



General Nash Elementary School

Promotes Physical Activity & Safe Walking Routes through its Walk to/at School Day

Students from General Nash Elementary School will be “walking the walk” on Wednesday October 9, 2013 in support of physical activity and safe routes as they join with other students, parents, teachers, and community partners statewide in the Commonwealth’s **ninth annual Walk to/at School Day**.

Students who ride the bus to school will be dropped off at the corner of Green Lane and Liberty Bell Drive in the morning and will be met by teachers and parent volunteers to walk to General Nash. Students that are in the extended care program in the morning will take a walk on the school property. Those students that already walk to school can meet at the corner of Green Lane and Liberty Bell Drive by 8:55am or take their normal walking route to school. Those students that get driven to school can meet at Green Lane and Liberty Bell Drive by 8:55am to walk to school. Once at school the students will go to their classrooms and receive a bottle of water provided by the Wellness correlate of General Nash Elementary School.

Held on the first Wednesday in October each year, in conjunction with International Walk to School Day, the event promotes physical activity for today’s youth by encouraging regular Walk to School programs and local Safe Routes to School projects. These aim to improve the safety and walk ability of communities located within two miles of a school boundary. Daily physical activity is crucial to living healthy, energy-balanced lives, and Walk to School Day is a simple yet concrete way that General Nash Elementary School is demonstrating its commitment to an active student body and local community. The event strives to bring together partners from school, community, business, healthcare, government, and media.



Save! Save! Save!

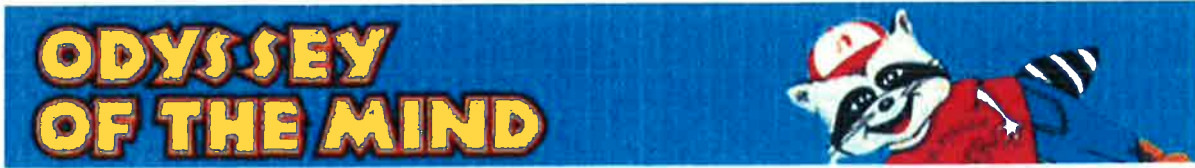
Use a few coupons and save more than the \$25 cost of the book! Family and friends will love saving with KidStuff...20 valuable editions are available!

KidStuff books make great gifts too!

URGENT:

Please IMMEDIATELY send in payment of \$25 or return the KidStuff Coupon Book to your teacher.

OUR SCHOOL EARNS MORE THAN 50% OR MORE PROFITTHANK YOU FOR YOUR PARTICIPATION!!!!



*Teamwork, Creativity, Problem Solving, Cooperation,
Friendships, Fun, and so much more!*

What is **Odyssey of the Mind**? How can we start a team at our school?
What's involved in joining "**OM**" for this year?

Whether you've participated in OM in the past or have never even heard of it, you are invited and encouraged to attend an informational meeting to find out more about it and to start getting this year's teams organized. If you want to be sure your child is on an OM team, coach! It is the best way to ensure they have a team! This meeting is open to all K-6 parents and students from General Nash Elementary School.

Date: October 9, 2013

Time: 7:00 - 8:30 pm

Place: General Nash Elementary School Cafeteria



MARKET DAY

Market Day Orders are due on Wednesday, October 2, 2013 and pick up is Tuesday, October 8, 2013 from 5 – 6 p.m.

Visit marketday.com (the account # for General Nash is 14671) **FREE 1 lb. Of broccoli florets with \$40 purchase and FREE 4 pack of ChicNSteakes with \$90 purchase**

New Customers can use the \$5 coupon – Promo Code: NEWFIVE when ordering.

If you have any questions, please contact us:

Karen Copestick (215-361-1844 kcopestick@aol.com)
Michelle Corman (215-393-5948 michelle_corman@yahoo.com)



General Nash Elementary March-a-Thon

General Nash March-a-Thon

Wednesday, 10/23/2013

Contact: Sue Zima
215-362-1027
susanzima@zoho.com

Help your Home and School fund assemblies, field trips and more through this one "BIG" fundraiser!

- ✓ Goal of \$40 per student; \$15,000 TOTAL!
- ✓ Cash, Checks, or PayPal accepted (see home and school web page)
- ✓ Completed donation forms and / or money should be submitted in a sealed envelope to teacher by Tuesday, October 15, 2013
- ✓ Check with your place of work for charitable organization matching programs.

**Thank you for
your
participation!!**

Join us for the 2nd Annual General Nash March-a-Thon!



When & Where: **Wednesday, October 23rd at General Nash**

This year our goal is to raise \$15,000. With all of us working together, we can easily reach this goal. In fact, if each Nash student obtains just \$40 in donations, we will exceed our goal! We are running behind last year in our contributions, so if you haven't sent your donation forms in yet please don't wait!! Another copy of the donation form is attached, and copies of the forms are also in the archived E-Communications from September 23.

Once again, we'll be awarding prizes to the three classrooms that bring in the most donations. The winning classes will be able to choose from:

- (1) an extra gym class,
- (2) a Just Dance Wii party, and
- (3) an extra recess!

So far, the three classes leading the pack are: Mr. Prisco, Mr. Moore, and Mrs. Crits! Also, the student with the most individual donations will get to give the morning announcements with Mr. Martiello for a week!

- ✓ *Cash or Check donations accepted by mail or in person*
- ✓ *Credit Card donations accepted by pay pal*
- ✓ *Remember to check for company matching options*

THE GENERAL'S MARCH-A-THON
October 23, 2013

General Nash Elementary School
Home & School Association
1560 Liberty Bell Drive
Harleysville, PA 19438
215-368-2407

Dear _____,

On October 23, 2013, my classmates and I will be participating in ***THE GENERAL'S MARCH-A-THON***. We will retrace some of the steps made by General Francis Nash as he marched North to join General George Washington's Army and commanded the 1st North Carolina Regiment at the Battle of Brandywine. We are "marching" to benefit General Nash's Home & School Association which provides us with assemblies, field trips, and supplies (just to name a few things) that benefit our education. During school, I will be walking or jogging (or marching!) around a designated course for 30 minutes.

I would greatly appreciate it if you would consider making a donation to Nash on my behalf. Please indicate your choice below. Thank you very much for supporting my education.

Student's Name _____

Donor's Reply

I am enclosing a donation of:

\$10 _____ \$15 _____ \$25 _____ \$50 _____ \$100 _____ Other _____

Please make your check payable to "General Nash Home and School Association".

Your cancelled check will be the record of your **tax deductible contribution.**

Please inquire with your employer about company matching.

Donor's Name _____

Street Address _____

City _____ **State** _____ **Zip Code** _____

Please return this form and your donation to a Nash family by October 15, 2013. Thank you again for your support.

Dear Nash Families:

We would to invite you to the **2013 Halloween Parade on Thursday, October 31st at 8:30am.** This is an extremely exciting event that we all look forward to each year. *Due to the changes in NP District Policy restricting the parade to non-school hours, Home & School would like to host the parade prior to the start of school on the 31st.* This also allows PM kindergarteners to participate. ☺

In an effort to make the parade go smoothly, we will once again hold the parade in the basketball courts. When you arrive between 8 to 8:20am, park, dress your students if needed, then go directly to the entrance of the basketball parking lot. H&S volunteers will be there to register your student. **Please RSVP by using the form on next page; return it to your child's teacher on or before October 25th.**

After signing your costumed student(s) in, please line the perimeter of the basketball courts as the students will parade around to show off their costumes. Students will line up in their specific class line, with their backpacks.

As always, please encourage your children to wear costumes that promote positive images that will enhance the event. Parents and guardians should use your best judgment when helping to select costumes. Make believe weapons or masks that are too scary should be left at home. Any costumes unable to be worn throughout the day will be bagged up in the parade line for take home.

- ❖ **Please remember no entrance to the school will be permitted during this time.**
- ❖ **We do ask the parents of kindergartener stay if at all possible. PM parents must stay and there will be a sign out sheet for PM K.**
- ❖ **Extended Care students are invited as well. Come dressed as much as possible.**
- ❖ **When parking, please park along the street or in the teacher/student drop off parking lot. Please avoid the bus line and where the cones are in the teacher lot.**
- ❖ **If bringing in items for afternoon parties, please avoid sending items with students at this time or send in prior to day of parade.**
- ❖ **BAND students, Mr. Thompson is aware that Nash Students will be at the parade.**
- ❖ **Please understand this is entirely optional and not required for students to attend. The buses will still run that day.**
- ❖ **WE WOULD LIKE EVERY CHILD to be able to participate, please contact us for help to get them there.**
- ❖ **We will have plenty of volunteers. So ask for help!**
- ❖ **Unfortunately, there will be NO rain date for this event. Email Cancellation via principal and listed on Web by 7am.**

We want to thank the Nash Families for their cooperation. With your help and understanding, we know this will help make this new tradition enjoyable and safe! **Any questions, contact Karen Lindsay @ KLSL0920@aol.com or Jenny Platt @ jplatt@verizon.net**

Please fill in information & check off the boxes on the next page to help us coordinate this event:

HALLOWEEN PARADE FORM:

Fill in as necessary:

STUDENT NAME(S): _____ Grade _____
_____ Grade _____
_____ Grade _____

Parent/Chaperone Name: _____

Going to Extended Care that morning: Y N

Mobile Phone to reach on that day: _____

Can you volunteer that day: Y N

Would you be willing to Carpool? Y N Do you need a carpool? Y N

Email for contact purposes: _____

Fill in the Circle of your plan:

- **Stay and watch:** park, dress student if needed, check in, head to perimeter.
ENJOY!
- **Drop &Go:** park, dress student if needed, check in, allocate chaperone, leave.
- **Carpool:** Allocate a chaperone in advance; they will dress, check in your child.
- **Extended Care:** take as usual to extended care. Ext Care will help out.
- **Not participating:** Take bus as normal or take to extended care as normal.

REMEMBER – We don't want to exclude anyone, so please let us know if you need help getting your student here!

Please Return this by 10/25 to the office to attention, Karen Lindsay/Jenny Platt.

FEEDBACK wanted... let us know your thoughts!

NOTE: ORDER UP ONE FULL SIZE. Hoodies run a full size smaller than our Nash T shirts.

ORDER DEADLINE October 20	GENERAL NASH SPIRIT WEAR ORDER
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STUDENT NAME:	TEACHER:
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Zip Sweatshirt Hoodies

Write Quantity in Box **YOUTH \$27**

Front:



Shown: Purple

YS (6-8)	YM	YL (14-16)	TOTAL
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Circle: Purple / Navy			=

ADULT \$30

AS	AM	AL	AXL
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Circle: Purple / Navy	=	TOTAL
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Back:



Shown: Navy

2XL	3XL	TOTAL
<input type="text"/>	<input type="text"/>	
Circle: Purple / Navy		=
		2X/3X \$33

GRAND TOTAL

Checks Payable to:	Nash H&S
Return Forms to:	Nash school, Attn:Nash Spiritwear
Estimated Delivery:	Monday, November 18, 2013
Questions:	H&S Volunteer Tricia Rhubright, Nashspiritwear@gmail.com

**ORDER
DEADLINE
October 20**

GENERAL NASH SPIRIT WEAR ORDER

STUDENT NAME:

TEACHER:

Nash T- shirts

Write Quantity in Box

YOUTH \$12

Front:



YS (6-8)

YM

YL (14-16)

TOTAL

Circle: Royal Blue / Pink / Navy =

ADULT \$14

AS

AM

AL

AXL

Shown: Pink / Royal Blue

Circle: Royal Blue / Pink / Navy =

TOTAL

Back:



2XL

3XL

2X/3X \$16

TOTAL

Circle: Royal Blue / Pink / Navy =

Shown: Royal Blue / Pink

GRAND TOTAL

Checks Payable to:
Return Forms to:
Estimated Delivery:
Questions:

Nash H&S
Nash school, Attn:Nash Spiritwear
Monday, November 18, 2013
H&S Volunteer Tricia Rhubright, Nashspiritwear@gmail.com



REMINDER

Last day to submit Box Tops and Labels for Education
for the fall collection drive:

Thursday, October 17, 2013

The class with the highest per student average will win
EXTRA RECESS!!!

Collection Place: Send unexpired Box Tops and Labels for Education in a sealed bag or envelope, **labeled with your child's name and teacher**, with your child or drop in the corresponding "Box Tops" or "Labels for Education" bin under the H&S bulletin board outside the gymnasium.

Questions: contact Tanya MacGregor at gtmac2001@verizon.net for Box Tops or
contact Stacy Johnson at angel78510@gmail.com for Labels for Education

Retake Day!
Friday, October 25, 2013
General Nash Elementary School

Get Ready for Picture Day

Prepárate para el día de la foto



ORDER TODAY!

¡Encarga hoy!

Easy as 1-2-3 EN UN MINUTO

- 1 Visit **mylifetouch.com** Visita mylifetouch.com
- 2 Enter Picture Day ID Ingresar la identificación del día de la foto
- 3 Order and print the receipt to give to the photographer on Picture Day.

Encarga e imprime el recibo para dárselo al fotógrafo el día de la foto.

Pay with:

Abona con:



Picture Day ID: JL723287Y1

*Order online or use the order form on your flyer.
*Ordena por internet o usa el formulario de orden que viene en tu folleto.



Lifetouch
School Portraits



Upper Bucks Healthy Communities
Healthy Youth presents:



The Strengthening Families Program:
For Parents and Youth 10-14

An Opportunity to Strengthen Your Family and Support Your Child Through the Teenage Years

Join Us For Seven Weekly Sessions That Include:

- Fun Family Games and Activities
Engaging & Interactive Youth Activities
Interaction with Other Parents
FREE Family Meal Each Week
FREE Childcare for Younger Siblings
Gift Card Raffle Each Week

Parents/Caregivers will discuss:

- The normal developmental changes in teenagers
Helping youth to avoid risks and substance use
Setting age appropriate limits - Helping youth understand rules and consequences
Effective joint problem solving skills
Ways to show love and support

Youth will learn about and practice:

- Making good decisions and setting goals
Peer pressure resistance skills to avoid problems with drugs & alcohol
Empathy and appreciation of parents/caregivers
Coping with stress

What participants from previous SFP sessions have said:

- The program helped me bond with my child and opened up communication. It helped her prepare for future challenges.
I was skeptical at first but doing the program has changed my life more than I ever thought possible for the better.
This was a lot of fun and beneficial for everyone in our family. I would suggest this class to everyone.

Classes start on October 16th and continue for the next seven Wednesdays

Time: 6:00pm - 8:30pm

Location- Trinity Lutheran Church, 1000 West Main Street, Lansdale

Pre-registration required! Please register by October 11th

Upper Bucks Healthy Community Healthy Youth is a non-profit organization

Yes, my family would like to attend the Strengthening Families Program!

Parent/Caregiver's Name(s):

Children's Names and Ages:

Address:

Telephone Number: Cell number:

Email: Childcare needed? (check one) Yes No

Children's Names and Ages needing childcare:

Any food allergies or special dietary needs?

Do any family members have any difficulty reading? (please describe):

To register: Go online to www.justcommunity.com/events or,
Complete form and attach to email and send to nstephens@justcommunity.com or,
Complete form and mail to: Nina Stephens, justCommunity, PO Box 258, Quakertown, PA 18951 or,
Complete form and fax to: 215-538-4798

For more information call Nina Stephens at 215-538-4799