

PAS WEEKLY

pennalexander.philasd.org

| Ms. Wapner, Principal

| 215-400-7760

Upcoming Events:

Girls Volleyball @ Greenfield
Monday, October 7

Yom Kippur, School Closed
Wednesday, October 9

Girls Volleyball vs. Southward
Thurs., Oct. 10 (Home Game)

**English Learning Parents
Chat & Chew**
Wednesday, Oct. 16, 8:30am

Fall Festival
Thursday, October 17, 4-6pm

Interim Reports (Grades 4-8)
Monday, October 21

School Advisory Council (SAC)
Monday, Oct. 21, 3:45-4:45pm

Kindergarten Literacy Night
Tuesday, Oct. 22, 6-7:30pm

Pumpkin Patch Party
Friday, Oct. 25, 4:30-7:30pm

Winter Coat Drive Ends
Friday, October 25

Harvest Food Drive Begins
Monday, October 28

Girls Volleyball vs. Sherwood
Wed., Oct. 30 (Home Game)



Kindergarten Parents/Guardians - Please join us for a special back to school Literacy Night on how to support your child's academic growth. The meeting is Tuesday, October 22, 6-7:30pm in the atrium.



Our annual **Fall Festival** is **Thursday, October 17, 4-6PM**. We are in need of volunteers for set-up, clean-up, and to support the dozens of games and stations. In addition, we need delicious nut-free baked goods to be donated. Please check out fliers in this week's pony & sign up in Membership Toolkit.



Join us for book discussions on How We Fight White Supremacy by Akiba Solomon & Kenrya Rankin &/or Just Mercy, Adapted for Young Adults by Bryan Stevenson. See the enclosed flier for details.



New uniform-approved gear! Check out the expanded options - shorts, hats, full and fitted shirts, jackets & more! See flier for details!



دردش و تحدث

New Resource for NonEnglish Speaking Parents

非英语家庭的新资源

موارد جديدة للاباء و الامهات الغير ناطقين باللغة الانكليزية

Chat & Chew in Arabic, Bengali or Chinese with PAS Bilingual Counseling Assistants Radwan Mahmoud, Abu Rahman, and Chengyi Wen

家长聊天活动时，会有双语中文辅导员协助

تحدث و دردش بالعربية و البنغالية و الصينية مع المساعدين الاستشاريين الذين يجيدون التحدث باللغتين الانكليزية و اللغات المذكورة أعلاه وهم رضوان محمود (العربية) ، ماني (البنغالية) ، تشنغ وين (الصينية) .

--Learn about free resources to help your child --Enjoy light refreshments --Socialize with other parents	يمكنكم التعرف على الموارد المجانية لمساعدة أطفالكم استمتعوا بالحلويات الخفيفة استمتعوا بالتحدث وربط صداقات مع الاباء و الامهات الاخرين	快来参加！发现帮助孩子 免费资讯！ 提供饮料 与其他家长建立联络	
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Wednesday, 8:30am, PAS Library

周三，早上8:30，学校图书馆

تواريخ هذه اللقاءات: أيام الاربعاء الساعة 8:30 صباحا وفق

October 16	اكتوبر \ تشرين الاول 16	10月 16日	
November 20	نوفمبر \ تشرين الثاني 20	11月 20日	
December 18	ديسمبر \ كانون الاول 18	12月 18日	
January 15	يناير \ كانون الثاني 15	1月 15日	
February 19	فبراير \ شباط 19	2月 19日	
March 18	مارس \ اذار 18	3月 18日	
April 15	ابريل \ نيسان 15	4月 15日	
May 20	مايو \ ايار 20	5月 20日	



PENN ALEXANDER

PAS GEAR STORE

ONLINE STORE IS **NOW OPEN**



FEATURING GREAT PRODUCTS FROM:



3 EASY WAYS TO ORDER:



ORDER ONLINE at pennalexanderschool.org or at squadlocker.com
Hoodies, Zip Sweatshirts and Blue Block Light Blue Tshirts available at school.
Use Office Order form or send in payment with your child.

ORDER YOUR GEAR: <https://teamlocker.squadlocker.com/#/lockers/pas-gear-store>

PAS Fall Festival Tickets

Don't Miss Out - Get Your Tickets Today!



**Two Hours of Carnival Games, Arts & Crafts,
Face-Painting, Balloon Animals, Obstacle Courses,
Food, Baked Goods**

October 17, 2019, 4:00-6:00pm @ PAS

Tickets are 25 cents apiece (a bundle of 40 tickets is \$10)**

****For each advance purchase of 40 tickets (\$10), you receive 10 free tickets!**

You can order tickets or buy them at the festival – free tix if you prepay!!

----Please return this form with your payment by October 11----

(pay by cash, check or credit card)

Student's name _____ Student's teacher/room# _____

_____ at 25 cents per ticket/4 for \$1.00..... \$ _____

_____ bundles of tickets at \$10 for 40 tickets..... \$ _____

Total amount enclosed \$ _____

Name on credit card (Visa/Mastercard only) _____

Card # _____ Sec. Code _____ Exp Date _____

Address _____ Zip _____

I give permission for the PAS HSA to charge my credit card for the total amount listed above.

Signature of card holder _____

Tickets will be delivered to your child's classroom **the day of the festival.**

ALL K-4 STUDENTS MUST BE ACCOMPANIED BY AN ADULT



PAS FALL FESTIVAL

Thursday, October 17, 4:00 – 6:00pm

I can help by donating the following (check all that apply):

☐ Baked goods – NO NUTS
(please list ingredients)

☐ Paper products
(plates, napkins, baggies)

☐ Case of Juice Boxes

☐ Case of small waters

I can **contribute** _____ to help pay for prizes, hot dogs and other goodies for the Fall Festival (please enclose cash or check payable to HSA).

***Please deliver your baked goods on the morning of the festival.
Please deliver other donations to the Main Office by October 11.***

Parent Name _____

Student's Name and Teacher/Room # _____

Email _____ Phone _____

(we'll email you a reminder!)

Thank You!

Penn Alexander School Gear Order Form – Summer / Fall 2019

Please attach cash or check made out to PAS HSA (or see below if paying by credit card; *cash/check preferred*.) Orders will be delivered to the main office, then to the student's classroom to be taken home.

Student Name	
Teacher/Room #	
Parent Name	
Parent's contact info (phone or email)	

PLEASE circle what Size you wish to order. (Y = Youth; A = Adult)

Item	Color	Lettering Style	Size	Quantity	Total Price of Item
Short Sleeve T-Shirt	Light blue	Block	YXS YS YM YL YXL AS AM AL AXL		X \$12 = ____
Long Sleeve T-Shirt	Light blue	Block	YXS YS YM YL YXL AS AM AL AXL		X \$15 = ____
Hoodie (pullover)			YS YM YL YXL AS AM AL AXL		X \$25 = ____
Zipper Hoodie			YS YM YL YXL AS AM AL AXL		X \$25 = ____

Total Price of Order = _____

Check one or fill out credit card info: Check _____ Cash _____

Name on credit card: _____ (Visa / MasterCard only)

Card number: _____ Sec code: _____ Exp. date: _____

Address: _____ Zip: _____

I give permission for the PAS HSA to charge my credit card for the total amount listed above.

Signature of card holder: _____



PAS FALL FESTIVAL

Children's Books Needed

Do you have children or young adult books that
your children no longer read?

Send them today!

The Penn Alexander Equity Circle invites you

AROUND^{the} TABLE

For the past three summers, the PAS Equity Circle has invited parents and caregivers to read selected books that deepen our commitment to Equity, in particular racial justice, in our school community, and beyond. In continuing the work that was coordinated by the Equity Circle last year, and building off selected summer readings, you are invited to participate in our Around the Table initiative. This initiative will connect members of our community over potluck meals, hosted by PAS families in homes and at PAS, to discuss these texts and explore connections as we work towards building a stronger, more inclusive, welcoming, and equitable community. **Having read the books is not required for participation in the potluck, only an interest in the conversation and in building a healthy and safe community for all. For those who would like to read a copy of the book, please stop by the office to check one out.** Middle school students are invited to join their families for these potlucks as well.

Please complete and return the form attached or sign-up using the link below if you are interested in joining.



<https://tinyurl.com/PASAroundTheTable>

The first book is How We Fight White Supremacy by Akiba Solomon & Kenrya Rankin. In this book, leading organizers, artists, journalists, comedians, and filmmakers offer wisdom on how they fight White supremacy.

The second, Just Mercy, Adapted for Young Adults by Bryan Stevenson, is an extraordinary narrative of criminal justice, blackness, and race in America, adapted for young adults.

The Penn Alexander Equity Circle shares values, stories, and truths, taking concrete action to build a strong, inclusive community that welcomes and supports all families, all religions, all gender and sexual identities, all abilities, and all cultural and economic backgrounds.

Penn Alexander Equity Circle Sign-Up

AROUND^{the} TABLE



Name _____ Child(ren)/Teacher _____

Email _____ Phone _____

Please check off all that apply:

- ☐ I would be interested in hosting a potluck book discussion at my home.
- ☐ I would be interested in hosting a potluck book discussion at PAS.
- ☐ I have read some or all of one or both books, and am interested in joining a potluck dinner this October or November.
- ☐ I plan on reading parts of one of the texts in the next few weeks, and would be interested in joining this potluck in October or November.
- ☐ I have not had the opportunity to read the selected texts, but would like to join the Potluck dinner. Please send me more information on the texts.
- ☐ I am not available to join the Around the Table potluck discussion, but please keep me in mind for future Equity Circle events.

Comments:



October 2019

School District of Philadelphia
Full Service K-8 Lunch Menu



	DAILY LUNCH OFFERINGS				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
The Grill	Chicken Patty Sandwich	Hot Dog on WW Bun	Meatball Sandwich	Classic Cheeseburger w/ Lettuce & Tomato	Spicy Chicken Sandwich
The Deli	Cheese Hoagie with Lettuce & Tomato (V)	Chicken Ranch Wrap	Turkey & Cheese Hoagie	Buffalo Chicken Wrap	Italian Hoagie
Fresh Express	Chicken Caesar Salad w/ Garlic Breadstick	 Chicken Taco Salad	Chef Salad w/ Turkey & Garlic Breadstick	Chicken Caesar Salad w/ Garlic Breadstick	Chef Salad w/ Turkey & Garlic Breadstick
	LUNCH MENU				
	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4
Featured Entrée	 Rosh Hashanah Schools & Administrative Offices Closed	Chicken Nuggets(5)	French Bread Pizza (V)	 Roasted Chicken w/ Korean BBQ Sauce & Brown Rice	Fish Sticks(4) w/ Tartar Sauce
CHOOSE 1-4		Baked Beans	Vegetable Fruit Juice	Broccoli Cuts	Savory Sweet Potato Fries
		Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Baby Carrots w/ Low Fat Dip	Sliced Peppers w/ Low Fat Dip
		Applesauce	Pineapple Tidbits	Peach Slices	Craisins
		Fresh Banana	Fresh Pear	Fresh Grapes	Fresh Orange
		Milk	Milk	Milk	Milk
	MONDAY 10/7	TUESDAY 10/8	WEDNESDAY 10/9	THURSDAY 10/10	FRIDAY 10/11
Featured Entrée	French Bread Pizza (V)	Chicken Cheesesteak	 Yom Kippur Schools & Administrative Offices Closed	Chicken Tenders(3) w/ Mini Waffles & Syrup 	Turkey Taco Bowl w/ WW Tortilla Rounds
CHOOSE 1-4	Broccoli Cuts	Baked Beans		Curly Fries	Savory Corn
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip		Baby Carrots w/ Low Fat Dip	Sliced Peppers w/ Low Fat Dip
	Blended Fruit Juice	Diced Pears		Orange Juice	Applesauce
	Fresh Local Apple 	Fresh Banana		Fresh Grapes	Fresh Orange
	Milk	Milk		Milk	Milk
	MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16	THURSDAY 10/17	FRIDAY 10/18
Featured Entrée 	 Cheesy Bean Dip w/ WW Tortilla Rounds	Sloppy Joe Sandwich	French Toast Sticks(2) w/ Turkey Sausage Links(2) & Syrup	Crispy Orange Chicken w/ Brown Rice	Cheese Pizza (V)
CHOOSE 1-4	Salsa Cup	Baked Beans	Potato Rounds	Garlic Green Beans	Italian Vegetable Blend
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Celery Sticks w/ Low Fat Dip	Sliced Peppers w/ Low Fat Dip
	Craisins	Applesauce	Frozen Fruit Juice Cup	Peach Slices	Diced Pears
	Fresh Local Apple 	Fresh Banana	Fresh Pear	Fresh Grapes	Fresh Orange
	Milk	Milk	Milk	Milk	Milk
	MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25
Featured Entrée	Grilled Cheese (V)	Chicken Nuggets(5)	French Bread Pizza (V)	Roasted Chicken Leg w/ Apple Pretzel	Fish Sticks(4) w/ Tartar Sauce
CHOOSE 1-4	Garlic Green Beans	Baked Beans	Vegetable Fruit Juice	Local Bibb Salad 	 Savory Sweet Potato Fries
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Baked Potato	Baby Carrots w/ Low Fat Dip
	Blended Fruit Juice	Applesauce	Pineapple Tidbits	Fresh Local Apple 	Craisins
	Fresh Grapes	Fresh Banana	Fresh Pear		Fresh Orange
	Milk	Milk	Milk	Milk	Milk
	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1
Featured Entrée	French Bread Pizza (V)	Chicken Cheesesteak	Beefy Mac & Cheese w/ Breadstick	Chicken Tenders(3) w/ Mini Waffles & Syrup 	Turkey Taco Bowl w/ WW Tortilla Rounds
CHOOSE 1-4	Broccoli Cuts	Baked Beans	Italian Vegetable Blend	Curly Fries	Savory Corn
	Cucumber Coins w/ Low Fat Dip	Baby Carrots w/ Low Fat Dip	Garden Salad w/ Dressing	Baby Carrots w/ Low Fat Dip	Sliced Peppers w/ Low Fat Dip
	Blended Fruit Juice	Diced Pears	Strawberry Cup	Orange Juice	Applesauce
	Fresh Local Apple 	Fresh Banana	Fresh Pear	Fresh Grapes	Fresh Orange
				 Holiday Cookie	
	Milk	Milk	Milk	Milk	Milk



October 2019

Meat Products do not contain Pork

DAILY BREAKFAST OFFERINGS					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHOOSE 1	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers	Smoothie w/ Graham Crackers
	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers	Variety of Cereal w/ Graham Crackers
BREAKFAST MENU					
	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4
CHOOSE 1	 Rosh Hashanah Schools & Administrative Offices Closed	 Blueberry Cinnamon Twist	Pancake Bites(6)	Sausage & Cheese on Biscuit	Waffles(2) & Syrup
		Yogurt Parfait w/ Granola	Muffin Day!	Yogurt Parfait w/ Granola	Nutrigrain Bar w/ String Cheese
CHOOSE 1		Orange Juice	Grape Juice	Apple Juice	Blended Fruit Juice
		Fresh Pear	 Fresh Local Apple	Fresh Banana	Fresh Grapes
		Milk	Milk	Milk	Milk
	MONDAY 10/7	TUESDAY 10/8	WEDNESDAY 10/9	THURSDAY 10/10	FRIDAY 10/11
CHOOSE 1	Mini Waffles	Sausage, Egg & Cheese on a Croissant	 Yom Kippur Schools & Administrative Offices Closed	Cinnamon Bun	Pancakes (2) & Syrup
	Bagel and Cream Cheese	Yogurt Parfait w/ Granola		Yogurt Parfait w/ Granola	Zee Zee Bar w/ String Cheese
CHOOSE 1	Pineapple Juice	Orange Juice		Apple Juice	Blended Fruit Juice
	Fresh Orange	Fresh Pear		Fresh Banana	Fresh Grapes
	Milk	Milk		Milk	Milk
	MONDAY 10/14	TUESDAY 10/15	WEDNESDAY 10/16	THURSDAY 10/17	FRIDAY 10/18
CHOOSE 1	Confetti Pancakes	 Blueberry Cinnamon Twist	Pancake Bites(6)	Sausage & Cheese on Biscuit	Waffles(2) & Syrup
	Rebel Crumbles	Yogurt Parfait w/ Granola	Muffin Day!	Yogurt Parfait w/ Granola	Nutrigrain Bar w/ String Cheese
CHOOSE 1	Pineapple Juice	Orange Juice	Grape Juice	Apple Juice	Blended Fruit Juice
	Fresh Orange	Fresh Pear	Fresh Local Apple 	Fresh Banana	Fresh Grapes
	Milk	Milk	Milk	Milk	Milk
	MONDAY 10/21	TUESDAY 10/22	WEDNESDAY 10/23	THURSDAY 10/24	FRIDAY 10/25
CHOOSE 1	Mini Waffles	Sausage, Egg & Cheese on a Croissant	Mini French Toast	Cinnamon Bun	Pancakes (2) & Syrup
	Bagel and Cream Cheese	Yogurt Parfait w/ Granola	Crunchmania	Yogurt Parfait w/ Granola	Zee Zee Bar w/ String Cheese
CHOOSE 1	Pineapple Juice	Orange Juice	Grape Juice	Apple Juice	Blended Fruit Juice
	Fresh Orange	Fresh Pear	 Fresh Local Apple	Fresh Banana	Fresh Grapes
	Milk	Milk	Milk	Milk	Milk
	MONDAY 10/28	TUESDAY 10/29	WEDNESDAY 10/30	THURSDAY 10/31	FRIDAY 11/1
CHOOSE 1	Confetti Pancakes	 Blueberry Cinnamon Twist	Pancake Bites(6)	Sausage & Cheese on Biscuit	Waffles(2) & Syrup
	Rebel Crumbles	Yogurt Parfait w/ Granola	Muffin Day!	Yogurt Parfait w/ Granola	Nutrigrain Bar w/ String Cheese
CHOOSE 1	Pineapple Juice	Orange Juice	Grape Juice	Apple Juice	Blended Fruit Juice
	Fresh Orange	Fresh Pear	Fresh Local Apple 	Fresh Banana	Fresh Grapes
	Milk	Milk	Milk	Milk	Milk



PHILLY FOODWORKS

YOUR ONLINE FARMERS MARKET

Convenient. Healthy. Supporting Local Growers.

Did you know Penn Alexander serves as a pick-up site for Philly Foodworks?

Philly Foodworks' online farmers market offers the largest selection of local food in our area. You can shop online and pick-up your food right here at PAS.

Sign-up at phillyfoodworks.com, select Penn Alexander as your pick-up location, and enter PAS when creating your free account to receive \$15.00 off your first order.

Convenient ordering allows you to order until 10 am on Tuesday for pickup on Wednesdays from 3 - 5:30pm at PAS.

Penn Alexander is proud to support our local farmers and make eating delicious nutrient rich food easy for our parents!

