



# the Mustang News

Wade Thomas School | 150 Ross Avenue, San Anselmo, CA 94960 | (415) 454-4603 | [www.rossvalleyschools.org/wadethomas](http://www.rossvalleyschools.org/wadethomas)

## Important Dates

- Aug 19 **Conference Schedule**  
–Sep 13 for Kindergarten,  
8:30 am – 12:00 pm
- Sep 2 **Labor Day**, no school
- Sep 4 **Walk/Roll Wednesday**  
Event w/Welcome Table
- Sep 4 **All Grades Morning**  
**Assembly**
- Sep 5 **School Site Council**,  
WT Library, 3:15pm
- Sep 5 **No Bully Parent &**  
**Guardian Workshop**,  
WT Library, 5:30-7pm
- Sep 9 **WTPA Meeting**,  
WT Library, 7pm
- Sep 27 **Science, Field, and**  
**Fun Day**
- Sep 30 **5th Grade Walker**  
–Oct 4 **Creek**

## A Note from the School Nurse:

**Welcome to a new school year!**

During the year I will be **screening all students in kindergarten, 2nd grade and 5th grade for vision and hearing** and all 1st grade boys for color vision. These screenings are mandated by the state. In addition, I will screen students in special education, new students and students by teacher or parent request. I will notify parents if further evaluation is needed.

**If your child requires any medication during the school day**, an authorization to administer medication form must be completed and signed by both the health care provider and the parent. This applies to both prescription medications and over the counter medications. The medicine must be in the original container and must be clearly labeled with the student's name. You can pick up the

authorization form at the school office or download it off the district website [www.rossvalleyschools.org](http://www.rossvalleyschools.org).

**If your child takes daily medication(s) for a chronic health problem**, we encourage you to provide the school with a 72 hour supply of the medication(s) to be kept in the school office in case of a disaster. 72 hour medication authorization forms are also available in the school office. This form must be completed and signed by both the parent and health care provider. The medicine(s) must be in the original container and clearly labeled with the student's name.

If you have any questions or concerns, please call me.

Laurel Yrun, RN, School Nurse  
Voice mail: 451-4078  
[laurel@rossvalleyschools.org](mailto:laurel@rossvalleyschools.org)

## Space Available at San Anselmo After School!

**It's that time of year again, back to school! The San Anselmo After School is here to help!**

There is space available in the San Anselmo After School Program for both before- and after-school care. Your child can make friends, play sports and games, get their homework done, or engage their creativity.

The San Anselmo After School offers several different scheduling options. Your child can have a set schedule, or for more flexible scheduling, you can purchase one

of our two Drop-off cards. Please stop by to check out our program in action and ask questions, or call our office to sign up. We look forward to meeting you and your child!

**San Anselmo After School**  
(415) 456-4699 After School Program  
(415) 453-3181 Office

*We are a fully licensed facility located on site in the Multi-Purpose Room at Wade Thomas School.*

## Emergency Hotline (415) 721-4751

The Mustang News is published every other week on Fridays. Please submit newsletter articles by Wednesday the week of publication (two days prior), 3pm to [marlana@rossvalleyschools.org](mailto:marlana@rossvalleyschools.org). All submissions will be approved by the Ross Valley School District office prior to inclusion.



## Hello Ross Valley Families,

**Welcome back! I hope you all had a fun, restful summer.**

We were able to get a jump on menu planning this year. You'll find attached to this newsletter are the first three months of menus. Choice Lunch has added several new items; **Egg Salad Sandwich, Broccoli Cheddar Soup and crackers, Authentic Cheese Pupusa, Sweet Corn Tamale with Pinto Beans, Veggie Egg Rolls and Yogurt & Muffin Combo.** They are also doing their best to help preserve our environment by introducing new food containers. Please read description below.

**All meals are ordered online** at <http://www.choicelunch.com/> or on your mobile app using registration code **Ross**. Meals can now be ordered same day by 6am and cancelled same day by 9am for credit (great on sick days!).

**Questions?** Contact Lisa Sabia at 451-4074 or via email: [food@rossvalleyschools.org](mailto:food@rossvalleyschools.org).



**Follow Kim Kern on Twitter!**

Our principal, Kim Kern, will be sending out for real-time reminders, updates, info, links to pics & videos, news, and other surprise tidbits on twitter. Follow her here: [@wade\\_principal](https://twitter.com/wade_principal).

## School Lunch Program News

**Choice Lunch is happy to introduce a brand new container for our hot entrees!**

Made from the humble potato, this TaterWare package is so ingenious and so ground-breaking, big packaging companies drool when they see the design. They are jealous, but we designed it just for you! (And this was no small feat—it took almost three years to finally perfect!)

**What makes this new-fangled package so awesome?**

- The entire container is **made from GMO-free potatoes**, a renewable resource.
- With a lid, there is **no plastic film-seal required**.
- Parents told us they wanted a container that is **re-sealable**, like a takeout box. This is it!
- **Kids can take home leftovers**, if there are any. (While we don't use microwaves in our kitchens, the container is microwave-safe!)
- It **retains heat and moisture beautifully**, so the lunches we prepare in our kitchens remain fresh and of the quality you expect.
- It is **effortless for little fingers to open** and the 'locking tabs' make it easy to know when it is secured shut.

**You may have noticed a shift in our packaging last year, too.** We look for two things when we evaluate containers used for our lunches: performance and sustainability. Does the container retain the flavor, aroma, temperature, and visual appeal of our food? Is the container made from sustainable (i.e. recyclable or renewable) materials, and will it help reduce waste and be as environmentally friendly



as possible? **The answers have to be: Yes, ma'am!**

Last year, for example, we made 3 million lunches. 400,000 of them required less moisture retention, and were placed in a different, compostable container made from 100% paper (e.g. chicken tenders).

We improved another 500,000 lunches by switching items like burritos to foil, further reducing the overall waste volume of our lunches by a considerable amount by using just a single sheet of 100% recyclable aluminum.

That means in the 2012/13 school year alone, we transitioned almost 1/3 of our meals to alternative packaging to intentionally reduce waste and optimize the quality of our food!

**We've worked long and hard to perfect our latest container**, and know you will be pleased with the improvements you will see in both food quality and overall design as a result. Thank you, as ever, for your role in working with us and helping improve school lunch for everyone!