

Reminders for Juniors

- PSATs are October 13
- Start researching colleges
- Open a Common Application at www.commonapp.org
- Plan college visits
- Draft your personal essay
- Register for spring SATs

Reminders for Seniors

- Arrange to take the SATs and SAT II tests if necessary
- Complete the Common Application
- Gather at least two letters of recommendation, one personal and one academic
- Finalize your personal essay
- Complete and mail college applications

HOW TO ASSIST WITH THE LUNCH PROGRAM

Many parents have expressed a desire to help with the lunch program. Schuyler has prepared this list of staples and favorites that are always needed in the kitchen. Clip this list and help us stock up when items are sale by picking up a few extras and sending them in to school!

- | | |
|--|--------------------------------|
| All-Purpose White Flour | Sweet Baby Rays's BBQ Sauce |
| Whole Wheat Flour | Mild or Medium Salsa |
| Granulated Sugar | Taco Sauce |
| Brown Sugar | Pasta: Rotini, Penne, Macaroni |
| Honey | Brown Rice |
| Vanilla Extract | Basmati Rice |
| Chocolate Chips, Semi-Sweet | Taco Shells |
| Ghirardelli Chocolate Chips, Bittersweet | Potato Chips |
| Cocoa | Tuna, Solid White |
| Canola Oil | Black Beans (Canned) |
| Extra Virgin Olive Oil | Kidney Beans (Canned) |
| White Vinegar | Chickpeas (Canned) |
| Balsamic Vinegar | Green Giant Corn Niblets |
| PAM Cooking Spray | Diced Tomatoes |
| Hidden Valley Ranch Dressing | Tomato Sauce |
| Italian Dressing | Tomato Paste |
| Goddess Dressing | Prego Spaghetti Sauce |
| Hellman's Mayonnaise | Campbell's Tomato Soup |
| Heinz Ketchup | Tea Bags, Black |
| Mustard | Country Time Lemonade Mix |

Easy Ways to Assist Upattinas!

Box Tops for Education

Please remember to clip the Box Tops coupon from your favorite brands and send them in to the office!



Target and your REDcard Take Charge of Education

If you have a Target REDcard, or if you are interested in getting one, please enroll in the Take Charge of Education program and designate Upattinas as your chosen school. Up to 1% of your purchases will be donated to your school.



escrip

Go to escrip.com and enroll with Upattinas as your beneficiary



UPATTINAS SCHOOL

429 Greenridge Road
Glenmoore, PA
19342
610.458.5138
610.458.8688 (fax)

Upattinas School

WWW.UPATTINAS.ORG

SEPTEMBER, 2010

Reminder Dates

9/15 - 9/17
Ice Breaker

10/6
Picture Day

10/13
9:30 am - 12:30 pm
PSAT Testing

10/29
7:00 pm - 10:00 pm
Halloween Dance

In this issue:

- Coffee Sales 2
- Board List 3
- Jr/Sr Reminders 4

Office Notes

Welcome back!

School is in session once again, and our first day was a combination of happy reunion and friendly greetings to new students.

An important development is the restructuring of the lunch program, an issue that many parents and students were working on as school closed in June. We are happy to report that with the help of the Lunch Committee that was formed, we are continuing to serve lunch 5 days a week, at a cost of \$6.00 per meal.

Tuesdays will be "Pizza Day" with freshly-baked pizzas from *Carmines Parkside Pizza* in Eagle.

Carmines, a favorite with our students, is giving us a very good discount on this standing order. The next time you are in Eagle, stop in and thank them for being such good



neighbors!

In other lunch news, please see the back page for a list of supplies that we can all donate to our kitchen pantry as the year goes on.

Lunches may, as always,

be prepaid by check to the school office for any number of meals, or paid in cash each day. There will be a vegetarian option every day; the monthly menu is available on our website.

Finally, Nancy Collins, Sandy Hurst, and Aaron Brown traveled to Albany in June to attend the 7th annual AERO Conference. AERO's (Alternative Education Resource Organization) conference theme was *Learner Centered Alternatives for Everyone*. Speakers included Herbert Kohl and John Taylor Gatto. IDEA, the Institute for Democratic Education in America, offered a stimulating presentation.

We are happy to announce the first of a series of videos capturing Upattinas School - its students, campus, staff, and philosophy. The first video, produced by 2005 graduate John Kelsey, contains staff and student interviews and beautifully filmed campus scenes. John spent hours interviewing staff and students, filming meetings, the Evening of the Arts event, and graduation. He has given us a high-quality, beautiful video. The videos will be available on our website very soon and on our YouTube channel—watch the website for news!

John graduated from Upattinas School in 2005 and from the Art Institute of Philadelphia in 2008. After some time working on the set of *Law & Order: SVU* as a Production Assistant, he is now a freelance Director of Photography. Email him at johndkelsey@gmail.com with your thoughts on the video or with any inquiries into his services. Thank you so much, John!

Got Skills?

We need help with a variety of maintenance jobs - can you match your skills to something on this list? We have always relied on our community to pitch in and we thank you in advance for continuing that tradition!

- Prime the wood that is covering the old gym water fountain.
- Rebuild the bench in Tristin's room and insulate the heating pipes.
- Glaze stone hallway window panes.
- Insulate heating pipes in five high school classrooms.
- Remove burdock and pokeberry around the property.

Please call the office if you can help!

COFFEE FUNDRAISER—WHAT A CONCEPT!

Thanks to an arrangement with former Upattinas parent (and constant Upattinas friend) Ed Humpal we are now selling **Kimberton Whole Foods/Hobo Ed's** whole-bean coffee. This is the gold standard product: organic, fair trade, and roasted locally to order by Hobo Ed (Humpal) himself!

This coffee is the "house brand" at Kimberton Whole Foods and is served at their café, as well as at *The Handcrafted Cookie Company* in Phoenixville, *Stoudt's Black Angus Inn* in Adamstown, and the *Healthy Beings Café* in Lionville. Ed is generously supplying the coffee at cost and we are selling a **full pound** bag for \$11.00.

Morning Mojo (Mellow Roast)
Lost Coal Mine (Darkest Roast)
Midnight Special (Light French Roast)
Train Hoppin' Espresso (Northern Italian Roast)
El Amor de Madre (Medium Roast)
Costa Rican Decaf (Mellow Roast)
Sumatran Decaf (Medium Roast)

Parents will be receiving order forms and deliveries at school every two weeks. Everyone else can buy coffee at the school office!

Please help contribute to the success of this fundraiser by making Hobo Ed's your new brew!

THANK YOU WYNCOTE FOUNDATION!

Upattinas is both happy and pleased to announce that the Wyncote Foundation has responded favorably to two grant requests.

In June we received \$25,000 toward our Scholarship Fund for the 2009/2010 school year. In July we received the first installment of a \$48,000 grant to be used over three years for recruitment and development.

We thank the Wyncote Foundation, which was created with funds from the Otto and Phoebe Haas Charitable Trusts, and hope that these grants will spur interest from other agencies that might support us in our growth and development.

WELCOME TO OUR NEWEST COMMUNITY MEMBER!

Congratulations to Sherri Hamilton and Chesley Lightsey on the birth of their daughter Ava Hamilton Lightsey on August 1, 2010. Sherri was our beloved science teacher at Upattinas for many years. We look forward to watching Ava grow!

2010-2011 Board of Directors

The Upattinas Board of Directors meets on the third Wednesday of each month at 7:00 pm. The board is in the process of staffing several committees and welcomes new members! You do not need to be a board member to become involved in committee work. Feel free to attend a board meeting for more information or contact the office at 610.458.5138.

Diana Segletes-Heiney, Chair
Zach C., High School Rep and Vice Chair
Janice King, Treasurer
Tristin Prostovich, Secretary

Lee Berger
Barbara Berger
Mike Bruno
Gerry Clinton
Judy Coffin
Justin Colella
Brenda Goldberg
Nora Goldberg
Elaine Hilmer
Don Johnson
Doris Klein
Ellen Pillsbury
Tim Trott

Thanks to a grant from the *Valley Forge Music Fair Trust* the high school will be attending a production of **One Flew Over the Cuckoo's Nest**. The Trust has allowed us to routinely attend shows at People's Light & Theatre for more than 5 years.



Randle McMurphy thinks he's beaten the system by getting himself incarcerated in a state mental hospital instead of serving a prison term on a work farm. His rebelliousness and charisma make him both hero and savior to the other inmates, but he pays a high price when the terrifying Nurse Ratched takes control. A gripping and unforgettable drama.

Congratulations Class of 2010!

The 39th Upattinas School graduation was held on June 4, 2010. We send our congratulations to:

Ryan Andrien
Ian Astor
Arianna Banks
James Bojaciuk
Josh Bonjo
Arianna Buss
Rachel Cassidy
David Ciszkowski
Brett Clinton
Joseph Daley
Brian Dwyer
Harry Field
Marcelo Freire
Kim Frey
Andrew Harkness
Harry Kanter
Alex Knapp
Joseph LaSpina
Eddie Miles
Tyler Morris
Max Pillsbury
Nate Preiss
Emily Savill
Brandon Smoker
Lexie Stovel
Marissa Tancredi
Rebecca Tischler
Dylan Trott
Tara Wallace
Mackenzie Wright

Sandy Hurst's 2010 commencement speech can be accessed [here](#).