



Quaker Hill Elementary School

Christopher Discordia, Principal

cdiscordia@waterfordschools.org

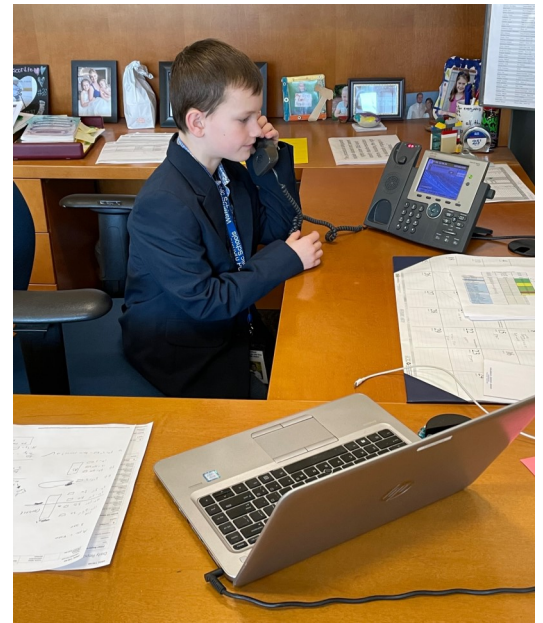


Scenes from the 100th day of school!





Mrs. Willard and Mrs. Kenyon taught a wonderful lesson about kindness this week.



Macklin did an excellent job as "Principal for the Day," this week!



Mrs. Hergott's PK class had a great visit with Ginger the therapy dog.



This week Cindy gave an outstanding presentation on the Chinese New Year to Mrs. Logan's K students.

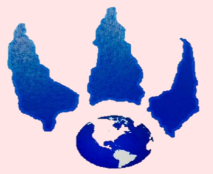




This week, students in grades 3, 4 and 5 were able to earn raffle tickets for good behavior in the cafeteria, and 3 winners from each grade were selected as winners to sit at the "Party Table," at lunch on Friday.



Quaker Hill News



Week of February 12th-16th

Monday - D

Tuesday - A

Wednesday - B

Thursday - C

Friday - D

Lunch Menu for the week of February 12th-16th

Mon: Orange chicken, vegetable fried rice, broccoli, carrots, orange smiles, fortune cookie, milk

Tue: Penne pasta, meat sauce, steamed green beans, dinner roll, diced peaches, milk

Wed: Chicken nuggets, dipping sauce, smile fries, garlic knot, steamed sweet peas, milk, sidekick

Thu: Beef and cheese tacos, brown rice, fiesta beans, dragon punch, corn muffin, milk

Fri: Cheeseburger, sandwich salad cup, baked beans, oven fries, milk, frozen mango juice

LEVEL UP PARENTING!

JOIN OUR "LEVEL UP PARENTING!" WORKSHOP FEATURING INSIGHTS ON ONLINE GAMING SAFETY, MENTAL HEALTH, AND ONLINE ETIQUETTE FROM...

IDENTIFY SIGNS OF DISTRESS IN YOUNG GAMERS AND KNOW HOW TO ADDRESS UNHEALTHY HABITS.



MR. JOE WYFS

LEARN ABOUT THE PARENTAL CONTROL FOR POPULAR GAMES LIKE FORTNITE, ROBLOX, AND MINECRAFT, AS WELL AS THE SECURITY FEATURES ON PLAYSTATION, XBOX & NINTENDO SWITCH.



OFc. LANE WPD

COACH YOUR YOUNG GAMER TO VALUE RESPECT, TEAMWORK, AND FAIR PLAY WHEN PLAYING ONLINE!



OFc. FREDRICKS WPD



HODGES

FREE AND OPEN TO ALL PARENTS!

THURSDAY, FEBRUARY 29TH
6:00PM TO 7:30PM

WATERFORD
COMMUNITY CENTER



WATERFORD
Youth & Family
Services



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 + shinguards 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: _____

I, _____, 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: _____

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

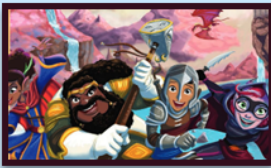
Winter Afterschool Programs

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.**

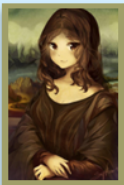


Dungeons and Dragons

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

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

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>								
French Toast Sticks Fresh Fruit Milk 5 Crispy Chicken Sandwich Cucumber slices with Ranch Fresh Apple slices Milk	WG Cereal Milk 100% Fruit Juice 6 Soft Taco Golden Corn Orange Smiles Corn Muffin Milk	WG 2 oz. Muffin Milk 100% Fruit Juice 7 Sun butter sandwich Or flavored Yogurt Goldfish Crackers Apple slices Milk	WG 2 oz. muffin Milk 100% Fruit Juice 1 Cheesy pull apart Steamed broccoli Diced pears Milk	Early Riser Egg hash brown Milk 100% Fruit Juice 2 Chicken Drumsticks Potato Tots Applesauce Milk				
WG 2 oz. muffin Milk 100% Fruit Juice 12 <i>Chinese New Year!</i> Yang's Orange Chicken Vegetable Fried Rice Broccoli Orange smiles Milk	WG Cereal Milk 100% Fruit Juice 13 <i>International Italian Food day!</i> Penne' Pasta with meat sauce Steamed Green Beans Diced Peaches Milk	Flavored Yogurt Giant goldfish graham 100% Fruit Juice Milk 14 <i>Valentine's Day!</i> Heart shaped chicken Milk Nuggets with dippin' sauce "Hug" Smile Fries garlic "love" knot	Warm Maple waffle 100% Fruit Juice Milk 8 Chicken & gravy Brown Rice Steamed Broccoli Diced Peaches Milk	Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk 9 <i>National Pizza Day!</i> Cheese Pizza Slice Cucumber wheels/Ranch Apple slices Milk				
SCHOOL HOLIDAY NO SCHOOL 19	SCHOOL HOLIDAY NO SCHOOL 20	WG Cereal Milk 100% Fruit Juice 21 Crispy Chicken tenders Choice of Dippin' Sauce Potato Wedges Dinner Roll Milk	WG 2 oz. Muffin Milk 100% Fruit Juice 15 Soft Beef & Cheese Taco Fiesta Beans Apple sauce Milk	WG Cereal Milk 100% Fruit Juice 16 Cheeseburger on WG Roll Baked Beans Oven Fries Milk				
Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk 26 <i>Meatless Monday!</i> Pizza Bites with marinara sauce Cucumber Wheels /Ranch Orange smiles Milk	Mini bagels Milk with strawberry cream Cheese Strawberry Cup 27 Beef & Cheese Taco Brown Rice Fiesta beans Milk	Flavored Yogurt Giant goldfish graham 100% Fruit Juice Milk 28 <i>National Pancake Day!</i> Pancakes Sausage Links Potato Puffs Milk	Cinni- Oatmeal Breakfast Round Milk Applesauce 22 Turkey & Cheese Sandwich Oven Baked Fries Cucumber slices /Ranch cup Milk	National Banana Bread Day! Warm Banana Bread Milk 100% Fruit Juice 23 Cheese Pizza square Spinach & Chic pea Salad with Italian Dressing Diced peaches Milk				
			WG Cereal Milk 100% Fruit Juice 29 Chicken Alfredo Twist Steamed Broccoli Dinner roll Milk					

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)
 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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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