

ICS MONTHLY

Name our Newsletter!
See Page 12

A monthly newsletter for families at Independence Charter School

April 2008 Issue

Banking Experience

All of us: moms, dads, kids make choices and decisions based on what we know. These “experience banks” are filled with memories that give us information and that help us determine the best choice. Sometimes it is too much information, sometimes too little. The more we know, the more information we have in our “banks” the clearer the decision when a choice has to be made. As adults, you do this all the time regarding weather: umbrella weather, better grab a hat today...try to convince a teenager of that!

Kids come with less information in their “banks” just because their experiences have been fewer. In addition, kids are very dependent on the adults in their lives to provide opportunities for experience. Think about how you as a parent control the information your child has access to—how much and what kind of TV will the kids watch? Who are your child’s friends? How much supervised and unsupervised time will you allow based on your child’s age? How does a 7 year old get to see dinosaur bones—what is the difference if they see this over TV or if they see them in a museum? As a parent you sense that if you place no controls—those “experience banks” may be flooded by information that may influence decisions kids make in the future...Drugs, alcohol, popular media...Surround your kids with examples of heroes...

At ICS, we strive to help fill those “experience banks” with memories that help to build better choices now and in the future. ICS kids will have experiences from 4th grade Claymobile projects to 7th and 8th grade Wetlands science experiments in the field in Stone Harbor, New Jersey. Whether it is our Health Partner “crochet ladies” or our Big Brother and Big Sister volunteers who help to create positive adult memories, these are strategic efforts on our part to help kids prepare for life. We work on so many memories: from positive experiences that build a love for books and reading to team work in math to an appreciation for diversity in languages and culture, all of these opportunities come to your children at ICS.

As a fellow parent, I invite you to think about, plan for, and contribute to the “experience banks” that your children have. You don’t need a lot of money to do that: talk to your kids about current events, problem solve your family budget “out loud”, expand their every day experience by taking a mini-hike along the Schuylkill or bake a cake from scratch together. Taking time with your kids *now* will allow them to bank on their experience when they really need it.

Many thanks to...

Our ICS family that responded to the Winter fundraising appeal. We raised almost \$ 19,000 from 60 donors. These VERY generous families have contributed in a big way to *all* of our children. Thanks to these donors, we continue to support ICS students by helping us purchase new calculators for the middle school, and for replacing some old computers for new ones.

Many thanks go out to...

The United Benevolent Association for awarding ICS \$ 2000 for our general operating fund. Their generous contribution has helped to fund the Study Island online resource that has helped ICS students prepare for the PSSA and Ter-

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-Pr. Jurate

I.C.S. BULLETIN BOARD

A committee is meeting to review the behavioral mission and vision at ICS. The committee will be putting together a parent questionnaire which will be sent home in your student's book bag in mid-April. PLEASE take the time to fill out the questionnaire.

We are always looking for ways to improve our program and need 100% parent participation to best serve the needs of all ICS students!!

THANKS!! THANKS!! THANKS!!

A BIG THANKS to all of the parents who volunteered for the K-4 school store. We couldn't do it without you and the kids can't wait to see you on the last Tuesday of every month!! If you are interested in helping with the school store, or in making donations to the school store, please write a note to Dean Andrea or email her @ andrea@independencecharter.org.

Yearbook, -The 07'-08' yearbook deadlines are quickly approaching! All **ads and tributes** are due in by Friday, April 4th 2008. -Yearbook orders of \$16 are due in by Friday, April 25th 2008. -The yearbooks will be distributed to students during the second week of June. -Yearbook signing day TBA.



New Arrivals @ ICS

Congratulations to Tr. Allison on her new baby girl- Noemi Wanaselja, born on Saturday, March 22nd!

Congratulations to Maestro Luis on his new baby girl- Kala Elena Ramji-Nogales, born on Friday, March 28th !



From the 5th grade: Thanks to everyone who bought cheesecakes. We hope you enjoyed them. Your purchase is helping us raise funds for the 5th grade camping trip.

What are your plans for next year?

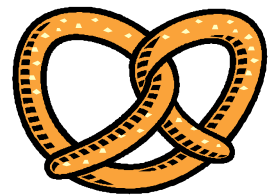
This is the time of year that we start planning for our classes for next year, so we ask that you contact us as soon as possible if your family is planning on moving out of Pennsylvania or out of the Philadelphia area, or if your child will be transferring to a magnet school, or if your child will definitely be transferring out of ICS for any other reason. Please remember that even if you move out of Philadelphia, your child is still eligible to attend ICS, as long as you are still living in the Commonwealth of Pennsylvania. As much as we hate to see families leave, knowing about these transfers in advance helps us with our planning process.

Please contact Megan Steelman at megans@independencecharter.org or 215-238-8000 x2292 regarding this.

Spring Book Fair- Book fair dates Monday April 21st - Friday April 25th. Book fair volunteers will be needed for these dates, please contact Tr. Tracey @ the front desk if you are interested in volunteering.

Pretzel Fridays

Pretzel Fridays are a way for each classroom to earn \$75. Every Friday a different class is assigned to work pretzel day by collecting money, sorting orders and delivering, earning their class \$75. We need at least one adult volunteer to oversee this operation every Friday morning from about 8:45 - 10am. Please call or email me if you are able to come in and help out during that time.



Happy Spring! The kindergarteners at ICS are reading and writing every day! In math we are finishing up our unit on geometric shapes and have begun working on addition and subtraction readiness. In social studies, we have just finished our China country study and are excited about introducing our next country study of Mexico. We have a few trips planned in the upcoming months. Parents please continue to check folders everyday as many announcements will be coming home in the near future.



SAVE THE DATE: Kindergarten Graduation—Tuesday, June 17th @ 10am.

Kindergarten



March has been a wonderful (although short!) month in the first grade. We are completing our social studies unit on the Dominican Republic. We have learned about the Dominican Republic flag, climate, merengue music, and even tasted some plantains! This month we are excited to begin learning about our next country France! We also look forward to our upcoming field trip to the Philadelphia Zoo this April.

Grade 1

The 2nd graders at ICS have been very busy this month! We're very excited to move on to our second country study of the year – CHILE! It's an interesting country to study, but it's especially interesting because one of our 2nd grader teachers, Maestra Andrea, is from Chile! ¡Fantástico! Aside from all the wonderful math we've been working on, we're also learning about paragraph writing using a hamburger as our model. If you don't know what that means, ask a second grader! Don't forget, we have TerraNova testing coming up during the weeks of April 14-25th. You can help by making sure your 2nd grader is eating healthy foods and getting plenty of sleep.



Grade 2

The ICS third graders have been working hard this past month! We wrapped up our study of Russia by learning about the elements of Russian architecture and created our own two or three dimensional onion domes. We also carried our Baba Yaga tales through the writing process and are proud of our final products. In math, we explored measurement and reviewed previously learned concepts. We're becoming experts at making change.

We kicked off our new Kenya study by heading to the Philadelphia Zoo. At the zoo, we gathered information about African animals, which will help us with our upcoming research project. Asante Sana (which means *thank you very much* in Swahili) to the many parents and guardians who joined us. Stay tuned next month to hear about our adventures in the African savannah...



Grade 3



The fourth graders worked amazingly last month, classes 226 and 227 were celebrating the Biography Project and all classes enjoyed visiting the Japanese exhibitions. April brings lots of adventures to the fourth graders. Children will be off in the adventure of discovering the wonderful history of one of the most exciting cultures of all times. They will be learning about mummies, pyramids, gods and goddesses, modern Egypt and its relation to the US through current events. They finished their study on Fantasy and they will be reading and writing realistic fiction. Also, they will have a huge responsibility in taking the PSSAs for which they have worked very hard. After that we will focus on resuming with long division.

Grade 4

The PSSAs are finally here! The fifth graders have been gearing up for their tests, and are relieved that they're finally here! Good luck, everyone! In Language Arts, our students are continuing to study different types of poetry, including Spoken Word. They will be putting together a poetry portfolio at the end of the unit. Meanwhile, in Social Studies, we are well into our unit on Greece. Among other activities, the students will participate in their own version of the Olympic Games, will write their own Greek myths, and will experiment with creating Grecian-style art! In science, students are working on ecosystems and biomes. They have just completed a unit on geometry in math, and are now working on fractions.



Grade 5

6th grade social studies students have started to investigate Buddhism and Hinduism through project-based learning. Students are starting to experiment making documentaries with Windows Moviemaker.



Grade 6



The 7th graders are very proud of their first trip to the National History Day competition and are excited for those students selected to continue on at the state level. In math students have begun studying linear equations. West Africa is the next area of study in social studies and they are studying environments in their science classes. They've also finished reading Othello and enjoyed their fieldtrip to see the performance. They are looking forward to more fun and exciting curriculum after finishing the PSSA's.

Grade 7

March proved an exciting month for the 8th graders. Not only did the students participate in National History by performing plays, making documentaries, writing papers, making displays, and creating websites, but many 8th graders took home top honors. 8th graders also expanded their artistic appreciation with a visit to the play Othello. Students were impressed by the amount of expression and feeling the actors depicted as well as the dramatic lighting and noise effects.



Grade 8

News from the P.T.A.



"Take Me Out to the Camden River Sharks Ballpark" in July or August.

Stay tuned for more information about ICS day at the Camden River Sharks ballpark with ICS friends & family.

April 2nd PTA Meeting: Special Speakers Forum

Join us for a special speakers forum co-sponsored by the PTA and the Culture of Giving Committee at ICS.

"PA's Funding for Public Education - What's Wrong, What Can We Do?"

Guest speakers: Baruch Kintisch, Staff Attorney, Education Law Center, and Alison Murawski, Communications Manager, Good Schools Pennsylvania In Philadelphia and across the commonwealth, whether our students attend charter schools or district schools, their education is impacted by a critical missing piece of Pennsylvania's public education system: A sound school funding formula.

For decades, theories, guesses and estimates have been put forth to determine what it takes to ensure that all students have access to a high quality education. But a recent "Costing-Out Study," a comprehensive audit of all 501 school districts, has changed that and we now have conclusive answers.

Come and learn more about the way our state funds public education and how we can advocate for improvements. This is an open forum so be sure and invite friends and neighbors that are interested in this topic.

Childcare will be available for \$2 per child and pizza dinner will be served promptly at 6:15.

2008/09 PTA Officer Nominations

If you're interested in running for PTA President, Vice President, Treasurer, Secretary, Membership Chair or Liaison to the Board of Directors, speak now or forever hold your peace (or at least until next years election). But seriously, contact the nominations committee below if you're interested. Or, if you're not sure what it's all about, but would like additional information (like what does the - name that position - really do and how much time is required), feel free to contact any of the officers for the real scoop. We promise, we won't sugarcoat it for you.

Nominations Committee:

Maura Hanlon mhanlon@altevatel.com

Kathryn Snyder kathrynsnyder@comcast.net

Melanie Rowland melfred@verizon.net

Scholastic Book Fair coming

Monday April 21st - Friday April 25th.

It's the perfect opportunity to get a head start on your children's summer reading program. And books make great birthday and graduation gifts. If you'd like to put your library skills to work by keeping the shelves stocked & neat and helping students select books, be sure and contact Tr. Tracey at the front desk or traceyh@independencecharter.org. More information to follow from the PTA and your child(ren's) teacher.



Silent Auction "Teacher Time" Donation Preview-

***Movie & popcorn with Dean Yerodin *Lunch at the park with Walter & Tr. Kristen L. *Brunch @ Morning Glory and you get to bring a friend with Tr. Emily *Oreo "The Guinea Pig" and a month's worth of pet supplies from Tr. Tienne *Phillies game with a friend, along with Tr.'s Amy L. & Kristen L. These "Teacher Time" donations and more will be auctioned off at the Silent Auction on Saturday May 3rd.**

Officers for the 2007/08 School Year:

Susan Burrows, co- President, sjeburrows@earthlink.net, or 215-805-2621 Nikki Butler, co- President, niks_space@yahoo.com, or 267-456-3603

Donna Devore, Secretary, dmd5611@yahoo.com Leslie Burton, Treasurer, lburton@independencecharter.org

Tracey Hill, co-Treasure & go-to gal. traceyh@independencecharter.org

Conswelia McCourt, Membership, ptamom@conswelia.com, or 215-681-9657 Cristina Veal, Board Liaison, cvea@closednetworks.com

Silent Auction & Party: Saturday May 3rd, 6-10pm

Only 33 days left (give or take a few depending on when you read the newsletter) to lock in your favorite sitter for Saturday evening, May 3rd. Time to put away the wools, the turtlenecks, the leggings and winter boots, and get out your brightly colored spring wear, peak-a-boo shoes and short-sleeved shirts. What better way to come out of hibernation than to join the PTA for the 6th Annual Silent Auction and party. The event benefits the PTAs Fine Arts Fund, which includes art, music and dance/movement. Thanks to your ever generous spirit each year, proceeds from the Silent Auction have supported art teachers' salaries, a keyboard for the music room, sound-proofing the dance room, the Clay Mobile for 4th graders, and artists in residence programs, to name a few. Most importantly, the students are given the opportunity to experience theatrical productions and musical concerts, attend dance programs and poetry readings, and visit art museums. While many schools cut back arts & humanities programs, we boast to increase them!



To that extent, we are raising our sights higher this spring. Over the last several years, the Silent Auction has consistently raised approximately \$16,000. This year, our goal is \$20,000! We've got new music and dance rooms, plus two art rooms instead of one next school year. The arts & humanities opportunities around Philadelphia are plentiful and we need to capitalize on those experiences for our students' sake.

Your help, support and contributions to this evening are paramount. But specifically, we want to see you there May 3rd – having fun and bidding, catching up with friends and bidding, enjoying food & drink and bidding, listening to music and bidding, laughing with teachers & staff, oh, and did we mention bidding? If you'd like to help, support and contribute before May 3rd, please fill out the "Call for Donations" form included in this newsletter.

In advance, we thank you for your dedication to the school, for supporting your children at school and at home and for contributing to the overall community that is ICS. No wonder the waiting list is 400+ strong.

Respectively,

The Silent Auction Committee

Dawn Ang, Leslie Burton, Susan Burrows, Nikki Butler, Michelle Coats, Donna Devore, Maureen DiStefano, Sabrina Fecher, Gia Guadagnino, Tracey Hill, Lynn Hunt, Jessica Jacquay, Stephanie Kindt, Maureen Long, Marcie Lichtman-Lentz, Conswelia McCourt, Tr. Mireya, Maria Palladino, Caren Seltzer-Devine, Megan Steelman, Cristina Vea, Maureen Wellner

"Call for Donations"

The PTA's 6th Annual Silent Auction and party is Saturday, May 3, 2008, from 6-10 PM

This event benefits the PTA's Arts Fund, which includes the arts, music and dance/movement programs.

Please complete and return this form to Tr. Tracey by April 25th

Name _____ Phone or email (best way to contact you): _____

I/we would like to contribute to the 6th annual silent auction by:

____ Sponsoring monetarily in the amount of \$ _____

(Checks payable to "PTA fine arts fund")

____ Donating Auction Item(s) _____ value _____

____ Donating Auction Item(s) _____ value _____

____ Donating food or beverage (circle one or more: Appetizers Dessert Beer Wine Soft drink)

____ Volunteering _____ Set-up Friday night, May 2nd from 6-9

____ Set-up Saturday, May 3rd from 12-5

____ Help out Auction night, such as bartend, sell drink tickets, sell raffle tickets for class baskets, registration, close-out, runner, floater (circle 1 or more)

____ Clean-up immediately following the event

____ Work with my child's classroom to create a work of art and/or themed basket

I want to help but am unsure how to start the process. Would a committee member please contact me for further information

____ Place a business card advertisement in the auction brochure for only \$20

____ other (please describe) _____

Questions? Contact anyone of the following: Susan Burrows (215-805-2621), or sjburrows@earthlink.net, Nikki Butler, niks_space@yahoo.com, Cristina Vea, cvea@closednetworks.com or Tracey Hill, traceyh@independencecharter.org

Donations may be brought to the front office at any time.

ICS Spelling Bee Winners!



Kindergarten
1st place Alina Kilcullen
2nd place Mary "Marin" Lamb



1st grade (Round 1)
1st place Luisa Fernandez
2nd place Ian Linn
3rd place Kristalrose Huynh



1st grade (Round 2)
1st place Luisa Fernandez
2nd place Benjamin Hamilton
3rd place Rose Weinbaum



2nd grade
1st place S'Rey Harvey
2nd place Benjamin Cook
3rd place Anthony Floyd



3rd grade
1st place Declan Murphy
2nd place Quadir Gibson
3rd place Apollonia Quiros



4th grade
1st place Marina Rivera
2nd place Kadija Koita
3rd place Ava Olsen

Dylan Long (gr. 5) and Courtney Simmons (grade 7) were winners of the official ICS(gr.5-8) spelling bee. Alternate was Bajaan French in gr. 8. Courtney and Dylan represented us very well at the regional Scripps spelling bee at the School District building on March 8th. Each were part of a cohort of 50 or so students from various private and public schools in the area. Thanks for being such impressive ambassadors for our school.

ICS National History Day Winners!

Please help us congratulate 7th & 8th graders who placed in the city-wide National History Day!

Documentaries-

1st Place—The Integration of Girard College

(Andrea Polite, Shanae Gee, Keena White, Kahleah Manigault, Tamira Murrell)

2nd Place— William Penn: A History of Treaty Making

(Surya Watkins, Mia Bennett, Zaakirah Riggins, Shara Walker)

Performance-

2nd Place—The Influenza Epidemic of 1918

(Michael Manson, Marcus Mabane, Joshua Martin-Corrales, Salim Simon, Vincent Myers)

3rd Place—The Underground Railroad

(Jasmin White, Ayana Anderson, Chelsea Rojas, Bajaan French, Sharde Holloway)

Websites-

1st—Enslaved Africans in the President's House

(LaShana James, Shaquanna Leak, Kareen Blackwell McGhee, Troy Cooke, Camisha Brown)

2nd—Conflict: Israel and Palestine

Catherine Mendel, Aysia Ali, Seth Parker-Neal

Exhibit

3rd Place —Plessy vs. Ferguson

(A'laisha Evans, Amirah McCall, Imani Richardson, Shawneece Gaskins)

A Message from the Board of Trustees

At its March meeting, the Board of Trustees passed two exciting resolutions; one regarding a long-range Middle School plan, and the other about a kitchen exhaust hood! It's easy to understand what's exciting about the Middle School plan; it includes many goals for our Middle School to reach over the next few years. The plan, which was overseen by the Middle School Task Force of the Curriculum Committee, is the result of many hours of work by committee members and volunteers. The plan draws from the best educational practices available and includes items such as planning more service learning projects, partnering to start more extracurricular activities, creating advisory teams of teachers and students to provide a support network for students, and much more. The full text will be available on our website by mid-April; in the meantime, you can request a copy by sending an e-mail to megans@independencecharter.org. You might wonder what's so special about an exhaust hood. The reason the exhaust hood is exciting is that it's part of our comprehensive plan for serving healthier food in the new building. The exhaust hood we voted to purchase will give ICS more flexibility in planning what kinds of food can be prepared and cooked at the school. We are currently awaiting the submission of several proposals from potential new food vendors, all of which propose to serve food far healthier and tastier than our current provider. Stay tuned for details on this welcome change!

The Development Committee of the board has been extremely busy, as usual. The committee has been working on three areas: Culture of Giving, the New Building and the Development Board. All three are crucial to the continued progress of ICS from a start-up charter school to a full-fledged and thriving part of Philadelphia's educational community. At the April meeting, the Board will hear more about the new Development Board, how members will be recruited and how it will function with the current Board of Trustees, which will continue to be the governing body of ICS.

Be sure to keep checking our website regularly for updates on the new school construction. As you've heard, we're hoping to start school by September 15th; however, that depends on our being able to get into the building by September 1st to prepare for the arrival of students. The Board anticipates setting the specific school start dates before May.

There are two seats on the Board of Trustees reserved for parents; one of those will become open this spring. Parent seats are filled by parents who are elected by the ICS parent body; more information about parent nominations and the election process will be available soon. In addition, several Community and/or Founders seat terms on the Board of Trustees will be expiring in June. I encourage all ICS parents to consider possible candidates (including yourself) to nominate for these positions. Parents wishing to suggest candidates for a Founder or Community seat on the Board of Trustees can email feedback@independencecharter.org

As always, ICS Board of Trustees meetings, which take place on the second Wednesday of each month at 7p.m., are open to the public; to sign up for the public comment period, you can send an e-mail to: feedback@independencecharter.org or call Megan Steelman at 215-238-8000 extension 2292. You are also welcome to submit written comments if you're unable to attend the meeting in person. Minutes from the meeting are available on the ICS website (www.independencecharter.org).

Rebecca Baehr,

On Behalf of the Board of Trustees

“Home Sweet Home”

*A Monthly Update on the progress of our new home at 16th & Lombard-
-Robin Kohles, Owner’s Representative*

Imagine standing on this work site building in 1908? You have the chance in 2008...

Wow! Lots of work happened last month! The classrooms in the existing building are starting to look complete—all except the finishes. Finishes include all of the finish coverings such as paint, flooring, window coverings, ceilings, etc. During the design phase of a project every finish is selected or "specified" along with a color. The colors that our design team have selected been arranged on a "finish board" which will be displayed in the school in April. Students, staff and parents will have the opportunity to comment on the colors. I think they are fresh and exciting, but we want to hear what you think.

Construction Update: The project is on schedule. On floors 1 to 3, installation of mechanical, plumbing, electrical and drywall is almost complete. Ceiling work and lighting is half way done. The last of the structural steel was installed, slabs were poured and all of the plumbing is complete in the "tower." Permanent power will be delivered to the site on April 1st. Elevator installation is scheduled for the 2nd week in April. Roof top mechanical equipment has been delivered and should be installed next month. Pass by the site sometime in late April and you will see a big jump in the exterior work as the enclosing of the addition begins or, better yet, come to the Hard Hat Walk Through on April 10th or 12th.



Please join us for a Hard Hat Tour of Independence Charter School’s new home- 1600 Lombard Street

Experience history in the making...

April 10th 4:30 for teachers/staff April 10th at 5:30 for parents

April 12th at 10:30 for everyone - neighbors/teachers/parents

April 12th at 11:30 for everyone - neighbors/teachers/parents

RSVP ICS Development Office 215.238.8000 X2500

***as the site is under construction we cannot allow children to participate;
many thanks for your understanding**



Crocheting in the Principals Office



Volunteers are precious!
 Our "crochet ladies" from Health Partners and Society Hill Pediatrics are volunteering during their lunches to teach Gr. 4 students how to crochet. Students are helping to make squares for a blanket to be donated to Project Linus.



ICS Community Relations Committee Update

The Community Relations committee is beginning to meet with businesses and organizations in the Durham building area to form partnerships. We are looking for parents who live or work in that area of the city to assist us as we identify potential partners. The committee is also taking on the tasks of obtaining school zone lights and a school crossing guard for our new location.

Community Relations encourages every ICS family to participate in Philadelphia's Clean-up Day on Saturday, April 5, 2008. Make sure to wear an ICS shirt with pride and contact the website for clean-up locations in your neighborhood www.phillycleanup.com.

If you are interested in helping us or joining the Community Relations Committee, please contact Kristin Nocco kristinnocco@yahoo.com or Monika Kreidie mmkrepidie@gmail.com. The committee meets on the last Thursday of every month at 8:45am.

Odyssey of the Mind 2008

Odyssey of the Mind is all about creative problem solving and teamwork. Team members of "The Eccentrics" and "Tee Structure" are currently fine tuning their long-term problem presentations in preparation for the State Tournament on Saturday, April 12th in beautiful Altoona, PA. Each team earned this opportunity by winning first place at the city level competition on Saturday, March 1st at Farrell School.

Tee Structure Team- Landis Hennessy, Ayanna Woods, Thayne Rivera, Danielle Hing, Alex Schafroth Doty, & Marina Rivera

The Eccentrics Team- Noah Hanlon, Langston Howley, Helen Kilmartin, Ava Olsen, Eva Fink, Roxanna Alvini, & Zuri Garvey-Stanford

Dino Stories Team- Hanna Dunakin, Nina Smith Anastasia Petropoulous, Jordan Meriweather, Harmony Peterson, & Kayin Banko'le




April Breakfast & Lunch Menu!

REVISED

School District of Philadelphia
Satellite Lunch Menu – April 2008



Monday	Tuesday	Wednesday	Thursday	Friday	
	1 Toasted Cheese Sandwich on Oat Bran Bread or Bagel Dog Pear Cup Apple Juice 1% Milk	2 Chicken Nuggets Potato Rounds BBQ Sauce Applesauce 1% Milk	3 Turkey Bologna-Pastrami & Cheese on a Bun or Toasted Ham & Cheese on White Bread Fresh Orange Grape Juice 1% Milk	4 Cheese Pizza or Beef Patty on a Bun and Fresh Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 564 Protein (g) 26 Calcium (mg) 472 Iron (mg) 2.7 Vitamin A (RE) 311 Vitamin C (g) 22 Sat Fat of Cal 12.5% Ttl Fat of Cal 30%
7 Mozzarella Nuggets Dipping Sauce Seasoned Corn 1% Milk	8 Chicken Parmesan or Spaghetti w/Meatsauce Peach Cup 1% Milk	9 Salisbury Steak Whipped Potatoes w/Gravy Seasoned Corn Pan Roll 1% Milk	10 Turkey Bologna-Salami & Cheese on a Torpedo Roll or Turkey Ham & Cheese on a Seeded Bun Fresh Apple Grape Juice 1% Milk	11 French Bread Pizza or Beef Patty on a Bun and Fresh Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 543 Protein (g) 28 Calcium (mg) 497 Iron (mg) 2.5 Vitamin A (RE) 337 Vitamin C (g) 17 Sat Fat of Cal 11.4% Ttl Fat of Cal
14 Penne Pasta w/Meatsauce or Taco Seasoned Beef Nacho Chips Applesauce 1% Milk	15 Chicken Nuggets w/Potato Rounds BBQ Sauce Peach Cup 1% Milk	16 Meatballs & Tomato Sauce or Hot Dog with Tator Tots Mixed Fruit Cup Hot Dog Bun 1% Milk	17 5" Round Pizza or Beef Patty on a Bun and Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	18 Turkey Bologna & Cheese on a Bun Fresh Pear Apple Juice 1% Milk	Calories 550 Protein (g) 26 Calcium (mg) 434 Iron (mg) 3.2 Vitamin A (RE) 427 Vitamin C (g) 16 Sat Fat of Cal 11.8% Ttl Fat of Cal 30%
21 Bagel Dog or Toasted Cheese Sandwich on Oat Bran Bread Mixed Fruit Cup Apple Juice 1% Milk	22 <div style="background-color: black; color: white; text-align: center; padding: 10px;"> Menu TBA </div>	23 Spaghetti w/Meatsauce or Chicken Parmesan Peach Cup 1% Milk	24 Turkey Ham & Cheese on a Seeded Bun or Turkey Bologna-Pastrami & Cheese on a Bun Fresh Orange Grape Juice 1% Milk	25 Cheese Pizza or Beef Patty on a Bun and Baby Carrots Ranch Dressing Blended Fruit Juice 1% Milk	Calories 546 Protein (g) 28 Calcium (mg) 505 Iron (mg) 2.8 Vitamin A (RE) 376 Vitamin C (g) 27 Sat Fat of Cal 11.8% Ttl Fat of Cal 27%
28 Hot Dog with Tator Tots or Meatballs & Tomato Sauce Applesauce Hot Dog Bun	29 Chicken Nuggets w/Potato Rounds BBQ Sauce Mixed Fruit Cup 1% Milk	30 Taco Seasoned Beef Nacho Chips or Penne Pasta w/Meatsauce Peach Cup 1% Milk	Menu items are subject to change based upon availability.		Calories 546 Protein (g) 24 Calcium (mg) 348 Iron (mg) 3.1 Vitamin A (RE) 214 Vitamin C (g) 8 Sat Fat of Cal 10.1% Ttl Fat of Cal 31.3%

Name Our Newsletter Contest!

We are looking for a creative name for our ICS Monthly newsletter. A group of teachers and staff will review the suggested names and choose a permanent name for our monthly publication starting next month. We encourage you to brainstorm and submit names with your children. The person who submits the chosen name will be highlighted in May's newsletter.

Please submit your suggestions to Tr. Michael @ michaelf@independencecharter.org.

ICS Monthly Next Publication-

May 1, 2008

Suggestions and/or comments about ICS Monthly's publication please contact

Tr. Michael-
michaelf@independencecha
