



Discovery News

Engage, Empower, Encourage. It's a Discovery thing!



800 E 40th Street, Vancouver WA, 98663

Principal's Corner

October 2016

Greetings Discovery families!

As we near the end of the first month of school, I hope your family is settling into your routines for back to school. My son is playing tennis, officiating soccer, and tackling a full sophomore schedule. My daughter is playing two instruments in band/jazz band, playing volleyball, and focusing on her seventh grade year. My wife and I are hanging on for the ride!

It is a busy time here at the start of school, and now that school is well under way, it is important to check in on how our students are doing with their school work. The demands of life and the balance of work and family has never been more challenging, yet it is critical that we take the time to check in on our kids. Parent Access is a great way to see what is going on academically with your child at school. If you have not already done so, I strongly encourage you to sign up. Stop by the main office or check in with Esmey in the Family Resource Center to sign up. Esmey also has computers you can use to check parent access if you do not have a computer at home. Even better, get your child in the habit of monitoring their own progress and sharing it with you!

Thank you to all who showed up at our Back to School and Curriculum night functions. It has been great to see the energy created by families walking our hallways in some cases reconnecting with Discovery after a summer break, and in some cases getting to know Discovery as a new family to our school. While these events are great for getting acquainted, a more in depth conversation about how learning is really going can be done at our upcoming parent conferences. Conferences will run on Thursday, 10/20 from 2:30-5:30 p.m. and 6:00-8:00 p.m.. Teachers will not be available from 5:30-6:00 so they can have a dinner break. On Friday, 10/21 we will run conferences from 8:00-11:00 a.m. You do not need to schedule an appointment for parent conferences. We do an open drop in format where you can come at your leisure and meet with teachers. Please allow yourself enough time to check in with everyone you want to talk to and still finish by 5:30 p.m. (dinner break), 8:00 p.m. (end of Thursday evening), or 11:00 a.m. (end of Friday morning). We look forward to seeing you at our fall conferences.

The MYP Learner Profile focus for the month of October is CARING. Students who are Caring show empathy, compassion, and respect towards the needs and feelings of others. They have a personal commitment to service, and act to make a positive difference to the lives of others and to the environment. This is my favorite profile trait. Students who show empathy and compassion. Students who demonstrate respect and commitment to serving others. Students who act to make a positive difference in the lives of others. Are there any better statements that could be made about someone? I want a school where we are known for the caring and compassion of our school culture. Please join me in developing CARING in one another in such a way it lasts well beyond this month!

Empowering students to create a better world,

Mark Cain

Administrative Staff:

Principal: Mark Cain
 Assoc. Principal: Jennifer Holm
 Assoc. Principal: Marjorie McCluer
 Secretary: Eva Johnson

Contact Us:

Main Office: 313-3300
 Fax: 313-3301
 Attendance Line: 313-3320
 Business Office: 313-3304
 School Closure Line: 313-1401

Discovery Middle School

Mission Statement

In the Discovery Middle Years Program community, we will use all available resources to:

Engage students in their learning.

Empower all students to reach their highest levels of learning.

Encourage the development of positive relationships within a learning community that fosters international understanding, compassion and respect.



10/3/2016

Home of the Wildcats

Student Conferences

Attention Wildcat Family!

This year, we will be running our fall conferences differently. Rather than scheduling a time to meet with your child's teachers, you can show up at your convenience and speak with teachers in any order that you desire. We hope that this alleviates some of the pressure to make work and family schedules cater to our time line. We really encourage students to come to conferences with parents to make the most of this opportunity. When you arrive, you will be asked to check in, gather your student's schedule (if needed) and student leaders will help you find a good starting point!



Conference Times

Thursday, October 20
2:30 pm- 5:30pm and 6pm-8pm

Friday, October 21
8am-11am



Counselor's Corner

Megan Bledsoe Students A-G
Steve Dutelle Students H-L
Diana Herman Students O-Z

The first month is behind us and the counseling staff would like to welcome you to Discovery. If we can help in any way please let us know.

Megan Bledsoe (A-G), Steve Dutelle (H-L), and Diana Herman (O-Z) are our school counselors and help students with a variety of academic, personal, and social needs.

Esmy Farias-Govea is our Family Resource Coordinator and assists families with supplies, clothes, food, housing, and much more.

Logan Morrow is our Project Success counselor and runs student groups and hosts family events to help students and families.

You can call [360-313-3300](tel:360-313-3300) to get a hold of any of us. We look forward to a great year and working with you and your student!

Mark Your Calendars...

Parent-Teacher-Student
Conferences
October 20 2:30-5:30 & 6-8 PM
October 21 8:00-11:00 AM

Conferences are Arena Style



**If you need an interpreter,
please call:**
Chuukese
Juanita 771-5343
Spanish
Victoria 901-0053
Russian
Ekaterina 771-5546



Meet Our 2016 –2017 PTSA Board

President	Angie Jones
Vice President	Jen Kent
Secretary	Cassidy Youso
Treasurer I	Tiffany Clevenger
Treasurer II	Denise Ostlund
Volunteer Coordinator	Kristen Quintero



~Important Reminders~

Messages: Education is very important and class time is valuable. In order to protect valuable instruction time we will only interrupt classes to deliver messages in an emergency. If you have an appointment or other activity, please make arrangements with your student before or after school.



In keeping classroom learning our #1 priority, the office does not interrupt the classroom unless it is an urgent situation.

Intramural Program

Intramural sessions are ways in which students can participate in activities/learning communities outside of the classroom. Possible activities are: homework club, calligraphy, sports, chess, photography, book club and an art session. The Fall intramural session will be on Tuesdays/Thursdays from November 1—December 8.

The sessions are after school until 4:10. If your student rides a bus to school transportation is available.

Sign up information will be sent home soon.

Notes from the Nurse's office...



When to Keep Your Sick Child Home...

One of the problems most often confronting parents of school-age children occurs when a child complains of not feeling well on a school day. The following is not intended as medical advice, but is merely designed as a guideline to be followed until your health care provider can be contacted.

Children should usually be kept at home if any of the following conditions are present (keep in mind the absence of fever does not always indicate the child is well enough to attend school):

- Fever of 100 degree, within past 24 hours
- Vomiting—within past 48 hours
- Diarrhea—within past 48 hours
- Undiagnosed skin rashes
- A Communicable disease
- Evidence of a live lice infestation
- Persistent sore throat, difficulty swallowing, and /or rash
- Severe headache, toothache, or ear pain
- Stiff neck or headache with fever
- Skin infections
- Abdominal pain with low grade fever
- Eyes that are red, painful, and matted.

Thank you,

Marcia Schneider RN

Immunization Compliance

During October, parents whose student's immunizations are out of compliance will be receiving notification letters. All students attending VPS during the 2016-17 school year must have current immunization records or a legal exemption.

All Students Need:

- Hepatitis B—3 doses
- DTaP, Td, Tdap—5 doses
- Polio—4 doses
- MMR—2 doses
- Varicella (chickenpox) - 2 doses or verification of disease



Take Time To Read

Research shows repeatedly that regular reading increases vocabulary, broadens knowledge, and creates a relaxed state of mind.

Reading fiction helps to develop empathy for others. What can we do as adults to help young people develop strong reading habits?

One of the most important things—and perhaps easiest—is to show that reading matters by doing it, especially by reading physical books, magazines and newspapers. When children see adults making time for reading, they see it matters. Make time for reading each day, invite your child to join you, and know you are making an impact.



Important Dates

October

Oct 10	One Hour Early Release
Oct 14	No School—Teacher Inservice
Oct 19	2 Hour Early Release Conferences
Oct 20	2 Hour Early Release Conferences
Oct 21	No School—Conferences
Oct 24	1 Hour Early Release
Oct 24	First Day of Early Winter Sports

November

Nov 02	Picture Re-Take Day
Nov 06	Daylight Savings Time Ends
Nov 08	Election Day—Remember to Vote
Nov 10	Veterans' Day Assembly 9:30 AM
Nov 11	Veterans' Day—No School
Nov 17	Beginning Musicians Premier 7:00 PM
Nov 23-25	Thanksgiving Holiday—No School
Nov 28	1 Hour Early Release

VPS Announcements

- **Military Status Forms**

As of the 2016-17 school year, the State Legislature passed a law requiring Washington State public schools to collect information on military affiliation. This information will allow educators and policymakers to monitor critical elements of educational success. The goal is to more effectively transition students to a new school/district and to implement best educational practices to provide support. We will be sending home a Military Status Form with each student. The goal is to have these completed and returned to Discovery by no later than October 31.

- **Student/Family Info Update Forms**

As is done at this time each year, we are sending home Student/Family Information Update Forms. Parents are asked to verify and update all information then return updated forms to their child's respective school.

- **Spring 2016 Family Score Reports**

Family Score Reports, previously, called individual Score Reports are set to be mailed out this month. The mailing will include a Family Score Report for each student who participated in the following: Smarter Balance ELA & Math, WA-AIM, and MSP

Excellence Awards

Do you know an outstanding VPS employee? Say thank you by nominating him or her for an Employee Excellence Award. Up to four employees or small teams are recognized monthly between October and May. Nominations from parents, students, fellow VPS employees, and community members are welcome at <http://vansd.org/employee-excellence>.



FCRC Community Connections

Hello Discovery Families!

It has been such a pleasure to meet so many of our new families and to welcome back our returning families. What a great start to our year together!

This year in the FCRC we will have many opportunities for students and families to get involved here at Discovery. Some planned activities include: family nights, counselor information sessions, student lunch groups, parent volunteer opportunities with our WatchDOGS program, and many more!

One of the primary goals of the FCRC is to help families meet their basic needs and to eliminate barriers to student learning. We continue to have a variety of ways in which we can help your student and family including: food support, clothing, school supplies, connections to community resources, and access to a phone and computer for parent use. Please come by or call (313-3322) if there is anything that I can do to help support your family.

Esmey Farias-Govea
Family Community Resource and
Engagement Coordinator



Get Involved:

- ♦ Pan y Leche: Inviting all Latino families to learn how to advocate for their child and help them be successful. All over coffee. Invitations will be sent home in the mail.
- ♦ Las Comadres: Is our Latino Parent Leadership Committee. They meet once or twice per month to discuss leadership and volunteer opportunities and hear from guest speakers.



Yo hablo
Español!

Esmey Farias
360-313-3322
Esmey.farias-
govea@vansd.org



Red Ribbon Week October 23-31

What is Red Ribbon Week?

Red Ribbon Week is the largest drug prevention campaign in the nation. Red Ribbon Week was instituted in 1988 with President and Mrs. Reagan serving as honorary chairpersons for Red Ribbon Week. Red Ribbon Week is traditionally celebrated during the last two weeks of October with October 23rd-31st being the official Red Ribbon Week.

Why Celebrate Red Ribbon Week?

It is an ideal way for people & communities to unite and take a visible stand against drugs. Show your personal commitment to a drug free lifestyle by participating in a Red Ribbon Week Celebration in your community.

How can students be a part of Red Ribbon Week?

During the week of October 23rd-31st there will be activities at lunch time lead by our Prevention/Intervention Specialist Mrs. Logan. Please contact her if you are interested or have questions!

How can parents be part of Red Ribbon Week?

Talk to your kids about the event. As a family discuss what prevention means and invite them to take the pledge to stand against drugs and live a healthy lifestyle.



Swim Lessons @JPCC

Tuesday/Thursday After School Lessons

Next session starts: October 25th.

Eight 30 minute lessons for \$56

Saturday Lessons

Next session starts October 1st.

Four 30 minute lessons \$28

Friday Night Adult lessons @Propstra

Stroke Improvement 6:15-7:00 pm

Adult Beginner 7:00-7:45 pm

Four 45 minutes lessons \$40

Download and print registration form at jpcc.vansd.org

Lifeguard Class

Shallow water (5ft) certification

November 4th-6th, 2016

Cost: \$200

Minimum age for the class 15 years old, 16 years old to be hired by the District.

Download and print registration form at jpcc.vansd.org

Health & Wellness

Vancouver Shudokan Academy

\$45/month for classes for VSD employees, \$65 for regular rate.

Tuesdays & Thursdays @JPCC: Kids classes 6:30-7:30, Adult classes 7:30-8:30.

For more information visit

www.vancouvershudokan.com or email vancouvershudkan@gmail.com

Zumba

\$8 Drop in, \$4 VSD employee

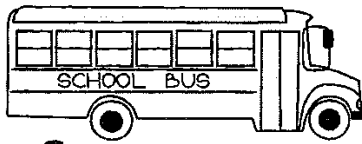
Saturdays 9:00 am @JPCC

Cayenne Yarnell

Aquatics Coordinator

Vancouver Public Schools





See you at school:

Did you know that research shows just two missed days of school every month, even in kindergarten, can cause a child to suffer academically and decrease the chances that he or she will graduate?

While some absences are unavoidable, they quickly add up. If a student misses 18 or more days out of a 180-day school year, for any reason excused or unexcused, he or she is considered chronically absent. This has consequences for both students and their families, the biggest of which is missed educational opportunities. Arriving late and leaving before the school day ends also can rob students of their learning.

What the law says

State law requires all students who are enrolled in school to attend school regularly, with limited exceptions.



What VPS requires

Parents and guardians must provide their children's schools with excuses for all absences, late arrivals and early departures, either before or within three days of the student's return to school. Refer to your child's individual school handbook for details on documenting absences or visit vansd.org/attendance.

District policy and state law require VPS to act on unexcused absences. These actions can range from notifying the parent(s) or guardian(s) to scheduling a conference and developing an attendance agreement. In extreme cases, legal action may be required by state law.

State law also requires staff to conference with a parent and/or guardian and their elementary-age child(ren) who have five or more excused absences in a month or 10 or more excused absences in the current school year, except when prior written notice has been given or a doctor's note was provided and an academic plan exists to keep the student on track.

Help kids achieve good attendance because being in school matters

How you can help your child

Parents and families can make a difference in school attendance. According to many parents, establishing a routine is the key to getting to school on time and ensuring good attendance.

Schools can help students and families who are unable to get to class on time or attend regularly. Contact the office staff or a Family-Community Resource Center coordinator for more information.

Here are some tips (edited for length) that parents provided on the VPS Facebook page.

"Have to start by getting them excited. My girls are excited to see all their friends again."

-Jeremiah Reed Cox

"Get everything ready the night before and go to bed no later than 8 p.m. There is nothing like a set and proven routine. A good nutritious breakfast is a must, too."

-Ella Lungwitz

"When it was hard, I sought out friends she could go to before school so I could balance work and punctuality."

-Delena Meyer

"We made a poster with all the things that need to get done before leaving for school (eat breakfast, brush teeth, get dressed, etc.). The poster also includes the time when each item needs to be done. My son checks the items on the poster against the time, which allows him to get ready on his own and get to school on time."

-Catherine Sprecher Loverti

Attendance matters. See you at school!



Attendance Office Reminders

It is the responsibility of the parent/guardian/custodian to provide an excuse to the school for a student's absence within **THREE (3)** school days of the student's return to school.

The phone number for the Discovery Attendance Office is 313-3320 or 313-1450 (available 24 hours-leave message).

District policy states that if your student is gone more than six days, we **MUST** have a note from the doctor, unless it is a pre-arranged absence. If your student has an appointment during school time, please write a note & have him/her drop it off at the attendance office first thing in the morning.

Please note - if your student is 15 minutes late for a class or for any absences, you will still be getting a call from the automated attendance program.

The Vancouver School District requires positive identification when picking up your child.

If you have any questions, please feel free to contact Mary Ann Hoeft, Attendance Clerk at 313-3320 or email Maryann.Hoeft@vansd.org.



Athletic Season Dates



Fall Season : Football, Volleyball, Cross Country

- Season ends - October 19

Early Winter Season: Wrestling & Girls' Basketball

- Start practices - October 24
- Season ends - December 16

Late Winter Season: Boys' Basketball

- Start practices - January 9
- Season ends—March 10

Late Winter Season: Girls' Bowling

- Start Practices - February 2
- Season ends March 28.

Spring Season: Track

- Start Practices - April 10
- Season ends - May 25



Sign Up Now for Wrestling & Girls' Basketball
Practice Starts October 24



REGISTRATION BY A PARENT OR GUARDIAN CAN BE COMPLETED BY CLICKING ON THE FOLLOWING LINK:

<http://www.familyid.com/discovery-middle-school>

FIRST TIME USING FAMILYID FAMILIES:

Select the registration form under the word **Programs**, and click on the green **Register Now** button and scroll, if necessary, to the **Create Account/Log In** green buttons. If this is your first time using FamilyID, click **Create Account**. Click **Log In**, if you already have a FamilyID account

Create your secure FamilyID account by entering the account owner First and Last names (parent/guardian), E-mail address and password. Select **I Agree** to the FamilyID Terms of Service. Click **Create Account**. You will receive an email with a link to activate your new account. (If you don't see the email, check your E-mail filters (spam, junk, etc.)

Click on the link in your e-mail confirmation, which will log you in to FamilyID, and then complete the information requested. When your form is complete click the **Save & Continue** button

Review your registration summary and click the green **Submit** button. You will receive a completion email from FamilyID confirming your registration

RETURNING FAMILIES:

You may use the information you submitted in previous seasons to save time with future registrations. Please use the following steps:

Select the registration form under the word **Programs**.

Login using the e-mail address and password you created last season

Choose the sport

Click on "Add Participant Below or Click to Select" and pick your child's name

Update health and demographic information, if necessary

Sign-off on seasonal agreements

Save and Submit

At any time, you may log in at www.familyid.com to update your information and to check your registration (s). To view a completed registration, select the 'Registration' tab on the blue bar.

Fawn S. McKay

Fiscal Clerk

Discovery Middle School

800 E 40th St

Vancouver, WA 98663

(P) [360-313-3304](tel:360-313-3304) (F) [360-313-3301](tel:360-313-3301)

fawn.mckay@vansd.org

**GO
WILDCATS!**



Free Sports Physicals 2016-2017



Available to Vancouver Public School students, grades 6 – 12 who do **not** have health insurance or a primary care provider

Limited Space

RESERVE A SPOT WITH YOUR BUSINESS OFFICE

Sports Physical staff will facilitate a referral to a primary care provider

**Sponsored by Vancouver Public Schools, and
Family Medicine of Southwest Washington**

2:15 – 4:00 p.m. @ Fort Vancouver HS

November 3, 2016

February 23, 2017

March 16, 2017

April 20, 2017

****You must sign up in the Business Office of your school****

A student who is not accompanied by parent or guardian must bring a **signed permission slip**

Please tell your Business Clerk if you will need a translator.

Por favor, informe a su Secretaria de negocios si se necesita un traductor.

NEW Sports Physical paperwork available from your school Business Office

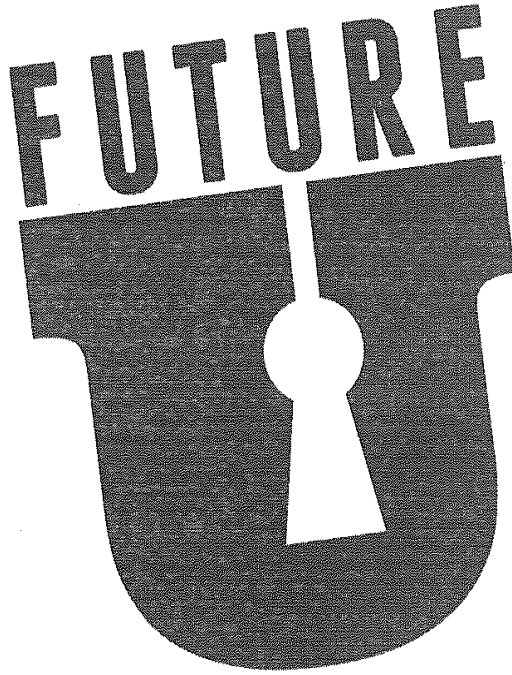
--Please complete medical history portion prior to coming to the clinic--

Athletes with chronic medical conditions such as diabetes, heart disease or asthma should see their primary care provider. If these athletes do not have a primary provider, please let your school nurse know.

Free and Reduced Lunch Forms

If your child received free or reduced lunch during the last school year, please remember to fill out the National School Lunch Program application for the current school year. A new form must be completed each school year in order to continue to receive free or reduced lunch. You will find these forms in the main office and they also will go home in the first day packet.





OCT. 25
5–8 p.m.

**Students of all
grades welcome!**

Hudson's Bay High School • 1601 E McLoughlin Blvd.
A free event to help all Vancouver Public Schools students plan for after graduation.

MAKE A PLAN

There's something for everyone.

- **Public & private colleges**
- **Training programs**
- **Trade schools**
- **Job opportunities**
- **Military**



GET ADVICE

Sessions every 30 minutes, starting at 6 p.m.

- **Apply for scholarships**
- **Learn about the College Bound Scholarship program**
- **Get help with financial aid (state and federal)**

Unlock your potential.

Interpreters available: Español, русский, Chuukese, ASL.

vansd.org/futureU



Tired of the Drama?

The Clark County *Parent Project*[®] presented by ESD 112 and the Clark County Truancy Project provides proven strategies for parents raising today's children and teens.



- Stop family arguments
- Improve school attendance and performance
- Prevent alcohol and other drug use
- Learn effective interventions for difficult children

We promise you will find answers, learn solutions, receive emotional and practical support, create an action plan and experience success.

For more information on enrollment or to register, call:

360.952.3408

Next Session Starts
Tuesday October 4th 2016





FARM Fresh FRIDAYS



<p>Monday, October 3</p> <p>MAIN EVENT Whole Grain Chicken Corn Dog</p> <p>GARDEN ZONE Romaine Salad Greens Ruby Tomatoes Purple Cauliflower Emerald Kiwi Fruit</p>	<p>Tuesday, October 4</p> <p>MAIN EVENT Chicken Tenders Brown Rice</p> <p>GARDEN ZONE Spinach Salad Baby Carrots Crisp Celery Sticks</p> <p>FRUIT-OF-THE-MONTH Asian Pears</p>	<p>Wednesday, October 5</p> <p>MAIN EVENT Mini Maple Waffles Scrambled Egg Patty</p> <p>GARDEN ZONE Roasted Potatoes Red Pepper Sticks Yellow Cherry Tomatoes Frosty Apple Juice</p>	<p>Thursday, October 6</p> <p>MAIN EVENT BBQ Chicken Slider</p> <p>GARDEN ZONE JoJo Potatoes Creamy Coleslaw Snappy Snow Peas Fruit Medley</p>	<p>Friday, October 7</p> <p>MAIN EVENT Pepperoni Pizza Pocket or Veggie Submarine</p> <p>GARDEN ZONE Mesclun Salad Kidney Beans Zippy Zucchini Crunchy Jicama Juicy Nectarine</p>
<p>Monday, October 10</p> <p>MAIN EVENT Baked Chicken Patty Chocolate Chip Muffin</p> <p>GARDEN ZONE Rosemary Mashed Potatoes Cheery Cherry Tomatoes Green Pepper Strips Dazzling Pears</p>	<p>Tuesday, October 11</p> <p>MAIN EVENT Beefy Cheese Nachos Whole Grain Breadstick</p> <p>GARDEN ZONE Sweet Corn Spinach Salad with Dried Cranberries Fresh Pineapple Wedge</p>	<p>Wednesday, October 12</p> <p>MAIN EVENT Hamburger or Chipotle Black Bean Burger</p> <p>GARDEN ZONE All-of-the-Trimblings Tossed Garden Salad Cucumber Wheelies Yellow Squash Sunshine Peaches</p>	<p>Thursday, October 13</p> <p>MAIN EVENT Mozzarella Breadsticks with Zesty Marinara</p> <p>GARDEN ZONE Rosy Red Peppers Mini Carrots Delicious Apple Wedges</p> <p>TRY-IT-DAY Roasted Root Vegetables</p>	<p>Friday, October 14</p> 
<p>Monday, October 17</p> <p>MAIN EVENT Turkey Hot Dog on a Whole Wheat Bun</p> <p>GARDEN ZONE Golden Corn Red Cherry Tomatoes Zingy Zucchini Crisp Celery Sticks Chilled Strawberry Cup</p>	<p>Tuesday, October 18</p> <p>MAIN EVENT Italian Spaghetti Garlic Breadstick</p> <p>GARDEN ZONE Spinach Salad with Italian Dressing Kidney Beans Jicama Sticks Multi-Colored Grapes</p>	<p>Wednesday, October 19</p> <p>MAIN EVENT Chicken Tenders with Dipping Sauce</p> <p>GARDEN ZONE Home-Style Pasta Salad Roasted Chickpeas Mini Sweet Peppers Pineapple Tidbits</p>	<p>Thursday, October 20</p>  <p>No Elementary School Today!</p>	<p>Friday, October 21</p>  <p>No School Today! All Schools!</p>
<p>Monday, October 24</p> <p>MAIN EVENT TexMex Cheese Quesadilla</p> <p>GARDEN ZONE Dark Green Greens Tomatoes and Garbanzo Beans Cucumber Coins Cinnamon Apple Slices</p>	<p>Tuesday, October 25</p> <p>MAIN EVENT Popcorn Chicken with Sweet & Sour Sauce</p> <p>GARDEN ZONE Fluffy Rice Tri-Color Cauliflower Yellow Squash Circles Kool Kale Chips Juicy Kiwi Fruit</p>	<p>Wednesday, October 26</p> <p>MAIN EVENT Hamburger or Chipotle Black Bean Burger</p> <p>GARDEN ZONE "The Works" Potato Smiles Cherry Tomatoes Broccoli Crowns Orange Slices</p>	<p>Thursday, October 27</p> <p>MAIN EVENT Roasted Chicken Whole Wheat Roll</p> <p>GARDEN ZONE Mashed Potatoes+Gravy Mesclun Salad Kidney Beans Baby Carrots Grapefruit Wedges</p>	<p>Friday, October 28</p> <p>MAIN EVENT Cinnamon French Toast Turkey Sausage Links</p> <p>GARDEN ZONE Red Pepper Sticks Yellow Cherry Tomatoes Sparkling Pears</p> <p>FARM-FRESH-FRIDAY Red Potatoes</p>
<p>Monday, October 31</p> <p>MAIN EVENT Sizzling Chicken Nuggets</p> <p>GARDEN ZONE Steamed Rice Spinach Salad White Beans Zucchini & Carrots Rosy Applesauce</p>	<div style="text-align: center;">  <p>Weekends Nights</p> <p>Looking for a job? VPS has openings for Cafeteria Substitutes. Great Opportunity. Call 360-313-1190 for details.</p> </div> <div style="text-align: right; margin-top: 20px;"> <p>Elementary Menu for</p> <h1>October 2016</h1>  <p>This institution is an equal opportunity provider.</p> </div>			