



The 17th Annual **WMS Turkey Promenade**

*Sponsored by the Wellesley Middle School Fitness and Health Department
Wednesday, November 27, 2013*

The Turkey Promenade is a WMS whole school, community service event that promotes the collective spirit of “giving.” On the day of the Promenade, homerooms will deliver items they have collected for the women’s shelter, Voices Against Violence. These items help provide necessary means for families throughout the year.

The event will include a short walk outside of the building that will promote the spirit of the day and encourage the importance of fitness and health.

There will be 3 “promenades” as follows:

Grade 7 – 7:50 to 9:00 A.M.

Grade 8 – 9:00 to 10:00 A.M.

Grade 6 – 10:00 to 11:00 A.M.

After each promenade, students will gather in the cafeteria for a short celebration with refreshments provided. A presentation will be given recapping the key message (i.e., the importance of helping others and the responsibility to do so) of the day.

SUGGESTED PRE-PROMENADE PREPARATIONS:

- Students are being asked to bring in items from the attached “Donations List” ***before*** Wednesday, November 27th. Encourage your children to “walk in the shoes” of those receiving the items and to donate accordingly. As a school-wide incentive, homerooms have been given the goal of donating a minimum of 100 items per class. If we meet and/or exceed our collective goal, WMS will announce a “no homework” day in December.
- Highlight the goals of the day in a way that encourages positive participation. Emphasize: 1) Giving to those in need, 2) Taking responsibility to act, 3) Making a difference by engaging in a cause greater than oneself.
- Encourage appropriate dress in consideration of spirit, activity and weather. Homerooms will work together and engage in a friendly competition for the “Spirit Trophy.” Spirit can be displayed through costumes, cheers, or banners; consider the theme of “giving.” The day also encourages positive health and fitness: wear comfortable shoes/clothes and dress for weather conditions.

If you have any questions or concerns, please contact the WMS Main Office staff at 781-446-6235. Thank you for your support with this important endeavor!



Sample Competition Rubric WMS Turkey Promenade 2013-14

The following rubric will determine the recipient of the WMS Turkey Promenade “Spirit Trophy.” Spirit is judged on creativity and execution of theme through costumes, banners, cheers and/or props. Inclusion points are given for the “number” of students participating. Bonus points are given for “extra” effort not accounted for in “spirit” or “inclusion” points. Judges are allowed a level of subjectivity when scoring. This competition is for fun; good sportsmanship should always trump winning. Enjoy!

SPIRIT AWARD
Spirit: (1-5 points) (e.g., costumes, banners, cheers and/or props)
Inclusion (1-5 points)
Bonus (1-5 points)
TOTAL (15 points)

Our school goal is 100 items per class. We hope that all homerooms can meet this goal (historically, all homerooms have met or exceeded this number consistently). If our schools goal is met, we will award a school-wide “no homework” day in December. Total items should be recorded on the sheet below and returned to a Fitness and Health representative in Gym B. Individual homerooms can choose to increase their goals; we encourage all homerooms to donate as much as they can.

----- cut on line and return to Gym B, 11/27/13 -----

DONATIONS
Grade level and homeroom #:
Total items donated:
Teacher signature:



Food Donation Items for Voices Against Violence

WMS Turkey Promenade 2013-14

*Any student can donate any item listed below. **All donations are welcome and appreciated.** Additionally, certain items are more in demand than others. Please refer to the back of this sheet for suggested donations by homeroom. We are trying to provide the most comprehensive range of goods to meet the shelter's needs. Thank you for your support.*

Note: asterisks (*) represent items most needed; additionally, please check expiration dates.

CEREALS AND JUICES

Cereal *, Sweet, Cereal – 1 serving size *, Juices – bottled *, Juice boxes *

SNACKS

Cookies *, Crackers *, Chips *, Candy *, Granola Bars

PERSONAL CARE

Body Wash *, Shampoo *, Conditioner *, Diapers * (sizes 4, 5, and 6), Deodorant*, Shaving Cream, Toothpaste *, Combs and Brushes, baby wipes

HOUSEHOLD PRODUCTS

Toilet Paper **, Napkins, Paper Plates, Plastic knives, forks & spoons, Liquid Detergent (by sink) *, Liquid Laundry Detergent *, Dishwasher Detergent *, Liquid Hand Soap *, Disinfectant wipes

BAKING PRODUCTS

Flour, Sugar (white) *, Vegetable Oil *, Olive Oil *, Spices, Cake Mixes, Brownie Mixes, Quick Bread Mixes, Frosting Mix, Puddings, Jell-O, Pancake Mix *

CONDIMENTS

Ketchup *, Mustard *, Salad Dressings *, Peanut Butter *, Jelly *, Coffee *, Tea *, Syrup *

PASTA, RICE AND BEANS

Spaghetti, etc., Rice – (white) *, Pasta Dinners, Rice Dinners, Beans – (all kinds)

FRUIT (CANNED OR DRIED)

All Kinds

TOMATO PRODUCTS AND SAUCE

Spaghetti Sauce *, Tomato Sauce, Tomato Paste, Whole Tomatoes, Crushed Tomatoes, Diced Tomatoes

MEAT (CANNED)

Fish, Chicken – canned Beef Stew. No tuna.

Note: gift cards are always welcome to buy fresh products, prescriptions, baby formula, outfits, etc. (Market Basket, Stop & Shop, Walgreens, Wal-Mart, Target, CVS).

Suggested Food Donations by Homeroom

Should you need further assistance in deciding on what items to donate, please use the suggested list below:

Note: asterisks (*) represent items most needed; additionally, please check expiration dates.

- **Homerooms 107, 313, 319, 321, 305, 307**

CEREALS AND JUICES: Cereal * Sweet, Cereal – 1 serving size *, Juices – bottled *

- **Homerooms 111, 323, 325, 331, 301**

SNACKS: Cookies *, Crackers *, Chips *, Candy *, Granola Bars

- **Homerooms 109, 215, 219, 309, 252, 345**

PERSONAL CARE: Body Wash *, Shampoo *, Conditioner *, Diapers * (sizes 4, 5, 6), Deodorant*, Shaving Cream, Toothpaste *, Combs and Brushes

Homerooms 217, 223, 225, 221, 234, 311

HOUSEHOLD PRODUCTS: Toilet Paper **, Napkins, Paper Plates, Plastic knives, forks & spoons, Liquid Detergent (by sink) *, Liquid Laundry Detergent *, Dishwasher Detergent *, Liquid Hand Soap *, Disinfectant wipes

- **Homerooms 113, 329, 101, 103, 230, 341**

BAKING PRODUCTS: Flour, Sugar (white) *, Vegetable Oil *, Olive Oil *, Spices, Cake Mixes, Brownie Mixes, Quick Bread Mixes, Frosting Mix, Puddings, Jell-O, Pancake Mix *

Homerooms 120, 330, 328, 332, 224

CONDIMENTS: Ketchup *, Mustard *, Salad Dressings *, Peanut Butter *, Jelly *, Coffee *, Tea *, Syrup *

- **Homerooms 116, 207, 211, 203, 222**

PASTA, RICE AND BEANS: Spaghetti, etc., Rice – (white) *, Pasta Dinners, Rice Dinners, Dried beans – (all kinds)

- **Homerooms 124, 227, 229, 231, 216**

FRUIT (CANNED OR DRIED): All Kinds,
DRINKS: Coffee, juice boxes

- **Homerooms 118, 318, 324, 326, 212**

TOMATO PRODUCTS AND SAUCE: Spaghetti Sauce *, Tomato Sauce, Tomato Paste, Whole Tomatoes, Crushed Tomatoes, Diced Tomatoes

- **Homerooms 228, 338, 105, 206, 210**

MEAT (CANNED): Fish, Chicken – canned Beef Stew. No tuna, please.
PERSONAL CARE: Baby wipes.

Note: gift cards are always welcome to buy fresh products, prescriptions, baby formula, outfits, etc. (Market Basket, Stop & Shop, Walgreens, Wal-Mart, Target, CVS).