



Quaker Hill Elementary School

Christopher Discordia, Principal

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### Principal's Notes





# Quaker Hill News



Tuesday November 7th  
No School—Election Day

Thursday November 9th  
Veterans' Day Celebration

Friday November 10th  
No School—P/T Conferences

**Week of November 6th-10th**

**Monday - B**

**Tuesday – No School**

**Wednesday – C**

**Thursday - D**

**Friday - No School**

**Lunch Menu for the week of October 30th-November 3rd**

**Mon: Mac & Cheese, steamed broccoli, baby carrots, goldfish, diced pears, milk**

**Tue: No School**

**Wed: Chicken drummies, smile fries, corn, dinner roll, applesauce, milk**

**Thu: Pizza bites, marinara sauce, spinach & tomato salad, orange smiles, milk**

**Fri: No School**

# Fall Spirit Wear Sale!

**NOW AVAILABLE – QH & Waterford Logos**



Quaker Hill Raptors



Online only starting **Wednesday October 18<sup>th</sup>** and  
running through **Friday November 4<sup>th</sup>!**

<https://thirtymarketing.com/product-category/school-stores/quaker-hill-school/>



T-shirts   Long Sleeve Shirts   Sweatshirts   Baseball Caps

Coffee Mugs   Tumblers   Joggers   Sports Bag   Tye Dye

**All orders must be placed online and will be  
delivered in school to your student.**



## Thursday, November 9th, 2023

Join us for our annual 'Stuff the Bus' event! As we approach the holiday season, let's come together as a community to make a difference and spread the spirit of gratitude. Help us fill a school bus with essential Thanksgiving and Holiday meal items to ensure that families in need can enjoy a warm and hearty meal during this special time of year.

Your donations will bring comfort and nourishment to those less fortunate in our community. Let's unite in the true spirit of Thanksgiving by stuffing that bus with love, compassion, and the means to create lasting memories.

We're asking for the following items from our Waterford Students and families

- 12th Grade - Penne & Pasta Sauce
- 11th Grade - Boxed Mashed Potatoes and Gravy
- 10th Grade - Stuffing + Applesauce
- 9th Grade - Soup + Mac & Cheese
- 6th—8th Grades - Cereal + Oatmeal
- PK-5th Grades - Cookies, Dessert Boxes, Brownie Mix, etc



Chase the Turkey and his friends will be starting their adventure at 8:30am at WHS, then on to CLMS, OH, OSW and ending at GN!



 WATERFORD  
SENIOR SERVICES



**WATERFORD**  
Youth & Family  
Services





## 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](#)



# Craft and Vendor Fair

**Free  
Admission**

Sponsored by the  
**Carelot Children's Center PTO**

**14th ANNUAL**  
**One Stop**  
**Holiday Shopping**

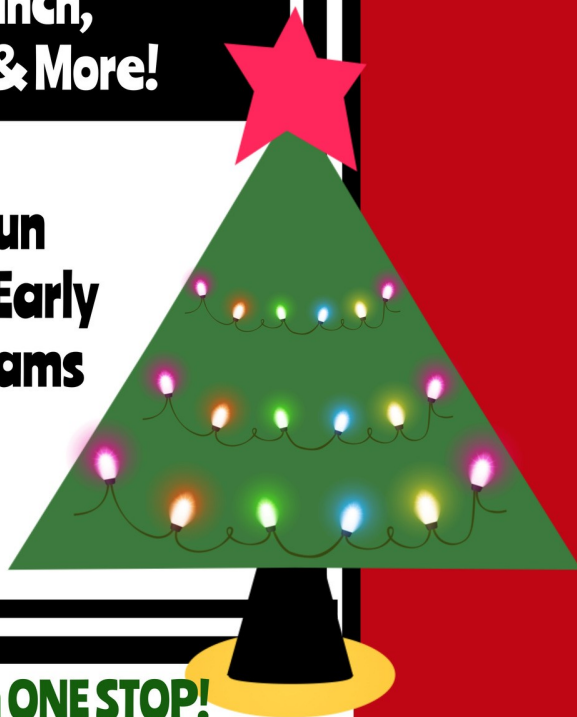
**10am-2pm**  
**Sunday, November 5th**  
**East Lyme High School**

**Local Crafters, Vendors, Lunch,  
Entertainment, Door Prizes & More!**

**Support The Ronald Vlaun  
Scholarship Program and Early  
Childhood Learning Programs**

**[www.carelot.net](http://www.carelot.net)**

**Get your Holiday Shopping Done in ONE STOP!**



### 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.

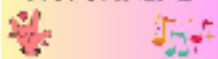
Monday, November 6, 4:00PM - 5:30PM

#### 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](https://www.facebook.com/waterfordpubliclibrary)



[@waterfordlibraryct](https://www.instagram.com/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

2023-2024 PROVIDENCE BRUINS

# GROUP OUTING

Quaker Hill Elementary School



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#### 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**

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**Purchase Online Now At:**

**[www.providencebruins.com/QuakerHillSchool](http://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](mailto:Long@pseagency.com)

# IT'S TIME TO GET YOUR LANCER NATION RALLY TOWELS



**SCAN ME**

**ORDERS DUE  
BY 11/6**



**RALLY TOWELS ARE \$5.00 EACH AND THE PROCEEDS GO TO  
THE WHS CLASS OF 2024**

**IF YOU WOULD LIKE TO ORDER YOUR LANCER NATION  
RALLY TOWEL, SCAN QR CODE OR  
SEE MRS. WOZ OR MRS. BAUMGARTNER ASAP!**

**[HTTPS://FORMS.GLE/HQINOWYRER19AJYJA](https://forms.gle/HQINOWYRER19AJYJA)**



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

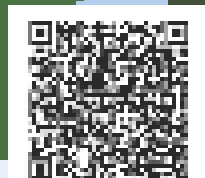


**WATERFORD**  
Youth & Family  
Services



**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  
POLICE DEPARTMENT**



**CROWN PIZZA  
430 BOSTON POST ROAD,  
WATERFORD**

**November 9, 2023  
5:00pm - 8:00pm**

**100% PROCEEDS BENEFIT SPECIAL  
OLYMPICS CONNECTICUT**



# 2023-2024

# WATERFORD RECREATIONAL BASKETBALL SEASON

REGISTER ONLINE NOW!  
[WATERFORDRECBASKETBALL.COM](http://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

## 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 CLOSES OCT 16TH

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

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

*\* TRYOUT & EVALUATION TIMES WILL BE RELEASED SHORTLY*

ANY QUESTIONS, PLEASE  
REACH OUT TO:

[WATERFORDBBALLBOARD@GMAIL.COM](mailto: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.*





# **2023 Annual Oswegatchie School Holiday Craft & Vendor Show**

Saturday, November 4th 10 am - 3 pm

**OSWEGATCHIE ELEMENTARY  
SCHOOL**

470 Boston Post Rd  
Waterford, CT 06385

**COME AND ENJOY OVER 40 ARTISANS & VENDORS  
BAKE SALE, RAFFLES, & SCHOLASTIC BOOK SALE**

**FOR MORE INFORMATION:**

Christina Knutson  
860.961.6456

[ckcraftcreations@yahoo.com](mailto:ckcraftcreations@yahoo.com)

*Sponsored by the Oswegatchie School Organization*

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***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!*

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DECEMBER 3 • 10AM - 3PM

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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®



# VIEW OUR CURRENT Volunteer Opportunities



Q.H. PTA sponsors many fun activities throughout the school year! We will need volunteers for a wide range of tasks. Do you want to support Q.H. PTA but you are unsure how (???) check out some of the volunteer opportunities we have this fall.

**PLEASE REVIEW THE LIST ACTIVITIES AVAILABLE TO PARTICIPATE IN AND THEN HEAD TO OUR SIGNUP GENIUS PAGE TO SIGN UP. VOLUNTEERS MUST SIGN UP VIA OUR SIGNUP GENIUS PAGE.  
SCAN QR CODES TO ACCESS SIGN UP FOR EACH EVENT.**

**HAVE QUESTIONS?? PLEASE EMAIL IT to [qhpta2007@gmail.com](mailto:qhpta2007@gmail.com)**

**PLEASE NOTE: IF WE DO NOT HAVE ENOUGH VOLUNTEER SUPPORT FOR EVENTS,  
WE WILL CANCEL THE EVENT.**

**Back To School Staff Breakfast September 13<sup>th</sup>** Event runs through morning hours  
We are looking for volunteers to prepare/donate a dish, set up, or clean up.  
How can you help?

Donate an item / dish for the breakfast  
SET UP evening prior (any time after school hours)  
CLEAN UP (3:00PM to 4:00PM)



**Back to School Bash September 15<sup>th</sup>** (rain date September 16<sup>th</sup>) Event runs from 5PM to 7PM  
We are looking for volunteers to set up, supervise a station, or clean up.  
How can you help?

I can help with Picnic SET UP (3:30PM to 4:45 PM)  
I can SUPERVISE A STATION (5:00 PM to 6:00 PM)  
I can SUPERVISE A STATION (6:00 PM to 7:00 PM)  
I can help CLEAN UP (7:00PM to 8:00PM)



**Trunk or Treat October 28<sup>th</sup>** Even runs from 3:00 PM to 5:00 PM and is RAIN OR SHINE  
We are looking for volunteers help set up, trunks to participate, and volunteers to clean up.  
How can you help?

I would like to decorate my truck for trunk or treat (2:00PM to 5:00PM)  
I can volunteer to set up the truck or treat (2:00 PM to 3:00PM)  
I can volunteer during the truck or treat (Multiple Options)  
I can volunteer to clean up after truck or treat (5:00PM to 5:30PM)



# 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](mailto: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 26 @7pm Raising Socially, Mentally and Emotionally Strong Children  
June 11 @7pm Dealing with Drug Internet Addiction, and Cyberbullying

Southern Connecticut  
State University  
100 STATE ST. SUITE 1000  
NEW HAVEN, CT 06510

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](http://thevillage.org/UCC)



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



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



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



UCFS Healthcare  
SCHOOL-BASED HEALTH CENTERS

# 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



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

**7**  
 Professional Development Day!  
**-No School-**

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

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

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

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

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

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

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

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

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

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

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

**22**  
**School Holiday**

**23**  
**School Holiday**

**24**  
**School Holiday**

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

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

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

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

**30**  
 Chicken Rotini Alfredo  
 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



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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**



**6**  
Yogurt/Giant Goldfish graham  
100% Fruit juice Milk  
  
Pizza Applesauce cup Milk  
Garden Salad Ranch Dressing

**7**  
**Professional Development Day!**  
**-No School-**

**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

**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

**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**

**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

**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

**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

**22**  
**School Holiday**

**23**  
**School Holiday**

**24**  
**School Holiday**

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**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



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**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