

How to Donate to School Online

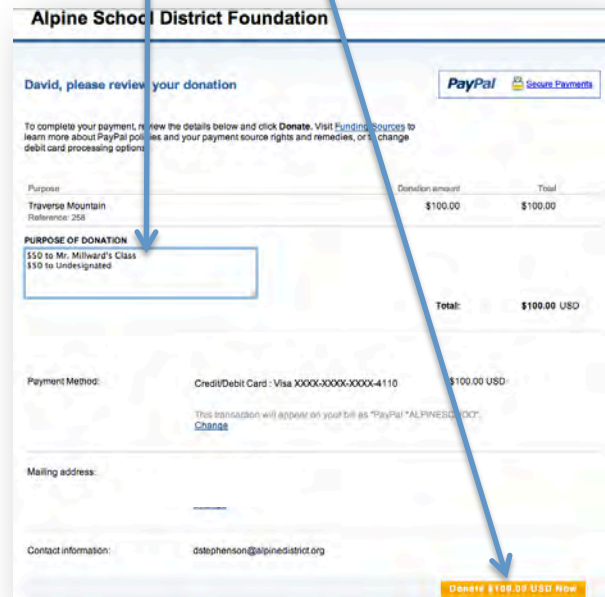
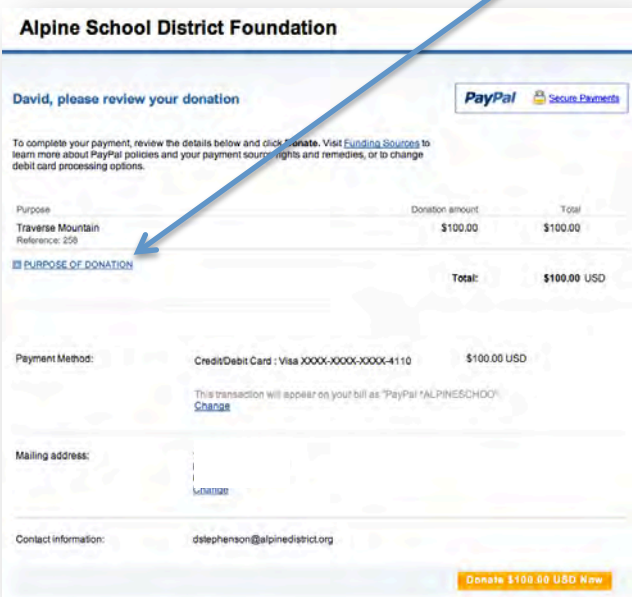
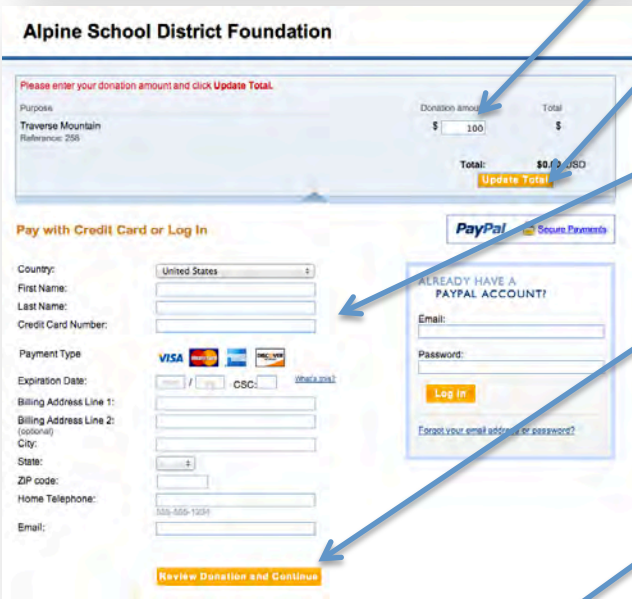
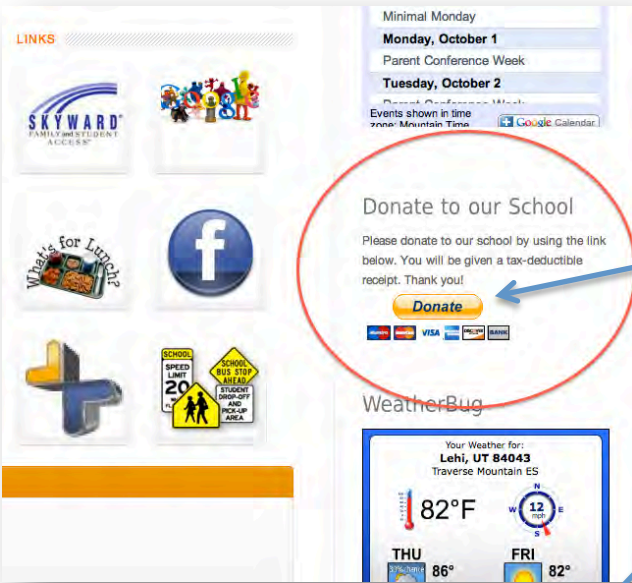
1. Click on *Donate* from our homepage:
<http://traversemountain.alpineschools.org>

2. Enter amount of donation and then be sure to click on UPDATE TOTAL.

3. Enter Credit/Debit Card Information and then click REVIEW DONATION AND CONTINUE.

4. If you want to designate where the donation goes, click on PURPOSE OF DONATION. (The donation will still come to the school even if you don't designate a purpose...)

5. Enter purpose(s) of donation and then click on DONATE NOW.



Traverse Mountain Elementary School's

**Welcome Back,
Y'all!
Fall Carnival**



Bounce Houses
Dunk Tank
Pie Throwing Contest
Photo Booth
Karaoke
Face Painting
Food
and MORE

Sept 17th 5-7:30 pm

All proceeds benefit the Art & Music Depts

Design Thinking-Creative Problem Solving Course
Grades 5/6
(Used in Engineering)

This method is used in biomedical engineering and in research and development for many companies. It is a process for innovation that uses teams to develop and create. Students will discover how to investigate real-world problems, research information, interview clients, brainstorm solutions, design prototypes from the client's point of view, refine prototypes, and reflect on the process. -Based on Design Loft curriculum from Stanford University.

There are no fees as this is the first pilot program in the state and will be funded by the Utah State Office of Education.

Two session options:

Session 1

October 9th through December 13th. Two days a week on Tuesday and Thursday. Time: 3:30 pm-5:00 pm. Located in room 205, Mrs. Mendenhall's 6th grade classroom. Due to the high demand, commitment to attend for the length of the course shows respect for those who don't get to attend because of numbers. Respectful behavior is required.

Session 2

February 11th through February 17th. Two days a week on Monday and Wednesday. Time: 3:30 pm-5:00 pm. Located in room 205, Mrs. Mendenhall's 6th grade classroom. Due to the high demand, commitment to attend for the length of the course shows respect for those who don't get to attend because of numbers. Respectful behavior is required

My student _____ would like to attend Session ____ .

Parent Signature: _____

Email: _____

Current Teacher's Name: _____

Return to Mrs. Mendenhall in room 205 by Friday, September 14th. Applications will be accepted on a first-come basis.

Free and Reduced Meal Benefits

*New this year! A paperless
option! Apply Online!*

*Visit www.alpineschools.org (click
Departments, Nutrition Services)*

*Free and reduced price applications may
also be printed off the website or are
available in each school office and district
Nutrition Services.*

*Parent may also call 801-610-8037 and
request an application be mailed.*



Benefits:

- *No service fee for making payments*
- *Free Iphone mobile app can be
downloaded from the Apple app store*
- *Low balance email reminders*
- *Access to student balances 24/7*



DON'T FORGET BREAKFAST

Breakfast is offered in most schools and support s

a student's ability to learn.

**We serve a nutritious breakfast bar contain-
ing**

hot and cold items, fruit, juice and milk.

**Higher test result are reported in breakfast
Schools**

(<http://www.fns.usda.gov/cnd/Breakfast/>

[SchoolBfastCampaign/theresearch.html](http://www.fns.usda.gov/cnd/Breakfast/SchoolBfastCampaign/theresearch.html))



In accordance with the Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

New school meal guidelines

ALPINE NUTRITION SERVICES



490 NORTH STATE ST.
LINDON, UTAH 84042
801-610-8038
801-610-8037
FAX: 801-796-3103



In December of 2010, President Obama passed a law known as the

Healthy, Hunger- Free Kids Act.

This gave permission to the USDA (United States Department of Agriculture) to make new healthier guidelines in order to improve nutritional offerings for your kids.

Over the next ten years, numerous changes will be made to school meals to improve the nutrition and health of our children.

What are the changes being made to your student's lunch this year?

- Increased portion sizes and offerings of fruits and vegetables.
- More than half of all grains served will be wholegrain. 2013-2014 All grains will be whole grain.
- Fluid milk choices will be unflavored low fat and fat free. Flavored will be fat free.
- Set calorie ranges for new grade groups.
- A decrease in sodium content to be phased in over the next few years.
- Saturated fat average for the week must be less than 10%
- Zero grams of trans fat per serving.

What Parents and Students Need To Know:

DAILY LUNCH

Offers **5** Nutritional Components

MILK

MEAT/ALTERNATE

BREAD/GRAIN

FRUITS

VEGETABLES

Each student **MUST** take **Components**

3

1

MUST be a Fruit or Vegetable

2012-2013 MEAL PRICING

Breakfast

Elementary .85 Secondary \$1.00

Adults/Visitor \$1.50

Lunch

Elementary \$1.75 Secondary \$2.00

Adults/Visitor \$2.50

Reduced Meal Price

Breakfast .30 Lunch .40

Note:

Adult or visitor meals receive no State or Federal reimbursement. Regulation requires the cost of meal to cover all expenses to produce. All serving sizes will be the same as for our students.



What is FFVP? Fresh Fruit and Vegetable Program

We are excited to announce Alpine Nutrition Services will have the following elementary schools participating. This program federally funds every student in the school to have a fresh fruit or vegetable snack a minimum of twice a week at no charge.

Cherry Hill, Greenwood, Hillcrest, Sharon, Suncrest, Westmore, and Windsor Elementary

Picture Day Is Coming!!

ya viene el dia de los retratos!

Wednesday, Sept. 19, 2012

Traverse Mountain Elementary

Non-Students: Please come between: 1:30-2:00

No estudiantes: Por favor de venir entre las:

(Sorry not set up for groups. Lo siento no estamos preparados para tomar grupos.)

All students are photographed for office files and administration purposes, even if they are not buying a picture package.

Selected images may be used for samples.

Todos los estudiantes son fotografiados para archivos de propositos y oficina administrativos. Aún si no van a comprar un paquete de retratos, las Imagenes seleccionadas pueden ser usadas como muestras.

FREE! DIGITAL IMAGE! SHARE YOUR MEMORIES WITH THOSE YOU LOVE....
DIGITAL DOWNLOAD INCLUDED IN PACKAGE 1 AND 2
with package 1 or 2



Chickens' Choice

Build Your Own Package!

Package 1




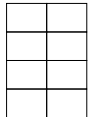
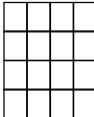
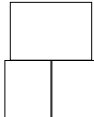
Includes 1-Class Photo & any 6 Sheets of Your Choice!

Get the sizes of prints you want!

Also includes: **Digital Image Download**

Choose from these sheets to get what you want!

(Copyright Release Included)

#1  1-8x10	#2  2-5x7	#3  4-4x5	#4  8-2x3	#5  16 Wallets	#6  Mixed Sheet 1-5x7 & 2-4x5
-----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	----------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------

1-Class Photo
Any 6 Sheets
&
Digital Image Download

Only \$23

Package 2

1-8x10
2-5x7
2-4x5
8-Wallets
1-Class Photo

Also includes:
Digital Image Download
(Copyright Release Included)

Only \$20

Package 3

1-5x7
2-4x5
4-2x3
8-Wallets
1-Class Photo

\$18

Package 4

2-4x5
8-Wallets
1-Class Photo

\$16

Enhancement

(Light Blemish Removal)

\$8

1-Class Photo

Only \$10

Add-On Options

(Not Sold Separately)

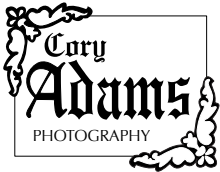
Opciones de aÑado no se venden por separado	1-8x10	\$7
Add on options are <u>only</u> available on package image.	2-5x7	\$7
Opciones de aÑado son solamente disponibles en las imagenes de paquete	4-4x5	\$7
	8-2x3	\$7
	16 Wallets	\$7

Cash, or Check. Please bring money on picture day or pre-pay online.

Efectivo, Cheque, o Tarjeta de credito. Por favor de traer el dinero en el dia de los retratos

Make checks payable to Cory Adams Photography

Escriban sus cheques de pago a Cory Adams Photography



Pre-Pay Online

Visit www.coryadams.com before picture day. Print out receipt and send it in coin envelope on or before picture day.



1636 S 580 E
American Fork, Utah
801-756-9474

Send separate envelope and payment for each student
Give payment to teacher on or before picture day.
Envie un sobre separado y un pago por cada estudiante.
Entregan el pago al maestro en el dia de los retratos

School Escuela _____
Student Estudiante _____
Grade Grado _____ Teacher Profesor _____
Parent/Guardian Padre o Guardian _____
Phone Telefono _____

Option	Qty	Total
<input type="checkbox"/> Package 1		\$
1. Sheet Size _____		
2. Sheet Size _____		
3. Sheet Size _____		
4. Sheet Size _____		
5. Sheet Size _____		
6. Sheet Size _____		
<input type="checkbox"/> Package 2		\$
<input type="checkbox"/> Package 3		\$
<input type="checkbox"/> Package 4		\$
<input type="checkbox"/> 1-Class Photo Only		\$
Fotografía de la clase		

Add on options

Not sold separately.

opciones para aÑadir

No se venden por separado

Option	Qty	Total
<input type="checkbox"/> 1-8x10		\$
<input type="checkbox"/> 2-5x7s		\$
<input type="checkbox"/> 4-4x5s		\$
<input type="checkbox"/> 8-2x3s		\$
<input type="checkbox"/> 16-Wall		\$
<input type="checkbox"/> Enhancement Mejoramiento de retrato		\$
Grand Total:		\$

Cash and Checks accepted.

Aceptamos efectivo y cheques.
Make checks payable to: Cory Adams Photo

Returned check fee \$20.00.

Selected Images may be used for samples.

Hacer pagos a Cory Adams Photo cheques sin fondo \$20.00 de multa.
Imagenes & seleccionadas pueden ser usadas como ejemplos.



Cory Adams Photography
801-756-9474
www.coryadams.com

WALK MORE IN FOUR 2012

START THE YEAR ON THE RIGHT FOOT BY WALKING

AND BIKING TO SCHOOL FOR THE CHANCE TO WIN PRIZES!

You can win a bike, scooter, helmet or other donated prizes just by walking or biking safely to school three days a week in September. Do it for four weeks in a row and you will be eligible* for the drawing.

(*) Participation open to Utah K-8 students

HERE ARE THE RULES:

Walk or bike to school at least three days a week for the next four weeks, starting Tuesday, Sept. 4 and ending Thursday, Sept. 27.

Students unable to walk to school due to distance can still participate by practicing safe habits while walking or biking in their neighborhoods.

Mark your progress each week on this chart and have your parent/guardian sign it when complete.

Charts must be received by **Wednesday, Oct. 3**, to be entered in the prize drawing. You can submit your chart via:

- **Mail:** UDOT SNAP
375 West 200 South, Suite 275
Salt Lake City, Utah 84101
- **Email:** snap@utah.gov
- **Fax:** 801-481-9483

On Friday, Oct. 5, UDOT SNAP will draw the winners and award the prizes.



RECORD YOUR PROGRESS HERE!

MARK EACH DAY YOU WALK/BIKE TO SCHOOL

WEEK 1
WEEK 2
WEEK 3
WEEK 4

	TUE. SEPT. 4	WED. SEPT. 5	THU. SEPT. 6	FRI. SEPT. 7
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 10	TUE. SEPT. 11	WED. SEPT. 12	THU. SEPT. 13	FRI. SEPT. 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 17	TUE. SEPT. 18	WED. SEPT. 19	THU. SEPT. 20	FRI. SEPT. 21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
MON. SEPT. 24	TUE. SEPT. 25	WED. SEPT. 26	THU. SEPT. 27	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

How often did you walk/bike to school each week last year?
 Never 1-2 days/wk. 3-4 days/wk. Every day

Student Name (please print) _____ Grade _____

School Name _____ City _____

School District _____

Contact Phone Number _____

Parent/Guardian Signature _____

Official Entry Form

The Utah Educational Savings Plan and Zions Bank Present

Make Your Mark BOOKMARK CONTEST

September 1–October 1, 2012

Utah students in kindergarten through 12th grade: you're invited to design a bookmark!

To enter:

1. Design your bookmark in the blank space at right. You may use any art medium.
2. Completely fill out the "Student Information" box below.
3. Submit your entry to the Utah Educational Savings Plan (UESP) office by 5:00 p.m. (MT), October 1, 2012. (See reverse side for details and official contest rules.)

Your bookmark design could be worth \$1,000!

Student Information

Student Name: _____

School Name: _____ School District: _____

Grade: _____ Age: _____ Gender Boy Girl

Parent/Guardian Name: _____

Address: _____

City, State, Zip: _____

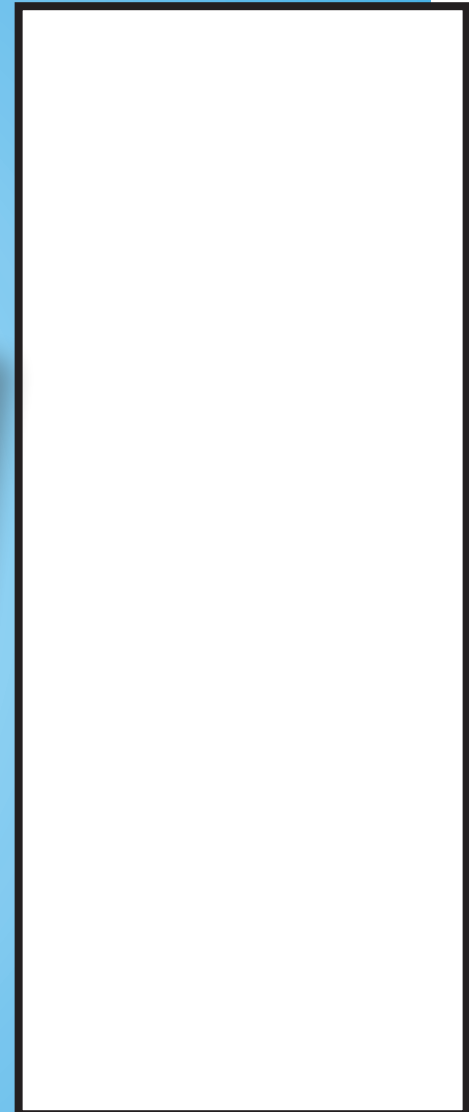
Phone: _____

E-mail: _____

I agree to the official rules of the 2012 "Make Your Mark" Bookmark Contest (see reverse).

Parent/Guardian Signature _____ Student Signature _____

Date: _____



Submit your entry to:
Utah Educational Savings Plan
2012 "Make Your Mark"
Bookmark Contest
PO Box 145100
Salt Lake City, UT 84114-5100



Utah Educational Savings Plan®

800.418.2551 | uesp.org

2012 "Make Your Mark" Bookmark Contest: Official Contest Rules

How to Enter the Contest

- Contest dates are September 1, 2012, through October 1, 2012.
- Bookmark designs must be submitted on the official UESP and Zions Bank entry form (available at uesp.org/bookmark).
- UESP and Zions Bank are not responsible for lost, misdirected, or late-arriving mail.
- All entries must be received at the UESP office by 5:00 p.m. (MT), Monday, October 1, 2012.
- Submit your entry form in one of two ways:

Mail to:

UESP
2012 "Make Your Mark" Bookmark Contest
PO Box 145100
Salt Lake City, UT 84114-5100

Deliver to:

UESP
The State Board of Regents Building, The Gateway
60 South 400 West
Salt Lake City, UT 84101-1284

Judging and Winners. A panel of judges will award eight winners a \$1,000 UESP college savings certificate from UESP and Zions Bank. Winners will include:

- Two kindergarten through 3rd grade students
- Two 4th through 6th grade students
- Two 7th through 8th grade students
- Two 9th through 12th grade students

Winners will be notified by telephone, e-mail, or U.S. mail by October 22, 2012. All decisions are final.

Eligibility. Contest participants must be:

- Utah residents
- Either (1) enrolled in kindergarten through 12th grade at a Utah school or (2) homeschooled in Utah

The following are ineligible to enter the contest:

- Employees, directors, and agents of the Utah State Board of Regents (USBR), Utah Higher Education Assistance Authority (UHEAA), Utah Educational Savings Plan (UESP), Zions Bank, and their respective affiliates, parents, subsidiaries, and advertising agencies; and the immediate family members of all such persons (spouses, parents, siblings, and children)
- Past winners of the "Make Your Mark" Bookmark Contest

Participants are not required to own a UESP or Zions Bank account to enter the contest.

Restrictions. Limit one entry per person. Each winner may only win one certificate.

Ownership Rights. Submitted materials become the property of UESP and will not be returned. UESP will retain ownership and copyrights for all submitted entries. Winning designs may be printed and used by UESP and Zions Bank.

Disclosure of Identifying Information. Winners' first names, ages, and school districts may be displayed on the UESP website (uesp.org) along with their artwork. Other personal information, such as last names or phone numbers, is used strictly for internal purposes. By entering the contest, each participant acknowledges that the participant's mailing address and/or e-mail address may be used by UESP for UESP notifications.

Disqualification. Entries that are not submitted on the official entry form will not be considered. Submitted entries that do not provide sufficient contact information will be ruled ineligible and discarded. Failure to comply with the official rules of the contest will result in a participant's disqualification.

Legal. Payment of all federal, state, and local taxes that result from winning the 2012 "Make Your Mark" Bookmark Contest are the sole responsibility of each winner. All federal, state, and local laws apply. Odds of winning depend on the number of eligible entries. The contest is void where prohibited by law.

College Savings Certificates. Certificates will remain valid for three months following the award date. Certificates may be redeemed by either (1) funding a new UESP account opened by an adult or (2) contributing the funds to an existing UESP account. Winners may invest the certificate proceeds in any UESP investment option. Certificates may not be converted to cash.

UESP Account Investments. Parents/guardians of the winners of the \$1,000 UESP college savings certificates should carefully read the UESP Program Description for more information and consider all risks, objectives, charges, and expenses before investing. Investments are not guaranteed by any federal or state agency. However, Federal Deposit Insurance Corporation (FDIC) insurance is provided for the FDIC-insured savings account. The Program Description includes more information about the FDIC-insured savings account. An investment could lose value.

Official Rules and Winners List. To obtain a copy of these official rules and/or the list of winners, go to uesp.org/bookmark or send a self-addressed, stamped envelope to UESP's mailing address listed above.



Utah Educational
Savings Plan®

Utah's Official Nonprofit 529 College Savings Program

800.418.2551 | uesp.org

