

SFS Seventh Grade School Supplies 2018-2019

Hello, Seventh Graders (and Parents/Guardians):

We hope this note finds you enjoying the summer. The 7th grade teachers have devised the following list for what you will need in your classes. Review this list carefully regarding supplies to help you be prepared for every class and maximize your learning time.

If you prefer to use a physical planner, you can either buy your own or you can see Alberta when school begins to pick up one from her. Please also consider an 'Overflow' filing system at home so that you do not need to carry all papers throughout the school day.

And, in line with SFS's goals around environmental stewardship, please consider only buying new products if absolutely necessary. Re-use folders and/or binders from last year, use a partially used notebook by cutting out pages no longer needed (which you can save or recycle), etc. See how much you can gather from your past supplies or from around the house (with permission). Give yourself a special pat on the back if you can get yourself ready with the supplies you need by spending under \$10!

Supply List for Humanities, Math, Science, and Spanish:

- Pencils, sharpened (*if mechanical, keep a supply of lead as well*)
- Eraser (*pencil tip type and separate*)
- Ink pens (blue/black)
- Other color ink pens (*for editing (not a coloring pencil)*)
- 2 Notebooks (*70-100 pgs or composition book, one for math and one for humanities*)
- Calculator (*at least with a square root key*)
- Graph paper (*25 sheets*)
- 5 2-pocket folders* with prongs for science
- 2 2-pocket folders* for math
- 2 2-pocket folders* for humanities
- 12" ruler
- Inexpensive, compact ear buds
- At least 2 different color highlighters
- Supply Pouch/Pocket (for pencils, etc.)

Optional but useful

- Post It notes
- Glue Stick
- Hand-held pencil sharpener
- Small pair of scissors

** Consider a different color folder for each of the separate subjects.*

Let's reduce items in the Lost & Found by remembering to put your name in/on all belongings - your lunch box, jackets, sweatshirts, backpack, etc.

Note for New Students: 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.

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.