

## **Tonight's PTA movie night is cancelled.**

### **2<sup>nd</sup> Annual QH Parent Academy**

Tuesday, March 5<sup>th</sup> 5:30- 6:30 @ Quaker Hill School.

Come and learn from our staff about many aspects of teaching and learning at Quaker Hill School.

Childcare is provided in the gym.

Families that attend will be entered into raffle, and three families will win a \$50 Amazon gift card.

Drawing will occur at 6:30 prior to the PTA meeting in the Library.

**Thursday, March 7<sup>th</sup> is a 12:25pm dismissal for Spring Conferences.**

Attached is this week's Newsletter, have a wonderful weekend!

[Newsletter March 1st 2024.pdf](#)



# Quaker Hill Elementary School

Christopher Discordia, Principal

[cdiscordia@waterfordschools.org](mailto:cdiscordia@waterfordschools.org)



This week, our students enjoyed an awesome performance from the US Coast Guard Percussion Quartet. Students got to play the drums, and dance along to the music.



A huge thank you to Mrs. Metivier and her family for making the Meatballs and sauce for the Pasta Dinner at the beginning of February!



# Quaker Hill News



1/2 Day Thurs March 7th  
12:25pm dismissal  
P/T Conferences

Grade 5 Field Trip  
Wednesday March 20th

## Week of March 4th-8th

Monday - A

Tuesday - B

Wednesday - B

Thursday - D

Friday - A

## Lunch Menu for the week of March 4th-8th

**Mon:** Hot dog, fries, corn, baked beans, apple, milk

**Tue:** Beef & Cheese Nacho boat, lettuce, tomato, fiesta beans, salsa, corn muffin, pineapple chunks, milk

**Wed:** Penne pasta, meat sauce, garlic knot, steamed broccoli, diced peaches, milk

**Thu:** Cheese quesadilla, sidewinder fries, corn, sidekick, milk

**Fri:** Chicken nugget, mashed potatoes, steamed carrots, dinner roll, applesauce, milk

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

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

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

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

Great Neck Elementary School  
Principal: Ms. Billie Shea  
165 Great Neck Road  
Waterford, CT 06385  
860-442-2593

<https://en.waterfordschools.org>  
[bshea@waterfordschools.org](mailto:bshea@waterfordschools.org)

Oswegatchie Elementary School  
Principal: Mr. Joseph Macrino  
470 Boston Post Road  
Waterford, CT 06385  
860-442-4331

<https://osw.waterfordschools.org>  
[jmacrino@waterfordschools.org](mailto:jmacrino@waterfordschools.org)

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

<https://qh.waterfordschools.org>  
[cdiscordia@waterfordschools.org](mailto:cdiscordia@waterfordschools.org)

### Kindergarten Waiver and Assessment Process

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

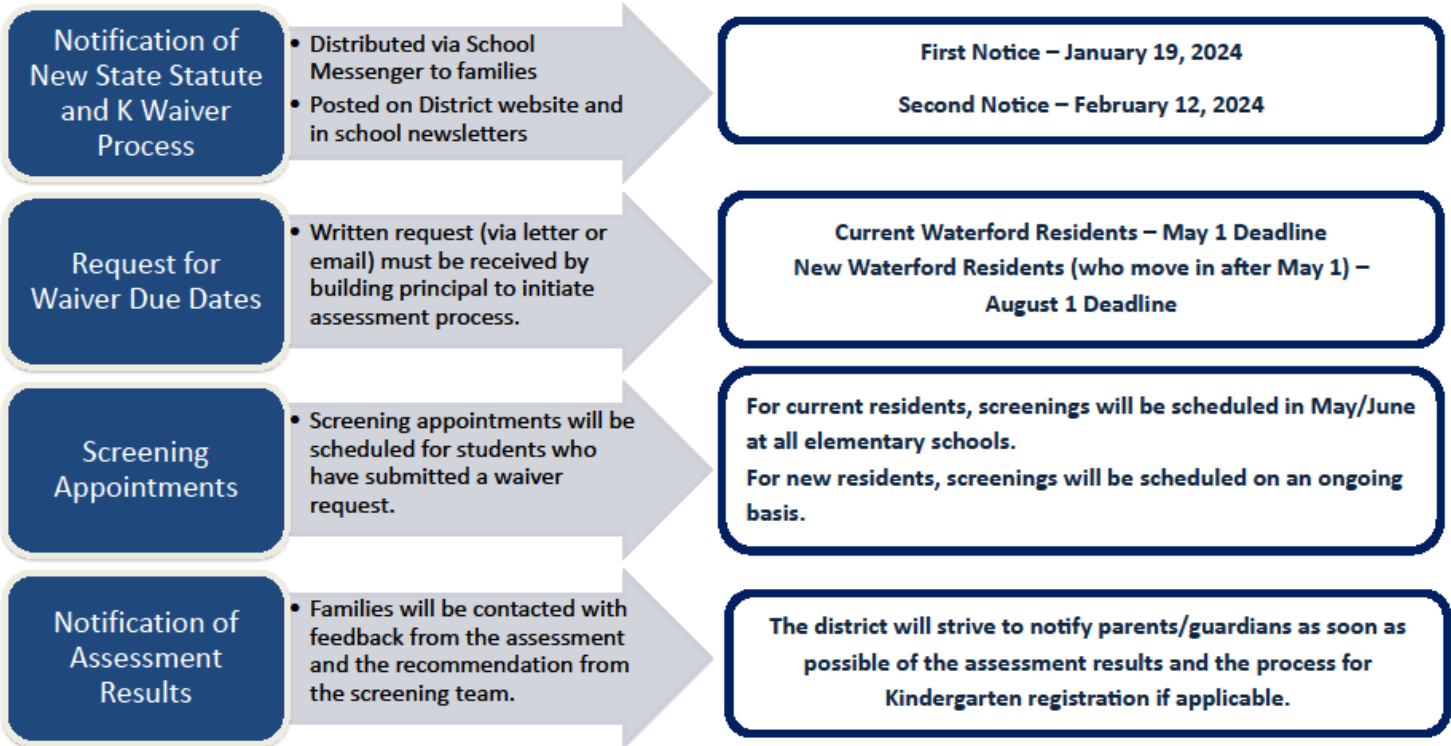
Please note that Kindergarten orientation (see dates below) will be open to all Kindergarten eligible students as well as the students in the waiver process. Information will be sent out to parents/guardians at a later date.

Great Neck Elementary School  
K Orientation Date – May 24, 2024

Oswegatchie Elementary School  
K Orientation Date – May 24, 2024

Quaker Hill Elementary School  
K Orientation Date – May 20, 2024

# WPS Kindergarten Waiver Process

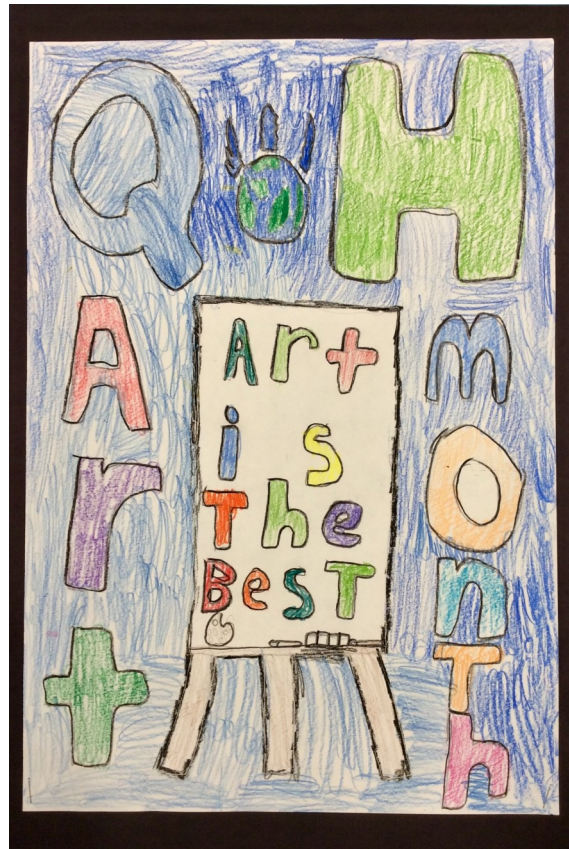


Kindergarten registration for students who turn 5 on or before September 1, 2024, will be eligible to register starting February 12, 2024. Parents/guardians of age eligible Kindergarten students are asked to return registration paperwork by March 8<sup>th</sup> to assist in enrollment projections in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

## BIRTHDAY PARTY FOR HODGES!

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





Created by:

Henry Lansing,  
Grade 5

## Children's Art Exhibition

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

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

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

# STAYCATION CELEBRATION!



## Open Gym For Waterford Teens

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

*Wednesday and Thursday April 10th and 11th*

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

## D&D "One Shot" Campaign

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



*Wednesday April 10th*

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



## Fortnite Tournament

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

*Thursday April 11th*

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

## Cartooning Workshop

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



*Thursday April 11th*

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

## Waterford Whisker Baking Workshop

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



*Thursday April 11th*

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



Sign up online using the link below, or scan the QR code with your smart phone  
[WaterfordYouthFamily.recdesk.com/Community/Program](https://WaterfordYouthFamily.recdesk.com/Community/Program)

Space is limited!

For any question, please call 860.444.5848, or email Mr. Joe at [JTrelli@Waterford.cog](mailto:JTrelli@Waterford.cog)

Saturday, March 9, 10:30AM - 12:00PM

### Hodge's Birthday Bash!

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



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

### Owls!



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

Tuesday, March 19, 5:30PM - 6:30PM

### Bilingual Pajama Storytime

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



Monday, March 25, 5:00PM - 6:00PM

### Junior Thrills and Chills Book Club

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

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

### Chess Club

Join us for our monthly Chess Club! Students from Waterford High School will be teaching basic chess skills as well as offering a space for more advanced students to practice against one another. Ages 6 and up, no registration required.



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



### Study Buddies

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

Saturday, March 30, 2:30PM- 3:30PM

### Learn About the Eclipse!

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



All programs are free and open to the public



## DROP IN CRAFTS

Tuesday, March 5, 4:00PM - 6:00PM

### Drop In Creation Station

Stop by the Children's Room anytime between 4:00 and 6:00 pm for a fun craft and to get your creativity flowing! Recommended for ages 5 and up. No registration required.



Monday, March 11, 4:00PM - 6:30PM

### Drop in Craft: Pot of Gold

Join us in the Children's Room between 4:00 and 6:30 pm to make a St. Patrick's Day Pot of Gold craft! Recommended for ages 5 and up, no registration required.



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

### Drop In STEM Adventure: Straws & Connectors Kit

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



Tuesday, March 26, 4:00PM - 6:00PM

### Build Club



Stop by the Children's Room anytime between 4:00 and 6:00 pm to build with a variety of STEM sets that we

have! Recommended for ages 4 and older, no registration required.

Mondays, March 4, 11, 18 & 25, 10:30AM - 11:00AM

### Family Storytime

Get ready to read and get your wiggles out! Join Ms. Jenna at the library for some fun stories, songs, and dancing. Recommended for ages birth to five years old with a caregiver. No registration is required.

### Youth Art Month

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

## GRAB & GO CRAFTS



Ice Skate Craft  
Mar 3 to Mar 15



Owl  
Mar 16 to Mar 28

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

## TEEN CORNER

Thursday, March 14, 5:30PM - 7:00PM

### Teen Craft Night

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

Thursday, March 14, 4:00PM ONLINE

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

Thursday, March 28, 5:30PM - 7:00PM

### Teen Drop In Craft

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

### READ TO A DOG

Monday, March 4, 4:30PM - 5:30PM

### Read to Hodges



Monday, March 23, 3:00PM- 4:00PM

### Read to Scout

No registration required, all ages welcome.

Monday, March 15, 11:00AM - 12:00PM

### Toddler Craft: Pot Of Gold Name Activity

Join us for a storytime and crafting session where the little ones will make a St. Patrick's Day craft and practicing spelling their names. For ages 3 to 5 years old, no registration is required.



Friday, March 8, 11:00AM - 11:45AM

### Story and Sensory Play

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



Wednesday, March 20, 11:00AM - 11:45AM

### Toddler Art

This hands on art session is for young ones to explore through process art with the help of their adult. For ages 3 to 5 years old, registration is required.



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

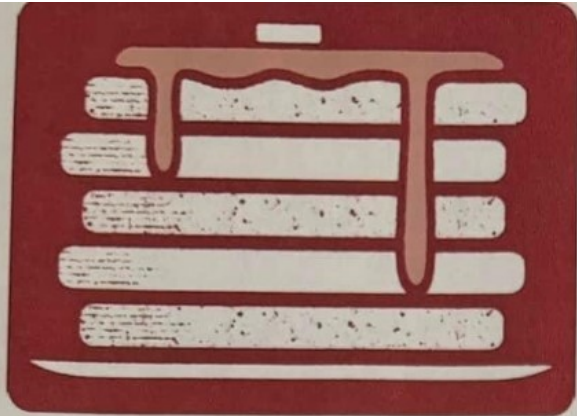


@waterfordpubliclibrary



@waterfordlibraryct

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



# **Flapjack** FUNDRAISER

*Short Stacks for a Tall Cause*

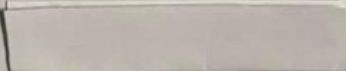
You're Invited to an Applebee's® Flapjack Fundraiser Event to support

## **Waterford Football and Cheer League**

.....  
**Tickets: \$10      Date: 03/02/24      Time: 8am - 10am**

.....  
See organization for ticket purchase prior to event.

**For Ticket Purchases Contact  
Kim Welcome**

  
[welckim@aol.com](mailto:welckim@aol.com)

**Applebee's Location For Event  
350 Long Hill Road  
Groton, CT 06340-3829  
(203) 284-9956**



# PARENTS NIGHT OUT

FRIDAY, MARCH 8

6:00 - 8:00PM



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

Children Aged 3 - 10  
(Must be potty trained)



March 8  
6 - 8PM



285 Bloomingdale Rd  
Quaker Hill

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

Save your spot!

Email [maytherese@gmail.com](mailto:maytherese@gmail.com) to RSVP or with any questions

Join Congregation Beth El

On Sunday, March 10, 2024 at 9:45 a.m.

for a special presentation:

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

**Guest Speaker:**

**Stacey Gladstone Sobel, Esq.**

CT Regional Director ADL  
(Anti-Defamation League)



All are welcome!

RSVP for more information to

[office@bethel-nl.org](mailto:office@bethel-nl.org) or 860-442-0418





# Waterford Police



## Fundraiser

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

**Entry tickets are \$30.00 for 10 Games! Additional Game Cards can be purchased for \$10.00 each. Prizes given out for each game! Soft Drinks and food also provided.**

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

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

**Any questions contact Officer Fredricks at [efredricks@waterfordct.org](mailto:efredricks@waterfordct.org)**

**Raymour & Flanigan**  
FURNITURE | MATTRESSES ®



# FREE POP-UP INTERGENERATIONAL SCREENING OF



# REMEMBER THE TITANS

Saturday, February 24th,  
11:30am to 1:45pm  
Waterford Community Center

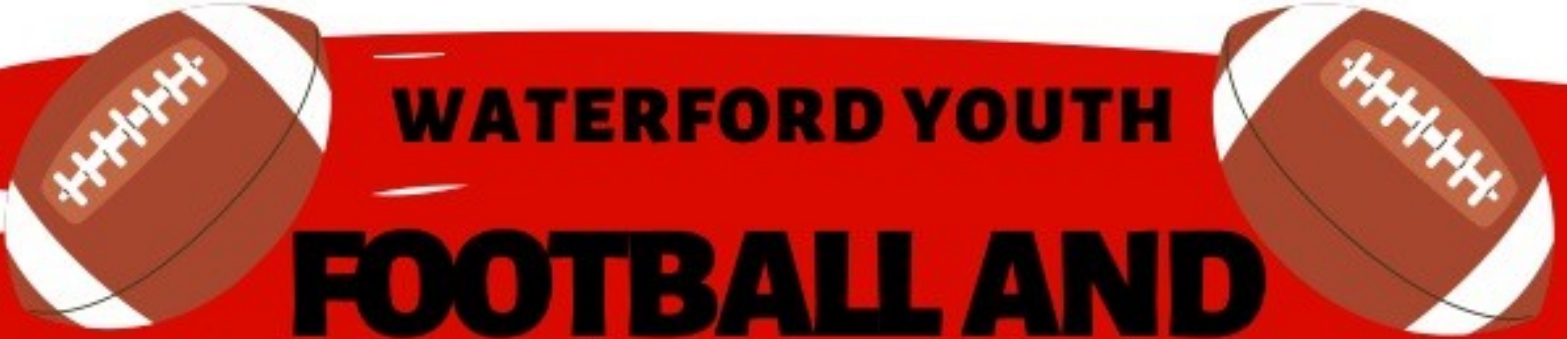
Come together to honor Black History Month with a catered lunch and a complimentary screening of the beloved modern classic, "Remember the Titans," hosted by Waterford Youth and Family Services, Waterford Senior Services, and our partners from Waterford RISE.



**Menu:**  
Popcorn  
Chicken Tenders  
French Fries  
Lemonade



Free to Waterford residents, but must pre-register with QR code or go to [waterforyouthfamily.recdesk.com/Community/Program](http://waterforyouthfamily.recdesk.com/Community/Program)  
Limit of 4 tickets per household



# **WATERFORD YOUTH FOOTBALL AND CHEER**



## **EARLY BIRD REGISTRATION**

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

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

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



# QUAKER HILL FITNESS TEST

## HOW TO BE THE BEST

Fitness Testing occurs once a year for students in grades 3-12 all over the country. There are 4 different methods of testing that calculate a student, and schools, fitness levels through various exercises. Muscular Strength, Muscular Endurance, Flexibility, and Cardiovascular Endurance are all measured during Fitness testing. Throughout the year we practice all 4 areas of testing through different games, exercises, and warm up activities. However, a 45 minute class once a week is not enough! We need help from parents and guardians to show the importance of practice outside of school! Practice before bed, or on the weekends, to help improve our schools overall fitness!

### MUSCULAR STRENGTH

Otherwise known as our "Push-Up Test", this is Quaker Hills biggest area of need. Push-ups are difficult for all ages, especially if you do not practice often. The test is given through a 3 second "cadence" that goes "Down...up...down...up" at which time students are performing push ups. Students must have a flat back during the test, and go down to 90 degrees and back up. Start with 1 or 2 push-ups a night, then gradually increase over time!

### FLEXIBILITY

Generally Quaker Hills highest scoring test for girls, the "Sit and Reach Test" measures the flexibility of students in each leg. Students sit on the floor with shoes off, and one leg at a time measure how far they can reach on a "Sit and Reach Test box". No need to build or buy a box for practice at home, just simply take a couple minutes each night to practice stretching both legs. It is a great way to cool down your body before going to bed!

### MUSCULAR ENDURANCE

Our "Curl-Up Test" follows the same cadence as our push up test. Students lay flat on their back with their legs bent and feet FLAT on the floor. Feet CANNOT lift off the floor when performing curl ups. Students hands lay flat on the floor and on the "up" cadence students raise their bodies up and slide their hands 4 inches across the floor. On the "down" cadence, students lay all the way back down, making sure to put their heads back on the floor.

### CARDIOVASCULAR ENDURANCE

The "Pacer Test" measures a students cardiovascular endurance, simply put, how long they can run without stopping. The test follows a "beeping cadence" where students must run from one line to another, before the "beep" occurs. Over time the test will increase speed, forcing students to run faster with less time to rest. This is our HARDEST test and it is important to remember running is difficult. Try to be active as much as possible, and run/jog/walk when weather and time allows.



## Scoring For Fitness Testing:

Our goal each year is to be in the “Healthy Fitness Zone” for each test. At Quaker Hill we follow the 20-Meter Pacer test. Each test varies depending on the age of the student at the time of testing. Take a moment to look over scores with your QH student, and understand how to prepare for the upcoming testing!

### Standards for Health-Related Fitness Zones

- I = Needs Improvement Zone (does not meet health-related standard)
- F = Health Fitness Zone (meets health-related standard)
- H = High Fitness Performance Zone (exceeds health-related standard)

#### Boys

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
	Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F
8	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:30*	12:30-10:00*	<10:00*	0-7	8		0-4	5-13	>13	0-5	6-20	>20
9	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:00*	12:00-9:30*	<9:30*	0-7	8		0-5	6-15	>15	0-8	9-24	>24
10	0-22	23-61	>61	0-29	30-80	>80	>11:30	11:30-9:00	<9:00	0-7	8		0-6	7-20	>20	0-11	12-24	>24
11	0-22	23-72	>72	0-29	30-94	>94	>11:00	11:00-8:30	<8:30	0-7	8		0-7	8-20	>20	0-14	15-28	>28
12	0-31	32-72	>72	0-41	42-94	>94	>10:30	10:30-8:00	<8:00	0-7	8		0-9	10-20	>20	0-17	18-36	>36
13	0-40	41-83	>83	0-53	54-108	>108	>10:00	10:00-7:30	<7:30	0-7	8		0-11	12-25	>25	0-20	21-40	>40
14	0-40	41-83	>83	0-53	54-108	>108	>9:30	9:30-7:00	<7:00	0-7	8		0-13	14-30	>30	0-23	24-45	>45
15	0-50	51-94	>94	0-66	67-123	>123	>9:00	9:00-7:00	<7:00	0-7	8		0-15	16-35	>35	0-23	24-47	>47
16	0-60	61-94	>94	0-79	80-123	>123	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47
17	0-60	61-106	>106	0-79	80-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47
17+	0-71	72-106	>106	0-93	94-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47

#### Girls

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
	Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F
8	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-10:00*	<10:00*	0-8	9		0-4	5-13	>13	0-5	6-20	>20
9	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-9:30*	<9:30*	0-8	9		0-5	6-15	>15	0-8	9-22	>22
10	0-6	7-41	>41	0-8	9-54	>54	>12:30	12:30-9:30	<9:30	0-8	9		0-6	7-15	>15	0-11	12-26	>26
11	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-14	15-29	>29
12	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32
13	0-22	23-51	>51	0-29	30-67	>67	>11:30	11:30-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32
14	0-22	23-51	>51	0-29	30-67	>67	>11:00	11:00-8:30	<8:30	0-9	10		0-6	7-15	>15	0-17	18-32	>32
15	0-31	32-51	>51	0-41	42-67	>67	>10:30	10:30-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
16	0-31	32-61	>61	0-41	42-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
17	0-40	41-61	>61	0-53	54-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
17+	0-40	41-72	>72	0-53	54-94	>94	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35



# 2024 SPRING BREAK SOCCER CAMP at CONNECTICUT COLLEGE

REGISTER HERE: [www.ReubenBurkCoachingCamps.com](http://www.ReubenBurkCoachingCamps.com) --or-- mail in this flyer attached with check

April 8-11th, 2024

Boys and Girls      Ages 5-15 (roughly)

Monday-Thursday / 9AM - 12pm Noon

### CAMP DIRECTORS:

- Reuben Burk – Men's Head Coach, Connecticut College
- 2021 NCAA NATIONAL CHAMPIONS
- 2023, 2021, 2019 & 2018 NCAA Tournaments
- Norm Riker – Men's Women's Coach, Connecticut College
- 2014 NESCAC CHAMPIONS
- 2021, 2017 & 2016 NCAA Tournaments

### ASSISTANT DIRECTORS:

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



This fun camp is designed to teach and refine campers' skills through small-sided games and technical training. Connecticut College soccer team members will be present to interact with and coach the campers.

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

**Cost: \$175 (before April 1st), \$200 (after April 1st); \$150 for each additional child - Please pay online ([www.ReubenBurkCoachingCamps.com](http://www.ReubenBurkCoachingCamps.com)) or alternatively, send checks by mail payable to REUBEN BURK COACHING LLC. If paying by check, please mail the check and detached registration form below to: Reuben Burk, 270 Mohegan Ave, New London, CT 06320 Attn: Men's Soccer Office. For more info please email [rburk@conncoll.edu](mailto:rburk@conncoll.edu)**

Name: \_\_\_\_\_ Gender: \_\_\_\_\_ Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School: \_\_\_\_\_

Emergency contact: \_\_\_\_\_ Phone number(s): \_\_\_\_\_

Email: \_\_\_\_\_

I, \_\_\_\_\_, hereby certify that I am the parent or legal guardian of the camper and understand and agree that Connecticut College Soccer Spring Break Camp does not provide medical insurance covering injuries of any nature. The undersigned hereby releases Connecticut College Soccer Spring Break Camp, REUBEN BURK COACHING LLC, its successors, officers, agents, and employees from any and all claims, demands and causes of actions resulting from participation in Connecticut College Soccer Spring Break Camp. I hereby authorize the directors of Connecticut College Soccer Spring Break Camp to act within their best judgment in case of an emergency requiring medical attention. Further, I agree to indemnify, defend and hold harmless Connecticut College from any and all claims, demands and causes of action that arise from any negligent acts, conduct or omissions attributable to the camper's participation in the Connecticut College Soccer Spring Break Camp.

Signature of parent/guardian: \_\_\_\_\_

Insurance Carrier: \_\_\_\_\_ Policy number: \_\_\_\_\_

# Waterford Soccer Club

## Spring Registration opens - January 1, 2024

**Travel League \$100**

Born 2010 - 2015

(2009 8th graders)

**Rec League \$80**

Born 2016 - 2018

**Tykes \$60**

Born 2019 - 2020

No Assessments for Spring

Travel open: 1/1/24 - 3/15/24

\$30 Late fees start: 3/1/24

Travel closes: 3/15/24

Rec open: 1/1/24 - 4/1/24

\$30 Late fees start: 3/15/24

Rec closes: 4/1/24

Tykes open: 1/1/24 (Never closes)



**REGISTER ONLINE AT:**

**[WWW.WATERFORDSOCCER.ORG](http://WWW.WATERFORDSOCCER.ORG)**

**QUESTIONS EMAIL: [WTFDSOCCERREGISTRAR@YAHOO.COM](mailto:WTFDSOCCERREGISTRAR@YAHOO.COM)**

# March Lunch Menu

LUNCH

**LUNCH PRICES**

Elementary \$3.25  
 CLMS \$3.50  
 WHS \$3.75  
*\*Second Meal=\$4.25 - Adult Meal \$5.00*

**MARCH 2024**  
 WATERFORD SCHOOLS K-12

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

Monday

Tuesday

Wednesday

Thursday

Friday

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

<p><b>4</b></p> <p>Hotdog on a WG Roll                      Oven baked fries                      Steamed Golden Corn                      Baked beans                      Apple Milk</p>	<p><b>5</b></p> <p>Beef &amp; Cheese Nacho Boat                      Lettuce &amp; tomato                      Fiesta beans Salsa                      Mini corn muffin                      Pineapple chunks Milk</p>	<p><b>6</b></p> <p>Penne' Pasta <i>with</i> meat sauce                      Garlic knot                      Steamed Broccoli                      Diced Peaches Milk</p>	<p><b>7</b></p> <p>PT Conferences/ Early Dismissal                      Cheese Quesadilla                      Seasoned sidewinder fries                      Golden steamed Corn Milk                      100% Fruit juice Sidekick</p>	<p><b>1</b></p> <p>Pizza square                      Garden salad                      Baby carrots/ranch                      100% Apple juice                      Milk</p>
<p><b>11</b></p> <p>Cheeseburger                      Sandwich salad cup                      Baked beans                      Oven fries                      Orange smiles Milk</p>	<p><b>12</b></p> <p>"Brunch for Lunch"                      French toast sticks                      Potato puffs Sausage links                      Maple syrup Craisins                      Mango juice Milk</p>	<p><b>13</b></p> <p>Chicken Alfredo                      On rotini pasta                      Broccoli                      Garlic bread                      Diced Peaches Milk</p>	<p><b>14</b></p> <p>Soft Beef &amp; Cheese Tacos                      Fiesta beans Brown rice                      Lettuce &amp; tomato salsa                      Diced Pears Milk</p>	<p><b>15</b></p> <p>Mozzarella sticks                      Marinara sauce cup                      Green beans                      Warm Bread stick                      Red seedless Grapes Milk</p>
<p><b>18</b></p> <p>Shamrock Mc Nuggets                      O"Smiley fries                      Green Broccoli                      Pot o' Gold fish                      Green Apples Milk</p>	<p><b>19</b></p> <p>"Yangs" Orange Chicken                      Brown rice                      Steamed sliced carrots                      Orange SMILES                      Milk</p>	<p><b>20</b></p> <p>Macaroni &amp; Cheese                      Steamed peas                      Garden salad/ Italian Dressing                      Warm Dinner roll                      Diced Peaches Milk</p>	<p><b>21</b></p> <p>Chicken tenders &amp;                      Waffle sticks syrup cup                      Sweet potato fries                      Cucumber wheels                      Applesauce Milk</p>	<p><b>22</b></p> <p>Pizza Bites                      Marinara sauce Cup                      Garden Salad/ Ranch Dressing                      Apple juice Milk                      WG Cookie</p>
<p><b>25</b></p> <p><i>Meatless Monday!</i>                      Grilled Cheese Sandwich                      Potato puffs                      Baby carrots /ranch Milk                      100% frozen fruit juice Sidekick</p>	<p><b>26</b></p> <p>Chicken drummies                      Mashed potatoes                      Steamed Broccoli                      Warm dinner roll                      Applesauce Milk</p>	<p><b>27</b></p> <p>Penne' Pasta  <i>With</i> Meatballs &amp; Sauce                      Bread stick Green beans                      Diced Peaches Milk</p>	<p><b>28</b></p> <p>Turkey &amp; Cheese Grinder                      Cucumber wheels                      Baby Carrots Ranch cup                      WG Doritos Apple Milk</p>	<p><b>29</b></p> <p><b>School Holiday</b>  <b>No School</b>                      Wellness Tip: <i>Start your day with a healthy breakfast!</i></p>

All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched

**A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

Alternate Choice Yogurt Meal AVAILABLE Daily or Alternate Salad meal offered when available (See kitchen manager)  
 Yogurt Meal =Yogurt, Mozzarella string cheese, baby carrots, raisins, goldfish crackers, dinner roll, milk      Salad Meal=Garden salad with egg, cheese stick garlic knot, fruit choice, milk

**Allergy Warning: Menu items may contain or come in contact with wheat, eggs, soy, nuts, and/or milk**      **\*Menus are subject to change**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

# March Breakfast Menu

## BREAKFAST

Breakfast includes: 2 oz. of Grain/1 cup of fruit/8 oz. milk WATERFORD SCHOOLS K-12

## MARCH 2024

One daily Breakfast at no charge  
to all students  
this 2023-24 school year!

Monday

Tuesday

Wednesday

Thursday

Friday



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

*Surfs Up!* Ride the wave in for a delicious school breakfast  
**NATIONAL SCHOOL BREAKFAST WEEK March 4th-8th**

Choice of: **"Wipe Out" 4**  
Early Riser Egg & Hash Brown Patty  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **"Stoked" 5**  
Sweet potato Roll  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **"Hang Ten" 6**  
Egg & Cheese breakfast Sandwich  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **"Gnarly" 7**  
Confetti pancakes  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **1**  
WG Goody Ring  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **"Aloha" 8**  
Warm Banana Bread  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **11**  
Mini Eggo Waffles  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **12**  
Blueberry Donut holes  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **13**  
Early Riser Egg & Hash brown patty  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **14**  
Confetti pancakes  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **15**  
Breakfast pizza  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **18**  
Confetti Pancakes  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **19**  
Blueberry muffin  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **20**  
Mini French toast  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **21**  
Early Riser Egg & Hash brown patty  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **22**  
Mini Eggo waffles  
Or WG Muffin or Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **25**  
Warm Banana Bread  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **26**  
Early Riser Egg & Hash Brown Patty  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **27**  
Mini Eggo Waffles  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **28**  
Breakfast Pizza  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

Choice of: **29**  
Egg & Cheese Breakfast Sandwich  
Or WG Muffin or WG Cereal  
Assorted Fruit Choices  
100% Fruit Juice Milk

All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched  
**A VARIETY OF FRESH FRUITS OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"

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

\*Menus are subject to change

THIS INSTITUTION IS AN EQUAL OPPORTUNITY

# March Pre-K Menu

**LUNCH**  
**BREAKFAST**

**MARCH 2024**

**WATERFORD SCHOOLS PRE-K BREAKFAST AND LUNCH**

\* 1 daily Breakfast at "no cost" for all students this school year!  
LUNCH \$3.25 MILK ONLY \$.75  
Milk choices: 1% White or skim

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

National "Surfs Up" School Breakfast Week March 4th-8th



Please visit [www.myschoolbucks.com](http://www.myschoolbucks.com) to check balance and/or 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.

**Early Riser Egg & Hash Brown Party**  
100% fruit juice Milk  
Cheeseburger  
Oven fries  
Orange smiles Milk

**WG Muffin**  
Applesauce Cup Milk  
Beef & Cheese Nacho Boat  
Mini corn muffin  
Fiesta beans Milk

**Egg & Cheese breakfast Sandwich**  
100% fruit juice Milk  
Pasta with meat sauce  
Steamed Broccoli  
Diced peaches Milk

**Confetti pancakes**  
100% fruit juice Milk  
*PT Conferences Early Dismissal*  
Chicken nuggets  
Mashed potatoes  
Applesauce Milk

**Warm Banana Bread**  
Fresh banana Milk  
Pizza square  
Garden salad  
Milk

**Mini Eggo Waffles**  
100% fruit juice Milk  
Cheese Quesadilla  
Golden steamed Corn  
Milk

**WG Cereal Banana Milk**  
French Toast sticks  
Potato puffs Sausage links  
Milk

**Yogurt/ goldfish grahams**  
Berry Cup Milk  
Chicken Alfredo pasta  
Broccoli  
Diced peaches Milk

**Confetti pancakes**  
100% fruit juice Milk  
Soft Beef & cheese Tacos  
Brown rice  
Diced pears Milk

**WG Muffin Banana Milk**  
Pizza square  
Green beans  
Applesauce milk

**Breakfast pizza**  
100% fruit juice Milk  
Shamrock Mc Nuggets  
O'Smilely fries  
Green Broccoli Milk

**WG Cereal**  
Applesauce Cup Milk  
"Yangs" Orange Chicken  
Brown rice  
Orange smiles Milk

**Mini French toast**  
100% fruit juice Milk  
Macaroni & Cheese  
Garden salad  
Diced peaches Milk

**Early Riser Egg & Hash brown**  
Banana Milk  
Chicken tenders  
Cucumber wheels  
Applesauce Milk

**Mini Eggo waffles**  
100% fruit juice Milk  
Pizza Bites/sauce Cup  
Garden Salad/ Ranch Dressing  
Milk

**Warm Banana Bread**  
100% fruit juice Milk  
Grilled Cheese Sandwich  
Potato puffs Diced peaches  
Milk

**WG Cereal Banana Milk**  
Chicken "drummies"  
Mashed potatoes  
Applesauce Milk

**Mini Eggo Waffles**  
Berry Cup Milk  
Penne' Pasta & sauce  
Green beans  
Diced peaches Milk

**Breakfast pizza**  
100% fruit juice Milk  
Sun butter & jelly Sandwich  
Cucumber smiles  
Orange slices Milk

**School Holiday**  
**No School**

BREAKFAST Includes: 1/2 cup of fruit or 4 oz. 100% fruit juice and choice of Milk All grain-based items offered are whole-grain rich which means that at least 51% of the grains in the item are whole grain (WG), all other grains are enriched  
**A VARIETY OF FRESH FRUITS & VEGETABLES OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"  
Alternate LUNCH Choice Yogurt Meal available

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

\*Menus are subject to change



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	PD	3	4	5
School Holiday				
15	16	17	18	19
22	23	24	25	26
29	30			

- (16 days ~ 151 cumulative)
- 4/2 - \* PD No School for Students - PK-12
  - 4/8 - 4/12 - School Holiday (Schools Closed)

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

- (22 days ~ 173 cumulative)
- 5/27 - School Holiday (Schools Closed)

June 2024				
Mon	Tue	Wed	Thu	Fri
3	4	5	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  
 Revision Approved: December 19, 2023

± Staff Convocation is for all staff of the Waterford Public Schools  
 \* Professional Development is for Administrators, Teachers, Paraprofessionals 8 AM-3 PM  
 \*\* Full day for Paraprofessionals