

January 22, 2018



The Bear Facts

Franklin Elementary School

1501 Figuers Drive
Franklin TN 37064

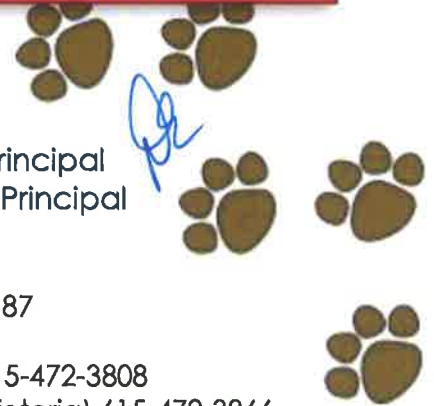
615-794-1187 phone
615-591-2800 fax www.fssd.org/FESweb

Follow us on Twitter! @fssdFES

Dr. David Esslinger, Principal
Anne Riley, Assistant Principal

Important Numbers

Front Office 615-794-1187
FES MAC 615-591-2813
Sandra Deal (Nurse) 615-472-3808
Catherine Dumke (Cafeteria) 615-472-3866



Mark Your Calendars

January

- 24 - Muffins with Mom 7:45 a.m.
- 24 - PTO Meeting Following Muffins with Mom
- 22 - Storyteller Susan Ramsey
- 22 - Board of Education Meeting at MES 6:30 p.m.
- 25 - Energy Detective - 4th

February

- 01 - Honors Information Meeting at FIS 6:00 p.m. for 4th Gr. Parents
- 01 - SLT Meeting
- 06 - Valentine Service Project for NHC after school until 4:45 - K
- 08 - Nashville Opera - Pre-K - 4th
- 12 - 16 Staff Appreciation Week
- 12 - FSSD School Board Meeting 6:30 p.m. at FMS
- 13 - Reading Club Starts Back
- 13 - Progress Reports
- 14 - Valentine's Day Party
- 15 - PTO Meeting 8:45 a.m.
- 16 - Early Dismissal Day 12:30 p.m.
- 19 - Presidents Day - No School
- 21 - Adventure Science Center - 1st
- 23 - Classroom Groups Picture Day
- 28 - Chick-fil-a Spirit Night
- 28 - Last day for Group 2 Game Club

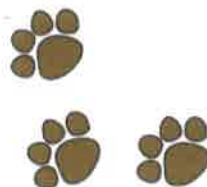
January Staff Birthdays

- 05 - Jamie Hayes
- 07 - Jane Nord
- 23 - David Esslinger



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Counselor's Corner

by Andrea Gillette, School Counselor

The character word for the month of January is courage. Courage is doing the right thing even when it is tough. I'm looking forward to a fantastic 2018 with your children.



Muffins with Mom

by Cheryl Kidd, PTO

Calling all moms! Join your child for Muffins & More with Mom Thursday, Jan. 24, at 7:45 a.m.

There will be delicious muffins, cinnamon rolls, fruit, and beverages! Be sure to bring a photo i.d. to the office when you check in.

We will also be holding the PTO meeting immediately following Muffins with Mom.

Also, we want to extend a special thank you to the Publix on Riverside Drive for donating many of the items for this event!

Muffins With Mom



Notes from Nurse Deal

by Sandra Deal, School Nurse

What is the difference between a cold and the flu?

The flu and the common cold are both respiratory illnesses, but they are caused by different viruses. Because these two types of illnesses have similar symptoms, it can be difficult to tell the difference between them based on symptoms alone.

In general, the flu is worse than the common cold and symptoms are more intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations. Flu can have serious associated complications.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone.

Special tests that usually must be done within the first few days of illness can tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

The symptoms of the flu come on suddenly and can include fever or feeling feverish/chills, cough, sore throat, runny or stuffy nose, muscle or body aches, headaches and fatigue (tiredness). Cold symptoms are usually milder than the symptoms of flu.

People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems.

THE QUARTERLY SCOOP

FRANKLIN ELEMENTARY CAFETERIA NEWS

WINTER 2018



Happy New Year!

I want to start out by saying how much my staff and I look forward to seeing your children every day for breakfast and lunch. They certainly put a smile on our faces. Whether they are serenading us with a song, showing off their newly lost tooth, or using their best manners, we love seeing them daily. We want to invite you to come in and share a meal with your child. We would love to see you too!

Perhaps you made a resolution to simplify your life or include healthy eating habits...let us help! Consider breakfast and lunch at school. We offer a variety of healthy breakfast options daily from 7:50-8:20am. For only \$1.50 your child will receive an entrée, fruit, juice and milk! Children who eat breakfast and lunch at school are receiving 4-5 (or more) servings of fruits and vegetables each day. Or perhaps a new job is on your resolution list, one that allows you to be off when your children are off... If so, the cafeteria at Freedom Intermediate School has a full-time opening for an Assistant Manager. Access the application from the district website. www.FSSD.org

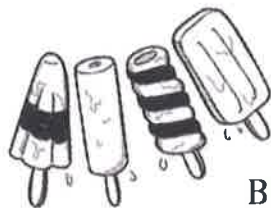
I hope 2018 is a great year for you and your family.

Catherine Dumke
Child Nutrition Manager
(615) 472-3866
dumkecat@fssd.org



Check Out Our MealViewer Software which showcases our menu with color photos and interactive nutrition and allergy information. Go to our school website and choose the "Cafeteria" drop down and click on "What's for Lunch" (above icon). From here you can create a profile for each child. Name your child's food allergy and you can quickly see what menu items to avoid.

CHECK IT OUT!



BIRTHDAY ICE CREAM TREATS

Due to the rising allergies, treats are not allowed to be brought to school for birthday celebrations. A fun and safe way to celebrate your child's birthday is with an ice cream treat or non-food treat for the entire class.

Use the attached form to order ice cream from the cafeteria.

Please note the 2 week advance notice, and remember to attach payment. Completed forms are to be turned in to the front office.

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3 Easy Ways to Make Cafeteria Account Payments

1. Debit/credit online through RevTrak in Skyward Family Access
2. Check or cash payments can be brought directly to the cafeteria
3. Check or cash payments can be sent in your child's class folder

Cafeteria accounts must be kept current. It is expected that money be put into the account BEFORE your child plans on eating.

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2017-2018 Meal Prices

<u>Breakfast</u>	<u>Lunch</u>
student \$1.50 (reduced \$0.30)	student \$2.60 (reduced \$0.40)
visitor \$2.25	adult visitor \$4.50 child visitor \$2.75

A la carte items are available for purchase, including: bottled water, fresh fruit, juice, milk, yogurt, ice cream and snacks.
From \$0.25-\$1.00



PLEASE REMEMBER when sending money to school for any reason, be sure it is in an envelope clearly labeled with the student's name, how much money is enclosed and what it is for.

Cafeteria Lunch Menus

by Catherine Dumke, Cafeteria Manager



Breakfast

Fat free and low fat milk, a variety of fruits, and 100% juice offered daily

Assorted Cereal Pancakes Omelet & Toast Toast	Assorted Cereal French Toast Sticks Sausage & Biscuit Oatmeal Toast	Assorted Cereal Breakfast Pizza Pancake & Sausage on a Stick Scrambled Eggs Toast	Breakfast Burrito Blueberry Muffin Ham & Cheese Croissant Yogurt Trix Triple Cherry	Assorted Cereal Sausage & Biscuit Waffles Yogurt Parfait Toast
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Lunch

Fresh salad bar and assorted fresh fruits and cold sandwiches available daily

2017 - 2018 Lunch Schedule

10:55-11:25 1 st	11:35-12:05 PreK at the Annex
11:05-11:35 Kindergarten	11:50-12:20 2 nd
11:25-11:55 4 th	12:05-12:35 3 rd

Daily Items: PB&J Sandwich - Turkey Sandwich - Ham Sandwich - Assorted Fruit - Barbecue Sauce - Grape Jelly - Honey Mustard Dressing - Ketchup Heinz - Mayonnaise Duke's - Mustard - Ranch Dressing - Milk Chocolate Fat Free - Milk Strawberry Fat Free - Milk Sweet Acidophilus - MILK, Skim

22 Bosco Sticks with Marinara Sauce Mini Corn Dog Cheesy Broccoli Emoji Potatoes Oatmeal Raisin Cookie	23 Cheese Nachos Chicken Quesadilla Lettuce, Tomato and Cheese Pinto Beans Salsa	24 Baked Chicken Chicken Smackers Green Beans Mashed Potatoes Whole Wheat Roll	25 Cheese Omelet Chicken Patty Sausage Patty French Toast Sticks Broccoli Salad Tri-Taters Biscuit	26 Cheese Pizza Fish Nuggets Pepperoni Pizza Spinach Salad White Beans Turnip Greens Coleslaw Hushpuppies
29 BBQ Sandwich Bosco Sticks with Marinara Sauce Baked Beans French Fries	30 Chicken Fajita Taco Edibowl Taco Meat Lettuce, Tomato and Cheese Refried Beans Spanish Rice Whole Wheat Flour Tortillas Carnival Cookie	31 Baked Chicken Chicken Smackers Green Beans Mashed Potatoes Whole Wheat Roll		

Birthday Ice Cream Order Form

1. Parents: please complete information below and submit, *with payment*, to the school office. Please submit form *at least 2 weeks in advance* of the birthday celebration. The cost is \$0.50 (50 cents) per treat. Cash or checks accepted.
2. Mrs. Deal, School Nurse, will enter dietary restrictions and submit form to the School Nutrition Manager. (Cafeteria mailbox)

Below to be completed by parent/guardian

Student Name: _____

Teacher/Home Room: _____ *(4TH graders will be sharing their treats with their Block 2 class)

Day/Date of Event: _____ # of treats needed: _____

Ice Cream Treat Choice: ___ Fudge Bar ___ Ice Cream Sandwich
(pick one) ___ Orange Push-Up ___ Cotton Candy Bar
 ___ Chocolate Cup ___ Vanilla Cup

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Below to be completed by school nurse

Students with known dietary restrictions (as indicated on student health form)

___ No known dietary restrictions for this classroom.

___ Known dietary restrictions listed below.

<u>Student Name</u>	<u>Dietary Restriction</u>
_____	_____
_____	_____
_____	_____

___ (initial) Nurse Reviewed

Below to be completed by School Nutrition Manager

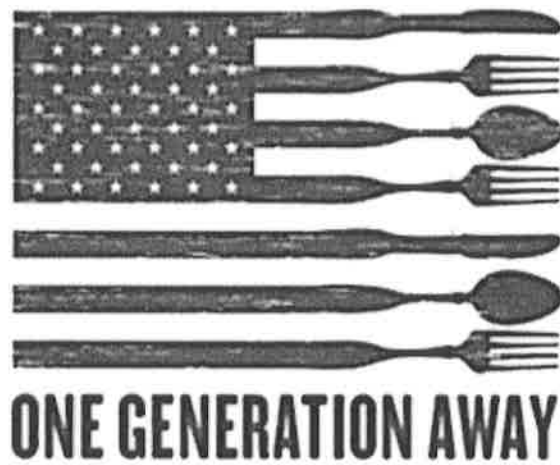
Amount Paid: \$ _____ Cash or _____ Check # _____

Check below based on individual school protocol

___ Treats to be available for students during regular lunch period.

___ Treats to be available for teacher pick-up at _____ (time) on date of event.

___ (initial) Submitted to school nutrition manager with payment on _____ (date),
and copy given to teacher.



FOOD DISTRIBUTION

FREE GROCERY CART FULL OF FOOD

SAT, JAN 27, 2018

FRANKLIN ESTATES
700 WEST MEADE BLVD, FRANKLIN

VOLUNTEERS CHECK-IN AT 8AM
FOOD DISTRIBUTION WILL BEGIN AT 10AM
(first come first served)

