

Upcoming events at...

St. Joan of Arc



September 5-10, 2023

- | | |
|------------------------|---|
| Monday, September 4 | Labor Day—No School—Last day of vacation! |
| Tuesday, September 5 | First day of school—school begins at 8:10
8:30 Opening Prayer Service and Welcome
Soccer Game SJA vs St. Patrick 4:00 |
| Wednesday, September 6 | 10:00 Mass prepared by the Faculty
Mandatory zoom for all families at 6:00 p.m. |
| Thursday, September 7 | Pep Rally for Race for Education 2:00 |
| Friday, September 8 | |
| Sunday, September 10 | SJA Parish Picnic
Altar Server Training 1:30-3:30 at the church on Areba Ave |
- Back to school nights— September 12 for Gr. 1-5 and September 14 for Gr. 6-8 at 7:00 p.m.

SJA is STEM accredited.

ST. JOAN OF ARC IS A BLUE RIBBON SCHOOL!



Menus for September 2023

Saint Joan of Arc School

This institution is an equal opportunity provider. Menus are subject to change.

Weekly Specials

Specials are served as a full meal with the daily fruit, vegetable and milk options available:

September: 5-7 Fish Sandwich
11-14 Stuffed Crust Pizza (Cheese or Pepperoni)
18-21 Ham and Cheese Sandwich
25-28 Chicken Patty Sandwich
Soup of the week: Served with a dinner roll
5-7 Broccoli Cheddar Soup
11-14 Italian Wedding Soup
18-21 Vegetable Soup
25-28 Chicken Noodle Soup

**We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!**

AVAILABLE DAILY

Smucker's Whole Grain Uncrustable PB&J

Students Grades 3-8 have the choice of ordering a

Pre-made Salad in place of the daily meal.
Salad Includes: Iceberg Lettuce, Romaine Lettuce, Cucumbers, Tomatoes, Carrots, Shredded Cheese, Salad Dressing, Dinner Roll, and

Protein of the Day:

Monday- Ham

Tuesday- Egg Salad

Wednesday- Grilled Chicken

Thursday- Tuna Salad

Friday- Hard Boiled Egg

Lancaster Hummus Company: Hummus Meal

options: Garlic, Cheesy Pizza or Sundried Tomato Served with Pretzels, fruit, veggies and milk

DON'T 4 GET!

**To make a lunch,
choose at least one**



or



**and 3-5
items
total**



Saint Joan of Arc School

**HAPPY
LABOR DAY!**



**Try not to be BLUE
about Summer's end -
enjoy the last sweet
days of the season
BERRY much!**

Tuesday, September 5

Lunch
Hamburger or
Cheeseburger
**CHOICE OF UP
TO TWO**
Side Salad or
Baked Fries
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Wednesday, Sept. 6

Lunch
Chicken Fries w/
Dinner Roll
**CHOICE OF UP
TO TWO**
Side Salad or
Baked Beans
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Thursday, September 7

Lunch
Penne Pasta w/
Meatballs or
Meatball Sub
**CHOICE OF UP
TO TWO**
Side Salad or
Green Beans
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Friday, September 8

Lunch
Sorrento's Pizza
(Red or White) and
Chips
**CHOICE OF UP
TO TWO**
Side Salad or
Carrots w/Dip
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

NUTRITION TO GO

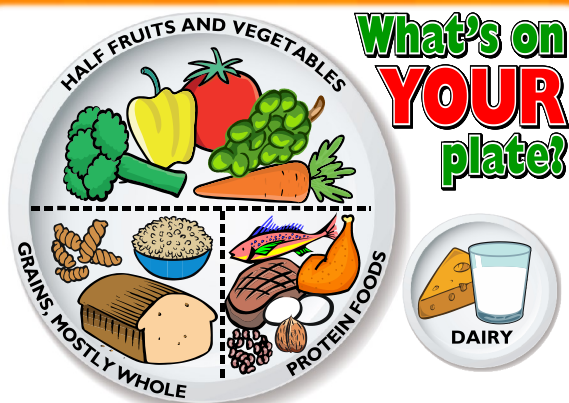
Broccoli is a "smart carb," a food that provides lots of fiber and complex carbohydrates that aid digestion and make you feel full longer. Broccoli's good for bone health, heart health, cancer prevention, reducing cholesterol, and even reducing allergies and inflammation!

A QUICK BITE FOR PARENTS

September 11, 2001



*In eternal remembrance of the victims,
in continued support of their families,
and in undying gratitude to the heroes.*



**What's on
YOUR
plate?**

Tastes like summer!



Fresh summer tomatoes are one of the great taste treats of the year. Over 10,000 varieties of tomatoes exist, and Americans eat an average of 22 pounds worth a year -- but most of that is packaged stuff, in the form of ketchup and tomato sauce. Do yourself a favor -- eat some delicious summertime tomatoes the way nature "packaged" them -- warm and juicy, right off the vine!

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, September 11

Lunch
Pizza Sticks
(Cheese or Pepperoni) w
Sauce
**CHOICE OF UP
TO TWO**
Side Salad or Corn
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Tuesday, September 12

Lunch
French Toast
Sticks w/ Sausage
Patti
**CHOICE OF UP
TO TWO**
Hash Brown or
Broccoli with Dip
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Weds., September 13

Lunch
Hot Dog on a Bun
**CHOICE OF UP
TO TWO**
Baked Beans or
Baked Fries
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Thursday, September 14

Lunch
Spaghetti w/
Meatballs or
Seasoned Pasta w/
Chicken
**CHOICE OF UP
TO TWO**
Side Salad or
Carrots
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Friday, September 15

Lunch
Sorrento's Pizza
(Red or White) and
Ice Cream
**CHOICE OF UP
TO TWO**
Side Salad or
Celery w/Dip
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Monday, September 18

Lunch
Loaded Nachos w/
Beef, Cheese, and
Sour Cream
**CHOICE OF UP
TO TWO**
Side Salad or
Corn
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Tuesday, September 19

Lunch
Grilled Cheese
**CHOICE OF UP
TO TWO**
Side Salad or
Tomato Soup and
Crackers
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Weds. September 20

No School

Thursday, September 21

Lunch
Penne Pasta w/
Meatballs or
Meatball Sub
**CHOICE OF UP
TO TWO**
Side Salad or
Green Beans
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Friday, September 22

Lunch
Sorrento's Pizza
(Red or White) and
Chips
**CHOICE OF UP
TO TWO**
Side Salad or
Cucumbers w/Dip
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit
FF Milk

Monday, September 25

Lunch
Pancakes w/
Sausage
**CHOICE OF UP
TO TWO**
Hash Brown or
Broccoli
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit

Tuesday, September 26

Lunch
Fish Sticks w/Mac
and Cheese
**CHOICE OF UP
TO TWO**
Side Salad or
Green Beans
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit

Weds. Septemer 27

Lunch
Ham and Cheese
or Turkey and
Cheese w/Chicken
Noodle Soup
**CHOICE OF UP
TO TWO**
Side Salad or
Celery Sticks
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit

Thursday, September 28

Lunch
Spaghetti w/ Meat
Sauce or
Seasoned Pasta w/
Chicken
**CHOICE OF UP
TO TWO**
Side Salad or
Carrots
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit

Friday, September 29

Lunch
Sorrento's Pizza
(Red or White) and
Ice Cream
**CHOICE OF UP
TO TWO**
Side Salad or
Broccoli w/Dip
**CHOICE OF UP
TO TWO**
Assorted Fresh or
Canned Fruit

ATTENTION SOCCER PLAYERS

ST JOAN OF ARC

MIDDLE SCHOOL

2023 SOCCER TEAM

NOW FORMING!

If you are interested in playing on the St Joan of Arc Soccer Team for the Fall 2023 Season, and you will be in 5th, 6th, 7th or 8th Grade for the 2023/2024 School Year, please fill out and return the slip below.

The Soccer Team will again be coached by Bob Hopstetter. However, he is looking for assistant coach(es) to support the team. Official mandatory practices and training will begin on August 28, 2023. Practices will be three (3) days per week (Monday, Tuesday and Thursday) from 5:30-7 during the week of August 28-31 and from 3:30-5 once school starts on September 5th. We will have get together "informal" practices this Thursday (8/17/23), Tuesday (8/22/20) and Thursday (8/25/22) from 5:30-7pm. Once games begin the practice schedule will be altered based upon the scheduled games so that we only meet for games or practices three (3) nights per week. Games will generally be after school starting around 3:45pm. The Fall Soccer Season is scheduled to conclude by the end of October.

The Registration Fee will be \$100 (a supplemental fee may be assessed depending on final expenses), which will cover team fee, referee fees, jersey/shorts/socks for each player and coach and team supplies. If you are a returning player and can still wear your uniform from last year, there will be refund of a portion of your Registration Fee equal to the cost of the uniform. There will be a team party at the end of the season, and if there are excess funds from Registration Fees some or all of the party cost will be covered for players and coaches.

If you are interested in coaching, please make sure you have all Diocesan clearances and contact Coach Hop.

In addition to filling out the attached form, please call and/or email Coach Hop at (717) 439-4460 and/or rhoppy@comcast.net to indicate your interest.

Student Name: _____

Address: _____

_____, PA _____

Emergency Contact: _____

Jersey Size _____ Requested Jersey # _____

Grade: _____ Age: _____

Tel #'s: (____) ____ - ____

(____) ____ - ____

(____) ____ - ____

Primary contact tel. no.
should be cellular
with voice and text ability

Experience: ☐ Played Travel Team ☐ Played Rec League ☐ Previously on SJA Soccer Team
☐ Played Soccer for _____ years

Parent Willing to Volunteer: ☐ Yes ☐ No --- Name: _____

Tel #: (____) ____ - ____

Student Last Nam	Student First Nam	Age	Grade	Parent name	Parent email
Tressler	Lidia	13	7	Heather Tressler	hmtressler@comcast
O'Neill	Kelsey	12	7	Sara O'Neill	soneill1976@gmail.co
Shroy	Kiley	12	7	Gina Shroy	GinaShroy20@gmail.
Katchmore	Ella	13	8	Heather Katchm	Heatsparks@gmail.c

Parent phone	9/5 Assessn	9/6 Assessment
717-443-3654		x
3039165227	X	X
7175719699	X	
570 498-7330		X



