

at **ICST**

November 3, 2010

International Charter
School of Trenton
609-394-3111
Fax 609-394-3116



ICST
TIGERS

Internationalcs.org

DREAM, PLAN and ACHIEVE



HOP-A-THON for Muscular Dystrophy

We are still hoping to receive more pledges from parents, relatives and friends for Muscular Dystrophy
\$



From the Nurse's Desk

Please take a moment to review our school nutrition policy. We are required to follow those standards when we offer school breakfast and lunch.

If you send snacks or lunch to school for your children, please remember to provide low fat, low sugar, high fiber foods and beverages that are milk, water, or 100% fruit or vegetable juices.

We all want to set a good example of healthy eating and physical activity for our children—especially now that childhood diabetes is on the rise.

You can visit First Lady Michelle Obama's website LET'S MOVE—at www.letsmove.gov—for

many good ideas and

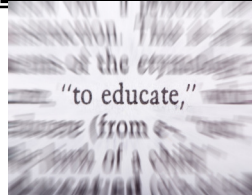
encouragement to

raise a "Healthier

Generation of Kids".



"Quote Corner"



"Only the educated are free"

by Epictetus

Music Classes will begin for our students next Wednesday, November 10.

Hurrah!



Welcome Mrs. Hurtt! She has had many years experience in the Trenton School District and with the Trenton Children's Chorus.

COMMUNICATION CORNER

"Communicating With Your Child about Homework!"

Please see the reverse side of this Newsletter!

Every little suggestion helps us to connect with our child!

Please—OVER—>

LOOKING AHEAD

- Wednesday, Nov. 3, End of the First Marking Period
- NO SCHOOL Thursday and Friday, November 4 and 5
- Daylight Savings Time Ends Sat. Nov. 6 - 12:01 A.M.
- Wed., Nov. 10, CAP, K-9:05, 1-9:55, 2-11:10
- Thurs. Nov. 11 CAP, K 9:05, 3-9:55, 4-11:10
- Friday, Nov. 12 Crazy Hat Day 25¢
- Mon. Nov. 8-19 Kindergarten's Fourth Annual Food Drive for the Less Fortunate!

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