



Quaker Hill Elementary School



Christopher Discordia, Principal

cdiscordia@waterfordschools.org

Principal's Notes



**Down
Syndrome**
Awareness
Month
— October —



October is Down Syndrome Awareness Month!

by June Norton & Delaney Jones

Hi my name is Delaney Jones and I'm June Norton. We are both 5th graders and we both have siblings with Down Syndrome.

I'm June and my sister, January, loves to read, loves going to ballet class and loves chicken tenders. Her favorite book is Berenstain Bears. I go to Jan's dance class to help her know what to do during class.

I'm Delaney and my sister's name is Lexie. She loves playing games on her iPad, coloring and Lexie also loves Disney, especially riding on Expedition Everest. Her favorite part is when the Yeti drops down and takes a picture.

October is Down Syndrome Awareness month and we wanted to teach you more about Down Syndrome so you know more about it to share with your family. Down Syndrome is when someone is born with just one extra chromosome. Most people have 46 chromosomes but kids with Down Syndrome have 47. Chromosomes determine what you look like. For example, chromosomes tell our bodies how tall we are going to be, what eye color we will have and how big our feet will be. That one extra chromosome can make things a little harder for kids with Down Syndrome to learn something new. January and Lexie just need some extra time. Our sisters have worked really hard with our families and their teachers to learn to talk. Their mouth muscles need a little extra practice in making sounds. Please be patient and ask them to say something again because they really want to share things with you. We are all unique in our own special way. We are more alike than different. We are all people who want to have friends, be included, and be loved. Remember to be kind, be patient and be awesome!

Waterford Wonders



Congratulations to **Bonnie Silvestri** for being the first ever recipient of the Waterford Wonders award at tonight's Waterford Board of Education meeting. Bonnie was honored for her kindness toward others, her passion for helping students with special needs and her positive attitude.



Quaker Hill News



Thursday, October 5th
Picture Day

Monday, October 9th
No School

Week of October 2nd-6th

Monday - B

Tuesday - C

Wednesday - D

Thursday - A

Friday - B

Lunch Menu for the week of October 2nd-6th

Mon: Cheesy Italian pull-a-parts, marinara, broccoli, ranch, cucumber slices, diced peaches, milk

Tue: Popcorn chicken, dipping sauce, smile fries, squash, dinner roll, applesauce, milk

Wed: Soft tacos w/ cheese, lettuce, tomato, brown rice, salsa, fiesta beans, pears, milk

Thu: Chicken & broccoli alfredo, salad, garlic knot, fresh fruit, milk

Fri: Pizza, kale Caesar salad, baby carrots, ranch, apple, milk



Picture Day is coming!

Picture Day is Thu. Oct 5th

We have made it easy for you to place your portrait order online and support your school! A portion of the proceeds of every order placed on or before Picture Day are returned to your school to support fundraising efforts. Just follow these simple steps:



1. Scan the QR code or go to www.coffeepond.com and click on the big red button that says "Order School Portraits and shop our exclusive products".
2. Using the drop-down menu, select the city and state where your school is located, then select the name of your school.
3. Enter your child's information, including full first name (as it appears in the school's registry).
4. Select your packages and add them to your cart.
5. If you have more than one child attending this school, click "Order for Another Child" and repeat the steps above.
6. Once you've added packages to your cart for all your children, you're ready to check out! Follow the prompts to enter your contact and billing information. Once all your information has been entered and you've reviewed your order, just be sure to click "Submit Order"!



Orders placed after Picture Day may be subject to a \$7 handling fee.

Need assistance? Email lifeguards@coffeepond.com or call (508) 907-6633 ext. 0



IMPORTANT

PURCHASE WPS DEVICE PROTECTION BY OCT. 15TH!

Grades 4-12 Only

Using MySchoolBucks you can:

- Purchase Device Protection in our WPS online store
- 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

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.



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 CLOSES 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





A CELEBRATION OF HISPANIC HERITAGE MONTH

Saturday, September 30th

At The Waterford Public Library

2:30 to 4:30 pm

Free and open to the public.

Una celebración del Mes de la Herencia Hispana
Sábado 30 de septiembre 14:30 a 16:30
en la biblioteca pública de Waterford
¡Gratis y abierto al publico!

860-444-5805
49 Rope Ferry Road
Waterford, CT

www.waterfordpubliclibrary.org



Co-sponsored by Mujeres Entre Cultura ("Women Between Cultures") and Esperanza Latina.



Waterford Professional
Firefighters Association
Local 4629



Wiffle Ball Tournament

Saturday, September 30, 2023

10:00 am start

45 Dayton Road

Waterford CT, 06385

Lisa Dedrick Memorial Field

16-team Double Elimination

\$100.00 per team (\$25.00 per person)

Contact Ronnie Williams to register

ronnierocs@yahoo.com

Great Family Fun, Food Trucks and Raffle

Register by 09/15/2023

Checks made payable to Waterford Professional Firefighters Association (WPFFA)

P.O. Box 278 Waterford CT, 06385

Rain Date Sunday October 1, 2023

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



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!

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®





Quaker Hill Elementary School PTA (Q.H. PTA)
would like to welcome you to the 2023/2024 school year!



It is easier than ever to find out what Q.H PTA has going on.....

Check out our website 



<https://sites.google.com/view/qhpta>

Or <https://qh.waterfordschools.org> > Parents & Family > Parent Committees > PTA

Be sure to **LIKE**  and **FOLLOW**  us on 

Interact with us on Facebook [@qhpta](#)

Here you can get updates on activities, events, DM us with questions, see photos, etc.

Send Us An Email



qhpta2007@gmail.com

JOIN Us

Q.H. PTA has monthly meeting and childcare is always provided.
Meetings are located in the Quaker Hill Elementary School Library

Our first meeting of the year is on Tuesday on 09/5/23 at 6:30 PM

QHPTA Events 2023/2024

Dates Are Tentative and Subject to Change

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

SEPTEMBER

- 09/05/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
Room Parent Sign Ups (Must attend to sign up)
- 09/13/23 Back to School Breakfast for Staff
- 09/15/23 Back to School Picnic
- 09/16/23 Back to School Picnic (RAIN DATE)
- 09/22/23 Meadow Farm Fundraiser Begins

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
- 10/29/23 Trunk or Treat

NOVEMBER

- 11/14/23 5th grade committee meeting (5:00PM)
PTA meeting (6:30PM)
- 11/21/23 QHES Spirt 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

Continued on back

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)



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 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 06511

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

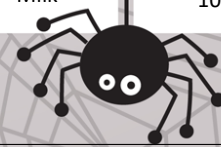
Milk only: \$.75

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	PD
11	12	13	14	15
18	19	20	21	22
25	26	27	28	SH

(19 days ~ 134 cumulative)

- ** 3/7 - P/T Conferences: Early Dismissal PK-12
- 3/8 - * PD No School for Students - 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	30			

(17 days ~ 151 cumulative)

- 4/8 - 4/12 - School Holiday (Schools Closed)

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

(22 days ~ 173 cumulative)

- 5/27 - School Holiday (Schools Closed)

June 2024				
Mon	Tue	Wed	Thu	Fri
3	4	5	6	7
10	11	LD	13	14
17	18	19	20	21
24	25	26	27	28

(8 days ~ 181 cumulative)

- 6/6 - 6/11 - ** Final Exams: Early Dismissal 9-12
- 6/11 - ** Early Dismissal PK-12
- 6/12 - Last Day of School Early Dismissal PK-12



NOTE: Snow days will be added onto the school year as needed.

BOE Approved: December 8, 2022

± 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