

Weymouth Families,

The month of October brings several Halloween related events and activities. Keep an eye on the website and Friday folders for details. If you haven't already, please fill out the HSA's [Trunk or Treat interest survey](#).

On Tuesday, October 8<sup>th</sup> NJ4S will be holding a family night at the school on the topic of substance abuse.

We will also be conducting a test of our district's mass communication system next Wednesday, October 9<sup>th</sup>. Please see the attached form if you need to make any adjustments to your preferred contacts.

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

- Mass communication test flyer
- NJ4S event flyer
- WTS Halloween parade and BRHS Halloween flyers
- WACYL flyer
- Upper Township Wrestling flyer
- Memos from Nurse Hooven
- October Meal Menus

Thank you and have a wonderful weekend!

Parents and Guardians,

On Wednesday, October 9<sup>th</sup> at approximately 6pm, we will be doing a test of our mass communication system. The system will send out a test email, text, and phone call to all contacts currently on file. This system is used both for our regular Friday folder and school event communication along with communication to be used in the event of emergencies such as school closings. It is important that we get any feedback to changes in the desired contact information now and throughout the year. **If you get all three communications successfully for each guardian, you do not need to return this form.** However, please complete it and send it in with your child if there is anything you do want changed. If you have any questions, please email Mr. Henderson at [dhenderson@weymouthtsd.org](mailto:dhenderson@weymouthtsd.org).

Thank you

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[Please Print]

**Student Name(s):** \_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

Please list any contact information that you need updated or changed

Phone #: \_\_\_\_\_ ☐ mobile ☐ landline only (no text)

Email Address: \_\_\_\_\_

Note: \_\_\_\_\_

**Parent/Guardian #2 Name (only if necessary):** \_\_\_\_\_

Please list any contact information that you need updated or changed

Phone #: \_\_\_\_\_ ☐ mobile ☐ landline only (no text)

Email Address: \_\_\_\_\_

Note: \_\_\_\_\_



# Join NJ4S at Weymouth Township School

## Families Dealing with Substance Use

Let's have a conversation about how we can support our loved ones who are dealing with substance use. It's important to gain a better understanding and provide help to a friend or family member.

**Tuesday,  
October 8, 2024  
6:00 - 8:00 p.m.**

**Weymouth Township School  
1202 Eleventh Ave.  
Dorothy, NJ**



**Guest Speakers:  
Epharin Eli Wilson  
ReConnections  
Angels In Motion**

**Dinner Included  
Door Prizes**

**Registration Required**

**(609) 244-9880** 

**[nj4scapeatlantic.org](http://nj4scapeatlantic.org)** 

**Scan QR Code**







## Weymouth Township School District

1202 Eleventh Avenue - Dorothy, NJ 08317

P: (609) 476-2412 F: (609) 476-3966

Weymouthtownshipschool.org



October 3, 2024

Dear Parents and Guardians,

On behalf of our outstanding faculty and staff, we'd like to invite you to attend our schoolwide (Pre-K through 8<sup>th</sup> grade) Halloween Parade on **Thursday, October 31<sup>st</sup> starting at 1:00pm**. The parade will take place outdoors in the front parking lot, starting by the entrance gate to the playground, circling around the front parking lot twice, and returning to the entrance gate to the playground before entering the building again.

In order to have a smooth, safe parade – please park along Estelle Avenue, obeying all local parking regulations. Please feel free to stand and take pictures from the sidewalk in front of the school or adjacent to the front parking lot spaces. The area between the parking spaces and the sidewalk will be separated by cones to allow the parade to pass through.

Halloween costumes should be brought to school in a bag, as students will change after lunch to prepare for the parade. Students will have about 15-20 minutes to change, so please plan for a costume that students can put on independently. If you wish to sign your student out after the parade, you may do so at our main entrance after students have returned to the building.

For the safety and security of our staff and students, the following types of costumes are prohibited in school: vulgar, violent (bloody or gory), weapons, indecent, controversial, demeaning or insulting to any group of people, or any costume deemed inappropriate by school staff. If in doubt – please call us to discuss prior to Halloween. Our goal is to have a fun, enjoyable experience for all students and families.

Weymouth Township School is a place where parents, families, and our community are welcomed with open arms. If your child's classroom is having a Halloween party, their teacher will reach out regarding snacks and/or visitors. We look forward to seeing you soon.

*One town. One school. One family. #HawkPride*

Your partners in education,

Al Lewis, Ed.D.  
Superintendent

Michelle Mesghali  
Supervisor of Curriculum & Instruction

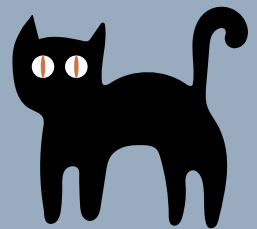


# Baa-Na Night



THURS. | 6-8 PM  
10/24 [AT] BRHS

Join us for an  
evening of  
Halloween fun!



Open to children 13 and  
under. All children MUST  
be accompanied by an  
adult.

## New This Year:

All guests are asked to  
bring 1 cat or dog food  
item that will be donated  
to animals in need.



# **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](mailto:uppertwphornets@gmail.com) [www.upperwrestling.com](http://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 28<sup>th</sup>, Wed. Oct 30<sup>th</sup>, & Fri. Nov 1<sup>st</sup>  
5:30 PM - 7:00 PM. No wrestling gear needed for “Try it Out” practices.**

**Online Registration IS OPEN: GO TO [WWW.UPPERWRESTLING.COM](http://WWW.UPPERWRESTLING.COM)**

1<sup>st</sup> Child \$125.00, **Sibling Discount-** 2<sup>nd</sup> child \$100, 3<sup>rd</sup> child \$100, 4<sup>th</sup> 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 1<sup>ST</sup> 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 25<sup>th</sup>, 5:30pm at the Hornets' Nest

Advanced Group Parents: Tuesday, November 26<sup>th</sup>, 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](mailto: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 1<sup>st</sup> year girl wrestlers\*\*\***



# IS IT A COLD OR FLU?

<b>SIGNS AND SYMPTOMS</b>	<b>COLD</b>	<b>FLU</b>
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**







Meet Your Nutritious Friend:  
"Papa" Corn

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	<b>What is a Meal?</b> Pre-K students are served the three following components for the school breakfast. - Whole Grain - - Fruit-Fresh or Cupped - 1% White Milk  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Apple Cinnamon Cheerios, Honey Nut Chex  <b>Milk</b> 1% white
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		
<b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com			<b>Meal Prices</b> Student Breakfast \$1.75 Reduced Breakfast \$0.00 Faculty Breakfast \$2.25		



Meet Your Nutritious Friend:  
"Papa" Corn

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	<b>What is a Meal?</b> Students are served in the classroom. - Whole Grain - Protein - Vegetable - Fruit - 1% Milk  <b>Daily Alternates</b> 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		
<b>Rachel Adams, Food Service Director</b> 609-476-2412 ext. 5 wey@nsfm.com			<b>Meal Price</b> Student Lunch \$3.50 Reduced Lunch \$0.00 Faculty Lunch \$4.50		





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	<b>What is a Meal?</b> Students must have at least 3 of the 4 components for the school breakfast price. - Whole Grain - Protein - Fruit - Milk  A minimum ½ cup serving of fruit must accompany a reimbursable breakfast.  <b>Daily Alternate</b> -WG Pop-Tart with a Cheese Stick -Yogurt & Graham Crackers -Oatmeal Bar & Cheese Stick -Cereal & Graham Crackers  <b>Milk</b> 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 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	
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 Maple Waffles  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 Maple Waffles  Fresh or Cupped Fruit Orange Juice		
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Meet Your Nutritious Friend:  
"Papa" Corn

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