



Quaker Hill Elementary School

Christopher Discordia, Principal

cdiscordia@waterfallschools.org



Scenes from our Veterans Day Celebration





Quaker Hill News



Thursday November 16th
Service Club Field Trip

Tuesday November 21st
QH Spirit Day

Wed Nov 22nd - Fri Nov 24th
Thanksgiving Break

Week of November 13th-17th

Monday - A

Tuesday - B

Wednesday - C

Thursday - D

Friday - A

Lunch Menu for the week of November 13th-17th

Mon: Chicken Patty, roll, potato wedges, corn, diced pears, milk

Tue: French Toast, syrup, sausage links, tots, mango juice, fresh fruit, milk

Wed: Pizza, salad, baby carrots, ranch, fruit juice, milk

Thu: Turkey & gravy, mashed potatoes, green beans, craisins, pumpkin bread, milk

Fri: Cheeseburger, baked beans, sweet potato gems, diced peaches, milk

2023-2024 PROVIDENCE BRUINS

GROUP OUTING

Quaker Hill Elementary School



OFFER DETAILS

Join Quaker Hill Elementary School for a day with the Providence Bruins! All kids, family members, and friends receive this exclusive discounted offer. Everyone's ticket for this event is just \$25 per person. You will receive great seats in the 100 LVL as a group and you will receive a FREE P-BRUINS HAT!

Only \$25 Per Person

Purchase Online Now At:

www.providencebruins.com/QuakerHillSchool

INSTRUCTIONS: Please go directly to the link listed above to purchase your tickets. Once purchased you will receive an email in regards to how to access your mobile tickets through your mobile device! If you have any questions or concerns please call Matt Long with the Providence Bruins at 401-680-4753 or email him at Long@pseagency.com

10th ANNUAL



DEC. 9



McCook Point Park • Niantic

Teams / Costumes Welcome

DISCOUNTED RATES:
EARLY Registrants, Military,
and Virtual Participants



Brought to you by
Scouts BSA Troop 36

Yummy

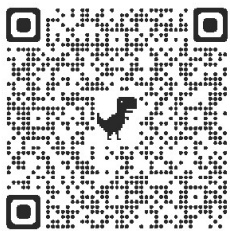
.....
**PANCAKE
BREAKFAST**
.....

Fundraiser

**Waterford
Community
Center**

**SUNDAY
11/19
8-11 AM**

Help us plan - RSVP
by QR code (optional)



Suggested donation \$10 adult/\$7 child
12 and under

**To Benefit WYFS
Adopt-a-Family**

2023-2024

WATERFORD RECREATIONAL BASKETBALL SEASON

REGISTER ONLINE NOW!
WATERFORDRECBASKETBALL.COM

LEAGUE BREAKDOWN

INSTRUCTIONAL LEAGUE

BOYS & GIRLS GRADE 1-3

INSTRUCTIONAL REGISTRATION FEE - \$50

RECREATIONAL LEAGUES

BOYS GRADE 3/4/5 - GIRLS GRADE 3/4/5

BOYS GRADE 6/7/8 - GIRLS GRADE 6/7/8

BOYS SENIOR LEAGUE GRADE 9-12

TRAVEL LEAGUES

BOYS & GIRLS 4-8

* TRYOUT & EVALUATION TIMES WILL BE RELEASED SHORTLY

RECREATIONAL REGISTRATION FEES

1ST CHILD: \$100

2ND CHILD: \$80

EACH ADDITIONAL CHILD: \$65

FAMILY MAXIMUM: \$245

***REGISTER EARLY TO
AVOID LATE FEES*

REGISTRATION DEADLINES

TRAVEL REGISTRATION CLOSING OCT 16TH

RECREATIONAL CLOSING NOV 12TH
\$20 LATE FEE AFTER OCT 16TH

*TRAVEL MUST BE REGISTERED IN THE
REC PROGRAM BY 10/16/23

ANY QUESTIONS, PLEASE
REACH OUT TO:

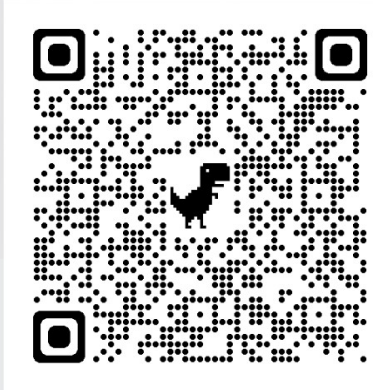
WATERFORDBBALLBOARD@GMAIL.COM

WATERFORD
RECREATIONAL
BASKETBALL

CONNECT WITH US



We want to hear from you!



Please complete our online survey



Waterford Public Schools/ Waterford Police Department School Safety Forum



November 15, 2023 ~ 6:00 PM - 8:00 PM

WHS Auditorium ~ 20 Rope Ferry Road, Waterford

Please join us for an informational night surrounding school safety, the roles of School Resource Officers, definitions of emergency situations and the partnership between the WPD, WPS and home. Event details to follow.



INTRODUCING TO FAMILIES OF 4TH - 12TH GRADERS...

The Waterford Public School district is excited to announce its partnership with Securly in safeguarding our students, your children. Securly Home was chosen because we shared a vision of a safer, more productive digital world for our students.

Now parents of students in grades 4-12 can get the same peace of mind when school devices come home. See your child's online activity during after-school hours, pause your child's device, and turn off online access.

Through this partnership, the students of Waterford will be protected everywhere, on any school-issued device. You should have received a welcome email that provided you with instructions on how to download the app and connect with your child's online activity, so please be sure to locate it if you missed it!

Further information about Securly Home can be found on our WPS district website (Technology > One-to-One Device Program Information). There are resources there to help you become more familiar with Securly Home and how to use it.



Securly Home



Mobile App



Monitor Your Child's Online
Activity During After School
Hours





MY
SCHOOL
BUCKS

UPDATED POLICY FOR PURCHASING A CHROMEBOOK CHARGER

Replacement Chromebook
chargers for school-issued
devices should now be
purchased from
MySchoolBucks. Once payment
has processed, the charger will
be delivered to the student's
school. Please allow for fee
processing and delivery time.



Store

Shop your school for books,
clothes, and more.

Featured Items



Replacement Charger

[View Details](#)



FAMILY PROGRAMS

Friday, November 10, 2:00PM - 3:00PM

Tellabration!

Come celebrate the Connecticut Storytelling Center's annual event, Tellabration! This year we welcome Marya Ursin of the Mystic Paper Beasts Theatre Company, who will be performing several stories from SkyTales, using masks, puppets, and movement." All ages are welcome, no registration required.



Friday, November 24, 2:00PM - 4:00PM

Family Movie Matinee

 Join us during your school vacation for a family friendly movie. Bring your blankets, pillows, and snacks down to the meeting room for a cozy afternoon. We will be watching *The Little Mermaid* (2023), PG, 135 minutes).


Saturday, November 4, 10:00AM - 11:00AM AND Saturday, November 18, 2:00PM - 3:00PM

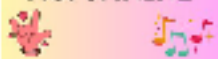
Read To Scout

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.

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

Read To Hodges

Stop by the Children's Room anytime between 4:00 and 5:30 pm to read to our favorite furry friend, Officer Hodges! No registration required, all ages welcome.


SIGN AND SING WITH MS. JANINE


Saturday, November 18, 10:30 AM - 11:00 AM

Sign and Sing

Join Ms. Janine for Sign and Sing! This fun storytime will include basic signs that both children and their caregivers will benefit from knowing. For ages birth to 5, no registration required. Thank you to CT Humanities for providing funding for this program.

Monday, November 20, 4:00PM - 5:00PM

Fantasy Book Club

You choose the book! Bring your favorite fantasy book to life and make a craft with fellow adventurers. See you in the realm of fantasy! Recommended for ages 5 to 7 years old. Registration is required.


Family Storytime with Ms. Jenna


Mondays, November 6, 13, 20, & 27, 10:30 AM - 11:00 AM

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.

Tuesday, November 21, 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 this program.



All programs are free and open to the public

DROP IN CRAFTS

Monday, November 13, 4:00 PM - 6:30 PM

Drop in Craft: Paper Strip Pumpkin

Join us in the Children's room to create an adorable fall decor pumpkin craft. Recommended for ages 5 and up, no registration required.



Monday, November 27, 4:00PM - 6:30PM

Drop In STEM Adventure: Spinning top

Join us in the Children's Room between 4:00 and 6:30 pm to create a colorful Spinning top. Recommended for ages 5 and up, no registration required.



Tuesday, November 14, 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.



Tuesday, November 28, 4:30PM - 5:30PM

LEGO Jam Session

Join the UConn 4-H STEM program for a LEGO Jam Session! Design and construct musical instruments using LEGO building blocks and household materials then learn about sound waves and amplification technology. For ages 7 and up, registration is required. Thank you to the Rotary Club of Waterford for helping to fund this program!



Thursday, November 9, 4:30PM - 5:30PM

DIY Instruments: Strings

Ready to create, play, and dance? Join us for this DIY instrument program in which kids will learn how to make a string instrument from recycled materials! Registration required. Recommended for children ages 6-12 years.



GRAB & GO CRAFTS



Pumpkin Patch
Nov 4 to Nov 17



Pumpkin Pie Slice
Nov 18 to Dec 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, November 2, 5:30 PM - 7:00 PM

Craft Night

Join Miss Ashlee to make a fall themed masterpiece. Recommended for ages 11 and up. Registration is required.

Thursday, November 16, 5:30 PM - 7:00 PM

Teen Drop In Craft

Drop in to the Teen Section of the library anytime between 5:30 and 7:00 pm to make an Autumn themed craft. Ages 12 and up. No registration required.

Friday, November 10, 11:00AM - 12:00PM

Toddler Craft: Feather Letter Turkey

Join us for a fun-filled story and crafting session where toddlers make a turkey and practice spelling their name. For ages 3 to 5 years old, no registration is required.



Friday, November 17, 11:00AM - 11:45AM

Thanksgiving Story and Sensory Play

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



Wednesday, November 29, 11:00 AM - 11:45 AM

Toddler Art

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



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



@waterfordpubliclibrary



@waterfordlibraryct

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



NOW ACCEPTING APPLICATIONS FOR THANKSGIVING FOOD, HOLIDAY FOOD, AND HOLIDAY GIFT ASSISTANCE!

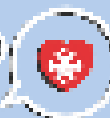


WATERFORD
Youth & Family
Services



WATERFORD
COMMUNITY
FOOD BANK

WATERFORD
CARES



Scan me for Thanksgiving
Food assistance!



Scan me for Holiday Food
& Gift assistance!

The Science of Reading

The Basics

What it IS

A Collection of Research

Research, over time, from multiple fields of study using methods that confirm and disconfirm theories on how children best learn to read.



Teaching Based on the 5 Big Ideas

Phonemic Awareness - The ability to identify and play with individual sounds in spoken words.

Phonics - Reading instruction on understanding how letters and groups of letters link to sounds to form letter-sound relationships and spelling patterns.

Fluency - The ability to read words, phrases, sentences, and stories correctly, with enough speed, and expression.

Vocabulary - Knowing what words mean and how to say and use them correctly.

Comprehension - The ability to understand what you are reading.

Ever Evolving

There is new research and evidence all the time. As populations, communities, and approaches evolve, so should practice.



<https://improvingliteracy.org/brief/science-reading-basics>

Literacy Note:

Learning to read does not come naturally! Children require explicit, systematic, and developmentally progressive instruction in the areas above to become fluent readers.

***WATERFORD HIGH SCHOOL'S
11TH ANNUAL TURKEY TROT
PROCEEDS BENEFIT THE CLASS OF 2024***



***SATURDAY
NOV 18, 2023
START 09:30 AM***

***GREAT NECK ELEMENTARY
SCHOOL, 6 GOSHEN RD,
WATERFORD, CT 06385***

***COST IS \$35 PER PERSON
SIGN UP USING THE QR CODE***



SCAN ME



VENDOR & ARTISAN FAIR

WE ARE BACK AND BETTER THAN
EVER! SHOP OVER 60 VENDORS.

shopping, raffles, kid's activities, & food!

DECEMBER 3 • 10AM - 3PM

WATERFORD HIGH SCHOOL FIELDHOUSE
20 ROPE FERRY ROAD
WATERFORD, CT 06385

Every year, 18,000 patients are diagnosed with life-threatening blood cancers or other blood disorders that could be cured or treated with a blood stem cell transplant. But 70% of them don't have a fully matched donor in their family. They depend on Be The Match® to find an unrelated donor. *Adapted from [//my.BeTheMatch.org/strongestboy](http://my.BeTheMatch.org/strongestboy)*

The Waterford community, including families within our district (see below), have been impacted by these cancers and are looking to raise awareness regarding the Be The Match® program and the need for donors for bone marrow transplants.

Please visit [//my.BeTheMatch.org/StrongestBoy](http://my.BeTheMatch.org/StrongestBoy) for more information on this life saving program and for the process to become a donor.



YOU COULD BE THE CURE FOR TIAGO

Tiago, Waterford, CT
searching patient

Join the Be The Match Registry®
on behalf of Tiago today!

BE  THE MATCH®



QHPTA Events 2023/2024

Dates Are Tentative and Subject to Change

Please Follow us on FACEBOOK (@qhpta) for the most up to date information

OCTOBER

- 10/03/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 10/05/23 Picture Day
- 10/13/23 Meadow Farm Fundraiser Ends
- 10-16-10/20/23 Fall Book Fair
- 10/18/23 Fall Spirit Wear Sale Begins
- 10/28/23 Trunk or Treat ** DATE CORRECTED**

NOVEMBER

- 11/14/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 11/21/23 QHES Spirit Day
- 11/??/23 Picture RETAKE day (TBD)

DECEMBER

- 12/08/23 Movie Night
- 12/15/23 Holiday Craft Night
- 12/17-12/23/23 Five Below Shop Out

JANUARY

- 01/02/24 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 01/05/24 Movie Night
- 01/22/24 Family Pool Party
- 01/26/24 Family GLOW Dance Party

FEBRUARY

- 02/02/24 Pasta Dinner & Basket Raffle
- 02/06/24 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 02/24/24 Family Pool Party

MONTHLY
VIRTUAL
TRAINING
SESSIONS

CENTER OF EXCELLENCE
FOR TEACHING AND LEARNING



PARENT TRAINING INSTITUTE

Sept. 2023 - June 2024

PURPOSE: THE SCSU Parent Training Institute will offer monthly virtual training sessions, and helpful resources on a range of topics that can help parents support their child's academic, social, and emotional development.

- **WHO:** Open to parents of children of all ages.
- **WHERE:** All parent workshops will be held virtually.
- **HOW:** Our online workshops will be recorded for use by registered attendees, including those who are unable to attend live.
- **WHEN:** Starts September 26, 2023. Runs monthly on Tuesdays between 7.00 pm to 8.30 pm.
- **CERTIFICATE:** Every registered attendee will receive a "certificate of completion."
- **COST:** \$100 including full access to 10 live and recorded workshop series.
- For more information, email Dr. Olcay Yavuz at yavuzo1@southernct.edu

REGISTER HERE: <https://bit.ly/3MMxOzF>

PROGRAM DATES/TOPICS:

2023:

- September 26 @7pm Understanding the USA Education System: Parents' Rights and Responsibilities
October 24 @7pm Raising College-Ready Children
November 21 @7pm Understanding College Funding, FAFSA, Scholarship Opportunities and Loan Types
December 12 @7pm Helping Your Child Become Career & Job Ready (Resume, Career Branding, Interview)

2024:

- January 30 @7pm Protecting Your Child from Harassment, Intimidation, and Bullying
February 27 @7pm Utilizing English Second Language Learner, Special Education, and Student Services
March 26 @7pm Supporting Your Children's Executive Functioning, 21. Century and Soft Skills
April 23 @7pm The Roles of Parents to Plan Effective Summer Programs for Children and Youths
May 28 @7pm Raising Socially, Mentally and Emotionally Strong Children
June 11 @7pm Dealing with Drug Internet Addiction, and Cyberbullying

Southern Connecticut
State University
1000 UNIVERSITY BLVD
NEW BRITAIN, CT 06110

CENTER OF EXCELLENCE
FOR TEACHING AND LEARNING






Urgent response for children's mental health crises.



- Thoughts of suicide or self-injury
- Feelings of depression, anxiety or hopelessness
- Out-of-control behaviors
- Substance misuse
- Any mental health crisis

No appointment needed

At the four walk-in **Urgent Crisis Centers (UCC)** for children and adolescents ages 18 and under, trained staff will:

-  De-escalate the crisis
-  Complete an evaluation
-  Connect youth to services

Urgent Crisis Centers



1680 Albany Avenue, Hartford, CT 06105
(860) 297-0520
thevillage.org/UCC



255 Hempstead St, New London, CT 06320
(860) 437-4550
childandfamilyagency.org/urgent-crisis-center



141 East Main Street, Waterbury, CT 06702
(203) 580-4298
wellmore.org/urgent-crisis-center



20 York Street, New Haven, CT 06510
(203) 688-4707
ynhh.org/childrens-hospital/services/emergency-services

In partnership with:



*If a youth needs immediate medical attention,
call 9-1-1 or go to the nearest hospital.*

UCFS Healthcare's School-Based Health Centers and Your School!



The UCFS school-based health centers (SBHC) are a doctor's office inside of your school. The services are provided by an APRN (advanced practice registered nurse)/PA (Physician Assistant) and licensed behavioral health clinician who are experts in adolescent health and are employed by UCFS. The intention of the UCFS SBHC is to supplement the care your child receives at their pediatrician's office.

Services Provided



- Yearly well-child examinations
- Vaccinations
- Sports physicals
- Acute care visits (e.g. sick visits, lacerations, injuries, etc.)
- Chronic care visits (e.g. asthma, ADHD, etc.)
- Mental Health Assessments
- Substance Abuse Screenings
- Counseling (individual, group, and family)

Top 5 Reasons to use the School-Based Health Center

- Convenient same day appointment.
- Removes barriers to care such as lack of transportation.
- Decreases time away from the classroom which improves academic success.
- Improves student's achievement by taking care of behavioral health needs that can make learning difficult.
- Connects students and their families with insurance coverage.

5

Referrals are easy...



- Behavioral Health Referrals can come from students, teachers, counselors, administrators as well as parents/guardians of students.
- Medical visits can be coordinated through the school nurse or directly with our family engagement/medical assistant.
- Working collaboratively with school personnel, families, and local youth services has helped to maximize student support.

To learn More...

School-Based Health Centers are located at Waterford High School and Clark Lane Middle School and are open to all Waterford Public School students.

Scan here to learn about the School-Based Health Center at your school! SBHC line - 860-822-2803



SCAN ME

Your child can get a flu shot at the Waterford Public Schools School-Based Health Center



Protect your child from the flu this season!

Your child can receive their flu vaccine with a signed enrollment and flu consent form.

Did you know?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

How do I sign my child up for the flu shot?

In order for your child to receive a flu shot, you must fill out an enrollment form and flu vaccine consent form. Enrollment forms can be found on the UCFS Healthcare's website -

<https://www.ucfs.org/services/school-based-health-centers/>

or by scanning the QR code

Please call the SBHC Line at 860-822-2803 to schedule an appointment.



November Lunch Menu

LUNCH

NOVEMBER 2023 WATERFORD SCHOOLS K-12

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

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

Monday

Tuesday

Wednesday

Thursday

Friday



Macaroni & Cheese **6**
 Steamed broccoli
 Baby carrots
 Goldfish crackers
 Diced pears Milk

Professional Development Day!
-No School-

Chicken Drumsticks **8**
 Smile fries Golden corn
 Dinner Roll
 Apple sauce Milk

Pizza Bites **9**
 Marinara sauce Cup
 Spinach & Tomato Salad
 Orange smiles Milk

Cheese Pizza **3**
 Baby carrots Ranch
 Cucumber slices
 Apple juice
 Fresh fruit choice Milk

School Holiday **10**
 Wellness Tip:
 Eat at least one full serving of fruit or vegetable at every meal

Chicken Patty on a WG Roll **13**
 Potato Wedges
 Golden corn
 Diced pear Milk

French toast Syrup cup **14**
 Sausage links
 Potato tots
 Mango juice
 Fresh Fruit Milk

Pizza **15**
 Garden Salad
 Baby carrots
 Ranch Dressing
 100% fruit Juice Milk

Holiday Dinner! **16**
 Turkey & gravy
 Mashed potatoes
 Green beans Craisins
 Pumpkin bread Milk

Cheeseburger **17**
 Baked beans
 Sweet potato gems
 Diced peaches Milk

Chicken nuggets **20**
 Steamed Red potatoes
 Sliced carrots
 Dinner roll
 Fresh Fruit Choice Milk

Hotdog on a WG Roll **21**
 Baked beans Oven fries
 Sidekick =Fzn 100% Juice
 Cold Milk

School Holiday **22**

School Holiday **23**

School Holiday **24**

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

Cheesy Pull a parts **27**
 Marinara sauce cup
 Green beans
 WG Cookie
 Orange smiles Milk

Beef & Cheese Nachos **28**
 Black beans Golden corn
 Salsa corn muffin
 Pineapple cup Milk

Chicken tenders **29**
 with dippin' sauce
 Sweet pot fries
 Mango juice Applesauce
 Dinner roll Milk

Chicken Rotini Alfredo **30**
 Steamed Broccoli
 Garden salad /Italian dressing
 Garlic knot
 Diced peaches Milk



All grain-based items offered at lunch are whole-grain rich which means that at least 50% 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"
Alternate Choice Yogurt Meal available daily = Yogurt, Mozzarella string cheese, baby carrots, craisins, goldfish crackers, dinner roll, milk
 Milk choices: 1% White or Fat Free Flavored Additional Fruit & Vegetables offered daily **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER** *Menus are subject to change

November Breakfast Menu



NOVEMBER 2023 WATERFORD SCHOOLS K-12

Breakfast at no charge to all students
this school year! Milk Only: \$.75
Second Breakfast Price: \$2.75

One FREE breakfast for all students daily.

Monday

Tuesday

Wednesday

Thursday

Friday



Pumpkin Bread or **1**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Breakfast Pizza or **2**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Mini pancakes or **3**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Yogurt & Goldfish Grahams **6**
Or Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Professional
Development Day!
-No School-

Maple waffle or **8**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Cinnamon Roll or **9**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

School Holiday **10**
*Wellness Tip:
Be sure to keep hydrated
Drink plenty of water!*

Apple Frudel or **13**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Cheese omelet Taco **14**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Cinnamon French toast **15**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Pancake bites or **16**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Egg & Cheese sandwich **17**
Or Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Banana Bread **20**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

WG Goody Ring **21**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

School Holiday **22**
*Wellness Tip:
Eat at least one fruit or vegetable
at every meal*

School Holiday **23**
*Wellness Tip:
Go for a brisk 20 min walk
or bike ride every day!*

School Holiday **24**
*Wellness Tip:
Make sure to get plenty of sleep
for a healthy body!*

Mini pancakes or **27**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Egg & Cheese sandwich **28**
Or Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk

Oatmeal Breakfast Round & **29**
Mozzarella String cheese stick
Or Assorted WG Cereal
Or WG Muffin
100% Fruit Juice Milk

Banana Bread or **30**
Assorted WG Cereal
Or WG Muffin
Fresh Fruit Choice
100% Fruit Juice Milk



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

ALL Grain-based items offered at breakfast are Whole Grain Rich which means that at least 50% of the grains in the items are whole grain and all other grains are enriched

*Milk Choices: 1% white or Fat Free Flavored * A variety of breakfast options offered daily * All breakfast includes 1 cup of fruit & 8 oz. Milk * Menu subject to change

This institution is an equal opportunity provider

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

November Pre-K Menu

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

NOVEMBER 2023

* 1 daily Breakfast at "no cost" for all students this school year!

WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH

LUNCH \$3.25 MILK ONLY \$.75

Monday

Tuesday

Wednesday

Thursday

Friday



1
WG Cereal 100% Fruit juice Milk

Pasta with meatballs
Green beans Garlic knot
Diced peaches Milk

2
Breakfast pizza 100% Fruit juice Milk

Chicken nuggets
Steamed Red potatoes
Sliced carrots Fresh Fruit Milk

3
Mini pancakes Applesauce Milk

Soft taco Fiesta beans
Pineapple chunks Milk

6
Yogurt/Giant Goldfish graham
100% Fruit juice Milk

Pizza Applesauce cup Milk
Garden Salad Ranch Dressing

7
Professional Development Day!
-No School-

8
WG Maple Waffle
Banana Milk

Chicken "Drummies"
Golden corn Dinner Roll
Apple sauce Milk

9
WG Cereal 100% Fruit juice Milk

Sun butter & Jelly Sandwich
Mozzarella String cheese
Cucumber slices Milk

10
School Holiday

13
WG Cereal 100% Fruit juice Milk

Macaroni & Cheese
Steamed broccoli Goldfish crackers
Diced pears Milk

14
Cheese omelet Orange smiles Milk

"BRUNCH FOR LUNCH"
French toast Sausage links
Potato Tots Banana Milk

15
2oz Blueberry Muffin
Apple slices Milk

Pizza Bites Marinara sauce
Salad Orange smiles Milk

16
Pumpkin Bread 100% Fruit Juice Milk

Holiday Dinner!
Turkey & gravy Mashed potatoes
Green beans Dinner roll
Craisins Milk

17
Hardboiled egg Goldfish graham
100% Fruit juice Milk

Cheeseburger Baked beans
Sweet potato gems
Diced peaches milk

20
Cinnamon French Toast
Applesauce cup Milk

Cheese Pizza
Cucumber slices
Fresh fruit choice Milk

21
Banana Bread 100% Fruit juice Milk

Chicken Nuggets
Potato Wedges Corn
Diced pear Milk

22
School Holiday

23
School Holiday

24
School Holiday

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

27
Mini pancakes Applesauce cup Milk

Cheesy Pull-a-parts
Marinara sauce Green beans
Orange smile Milk

28
2 oz. Corn muffin
100% Fruit juice Milk

Beef & Cheese Nachos
Golden corn w/Black beans
Pineapple cup Milk

29
Oatmeal breakfast Round
100% Fruit juice Milk

Chicken tenders
Sweet pot fries Applesauce
Dinner roll Milk

30
2 oz. blueberry muffin
100% Fruit juice milk

Chicken & Broccoli
Rotini Alfredo Garlic knot
Diced peaches Milk



All grain-based items offered are whole-grain rich which means that at least 50% 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"
Alternate Choice Yogurt Meal available daily = Yogurt, Mozzarella string cheese, baby carrots, raisins, goldfish crackers, dinner roll, milk
Milk choices: 1% White or Fat Free Flavored THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER *Menus are subject to change

2023-24 Elementary Letter Rotation Schedule

August 2023				
Mon	Tue	Wed	Thu	Fri
		30 A	31 B	

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

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

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

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

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

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

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

April 2024				
Mon	Tue	Wed	Thu	Fri
1 D	2 A	3 B	4 C	5 D
15 A	16 B	17 C	18 D	19 A
22 B	23 C	24 D	25 A	26 B
29 C				

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

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



■ No School
* Early Dismissal

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	2	3	4	5
School Holiday				
15	16	17	18	19
22	23	24	25	26
29	PD			

(16 days ~ 151 cumulative)

- 4/8 - 4/12 - School Holiday (Schools Closed)
- 4/30 - * PD No School for Students - PK-12

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
Revised: June 22, 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