

#### **Quaker Hill Elementary School**

Christopher Discordia, Principal

cdiscordia@waterfordschools.org





Pictures from Parent Academy!



#### **CAST YOUR VOTE TODAY FOR**

## Mr. Billy

at custodianoftheyear.com

#### THE GRAND PRIZE INCLUDES:

#### \$10,000 for the winning custodian

- \$5000 in Cintas products and services for a school makeover
- Pizza party for the whole school!
- A trip for two to Las Vegas
- Rubbermaid cleaning supply package
- GBAC certification from ISSA, The Worldwide Cleaning Industry Association, valued at \$20,000





For more details and to vote, visit custodianoftheyear.com or scan the code.

Vote as often as you like - together, we can make it a sweeping success!

**VOTING CLOSES ON FRIDAY, APRIL 12, 2024** 



# **Quaker Hill News**



Grade 5 Field Trip Wednesday March 20th

No School Friday March 29th

#### **Week of March 11th-15th**

**Monday - B** 

Tuesday - C

Wednesday – D

Thursday - A

Friday - B

#### **Lunch Menu for the week of March 11th-15th**

Mon: Cheeseburger, lettuce, tomato, baked beans, fries, orange smiles, milk

<u>Tue:</u> French toast sticks, potato puffs, sausage links, syrup, craisins, mango juice, milk

<u>Wed:</u> Chicken alfredo, rotini pasta, broccoli, garlic bread, diced peaches, milk

<u>Thu:</u> Soft beef & cheese tacos, fiesta beans, brown rice, lettuce, tomato, salsa, diced pears, milk

<u>Fri:</u> Mozzarella sticks, marinara sauce, green beans, bread stick, grapes, milk

## Waterford Public Schools Announces Open Registration For Incoming Kindergartners and Detailed Information on Kindergarten Waiver and Assessment Process for Early Admission Students.

Waterford Public Schools is announcing open registration for children entering Kindergarten in the upcoming 2024-2025 school year. Based on Public Act 23-208, beginning with the 2024-2025 school year, all students are required to have reached the age of five on or before <u>September 1, 2024</u>. This law has also been adopted into Board Policy 5015. Please see below for documentation required for Kindergarten registration:

- <u>Child's Birth Certificate</u> Connecticut law requires public schools to be open to all children who reach
  the age of 5 on or before the first of <u>September</u> of any school year. Board of Education <u>Policy 5015</u>.
- <u>Physical Examination Form</u> completed and signed by the child's doctor, dated within 12 months of the
  date of entry into school (please note that parents may drop off registration paperwork prior to having
  health assessment documentation. Health assessment documentation must be submitted prior to the start
  of school)
- <u>Proof of Residency</u> per Board of Education <u>Policy 5270</u>; which includes a valid lease, mortgage, or residency affidavit.

Kindergarten Registration Packets are available on the Waterford Public Schools' website at <a href="https://www.waterfordschools.org/parents\_family/information/registration\_forms">https://www.waterfordschools.org/parents\_family/information/registration\_forms</a> or by request via the elementary school offices (contact information listed below). To assist in projecting enrollment for the 2024-2025 school year, parents are asked to return registration paperwork to the school by <a href="March 8.2024">March 8.2024</a>. Please note that incoming Kindergarten students can continue to register after the March 8th date at all of the elementary schools.

Great Neck Elementary School
Principal: Ms. Billie Shea
165 Great Neck Road
Waterford, CT 06385
860-442-2593
https://gn.waterfordschools.org
bshea@waterfordschools.org

Oswegatchie Elementary School
Principal: Mr. Joseph Macrino
470 Boston Post Road
Waterford, CT 06385
860-442-4331
https://osw.waterfordschools.org
jmacrino@waterfordschools.org

Quaker Hill Elementary School
Principal: Mr. Chris Discordia
285 Bloomingdale Road
Quaker Hill, CT 06375
860-442-1095
https://gh.waterfordschools.org

#### Kindergarten Waiver and Assessment Process

For families affected by the new Kindergarten eligible date, in accordance with state statute, the district will assess a child who does not meet the statutory age requirement if the child's parent/guardian has submitted a written request to the principal of the school seeking early admission to the District. Waiver requests must be received by the building principal to initiate the assessment process no later than May 1st for current residents and no later than August 1st for new residents (who move in to the district after May 1). For families who have submitted a waiver request prior to the above noted deadlines, an assessment screening will be scheduled in May/June for current residents and on an ongoing basis for new residents. Screenings will assess students based on the Connecticut Early Learning and Developmental Standards. Families will be contacted as soon as possible with feedback from the assessment and the recommendation from the screening team. Please see the attached Kindergarten Waiver Process for an outline of key dates and requirements.

Please note that Kindergarten orientation (see dates below) will be open to all Kindergarten eligible students as well as the students in the waiver process. Information will be sent out to parents/guardians at a later date.

Great Neck Elementary School	Oswegatchie Elementary School	Quaker Hill Elementary School		
K Orientation Date - May 24, 2024	K Orientation Date - May 24, 2024	K Orientation Date - May 20, 2024		

#### **WPS Kindergarten Waiver Process**



Notification of New State Statute and K Waiver Process

- Distributed via School Messenger to families
- Posted on District website and in school newsletters

First Notice – January 19, 2024

Second Notice - February 12, 2024

Request for Waiver Due Dates  Written request (via letter or email) must be received by building principal to initiate assessment process. Current Waterford Residents – May 1 Deadline

New Waterford Residents (who move in after May 1) –

August 1 Deadline

Screening Appointments  Screening appointments will be scheduled for students who have submitted a waiver request. For current residents, screenings will be scheduled in May/June at all elementary schools.

For new residents, screenings will be scheduled on an ongoing basis.

Notification of Assessment Results  Families will be contacted with feedback from the assessment and the recommendation from the screening team.

The district will strive to notify parents/guardians as soon as possible of the assessment results and the process for Kindergarten registration if applicable.

Kindergarten registration for students who turn 5 on or before September 1, 2024, will be eligible to register starting February 12, 2024. Parents/guardians of age eligible Kindergarten students are asked to return registration paperwork by March 8th to assist in enrollment projections in the 2024-2025 school year. More information on registration can be found on the district website.

# BIRTHDAY PARTY FOR HODGES!

Saturday, March 9th 10:30 - 12:00 p.m.







#### Complete this Application to Apply For FREE Summer Sailing Program

The Niantic Bay Sailing Academy (NBSA) is a non-profit 501(c)(3) organization based at the Niantic Bay Yacht Club in Niantic, CT.

We offer a 4 or 8 week summer program (June 21 – August 13) providing instruction for ages 7 – 18. All abilities are welcome - from beginner sailors to those who seek more competitive racing. Classes meet several times per week for several hours depending on ability. Participants must be able to swim and pass a swim test before they can begin sailing. Boats are provided.

Full or partial scholarships for the 4 or 8 week program are available to students from New London, East Lyme, Waterford and Old Lyme. We are especially seeking local youth who may not have otherwise been exposed to sailing, a sport which offers camaraderie, fun, competition and the development of lifelong skills.

The Niantic Bay Yacht Club (NBYC) has been a leader in junior sailing nationally and internationally for over 50 years. Sailors from NBYC's Junior Program have gone on to compete in High school, collegiate, national, and world competitions as well as the America's Cup.

Equally important are the countless young men and women who have taken their experiences at NBYC and gone on to make sailing a lifelong passion, whether it be cruising, competitive racing, day sailing, or just enjoying the outdoors on the water.

For more information about junior sailing on Niantic Bay (or to register without the scholarship) go to www.NianticSailing.org.

# WHS CULTURAL NIGHT

HOSTED BY THE CULTURAL DIVERSITY ALLIANCE AND WATERFORD RISE





FREE ADMISSION TO FOOD,
PERFORMANCES, AND ACTIVITIES
TO CELEBRATE LOCAL CULTURE!











# FEEL FREE TO COME IN CULTURAL ATTIRE!

MARCH 23, 2024 5:00 PM
Waterford High School
20 Rope Ferry Rd, Waterford, CT
06385

Inquiries: culturaldiversityalliancewhs@gmail.com

# ANNUAL CLMS BASKET BONANZA

Friday March 22, 2024
Doors Open 5:00 - Drawings Start at 6:30

## Clark Lane Middle School Field House 105 Clark Lane, Waterford



- Amazing baskets and gift cards donated by local business
- Epic classroom baskets donated by our CLMS parents
- Pizza will be available for purchase
- 50/50 Raffle \$1 each
- A Sheet of 25 basket tickets for \$10
- Cash, Checks and Credit Cards accepted.

Come show your support for the Clark Lane PTO, our school, our students and our community!



**Created by:** 

Henry Lansing, Grade 5

#### Children's Art Exhibition

March is Youth Art Month (YAM), an annual observance to emphasize the value of art education and encourage support for quality school art programs. In celebration, a selection of art work from our talented Waterford elementary school students will be on display at the Waterford Public Library.

Students in grades PreK-5 work in media such as Crayon, paint, Clay, Paper sculpture and collage. In addition to developing art making skills, the program fosters visual literacy, problem solving and an awareness of art history.

Art work will be on display from March 1st to March 31<sup>st</sup> in the Children's Room at the Waterford Public Library. There will also be student art work on the 2<sup>nd</sup> floor of the Town Hall.



# CRUBBRATIONS-



#### Open Gym For Waterford Teens

Join us for an open gym sessions designed exclusively for Waterford teens, where you can hangout with friends and make new ones in our welcoming and inclusive environment. Come work on your free-throw, stay active, and have fun at our open gym time! No sign-up required.

Wednesday and Thursday April 10th and 11th

11:30pm to 2:30pm (Ages 14+) Free and only for Waterford Residents

#### D&D "One Shot" Campaign

Step into the realm of fantasy with our 'One Shot' Dungeons & Dragons campaign, a self-contained adventure ideal for both new and seasoned players. In this single-session journey, you'll explore dungeons, battle fearsome monsters, and weave tales of heroism—all within a condensed and accessible format designed for quick, memorable gameplay.



Wednesday April 10th

2:00pm to 5:00pm (5th to 12th grade) \$15 per student



#### Fortnite Tournament

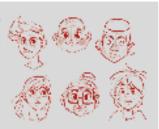
Join the exhilarating battle in Fortnite's RED VS BLUE showdown—a thrilling 2v2 clash where strategic prowess and lightning reflexes reign supreme. Aim for victory as teams compete to reach 20 eliminations, propelling themselves forward into the next bracket of the Round Robin tournament. And fear not, for even in defeat, there's a chance at redemption through the intense challenges of the loser's bracket. Prepare for the ultimate test of skill and teamwork!

Thursday April 11th

2:00pm to 5:00pm (5th to 8th grade) \$10 per team

#### Cartooning Workshop

Dive into the colorful world of cartoons with our Cartooning Workshop, tailored for aspiring artists of all ages and skill levels. Unleash your creativity as you learn fundamental techniques, character design, and storytelling, turning your imagination into captivating illustrations and comic strips under the guidance of seasoned cartoonists.



Thursday April 11th

10:00am to 12:00pm (3rd to 8th grade) \$15 per student



#### Waterford Whisker Baking Workshop

Calling all young bakers to Waterford Whisker's Elementary Baking Workshop! Join us for a fun-filled exploration of baking delights tailored just for kids. Embark on a magical journey through batter, flavors, and decorations, where every creation becomes a masterpiece. Let's whip up some fun and delicious memories together!

#### Thursday April 11th

- 12pm to 2pm Lava Cakes \$10
- 2pm to 4pm Oreo Stuffed Brownies \$10
- 4pm to 6pm Red Velvet Cupcakes \$10



Sign up online using the link below, or scan the QR code with your smart phone WaterfordYouthFamily.recdesk.com/Community/Program

Space is limited!

For any question, please call 860.444.5848, or email Mr. Joe at JTrelli@Waterford.cog



Saturday, March 9, 10:30AM - 12:00PM Hodge's Birthday Bash!

We had so much fun last year so we just had to do it again! Stop by the library meeting room anytime between 10:30 and noon to celebrate police comfort dog Hodge's birthday! We will have pup themed crafts, photo ops, activities, and of course some special treats. All ages are welcome and no registration required.



Saturday, March 23, 10:00AM- 11:30AM Owls!



Join us for a talk about owls with two guest owls Minnie Mae and Clyde. We welcome back Freedom First Wildlife Rehab of Waterford. Freedom First Wildlife Rehab Inc as a 501(c)(3) non profit charity organization. They are federally and state permitted to care for birds of prey with a focus on owls. They depend upon community donations to do this important work! All ages, no registration required.

Tuesday, March 19, 5:30PM - 6:30PM Bilingual Pajama Storytime

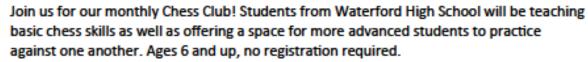
Join us for a cozy bilingual pajama storytime! Ms. Emy will read books and sing songs in English and Spanish. No registration required, this program is aimed towards ages birth to five but all families are welcome to join. Thank you to the Community Foundation of Eastern

BILINGUAL PAJAMA STORYTIME

Monday, March 25, 5:00PM – 6:00PM Junior Thrills and Chills Book Club

Join us as we delve into the exciting action, adventure, and mystery of your favorite book together! Bring any book from the thriller genre to share with the group then we will do a fun activity. Recommended for ages 6 to 8 years old, no registration is required.

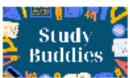
Wednesday, March 27 5:30PM - 6:30PM Chess Club





Thursdays, March 7, 14, 21 & 28, 4:00PM - 6:00PM

Connecticut for providing funding for this program.



#### Study Buddies

Need some extra assistance completing your school work? Stop by the library between 4:00 and 6:00 pm for our weekly Study Buddies Club, run by tutors from the Waterford High School Honor Society. Students in elementary and middle school are welcome, no registration required.

Saturday, March 30, 2:30PM- 3:30PM Learn About the Eclipse!

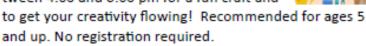
Join Dr. Leslie Brown, a professor from Connecticut College, to learn about the upcoming total solar eclipse which will take place on April 8! Find out how you can safely view the eclipse and the exciting science behind the event. This program is open to all ages, no registration required. Attendees at this program will receive a pair of solar eclipse glasses, limited to four per family.



#### DROP IN CRAFTS

Tuesday, March 5, 4:00PM - 6:00PM Drop In Creation Station

Stop by the Children's Room anytime between 4:00 and 6:00 pm for a fun craft and



Monday, March 11, 4:00PM - 6:30PM Drop in Craft: Pot of Gold Join us in the Children's Room between 4:00 and 6:30 pm to make a St. Patrick's Day Pot of Gold craft! Recommended for



Creation

Station

Monday, March 18, 4:00PM - 6:30PM

ages 5 and up, no registration required.

Drop In STEM Adventure: Straws & Connectors Kit

Join us in the Children's Room between 4:00 and 6:30 pm to build with the Straws & Connectors Kit! Recommended for ages 5 and up, no registration required.



Tuesday, March 26, 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.

Mondays, March 4, 11, 18 & 25, 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.

#### Youth Art Month

Waterford Public School students from PreK-12 will have artwork displayed throughout the library in support of Youth Art Month.

#### **GRAB & GO CRAFTS**





Ice Skate Craft Mar 3 to Mar 15

Owl Mar 16 to Mar 28

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

#### TEEN CORNER

Thursday, March 14, 5:30PM - 7:00PM Teen Craft Night

At this craft night teens will create a unique plant silhouette on a hanging canvas. All materials will be provided. Registration required. Ages 11-18.

Thursday, March 14, 4:00PM ONLINE

Virtual Author Talk with YA Author Christopher Paolini
Registration is required.

Thursday, March 28, 5:30PM - 7:00PM Teen Drop In Craft

Stop into the Teen Area of the library between 5:30 and 7:00 pm to learn the calming technique of automatic drawing! Ages 12 -18. No registration required.

#### READ TO A DOG

Monday, March 4, 4:30PM - 5:30PM Read to Hodges



Monday, March 23, 3:00PM- 4:00PM Read to Scout

No registration required, all ages welcome.

Monday, March 15, 11:00AM - 12:00PM Toddler Craft: Pot Of Gold Name Activity Join us for a storytime and crafting session where the little ones will make a St. Patrick's Day craft and practicing spelling their names. For ages 3 to 5 years old, no registration is required.



Friday, March 8, 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, March 20, 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. 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

# PARENTS NIGHT OUT

FRIDAY, MARCH 8

6:00 - 8:00PM

Hosted by
Girl Scout Troop 63414
\$10/ Child, \$5/ sibling
Drop Off at Quaker
Hill School.

Children Aged 3 - 10 (Must be potty trained)



March 8 6 - 8PM



285 Bloomingdale Rd Quaker Hill

Troop 63414 has completed their babysitter training and is excited to extend this opportunity to local families! CPR/1st Aid Certified/Background checked leaders will be present all night.

Save your spot!

Email maytherese@gmail.com to RSVP or with any questions

Join Congregation Beth El
On Sunday, March 10, 2024 at 9:45 a.m.
for a special presentation:

Stand Up to Antisemitism and Hate: What It Is and What We Can Do About It Together

Guest Speaker:
Stacey Gladstone Sobel, Esq.
CT Regional Director ADL
(Anti-Defamation League)



All are welcome!

RSVP for more information to

office@bethel-nl.org or 860-442-0418







# Waterford Police BINGO Fundraiser

Friday, March 15<sup>th</sup> 6:30PM-8:30PM at Waterford Raymour & Flanigan Showroom 917 Hartford Turnpike, Waterford CT

Entry tickets are \$30.00 for 10 Games! Additional Game Cards can be purchased for \$10.00 each.

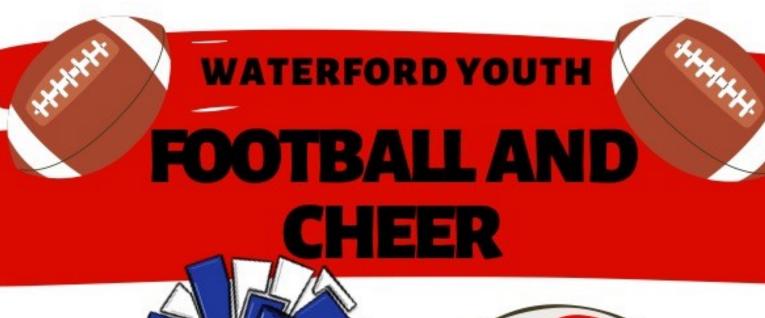
Prizes given out for each game! Soft Drinks and food also provided.

All proceeds will be used for Community Engagement/Officer Wellness efforts.

Tickets can be purchased at the Waterford Police Department (41 Avery LN, Waterford CT). A limited number of tickets may be available on the night of the event. Cash only for tickets.

Any questions contact Officer Fredricks at efredricks@waterfordct.org

Raymour & Flanigan





REGISTRATION IS NOW OPEN! TAKE ADVANTAGE OF THIS EARLY BIRD SPECIAL!

EARLY BIRD \$125 APRIL 1ST/MAY \$150 JUNE 1ST LATE \$175

FLAG, PEEWEE, MICROS, JUNIORS, AND SENIOR FOOTBALL.
SIDELINE, MINIS, MICROS, JUNIORS AND SENIOR CHEER.
CREATING FUTURE ALLSTARS STARTS NOW. SCAN THE QR
CODE TO JOIN TODAY.



## 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 of 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 Fimous Zone (meets health-related standard)
- H = High Fitness Performance Zone (exceeds health-related standard)

Boy	5																		
Age		20	-meter PAC	ER	15-	Meter PAC	ER.		Ine-Mile Run/Wal	k	Sit-on	l-Rea	ch	90	Push-Up	28		Curl-Ups	
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	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
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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
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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
	11 12 13 14 15	Zone I 8 0-6* 9 0-6* 10 0-6 11 0-14 12 0-14 13 0-22 14 0-22 15 0-31 16 0-31 17 0-40	20-meter PAC	20-meter PACER     20meter PACER	20-meter PACER   15	20-meter PACER   15-Meter PACER   15   1   F   1   F   1   F   1   1   F   1   1	20-meter PACER   15-Meter PACER	20-meter PACER	20-meter PACER	20-meter PACER	20	20-meter PACER   15-Meter PACER   0ne-Mile Run/Walk   Sit-and-Rench	20se   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1   H   1	20se   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   F   H   1   H   1   F   H   1   H   1   H   1   H   1   H   1   H   1   H   1	20-meter PACER   15-Meter PACER   One-Mile Run/Walk   Sit-and-Rench   90° Panh-Ups	$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$	$ \begin{array}{c ccccccccccccccccccccccccccccccccccc$



# 2024 SPRING BREAK SOCCER CAMP at CONNECTICU

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

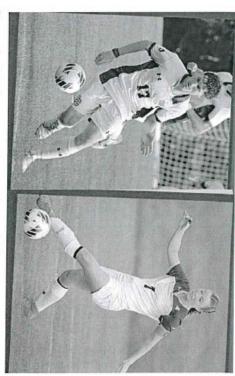
- 2021 NCAA NATIONAL CHAMPIONS
- 2023, 2021, 2019 & 2018 NCAA Tournaments

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

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

# ASSISTANT DIRECTORS:

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



interact with and coach the campers 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

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

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 Cost: \$175 (before April 1st), \$200 (after April 1st); \$150 for each additional child - Please pay online (www.ReubenBurkCoachingCamps.com) or alternatively, send

Name:Gender:Age:Grade:School:	
Emergency contact:Phone number(s):	
Email:	
Lollege Soccer Spring Break Camp does not provide medical insurance covering injuries of any nature. The understand and agree that 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. I hereby authorize the directors of Connecticut College Soccer Spring 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.	ticut It College It causes of
Signature of parent/quardian.	

Insurance Carrier:

Policy number:

## **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)



# WWW.WATERFORDSOCCER.ORG

QUESTIONS EMAIL: WTFDSOCCERREGISTRAR@YAHOO.COM

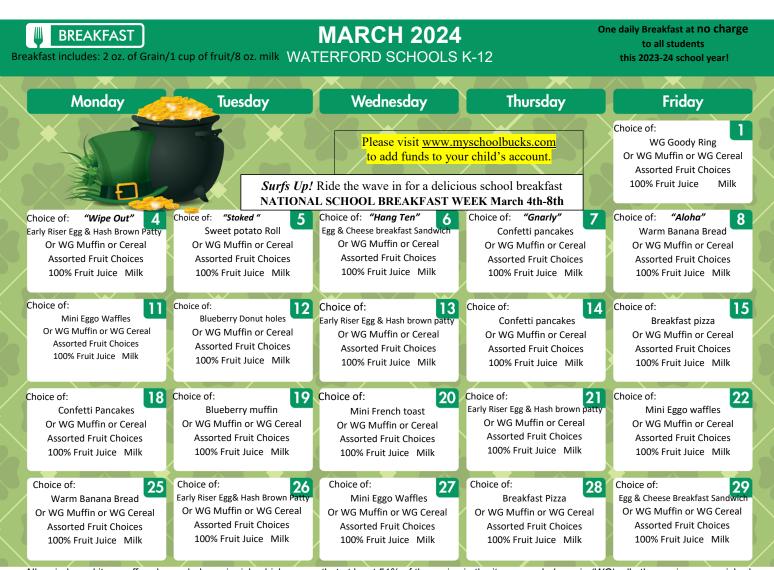
## March Lunch Menu



A VARIETYOF 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/or milk \*Menus are subject to change THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# March Breakfast Menu



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 VARIETYOF FRESH FRUITS OFFERED DAILY

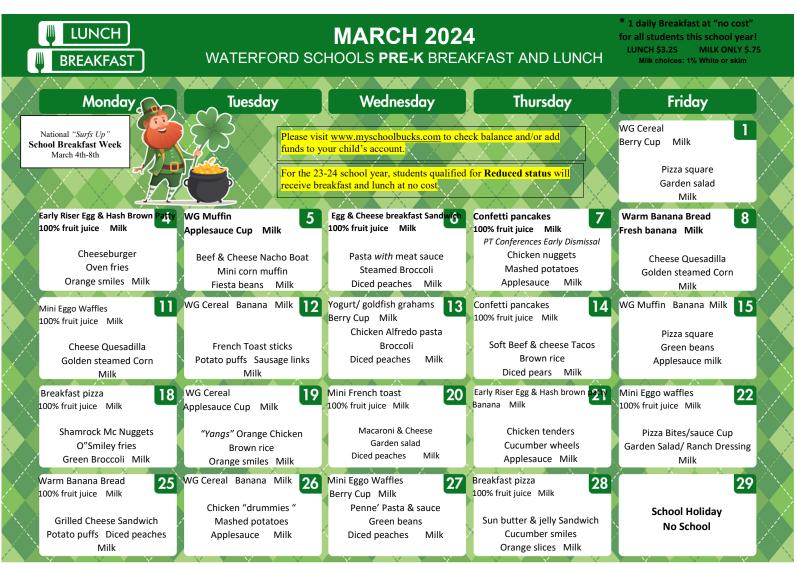
"Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY

\*Menus are subject to change

## March Pre-K Menu



BREAKFAST Includes: 1/2 cup of fruit or 4 oz.100% fruit juice and choice of Milk

A VARIETYOF 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

Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and milk THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

\*Menus are subject to change

## 2023-24 Elementary Letter Rotation Schedule

Ī		Aug	ıst 2	023	
	Mon	Tue	Wed	Thu	Fri
ŀ			$\vdash$		
l					
Ī					
			30 <b>A</b>	31 B	

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

	0cto	ber 2	2023	
Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
В	C	D	A	В
	10	11	12	13
	C	D	A	В
16	17	18	19	20
C	D	A	В	C
23	24	25	26	27
D	A	В	C	D
30	31			
A	В			

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

D	ecer	nber	202	3
Mon	Tue	Wed	Thu	Fri
				1
				D
4	5	6	7	8
A	В	C	D	A
11	12	13	14	15
В	C	D	A	В
18	19	20	21	22
C	٥	A	В	č
C	D	A	В	C.

3004										
January 2024										
Mon	Tue	Wed	Thu	Fri						
	2	3	4	5						
	٥	A	В	C						
8	9	10	11	12						
D	A	В	C	D						
	16	17	18	19						
	A	В	C	D						
22	23	24	25	26						
A	В	C	D	A						
29	30	31								
В	C	D								

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

	March 2024									
Mon	Tue	Fri								
				1						
				D						
4	5	6	7	8						
A	В	C	D*	A						
11	12	13	14	15						
В	C	D	A	В						
18	19	20	21	22						
C	٥	A	В	C						
25	26	27	28							
D	A	В	C							

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

May 2024				
Mon	Tue	Wed	Thu	Fri
		1	2	3
		D	A	В
6	7	8	9	10
C	٥	A	В	C
13	14	15	16	17
D	A	В	C	D
20	21	22	23	24
A	В	C	D	A
	28	29	30	31
	В	C	D	A

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



■ No School

\* Early Dismissal
Updated 12/20/2023

#### Waterford Public Schools

#### 2023-2024

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 cumui	lative)	

- 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
a	9 days	~ 21 cu	mulativ	(3

- 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				
(2	(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	Scho	ol Ho	liday
27	28	29	30	
- 0	17 days	~ 59 ca	mulativ	e)

- 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				
(4	6 days	~ 75 cu	mulativ	e)

- 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	1,2
SH	16	17	18	(19)
(22)	23	24	25	26
29	30	31		
(2	I days	~96 сия	nulative	(

- 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	n Tue Wed Thu Fri					
1 2						
5	6	7	8	9		
12	13	14	15	16		
S	SH 21 22 23					
26	27	28	29			
a	days.	× 115 a	umulati	ue)		

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	
(2	(20 days ~ 135 cumulative)				

- \*\* 3/7 P/T Conforences: Early Dismissal PK-12
- 3/29 School Holiday (Schools Closed)

April 2024					
Mon	Tue	Wed	Thu	Fri	
1	PD	3	4	5	
	Scho	ol Hol			
15	16	17	18	19	
22	23	24	25	26	
29	30				
a	(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	<u>6</u>	<b>7</b>		
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

<sup>\*\*</sup> Full day for Paraprofessionals