



Quaker Hill Elementary School

Christopher Discordia, Principal



Principal's Notes

Scenes from Pink the Cure Day. We raised over \$500 for the Susan G Komen foundation!





Quaker Hill News



Book Fair
Tue 10/17 & Wed 10/18

USCGA Field Trip
Fri 10/27

Week of October 16th-20th

Monday - C

Tuesday - D

Wednesday - A

Thursday - B

Friday - C

Lunch Menu for the week of October 16th-20th

Mon: Mac & cheese, baby carrots, peas, goldfish, assorted fresh fruit, milk

Tue: Hot dog, roll, baked beans, sweet potato fries, orange smiles, milk

Wed: Chicken tenders, mashed potatoes & gravy, dinner roll, green beans, peaches or raisins, milk

Thu: Pancakes, syrup, potato puffs, sausage patty, cinnamon apple slices, mango juice, milk

Fri: Cheeseburger, fries, lettuce, tomato, cucumber slices, fresh fruit, milk

IMPORTANT



**LAST CALL TO
PURCHASE WPS DEVICE PROTECTION BY
OCT. 15TH!**
THIS WILL NOT BE OFFERED AGAIN THIS SCHOOL YEAR
Grades 4-12 Only

Using MySchoolBucks you can:

- Purchase Device Protection for your child's school-issued device to cover any accidental damage
- Pay invoices (new charger, etc.)

Get started in 4 easy steps:

1. Download the MySchoolBucksmobile app or visit myschoolbucks.com
2. Create your free account
3. Add your student
4. Browse the WPS online store to locate WPS Device Protection



Store

The district is only offering this until Oct. 15th, so don't miss out on this opportunity. After that date, families will not be able to purchase this protection for the 23-24 school year and will be responsible for the full cost of repair on your child's school issued device.

Repair Cost <u>With</u> Device Protection	Repair Cost <u>Without</u> Device Protection
= 0	= \$75
= 0	= \$40
= 0	= \$350



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

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

FAMILY PROGRAMS

Saturday, October 21, 5:30 PM - 8:00 PM

It's International Observe the Moon Night!

Join us in the rear parking lot of the library as we welcome Dr. Leslie Brown, from Connecticut College, together with the Thames Amateur Astronomical Society of Southeast CT. Telescopes will be provided by the Society for viewing. Rain date and/or cloud cover will be Sunday, October 22 at 5:30 p.m.



Friday, October 27, 6:00 PM - 8:00 PM

Outdoor Halloween Family Movie

Join us in the library parking lot for an outdoor Halloween Family Movie Night! Bring snacks, blankets, and drinks as you enjoy the movie from the comfort of your car or sit outside with a radio. Movie start time is dependent on the sun setting but approximate start time is 6:00 pm. This year, we will be showing *the Addams Family* (2019), rated PG, run time 86 minutes.



Thursday, October 19

4:30 PM - 5:30 PM (ages 6-11) and 6:30 PM - 7:30 PM (ages 12 - 18)

Haunted Gingerbread Houses

Get ready to be spooky! We will be making haunted gingerbread houses with a large variety of Halloween candies. All materials will be provided - just bring your creativity! Registration is required for this event.



Monday, October 23 & 30, 4:30 PM - 5:30 PM

Pumpkin Painting

Paint your very own pumpkin just in time for Halloween! Registration is required and will open October 2. Please only register for one session. For ages 5 and older.

**MONDAY IS FAMILY STORYTIME**

Monday, October 2, 10:30 AM - 11:00 AM

Fire Safety Storytime

Join Ms. Kathy for a special fire safety storytime! We will hear a story, sing some songs, and learn about how we can be safe in an emergency. Recommended for ages birth to five, no registration required.



Mondays, October 16, 23, 30, 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.



Monday, October 30, 10:30 AM - 11:00 AM

Special Halloween Storytime

Join us for an extra special, extra spooky storytime! Sing, dance, and listen to a story to get into the Halloween spirit. Costumes are encouraged. No registration required, ages birth to five with a caregiver.



All programs are free and open to the public

DROP IN CRAFTS

Monday, October 2, 4:00 PM - 6:30 PM

Drop in Craft: Fall Leaf Chalk Art

Join us in the Children's room to create a fun and beautiful fall leaf artwork using chalk and leaf templates. Recommended for ages 5 and up. No registration required.



Saturday, October 7, 10:00 AM - 2:00 PM

Drop In Craft: Picture Frame Craft Kit

This DIY picture frame is a perfect fall craft to create a personalized keepsake. All you need to bring is your favorite photo! Photo size: 2 1/2" x 3" Recommended for ages 5 and up, no registration required. While supplies last.



Tuesday, October 10, 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, October 24, 4:00 PM - 6:00 PM

LEGO Club

Drop in anytime between 4:00 and 6:00 pm to build with some LEGO sets! No registration required, recommended for ages 5 and up.



Thursday, October 12, 4:00 PM - 5:30 PM

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.



GRAB & GO CRAFTS



Candy Corn
Oct 7 to Oct 20



Witch's Cauldron
Oct 21 to Nov 3

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, October 5, 5:30 PM - 7:00 PM

Craft Night: Witch Hat Workshop

Join Miss Ashlee for craft night during her favorite time of the year to make your very own witch or warlock hat! All materials will be provided. Recommended for ages 11 and up. Registration is required.



Thursday, October 26, 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 p.m. to make a hanging paper pumpkin! Ages 12 and up. No registration required.

Friday, October 6, 11:00 AM - 11:45 AM

Fall Story and Sensory Play

Join Miss Ashlee for an Autumn story and then explore multiple sensory stations! Recommended for ages 2-5. No registration required.

Fall Story and Sensory Play



Wednesday, October 18 11:00 AM - 11:45 AM

Toddler Art

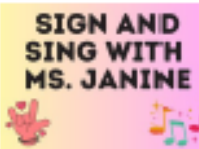
Time to get creative (and maybe a little messy)! This hands on art session is for young ones to explore through process art with the help of their adult. For ages 3 to 5 years old, registration is required.



Saturday, October 21, 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.



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



@waterfordpubliclibrary



@waterfordlibraryct

HALLOW—GENE 2023

October 28th, 1–11pm

**JOIN US FOR A DAY FULL OF FREE
SPOOKTACULAR ACTIVITIES AT THE
EUGENE O'NEILL THEATER CENTER!**



1pm—4pm

**Ghouls
& Goodies!**

- TRICK-OR-TREAT
- ARTS N' CRAFTS
- FAMILY FRIENDLY!

O[']_{the}Neill
eugene o'neill
theater center

305 Great Neck Road • Waterford

**COSTUMES ARE STRONGLY
ENCOURAGED FOR ALL!
SEE YOU THERE!**



Join us

SATURDAY 10/28/23

3PM to 5PM

Quaker Hill Elementary School

Come enjoy an afternoon of truck or treating with the whole family. Music, candy, and a whole lot of FUN!!

Cider and hot chocolate available for purchase.

Bring a canned food item to donate to local pantry and get a treat.

This event is open to the public

This is **Trunk or Treat Pete**

He is **HUNGRY** and we need your help to **FEED** him! Pete will be located in the office starting **Tuesday 10/10 until Friday 10/27**. You can bring in unopened bags of **CANDY** to feed to Pete and help us stock up for the event.



Interested in Volunteering or
Decorating a Trunk?
Scan here to help



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 CLOSES OCT 16TH

RECREATIONAL CLOSSES 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



Who Will Win????



Waterford Police vs. Waterford Fire Softball Game

**Come watch Waterford First Responders
compete against each other and
cheer on who you want to win!**

Friday, October 13, 2023 at 5PM

Veteran's Memorial Park Baseball Field

50/50 Raffle! Food Trucks! Family Fun!

**Donations go to scholarships and community
events on behalf of the Waterford Police and
Waterford Fire Unions**

In Partnership with



Addy's Run

5k



Join us for the 6th annual Addy's Run to help raise awareness for CLOVES. Adalynn "Addy" is a local Waterford resident born with CLOVES in 2017. Our mission is to educate the community about this rare disease and help those who are affected by it through donation, support and awareness.

Proceeds from this race will be donated to the CLOVES community towards research to help find treatment options for this incurable disease

Contact info: Karen Mackinnel
kmack100811@gmail.com

OCTOBER 15
10:00am

Wee Run @
9:30am

Great Neck
Elementary
School
Waterford, CT

REGISTER AT
RUNSIGNUP.COM
OR WITH QR
BELOW





Safe Futures

Stopping Abuse. Restoring Hope. Saving Lives.



Mike Buscetto, Honorary Chair

Sponsored by Waterford High School Athletic Department

4K SAFE WALK

**Sunday, October 22nd @ 9:00am
at Waterford High School**

In support of National Domestic Violence Awareness Month, walk with Safe Futures to end violence on Sunday, October 22nd.

- ★ Raffle baskets for all ages
- ★ Food truck with breakfast available for purchase
- ★ Adult Registration: \$25
- ★ Free admission for youth and children

Get together your family, friends and teams!

Learn more: safefuturesct.org



Register here



VCA New London Animal Hospital presents
122 Cross Road Waterford, CT 06385

HAUNTED HOSPITAL

Fundraiser to support Puppies Behind Bars

OCTOBER 28TH
2PM - 5PM
Admission = Donation



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.

Bring the whole family out!



WATERFORD'S WICKED WONDERLAND

October 29, 2023, 1-4pm

Waterford High School
Circular Parking Lot

Contact Joe Trelli for questions
or donations at: 860-444-5848

Sponsored by:



WATERFORD
YOUTH & FAMILY
SERVICES



Town of Waterford
First Selectman's Office



Costume Contest



Trunk Contest



Fun Activities



Music by
DJ A-Bomb



Neurodivergent
friendly 1-1:30p



Officer Hodges

- Children under 12 must be accompanied by an adult at all times
- Bring your own bag to collect candy

Sign up to be a trunker!

Decorate your trunk and
have fun passing out candy

CONCESSIONS:



Hot
Chocolate



Hot Cider



Dessert

***Event is FREE to the public!**



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

Sponsored by the Oswegatchie School Organization

VENDORS NEEDED

ARTISAN & VENDOR FAIR

WATERFORD HIGH SCHOOL
WATERFORD, CT

PROFITS SUPPORT THE CLASS OF 2025

DEC
3rd



10-3pm

[HTTPS://FORMS.GLE/
3LNFRN1NNA75JXSUA](https://forms.gle/3LNFRN1NNA75JXSUA)



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

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

Back To School Staff Breakfast September 13th 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 15th (rain date September 16th) 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 28th 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

Conductor's Cotner



Small string instruments needed!

Seeking donations of both
1/4 size and 1/2 size violins.



Tax donation letters available!

Conductor's Corner



Used music books wanted!
Don't throw away your old
Band and Orchestra music books—
they have a future at QHS!



Your donation will make a difference!

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



FAMILY PROGRAM

Saturday, September 30, 2:30PM - 4:30PM IN PERSON

A Celebration of Hispanic Heritage Month

Come and celebrate Hispanic Heritage Month with us today. Join us for food, dancing, crafts and fun! *Co-sponsored by Mujeres Entre Cultura ("Women Between Cultures"), Esperanza Latina & Latinos Unidos de Waterford.*



September is Library Card Sign-Up Month! Did you know Waterford residents of all ages, including infants, can get a Waterford Public Library card? If you live in a different town, you can add in your library card from your home town and use it to check out materials here as well. Stop by the library to find out everything you can access with your library card – all for free!

GRAB & GO CRAFTS



Pencil Craft
Sept 2 to Sept 15



Scarecrow
Sept 16 to Oct 6

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)).



Saturday, September 9, 10:30AM - 11:00AM

Sign and Sing

Join Ms. Janine for our first session of 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.






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

October Lunch Menu



OCTOBER 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
Meatless Monday! 2 Cheesy Italian pull-a-parts Marinara sauce cup Broccoli w/ranch cup Connecticut Cucumber slices Diced peaches Milk	CT Grown for Kids Week! 3 Popcorn Chicken/ dipping sauce Smile fries Locally grown squash Dinner roll Applesauce Milk	National Taco day! 4 Soft Tacos with Cheese Garden Fresh Lettuce & Tomato Brown Rice Salsa Cup Fiesta Beans Farm fresh Pears Milk	Put local on your Tray! 5 Chicken & Broccoli Alfredo Pasta Ct grown Romaine Salad Garlic Knot Locally Grown Fresh Fruit Choices Milk	CT Grown for Kids Week! 6 Pizza square Ct grown Kale Caesar Salad Baby carrots/Ranch cup Farm Fresh Apple Milk
School Holiday! 9 NATIONAL SCHOOL LUNCH WEEK! Warning/excessive gaming may lead to extreme hunger! LEVEL-UP W/LUNCH!	Level One Pasta & Fire Balls 10 "Penne" with meatballs Game Zone Garden salad Joy sticks (bread stick) Princess peach(es)-diced Mario Milk	National Smile day! 11 "Angry Birds" Chicken Drumsticks Game on emoji fries Power pellets (corn) Shields (dinner roll) Yoshi eggs (grapes) Mario Milk	Power Up Pizza Slice 12 Hardcore Baby carrots/ranch Saved Game Spinach Salad Golden Apple Mario Milk	Pacman Chicken patty 13 Bonus Baked beans Sweet Potato Gems Good Game Side kick Mario Milk
Meatless Monday! 16 Mac & Cheese Baby Carrots Peas Goldfish crackers Assorted fresh fruit Milk	Hotdog on a WG Roll 17 Baked beans Sweet potato fries Orange smiles Milk	Chicken tenders 18 Mashed potatoes & gravy Dinner roll green beans Peaches or craisins Milk	Pancakes 19 Syrup cup Potato puffs Sausage patty Cinnamon apple slices Mango wango Juice Milk	Cheeseburger 20 Oven baked Fries Lettuce & tomato Cucumber slices Fresh Fruit Milk
Meatless Monday! 23 Pizza bites Marinara sauce cup Spinach Salad Diced peaches Milk	Orange chicken 24 Brown Rice Steamed Broccoli Diced carrots Mandarin oranges Milk	Nachos with Cheese 25 Lettuce & Tomato Salsa Cup Fiesta Beans Pineapple cup Corn Bread Milk	Chicken & Waffles 26 Syrup cup Potato puffs Cinnamon carrots Diced pears Milk	Turkey & Cheese Grinder 27 Cucumber slices/ranch WG Doritos Chips Dragon Punch/ 100% juice Fruit Choice Milk
Meatless Monday! 30 Baked Italian Combo Mozzarella stick & Breaded Ravioli Caesar Salad Bread stick Diced pears Milk	Bat Shaped Chicken nuggets 31 Sweet & sour sauce Cup Ghostly Mashed potatoes Ghoulish Golden Corn Jack o' lantern Roll EEK! Sidekick /100% Fzn Juice Mummy Milk	Please visit www.myschoolbucks.com to add funds to your child's account.		

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

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

*Menus are subject to change

October Breakfast Menu

BREAKFAST

OCTOBER 2023

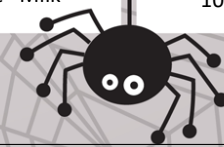
Milk only: \$.75

WATERFORD SCHOOLS K-12

Second Breakfast Price: \$2.75

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

Monday	Tuesday	Wednesday	Thursday	Friday
Choice of: Muffin, Cereal 2 Or Egg & Cheese on a WG Roll Fresh fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal or 3 Pancakes Syrup cup Diced peaches 100% Juice Milk	Choice of: Muffin, Cereal 4 Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	Choice of: Muffin, Cereal 5 Or Sweet potato Roll Fruit Cup 100% Juice Milk	Choice of: Muffin, Cereal 6 Or Breakfast Pizza Fresh fruit Choice 100% Juice Milk
School Holiday 9	Choice of: Muffin, Cereal 10 Or Sausage Biscuit Applesauce 100% Fruit juice Milk	Choice of: Muffin, Cereal 11 Or Assorted Yogurt Giant Goldfish Apple slices 100% Juice Milk	Choice of: Muffin, Cereal 12 Or Cinnamon French Toast Fresh Fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal 13 Or WG Maple Waffle Diced peaches 100% Juice Milk
Choice of: Muffin, Cereal 16 Or] Hardboiled Egg Giant goldfish grahams Banana 100% juice Milk	Choice of: Muffin, Cereal 17 Or Banana Bread Fresh Fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal 18 Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	Choice of: Muffin, Cereal 19 Or Scrambled Eggs Fresh Fruit 100% Fruit Juice Milk	Choice of: Muffin, Cereal 20 Or Oatmeal breakfast Round Mozzarella string cheese Fruit 100% Juice Milk
Choice of: Muffin, Cereal 23 Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	Choice of: Muffin, Cereal 24 Or Hardboiled Egg Giant goldfish grahams Banana 100% juice Milk	Choice of: Muffin, Cereal 25 Or Cheese Omelet Wrap Fresh fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal 26 Or Assorted Yogurt Giant Goldfish Apple slices 100% Juice Milk	Choice of: Muffin, Cereal 27 Or Egg & Cheese on a Roll Fresh Fruit Choice 100% Juice Milk
Choice of: Muffin, Cereal 30 Or Egg & Cheese on a WG Roll Fruit 100% Juice Milk	Choice of: Muffin, Cereal 31 Or Pumpkin Bread Fresh Fruit Choice 100% Juice Milk	<p>One FREE breakfast for all students daily.</p> <p>Please visit www.myschoolbucks.com to add funds to your child's account.</p>		



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 * Menu subject to change
 This institution is an equal opportunity provider

October Pre-K Menu



OCTOBER 2023

WATERFORD SCHOOLS PRE-K BREAKFAST & LUNCH

LUNCH \$3.25
MILK ONLY \$.75

Monday	Tuesday	Wednesday	Thursday	Friday
WG Cereal 100% Juice / Milk Sun butter sandwich String cheese Apple slices Milk	Mini pancakes 100% Juice/ Milk Popcorn chicken Smile fries Applesauce Milk	"Early Riser" egg/hash brown 100% Juice /Milk Soft taco Rice Diced pears Corn Milk	Sweet Potato Roll 100% Juice /Milk Chicken & Broccoli Alfredo Salad Fruit cup Milk	Breakfast Pizza 100% Juice /Milk Pizza Garden salad Apple slices Milk
School Holiday! NATIONAL SCHOOL LUNCH WEEK !	WG Cereal 100% Juice/ Milk Pasta & meatballs Fresh broccoli Peaches Milk	Yogurt/ Giant goldfish 100% Juice/ Milk Chicken "Drummies" Corn Smile fries Apple slices Milk	French toast sticks 100% Juice /Milk Pizza Garden Salad Apple sauce Milk	WG Maple Waffle Ekk!100% juice Sidekick /Milk Chicken patty on a Roll Sweet potato gems Baked beans Orange Smiles Milk
Hardboiled Egg, Goldfish Grahams 100% Juice/ Milk Mac & Cheese Peas Applesauce Milk	Banana Bread 100% Juice/ Milk Yogurt baby carrots Gold fish crackers Orange smiles Milk	WG Cereal 100% Juice /Milk Chicken Tenders Mashed potatoes Green beans peaches Milk	Scrambled Eggs /tots 100% Juice /Milk Mini pancakes sausage Tots Apple slices Milk	Oatmeal breakfast Round Mozzarella string cheese 100% Juice/ Milk Cheeseburger Oven fries Banana Milk
"Early Riser" Egg-Hash Brown 100% Juice/ Milk Pizza bites Marinara sauce Spinach Salad Diced Peaches Milk	WG Muffin 100% Juice /Milk Popcorn chicken Brown rice Broccoli Mandarin oranges Milk	Cheese omelet 100% Juice/ Milk Nachos w/cheese sauce Fiesta beans Applesauce cup Milk	Yogurt/Giant Goldfish 100% Juice/ Milk Chicken & waffle sticks Diced carrots Pears Milk	WG Cereal 100% Juice/ Milk Turkey & cheese rollups Goldfish crackers Cucumber slices Banana Milk
Egg & Cheese on a Roll 100% Juice /Milk Breaded Ravioli /marinara Breadstick Salad Diced pears Milk	Pumpkin Bread 100% Juice /Milk Bat shaped Chicken Nugget Mashed potatoes Corn orange smiles milk	Please visit www.myschoolbucks.com to add funds to your child's account. For the 23-24 school year, students qualified for Reduced status will receive breakfast and lunch at no cost		

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