



Quaker Hill Elementary School

Christopher Discordia, Principal

[cdiscordia@waterfordschools.org](mailto:cdiscordia@waterfordschools.org)



***Light Up The Night @ the QHPTA's Family Glow Dance***

***Friday January 26<sup>th</sup> from 6-8PM*** at the Quaker Hill School Gym

\$5 per child, \$20 MAX per family. Price includes 1 glow stick and admission. ALL CHILDREN MUST HAVE A CHAPERONE TO ATTEND. **NOT A DROP OFF EVENT.**

Chaperones **DO NOT** have to pay for a ticket

Admission fee charged at the door

Payment can be made by cash/check/Venmo

***Additional glow items and concessions will be available for purchase.***

***Volunteers Needed! Sign Up Here***

***If we do not have enough volunteers by 01/20/24 we will cancel the event.***



FOR QUESTIONS PLEASE EMAIL [QHPTA2007@GMAIL.COM](mailto:QHPTA2007@GMAIL.COM)



# Quaker Hill News



Pasta Dinner  
Friday February 2nd  
5-8pm

## Week of January 29th-February 2nd

Monday - B

Tuesday - C

Wednesday - D

Thursday - A

Friday - B

## Lunch Menu for the week of January 22nd-26th

**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 & gravy, brown rice, steamed broccoli & carrots, diced peaches, biscuit, milk

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

# 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](http://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

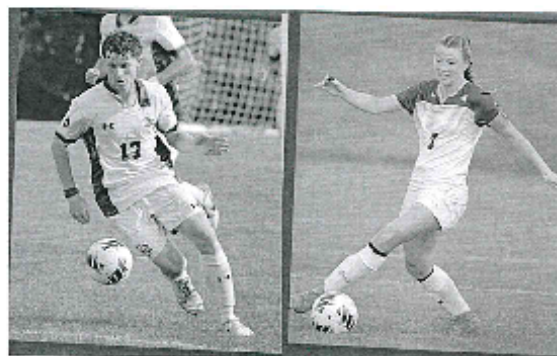
**Norm Riker** - Men's Women's Coach, Connecticut College

- 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](http://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](mailto: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!**

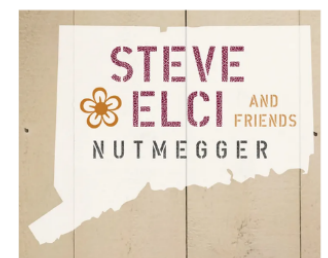
 **WATERFORD**  
public library

Discovery begins here.

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



[www.takeyourchildtothelibrary.org](http://www.takeyourchildtothelibrary.org)



**860-444-5805 • [WWW.WATERFORDPUBLICLIBRARY.ORG](http://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



# Basket Bonanza



The Basket Bonanza is a HUGE part of the upcoming Pasta Dinner on 02/02/2024

Each grade is assigned a theme, we ask that all who can, contribute items to their grade's basket.

- Theme for your child's grade basket are listed below
- Please consider donating an item OR monetary donation to the grade's basket.
- If you own a business, or know someone who does, and would like to make a donation on behalf of that business, OR would like to donate a family basket, please contact Katelin Teel, our Basket Coordinator, at [qhpta2007@gmail.com](mailto:qhpta2007@gmail.com) or 860.941.2373

The success of the Basket Bonanza is a result of the baskets that each grade provides and donations from many local businesses; *your support is greatly appreciated.*

Please send in donations no later than **Wednesday January 24th 2024**

**Thank you for helping make this event a success!!**

## Basket Themes

### **PreK & Kindergarten: ABCD Basket (Art, Bubbles, Craft, Dough)**

This basket will be filled with tons of art supplies, bubbles, craft supplies, and play dough. Possible donation items include, but are not limited to, Bubble wands, bubble trays, markers, construction paper, sketch pads, markers, crayons, colored pencils, acrylics, paint brushes, canvases, slime, modeling clay, cloud dough and play dough.

### **First Grade: Family Game Night**

This basket will be filled with tons of games and activities that families can do together. Possible donation items include, but are not limited to: board games, card games, gift cards for takeout, snacks, boxed dessert you can make as a family, gift cards for local family attractions like aquarium, Fields or Fire, etc..

***Continued on back***



### **Second Grade: Fun in the Snow**

This basket will be filled with tons of activities and items that families use in the snow. Possible donation items include, but are not limited to; sleds, snowball mold, igloo brick mold, snowman kits, shovels, lift tickets for local ski resort, hats, gloves, snow pants, etc.

### **Third Grade: Movie night**

This basket will be filled with tons of items needed for a family movie night. Possible donation items include, but are not limited to: popcorn bowls, candy, popcorn, popcorn flavor topping, gift cards to local movie theatre, gift cards to streaming services, gift cards for pizza (other take out), cozy blankets, etc.

### **Fourth Grade: Super Bowl Party**

This basket will be filled with tons of items needed for a Super Bowl Party. Possible donation items include, but are not limited to: football themed serving trays, napkins, plates and décor, solo cups, tailgating grill, lawn chairs, gift certificates for pizza, wings, etc.

### **Fifth Grade...Money Tree/ Lottery**

This basket will be filled with tons of items needed for a money/lotto themed basket. Possible donation items include, but are not limited to: cash donations or lottery tickets of any denomination. PLEASE NOTE if you choose to donation MONEY, please either write a check for the desired amount OR submit a Venmo Donation so we can be sure to account for all donations.

**We encourage you to contribute an item, if possible, but....**

Monetary donations can be made **by check** (sent to classroom teacher in envelope labeled with GRADE and QHPTA)

**OR**

you can use the **Venmo** link below, PLEASE LABEL with GRADE # - Basket Bonanza



**venmo**



# 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](mailto:twheeler@waterfordct.org) or Officer Fredricks at [efredricks@waterfordct.org](mailto:efredricks@waterfordct.org) with any questions.*



Tuesday,  
January 30, 2024  
9:00AM-10:30AM  
at the Waterford  
Community Center  
24 Rope Ferry RD  
Waterford, CT



FREE coffee  
provided by  
Starbucks  
Store 67833



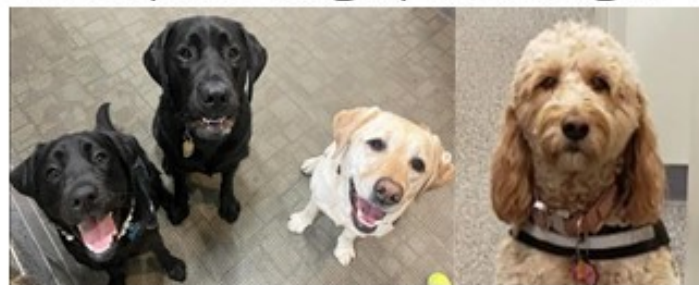
FREE donuts  
provided by  
Flanders Donut  
& Bake Shop



## JOIN WATERFORD POLICE AND OTHER FIRST RESPONDERS FOR COFFEE AND CONVERSATION!

**No agenda or speeches, just a chance to ask questions and voice concerns. Get to know your local first responders.**

**Come see K-9 Chase, K-9 Ginger, K-9 Hodges & K-9 Traveler!**





# 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](mailto:jalvarez@isaacschool.org). Closing date for registration is January 18, 2024



# SPRING 2024

## WATERFORD YOUTH LACROSSE

**REGISTER ONLINE NOW!**

[www.waterfordyouthlacrosse.org](http://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](http://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](http://WWW.WATERFORDSOCCER.ORG)**

**QUESTIONS EMAIL: [WTFDSOCCERREGISTRAR@YAHOO.COM](mailto:WTFDSOCCERREGISTRAR@YAHOO.COM)**



**WATERFORD**  
Youth & Family  
Services

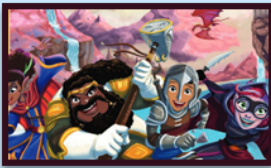
# Winter Afterschool Programs

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.**

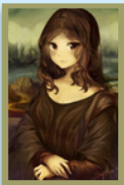


## Dungeons and Dragons

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](http://waterfordyouthfamily.recdesk.com/Community/Home) or scan the QR code to the right.



**Youth Winter Reading Challenge**

Our Youth Winter Reading Challenge will run from January 8 to February 26. Pick up the sheet for your age group from the Children's Room or print from our website then complete all the fun activities with your family and friends. Turn completed sheets in to the Children's Room for a prize and to be entered into the grand prize raffle. Happy Winter Reading! For ages birth to 18.

Saturday, January 13, 2:00PM - 3:00PM AND Saturday, January 27, 10:00AM - 11:00AM

**Read to Scout**

We are excited to welcome a new certified therapy dog to the library! Come practice your reading skills and give Scout a cuddle in the Children's Room. All ages are welcome, no registration required.



Tuesday, January 16, 4:30PM - 5:30PM

**Read to Hodges**

Stop by the Children's Room anytime between 4:30 and 5:30 pm to read to one of our favorite furry friend, Officer Hodges! No registration required, all ages welcome.



Saturday, January 13, 10:30AM - 11:30AM

**Bilingual Family Storytime**

Join us for a special storytime with Ms. Emy! During this interactive and fun filled session, we will sing songs and read books in both English and Spanish. This program is aimed towards birth to five years old, but all families are welcome to attend, no registration required.



Tuesday, January 23, 5:30PM - 6:30PM

**Bilingual Pajama Storytime**

Join us for a cozy bilingual pajama storytime! Ms Emy will read books and sing songs in English and Spanish. Feel free to dress comfy and bring your favorite stuffed animal and a blanket. No registration required, this program is aimed towards ages birth to five but all families are welcome to join.

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

Saturday, January 27, 2:00PM - 4:00PM

**Six Pointed Snowflakes**

Join Ms. Janice to make some lovely six pointed snowflakes using just wrapping paper and scissors. Ages 5 and up are welcome, no registration required.

Monday, January 29, 4:30PM - 5:30PM

**Junior Detectives Book Club**

Calling all aspiring detectives! Bring your favorite mystery book to life with fellow Investigators - you choose the book! We will also make a fun craft. Recommended for ages 6 to 8 years old, registration is required.

Mondays, January 8, 22 & 29, 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.



All programs are free and open to the public



## DROP IN CRAFTS

Monday, January 8, 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.

Tuesday, January 9, 4:00 PM - 6:00 PM

Drop In Creation Station

Stop by the Children's Room anytime between 4:00 and 6:00 pm for a fun craft and to get your creativity flowing! Recommended for ages 5 and up. No registration required.



Monday, January 22, 4:00PM - 6:30PM

Drop in Craft: Cardinal

Join us in the Children's Room anytime between 4:00 and 6:30 pm to create a Winter Cardinal Handprint Craft. Recommended for ages 5 and up, no registration required.



Tuesday January 30, 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.

Thursday, January 25, 4:30PM - 5:30PM

DIY Instruments: Thumb Piano

Join us to make your very own thumb piano to take home! All supplies provided, for ages 5 and up, registration required.

## GRAB & GO CRAFTS



Mittens

Jan 2 to Jan 19



Hot Chocolate Character

Jan 20 to Feb 2

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, January 4, 5:30PM - 7:00PM

Craft Night

At this craft night participants will be learning how to knit an ear-warmer using only their fingers! For ages 11 and up, registration required.



Thursday, January 18, 5:30PM - 7:00PM

Teen Drop In Craft

Stop into the Teen Area of the library between 5:30 and 7:00 pm to make a fun craft! Ages 12 and up, no registration required.

Monday, January 22, 12:00PM - 2:00PM

Mindful Midterms

High school students - stop by the library meeting room between noon and 2:00 pm to hang and destress with your friends. We will have snacks, music, crafts, and a variety of games so you can relax and take a break from studying. No registration required.

Friday, January 5, 11:00AM - 12:00PM

Toddler Craft: Igloo



Join us for a fun-filled crafting session where the little ones will use their creativity, and fine motor skills to make an igloo. Mrs. Sharma will start the session with a short story! For ages 3 to 5 years old, no registration is required.

Friday, January 12, 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, January 17 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

**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

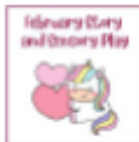
Join us for a fun crafting session where the little ones will create adorable penguins. For ages 3 to 5 years old, no registration is required.



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](http://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](mailto:Registration@wllct.org) with any  
registration questions.

CONNECT WITH US



# January Lunch Menu



LUNCH

## JANUARY 2024 WATERFORD SCHOOLS K-12

LUNCH PRICES

Elementary \$3.25

CLMS \$3.50

WHS \$3.75

\*Second Meal=\$4.25 - Adult Meal \$5.00

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to add funds to your child's account.

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>School Holiday</b>	2 Marinara sauce Cheesy Italian -pull-a-parts Marinara sauce Broccoli with ranch cup Cucumber slices Diced peaches Milk	3 Diced chicken Taco salad Tostitos salsa Golden corn Black beans 100% frozen fruit juice Sidekick Ice Cold Milk	4 <i>National Spaghetti day!</i> Meatballs & sauce Green beans Garlic knot Diced pears Milk	5 Chicken Nuggets Smile fries Peas Warm Dinner roll Applesauce Ice Cold Milk
8 <i>Meatless Monday!</i> Cheese pizza Square Baby carrots Cucumber wheels Ranch dressing Diced peaches Milk	9 <i>"Brunch for Lunch"</i> French toast Sticks/syrup Chicken sausage links Potato tots Mango juice Strawberry cup Milk	10 Chicken tenders Potato wedges Golden Corn Oven baked biscuit Apple sauce Ice Cold Milk	11 <i>"Italian Combo"</i> Breaded Ravioli Mozzarella sticks Marinara sauce WG Breadstick Green beans Diced pears Milk	12 Cheeseburger Sandwich salad cup (Lett & Tom) Baked beans Oven fries 100% Frozen fruit juice Sidekick Ice cold Milk
15 <b>School Holiday</b>	16 <i>"Yangs" Orange chicken</i> Brown Rice Green beans Warm dinner roll Applesauce Milk	17 Beef & Cheese Tacos Brown Rice Fiesta beans Mini corn muffin Mango juice Milk	18 <i>WHS exams</i> Big daddy Cheese Pizza Broccoli Cucumber slices Ranch cup Apple slices Ice cold Milk	19 <i>WHS exams</i> Crispy Chicken patty on a WG Roll Potato wedges Diced Carrots Orange Smiles Milk
22 <i>WHS/exams</i> <i>Meatless Monday!</i> Pizza Bites Cucumber wheels Fresh broccoli Ranch Dip Cup Apple juice Milk	23 <i>WHS/exams</i> Hotdog on a roll Oven fries Baked beans 100% frozen fruit juice Sidekick Ice Cold Milk	24 Pasta with Meat sauce Garden salad Garlic knot Diced peaches Ice Cold Milk	25 Beef Nachos Cheddar cheese sauce Fiesta beans Brown Rice Corn muffin Mango juice Orange smiles Milk	26 Grilled chicken on a WG Roll BBQ sauce cup Sweet Potato Fries Broccoli Applesauce Milk
29 <i>Meatless Monday!</i> Macaroni & Cheese Steamed Broccoli Sliced Carrots Warm Dinner Roll Diced Pears Milk	30 Cheeseburger Sandwich Salad Cup Baked Beans Oven Fries Apple Milk	31 Chicken & Waffles Syrup cup Sweet Potato Fries Green beans Apple sauce Milk	<p>For the 23-24 school year, students qualified for <b>Reduced status</b> will receive one lunch at no cost per day.</p>	

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, craisins, 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 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](http://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

**1**  
 Mozzarella Sticks  
 Marinara Sauce Cup  
 Warm Italian Bread stick  
 Steamed Broccoli  
 Diced pears Milk

**2**  
*National Tator Tot day!*  
 Chicken Drumsticks  
 Dippin' Sauce  
 Potato Tots Golden Corn  
 Applesauce 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

**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

**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

# January Breakfast Menu



## JANUARY 2024 WATERFORD SCHOOLS K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>School Holiday!</i>	2 Confetti Pancakes Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	3 Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	4 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	5 Banana Bread Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
8 Maple Waffle Or assorted WG Muffins Or cereal Choice Milk Strawberry cup 100% Fruit Juice	9 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	10 French Toast Sticks Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	11 Mini Cinnamon Rolls Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	12 Early Riser Egg /Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
15 <i>School Holiday!</i>	16 Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	17 Goody Breakfast Ring Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	18 <i>WHS midterm exam</i> Egg & Cheese on a Roll Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	19 <i>WHS midterm exams</i> Maple waffle Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
22 <i>WHS midterm exams</i> Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	23 <i>WHS midterm exams</i> Apple Frudel Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	24 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	25 Banana Bread Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	26 Cheese Omelet Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
29 WG Blueberry munchkins Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	30 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	31 Cinnamon Oatmeal Breakfast Round Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	Alternate choice of assorted cereals and muffins Available daily/Fruit & milk included Please visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to add funds to your child's account.	

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 Breakfast Menu

## BREAKFAST

## FEBRUARY 2024 WATERFORD SCHOOLS K-8

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

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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

Please visit [www.myschoolbucks.com](http://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



# January Pre-K Menu

**BREAKFAST** **JANUARY 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

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to check balance and/or add funds to your child's account.

Monday	Tuesday	Wednesday	Thursday	Friday
SCHOOL HOLIDAY!	1 Confetti Pancakes 100% juice Milk Cheesy -pull- a -parts Marinara sauce Broccoli & Ranch dip Diced peaches Milk	2 Early Riser Egg/ Hashbrown 100% Fruit Juice Milk Soft Chicken & Cheese Taco Corn Applesauce Milk	3 Egg & Cheese on a roll Applesauce cup Milk Spaghetti & meatballs Green beans Pears Milk	4 Banana Bread Milk Cheese stick Apple slices Chicken nuggets Smile fries Peas Milk
8 Cereal Milk Orange smiles Pizza square Cucumber Wheels Diced peaches Milk	9 Banana Bread 100% juice Milk French toast sticks Potato tots Strawberry cups Milk	10 French Toast Sticks Blueberry Cup Milk Chicken Drumsticks Corn Applesauce Milk	11 Yogurt/mini muffin Apple slices Milk Sun butter Sandwich Mozzarella string cheese Cucumber slices Milk	12 Cereal Banana Milk Cheeseburger Oven fries Baked beans Milk
SCHOOL HOLIDAY	15 Cereal Milk Orange smiles Chicken Nuggets Mashed potatoes Applesauce Milk	16 Banana Bread Milk Cheese stick apple slices Soft beef & Cheese Taco Brown Rice Orange Smiles Milk	17 Cereal Banana Milk Pizza Slice Cucumber slices Apple slices Milk	18 Yogurt/mini muffin Apple slices Milk Chicken Patty on a WG Roll Potato wedges diced carrots Milk
22 Cereal Milk 100% Fruit Juice Pizza Bites Milk Cucumber wheels Fresh broccoli Ranch cup	23 Mini muffin /cheese stick Strawberry cup Milk Sun butter Sandwich Mozzarella string cheese Cucumber slices Milk	24 Cereal Banana Milk Pasta with meat sauce Garden salad Diced Peaches Milk	25 Banana Bread Milk Cheese stick Apple slices Soft Taco Brown rice Orange smiles Milk	26 Cheese omelet 100% juice Goldfish grahams Milk Chicken Drumsticks Sweet potato fries Applesauce Milk
29 Yogurt/mini muffin 100% Juice Milk Macaroni & Cheese Steamed broccoli Diced pears Milk	30 Cereal Banana Milk Cheeseburger on a WG Roll Baked beans Applesauce cup Milk	31 Oatmeal breakfast round Apple slices Milk Chicken & waffles Green beans Milk	For the 23-24 school year, students qualified for <b>Reduced status</b> will receive breakfast and lunch at no cost	

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 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 Pre-K Menu



## FEBRUARY 2024

### WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH

\* 1 daily Breakfast at "no cost" for all students this school year!  
LUNCH \$3.25 MILK ONLY \$.75  
Milk choices: 1% White or skim

#### Monday

#### Tuesday

#### Wednesday

#### Thursday

#### Friday

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

Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to check balance and/or add funds to your child's account.

**5**  
French Toast Sticks  
Fresh Fruit Milk  
  
Crispy Chicken Sandwich  
Cucumber slices with Ranch  
Fresh Apple slices Milk

**6**  
WG Cereal Milk  
100% Fruit Juice  
  
Soft Taco Golden Corn  
Orange Smiles  
Corn Muffin Milk

**7**  
WG 2 oz. Muffin Milk  
100% Fruit Juice  
  
Sun butter sandwich  
Or flavored Yogurt  
Goldfish Crackers  
Apple slices Milk

**8**  
WG 2 oz. muffin Milk  
100% Fruit Juice  
  
Cheesy pull apart  
Steamed broccoli  
Diced pears Milk

**9**  
Early Riser Egg hash brown  
Milk 100% Fruit Juice  
  
Chicken Drumsticks  
Potato Tots  
Applesauce Milk

**12**  
WG 2 oz. muffin Milk  
100% Fruit Juice  
  
**Chinese New Year!**  
Yang's Orange Chicken  
Vegetable Fried Rice  
Broccoli Orange smiles Milk

**13**  
WG Cereal Milk  
100% Fruit Juice  
  
**International Italian Food day!**  
Penne' Pasta with meat sauce  
Steamed Green Beans  
Diced Peaches Milk

**14**  
Flavored Yogurt  
Giant goldfish graham  
100% Fruit Juice Milk  
  
**Valentine's Day!**  
Heart shaped chicken Milk  
Nuggets with dippin' sauce "Hug"  
Smile Fries garlic "love" knot

**15**  
WG 2 oz. Muffin Milk  
100% Fruit Juice  
  
Soft Beef & Cheese Taco  
Fiesta Beans  
Apple sauce Milk

**16**  
WG Cereal Milk  
100% Fruit Juice  
  
Cheeseburger on WG Roll  
Baked Beans  
Oven Fries Milk

**19**  
SCHOOL HOLIDAY  
NO SCHOOL

**20**  
SCHOOL HOLIDAY  
NO SCHOOL

**21**  
WG Cereal Milk  
100% Fruit Juice  
  
Crispy Chicken tenders  
Choice of Dippin' Sauce  
Potato Wedges  
Dinner Roll Milk

**22**  
Cinni- Oatmeal Breakfast Round  
Milk Applesauce  
  
Turkey & Cheese Sandwich  
Oven Baked Fries  
Cucumber slices /Ranch cup  
Milk

**23**  
**National Banana Bread Day!**  
Warm Banana Bread  
Milk 100% Fruit Juice  
  
Cheese Pizza square  
Spinach & Chic pea Salad  
with Italian Dressing  
Diced peaches Milk

**26**  
Egg & Cheese Breakfast Sandwich  
100% Fruit Juice Milk  
  
**Meatless Monday!**  
Pizza Bites with marinara sauce  
Cucumber Wheels /Ranch  
Orange smiles Milk

**27**  
**National Strawberry Day!**  
Mini bagels Milk  
with strawberry cream Cheese  
Strawberry Cup  
  
Beef & Cheese Taco  
Brown Rice Fiesta beans  
Milk

**28**  
Flavored Yogurt  
Giant goldfish graham  
100% Fruit Juice Milk  
  
**National Pancake Day!**  
Pancakes  
Sausage Links  
Potato Puffs Milk

**29**  
WG Cereal Milk  
100% Fruit Juice  
  
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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# 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