

SFS 6th Grade School Supplies 2018-2019

Hello, Sixth Graders (and Parents/Guardians):

We hope this note finds you enjoying your summer. The 6th grade teachers have created the following list of school supplies. Take this list with you when you go shopping for supplies to help your child be prepared for every class and maximize their learning time.

Middle School students tend to carry their belongings everywhere. PLEASE help us keep the weight of the backpacks down by helping your child regularly clean out their backpack at home and have a place to store papers when they are not actively needed at school but shouldn't be recycled just yet.

For Humanities, Math, Science, and Spanish:

- 1 ½" heavy duty three ring binder with locking rings
- Lined notebook paper
- Graph paper
- At least 8 dividers (we will help you set them up in the first days of school)
- Supply Pouch/Pocket (for pencils, etc.)
- Pencils
- Pens (blue/black and one other color for correcting work)
- At least 2 different color highlighters
- Backpack or book bag
- A supply of index cards (to be kept at home)
- Inexpensive, compact ear buds
- Small pencil sharpener

Optional but useful:

- Glue stick
- White out
- Post it notes
- Reinforcement labels for binder paper
- Calculator (a small inexpensive one to keep in your binder)

Organizational hints: (extremely helpful!)

1. Organize your binder weekly. Punch holes in your papers and try to find a place for every sheet in your binder.
2. **Set up an "overflow system" for home.** At the end of a unit test or a quarter, ask the teacher if you can transfer notes from the last unit to the overflow system. Old binders or file folders work well for this.
3. Clean out your locker regularly.

Note: The lockers for Middle School are plastic and large enough to fit a regular backpack. Most of the fancy magnetized decorations and organizers sold for lockers **will NOT work in these lockers**. No combination lock is needed.

Remember to put your name in/on all belongings.

Let's reduce items in the Lost & Found by labeling your lunch box, jackets, sweatshirts, backpack, etc.

Zero and Low Waste Lunch at SFS

We hope you have noticed that at **The San Francisco School** we are striving towards creating a greener, more earth friendly campus. One big step is creating a zero (or low) waste lunch system. An average American student creates **67 pounds of lunchtime waste** per school year. For an entire school, the amount becomes staggering. Please help us minimize food and packaging waste by packing waste-free or low-waste lunches. When you come to campus, you will see how we use compost and recycling bins across campus. We hope you practice sorting waste at home too so that your child knows what to do when they are taking care of it themselves during the school day.

By using fewer resources and reducing our needs for landfill we can help to conserve wild spaces, reduce the need for petroleum, protect watersheds, help keep the air cleaner, and begin to tackle issues of environmental inequity.

For Your Child's Packed Lunch (with all items labeled)...

A Waste-free/ Low-waste Lunch

- Lunches in reusable /recyclable/ compost friendly containers
- Drinks in a thermos or reusable/recyclable container
- A cloth napkin
- Reusable utensils when needed
- A reusable lunchbox or backpack

Avoid...

A Disposable Lunch

- Lunches packed in plastic bags (even waxed paper baggie is better, as it can be composted)
- Prepackaged lunches
- Prepackaged single-serve lunch items
- Disposable drink boxes and pouches (even recyclable container is better than cardboard/foil/plastic laminate that must go to land fill.)
- Disposable forks and spoons

Here are a few suggestions for making it work:

- Work with your child to set up routine and make sure everyone is clear on what kind of packaging and quantities are appropriate. If you don't do so already, try packing lunches the night before and storing them in the refrigerator overnight.
- **Teach your children to be responsible for placing their own nutritious waste-free lunch and having it ready to go with their belongings in the morning.**
- Be sure to monitor food quantities, children often throw away unopened or barely touched foods.
- Cut up fruits and vegetables and pack them in reusable containers. Then children can eat some at snack and save the rest for later.
- Avoid buying drinks in packaging that cannot be resealed. Many children take just a few sips at snack time and discard the rest. (\$\$\$Ouch!)
- Have your middle schooler take responsibility for washing their reusable containers or rinsing them and putting them in the dishwasher after school.

Please remember that sodas, candy, and other items high in sugar are not appropriate for lunch.

We also are a nut-sensitive campus and ask that lunches not contain peanut or tree-nut products out of respect for our students with life-threatening allergies.

Information and some wording gathered from: www.wastefreelunches.org. Check out their website for more ideas.