

Happy New Year!

FROM THE DESK OF MR. HESTER

The 2004-2005 school year seems to be passing very quickly. It was not long ago where everyone was still trying to remember what classes they were going to and where their lockers were. January 28, 2005 marks the mid point of the year. Be sure to contact your child's teacher if you have any questions about grades or other matters.

We have added another flag to our cafeteria rafters this week. As you may know we display flags of all countries that students are born in. Lebanon is our newest addition.

Thank you for all your donations- we had 123 jackets donated and 118 new toys donated to charity.

JANUARY EVENTS:

1/11 ODMS SIC meets at 3:30pm & ODMS PTSO Meeting 7p in the Media Center with Guest Speaker: **Ms. D. Fleming – topic: 8th Grade Class Day and Trip**; **1/13** Early Thursday; **1/19 8th gr.** Band Winter Concert @ SHS Auditorium 7:30p; **1/26 7th gr.** Band Winter Concert @ SHS Auditorium 7:30p & **Cookie Dough Fundraiser begins**; **1/28** Term 2 ends

In February: 2/2 6th gr. Band Winter Concert @ SHS Auditorium 7:30p; **2/8** ODMS SIC meets at 3:30pm & ODMS PTSO Meeting 7p in the Media Center with Guest Speaker Josh Gannon – topic: **"SAFE AND DRUG FREE SCHOOLS GRANT & PROJECT ALERT DIRECTOR DISCUSSION"** ; **2/10** Parent Teacher Conferences & Early Thursday

Scholastic BOOKFAIR on February 10th during conferences

ODMS - PTSO COOKIE DOUGH FUNDRAISER!

JANUARY 26th...with an amazing PRIZE PROGRAM and Any student selling at least **12 items** will have their name entered into a drawing for a **\$50.00 mall gift certificate**. One winner per grade.

I feel it is important for the parents of our students to know the Stoughton Public Schools lunch program has been ahead of the curve with regards to healthy choices for our students and staff.

In a year that has had much discussion on the topic of school lunches, we in the food service department have taken some positive steps to be a leader in healthy choices for your children.

All of the schools offer salads, low-fat milk, low-fat - low cholesterol desserts, fresh fruits, low carbohydrate wraps for sandwiches and oven baked items instead of fried foods.

At the Middle and High School, we have eliminated soda and have reduced the amount of French fries students may purchase. A student will receive one bag per order and no additional A-La Carte' servings.

We have removed the soda from our machines and replaced them with water, 10oz Milk (Strawberry, Chocolate, Vanilla and Coffee flavors), lower in sugar fruit drinks and sport drinks to help replace electrolytes in active students.

WE DO NOT SELL CANDY OR CARBONATED BEVERAGE OF ANY TYPE IN THE STOUGHTON PUBLIC SCHOOLS.

We offer salads and bagel lunches with yogurt, fruit and Milk, for those students who choose to avoid meat (beef) We also have garden salads with a variety of toppings made fresh each day. Examples of our salads are; chef, turkey, buffalo chicken, Chicken, tuna, grilled chicken breast and Caesar Salads.

The Middle and High school also have a Deli Station were students tell our staff what they want in their sandwich along with all the extras. It is just like being at home or going to a sandwich shop. The students choose the bread or roll they want plus their choice of Ham, turkey breast, smoked turkey, roast beef and other Italian cold cuts and a choice of fresh cut cheeses. They may also add Lettuce, tomato, pickles and finish off their sandwich with one of our condiments.

This station is addition to the pre made sandwiches offered each day.

We also offer a selection of fresh made pizza every day at the middle and high school. Some of the choices are, Cheese, Pepperoni, Buffalo Chicken, Pineapple, Greek and Pepper and Onion. The pizza comes with a choice of 1% white milk or Low Fat chocolate milk, fruit and side salad.

As you can see, your children have a wide variety of meals from which to choose. This isn't the lunch program many of us remember from our school days.

Please visit the Stoughton Schools web-site to view the menus and options for paying for your children's lunch on line.

The School Web-site is: www.stoughtonschools.org

Then click on the drop down box to the right of the screen and go to food service.

If anyone has any questions about the lunch program please e-mail me at:

e_gilbert@stoughtonschools.org

Thank you,

Edward Gilbert

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