


The Port Townsend School District is proud to offer a nutritious and flavorful breakfast and lunch entrée made 'in-house'. There will be a vegetarian option for all meals!

2019 November

P.T. School District Breakfast & Lunch Menu

				Granola and Yogurt Pizza Salad Bar	1
4 Bagel and Cream Cheese Potato Leek Soup Homemade Roll Salad Bar	5 Homemade Muffin Nacho's with Fixings Bean Salad	6 2 hour ER-All Schools Yogurt Parfait Ramen Noodles with Veggies and Chicken	7 Pancakes and Fruit Pesto Pasta with Chicken Caesar Salad	8 Cheesy Eggs w/ mini bagel Hot Dog Salad Bar	
11 Veterans' Day No School	12 Homemade Muffins Tacos	13 2 hour ER SC and BH Egg Sandwich Deli Sandwich Chicken Noodle Soup Salad Bar	14 Smoothies Pasta with Marinara Marinated Veggies	15 Cereal and Fruit Hamburger Baked Beans	
18 Bagel and Cream Cheese Macaroni and Cheese Salad Bar	19 Homemade Muffins Arroz Con Pollo Lime/Cilantro Slaw	20 2 hour ER All Schools Granola Bars Sloppy Joes Slaw	21 3 HR ER-BH and HS Pancakes and Fruit Chicken Alfredo Caesar Salad	22 3 HR ER-BH and HS Breakfast Pizza Pizza Salad Bar	
25 Bagel and Cream Cheese Cheese Quesadilla Beans	26 Homemade Muffins Nacho's and Fixings Black Bean and Quinoa Salad	27 2 hour ER-Students and Staff Cereal and Fruit Chili and Cornbread	29 Thanksgiving Break	30 Thanksgiving Break	

Breakfast includes our daily entrée, fruit/juice, cereal, and milk. Milk \$.50 SC-Breakfast \$1.50 Lunch \$3.00 BH and HS \$1.75 Lunch \$3.25 Adult Lunch \$4-5.00
Lunch includes our daily entrée, vegetable/salad bar, fresh fruit, and milk.



SALISH COAST ELEMENTARY

PORT TOWNSEND SCHOOL DISTRICT NO. 50

1637 Grant Street Port Townsend, WA 98368 (360) 379-4535

Lisa Condran, Principal and Shelby MacMeekin, Assistant Principal

Salish Coast Elementary is committed to the goal of providing quality education for each child we serve. To this end, we work to establish partnerships with parents and with our Port Townsend community. Everyone wins if Salish Coast and its families work together to fulfill our school district vision.

"Learning through a sense of place"

Student Goals-It is important that I do my best to:

- **Attend** school regularly and be on time.
- **Be Responsible** for my actions
- **Be Respectful** to my parents, school staff, and other students
- **Be Safe** at home and at school

Family Goals-I want my child to achieve, therefore, I will do my best to:

- **Help** my child attend school regularly and on time
- **Ensure** that my child eats healthy food
- **Talk** to my child about school activities
- **Encourage** my child to set and reach goals
- **Communicate** with teachers and attend conferences and meetings

Teacher Goals-It is important that all students achieve, therefore, I will do my best to:

- **Create** a safe and positive learning environment to promote academic knowledge and build self-esteem
- **Encourage** good citizenship by showing that I care and respect all students, which appreciating individual differences
- **Communicate** and work with families to support student learning

Parent Signature: _____

Child Signature: _____

Teacher Signature: _____

Heather Sanders *Shelby MacMeekin*

WHEN IS SICK TOO SICK FOR SCHOOL?



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had the sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).





Salish Coast Swim Program



Classes at Salish Coast will have swim lessons as part of PE again this year. This is a wonderful opportunity provided by an agreement between the City and the School District. Our local pool is an asset we need to use! *OPEPO 1st through 3rd grades will be swimming.*

Please help your child come to school prepared for their swim day.

Swim dates for our class:

Mondays and Thursdays: 11/14, 11/18, 11/25, 12/2, 12/5, 12/9, 12/12

Bus Departs school at 12:45

Swim Lesson 1:00-1:30

Bus Departs Pool at 1:45

What your child will need:

- swim suit
- towel
- brush/comb
- waterproof bag to carry his/her wet suit and towel after swimming
- well-fitting goggles are nice, but not required (adjust the sizing before packing)
- longhair needs to be tied or braided, if not using a swim cap
- **NO** floatation devices (ex. water wings, life jackets) are needed

Helpful Hints on Swim Days...

- put swim equipment in your bag or backpack the night before
- braid or tie longhair before coming to school, or bring a swim cap
- bring an extra waterproof bag

We are all very excited about this program! Please help it run smoothly by being prepared every Monday and Thursday.