



SUMMER MAILING CONTENTS

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2017-2018 IMPORTANT DATES AND SCHOOL HOLIDAYS

Tuesday, September 5, 2017	Classes begin at 8:30 a.m. Opening Ceremonies at 3:00 p.m.
Friday, October 6, 2017	PD Day – No classes
Monday, October 9, 2017	Thanksgiving Monday – No classes
Friday, November 10, 2017	Midterm Break – No classes
Monday, November 13, 2017	Midterm Break – No classes
Monday, December 25, 2017	Winter Holiday begins – No classes
Monday, January 8, 2018	Classes resume
Friday, February 16, 2018	Midterm Break – No classes
Monday, February 19, 2018	Midterm Break (Family Day) – No classes
Monday March 12, 2018	March Break begins – No classes
Monday, March 26, 2018	Classes resume
Friday, March 30, 2018	Easter Holiday – No classes
Monday, April 2, 2018	Easter Holiday – No classes
Monday, May 21, 2018	Victoria Day – No classes
Thursday, June 21, 2018	Last day of classes – Closing Ceremony

***All dates are subject to change.*

Please keep this calendar for reference when making your holiday plans.



SAVE THESE DATES

Thursday, August 31st

Welcome Back Reception: 5:30 P.M. – 7:30 P.M.

Tuesday, September 5th

First Day of School/Opening Ceremony

Classes begin at 8:30am.

All students will be escorted to the gym at 3:00 p.m. to participate in the opening ceremony.

All parents encouraged to attend.

Thursday, September 14, 7:00 p.m.

Curriculum Night/Meet the Teacher

Wednesday, October 11th

Picture Day



The Uniform Shop will have its **Summer Uniform Sale** of gently used uniform items in the **Cafeteria** on the following days:

Tuesday, August 29th: 10A.M. – 12P.M.

Wednesday, August 30th: 11 A.M. – 1 P.M.

Thursday, August 31st: 3:30 P.M. – 5:30 P.M.

This is a chance to find some great deals on many of the uniform items your children will need. New items may also be available in limited quantities.

Payment may be made by cash or cheque.



Stringed Instrument Rental Information

For your convenience, *Remenyi House of Music* will be at Fieldstone on Tuesday, September 5th, immediately following the Opening Ceremonies.

Notes: You also have the option of renting from any other music store of your choice. Additionally, you may choose to go to *Remenyi* on the weekend or after school (be sure your child is present in order to be measured for their instrument and that you have a credit card with you)

Grades 1- 3: All students will be studying violin

Grades 4 - 8: Students have the option of playing either the violin or cello

If you procure your instrument over the summer, please be sure that cases, amps and cords are well-labeled with your child's name.

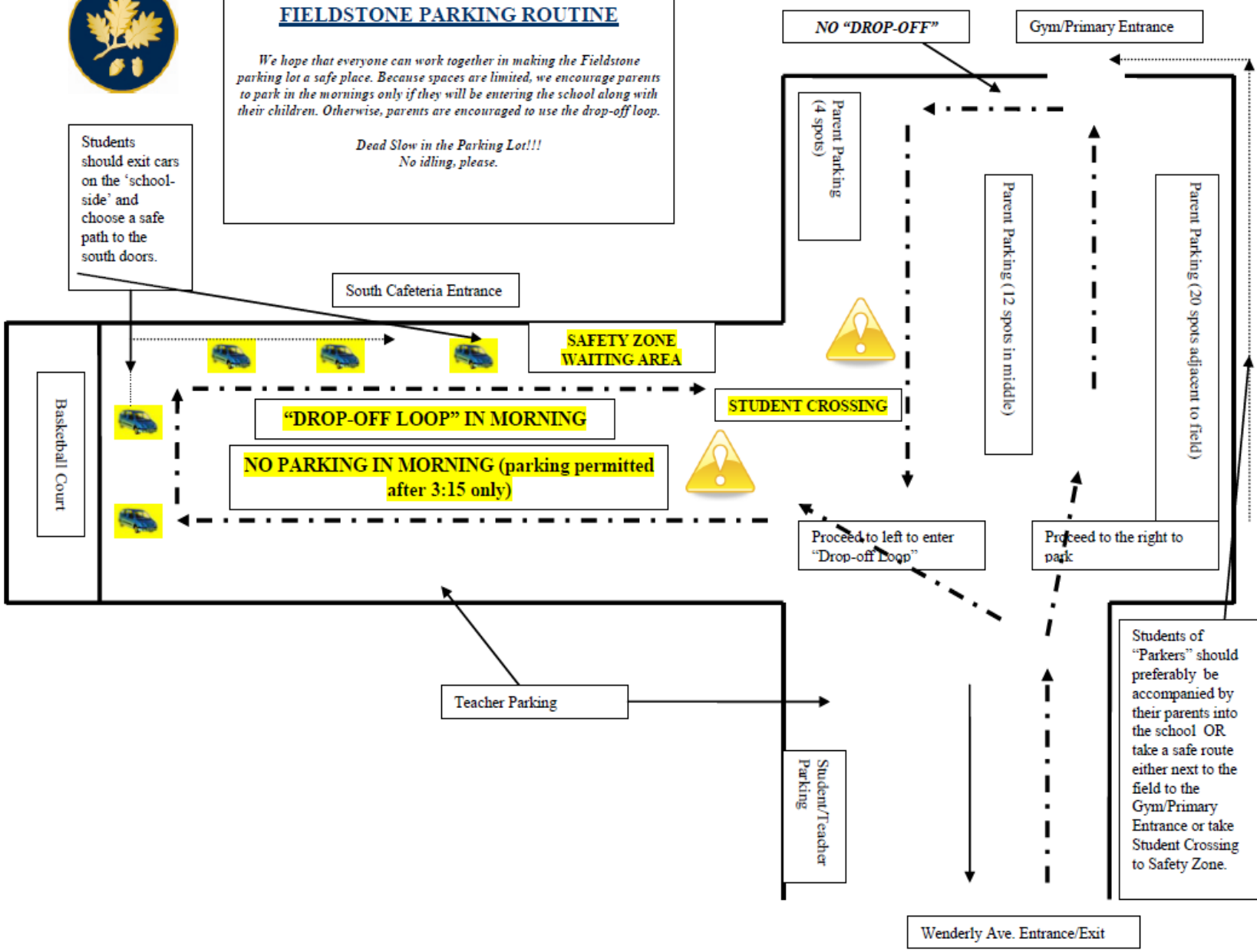


FIELDSTONE PARKING ROUTINE

We hope that everyone can work together in making the Fieldstone parking lot a safe place. Because spaces are limited, we encourage parents to park in the mornings only if they will be entering the school along with their children. Otherwise, parents are encouraged to use the drop-off loop.

Dead Slow in the Parking Lot!!!
No idling, please.

Students should exit cars on the 'school-side' and choose a safe path to the south doors.



NO "DROP-OFF"

Gym/Primary Entrance

South Cafeteria Entrance

**SAFETY ZONE
WAITING AREA**

"DROP-OFF LOOP" IN MORNING

STUDENT CROSSING

NO PARKING IN MORNING (parking permitted after 3:15 only)

Basketball Court

Proceed to left to enter "Drop-off Loop"

Proceed to the right to park

Teacher Parking

Student/Teacher Parking

Students of "Parkers" should preferably be accompanied by their parents into the school OR take a safe route either next to the field to the Gym/Primary Entrance or take Student Crossing to Safety Zone.

Wenderly Ave. Entrance/Exit

Lotus Healthy Foods Inc.: Fall Menu

September				
Monday	Tuesday	Wednesday	Thursday	Friday
4	5	6	7	8
Labour Day	No Hot Lunch	No Hot Lunch	No Hot Lunch	No Hot Lunch
11	12	13	14	15
Baked white meat chicken fingers with roasted potatoes and fruit V: Vegetarian nuggets with roasted potatoes and fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Tacos with all the fixings, tortilla chips, salsa and fruit V: Veggie Fajitas, tortilla chips, salsa & Fruit	Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit	All Day Breakfast! Pancakes, Eggs, Sausage, Fruit *Vegetarian option will not include sausage but will have extra eggs or pancakes
18	19	20	21	22
Chilli with jasmine rice, raw carrots and fruit V: Vegetarian chilli with jasmine rice, raw carrots and fruit	Grilled Chicken Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit V: Grilled Chick Pea Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit	Beef Hamburger, Pickle, Roasted Potatoes & Fruit V: Veggie Burger, Pickle, Roasted Potatoes & Fruit	Bacon, lettuce, tomato wrap with ranch dressing, Raw Carrots and Fruit V: Lettuce, Cucumber & Tomato Wrap with Ranch Dressing, Raw Carrots and Fruit	Pepperoni Pizza, Caesar Salad & Fruit V: Veggie Pizza, Caesar Salad & Fruit
25	26	27	28	29
Baked white meat chicken fingers with roasted potatoes and fruit V: Vegetarian nuggets with roasted potatoes and fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Tacos with all the fixings, tortilla chips, salsa and fruit V: Veggie Fajitas, tortilla chips, salsa & Fruit	Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit	No Hot Lunch - K-8 Fieldtrip

October

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Broccoli Chicken Brown Rice Salad, Raw Carrots & Fruit V: Broccoli Tofu Brown Rice Salad, Raw Carrots & Fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Pulled Chicken Sandwich with BBQ Sauce, Garden Salad & Fruit V: Pulled Chick Pea Sandwich with BBQ Sauce, Garden Salad & Fruit	Bacon, lettuce, tomato wrap with ranch dressing, Raw Carrots and Fruit V: Lettuce, Cucumber & Tomato Wrap with Ranch Dressing, Raw Carrots and Fruit	PD Day – No Lunch
9	10	11	12	13
Thanksgiving Monday – No Lunch	Grilled Chicken Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit V: Grilled Chick Pea Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit	Tacos with all the fixings, tortilla chips, salsa and fruit V: Veggie Fajitas, tortilla chips, salsa & Fruit	Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit	All Day Breakfast! Pancakes, Eggs, Sausage, Fruit *Vegetarian option will not include sausage but will have extra eggs or pancakes
16	17	18	19	20
Broccoli Chicken Brown Rice Salad, Raw Carrots & Fruit V: Broccoli Tofu Brown Rice Salad, Raw Carrots & Fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Pulled Chicken Sandwich with BBQ Sauce, Garden Salad & Fruit V: Pulled Chick Pea Sandwich with BBQ Sauce, Garden Salad & Fruit	Bacon, lettuce, tomato wrap with ranch dressing, Raw Carrots and Fruit V: Lettuce, Cucumber & Tomato Wrap with Ranch Dressing, Raw Carrots and Fruit	Pepperoni Pizza, Caesar Salad & Fruit V: Veggie Pizza, Caesar Salad & Fruit
23	26	27	28	29
Baked white meat chicken fingers with roasted potatoes and fruit V: Vegetarian nuggets with roasted potatoes and fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Tacos with all the fixings, tortilla chips, salsa and fruit V: Veggie Fajitas, tortilla chips, salsa & Fruit	Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit	All Day Breakfast! Pancakes, Eggs, Sausage, Fruit *Vegetarian option will not include sausage but will have extra eggs or pancakes
30	31			
Pulled Chicken Sandwich with BBQ Sauce, Garden Salad & Fruit V: Pulled Chick Pea Sandwich with BBQ Sauce, Garden Salad & Fruit	Bacon, lettuce, tomato wrap with ranch dressing, Raw Carrots and Fruit V: Lettuce, Cucumber & Tomato Wrap with Ranch Dressing, Raw Carrots and Fruit			

November

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		<p>Turkey & Lettuce Whole Wheat Wrap with Dijon Mustard, Raw Carrots & Fruit</p> <p>V: Lettuce and Tomato Whole Wheat Wrap with Ranch dressing, Raw Carrots & Fruit</p>	<p>Baked white meat chicken fingers with roasted potatoes and fruit</p> <p>V: Vegetarian nuggets with roasted potatoes and fruit</p>	<p>Pepperoni Pizza, Caesar Salad & Fruit</p> <p>V: Veggie Pizza, Caesar Salad & Fruit</p>
6	7	8	9	10
<p>Grilled Chicken Whole Wheat Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit</p> <p>V: Grilled Chick Pea Whole Wheat Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit</p>	<p>Tacos with all the fixings, tortilla chips, salsa and fruit</p> <p>V: Veggie Fajitas, tortilla chips, salsa & Fruit</p>	<p>Turkey & Lettuce Whole Wheat Wrap with Dijon Mustard, Raw Carrots & Fruit</p> <p>V: Lettuce and Tomato Whole Wheat Wrap with Ranch dressing, Raw Carrots & Fruit</p>	<p>Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit</p> <p>V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit</p>	<p>Midterm Break – No Classes</p>
13	14	15	16	17
<p>Midterm Break – No Classes</p>	<p>Turkey & Lettuce Whole Wheat Wrap with Dijon Mustard, Raw Carrots & Fruit</p> <p>V: Lettuce and Tomato Whole Wheat Wrap with Ranch dressing, Raw Carrots & Fruit</p>	<p>Pulled Chicken Sandwich (whole wheat) with BBQ Sauce, Garden Salad & Fruit</p> <p>V: Pulled Chick Pea Sandwich (whole wheat) with BBQ Sauce, Garden Salad & Fruit</p>	<p>Bacon, lettuce, tomato whole wheat wrap with ranch dressing, Raw Carrots and Fruit</p> <p>V: Lettuce, Cucumber & Tomato whole wheat Wrap with Ranch Dressing, Raw Carrots and Fruit</p>	<p>Pepperoni Pizza, Caesar Salad & Fruit</p> <p>V: Veggie Pizza, Caesar Salad & Fruit</p>
20	21	22	23	24
<p>Baked white meat chicken fingers with roasted potatoes and fruit</p> <p>V: Vegetarian nuggets with roasted potatoes and fruit</p>	<p>Fusilli with ground beef sauce, spring mixed salad and fruit</p> <p>V: Fusilli with tomato sauce, spring mixed salad and fruit</p>	<p>Tacos with all the fixings, tortilla chips, salsa and fruit</p> <p>V: Veggie Fajitas, tortilla chips, salsa & Fruit</p>	<p>Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit</p> <p>V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit</p>	<p>All Day Breakfast! Pancakes, Eggs, Sausage, Fruit</p> <p>*Vegetarian option will not include sausage but will have extra eggs or pancakes</p>
27	28	29	30	
<p>Pulled Chicken Sandwich (whole wheat) with BBQ Sauce, Garden Salad & Fruit</p> <p>V: Pulled Chick Pea Sandwich (whole wheat) with BBQ Sauce, Garden Salad & Fruit</p>	<p>Bacon, lettuce, tomato whole wheat wrap with ranch dressing, Raw Carrots and Fruit</p> <p>V: Lettuce, Cucumber & Tomato Whole Wheat Wrap with Ranch Dressing, Raw Carrots and Fruit</p>	<p>Broccoli Chicken Brown Rice Salad, Raw Carrots & Fruit</p> <p>V: Broccoli Tofu Brown Rice Salad, Raw Carrots & Fruit</p>	<p>Turkey & Lettuce Whole Wheat Wrap with Dijon Mustard, Raw Carrots & Fruit</p> <p>V: Lettuce and Tomato Whole Wheat Wrap with Ranch dressing, Raw Carrots & Fruit</p>	

December

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pepperoni Pizza, Caesar Salad & Fruit V: Veggie Pizza, Caesar Salad & Fruit
4	5	6	7	8
Baked white meat chicken fingers with roasted potatoes and fruit V: Vegetarian nuggets with roasted potatoes and fruit	Fusilli with ground beef sauce, spring mixed salad and fruit V: Fusilli with tomato sauce, spring mixed salad and fruit	Tacos with all the fixings, tortilla chips, salsa and fruit V: Veggie Fajitas, tortilla chips, salsa & Fruit	Chicken Stir-fry with whole wheat noodles, spring mixed salad & fruit V: Vegetable Stir-fry with whole wheat noodles, Spring Mixed Salad & Fruit	All Day Breakfast! Pancakes, Eggs, Sausage, Fruit *Vegetarian option will not include sausage but will have extra eggs or pancakes
11	12	13	14	15
Chilli with jasmine rice, raw carrots and fruit V: Vegetarian chilli with jasmine rice, raw carrots and fruit	Grilled Chicken Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit V: Grilled Chick Pea Wrap with lettuce, sweet BBQ sauce and cheese, Caesar Salad and Fruit	Beef Hamburger, Pickle, Roasted Potatoes & Fruit V: Veggie Burger, Pickle, Roasted Potatoes & Fruit	Bacon, lettuce, tomato wrap with ranch dressing, Raw Carrots and Fruit V: Lettuce, Cucumber & Tomato Wrap with Ranch Dressing, Raw Carrots and Fruit	Pepperoni Pizza, Caesar Salad & Fruit V: Veggie Pizza, Caesar Salad & Fruit
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FIELDSTONE 2017 HOT LUNCH ORDER FALL ORDER FORM
SEPTEMBER - DECEMBER
FORM DUE: WEDNESDAY, SEPTEMBER 6TH

Child's Name	Grade	Monday	Tuesday	Wednesday	Thursday	Friday	Total
1-		\$91	\$105	\$105	\$105	\$84	=
2-		\$91	\$105	\$105	\$105	\$84	=
3-		\$91	\$105	\$105	\$105	\$84	=

Circle the days your child(ren) would like hot lunch – one child per line (Cost is \$7.00/day)

Family Hot Lunch Total \$ _____

PLEASE MAKE CHEQUE PAYABLE TO "LOTUS HEALTHY FOOD INC." AND RETURN TO THE MAIN OFFICE BY
WEDNESDAY, SEPTEMBER 6TH!

If your child(ren) would not like to eat every Monday or Tuesday etc. please send me an email at, pdriscoll@fieldstonedayschool.org, to coordinate a certain lunch schedule. Costs will then reflect this change.

IF THERE ARE ANY ALLERGIES, PLEASE JOT THEM DOWN BELOW!