

Uphill



HILL ELEMENTARY SCHOOL A National Exemplary Blue Ribbon School

4600 Forsyth Avenue, Troy, Michigan 48085
248/823-3500 -- Fax: 248/823-3513
Website: <http://hill.troy.k12.mi.us/>

JANICE BRZEZINSKI, PRINCIPAL
Charla Lau, Head Teacher
Donna Shoemaker, Secretary
Teri Brune, Secretary



Hill's Mission Statement – Our purpose at Hill School is to provide a safe environment a learning for all members of our school community.

September 9, 2011

Accredited by the North Central Association of Colleges & Schools

Volume 11 * Issue 1

Upcoming Events:

MONDAY, SEPTEMBER 12TH

- 🍌 Entertainment Book kick-off assembly
- 🍌 Adult jog-a-thon t-shirt orders due

TUESDAY, SEPTEMBER 13TH

- 🍌 Curriculum Night
- 1st grade: 6:00 – 6:50 pm
- 2nd grade: 6:45 – 7:35 pm
- Kindergarten: 7:30 – 8:20 pm

WEDNESDAY, SEPTEMBER 14TH

- 🍌 Market Day Pick-Up

THURSDAY, SEPTEMBER 15TH

- 🍌 Kaiser picture day!
- 🍌 9:15-2:00 pm L. Helfer's class to Troy Daze
- 🍌 Curriculum Night
- 3rd grade: 6:00-6:50 pm
- 5th grade: 6:45-7:35 pm
- 4th grade: 7:30-8:20 pm

FRIDAY, SEPTEMBER 16TH

- 🍌 5th Gr. Sweatshirt/pants order due
- 🍌 Hill Spiritwear orders due



MONDAY, SEPTEMBER 19TH

TUESDAY, SEPTEMBER 20TH

- 🍌 PTO Budget Meeting @ 4-5 pm in Media Center

WEDNESDAY, SEPTEMBER 21ST

THURSDAY, SEPTEMBER 22ND

- 🍌 PTO Meeting @ 7 pm in Media Center

FRIDAY, SEPTEMBER 23RD

A MESSAGE FROM OUR PRINCIPAL....

STAND TOGETHER

Thank you to PTO for supporting another great start of the school year with a presentation from Motivational Productions. On Thursday we viewed the large three-screen production titled STAND TOGETHER. The focus of the 45 minute show was to teach three ways to STAND against bullying. These three ways are easy to remember and easy to do:

#1 DON'T MAKE OTHERS FEEL BAD!

We learned what bullying is and how damaging it can be. We also learned when is okay and NOT okay to laugh at someone. It is okay to laugh at someone when someone is trying to be funny or silly on purpose. It is NOT okay to laugh at someone when it may be hurtful or make someone feel bad. We also learned being different is okay. We should celebrate our differences and recognize the good in everyone.

#2 TELL AN ADULT IMMEDIATELY!

Telling an adult immediately about bullying always makes the situation better, and in some cases, can make you a hero!

#3 STAND TOGETHER!

We can't stand against bullying by ourselves. In order to beat bullying, we're going to have to reach out to others and become friends. Sometimes, that means saying we're sorry if we've been mean to someone or made them feel bad. The more friends we have the less bullies we have. In order to stand against bullying we're going to have to learn to STAND TOGETHER!

Hill School has a Positive Behavior Support plan in place. We will continue to share with our community how to STAND TOGETHER as well as FILL BUCKETS throughout the year!

Janice Brzezinski



ATTENTION PARENTS!

Attendance/Safety Call-In Procedures



If your child is to be absent from school, please call the absence line (248-823-3501) between the hours of 4:00 p.m. and 9:00 a.m. to leave a phone message. For afternoon attendance, please call by 12:30 p.m. It is important to give us the following information: your child's name, grade, teacher, reason for the absence, symptoms if flu-like illness, and the date of the absence. If the absence is for an extended time (i.e.: chicken pox), it is not necessary to call every day, as long as you have indicated it is an extended absence. In this case, a call at the beginning of each week to keep us informed of the student's condition is appreciated.

Medications Taken at School



There is a strict policy regarding dispensing of medication in public schools. School personnel are not allowed to give medication to students without a doctor's written authorization. This also includes over the counter medicines and cough drops. The medication **MUST** be in the bottle from the pharmacy with the name of the medication and dosage given. The "Authorization Medication Form" is available in the school office. PLEASE NOTE: Students are allowed to carry an inhaler; however, we still need to have an "Authorization for Medication" on file in the office.



UpHill Newsletter

The UpHill newsletter will be published to our website and notification will be sent to your current e-mail address that you provided to us. New families and families whose e-mail have changed since last year will need to update information on School Messenger. You may follow the link from the Troy School website: www.troy.k12.mi.us.

Is Your Child Unsure of After School Plans?

Parents, please advise your child that if he/she is unsure of after-school plans to please come into the office before the end of the day so that we can verify them for your child. If they are prepared to be picked up and do not see their ride, please let them know they should **always** come to the office instead of trying to guess what to do. We will be happy to make the calls needed!



!

Curriculum Nights Next Week!

Please note the format for curriculum nights this coming Tuesday and Thursday! As in the past, we have spread the curriculum nights over two days and have staggered times by grade levels. We have found this format helpful in finding a parking space and has made the time spent with your child's teacher quality time.

There are two parts to the evening. First I invite you to join me, Mrs. Brzezinski, in the cafeteria for 10 minutes for a Welcome to Hill 2011-12 message. Then you will be given 5 minutes to travel to your child's classroom to meet the teacher and hear about the wonderful things that will be happening this year in the classroom.

This is a curriculum night and we ask that **Parents Only** attend, no children.

You only **need to attend one of the 10 minute sessions with Mrs. Brzezinski** as information will be repeated each grade level session.

Tuesday, September 13th, 2011

- 6-6:10 pm 1st Grade Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 6:15- 6:50 pm 1st Grade Parents to Classrooms for Curriculum Night

- 6:45-6:55 pm 2nd Grade Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 7:00- 7:35 pm 2nd + Grade Parents to Classrooms for Curriculum Night

- 7:30--7:40 pm KDG Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 7:45- 8:20 pm KDG Grade Parents to Classrooms for Curriculum Night

Thursday, September 15th, 2011

- 6-6:10 pm 3rd Grade Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 6:15- 6:50 pm 3rd Grade Parents to Classrooms for Curriculum Night

- 6:45-6:55 pm 5th Grade Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 7:00- 7:35 pm 5th Grade Parents to Classrooms for Curriculum Night

- 7:30--7:40 pm 4th Parents to Cafeteria for Welcome Back with Mrs. Brzezinski
- 7:45- 8:20 pm 4th Grade Parents to Classrooms for Curriculum Night



UPCOMING EVENTS:

- 9/12: Informational Meeting @ Athens HS @ 7:00 for 5th grade band/orchestra
- 9/12: Adult jog-a-thon t-shirt orders due
- 9/12: Entertainment Books sent home
- 9/16: 5th Grade Sweatshirt/sweatpants order due
- 9/16: Hill Spiritwear Orders due
- 9/28: Chris Cakes Pancake Dinner (PTO)
- 10/7: Jog-a-Thon
- 10/14: 4th Grade field trip - Gem & Mineral show
- 10/20: PTO Meeting @ 7 pm
- 11/1: Picture Re-take day
- 11/4: End of First Marking Period - NO SCHOOL





SEPTEMBER 2011

TROY SCHOOL DISTRICT ELEMENTARY MENU

MONDAY


TUESDAY

WEDNESDAY

THURSDAY


FRIDAY

Student Lunch Price - \$2.25
Reduced Lunch Price - \$.40
Free & Reduced Applications are available at your school office, or call the Food Service Office @ 248-823-5089



Green Items on menu are Vegetarian Entrée Options

NEW this year Meatless Mondays



Daily Variety Garden Bar Items
Romaine & Spinach
Mixed Greens
Cherry Tomatoes, Cucumbers, Carrots & Celery
Chick Peas
Fresh & Canned Fruit
"Fresh Pick of the Month Item"
Pepper



Student Lunch Consists of:
Must choose 1 Entrée
May choose up to 2 Sides
May Choose 1 Milk (1% White or 1% Chocolate or Fat-Free White)

A La Carte Prices:
Milk -\$.35/Juice - \$.50
Dasani Water - \$.50

Menu subject to change upon availability

5.

Labor Day

6.

1/2 Day Welcome Back



7.

1. Italian Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Crunchy Carrots
Visit the Garden Bar

8.


1. Burger on a Bun – Plain or w/ Cheese or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Italian Pasta Salad
Visit the Garden Bar

9.

1. Fish Sticks or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick
4. **Special Salad Feature** "Peppi Pizza Salad"
Potato Smiles
Visit the Garden Bar

12.



1. Lasagna Roll-Up w/Garlic Bread or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Steamed Green Beans
Visit the Garden Bar

13.

1. Nacho's Supreme or Cheese Nacho's or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Golden Corn Niblets
Visit the Garden Bar

14.

1. Stuffed Crust Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Crunchy Carrots
Visit the Garden Bar

15.

1. Whole Grain Pancakes w/ Sausage or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick


Applesauce
Visit the Garden Bar

16.

1. Chicken Drumstick w/Mashed Potatoes & Gravy or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Orange Smiles
Visit the Garden Bar

19.



1. Whole Grain Grilled Cheese or
2. **Special Salad Feature** "Minnie Mouse Salad"
3. Student Salad w/Cheese Stick

Baked Kids Mix
Visit the Garden Bar

20.

1. Chicken Nuggets or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Mixed Vegetables
Visit the Garden Bar

21.

1. Individual Round (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Crunchy Carrots
Visit the Garden Bar

22.

1. Three Meat & Cheese Sub Sandwich or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Baked Cheez-It Crackers
Visit the Garden Bar

23.

1. Turkey Hot Dog w/Optional Chili or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Crinkle Cut Fries
Visit the Garden Bar

26.



1. Macaroni & Cheese or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Steamed Green Beans
Visit the Garden Bar

27.

1. Soft Shell Beef or Vegetarian Tacos or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Golden Corn Niblets
Visit the Garden Bar

28.

1. Pizza (Pepperoni or Cheese) or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Crunchy Carrots
Visit the Garden Bar

29.

1. Cheese Quesadilla or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

Tomato Soup
Visit the Garden Bar

30.

1. Baked Potato Bar
Toppings: Cheese, Diced Ham & Sour Cream or
2. Grilled Cheese Bagel Melt or
3. Student Salad w/Cheese Stick

A to Z Salad Bar Item
Broccoli Buds
Visit the Garden Bar

In accordance with the Federal Law and U.S. Department of Agriculture (USDA) policy, no participant will be discriminated against because of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington D.C. 20250-9410 or call (800)795-3272 or (202)720-6382. USDA is an equal opportunity provider and employer.

THIS MONTH'S

freshpick
for better health

How to Win

Pick and eat from all of the food groups and you'll be an instant winner. Your prize? A strong mind and body!

How to Play

Fill all of the tray compartments by selecting:

- **Milk** - A nutrient-rich food full of calcium and protein to make your teeth and bones grow big and strong.
- **Protein Foods** - Selecting lean proteins such as chicken, fish, low-fat cheese and beans helps build strong muscles.

The Balanced Tray Game: Do You Have What It Takes To Be A Winner?



- **Grains**—Selecting whole grain breads, rice and cereals will give you energy so you can play and use your mind in the classroom.
- **Fruits and Vegetables**—Filling at least half of your tray with a variety of fruits and vegetables will help keep your stomach full and your mind and body healthy and bright.



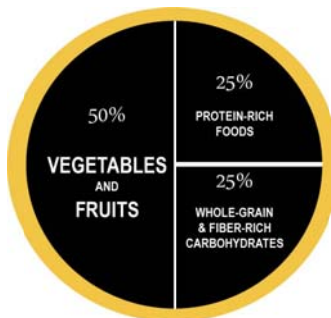
Sodexo is a partner in the MyPyramid Corporate Challenge to promote healthy food and lifestyle choices. For more information on healthy eating, visit www.mypyramid.gov.

www.liftoffsplyground.com



Nutrition • Achievement • Environment • Community • Activity

Build Your Plate the Balanced Way



When building your dinner plate at home, try using the your plate the balanced way.

- Start with the fruits and vegetables. Fill at least 50% fruits and vegetables. Focus on non-starchy vegetables that are high in water content and fiber such as dark leafy green vegetables, carrots, cucumber, orange wedges and grapes.
- Add fiber-rich grains or starchy vegetables to your plate. Position whole grain rice, pasta, or breads and/or starchy vegetables such as corn, beans, peas and potatoes on 25% of your plate.
- Portion the protein-rich foods on the remaining 25% of the plate. Select lean protein foods such as fish (not fried), chicken or turkey (white meat, without skin), beans and lentils, eggs, low fat dairy, nuts, and lean cuts of pork or beef (round and loin cuts are leanest).
- Finally, pour yourself a glass of 1% or non-fat milk, soy milk, or water to accompany your balanced meal.

Designing your plate the balanced way helps you focus on foods that fill you up, that are rich in nutrients and contain fewer calories. You actually end up eating more for fewer calories. It's so easy! You can eat a meal the balanced way whether you are at home, in school or in a restaurant. Just remember 50% fruits and vegetables, 25% wholesome grains and 25% lean protein.

Our foodservice facility prepares and serves some products which may contain ingredients identified as food allergens. For more information on food allergies, go to www.besmart-eatsmart-livesmart.com.



Mondays are a great day to try something new!

Come join us in the cafeteria and try something new during our My Mondays promotion. There will be plenty of delicious vegetarian meals for you to try and enjoy. See for yourself just how tasty these meatless creations can be.



It is a nutrition – education related program of Sodexo that is designed to further the awareness of the many benefits of eating fruits, vegetables and whole grains. Each month, a chosen fruit or vegetable will be offered and nutritional information will be available for the students to learn about the “Fresh Pick” of the month!

THE FRESH PICK FOR THE MONTH OF SEPTEMBER IS “PEPPER”



We have many new exciting things happening in the elementary schools when it comes to nutrition and healthy eating! This year we are featuring the **My Mondays** and the “Fresh Pick” promotions. Also, last year to celebrate “National Nutrition Month” in March, the A to Z Salad Bar visited each elementary school. The A to Z Salad Bar featured 26 different fruits and vegetables starting with letters from A to Z for the students to sample. During this school year, we will be continuing with the A to Z concept and offering an A to Z item once a month. This month’s A to Z Salad Bar item is Broccoli. Fun informational facts about Broccoli will be displayed in the cafeterias. Looking forward to another GREAT school year!

Samantha Mozdierz, MSA, RD

ADVERTISE in the Hill School PTO Student Directory

In coordination with the **Hill Elementary School Annual Jog-A-Thon**, the PTO is offering advertising space for local businesses in the 2011-2012 Student Directory. It is a great way to publicize your business to the rest of the Hill Community!

Red Star for \$25.00 your business name listed with business address and phone number.

White Star for \$50.00 your business name listed with business address and phone number *and* ¼ page ad (attach a business card or email jpg or pdf to beezeel@comcast.net).

Business Name

Business Address

Business Phone #

To purchase advertising in the Hill School PTO directory, mark your choice above, complete the business information, attach cash or check payable to *Hill PTO* and return with this completed form to school by **Tuesday, September 20th, 2011.**

Any questions contact Anna Colletti (248) 250-9043 or beezeel@comcast.net

Thank you, Hill PTO & Jog-A-Thon Members

**"All heart, warmth
and pure joy"**

CHICAGO TRIBUNE



Barrage™

"Too WOW for words"

LA TIMES

Troy Athens High School Auditorium

Thursday September 29, 2011 at 7:00 P.M.

Adults: \$20 Students: \$10 Senior Citizens: \$10

For Info & Tickets contact Karen Klitzke at 248-583-3298 or visit

www.athensorchestra.org

www.barrage.org



We are very excited to host **Barrage** at Troy Athens High School. This group of talented musicians is sure to provide an incredible show that the whole family will enjoy. Upon receipt of your ticket order, tickets will be assigned and held at the door for will call. You will be notified by e-mail for confirmation of your ticket order. This is a unique opportunity for our community and a great way to motivate young string players of all ages. This is a show NOT to be missed. Please indicate the number of tickets you will need. For additional information regarding this outstanding group, please visit the Barrage website at www.barrage.org.

Barrage Ticket Order Form

**Troy Athens High School Auditorium
Thursday September 29, 2011
7:00 PM**

Name: _____

Phone Contact: _____ E-mail: _____

Tickets: _____ Adult (\$20.00) _____ Student/Senior (\$10.00)

Please make checks payable to Athens Orchestra Parent Association or AOPA

Please return this form with payment by September 22, 2011 to your school orchestra director or mail to:

**Troy Athens High School Orchestra
Attn: Geoff Benes
4333 John R Rd.
Troy, MI 48085**

Office use only

Date received ____/____/____

Check # _____

Cash _____



Family Day

The more often teenagers eat dinner with their families, the less likely they are to smoke, drink or use illegal drugs.

That's the reason the National Center on Addiction and Substance Abuse (CASA) at Columbia University conceived **Family Day**

A Day to Eat Dinner with Your Children, now in its tenth year.

The Troy Community Coalition and local merchants invite you to celebrate Family Day 2011 in Troy on Monday, September 26!

Bring this flyer to participating locations for these exciting offers!

One discount per family, per visit.



Bangkok Bistro

Specializing in Traditional Thai Cuisine Dine in only

\$5 off any FOOD purchase over \$25, only on Family Day – September 26, 2011.

Papa Romano's Pizza: 3065 and 5399 Crooks Road

Discount offer valid for one week: 4 p.m.-7 p.m. 9/23-30/2011

\$5 off any FOOD purchase over \$25, only on Family Day – September 26, 2011.

at Bangkok Bistro: 1941 W. Maple Rd.

Dine In Only at Bangkok Bistro

Discount offer valid: 4 p.m.-7 p.m. on 9/26/11



\$5 off any FOOD purchase over \$25,

Offer valid any time Friday, September 23 thru Family Day – September 26, 2011
at all area Hollywood Markets.



\$5 off any FOOD purchase over \$25,
Offer valid anytime Friday, September 23 thru Family Day – September 26, 2011
at Nino Salvaggio's International Marketplace,
6835 Rochester Rd in Troy



\$5 off any FOOD purchase over \$15,
Offer valid for two weeks! Any time Friday, September 23 thru Oct. 7, 2011
at Noodles & Company,
3119 Crooks Rd. in Troy

Parental involvement is the single most effective tool in preventing substance use and abuse among youth!

For more information call the Troy Community Coalition at 248-823-5088 www.troycoalition.com

