



WISSAHICKON CHARTER SCHOOL

AWBURY CAMPUS WEEKLY WISSAHICKON

ALL SCHOOL

From the Deans

WCS Families:

As the weather gets nicer, I want to be sure everyone is aware of and understands the WCS dress code. It is important that students adhere to the code daily. Please make sure your child is following the dress code each day that they attend school.

Dean Jamal

The following guidelines shall apply to attendance at school and all school activities and events:

- Students are expected to be neat and appropriately attired for school.
- Shoes appropriate for school activities must be worn at all times. Closed toe and closed backs on shoes are to be worn at all times. It is expected that on PE days, students wear sneakers along with the proper PE uniform.
- STUDENTS MUST BE PREPARED FOR EVERY PE CLASS- sneakers, gym shorts, t-shirts, or sweats are appropriate for PE.
- Clothes shall be sufficient to conceal undergarments at all times.
- leggings /tights can be worn but ONLY under dresses, shorts, or skirts. They CAN'T be worn alone.
- All skirts and shorts must be as long as the longest finger when hands are placed to the student's side even if the student is wearing leggings.
- Pants must fit the waist and belts must be worn if pants don't fit at the waist.

The following items are NOT permitted at school and any student not in compliance of the dress code violation will be subject to consequences:

- Slippers, house shoes, flip flops, slides or high heel shoes.
- See-through fabrics, sheer, fishnet fabrics, clothing with holes, frayed or rips of any kind regardless of how they are originally made.
- Clothing that is too tight or revealing may NOT be worn.
- Undergarments may not be visible (i.e. boys - underwear/boxers; girls - bras, undershirts or underwear)
- Facial piercings or piercings that pose a safety risk of any kind are allowed.
- Dress, accessories and jewelry which contain obscene symbols, signs, or slogans, and/or which slur or degrade on the basis of race, religion, ethnicity, sex, disability, or sexual orientation, contain language or symbols supporting sex, drugs, alcohol or tobacco, and impose a threat of imminent violence or disruption to the orderly operation of the school shall not be worn.
- Hoods may not be worn indoors for both boys and girls. Hats are not permitted for both boys and girls.
- Leggings, jeggings and/or tights.

- **Shirts that expose the stomach or are low cut in front, back, or sides; excessively tight or see-through shirts.**
- **Spaghetti straps or strapless tops.**
- **Tank tops or sleeveless shirts**
- **Students' faces must be fully visible at all times. Masks are not allowed.**
- **Pajamas are not allowed at school, unless on an approved spirit day.**
- **Sagging, or wearing of shorts/pants below the waist and or in a manner that allows underwear, under clothing, or base skin to show, or excessively baggy or long pants with low-hanging mid sections are not allowed.**

Important dates

- April 23-27: Science (Grades 4 and 8 only)
- May 8-12: Makeups as needed
- May 18th, 12:45 dismissal for Professional Development
- May 28th, Memorial Day, No School for students and staff
- June 1st, 12:45 dismissal for Professional Development
- June 13th, 12:45 dismissal for Professional Development
- June 14th, 12:45 dismissal, **LAST DAY OF SCHOOL FOR STUDENTS**

PSSA's

The PSSAs began the week of April 9th for students in grades 3-8. The remaining testing windows are as follows:

- April 23-27: Science (Grades 4 and 8 only)
- May 8-12: Makeups as needed

Jump Rope for Heart 2018

Jump Rope for heart is wrapping up! **Donation Packets are DUE MONDAY 4/30.**

It is not too late to contribute to our school's effort to fight the #1 killer of Americans- HEART DISEASE.

Visit heart.org/jump to join our school team or download the app by searching Jump/Hoops on your phone's app store. We are so proud of our students for learning how to stay healthy and helping others by raising money for the American Heart Association.

Thank you for supporting the American Heart Association !

WPP

Family Fun Night Has Been CANCELLED

Talent Show sign ups are coming soon! Our Talent Show will be held Friday, May 25th!

Upcoming conference for teachers, parents, and students

The Teacher Action Group is putting on its annual conference, and it really fits in with the social justice work we've been putting in place this year. Last year there were at least five of us from WCS in attendance, and it was really inspiring! More information and registration info is below. Hope to see you there!

[Connecting the Dots:](#)

[Building Solidarity to Transform our City and Schools](#)

Saturday, May 5

9:30 -- 4:00 at FACTS Charter School

Workshops + Panels + Resource Tables + Lunchtime Conversations
Breakfast, lunch, and childcare provided.



We are currently calling for workshop proposals, resource tables, lunch time conversation facilitators and entries for our gallery of student work. See our conference description below, then [sign up to contribute!](#)

Connecting the Dots: Building Solidarity to Transform our City and Schools

What does it mean for students, families, and educators to be in solidarity with each other?

It is critical that we see how issues of education justice connect directly to broader movements for racial, economic and gender justice. When we connect the dots, we recognize our responsibility to deepen our analysis, strengthen our commitment to solidarity, and push ourselves toward further action.

At this conference, we invite participants to see the connections between struggles inside and outside of schools so that we challenge the social systems of violence that make it hard for any of us to show up whole.

[Click here](#) to submit a workshop proposal, a resource table, a lunch time conversation proposal, a student work entry, or to sign up to volunteer for the conference.

2018-2019 Draft Calendar

Wissahickon Charter School 2018-2019 Calendar - AWBURY DRAFT

Please keep this posted for your convenience as our schedule can differ significantly from the School District of Philadelphia.

August 21-22, 2018	Professional Development - New staff only
August 23-24 and 27-28, 2018	Professional Development - All staff
August 29, 2018	First Day of School for Grades 1-8
August 29-August 31, 2018	Kindergarten Conferences
September 3, 2018	Labor Day - Administrative Offices and School Closed
September 4, 2018	Kindergarten Group A Half Day
September 5, 2018	Kindergarten Group B Half Day
September 6-7, 2018	All Kindergarten Students Half Day
September 10, 2018	Rosh Hashanah - Administrative Offices and School Closed
September 11, 2018	First Full Day of Kindergarten
September 19, 2018	Yom Kippur - Administrative Offices and School Closed
September 21, 2018	12:45pm Dismissal for Professional Development
October 8, 2018	Columbus Day - SCHOOL IS OPEN
October 12, 2018	12:45pm Dismissal for Professional Development
October 26, 2018	12:45pm Dismissal for Professional Development
November 12, 2018	Veterans Day - Administrative Offices and School Closed
November 19, 2018	Last Day of First Trimester - SCHOOL IS OPEN
November 20, 2018	Staff Only for Professional Development - Report Card Writing Day
November 21-23, 2018	Thanksgiving Holiday - Administrative Offices and School Closed
December 5-7, 2018	Report Card Conferences, 12:45pm Dismissal
December 14, 2018	12:45pm Dismissal for Professional Development
December 24, 2018 - January 2, 2019	Winter Recess - Administrative Offices and School Closed
January 3, 2019	Staff Only for Professional Development
January 4, 2019	Students Return from Winter Recess
January 18, 2019	12:45pm Dismissal for Professional Development
January 21, 2019	Martin Luther King Day - Administrative Offices and School Closed
February 1, 2019	12:45pm Dismissal for Professional Development
February 15, 2019	12:45pm Dismissal for Professional Development
February 18, 2019	President's Day - Administrative Offices and School Closed
February 19, 2019	Flex Day - School Closed (unless 2 or more snow days before 2/19/18)
March 7, 2019	Last Day of Second Trimester - SCHOOL IS OPEN
March 8, 2019	Staff Only for Professional Development - Report Card Writing Day
March 15, 2019	12:45pm Dismissal for Professional Development
March 20-22, 2019	Report Card Conferences, 12:45pm Dismissal
March 25-29, 2019	Spring Break - School Closed
April 5, 2019	12:45pm Dismissal for Professional Development
April 16-18, 2019	English Language Arts PSSA, Grades 3-8 (Tentative-12:45 Dismissal)
April 19, 2019	Good Friday - Administrative Offices and School Closed
April 29-30, 2019	Mathematics PSSA, Grades 3-8 (Tentative-12:45 Dismissal)
May 1-2, 2019	Science PSSA, Grades 4 and 8; Makeups (all grades)
May 17, 2019	12:45pm Dismissal for Professional Development
May 27, 2019	Memorial Day - Administrative Offices and School Closed
May 31, 2019	12:45pm Dismissal for Professional Development
June 5, 2019	Eid Al-Fitr - Administrative Offices and School Closed
June 10, 2019	12:45pm Dismissal for Professional Development
June 11, 2019	Last Day for Students, 12:45pm Dismissal for Professional Development
June 13, 2019	Last Day for Staff

Green Tip of the week #23

Avoid using rubber band if you can -About three -quarters of rubber bands are synthetic , made form crude oil.

- Thank you to Awbury's 5th grade student Santino Matthew Holmes for our weekly Green Tips
- Have a Green Tip you want to share?
- Send them to t.bailey@wissahickoncharter.org

LOWER SCHOOL

Congrats to our 2 highest Read for the House winners who were celebrated at the Eagles practice field! Morgan Perry and Jasmine Osbourne.



The 5th Grade Move Up Ceremony

This simple Ceremony was started last year as a way to mark the 5th graders moving up to middle school. We will hold it Tuesday, June 12 from 9-10 am. Parents and family members are encouraged to join us and students are invited to dress up for the occasion.

Summer Camp Scholarship Opportunity!

Morris Arboretum is offering scholarships to Wissahickon students ages 5-10 for their Summer Adventure Camp! Read more about the camp at http://www.morrisarboretum.org/ed_summerAdventureCamp.shtml, and fill out the attached registration form to apply for the scholarship!

<https://docs.google.com/document/d/1B5MZMWboxYOWIp3uLYtSQP7ZOGvPJ3OnMlaQuUffF80/edit?usp=sharing>



SIX WEEKS OF FUN!
 June 25 – August 3
 9:00am – 3:00pm
 Daily

Explore, Experiment, Experience!
Little Lightning Bugs (Ages 4 & 5)
Bloomfield Buddies (Age 6-10)
 Discover, learn, and play in the beautiful natural setting of the Morris Arboretum!



Ready, Set, Register!
 For more information about this year's weekly themes and to register, go to www.morrisarboretum.org
 Registration opens February 6
 Sign up by March 1 to receive an Early Bird Discount!
 Located in the Chestnut Hill section of Philadelphia

MIDDLE SCHOOL

Important Dates

May 11th - 8th Grade Formal - All White Affair - Dance Institute of Philadelphia - [5900 Greene Street - Philadelphia PA 19144](https://www.danceinstituteofphiladelphia.org/) - 7p.m. to 10p.m.

May 25th - 8th Grade Trip to Six Flags Great Adventure - Students are to arrive to school by 8:45a.m. Departure is 9a.m. sharp

May 30th - Project Presentations - Families are encouraged to attend, refreshments will be served - 6p.m. - Student should

be in professional attire and should arrive by 5:30p.m. for set up

June 11th - 8th Grade Graduation - 7p.m. - Penn Charter High School - More details to follow.

AWMS 8th GRADE PROJECT

Focus Question:

What are the most pressing global environmental issues?

Student Outcome:

Students will learn about their year-long project relating to our mission. Students will complete a “tri-fold board” poster presentation.

Poster boards are normally \$15.00, however, we are selling them here for \$10.00 starting tomorrow, please see Ms. Gina. Completion of an eighth grade project is a requirement for graduation. Please speak with your child about the topic they chose to focus on for their project.

Thank you and if you have any questions, please see or call Ms. Gina.

Front Office

Late fees are now being enforced for late pick up. The charge will be \$1 per minute starting at 3:45 pm on regular dismissal and 1:00 pm on early dismissal. Also, the nurse will be conducting annual screenings for weight, height and vision for all grades. If you have any questions please contact the nurse.

Important Shift in Volunteer/Parent Clearance Requirements

The Pennsylvania Department of Education's provided additional clarification about volunteer clearances. Parents who volunteer occasionally to chaperone a field trip are **not** required to have clearances as long as they will not be solely responsible for a child/group of children's well-being. Parents/guardians who chaperone trips on a regular basis throughout the year and any parent/volunteer for outdoor trips must still have their clearances. In addition, any person (parent or otherwise) who volunteer at the school on a regular basis must still have their clearances. **The information can be found on our website at <http://wissahickoncharter.org/volunteer-clearances>.**

Important reminders

- All students are considered late as of 8:21am everyday.
- Our early dismissal cut-off times are 2:30pm on regular dismissal days and 11:45am on half days.
- In the event your child(ren) are picked up after 3:45pm and 1:00pm on half days, you will be charged \$1 per minute.

Ms. Shonda and Ms. Tonya

Cafeteria and Vetri Community Partnership



April 2018 Breakfast Menu



No Pork Products Served

Monday	Tuesday	Wednesday	Thursday	Friday
2 Popcorn Chicken & Waffles Fresh Fruit Milk	3 Egg & Cheese Breakfast Biscuit Fresh Fruit Milk	4 Fresh Baked Cranberry Orange Muffin w/ Yogurt Fresh Fruit Milk	5 Cinnamon Rolls Fresh Fruit Milk	6 Honey Wheat Bagel w/ Cream Cheese Fresh Fruit Milk
9 Assorted Breakfast Rounds Fresh Fruit Milk	10 Mini Alphabet Treats w/ Go Gurt Fresh Fruit Milk	11 Fresh Baked Blueberry Muffin w/ Yogurt Fresh Fruit Milk	12 Honey Wheat Bagel w/ Cream Cheese Fresh Fruit Milk	13 Assorted Cold Cereal w/ Graham Crackers Fresh Fruit Milk
16 Turkey Sausage Breakfast Pizza Fresh Fruit Milk	17 Fruit Frudel Fresh Fruit Milk	18 Whole Grain Mini Pancakes Fresh Fruit Milk Syrup	19 Mini Cinni Fresh Fruit Milk	20 Whole Grain Corn Muffin Fresh Fruit Milk
23 Turkey Sausage Breakfast Pizza Fresh Fruit Milk	24 Mini French Toast Fresh Fruit Milk Syrup	25 Fresh Baked Chocolate Chip Muffin w/ Yogurt Fresh Fruit Milk	26 Mini Alphabet Treats w/ Go Gurt Fresh Fruit Milk	27 French Toast Sticks Fresh Fruit Milk Syrup
30 Assorted Cold Cereal w/ Graham Crackers Fresh Fruit Milk				

Fresh Fruit Selections

1c of fresh fruit offered daily
Apple Banana
Pear Orange

Cold Cereal Selections

Apple Cinnamon Cheerios
Toasted Cheerios
Cinnamon Toast Crunch
Fruity Cheerios
Cocoa Puffs
Trix
Cinnamon Chex

Milk Selections

Choice of 8oz milk offered daily
1% Plain
Fat Free Plain
Fat Free Chocolate

This institution is an equal opportunity provider.





April 2018 Lunch Menu



No Pork Products Served

Monday	Tuesday	Wednesday	Thursday	Friday
2 Grilled Cheese Carrot Crudite Hummus Dip Apple Blueberry Medley Milk	3 Cheesesteak Sandwich Roasted Potatoes Whole apples Milk	4 Jerk Chicken Drumsticks Yellow Rice with Black Beans Collard Greens Mixed Berries Milk	5 Thai Turkey Tacos Cilantro Lime Rice Romaine and Carrot Salad Oranges Milk	6 Vegetarian Chili with Red Beans Rice Pilaf Cilantro Slaw Bananas Milk
9 Vegetarian Bolognese Tuscan White Beans, VBP Strawberry Frozen Yogurt Milk	10 Cheeseburger Cowboy Potatoes Kale Salad with Ranch Dressing Bananas Milk	11 Lemon Rosemary Roasted Chicken Whole Wheat Pita - Father Sam's 2016 Yellow Rice Collard Greens Oranges Milk	12 Chipotle Lime Tyson Chicken, MMA Green Rice Roasted Green Beans Roasted Sweet Potatoes Blueberries with Lemon Milk	13 Grilled Cheese Pizza Rice Romaine and Carrot Salad Whole apples Milk
16 Vegetarian Mac 'n Cheeseburger Whole Grain Dinner Roll Roasted Broccoli Whole apples Milk	17 Turkey Pizza Burgers Greek Chickpea Salad Cantaloupe Milk	18 Earth day-Eat a Rainbow Chicken Sandwich Creamy Cole Slaw Fresh Fruit Milk Blueberry Crisp Milk	19 Chicken Gumbo (boneless thighs) Red Beans and Rice Whole Grain Dinner Roll Oranges Milk	20 Cheesy Eggs Mexican Roasted Potatoes Pico de Gallo Salsa Chocolate Bananas Frozen Yogurt Milk
23 Broccoli, Cheese and White Bean Ziti Italian Vinaigrette Whole Grain Dinner Roll Romaine and Carrot Salad Apples & Pears with Cinnamon Milk	24 Beef Tacos Romaine and Carrot Salad Whole apples Honey and Lime Vinaigrette Milk	25 Lemon-Herb Roasted Chicken Whole Grain Dinner Roll Cumin-Spiced Chickpea Salad Kale Salad Apple Blueberry Medley Milk	26 Turkey Bolognese Roasted Cauliflower Mixed Berries Milk	27 Sloppy Joe Roasted Sweet Potatoes Fresh Fruit Milk
30 Vegetarian Quesadilla Romaine Salad Honey and Lime Vinaigrette Salsa Roja Blueberries with Lemon Milk	This institution is an equal opportunity provider.			

Fresh Fruit Selections

1c of fresh fruit offered daily
Apple Banana
Pear Orange

Milk Selections

Choice of 8oz milk offered daily
1% Plain
Fat Free Plain
Fat Free Chocolate



Nutrition Nuggets™

Food and Fitness for a Healthy Child

March 2018

Eatiquette 360
Vetri Community Partnership

BEST BITES

Sandwiches for dinner

Here's a no-cook idea for busy weeknights. Have your child help you set out whole-grain bread plus healthy fixings, and let each person make her own sandwich. You might offer lean sliced turkey and ham, cheese, lettuce, and tomato. Or put out leftover chicken and canned tuna, light mayonnaise, chopped celery, and halved grapes so family members can whip up chicken or tuna salad.

Let's fly kites!

Spend a windy March afternoon flying kites together. You can get everyone's heart rate up by running across a field, taking turns holding the kite string. If you have two kites, race, and see who can keep his kite in the air the longest.



DID YOU KNOW?

Some foods "brush" your youngster's teeth! Chewing carrots, celery, leafy greens (spinach, kale), and apples with the skin on can help to clear away plaque and food particles. Plus, the acid in apples kills germs that cause cavities. *Tip:* Suggest that your child eat one of these natural "toothbrushes" at the end of a meal if she isn't able to brush right away.

Just for fun

Q: What kind of chair is good at yoga?

A: A folding chair!



© 2018 Resources for Educators, a division of CDEI Incorporated

Just-right portions

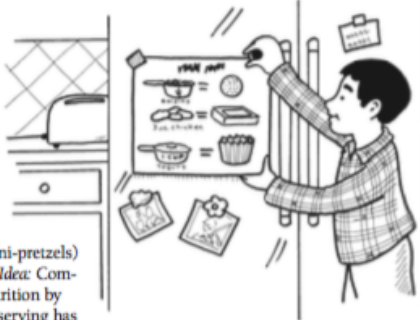
A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

Measure it out

Look at nutrition labels together at snack time. Ask your child to read the serving size (perhaps 20 mini-pretzels) and count out the amount. *Idea:* Combine math practice with nutrition by posing questions like, "If 1 serving has 110 mg of sodium, how much sodium is in 2 servings?" (Answer: $110 + 110 = 220$ mg.) You can point out that sticking to 1 serving will help limit his salt intake.

Visualize sizes

Making a picture chart can teach your youngster to "eyeball" servings. First, he should list his favorite foods. Then, help him look up the serving sizes on food packages or online. Beside each food on his list, he could draw an object that's about the same size as 1 serving. *Examples:* a golf ball for $\frac{1}{4}$ cup of raisins, a deck



of cards for 3 oz. of chicken, a cupcake wrapper for 1 cup of yogurt.

Divide it up

Restaurant portions are often much bigger than standard servings. Your child might eat $\frac{1}{2}$ cup of pasta at home, but a restaurant may dish up 2 cups. To control portions while dining out, you and your youngster could share an entree. Or package up half in a to-go box when your food arrives—you'll both eat less, and you'll have food for tomorrow! ●

Dribble and kick

Your youngster and her friends can improve their speed and coordination—and soccer skills—with these games.

Relay race. Have two teams line up at one end of a field or yard, and place two upside-down trash cans about 20 feet away. On "Go," the first person on each team dribbles a soccer ball down to and around the can. Then, she kicks it all the way back to the next team member, who does the same thing, until everyone has had a turn. The first team to finish wins.

Keep-away. Draw a giant circle with sidewalk chalk. Everyone stands inside, and one person dribbles a soccer ball. The other players try to steal it and kick it outside the circle. Whoever steals the ball is the next dribbler. ●



This institution is an equal opportunity provider.

Nutrition Nuggets™

Busting food myths

Just because a grocery item contains the word *fruit*, *grain*, or *vegetable* doesn't make the food healthy. Share these common food misconceptions with your child.

Myth: Fruit juice is a good source of nutrients.

Fact: While fruit juice does contain vitamins, it lacks fiber and is usually full of sugar.

Best bet: Encourage your youngster to eat whole fruits, such as bananas and oranges, which give her more fiber ounce for ounce than juice.



March 2018 • Page 2

Myth: Cereal is always a nutritious breakfast.

Fact: Many cereals, especially those marketed to children, pack in lots of sugar. Look out for "sneaky" sugars in the list of ingredients, such as cane juice or molasses.

Best bet: Opt for 100% whole-grain cereals that are high in fiber (5 grams or more per serving) and low in sugar (less than 8 grams per serving). Send your youngster on a "treasure hunt" in the cereal aisle to find varieties that meet those standards.

Myth: Vegetable chips make a healthy snack.

Fact: Packaged veggie chips can have as many calories as potato chips, and they may be high in sodium, too. Plus, nutrients are lost when the vegetables are processed.

Best bet: For the crunch without the calories, get your child in the habit of snacking on raw vegetables like carrots and snap peas. ●

PARENT TO PARENT

If your child is bullied

Recently, my son Kevin told me that kids at school had been



making fun of him because of his weight. I was glad he confided in me, and I tried to comfort him. But we were both upset and unsure of what to do next.

I talked with my neighbor, who's a school nurse, and she said if this is going on repeatedly, Kevin is being bullied. Unfortunately, she said, bullies tend to target overweight kids. She recommended that I tell Kevin's teacher, and she gave me advice for talking to my son at home.

I stressed to Kevin that it wasn't his fault. I reminded him of healthy changes our family has made lately, such as eating more fruits and vegetables, and playing basketball rather than video games.

I told him that if we keep it up, we'll feel better and be healthier—and that matters more than what others think. ●



ACTIVITY CORNER

Step up your steps

Keeping track of steps can be a fun challenge for the whole family. Use these ideas to help your child take more steps each day.

Count. Let her use an inexpensive pedometer, and she'll enjoy watching the number get higher and higher. Have her write down her daily steps for a week, and help her tally the total. Each week, challenge her to beat her previous score.

Mix it up. Suggest that your youngster think of different ways to fit in extra steps. She might recommend walking to the store rather than driving, doing laps around the living room, or running in place while watching TV. ●



IN THE KITCHEN

Breakfast surprises

These fun twists on breakfast will help your youngster start off his day with a smile.

Ice pops. Add $\frac{3}{4}$ cup nonfat Greek vanilla yogurt to a small paper cup. Mix in thin slices of your child's favorite fruits, such as frozen peaches or raspberries. Add a craft stick to the center, and freeze overnight. In the morning, peel off the cup, and enjoy breakfast-on-a-stick! ●

"Cloud" eggs. Separate 4 eggs, putting the whites in one bowl and each yolk into an individual small bowl. Add $\frac{1}{2}$ tsp. salt to whites, and beat with a mixer until stiff peaks form. Gently fold in $\frac{1}{2}$ cup shredded cheddar cheese. Drop 4 mounds of the mixture onto a baking sheet lined with parchment paper, and use the back of a spoon to indent centers. Bake at 450° for 3 minutes. Carefully add 1 yolk to each "cloud," and bake 3 more minutes. ●



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,

a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfecustomers@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

© 2018 Resources for Educators, a division of CCH Incorporated



Wissahickon
CHARTER SCHOOL



Copyright © 2016 Wissahickon Charter School, All rights reserved.

You are currently receiving this email because you have a child at the WCS Awbury campus and/or you are an Awbury staff member.

Our mailing address is:
Wissahickon Charter School
Awbury Campus
815 E. Washington Lane
Philadelphia, PA 19138

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#)

MailChimp