



Quaker Hill Elementary School

Christopher Discordia, Principal
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Mrs. Cardello's before-school math enrichment club students had a great time learning algebra with hands on materials this week!



This week, Mrs. Hergott's class got a special visit from Ms. Maureen Joiner to learn all about dental health!





Quaker Hill News



Week of February 5th-9th

Monday - C

Tuesday - D

Wednesday - A

Thursday - B

Friday - C

Lunch Menu for the week of February 5th-9th

Mon: Crispy Chicken sandwich, potato wedges, cucumber slices, ranch, apple, milk

Tue: Beef nachos, cheddar cheese sauce, black beans, corn, orange smiles, corn muffin, milk

Wed: Breaded baked ravioli, mozzarella sticks, marinara sauce, green beans, breadstick, diced pears, milk

Thu: Chicken and gravy, brown rice, steamed broccoli & carrots, diced peaches, biscuit, milk

Fri: Cheese pizza, baby carrots, ranch, cucumber wheels, apple slices, milk

EVERYONE WINS AT QUAKER HILL'S

SOUP-ER BOWL



MONDAY 2/5 - FRIDAY 2/9



WHO DO YOU THINK WILL WIN
THE BIG GAME ON SUNDAY?



VS



BRING IN A CANNED GOOD OR
NON-PERISHABLE ITEM AND FILL
YOUR TEAM'S BIN

ALL DONATIONS TO BENEFIT WATERFORD FOOD PANTRY

Homework Club



Starting February 1

**Every Thursday from
4:00 - 6:00 pm**



**Open to all elementary and
middle school students,
no registration required**

**Tutoring provided by Waterford High School
Honor Society students on a first come, first
serve basis. Parents and caregivers must
remain at the library while their child is
participating.**



860-444-5805
49 Rope Ferry Road
Waterford, CT

www.waterfordpubliclibrary.org

 **WATERFORD**
public library

QUAKER HILL FITNESS TEST

HOW TO BE THE BEST

Fitness Testing occurs once a year for students in grades 3-12 all over the country. There are 4 different methods of testing that calculate a student, and schools, fitness levels through various exercises. Muscular Strength, Muscular Endurance, Flexibility, and Cardiovascular Endurance are all measured during Fitness testing. Throughout the year we practice all 4 areas of testing through different games, exercises, and warm up activities. However, a 45 minute class once a week is not enough! We need help from parents and guardians to show the importance of practice outside of school! Practice before bed, or on the weekends, to help improve our schools overall fitness!

MUSCULAR STRENGTH

Otherwise known as our "Push-Up Test", this is Quaker Hills biggest area of need. Push-ups are difficult for all ages, especially if you do not practice often. The test is given through a 3 second "cadence" that goes "Down...up...down...up" at which time students are performing push ups. Students must have a flat back during the test, and go down to 90 degrees and back up. Start with 1 or 2 push-ups a night, then gradually increase over time!

FLEXIBILITY

Generally Quaker Hills highest scoring test for girls, the "Sit and Reach Test" measures the flexibility of students in each leg. Students sit on the floor with shoes off, and one leg at a time measure how far they can reach on a "Sit and Reach Test box". No need to build or buy a box for practice at home, just simply take a couple minutes each night to practice stretching both legs. It is a great way to cool down your body before going to bed!

MUSCULAR ENDURANCE

Our "Curl-Up Test" follows the same cadence as our push up test. Students lay flat on their back with their legs bent and feet FLAT on the floor. Feet CANNOT lift off the floor when performing curl ups. Students hands lay flat on the floor and on the "up" cadence students raise their bodies up and slide their hands 4 inches across the floor. On the "down" cadence, students lay all the way back down, making sure to put their heads back on the floor.

CARDIOVASCULAR ENDURANCE

The "Pacer Test" measures a students cardiovascular endurance, simply put, how long they can run without stopping. The test follows a "beeping cadence" where students must run from one line to another, before the "beep" occurs. Over time the test will increase speed, forcing students to run faster with less time to rest. This is our HARDEST test and it is important to remember running is difficult. Try to be active as much as possible, and run/jog/walk when weather and time allows.

Scoring For Fitness Testing:

Our goal each year is to be in the “Healthy Fitness Zone” for each test. At Quaker Hill we follow the 20-Meter Pacer test. Each test varies depending on the age of the student at the time of testing. Take a moment to look over scores with your QH student, and understand how to prepare for the upcoming testing!

Standards for Health-Related Fitness Zones

- I = Needs Improvement Zone (does not meet health-related standard)
- F = Health Fitness Zone (meets health-related standard)
- H = High Fitness Performance Zone (exceeds health-related standard)

Boys

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups			
	Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H
8	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:30*	12:30-10:00*	<10:00*	0-7	8		0-4	5-13	>13	0-5	6-20	>20	
9	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:00*	12:00-9:30*	<9:30*	0-7	8		0-5	6-15	>15	0-8	9-24	>24	
10	0-22	23-61	>61	0-29	30-80	>80	>11:30	11:30-9:00	<9:00	0-7	8		0-6	7-20	>20	0-11	12-24	>24	
11	0-22	23-72	>72	0-29	30-94	>94	>11:00	11:00-8:30	<8:30	0-7	8		0-7	8-20	>20	0-14	15-28	>28	
12	0-31	32-72	>72	0-41	42-94	>94	>10:30	10:30-8:00	<8:00	0-7	8		0-9	10-20	>20	0-17	18-36	>36	
13	0-40	41-83	>83	0-53	54-108	>108	>10:00	10:00-7:30	<7:30	0-7	8		0-11	12-25	>25	0-20	21-40	>40	
14	0-40	41-83	>83	0-53	54-108	>108	>9:30	9:30-7:00	<7:00	0-7	8		0-13	14-30	>30	0-23	24-45	>45	
15	0-50	51-94	>94	0-66	67-123	>123	>9:00	9:00-7:00	<7:00	0-7	8		0-15	16-35	>35	0-23	24-47	>47	
16	0-60	61-94	>94	0-79	80-123	>123	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47	
17	0-60	61-106	>106	0-79	80-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47	
17+	0-71	72-106	>106	0-93	94-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47	

Girls

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups			
	Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H
8	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-10:00*	<10:00*	0-8	9		0-4	5-13	>13	0-5	6-20	>20	
9	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-9:30*	<9:30*	0-8	9		0-5	6-15	>15	0-8	9-22	>22	
10	0-6	7-41	>41	0-8	9-54	>54	>12:30	12:30-9:30	<9:30	0-8	9		0-6	7-15	>15	0-11	12-26	>26	
11	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-14	15-29	>29	
12	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32	
13	0-22	23-51	>51	0-29	30-67	>67	>11:30	11:30-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32	
14	0-22	23-51	>51	0-29	30-67	>67	>11:00	11:00-8:30	<8:30	0-9	10		0-6	7-15	>15	0-17	18-32	>32	
15	0-31	32-51	>51	0-41	42-67	>67	>10:30	10:30-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35	
16	0-31	32-61	>61	0-41	42-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35	
17	0-40	41-61	>61	0-53	54-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35	
17+	0-40	41-72	>72	0-53	54-94	>94	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35	



2024 SPRING BREAK SOCCER CAMP at CONNECTICUT COLLEGE

REGISTER HERE: www.ReubenBurkCoachingCamps.com --or-- mail in this flyer attached with check

April 8-11th, 2024

Boys and Girls Ages 5-15 (roughly)

Monday-Thursday / 9AM - 12pm Noon

CAMP DIRECTORS:

Reuben Burk - Men's Head Coach, Connecticut College

- 2021 NCAA NATIONAL CHAMPIONS
- 2023, 2021, 2019 & 2018 NCAA Tournaments

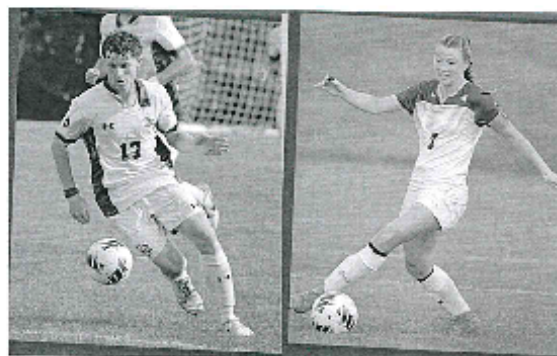
Norm Riker - Men's Women's Coach, Connecticut College

- 2014 NESCAC CHAMPIONS
- 2021, 2017 & 2016 NCAA Tournaments

ASSISTANT DIRECTORS:

Andrew Storton - Assistant Coach, Connecticut College Men's Soccer

Mia Santana - Assistant Coach, Connecticut College Women's Soccer



This fun camp is designed to teach and refine campers' skills through small-sided games and technical training. Connecticut College soccer team members will be present to interact with and coach the campers.

Please note, each camper must provide his/her own ball. Each child needs cleats + shin guards too! Please also pack plenty of water + snacks :)

Cost: \$175 (before April 1st), \$200 (after April 1st); \$150 for each additional child - Please pay online (www.ReubenBurkCoachingCamps.com) or alternatively, send checks by mail payable to REUBEN BURK COACHING LLC. If paying by check, please mail the check and detached registration form below to: Reuben Burk, 270 Mohegan Ave, New London, CT 06320 Attn: Men's Soccer Office. For more info please email Reuben Burk at rburk@conncoll.edu

Name: _____ Gender: _____ Age: _____ Grade: _____ School: _____

Emergency contact: _____ Phone number(s): _____

Email: _____

_____, hereby certify that I am the parent or legal guardian of the camper and understand and agree that Connecticut College Soccer Spring Break Camp does not provide medical insurance covering injuries of any nature. The undersigned hereby releases Connecticut College Soccer Spring Break Camp, REUBEN BURK COACHING LLC, its successors, officers, agents, and employees from any and all claims, demands and causes of actions resulting from participation in Connecticut College Soccer Spring Break Camp. I hereby authorize the directors of Connecticut College Soccer Spring Break Camp to act within their best judgment in case of an emergency requiring medical attention. Further, I agree to indemnify, defend and hold harmless Connecticut College from any and all claims, demands and causes of action that arise from any negligent acts, conduct or omissions attributable to the camper's participation in the Connecticut College Soccer Spring Break Camp.

Signature of parent/guardian: _____

Insurance Carrier: _____ Policy number: _____

**Saturday,
February 3rd**

10:30 AM - 4:00 PM
No registration required.
All ages welcome!



**Take Your
Child to the
Library Day!**



**STEVE
ELCI**

Move and groove with
local musician Steve Elci
from 10:30 to 11:30 a.m.

Celebrate some of our
favorite picture book
characters 2:30 to 4:00 p.m.

**BOOK
CHARACTER
PARTY**

Plus family-friendly activities and crafts throughout the day!

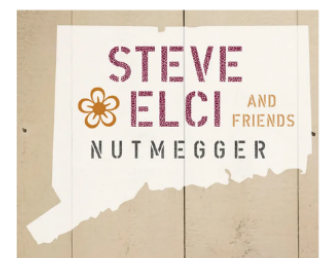
 **WATERFORD**
public library

Discovery begins here.

**49 Rope Ferry Road,
Waterford, CT**



www.takeyourchildtothelibrary.org



860-444-5805 • WWW.WATERFORDPUBLICLIBRARY.ORG



Quaker Hill
Pasta
Dinner
& Basket Bonanza

Friday February 2nd 2024

3 Dinner Seating Times Available
5:00 PM, 6:00 PM OR 7:00 PM Seating
Basket Bonanza runs 5:00PM to 8PM
Winners Called @ 8:00 PM
Quaker Hill Elementary School

Come and enjoy a special evening with family, friends, and school staff.
Delicious food, amazing baskets, celebrity servers, and some other surprises!

While we encourage all students and families to join us for dinner *and* the basket raffle
You **DO NOT** have to participate in BOTH the activities.

The dinner has sold out in years past so if you are interested in joining us for dinner
PRESALE is STRONGLY encouraged.
Basket Bonanza tickets **WILL** be available at the event presale is **NOT** required to attend.

ALL PRESALE TICKETS ARE WILL CALL AND PROVIDED AT THE DOOR ON THE NIGHT OF THE EVENT

Advanced Tickets available **ONLINE ONLY**

<https://squareup.com/store/quaker-hill-pta>

Limited seats available - Advanced purchase strongly encouraged.

Tickets may sell out prior to event.

***If there are any available dinner tickets the night of the event they will be on sale
at the door for additional \$2.00 / ticket***

All payments are non refundable.

ADULT (13 years and older) **Pasta Dinner Ticket** is **\$10.00** each

CHILD (12 years and younger) **Pasta Dinner Ticket** is **\$5.00** each

Basket Bonanza Tickets (25 tickets/sheet) at **\$20.00** per sheet



Socks for Seniors

Waterford Senior Services, Waterford Youth & Family Services and the Waterford Police Department are teaming up to show Waterford seniors some love!

Donations of new, cozy socks for seniors who may have sensitive feet and foot-related conditions are graciously accepted starting January 10th through February 7th. The classroom who donates the most socks will receive a special visit from Hodges!

Socks will be donated to Senior Housing and Long-term Care Facility residents in the Waterford community.

Please contact Senior Services Assistant Director Terry Wheeler at twheeler@waterfordct.org or Officer Fredricks at efredricks@waterfordct.org with any questions.





ISAAC MIDDLE SCHOOL



FREE SATURDAY BASKETBALL CLINIC

Elevate Your Child's Basketball Skills with ISAAC Middle School!

ISAAC Middle School is excited to extend an invitation to students in New London and surrounding towns for our top-notch developmental basketball instruction tailored for grades 2-5. Our experienced coaching staff is dedicated to fostering a positive and supportive environment, ensuring your child receives quality training that goes beyond the court.

What to Expect:

- **SKILL DEVELOPMENT:** From dribbling and shooting to teamwork and strategy, we focus on honing fundamental skills.
- **POSITIVE COACHING:** Our coaches prioritize encouragement and motivation to build confidence both on and off the court.
- **FUN AND INCLUSIVE ATMOSPHERE:** ISAAC Middle School emphasizes the joy of the game and welcomes players of all skill levels.

Program Dates:

Five Saturdays: January 20th, January 27th, February 3rd, February 10th, February 17th

Location:

ISAAC Middle School Gymnasium (190 Governor Winthrop Blvd., New London, CT 06320)

Session Times:

Grades 2 and 3: 10:15 am – 11:15 am

Grades 4 and 5: 11:15 am – 12:15 pm

Open to 20 players at each age group. Slots are limited and will go fast – contact us now!

Join us as we inspire young athletes to reach their full potential and instill a lifelong love for the game. Don't miss this opportunity to empower your child through basketball excellence at ISAAC Middle School!

For more information and registration details, contact us 860-447-1003 or by email jalvarez@isaacschool.org. Closing date for registration is January 18, 2024



SPRING 2024

WATERFORD YOUTH LACROSSE

REGISTER ONLINE NOW!

www.waterfordyouthlacrosse.org

Grades K-8

Instructional (K-2): \$30

Equipment available to borrow for the season. No USA Lacrosse Membership or Uniform required.

Travel Teams: \$185 *Includes Uniform*

10U Grades 3-4

12U Grades 5-6

14U Grades 7-8

****NEW Custom & Personalized Uniforms for all Travel Players****

All travel players must have a valid USA Lacrosse Membership

www.usalacrosse.com

REGISTRATION CLOSES ON 2/1

**Grab your stick and
let's dominate the field
in the 2024 season!**



**Recruit a
friend...score a
WYLA gift!**



Follow us
[@waterfordyouthlacrosse](https://www.instagram.com/waterfordyouthlacrosse)



Waterford Soccer Club

Spring Registration opens - January 1, 2024

Travel League \$100

Born 2010 - 2015

(2009 8th graders)

Rec League \$80

Born 2016 - 2018

Tykes \$60

Born 2019 - 2020

No Assessments for Spring

Travel open: 1/1/24 - 3/15/24

\$30 Late fees start: 3/1/24

Travel closes: 3/15/24

Rec open: 1/1/24 - 4/1/24

\$30 Late fees start: 3/15/24

Rec closes: 4/1/24

Tykes open: 1/1/24 (Never closes)



REGISTER ONLINE AT:

WWW.WATERFORDSOCCER.ORG

QUESTIONS EMAIL: WTFDSOCCERREGISTRAR@YAHOO.COM



WATERFORD
Youth & Family
Services

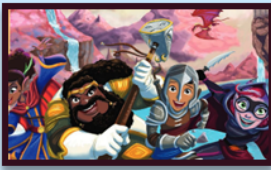
Winter Afterschool Programs

10 week programs start week of Jan 8th

**Healthy Snack
Provided each
class!**

Waterford Public
School students can
take bus from school
directly to the
Community Center!

**Classes fill up
quickly, be sure to
create a profile
using the link
below.**

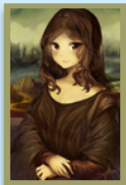


Dungeons and Dragons

Are you ready to embark on an epic journey filled with mythical creatures, daring quests, and endless adventure? Join our after-school Dungeons & Dragons classes and unleash your imagination in a world of magic and mystery! Throughout the program, you'll learn the art of teamwork and creativity, working with fellow adventurers to overcome challenges, create unforgettable stories, and develop unique characters with their own backgrounds and abilities. Sharpen your critical thinking and

decision-making skills as you face unexpected situations in a dynamic and ever-changing world. Every week, embark on thrilling campaigns filled with epic battles, intriguing NPCs, and epic quests!

- **Mondays 4th & 5th Grades [Dismissal— 5:45pm]**
- **Tuesdays Middle School A [Dismissal— 5:30pm]**
- **Wednesday Middle School B [Dismissal— 5:30pm]**
- **Thursday High School [Dismissal— 5:00pm]**



FINE ARTS AND ANIME

Unleash your creativity in a captivating artistic journey that blends the best of Western fine arts with the enchanting world of Japanese influence and anime. Our art program is designed especially for middle to high school students, offering a unique opportunity to explore the rich traditions of both worlds while embracing modern pop culture.

Tuesdays Middle School [Dismissal— 5:30pm]



MIXED MEDIA ART

We're calling all elementary schoolers to embark on a vibrant journey into mixed media art! Discover the thrill of combining paint, paper, fabric, and more to breathe life into your imagination. Our expert instructors will guide you through hands-on projects, from captivating collages to whimsical 3D creations. Boost your creativity, problem-solving skills, and passion for art in this unforgettable artistic adventure. Join now and let the magic of mixed media art unleash your inner artist! **Wednesdays 1st thru 5th grade [Dismissal— 5:30pm]**



Cooking with Class

Discover the art of cooking with our Middle School Chef Program! Join our expert chef to learn essential skills, explore flavors, and create delicious meals! Tuesdays: Grades 6th thru 8th.

Tuesdays Middle School [Dismissal— 5:30pm]



Waterford Whiskers: Baking 101

Unleash your baking talents with our Waterford Whiskers Program! Discover the joy of creating sweet masterpieces, gain essential skills, and let your creativity rise to new heights! Tuesdays: Grades 3rd thru 5th

Wednesdays 1st thru 5th grade [Dismissal— 5:30pm]



REGISTRATION IS NOW OPEN!

Create a profile and register here: waterfordyouthfamily.recdesk.com/Community/Home or scan the QR code to the right.

Youth Winter Reading Challenge

Our Youth Winter Reading Challenge runs until February 26. Pick up a sheet for your age group in the Children's Room or print from our website. For ages birth to 18.

Saturday, February 3, 9:00AM – 5:00PM

Take Your Child to the Library Day

Celebrate Take Your Child to the Library Day with us! Kick off the morning with a musical performance from local favorite Steve Elci at 10:30 am then at 2:30 pm we will have a Character Party where we celebrate some of our favorite picture book characters. There will be crafts and activities all day in the Children's Room. All ages are welcome, no registration required. In the event of inclement weather, Take Your Child to the Library Day will be moved to Saturday, February 10.

**Bilingual Storytimes: In English & Spanish**

Join Ms. Emy for two sessions where we will sing songs and read books in both English & Spanish.

Tuesday, February 6, 5:30PM - 6:30PM

Bilingual Pajama Storytime

Feel free to dress comfy and bring your favorite stuffed animal and a blanket!

Saturday, February 24, 10:30AM - 11:30AM

Bilingual Family Storytime

Recommended for ages birth - five but all families are welcome to join. No registration required.

Thank you to the Community Foundation of Eastern Connecticut for providing funding for these programs.



Thursdays, February 1, 8, 15, 22 & 29, 4:00PM - 6:00PM

Homework Club

Need some extra assistance completing your homework after school? Stop by the library between 4:00 and 6:00 pm for our weekly Homework Club, run by tutors from the Waterford High School Honor Society. Students in elementary and middle school are welcome, no registration required. Please note, tutors are available on a first come first serve basis. Parents and caregivers must remain at the library while their child is participating.

Monday, February 26, 4:30PM - 5:30PM

Junior Detectives Book Club

If you're a fan of solving cases, this book club is the perfect place to share your passion for the genre. Bring your favorite mystery book to life with fellow Investigators - you choose the book! We will also make a fun craft. Recommended for ages 9 to 12 years old, registration is required.



Mondays, February 5, 12 & 26, 10:30AM - 11:00AM

Family Storytime

Get ready to read and get your wiggles out! Join Ms. Jenna at the library for some fun stories, songs, and dancing. Recommended for ages birth to five years old with a caregiver. No registration is required.

Saturday, February 24, 2:30PM - 3:30PM

Harriet Tubman: A Woman with a Railroad

Join us for an interesting and interactive afternoon of learning with a live performance of Harriet Tubman: A Woman with a Railroad by New London's own Adwoa Bandele-Asante. This program is free and open to all. This program is generously funded by CT Humanities.



DROP IN CRAFTS

Monday, February 5, 4:00PM - 6:30PM

Drop In STEM Adventure: STEM Station

Join us in the Children's Room between 4:00 and 6:30 pm to explore various STEM kits, that were donated by the local Girl Scouts. Recommended for ages 5 and up, no registration required.

Monday, February 12, 4:00PM - 6:30PM

Drop in Craft: Bouquet of Hearts Card

Join us in the Children's Room anytime between 4:00 and 6:30 pm to make a heart bouquet card for your family or friends. Recommended for ages 5 and up, no registration required.



Tuesday February 27, 4:00PM - 6:00PM

Build Club



Stop by the Children's Room anytime between 4:00 and 6:00 pm to build with a variety of STEM sets that we

have! Recommended for ages 4 and older, no registration required.

Tuesday, February 20, 2:00PM - 6:00PM

Boardgame Bonanza

Stop by the library meeting room anytime between 2:00 and 6:00 pm to play one of our many board games! All ages are welcome, no registration required.



Wednesday, February 28, 5:30PM - 6:30PM

Chess Club

Join us for our monthly Chess Club! Students from Waterford High School will be teaching basic chess skills as well as offering a space for more advanced students to practice against one another. Ages 6 and up, no registration required.

GRAB & GO CRAFTS



Heart Friend
Feb 3 to Feb 16



Dinosaur
Feb 17 to Mar 1

Pick up supplies in the Children's Room to make Grab & Go crafts at home, while supplies last.

Step-by-step video tutorial on our Facebook page ([@waterfordpubliclibrary](https://www.facebook.com/waterfordpubliclibrary)).

TEEN CORNER

Thursday, February 1, 5:30PM - 7:00PM

Teen Craft Night

At this craft night participants will be learning how to knit an ear-warmer using only their fingers! Ages 11-18. Registration required.



Thursday, February 15, 5:30PM - 7:00PM

Teen Drop In Craft: Scratch Art Cards



Stop into the Teen Area of the library between 5:30 and 7:00 pm to create a Scratch Art card! Ages 12 -18. No registration required.

READ TO A DOG

Tuesday, February 13, 4:30PM - 5:30PM

Read to Hodges

Saturday, February 10, 10:00AM - 11:00AM

Read to Scout

No registration required, all ages welcome.



Friday, February 2, 11:00AM - 12:00PM

Toddler Craft: Penguin

Join us for a fun crafting session where the little ones will create adorable penguins. For ages 3 to 5 years old, no registration is required.



Friday, February 9, 11:00AM - 11:45AM

Story and Sensory Play

Join Miss Ashlee for a story and then explore multiple sensory stations! Recommended for ages 2 to 5 years old with a caregiver. No registration required.



Wednesday, February 21, 11:00AM - 11:45AM

Toddler Art

This hands on art session is for young ones to explore through process art with the help of their adult. Miss Ashlee will start the session with a short story! For ages 3 to 5 years old, registration is required.



To keep up with all our activities follow us on Facebook and Instagram



@waterfordpubliclibrary



@waterfordlibraryct

Either call the library to register or go to our Calendar of Events page on our website.
www.waterfordpubliclibrary.org 860-444-5805, Adult Ext 2, Youth Services Ext. 3

Waterford Little League

Register online now for Spring Little League Season!

We are currently updating our website so to register for the upcoming season please scan the QR code



or go to

<https://leagues.bluesombrero.com/waterfordct>

2024 Spring Season Registration fees:

Majors/Minors - \$150

Coach Pitch - \$100

Co-ed Tee Ball - \$85

Payment Plans available!
Family discount for families
with 3 or more players.

Important Registration Dates:

Majors/Minors

\$25 late registration fee begins 1/1
Registration closes 1/15

Coach Pitch

\$25 late registration fee begins 2/1
Registration closes 2/15



Please email
Registration@wllct.org with any
registration questions.

CONNECT WITH US



February Lunch Menu



FEBRUARY 2024 LUNCH K-12

LUNCH PRICES
 Elementary \$3.25
 CLMS \$3.50
 WHS \$3.75
 *Second Meal=\$4.25 - Adult Meal \$5.00

Monday

Please visit www.myschoolbucks.com to add funds to your child's account.

Tuesday



Wednesday

For the 23-24 school year, students qualified for **Reduced status** will receive one lunch at no cost per day

Thursday

Friday

5
 Crispy Chicken Sandwich on a WG Roll
 Seasoned Potato Wedges
 Cucumber slices with Ranch
 Fresh Apple Milk

6
 Beef Nachos
 With Cheddar Cheese sauce
 Black Beans Golden Corn
 Orange Smiles
 Corn Muffin Milk

7
Italian Combo
 Breaded Baked Ravioli
 Baked Mozzarella Sticks
 Marinara Sauce Green Beans
 Warm Italian Breadstick
 Diced pears Milk

8
 Chicken & gravy
 Brown Rice
 Steamed Broccoli & Carrots
 Diced Peaches
 Baked WG Biscuit Milk

9
National Pizza Day!
 Cheese Pizza Slice
 Baby carrots Ranch Cup
 Cucumber wheels
 Apple slices Milk

12
Chinese New Year!
 Yang's Orange Chicken (K-5)
 General Taos's Chicken (6-12)
 Vegetable Fried Rice
 Broccoli & Carrots Orange smiles
 Fortune cookie Milk

13
International Italian Food day!
 Penne' Pasta with meat sauce
 Steamed Green Beans
 Warm Dinner Roll
 Diced Peaches Milk

14
Valentine's Day!
 Heart shaped chicken
 Nuggets with dippin' sauce "Hug"
 "Smile" Fries garlic "love" knot
 Steamed "sweet" peas Milk
 "Be Mine" 100% fruit juice sidekick

15
 Soft Beef & Cheese Tacos
 Brown Rice
 Fiesta Beans
 Dragon Punch
 Mini Corn Muffin Milk

16
 Cheeseburger on WG Roll
 Sandwich Salad Cup
 Baked Beans
 Oven Fries Milk
 Frozen Mango "Froot" Juice

19
School Holiday
No School

20
School Holiday
No School

21
 Crispy Chicken tenders
 Choice of Dippin' Sauce
 Potato Wedges
 Green Peas Dinner Roll
 Applesauce Milk

22
 Turkey & Cheese Grinder
 Oven Baked Fries
 Cucumber slices /Ranch cup
 100% fruit juice Sidekick
 Milk

23
 Cheese Pizza square
 Spinach & Chic pea Salad
 with Italian Dressing
 WG Cookie
 Fresh Apple Milk

26
Meatless Monday!
 Pizza Bites with marinara sauce
 Baby Carrots Cucumber Wheels
 Ranch Dressing
 Apple slices Milk

27
 Beef & Cheese Tacos
 Brown Rice Salsa
 Fiesta Beans
 Mini Corn Muffin
 Dragon Punch Milk

28
National Pancake Day!
 Pancakes Syrup cup
 Sausage Links
 Potato Puffs
 Mango Juice Milk

29
 Chicken Alfredo Twist
 Steamed Broccoli
 Diced Carrots
 Warm Bread Stick
 Orange Smiles Milk



All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are whole grain (WG); all other grains are enriched

A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

Alternate Choice Yogurt Meal AVAILABLE Daily or Alternate Salad meal offered when available (See kitchen manager)

Yogurt Meal =Yogurt, Mozzarella string cheese, baby carrots, raisins, goldfish crackers, dinner roll, milk Salad Meal=Garden salad with egg, cheese stick garlic knot, fruit choice, milk

Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and milk

***Menus are subject to change**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

February Breakfast Menu

BREAKFAST

Breakfast includes: 2 oz. of Grain/1 cup of fruit/8 oz. milk

FEBRUARY 2024 WATERFORD SCHOOLS K-8

One daily Breakfast at **no charge**
to all students
this 2023-24 school year!

Monday

Tuesday

Wednesday

Thursday

Friday

Please visit www.myschoolbucks.com to add funds to your child's account.

Choice of: 5

French Toast Sticks
Or WG Muffin or Cereal
Craisins Milk
100% Fruit Juice

Choice of: 6

Cinni- Oatmeal Breakfast Round
Or WG Muffin or Cereal
Applesauce Milk
100% Fruit Juice

Choice of: 7

Early Riser Egg hash brown
Or WG Muffin or Cereal
Fresh Fruit Milk
100% Fruit Juice

Choice of: 8

Warm Maple waffle
Or WG Muffin or Cereal
Banana Milk
100% Fruit Juice

Choice of: 9

Egg & Cheese Breakfast Sandwich
Or WG Muffin or Cereal
100% Fruit Juice
Fresh Fruit Milk

Choice of: 12

Early Riser Egg hash brown
Or WG Muffin or Cereal
Fresh Orange Milk
100% Fruit Juice

Choice of: 13

Sweet Potato Roll
Or WG Muffin or Cereal
Banana Milk
100% Fruit Juice

Choice of: 14

Mini WG bagels
with strawberry cream cheese
Or WG Muffin or Cereal
Strawberry Cup Milk
100% Fruit Juice

Choice of: 15

Egg & Cheese Breakfast Sandwich
Or WG Muffin or Cereal
Fresh Fruit Milk
100% Fruit Juice

Choice of: 16

WG Goody Ring
Or WG Muffin or Cereal
Fresh Fruit Milk
100% Fruit Juice

19

SCHOOL HOLIDAY
NO SCHOOL

20

SCHOOL HOLIDAY
NO SCHOOL

Choice of: 21

Egg & Cheese Breakfast Sandwich
Or WG Muffin or Cereal
100% Fruit Juice
Fresh Fruit Milk

Choice of: 22

Cinni- Oatmeal Breakfast Round
Or WG Muffin or Cereal
100% Fruit Juice
Applesauce Milk

National Banana Bread Day! 23

Choice of:
Warm Banana Bread
Or WG Muffin or Cereal
Apple Milk
100% Fruit Juice

Choice of: 26

Egg & Cheese Breakfast Sandwich
Or WG Muffin or Cereal
100% Fruit Juice
Fresh Fruit Milk

National Strawberry Day! 27

Choice of: Mini bagels
with strawberry cream Cheese
Or WG Muffin or Cereal
Strawberry Cup Milk
100% Fruit Juice

National Pancake Day! 28

Choice of:
Confetti pancakes
Or WG Muffin or Cereal
100% Fruit Juice
Apple slices Milk

Choice of: 29

Early Riser Egg hash brown
Or WG Muffin or Cereal
100% Fruit Juice
Fresh Fruit Milk

All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched
A VARIETY OF FRESH FRUITS OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

*Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and milk

*Menus are subject to change

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February Pre-K Menu

BREAKFAST		FEBRUARY 2024					* 1 daily Breakfast at "no cost" for all students this school year!	
LUNCH		WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH					LUNCH \$3.25 MILK ONLY \$.75 Milk choices: 1% White or skim	
Monday	Tuesday	Wednesday	Thursday	Friday				
<p>For the 23-24 school year, students qualified for Reduced status will receive breakfast and lunch at no cost</p> <p>Please visit www.myschoolbucks.com to check balance and/or add funds to your child's account.</p>					<p>WG 2 oz. muffin Milk 100% Fruit Juice</p> <p>1</p> <p>Cheesy pull apart Steamed broccoli Diced pears Milk</p>	<p>Early Riser Egg hash brown Milk 100% Fruit Juice</p> <p>2</p> <p>Chicken Drumsticks Potato Tots Applesauce Milk</p>		
<p>French Toast Sticks Fresh Fruit Milk</p> <p>5</p> <p>Crispy Chicken Sandwich Cucumber slices with Ranch Fresh Apple slices Milk</p>	<p>WG Cereal Milk 100% Fruit Juice</p> <p>6</p> <p>Soft Taco Golden Corn Orange Smiles Corn Muffin Milk</p>	<p>WG 2 oz. Muffin Milk 100% Fruit Juice</p> <p>7</p> <p>Sun butter sandwich Or flavored Yogurt Goldfish Crackers Apple slices Milk</p>	<p>Warm Maple waffle 100% Fruit Juice Milk</p> <p>8</p> <p>Chicken & gravy Brown Rice Steamed Broccoli Diced Peaches Milk</p>	<p>Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk</p> <p>9</p> <p>National Pizza Day! Cheese Pizza Slice Cucumber wheels/Ranch Apple slices Milk</p>				
<p>WG 2 oz. muffin Milk 100% Fruit Juice</p> <p>12</p> <p>Chinese New Year! Yang's Orange Chicken Vegetable Fried Rice Broccoli Orange smiles Milk</p>	<p>WG Cereal Milk 100% Fruit Juice</p> <p>13</p> <p>International Italian Food day! Penne' Pasta with meat sauce Steamed Green Beans Diced Peaches Milk</p>	<p>Flavored Yogurt Giant goldfish graham 100% Fruit Juice Milk</p> <p>14</p> <p>Valentine's Day! Heart shaped chicken Milk Nuggets with dippin' sauce "Hug" Smile Fries garlic "love" knot</p>	<p>WG 2 oz. Muffin Milk 100% Fruit Juice</p> <p>15</p> <p>Soft Beef & Cheese Taco Fiesta Beans Apple sauce Milk</p>	<p>WG Cereal Milk 100% Fruit Juice</p> <p>16</p> <p>Cheeseburger on WG Roll Baked Beans Oven Fries Milk</p>				
<p>19</p> <p>SCHOOL HOLIDAY NO SCHOOL</p>	<p>20</p> <p>SCHOOL HOLIDAY NO SCHOOL</p>	<p>WG Cereal Milk 100% Fruit Juice</p> <p>21</p> <p>Crispy Chicken tenders Choice of Dippin' Sauce Potato Wedges Dinner Roll Milk</p>	<p>Cinni- Oatmeal Breakfast Round Milk Applesauce</p> <p>22</p> <p>Turkey & Cheese Sandwich Oven Baked Fries Cucumber slices /Ranch cup Milk</p>	<p>National Banana Bread Day! Warm Banana Bread Milk 100% Fruit Juice</p> <p>23</p> <p>Cheese Pizza square Spinach & Chic pea Salad with Italian Dressing Diced peaches Milk</p>				
<p>Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk</p> <p>26</p> <p>Meatless Monday! Pizza Bites with marinara sauce Cucumber Wheels /Ranch Orange smiles Milk</p>	<p>National Strawberry Day! Mini bagels Milk with strawberry cream Cheese Strawberry Cup</p> <p>27</p> <p>Beef & Cheese Taco Brown Rice Fiesta beans Milk</p>	<p>Flavored Yogurt Giant goldfish graham 100% Fruit Juice Milk</p> <p>28</p> <p>National Pancake Day! Pancakes Sausage Links Potato Puffs Milk</p>	<p>WG Cereal Milk 100% Fruit Juice</p> <p>29</p> <p>Chicken Alfredo Twist Steamed Broccoli Dinner roll Milk</p>					

BREAKFAST Includes: 1 cup of fruit, 4 oz. 100% fruit juice and choice of Milk All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain* (WG), all other grains are enriched
A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"
 Alternate LUNCH Choice Yogurt Meal available or Alternate Salad meal offered= when available (See kitchen manager)

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2023-24 Elementary Letter Rotation Schedule

August 2023				
Mon	Tue	Wed	Thu	Fri
		30	31	
		A	B	

September 2023				
Mon	Tue	Wed	Thu	Fri
				1
				C
	5	6	7	8
	D	A	B	C
11	12	13	14	15
D	A	B	C	D
18	19	20	21	22
A	B	C	D	A
	26	27	28	29
	B	C	D	A

October 2023				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
B	C	D	A	B
	10	11	12	13
	C	D	A	B
16	17	18	19	20
C	D	A	B	C
23	24	25	26	27
D	A	B	C	D
30	31			
A	B			

November 2023				
Mon	Tue	Wed	Thu	Fri
		1	2	3
		C	D	A
6		8	9	
B		C	D	
13	14	15	16	17
A	B	C	D	A
20	21			
B	C			
27	28	29	30	
D	A	B	C	

December 2023				
Mon	Tue	Wed	Thu	Fri
				1
				D
4	5	6	7	8
A	B	C	D	A
11	12	13	14	15
B	C	D	A	B
18	19	20	21	22
C	D	A	B	C*

January 2024				
Mon	Tue	Wed	Thu	Fri
	2	3	4	5
	D	A	B	C
8	9	10	11	12
D	A	B	C	D
	16	17	18	19
	A	B	C	D
22	23	24	25	26
A	B	C	D	A
29	30	31		
B	C	D		

February 2024				
Mon	Tue	Wed	Thu	Fri
			1	2
			A	B
5	6	7	8	9
C	D	A	B	C
12	13	14	15	16
D	A	B	C	D
		21	22	23
		A	B	C
26	27	28	29	
D	A	B	C	

March 2024				
Mon	Tue	Wed	Thu	Fri
				1
				D
4	5	6	7	8
A	B	C	D*	A
11	12	13	14	15
B	C	D	A	B
18	19	20	21	22
C	D	A	B	C
25	26	27	28	
D	A	B	C	

April 2024				
Mon	Tue	Wed	Thu	Fri
1		3	4	5
D		A	B	C
15	16	17	18	19
D	A	B	C	D
22	23	24	25	26
A	B	C	D	A
29	30			
B	C			

May 2024				
Mon	Tue	Wed	Thu	Fri
		1	2	3
		D	A	B
6	7	8	9	10
C	D	A	B	C
13	14	15	16	17
D	A	B	C	D
20	21	22	23	24
A	B	C	D	A
	28	29	30	31
	B	C	D	A

June 2024				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
B	C	D	A	B
10	11	12		
C	D*	A*		



■ No School
 * Early Dismissal
 Updated 12/20/2023

August 2023				
Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28*	29*	FD	31	

- (2 day ~ 2 cumulative)
- 8/28 – ± Staff Convocation
 - 8/29 – * PD - No School – PK-12
 - 8/30 – First Day of School

September 2023				
Mon	Tue	Wed	Thu	Fri
				1
SH	5	6	7	8
11	12	13	14	15
18	19	20	21	22
SH	26	27	28	29

- (19 days ~ 21 cumulative)
- 9/4 – School Holiday (Schools Closed)
 - 9/25 – School Holiday (Schools Closed)

October 2023				
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
SH	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

- (21 days ~ 42 cumulative)
- 10/9 – School Holiday (Schools Closed)

November 2023				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	PD	8	9	SH
13	14	15	16	17
20	21	School Holiday		
27	28	29	30	

- (17 days ~ 59 cumulative)
- 11/7 – * PD No School for Students- PK-12
 - 11/10 – School Holiday (Schools Closed for Students), P/T Conferences
 - 11/22 – 11/24 – School Holiday (Schools Closed)

December 2023				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
School Holiday				

- (16 days ~ 75 cumulative)
- 12/22 - Early Dismissal PK-12
 - 12/25 – 12/29 – School Holiday (Schools Closed)

January 2024				
Mon	Tue	Wed	Thu	Fri
SH	2	3	4	5
8	9	10	11	12
SH	16	17	18	19
22	23	24	25	26
29	30	31		

- (21 days ~ 96 cumulative)
- 1/1 – School Holiday (Schools Closed)
 - 1/15 – School Holiday (Schools Closed)
 - 1/18-1/23 – ** Midterm Exams: Early Dismissal 9-12

February 2024				
Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
SH	21	22	23	
26	27	28	29	

- (19 days ~ 115 cumulative)
- 2/19-2/20 – School Holiday (Schools Closed)

March 2024				
Mon	Tue	Wed	Thu	Fri
				1
4	5	6	PT	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	SH

- (20 days ~ 135 cumulative)
- ** 3/7 – P/T Conferences: Early Dismissal PK-12
 - 3/29 - School Holiday (Schools Closed)

April 2024				
Mon	Tue	Wed	Thu	Fri
1	PD	3	4	5
School Holiday				
15	16	17	18	19
22	23	24	25	26
29	30			

- (16 days ~ 151 cumulative)
- 4/2 – * PD No School for Students – PK-12
 - 4/8 - 4/12 – School Holiday (Schools Closed)

May 2024				
Mon	Tue	Wed	Thu	Fri
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
SH	28	29	30	31

- (22 days ~ 173 cumulative)
- 5/27 – School Holiday (Schools Closed)

June 2024				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	LD	13	14
17	18	19	20	21
24	25	26	27	28

- (8 days ~ 181 cumulative)
- 6/6 – 6/11 – ** Final Exams: Early Dismissal 9-12
 - 6/11 - ** Early Dismissal PK-12
 - 6/12 – Last Day of School Early Dismissal PK-12



NOTE: Snow days will be added onto the school year as needed.

BOE Approved: December 8, 2022
 Revision Approved: December 19, 2023

± Staff Convocation is for all staff of the Waterford Public Schools
 * Professional Development is for Administrators, Teachers, Paraprofessionals 8 AM-3 PM
 ** Full day for Paraprofessionals