

Delta~Peach Bottom Dragon Tales

October 1, 2020

FROM THE OFFICE

ATTENDANCE REMINDERS FOR VIRTUAL AND HYBRID STUDENTS

Student and/or Parent must complete a Google Attendance Form by 9:00 AM daily . ***IF THE GOOGLE FORM IS NOT COMPLETED, YOUR STUDENT IS MARKED ABSENT AND AN EXCUSE CARD WILL NEED TO BE SUBMITTED.*** It can be found on the school district's web page (sesdweb.net) under the Parent tab.

ABSENCES for Brick and Mortar Students

For absences, Excuse Cards must be signed by the parent or guardian and submitted within 5 days. Excuse cards with the appropriate signature will be accepted in the following ways:

- E-mail attachment to the attendance secretary (photo or PDF)
- Regular mail (postmarked within 5 days) to the school building
- Fax to the school building
- For hybrid students, have them bring it in person when they are in the building
- Please note that there may be special directions/forms from the school nurse for Covid related illnesses

CHROMEBOOK/DEVICE INSURANCE FEE

The fee is being waved until after the first 30 days of school. October 19, 2020 is the date when the protection plan payments are due. However, rather than collecting the fee by cash or check, we want to collect this fee through RevTrak as linked on the District's website. This link is not 'live' yet, so please wait until the October 19th to make a payment.

YEARBOOKS

We have extra 2019/2020 Yearbooks that can be purchased for \$22.00. First come first served basis. Check is preferred ~ made out to DPB PTA. Please contact the main office at 717-456-5313 if you would like to purchase.

If you are a virtual student and purchased a yearbook, please call the office to set up a time to pick up.

IMPORTANT DATES

Oct. 9~ NO SCHOOL
Oct. 12 ~ NO SCHOOL
Oct. 21 ~ Early Dismissal @11:45
Oct. 27 ~ Picture Day
Oct. 28 ~ Early Dismissal @11:45

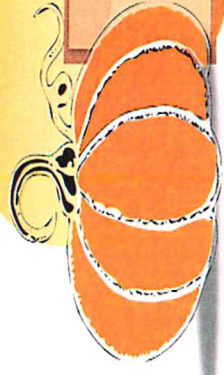
Cycle Days starting Oct. 2

Oct. 2	Fri.	Day 5
Oct. 5	Mon.	Day 6
Oct. 6	Tues.	Day 1
Oct. 7	Wed.	Day 2
Oct. 8	Thurs.	Day 3



LUNCH CHOICES

10/2 ~ Cheese Pizza/PBJ
10/5 ~ Popcorn Chicken/PBJ
10/6 ~ Breadsticks/PBJ
10/7 ~ Cheese Pizza/PBJ
10/8 ~ French Toast Sticks /PBJ
10/13 ~Chicken Drumstick/PBJ
10/14 ~ Chicken Nuggets/PBJ
10/15 ~ Turkey & Cheese Pretzel Roll/PBJ
10/16 ~ Cheese Pizza/PBJ

October 2020



DPBE Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 				1 DAY 4	2 DAY 5	3
4	5 DAY 6	6 DAY 1	7 DAY 2	8 DAY 3	9 NO SCHOOL	10
11	12 NO SCHOOL	13 DAY 4	14 DAY 5	15 DAY 6	16 DAY 1	17
18	19 DAY 2	20 DAY 3	21 DAY 4 Early Dismissal @11:45 No Lunch Served	22 DAY 5	23 DAY 6	24
25	26 DAY 1	27 DAY 2 Picture Day	28 DAY 3 Early Dismissal @11:45 No Lunch Served	29 DAY 4	30 DAY 5	31 



Market Basket of the month

The Market Basket of the Month featured fruit is

APPLES



Simple Serving Tips

Microwave Cinnamon Apples: Peel and cut 1 apple into cubes; add to a microwave safe bowl; stir in 1/4 tsp cinnamon and 1/2 tsp honey. Microwave 2-3 minutes until soft and enjoy!

Apple Nachos: Cut two apples into slices and add 1 tsp lemon juice. Spread onto a plate and top with chocolate chips, dried cranberries and sunflower seeds. Combine 2 tablespoons creamy peanut butter with 1 tsp honey and microwave for 20 seconds. Drizzle peanut butter mixture over apples and enjoy!

Autumn Salad: Top a leafy green salad with diced apple, dried cranberries, walnuts and unsalted sunflower seeds. Drizzle with low-fat raspberry vinaigrette.

Produce Tips

Keep apples refrigerated to slow ripening and maintain flavor. When kept cool, apples can last at least three months.

To reduce browning, make fresh apple dishes just before serving, or pour 100 percent apple juice over fresh apple slices.

Reminder

For good health, toddlers through adults should eat 1 - 2 cups of fruit a day. The amount needed varies with age and activity level.

Visit: www.choosemyplate.gov for more information.

Market Basket of the Month is a WellSpan Community Health and Wellness Initiative. To view a listing of monthly family newsletters, go to: www.wellspan.org/marketbasket



October

Chicken, Rice and Fruit Salad

Ingredients

Makes 3 servings

Tip: Use leftover rice

- 1 C. brown or white rice, cooked
- 2 tsp. dried parsley or 2 T. fresh, finely chopped
- 1/4 tsp. black pepper
- 1/4 tsp. clove garlic, finely chopped
- 1 T. fat-free Ranch dressing
- 2 T. fat-free mayonnaise
- 1 C. apple cut chunks
- 1/4 C. grape halves
- 1/4 C. celery, chopped
- 1 1/4 C. cooked chicken, cut into bite-size pieces
- 6 lettuce leaves

1. If not using leftover rice - cook rice according to package directions without adding salt. Chill.
2. In a serving bowl, mix parsley, black pepper, garlic, dressing, and mayonnaise together.
3. Add cooled rice, apple, grapes, celery, and chicken. Stir gently.
4. Serve cold on a bed of clean lettuce leaves, if desired.
5. Cover and refrigerate leftovers within 2 hours.

Source: ChooseMyPlate.gov

Nutrition Facts

Serving Size 1 medium apple (154g)
Amount per Serving

Calories 80 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 11%

Sugars 18g

Protein 0g

Vitamin A 2% Calcium 1%

Vitamin C 12% Iron 1%

Source: www.choosemyplate.gov

Let's Move!

Be sure to get up and move - with chores and play!

- Rake leaves into piles.
- Wash and put away the summer patio furniture.
- Plant flower bulbs in your garden.
- Take an extra walk in the neighborhood while waiting for dinner.
- Take a hike at a local park.
- Play active video games or search online for free exercise routines.

Just the Facts

- The largest apple ever picked and recorded weighed 3 pounds!
- Apple trees need to grow for 4-5 years before producing their first crop of apples.
- It takes the energy from 50 leaves to make one apple grow.

Buy Farm Fresh! Visit our Market Basket of the Month Partners:

- Adams County Farmers' Market
- Brown's Orchards & Farm Market
- Central Market York
- Dillsburg Farmers Market
- Flinchbaugh's Orchard & Farm Market
- Leg Up Farmers Market
- Miller Plant Farm
- Penn Market
- York Fresh Food Farm



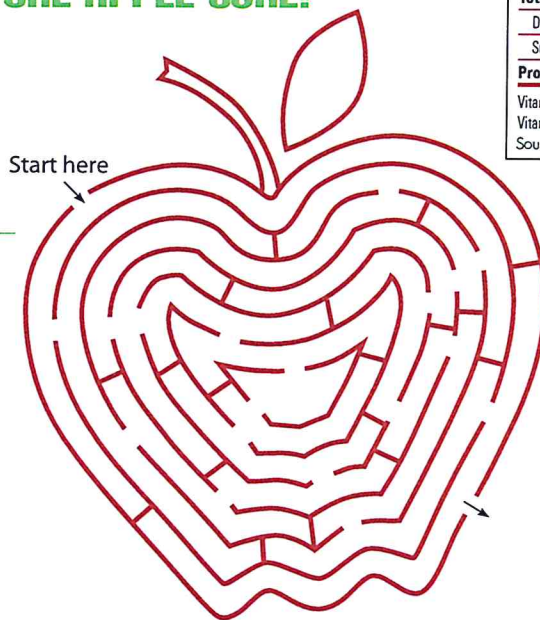
APPLE ACTIVITIES

TEST YOUR APPLE IQ

(answers are at the bottom of this page)

- One medium apple has _____ grams of fiber.
A.) zero B.) two C.) four D.) eight
- Most of the fiber in an apple is found in the _____.
A.) flesh B.) skin C.) core D.) stem
- What variety of apples are grown in Pennsylvania?
A.) Fuji B.) Gala C.) Red Delicious D.) all three

FIND YOUR WAY THROUGH THE APPLE CORE!



Nutrition Facts

Serving Size: 1 medium apple (154g)	
Calories 80	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	15%
Sugars 16g	
Protein 0g	
Vitamin A 2%	Calcium 1%
Vitamin C 12%	Iron 1%
Source: www.nutritiondata.com	

EAT THE RAINBOW!

Fruits and vegetables come in a rainbow of colors. Eat a variety of colorful fruits and vegetables every day — red, yellow/orange, white, green and blue/purple. Apples can be red, yellow or green.

- Red fruits and vegetables help maintain a healthy heart and memory function. Examples include red apples, red grapes, red pears, tomatoes, beets, red peppers and radishes.
- Yellow/orange fruits and vegetables help maintain a healthy heart, vision and immune system. Examples include yellow apples, yellow pears, apricots, oranges, carrots, sweet corn and yellow tomatoes.
- Green fruits and vegetables help maintain healthy vision and strong bones and teeth. Examples include green apples, green grapes, green pears, artichokes, green beans, sugar snap peas and green peppers.

COUNT YOUR FRUIT!

Most kids need 1 to 2 cups of fruit a day to stay healthy. One apple the size of a baseball equals about 1 cup.

Market Basket of the Month is a WellSpan Growing Healthy Kids School Partnership initiative.

Growing Healthy Kids is coordinated by the Community Health Improvement Department with financial support from the York Hospital Auxiliary and the Gettysburg Hospital Foundation.

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Answers: 1. C, 2. B, 3. D