



# Let your Actions speak

Most of us who live or moved to Lyme would cite one of our reasons as the desire to live in a small town, because small towns are associated with belonging, familiarity and closeness of its community. However, these things exist not merely as a result of the number of households within its borders, but how those households, and the individuals inside them, interact. Next weekend you will have the opportunity to build and support the very characteristic which so many cite as the reason they chose to live in our community. It not only represents, models and encourages these attributes, it also results in you meeting community members with whom you may otherwise not have the opportunity to interact (and as an added bonus I will cook you breakfast).



CommunityCare of Lyme and the Lyme Collaborative are excited to announce another Day of Service! Mark your calendars for OCTOBER

1st, and grab a friend, coworker, brother, sister, mother... anyone you like (!), and sign up for a project:

<http://www.signupgenius.com/go/30e054ba8a72fa3fb6-fall>

For those of you who participated in the spring, we'd love to have you back! For those of you who didn't participate, the basic format is simple: Sign up for a service project to help your neighbors in Lyme and then complete the service project on Saturday, October 1st. The specific details can be found on the CommunityCare website (<http://www.cclyme.org/>), but know that this day includes a FREE and SCRUMPTIOUS breakfast at the Lyme School on Saturday morning 8:30-9:30. All ages welcome!

Contact Sarah Shipton at [sshipton@cclyme.org](mailto:sshipton@cclyme.org)

## ...More Actions

Looking for another opportunity to help out in the community? Join Mr. Dayno, our fourth grade teacher, in his annual efforts to maintain the Grant Brook trail as part of the larger "Source to the Sea" effort that takes place on the same day all along the Connecticut River. Come dressed to clean up a mess!

Saturday, September 24, 2016

Lyme School  
9:00-11:00

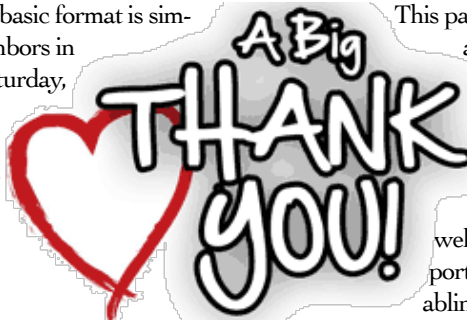
Get Dirty, Get Messy,  
Help Out!



## Hanover Football Tackles Hunger

New Hampshire Tackles Hunger - Non-perishable food items will be your ticket to the Hanover vs. Lebanon football game on Friday, Sept. 23. at Hanover High School - 7 p.m. Items needed: peanut butter, jelly, tuna, soups, pasta, sauce, canned fruits/vegetables (no glass please).

## Big Gifts Make a Big Difference



This past week we were fortunate to receive a wonderful and generous gift from a foundation to support our science initiatives (Forest Fridays, Four Winds Science Partnership in k-4 and Wind, Water and Weather project in the 4th and 6th grades) as well the Principal's Fund which supports our students and families by enabling them to share in all of the same

experiences as their classmates. This gift joins contributions from The Lyme Foundation as well as many families who help us make sure that no one is left out and that we can support and acknowledge all those that make a difference in this community.





### locally sourced food on this month's menu



Lyme Farm Fresh (Tensen Farm) Lyme, NH.-Beef & Sweet Corn  
Lyme Sugar Houses, & Sugarman Farms, VT- Maple Syrup  
Cedar Circle Farm, East Thetford, VT -Assorted Root Veg.  
Bunten Farm, Orford, NH - Pumpkins

Misty Knoll Farm, New Haven, VT. - Chicken and Turkey  
Black River Meats, North Springfield, VT - Pork  
Sunrise Orchards, Cornwall, VT - Macintosh Apples:  
Ocean Spray Farm Cooperative, Middleboro, MA


The proteins are hormone free, antibiotic free, and humanely raised (Free-Range for the most part)

Local corn is the local vegetable of the month (Laurel says it **IS** a vegetable - so save the emails)






### American Red Cross Babysitting Course



The next American Red Cross Babysitting Certification class will be offered on Saturday, October 15<sup>th</sup> from 8:30am to 3:30pm at the Lyme Congregational Church. The cost is \$28.00. Scholarships are available. Students must be at least 11 years old and must attend the entire session to receive their certification. Class size is limited to 8 students; a minimum of 4 students is needed to offer the class. All participants should bring a morning snack, a bag lunch and a water bottle. Please call the church office at 795-2850 if you are interested or email the class instructor, Lorry Kenton at [lorry.kenton@gmail.com](mailto:lorry.kenton@gmail.com). This class is popular and tends to fill quickly so register soon.

**Local** *Week of 9/26 to 9/30 • Week of 10/3 to 10/7*  **Menus** 

Al a carte Fruit and Milk are available everyday

<b>Monday</b>	<b>HOT LUNCH:</b> Grilled Cheese - <b>WG</b> Bread Homemade Tomato-Basil Bisque Roasted Local Root Veggies Fresh Oranges  Option: <b>BYO</b> Salad 	<b>HOT LUNCH:</b> Shepard's Pie with Local Ground Beef Potatoes & Corn <b>WG</b> Dinner Roll Fresh Green Beans Apple Sauce   Option: <b>BYO</b> Salad
<b>Tuesday</b>	<b>HOT LUNCH:</b> Chicken Enchiladas Refried Beans Local Organic Tortilla Chips Fresh Pico de Gallo Local Baked Apple Crisp   Option: <b>BYO</b> Salad	<b>HOT LUNCH:</b> Baked Chicken Sliders <b>WG</b> Roll  Roasted Potatoes Corn Fresh Fruit or 100% Fruit Juice  Option: <b>BYO</b> Salad
<b>Wednesday</b>	<b>HOT LUNCH:</b> Boneless Jamaica Jerk Style Chicken Red Beans & Rice Salad Bar  Bananas & Vanilla Yogurt Medley  Sandwich Option: Turkey & Cheese on <b>WG</b> Bread	<b>HOT LUNCH:</b> Cheese or Chef's Choice Pizza Salad Bar Fresh Macaroni Salad <b>WG</b> Chips Fresh Fruit or 100% Fruit Juice  Sandwich Option: Tuna on <b>WG</b> Bread
<b>Thursday</b>	<b>HOT LUNCH:</b> Spaghetti, Homemade sauce and Meatballs Dinner Roll Sugar Snap Peas Fresh Peaches or Juice  Option: <b>BYO</b> Salad	<b>HOT LUNCH:</b> Homemade Macaroni & Cheese Garlic Bread Peas & Carrots Fresh Fruit  Option: <b>BYO</b> Salad
<b>Friday</b>	<b>HOT LUNCH:</b> Cheese Pizza or Chef's Choice Corn Niblets Salad Bar Apple Sauce Option: Egg Salad on <b>WG</b> Bread	<b>NO SCHOOL</b>

Message from the **P.T.O.**

**ART IS AWESOME**

**ARTIST IN RESIDENCE**

**Yes! Theater**

Physical Comedy Arts Residency

October 31 -November 4

