

General Nash Elementary Home & School Association



WELCOME BACK BYO-PICNIC & ACTIVITY FAIR

Nash Elementary Cafeteria and Gym

Friday, October 4th, 2013

6:30-8:30pm

*6:30 -7:00: Bring-Your-Own-Picnic
Meet new friends and visit with old friends... bring your dinner or just come to mingle!*

Spanish Club

Odyssey of the Mind

NPAGE

Million Tabs Challenge

Nature Nook

Winter Carnival

Holiday Shop

Nash Newsletter



Bring Your BoxTops & Campbell's Labels!



GAMES & ACTIVITIES!

DOOR PRIZES!

PINE WOOD DERBY TRACK!

VOTE FOR THE WINTER CARNIVAL INFLATABLE!

SPIRIT WEAR!

MARKET DAY SAMPLES!

CHIPS & WATER FOR SALE BY 6TH GRADE CLASS!

DROP OFF GAMES AND CRAFTS FOR INDOOR RECESS!

NASH FOOTBALL JERSEYS

**Orders Due:
Tuesday
October 8, 2013**

Delivery: Wednesday, October 30, 2013.

Front of
Jersey:



Jersey is Navy, Logo is White
Back of Jersey is blank or can be personalized with a last name on top like an NFL player.

Personalization - Name on back (add \$6.00)
Provide e-mail for personalized jerseys

Number on back (add \$3.00 for 0-99)
Provide number choice from 0 to 99
Includes 1 or 2 digit number

Jersey Measurements:

Adult Size:	Adult S	Adult M	Adult L	Adult XL	Adult 2XL	Adult 3XL
Chest Width (on half)	19 1/2"	21 1/2"	23 1/2"	25 1/2"	27 1/2"	29 1/2"
Body Length*	28 1/2"	29 1/4"	30"	30 3/4"	31 1/2"	32 1/4"

*Measured from highest point of shoulder

Football Jersey Specifications:

- 100% polyester tricot mesh
- 100% polyester dazzle fabric yoke
- Not meant to be worn with pads
- Outside locker label on wearer's left side.

Youth Size:	Youth S	Youth M	Youth L
Chest Width	32"	35"	38"
Body Length	22.87"	24.62"	26.75"

Great to wear on Sports Spirit Day and to show Nash school spirit anyway!

NASH FOOTBALL JERSEYS

Recommend order up one size

Youth	QTY		PRICE	Personalized	Number on Back	Total
Small		X	\$21.00	\$27.00	+ \$3.00	\$
Medium		X	\$21.00	\$27.00	+ \$3.00	\$
Large		X	\$21.00	\$27.00	+ \$3.00	\$
Adult	QTY		PRICE	Personalized	Total	Total
Small		X	\$22.00	\$28.00	+ \$3.00	\$
Medium		X	\$22.00	\$28.00	+ \$3.00	\$
Large		X	\$22.00	\$28.00	+ \$3.00	\$
X-Large		X	\$22.00	\$28.00	+ \$3.00	\$
2X		X	\$23.00	\$29.00	+ \$3.00	\$
3X		X	\$23.00	\$29.00	+ \$3.00	\$

Checks made payable to Nash H & S

Total

\$

Student Name: _____ Grade: _____

Teacher: _____ e-mail: _____

For Multiple Orders with Personalization:

Name on back of jersey: _____ Size: _____ Number: _____

Name on back of jersey: _____ Size: _____ Number: _____

Name on back of jersey: _____ Size: _____ Number: _____

Home & School uses all Spirit Wear Profits to Support Programs for Nash Children

Any questions please contact: Home & School Volunteer Tricia Rhubright at Nashspiritwear@gmail.com



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