



Winding River Consolidated

January 2020 Menu

Main Meals include 250 ml white milk or juice (\$4.25) with 250 ml chocolate milk (\$5.00)



Cheques made payable to Cobequid Schools Catering Society

Table with 6 columns (Monday-Friday) and multiple rows of meal choices (Choice #1, Choice #2) and program information (e.g., Home and School, Grade 4 Afterschool Program, Outdoor Club).

Choice #3 ALL MONTH – Cheese Pizza

Recess Items (when available)

Table listing recess items and prices: Pretzels (1.00), All Fruit Slushie (1.00), Baked Chips (1.00), Freshly Baked Cookie (0.50), Frozen Yogurt (1.00), Breadstick (1.00).

Other Lunch Items (available everyday)

Table listing other lunch items and prices: Grilled Cheese Sandwich (2.50), Bagel with cream cheese (2.50), Bagel with butter (2.00).

Beverages

Table listing beverage options and prices: 250 ml white milk (0.40), 250 ml chocolate milk (1.50), 500 ml bottle water (1.00), Small apple juice (0.60).



JANUARY MESSAGES:

I hope everyone had a refreshing and relaxing break. Below are reminders for parents and for students:

Please ensure that your child is dressed for the weather. If possible, students should have snow pants, winter coat, hat, mitts and boots. If your child loses their mitts we can provide some to them at the office if necessary. Many students are sledding on the hills outside during recess and any student who wishes to do so in the **lower end** must be dressed for the winter weather. Students will often sled regardless and be wet for the remainder of the day. This is uncomfortable and hampers their ability to focus and concentrate during class. When students are sledding in the **upper end** they are responsible for dressing according to the activity they're engaged in. Please encourage your child to wear appropriate attire while participating in any outdoor winter events. We thank you for your continued support discussing outdoor safety with your child.

As you know, sledding can be risky: Please reinforce the following at home with your child

- Be mindful of who is on the hill
 - Please be quick moving out of the way when you have reached the bottom
 - Watch out for ice and avoid it if necessary
 - Do not go down the hill if others are still in the way,
 - Walk up the hill on the side of the sled path
 - Be careful and be safe
 - Respect** the supervisor's decisions when they are watching you!!! Each day choices will be made regarding the conditions of the hills and all decisions are made with your safety in mind.....
- Have fun!!!!

Home and School Meeting on January 13 at 6:30. Further, you're encouraged to join our Facebook group where you will find relevant information regarding school updates. Also if you are looking for digital copies of the school Newsletter/menu this will be posted here and on our school website if you misplaced your paper copy 😊