



ALMOND-BANCROFT SCHOOL DISTRICT NEWSLETTER
1336 ELM ST **PHONE 715-366-2941**
ALMOND, WI 54909 **WWW.ABSCHOOLS.K12.WI.US**

November 2011

November Dates
To Remember

- 11/4-End of 1st Quarter, Early Release, 12:00 PM
- 11/10-Parent Teacher Conferences, 4:00-7:30 PM
- 11/11-Veterans Day Ceremony, 9:00 AM, West Gym
- 11/12-HS Musical, 7:00 PM, Auditorium
- 11/13-HS Musical, 2:00 PM, Auditorium
- 11/13-Eagle Booster Club Meeting, 7:00 PM
- 11/15-Parent Teachers Conferences, 4:00-7:30 PM
- 11/16-Board Of Education Meeting, 6:30 PM
- 11/23-27-No School, Thanksgiving Break



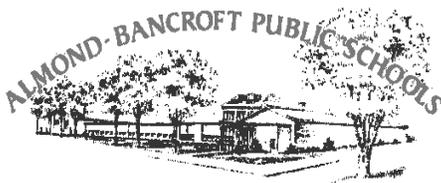
Capitol ceremony celebrates 2011-12
Wisconsin Schools of Recognition

MADISON — State Superintendent Tony Evers praised Almond-Bancroft Schools for being among 118 schools in the state that received Wisconsin School of Recognition honors for the 2011-12 school year during a special Oct. 12 ceremony at the State Capitol in Madison.

Evers welcomed, from left: Jeff Rykal, Carrie Karch, and Peg Doede, to the recognition event. To be recognized, schools must be among those with the highest poverty rates in the state, have met adequate yearly progress goals under federal education law for the past two years, and have student achievement on state mathematics and reading assessments that is higher than schools with similar poverty levels and grade configurations.

“Partnerships among teachers, parents, administrators, school staff members, and the community contribute to the academic success of students in schools that receive this honor,” Evers said.

Almond-Bancroft Schools has received Wisconsin School of Recognition honors for five consecutive years and 6 years in total.



Are you interested in attending a listening session with Almond-Bancroft Administration to discuss our school climate, class offering, etc. If so, please call or email Trina Warzynski, 715-366-2941 ext. 422 twarzynski@abschools.k12.wi.us. If there is enough interest a listening session will be set for mid November.



Middle School Students Of The Month



One student is honored for each grade within the Middle School for their overall excellence as a student. These students are selected based on their academic achievements and exceptional behavior during the school day. Achieving excellent performance for September, the Students of the Month include the following: Paige Hintz, Dylan Bunders, and Emily Demchik.

From the sixth grade we honored Paige Hintz. Paige is an exceptional student. She is a sincere student that is very pleasant and polite to those around her. She always tries her best and is a very hard worker. Paige always has a positive attitude and is a delight to have in any classroom. From the seventh grade we honored Dylan Bunders. Dylan is a self-motivated student who works very hard. His great work ethic and pride in his abilities helps him to strive for excellence in every situation. Dylan never takes his opportunities in school and in extra-curricular activities for granted. He is a kind student that makes great contributions to class on a daily basis. Dylan has a positive attitude and is a joy to have in class. From the eighth grade we honored Emily Demchik. Emily is a dynamic and intellectual young lady. She is very mature for her age and always puts forth her very best. Emily is a self-motivated and hardworking student. She challenges herself and others to grow intellectually in everything she does. She has a great love for learning that can be seen in any classroom. Emily and her positive personality is a pleasure to have in class.

Thank you for your hard work,
Congratulations!

High School Student Of The Week

October 17-21



My student of the week is Brandon Lehman. He uses the Skyward program to keep track of his grades and assignments. Every day he knows what work he needs to complete and gets it done on time without having me ask for it. *~Mr. Wagner*

Almond-Bancroft School District Vision Statement

We are a collaborative community focused on continued growth in opportunities, choices, and expectations for all students. We prepare self-motivated and responsible students to become well-rounded and successful citizens.



ATTENTION

If your child is absent from school, please call the Attendance Office at 366-2941 extension 108 **before 9:00 a.m.**



AUSENCIAS

Si su hijo(a) esta ausente usted es responsable de llamar la Escuela de Almond-Bancroft antes de las **9:00 a.m.** al 715-366-2941 Ext. 101

Middle School Science News *By: Mrs. Plaisance*

Middle School Participates in National Conservation Poster Contest

Students in Grades 6 and 7 have been working on posters for the Wisconsin Land and Water Conservation Association, Inc. (WLWCA). The theme for the poster contest this year is ***"Forests for People – More Than You Can Imagine!"***

Student posters will be selected to be submitted to the contest the week of October 14. Entries from our county will go to a state competition, and then on to a national contest! Stay tuned for more information on this contest!

We also had a 1st, 2nd, and 3rd place school winners that our school staff selected from the posters in each grade. Those who placed will win a "forest product-based" prize! Students whose work was entered in the Portage County contest were:

(4-6 Grade division)

1st Place : Garrett Stanislawski
2nd Place: Abigail Vasquez
3rd Place: Chris Thomas

Bryn Turzinski
Alec Wiczek
Asusena Fregosa
Brandon Hartman
Cami Newby
Chloe Lehman
Jesus Luna
Austine Avery
Isaiah Spohn
Lauren Dykes
April Chilsen
Paige Hintz

(7-8 Grade Division)

1st Place: Kristin Figueroa
2nd Place: Gavin Heinz
3rd Place: Alondra Guerra

Dylan Bunders
Michaela Wallace
Jaime Banda
Carter Newby
Mathew Helmrick
Catie Schmidt
Emma Wallace
Alexus Williams
Velvet Ellis
Joey Dorgan
Wyatt Richtmyre
Tayler Shafer



7th Grade Science classes take trip to school forest:



The 7th graders went out to the Carrie Frost school forest on October 18. They worked on the last stations of the interpretive nature trail sponsored and installed by the Almond Rod and Gun Club. They also explored the forest, took a look at tracks of deer and raccoons, measured tree height and diameter, and ate lunch at the park too. They were lead by Mr. Joel Bennett and Mrs. Plaisance. It was a very nice and enjoyable day at the forest!



Middle School Magazine Sale

Congratulations to the following middle school students who achieved the magazine sales goal of 15+ magazines sold! They participated in a limousine pizza party for reaching the goal!

6th Graders: Derek Baumgartner, Hunter Berry, Garret Stanislawski, Emmett Stanislawski, Chris Thomas Aly Plaski, Gabby Gendusa, Breeley Warzynski, Auastine Avery, Megan Manske, Jese Stuebs, Jadon Solis, Forest Laska, April Chilsen, Cami Newby, Lauren Dykes, Aurora Larsen

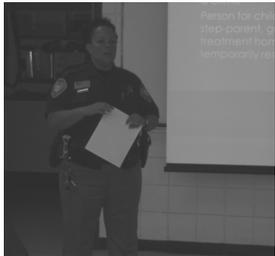
7th Graders: Josh Cieslewicz, Jacob Wierzba, Catie Schmidt, Colton Stanislawski, Tayler Schafer, Emma Wallace, Michaela Wallace, Carter Newby

8th Graders: Joey Crahan, Garrett Yonke, Kyle Warzynski, Ariel Plaski, Cole Warzynski, Hunter Laska, Clayton Swan

Thank you to all the community members, families, and staff members who purchased magazines from our middle school magazine sale this year!



Family And Consumer Education News



Parenting Class Learns About the Law

Deputy Megann Spindler recently shared her knowledge of Wisconsin law regarding child abuse and neglect with the Parenting class. There are many laws protecting the rights of children and adolescents. Convicted offenders face a variety of fines and/or jail terms depending on the situation. "It was an eye-opening presentation," remarked one of the Parenting students.



Adventure Club with Environmental Services (A.C.E.S) Update

On Friday, September 30th the A.C.E.S members participated in a taping for a volunteer feature on *Discover Wisconsin!* Twenty-two members headed out to the Bohn Lake segment of the Ice Age Trail for the taping and to clean up after an early September storm. While students removed branches and debris off the trail, the cameraman taped the activities and the producer interviewed Kevin Buckenberger, Sierra Stucker, and Mrs. Ramczyk. The interview included information about what the club does and the volunteer experiences they have participated in since becoming members. It was an exciting, learning experience; you can view more of their experience on the ACES website off the District Webpage. Students thought it was entertaining and interesting to be a part



of this production. They are eager to see the segment, which will air in April.

The club would like to thank *Discover Wisconsin*, Randy Lennartz, Mr. Rykal, and Kory Stucker, who helped to make this experience possible.

Things to look for:

- * Ski trip opportunities for all ages.
- * Rootbeer Floats @ Parent-Teacher Conferences
- * Lance Fox Presentation about his climb to the top of Mount Everest.

If you are interested in helping with donations or providing future activities for the club, please contact advisors Mrs. Brenda Ramczyk or Mrs. Amanda Negro.



A.C.E.S. Sponsored Skiing/Snowboarding Evenings
An open invitation to all K-12 students and family members



Come join in some winter fun at Nordic Mountain Ski Hill in Mount Morris on the following Mondays in January: 9th, 16th, 23rd, and the 30th. By joining us on these four evenings you can save money through a group package deal. If you have any questions or would like some more information you can have your child stop in and see Mrs. Negro, give a call to 715-366-2941 ext. 111 or send an e-mail to anegro@abschools.k12.wi.us Watch for more details in the December district newsletter. Hope to see you on the slopes!

SKI CLUB

Sponsored by

Almond-Bancroft A.C.E.S.

(Adventure Club with Environmental Services)

Dear Family,

The purpose of this letter is to inform you of an activity A.C.E.S is sponsoring that you and/or your student(s) will have the opportunity to participate in.

A.C.E.S is organizing a Ski Club for all A-B students to partake in **at Nordic Mountain** in Mt. Morris on the following Mondays:

January 9th
January 16th
January 23rd
January 30th

You must **provide your own transportation**. If you'd like to follow, we will be departing at 4:00pm from the front of the school. We will be enjoying skiing and snowboarding for the evening. You may stay the entire time, or leave at your own leisure.

Remember to have all paperwork (which you can pick up from Mrs. Negro) and money with you on the first night. If you are paying for all four ski nights you may do so on the first night. Or you can pay each time you come.

Thank you,

Mrs. Ramczyk and Mrs. Negro

Please detach and **return by December 22nd.**

____ My child / family will attend the Nordic Mountain Activity.

____ # of participants

Name(s) of Participant(s): _____

Parent Signature: _____

Phone Number: _____

EAGLES

November Eagles Athletic Events



- 11/3-MS Boys BB @ Tri-County
5:30 pm
- 11/7-MS Boys BB Home vs. Westfield
5:30 pm
- 11/10-MS Boys BB @ Rosholt 5:30 pm
- 11/14-MS Boys BB Home vs. Wild Rose
5:30 pm
- 11/17-MS Boys BB @ Amherst 5:30 pm
- 11/21-MS Boys BB @ Westfield
5:30 pm
- 11/22-HS Boys BB NC @ Princeton
6:00 pm
- 11/28-HS Girls BB Scrimmage @ Iola
5:30 pm
-MS Boys BB Home vs. Port
Edwards 5:30 pm
- 11/29-MS Boys BB Home vs. Amherst
5:30 pm



8th Grade Volleyball



Back (L to R): Coach Winn, Patience Turner, Ariel Plaski, Alissa Williams, Janessa Cisewski, Kaitlynn Lehman, Coach Vitello Front: Catie Methfessel, Ailani Burns

7th Grade Volleyball



Back (L to R): Michaela Wallace, Coach Winn, Catie Schmidt, Coach Vitello, Emma Wallace Front: Megan Green, Manager Ella, Alexis Williams

A-B Sports Zone



The Sports Zone is located on the Almond-Bancroft web page
www.abschools.k12.wi.us

HS Fall Sports Athletic Banquet

(potluck)

November 1st, 2011 6:00 PM
Almond School

Coach Vitello and Coach Winn would like to thank all the middle-school volleyball athletes and their parents for making our 2011 Volleyball season and Potluck/End of Season Party a great success. We all had a wonderful time and lots of great food. Special thanks to Shannon McLarnan for organizing the Potluck meal.

We really appreciated the coaches' gifts that were presented to us from the girls. Ella and Jade were also very touched that you thought of them. After dinner we had a Parent versus Player volleyball game. The adults dominated the court and won 3 out of 4 matches. We hope there weren't too many sore muscles the next day!

We would also like to express gratitude to our score and clock keepers, referees, custodial staff, and our very patient bus driver, Ed Warzynski for all their hard work throughout the season. We couldn't have done it without all of you!!

Sport Light

Middle School Eagle Football



Back Row (L to R): Coach Bennett, Christian Noth, Taylor Kim, Dylan Heck, Cole Warzynski, Jordan Kealier, Garrett Yonke, Allan Zinda, Vincent Vasquez, Austin Bunders, Dylan Bunders, Coach Bunders Middle: Jamie Banda, Nathaniel Disher, Joey Crahan, Johl Turzinski, Wyatt Richtmyre, Kyle Merila, Joe Dorgan, Javier Diaz-Barriga, Josh Cieslewicz Front: Manager Jacob Wierzba, Gabe Banda, Carter Newby, Kyle Warzynski, Migiel Diaz-Barriga, Colton Stanislawski, Matt Helmrick, Miguel Velasquez
Not Pictured: James Johnston and Andy Simmons

A-B Youth Football

PeeWee Team

Back (L to R): Coach Bunders, Coach Lamb Middle: Zach Clark, Cade Lamb, Alec Wiczek, Ryan Blokhuis, Jadon Solis, Noah Kollock, Zach Helmrick Front: Isaiah Spohn, Zachary Bunders, Jon Perrin, Derek Baumgartner, Brandon Hartman, Lee Goman, Mickie Wiza



Junior PeeWee Team

Back (L to R): Coach Kollock, Coach Lukas Middle: Eugene Green, Daniel Baumgartner, Alex Zinda, Edward Pena, Joseph Carrizosa, Matt Lukas, Hannah Goman Front: Kenny Gaspar, Alex Burns, Devon Miner, Connor Newby, Thomas Hunt, Elijah Kollock, Aidan Whitman



TEAM PHOTOS
SUPPLIED BY
LYNN HINTZ PHOTOGRAPHY.



The Eagle Booster Club will be hosting our 3rd annual high school Holiday Basketball Invitational over Christmas break on December 27th and 28th. More details will follow in the December newsletter.

It's also that time of year when we make plans for the 5th – 8th grade boys and girls basketball traveling teams. Coaches will be sending information home regarding practice times and dates that have been scheduled for tournaments. We will be hosting 4 of these tournaments ourselves, and will need a great deal of help working in the concession stand and selling admission tickets. Please volunteer your time by contacting one of the booster club members OR consider joining our team! We meet the second Sunday of the month and even if you cannot make these meetings, we are always in need of volunteers for the projects we are involved with. Our annual membership is only \$3. So let us know if you are able to help on any level.

Thank You from the Eagle Booster Club!



**Order your
2011-12 Almond Bancroft
Yearbook today!**



Dear Parents and Students,

Don't miss the opportunity to purchase your 2011-12 Almond Bancroft yearbook, an important keepsake of the entire school year. This year's yearbook staff is putting many hours of time and effort into making this book packed full of the memories you never want to forget.

Parents can order their student's yearbook as a Christmas gift! Just indicate on your form that you want it to be a gift and along with your receipt you will get a certificate to wrap and deliver on Christmas morning.

To order, please fill out the form below. Detach the envelope and return it, with your payment enclosed, to Becky Marquardt in room 314 or to a yearbook staff member. Yearbook Staffers will be selling the yearbooks during lunch from **November 29-December 9, 2011.**

Sincerely,
Becky Marquardt
Yearbook Adviser

Book Price: \$42

**Fill out this form and return in an envelope, with your payment enclosed,
to Becky Marquardt**

***checks should be addressed to Almond-Bancroft School District**
(please seal the envelope)

Student Name: _____ **Grade:** _____
Student Name: _____ Grade: _____

Order Info:

Yearbook: Qty ___ **@ \$42.00** _____
Total Enclosed _____



ABHS Student Council 2011-12

Seniors: Morgan Baar, Rylee Anderson, Danielle Dahms, Jeff Kollock, Cody Leonardt, Garret Warzynski

Juniors: Destiny Dykes, Kiara Turzinski, Brett Beigel, Sam Borchardt, Avery Faehling, Heather Merila

Sophomores: Cody Meddaugh, Evan Pagel, Anna Perrin, Kayla Smith, Carissa Perzinski

Freshman: Jarod Cieslewicz, Natalie Romo, Maggart Scott, Hailey Wierzba



Veterans Day Ceremony

Where: Almond School, West Gym

Date: November 11, 2011

Time: 9:00am –around 10:00am

Presented by: Almond-Bancroft

National Honor Society



Please join us in honoring the service and sacrifice of veterans of all wars, past and present.

HONOR AREA VETERANS AND ACTIVE SERVICE MEMBERS

Almond-Bancroft High School would like to recognize all its alumni and community veterans, as well as active service members during the November 11th Veterans Day Ceremony. If you know of a veteran or service member who deserves recognition at the ceremony, please contact Nicole Brandt at 715-366-2941, ext. 312 – or email at nbrandt@abschools.k12.wi.us



Senior Fruit Sale

The Senior class will once again be selling fruit for the holidays.

Included in the sale are half or full boxes of oranges or grapefruit, 1 or 2 layers of apples or pears, large or small gift boxes, boxes of mixed fruits and single pineapples.

Orders must be made before December 2nd.

Delivery will be December 21st.

Contact a senior or call Sandy Ciula at 715-366-2941, extension 108 if you would like to place an order.

The Senior class thanks you for your support.



COMMUNITY NEWS!

More information can be found on the AB website - Family Resources

Volunteer Spotlight

Thank-you Rakers!

Thank you to all AB Football Players and Student Council members you came out on Saturday, October 22 to rake 8 yards in Almond and Bancroft. The day would have not been successful without you!



Money for Music

Vote for Almond-Bancroft at wdez.com/money-for-music/vote/ WDEZ (101.9 FM) radio station is offering an exciting promotion for local school music programs. Each school in our area is competing to get the most votes at WDEZ.com and the top 3 schools will be awarded a share of the \$10,000 prize. Please help by voting once a day for Almond-Bancroft and ask your family and friends to do the same!

**Voting ends
November 14**

Community Education Updates

AB Book Club: Book club will be meeting every other Monday. The next meeting is Nov. 7th @ 6 pm in the secondary library. The next selection is *Born to Die* by Lisa Jackson.

Exercise Program: Get in shape and receive rewards all at the same time! If you are interested in getting or staying in shape, sign up with Jen Grezenski by email (jgrezenski@abschools.k12.wi.us). Once you are a member, just log your exercise hours and turn in your hours by the end of month to be entered into a drawing for exercise prizes.

Food Demo @ Christians Bistro: Join us for a night of fun at Christians Bistro in Plover on Monday, Nov. 28th; \$10.00/ person. Guests are able to start arriving at 5:30 pm to enjoy appetizers before the cooking demo starts at 6 pm, followed by a small dessert. The demo will include two courses and an opportunity to interact or ask questions of the chef before dining. The event is open to the first 25 people who register with Jen Grezenski. Transportation is available for the first seven people; upon request.

Scrapbook Class: This class is meant for those who love to scrapbook but can't find the time or those who want to learn this priceless skill. Cindy Brandl will be hosting scrapbooking classes starting in January. The classes will be held in the Elementary art room on Wednesday nights (1-11, 1-18, 1-25 and 2-1) from 6 to 9 pm. Feel free to join in the fun all four nights or just for one Wednesday night. Small snacks and beverages will be provided. Suggested materials to bring: adhesive, scissors, cutters, pictures, paper, and embellishments such as flowers, buttons, ribbon and stickers. Please contact Jen Grezenski with questions or to reserve your seat.

Jen Grezenski, AmeriCorps Member for Almond-Bancroft: jgrezenski@abschools.k12.wi.us / 715-366-2941 ext. 101



COMMUNITY EDUCATION
WILL BE HOSTING A **FREE** MOVIE TWICE A MONTH
IN THE AUDITORIUM. CHECK OUT THE MOVIE
NIGHT SECTION IN EACH NEWSLETTER TO FIND
OUT WHAT MOVIES WILL BE PLAYING IN THE
AB AUDITORIUM.

TUESDAY, NOVEMBER 8TH @ 6 PM: **A NEW DISNEY
RELEASE**



THURSDAY, NOVEMBER 17TH @ 6 PM: **A CLASSIC
DISNEY MOVIE**



The **Almond Community Theater (ACT)** invites you to share your talents with
Almond, Bancroft and surrounding communities.
Apply today to be a part of the ACT Christmas Talent Show to be held on December 4th.
Applications are available by calling 715-366-2941 ext. 421, by November 23rd.
Applications are open to anyone, anywhere, cash prizes will be awarded!



**Almond Community
Theatre Presents**



*"An Afternoon of Christmas Talent
and Spirit"*

Sunday, December 4th, 2011

1:30 pm

Almond School Auditorium

*Come and enjoy a wonderful afternoon of
Christmas entertainment, friendship and
complimentary refreshments.*

Advanced Tickets \$6.00

**Call for tickets after 1:00 pm M-F
715-366-2911**

At the Door \$8.00

Join Cub Scouts

The Cub Scouts are back in Almond-Bancroft.
If you have a son grade 1 - 5 who is interested
in participating in Cub Scouts **please join us on
Nov. 17th for our first Pack meeting.** We will
be planning many fun activities throughout the
year and would love to have your son be a part
of our pack. **Watch for a letter coming home
with the boys the first week in November
with more information and important dates!**





ALMOND-BANCROFT
EAGLES

Sweatpants – 22572
Black, Charcoal, Grey
S-2XL; \$25.00



Drawstring Bag –
82566
Black, Kelly or
White \$12.00

PROPERTY OF
ALMOND-BANCROFT
EAGLES



Tie-Dyed T-Shirt; Kelly
Short Sleeve – 00814; \$15.00
Youth Short – 30814; \$15.00
Long Sleeve – 06114; \$20.00

Select Design A or Design B for the following items; placed on left chest; identify choice on order form

Design A:  **ALMOND-BANCROFT**

Design B:  **AB**



Men's Thermal T-Shirt
06406
Black, White, Granite
S- 2XL; \$20.00



Cotton Blend Hooded Zip-Up
81076
Black, White, Charcoal Heather
XS – 3XL; \$27.00



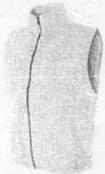
Men's Sport Shirt
14685
Black, Kelly
S – 3XL; \$30.00



Women's Sport Polo
83134
Black
S- 2XL; \$30.00



Micro Polly Pullover Jacket
62734
Black or Kelly
S-2XL; \$35.00



Fleece Vest
80883
Black, Charcoal, White
S-6XL; \$25.00



Fleece Jacket
80683
Black, Charcoal, White
S – 6XL; \$30.00



Vintage Jacket
20528
Black, Graphite, Kelly
S-3XL; \$35.00



Cotton Blend Sport Shirt – 11040
Black, White or Kelly; S- 6XL; \$ 20.00
Youth – 31040; XS – XL; \$ 15.00



Infant T-shirt – 38138
White or Black
6M-24M; \$10.00

Select Design C or Design D for the following items; identify choice on order form

Design C: 

Design D: 

In full color with green wording



Women's Cotton T-Shirt
57600
Black, Charcoal, Kelly
S-3XL; \$15.00



Cotton Long Sleeve-06000
Black, White, Light Steel, Smoke Grey
S-3XL; \$15.00
Youth – 3400; XS-XL; \$12.00
Smoke Grey not available



Hooded Sweatshirt – 22035
White, Black, Oxford or Kelly;
S-4XL; \$30.00
Youth – 32035; S-XL; \$20.00



Hooded Sweatshirt – 12985
Black or Kelly
XS-4XL; \$40.00
Youth – 39385; S-L; \$35.00



Crewneck Sweatshirt
81220
Charcoal, Natural, Black, Grey
S-3XL; \$25.00



Junior's T-Shirt
81794
Black
S-XL; \$18.00



Knit Jersey T-Shirt
06334
Black or Kelly
S-2XL; \$18.00



Wicking Knit T-Shirt
82534
Black, Kelly, White, Grey
S-3XL; \$12.00



From the desk of Pat Leary

Dear Parent (s),

I want to commend you in keeping your lunch bills in check. Also, the amount of children eating breakfast is commendable. Connie has been offering the choice of a hot entrée or a cold entrée for breakfast. The breakfast count is on the average of 220 students eating breakfast a day, which is great. Our lunch meal counts have been great too. With the addition of some new entrees, Connie has been making small strides to implement the start of the new dietary guidelines. Remember healthy meals mean healthier children. Hats off to Connie, Teresa, and your children for giving new food choices a chance.

Sincerely Yours,

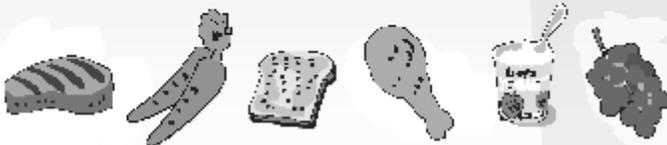
Pat Leary, Food Service Director
Connie Kaehn, Head Cook
Teresa Gutke, Assistant Cook

"This institution is an equal opportunity provider"

TIPS FOR FAMILIES

EAT RIGHT

- 1 Make half your grains whole.** Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.
- 2 Vary your veggies.** Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.
- 3 Focus on fruits.** Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.
- 4 Get your calcium-rich foods.** To build strong bones serve lowfat and fat-free milk and other milk products several times a day.
- 5 Go lean with protein.** Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.
- 6 Change your oil.** We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.
- 7 Don't sugarcoat it.** Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.



EXERCISE



- 1 Set a good example.** Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.
- 2 Take the President's Challenge as a family.** Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.
- 3 Establish a routine.** Set aside time each day as activity time—walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes everyday or most days.
- 4 Have an activity party.** Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.
- 5 Set up a home gym.** Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.
- 6 Move it!** Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.
- 7 Give activity gifts.** Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



Almond-Bancroft Menus, November 2011

Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Oatmeal, Toast	2 Box Breakfast	3 Ham & Cheese Breakfast Bar	4 Cinnamon Roll, Yogurt
7 French Toast Sticks	8 Egg Omelet, Toast	9 Breakfast Sandwich	10 Box Breakfast	11 Bagel, Yogurt
14 Pancake Sausage Wrap	15 Oatmeal, Toast	16 Egg Omelet, Toast	17 Box Breakfast	18 Cinnamon Roll, Yogurt
21 French Toast Sticks	22 Box Breakfast	23 No School	24 No School	25 No School
28 Pancakes, Sausage	29 Box Breakfast	30 Ham & Cheese Breakfast Bar		

Breakfast Prices:
 Reduced – No Charge
 4K (M-W) – 8 days @ 1.00 = \$8.00
 4K (T-Th) – 8 days @ 1.00 = \$8.00
 K-12th grade – 19 days @ 1.00 = \$19.00

Morning Milk

\$11.50 Per
Quarter

Milk Served With Every
Meal

Juice Served Daily
With Breakfast

Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef & Gravy, Mashed Potatoes, Dinner Roll	2 Mac & Cheese Hamburger Hot Dish, Dessert	3 Pork Roast, Mashed Potatoes & Gravy, Dinner Roll	4 Corn Dog, Ravioli
7 Pizza, Salad Bar	8 Hamburger, French Fries	9 Chicken & Gravy, Mashed Potatoes, Dessert	10 Mostaccioli, Garden Bar, Dinner Roll	11 Tacos
14 Beefy Nachos, Dessert	15 Italian Beef Sandwich, Seasoned Rice	16 B.B.Q., Oven Potatoes	17 Baked Potato Bar	18 Chicken Quesadilla
21 Cheese Fries, Salad Bar, Dessert	22 Ham, Scalloped Potatoes, Dessert, Dinner Roll	23 No School	24 No School	25 No School
28 Hot Dog, French Fries	29 Chicken Quesadilla	30 Beef Tips, Noodles, Dessert		

Vegetable and Fruit
Served with Every Lunch

Lunch Prices:
 Reduced 4K (M-W) – 8 days @ .40 = \$3.20
 Reduced 4K (T-Th) – 8 days @ .40 = \$3.20
 Reduced K-12 – 19 days @ .40 = \$7.60
 4K (M-W) – 8 days @ 1.65 = \$13.20
 4K (T-Th) – 8 days @ 1.65 = \$13.20
 K-5th grade – 19 days @ 1.65 = \$31.35
 6th – 12th grade – 19 days @ 1.90 = \$36.10

**Almond-Bancroft Schools
proudly presents their
production of**

Disney's
**Alice in
Wonderland**



Music and Lyrics by **Sammy Fain** and **Bob Hilliard**, **Oliver Wallace** and **Cy Coban**, **Allie Wrubel** and **Ray Gilbert**,
Mack David, **Al Hoffman** and **Jerry Livingston**

Music Adapted and Arranged and Additional
Music and Lyrics by **Bryan Louiselle**

Book Adapted and Additional Lyrics by **David Simpatico**

Based on the 1951 Disney film "Alice in Wonderland"
and the novels "The Adventures of Alice in Wonderland"
and "Through the Looking Glass" by **Lewis Carroll**

Showtimes

November 12th, 7:00 PM

November 13th, 2:00 PM

Tickets

Adults \$7.00

Students/Seniors \$5.00

Tickets will be on sale in the office as of November

Almond-Bancroft School
1336 Elm St
Almond, WI 54909

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