School Works Online Training: Due October 18: HSA Trunk or Treat

Have a Great Weekend!

David L. Ricci
Superintendent



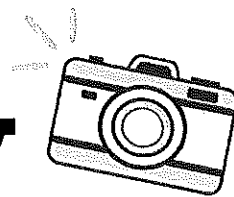
Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	2 Apple Bites Fresh or Cupped Fruit Orange Juice	3 WG Pop-Tart with a Cheese Stick Fresh or Cupped Fruit Orange Juice	4 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	What is a Meal? Students must have at least 3 of the 4 components for the school breakfast price. <ul style="list-style-type: none"> - Whole Grain - Protein - Fruit - Milk A minimum ½ cup serving of fruit must accompany a reimbursable breakfast. Milk 1% white, FF White
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 WG Pop-Tart with a Cheese Stick Fresh or Cupped Fruit Orange Juice	11 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
14 No School	15 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	16 Apple Bites Fresh or Cupped Fruit Orange Juice	17 WG Pop-Tart with a Cheese Stick Fresh or Cupped Fruit Orange Juice	18 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
21 Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Apple Juice	22 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	23 Apple Bites Fresh or Cupped Fruit Orange Juice	24 WG Pop-Tart with a Cheese Stick Fresh or Cupped Fruit Orange Juice	25 Egg & Cheese on a Bagel Fresh or Cupped Fruit Orange Juice	
28 Cinnamon Toast Crunch Jump Start Fresh or Cupped Fruit Apple Juice	29 Warm Blueberry Muffin Fresh or Cupped Fruit Orange Juice	30 Apple Bites Fresh or Cupped Fruit Orange Juice	31 WG Pop-Tart with a Cheese Stick Fresh or Cupped Fruit Orange Juice		
Rachel Adams, Food Service Director 609-476-2267 ext. 6 est@nsfm.com			Meal Prices Student Breakfast \$1.75 Reduced Breakfast \$0.00 Faculty Breakfast \$2.25		



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
	1 Beef Soft Tacos Chicken Bacon Ranch Wrap FEATURED VEGGIES Black Beans & Salsa Grape Tomatoes	2 Cowboy Burger on a Bun Ham & Cheese Sandwich FEATURED VEGGIES Onion Rings Celery & Carrots Sticks	3 Chicken Patty on a Bun Turkey & Cheese Sandwich FEATURED VEGGIES Baked Beans Fresh Broccoli	4 Pizza Dippers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	What is a Meal? Students must choose at least 3 of the 5 components available for the school lunch price. - Choice of Whole Grain - Choice of Protein - Choice of Vegetable - Choice of Fruit - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch. Salad of the Week Week-1 (Chicken Caesar Salad) -Served with Goldfish & Dinner Roll Week-2 (Chef's Salad) -Served with Goldfish & Dinner Roll Week-3 (Buffalo Chicken Salad) -Served with Goldfish & Dinner Roll Week-4 (Taco Salad) -Served with Tortilla Chips Week-5 (Garden Salad w/ Yogurt) -Served with Goldfish & Dinner Roll Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, chocolate, and strawberry Daily Alternates Uncrustable Meal with Cheese Stick and Goldfish
7 Chicken & Cheese Quesadilla Tuna & Cheese Sandwich FEATURED VEGGIES Steamed Corn Fresh Cucumber Slices	8 Classic Sloppy Joe on Hawaiian Roll Chicken Bacon Ranch Wrap FEATURED VEGGIES Green Beans Grape Tomatoes	9 Buffalo Chicken Dip over Tortilla Chips Ham & Cheese Sandwich FEATURED VEGGIES Roasted Garbanzo Beans Celery & Carrots Sticks	10 Pancake, Sausage, Egg & Cheese Sandwich Turkey & Cheese Sandwich FEATURED VEGGIES Home Fries Fresh Broccoli	11 Stuffed Crust Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	
14 No School	15 Chicken Parm. & Pasta Chicken Bacon Ranch Wrap FEATURED VEGGIES Green Beans Grape Tomatoes	16 Turkey & Cheese Melt on a Croissant Ham & Cheese Sandwich FEATURED VEGGIES Glazed Carrots Celery & Carrots Sticks	17 Nachos Grande with Tortilla Chips Turkey & Cheese Sandwich FEATURED VEGGIES Roasted Garbanzo Beans Fresh Broccoli	18 Pizza Crunchers Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	
21 Chicken Nuggets with a Breadstick Tuna & Cheese Sandwich FEATURED VEGGIES Steamed Corn Fresh Cucumber Slices	22 Asian Sesame Chicken over Noodles Chicken Bacon Ranch Wrap FEATURED VEGGIES Steamed Broccoli Grape Tomatoes	23 Baked Ziti Ham & Cheese Sandwich FEATURED VEGGIES Green Beans Celery & Carrots Sticks	24 BBQ Pulled Pork on a Hawaiian Roll Turkey & Cheese Sandwich FEATURED VEGGIES Baked Beans Fresh Broccoli	25 French Bread Pizza Cheeseburger FEATURED VEGGIES Veggie Patch Side Salad	
28 Fish Sticks & Goldfish Tuna & Cheese Sandwich FEATURED VEGGIES Sweet Peas Fresh Cucumber Slices	29 Grilled Cheese Sandwich Chicken Bacon Ranch Wrap FEATURED VEGGIES Tomato Soup Grape Tomatoes	30 Chili & Cornbread Ham & Cheese Sandwich FEATURED VEGGIES Green Beans Celery & Carrots Sticks	31 Hot Ham & Cheese on a Pretzel Roll Turkey & Cheese Sandwich FEATURED VEGGIES Glazed Carrots Fresh Broccoli		
Rachel Adams, Food Service Director 609-476-2267 ext. 6 est@nsfm.com			Meal Prices Student Lunch \$3.65 Reduced Lunch \$0.00 Faculty Lunch \$4.50		

Picture Day

is coming soon!



DATE

Estell Manor School District

Wednesday, October 9, 2024

TO ORDER

Pre-Pay for photos at

www.bassettiphoto.com



Bassetti



Photo
Inc.

Enter code: **EMSD24**





2024-2025 EVENTS

SEPTEMBER

4TH - FIRST DAY OF SCHOOL
9TH - HSA MEETING
20TH - ICE CREAM SOCIAL/TIE DYE
20TH - SPIRIT WEAR SALE BEGINS

OCTOBER

2ND - CUSTODIAN APPRECIATION
4TH - SPIRIT WEAR SALE ENDS
4TH - 18TH - MEADOW FARMS
FUNDRAISER
7TH - HSA MEETING
18TH - TRUNK OR TREAT

NOVEMBER

1ST - CLEAN COMMUNITIES
2ND - CLOTHING DRIVE
11TH - HSA MEETING
14TH - TALENT SHOW AUDITIONS
20TH - TALENT SHOW PRACTICE
20TH - EDUCATION SUPPORT DAY

DECEMBER

2ND - HSA MEETING
4TH - TALENT SHOW SOUND CHECK
5TH - TALENT SHOW DRESS REHEARSAL
6TH - TALENT SHOW!
11TH - 13TH - HOLIDAY SHOP
20TH - SANTA VISIT

JANUARY

6TH - HSA MEETING
24TH - PAINT NIGHT

FEBRUARY

3RD - HSA MEETING
3RD - 7TH - SCHOOL COUNSELOR
APPRECIATION
15TH - SCHOOL RESOURCE OFFICER
APPRECIATION DAY

MARCH

3RD - HSA MEETING
16TH - LEPRECHAUN ON THE LOOSE

APRIL

2ND - PARA PROFESSIONAL DAY
7TH - HSA MEETING
11TH & 18TH - EGG MY YARD
17TH - EASTER BUNNY VISIT
20TH - 26TH - ADMINISTRATIVE
PROFESSIONALS WEEK
23RD - BUS DRIVER APPRECIATION

MAY

2ND - SCHOOL LUNCH HERO DAY
3RD - CLOTHING DRIVE
5TH - HSA MEETING
6TH - TEACHER APPRECIATION
7TH - NURSE APPRECIATION
15TH - FROZEN TREAT TRUCK
28TH - DONUTS W/ GROWNUPS

JUNE - AUGUST

6/2 - HSA MEETING
TBD - FREEZE POPS - FIELD DAY
8/20 - CASTAWAY COVE

CONTACT US:

HSA@ESTELLMANORSCHOOL.COM

FOLLOW US:

[FACEBOOK.COM/GROUPS/ESTELLMANORHSA](https://www.facebook.com/groups/ESTELLMANORHSA)

HSA EVENT DATES ARE SUBJECT TO CHANGE





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*****

***RESPECT * DISCIPLINE * ACCOUNTABILITY * PERSEVERANCE * COURAGE * LEADERSHIP* = UPPER TOWNSHIP WRESTLING**

WEST ATLANTIC COUNTY YOUTH LEAGUE

FALL FUNDRAISER

ROASTED CHICKEN PLATTER SALE

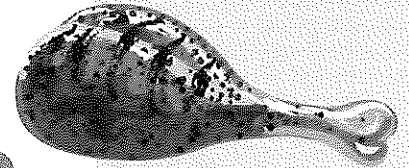
OCTOBER 20TH 2024

12:00-4:00PM

\$22 PLATTER

RAFFLES

CASH BAR



TICKETS AVAILABLE AT:

WACYL SNACK SHACK
(OPEN DURING SOCCER
GAMES)

MERRILL'S COLONIAL INN

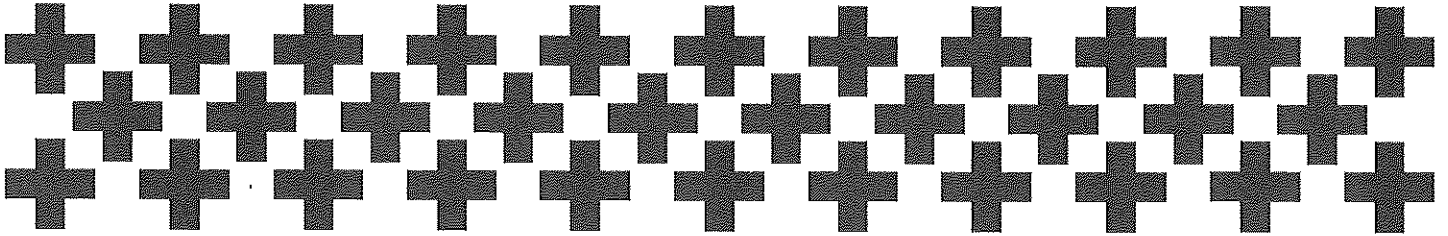
FOR MORE INFO CONTACT [KORTNEYLLUND@WACYL.COM](mailto:kortneyllund@wacyl.com)

HOSTED AT

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

American Red Cross

Give blood. Help save lives.



Blood Drive Estell Manor School District Estell

**Cafeteria
128 Cape May Avenue
Estell Manor, NJ 08319**

**Tuesday, November 5, 2024
2:00 p.m. to 7:00 p.m.**

Maximize your blood donation. Help more patients.
If you are an eligible type O, B - or A - donor, consider making a Power Red donation.
Red blood cells are the most commonly transfused blood component.

Please call 1-800-RED CROSS (1-800-733-2767) or visit RedCrossBlood.org and enter:
estellmanornj to schedule an appointment.



Scan to be directed to
RapidPass®

**Come give blood Nov. 1-17 and get a \$10 gift card by
email. PLUS, get a chance to win a \$7,000 prize! There
will be two lucky winners. Terms apply:
rcblood.org/thanks**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

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