



WISSAHICKON CHARTER SCHOOL

AWBURY CAMPUS WEEKLY WISSAHICKON

ALL SCHOOL

Board Meeting

The next Board Meeting is April 17th, from 5:30-8:30, at the Awbury campus.

Important dates

- PSSAs: One more day! Tomorrow the 18th, school will be dismissed for all students at 12:45pm. Please make a note of the change. **Our After School Program will be open.**
- 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**

PSSA's

Please note that tomorrow, the 18th will be the last early dismissal day for Math PSSAs. School will be dismissed for all students at **12:45pm**. Please make a note of the change. Our **After School Program will be open**.

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

- April 17-18: Mathematics
- April 23-27: Science (Grades 4 and 8 only)
- May 8-12: Makeups as needed

We are excited to report that the Pennsylvania Department of Education has made a significant reduction to testing time, with the English Language Arts and Mathematics tests each having one fewer day of testing.

Some parents have expressed interest in having their children "opt out" of the PSSAs due to religious beliefs. While a family can opt a child out at any point, we are requesting this year that you provide us with notice by the end of February so that we can make adequate preparations for how they will spend testing time.

If you have any questions or would like more information about the opt out process, please contact Paul Vande Stouwe, Assessment and Accountability Manager at p.vandestouwe@wissahickoncharter.org or [267-774-4370 ext. 2541](tel:267-774-4370).



FOUND

Pollinators at Awbury Arboretum

An interactive art exhibition and scavenger hunt for all ages



Opening and Artist's Talk
Saturday April 21st, 2018



Magnified pollen grains
Carl Julius Fritzsche, 1837



visit www.awbury.org or www.karensinger.com for more information.

We have a wonderful free, family-friendly event happening this Saturday:

Pollinators FOUND - art exhibition and scavenger hunt

Saturday, April 21, 2018, 1:00 - 4:00 PM

The signature event for the Year of the Pollinator! Join us for the unveiling of our scavenger hunt tiles in the landscape, a gallery reception at Cope House, and a brief studio talk with artist Karen Singer. In addition, Master Naturalist and Master Gardener Nancy Pasquier will guide **family-friendly walking tours** where guests of all ages can discover more about pollinators at Awbury!

Cost: This event is FREE and open to the public. No registration is required.

Location: the Cope House at Awbury Arboretum, [1 Awbury Rd, Phila, PA 19138](http://www.awbury.org)

For more information: <http://awbury.org/events/pollinators-found/>

Jump Rope for Heart 2018

We are excited to kick off **Jump Rope for Heart** in PE class! Your student is becoming a **Heart Hero** by taking care of their own heart, spreading the message of the American Heart Association, and raising funds for lifesaving research. Have your child check out Jump Rope for Heart online at heart.org/jump to take one of our three health challenges, send emails, and ask for donations. ANY STUDENT THAT GOES ONLINE AND TAKES THE CHALLENGE, GETS A GLOW IN THE DARK WRISTBAND. ANY STUDENT THAT GETS A DONATION WILL BE RECOGNIZED AND GET A CARABINER, JAX AND CHARGER, OUR TWO COOLEST LIFESAVING MONSTERS.

Thank you for supporting the American Heart Association !

WPP

WPP Monthly Meeting: Wednesday, April 18, 2018 at 6:00. At this meeting Ms. Rebecca and Ms. Nancy will conduct a brief parent training on the Special Education process. If you have any other topics for them to address, please contact Ms.

Parent Training|

Evaluation and Inclusive Teaching

If you have questions about the Evaluation process and how it works or how the inclusive teaching model looks here at WCS then come join us at the next WPP meeting on Wednesday, April 18, 2018.

Here are the topics we will discuss:

Special Education Evaluation Process|

-Parent Initiated

-LEA/School Initiated

Role of Learning Support Teacher

-Inclusion: What does it look like?, What does the learning support teacher do?

Date: Wednesday, April 18, 2018

Where: Awbury Discovery Room

Time: 6:00-6:30 PM along with the Wissahickon Parent Partnership

We will have snacks!!!!

Family Fun Night is rescheduled for Friday, April 27th at 6:30 p.m.

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 #22

Need a computer? Consider buying a laptop - Laptops use 50% of the energy used by a typical desktop PC when plugged in
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

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/1B5MZMWboxYOWlp3uLYtSQP7ZOGvPJ3OnMlaQuUffF80/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

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.

AWMS 8th GRADUATION REQUIREMENTS

Greetings Parents,

Trimester 3 begins Monday, March 12th, please see below for information regarding graduation requirements:

Students must complete a senior project, see details below. Senior projects are due by May 21st. Presentations to families will take place on May 23rd at 6p.m. more details to follow.

Eligibility requirements for graduation:

- Students must have a passing average of 70 or above in the Y1 column, which is the average of all 3 trimesters see below:



T1	T2	T3	Y1
			<70

If a student has an average below 70 in the Y1 column by June 1st, they will **NOT** be permitted to participate in graduation.

Project Description

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 will be sold this week for \$10. See Ms. Gina

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 267.774.4370, ext. 2259 (w) or 215.828.5184 or via email: g.minor@wissahickoncharter.org

AWMS 8th Grade Save the Dates:

May 11, 2018 - Formal Dance

May 25, 2018 - Class Trip

June 11, 2018 - Graduation

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

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LINTONSO
Food Service Management

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 Banana 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

LINTONS
Food Service Management

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!



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Just-right portions

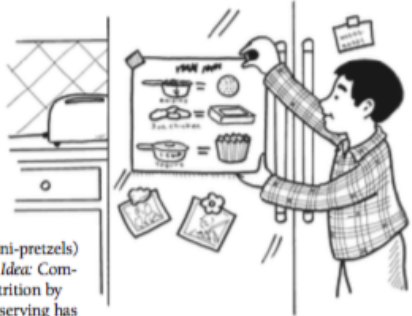
A healthy lifestyle includes eating the right kinds of food—and the right amounts. To ensure your youngster doesn't develop a case of "portion distortion," try these tips.

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. ●



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Nutrition Nuggets™

March 2018 • Page 2

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.



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. ●

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 • rfecustomer@wolterskluwer.com
www.rfecomline.com

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

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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. ●



Wissahickon
CHARTER SCHOOL



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

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Wissahickon Charter School
Awbury Campus
815 E. Washington Lane
Philadelphia, PA 19138

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