Quaker Hill Elementary School

Christopher Discordia, Principal

cdiscordia@waterfordschools.org

Light Up The Night @ the QHPTA's Family Glow Dance

Friday January 26th from 6-8PM at the Quaker Hill School Gym

$5 per child, $20 MAX per family. Price includes 1 glow stick and admission. ALL CHILDREN MUST HAVE A CHAPERONE TO ATTEND. **NOT A DROP OFF EVENT.**

Chaperones ***DO NOT*** have to pay for a ticket

Admission fee charged at the door

Payment can be made by cash/check/Venmo

Additional glow items and concessions will be available for purchase.

Volunteers Needed! Sign Up Here

If we do not have enough volunteers by 01/20/24 we will cancel the event.

FOR QUESTIONS PLEASE EMAIL QHPTA2007@GMAIL.COM

Quaker Hill News

Week of January 29th-February 2nd

Monday - B

Tuesday – C

Wednesday – D

Thursday - A

Friday - B

Lunch Menu for the week of January 22nd-26th

Mon: Crispy chicken sandwich, potato wedges, cucumber slices, ranch, apple, milk

Tue: Beef nachos, cheddar cheese sauce, black beans, corn, orange smiles, corn muffin, milk

Wed: Breaded baked ravioli, mozzarella sticks, marinara sauce, green beans, breadstick, diced pears, milk

Thu: Chicken & gravy, brown rice, steamed broccoli & carrots, diced peaches, biscuit, milk

Fri: Cheese pizza slice, baby carrots, ranch, cucumber wheels, apple slices, milk

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!

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 of 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.

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!

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	H
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	H
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

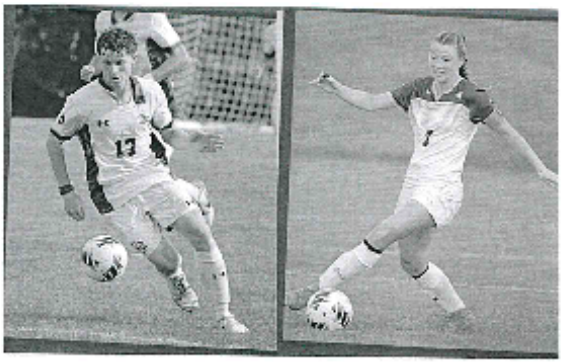
2024 SPRING BREAK SOCCER CAMP at CONNECTICUT COLLEGE

REGISTER HERE: www.ReubenBurkCoachingCamps.com **--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) 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 Reuben Burk at rburk@conncoll.edu

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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: _____

Saturday, February 3rd

10:30 AM - 4:00 PM

No registration required.

All ages welcome!

STEVE ELCI

Move and groove with local musician Steve Elci from 10:30 to 11:30 a.m.

Celebrate some of our favorite picture book characters 2:30 to 4:00 p.m.

BOOK CHARACTER PARTY

Plus family-friendly activities and crafts throughout the day!

WATERFORD public library

Discovery begins here.

49 Rope Ferry Road,
Waterford, CT

TAKE YOUR CHILD to the LIBRARY DAY

www.takeyourchildtothelibrary.org

STEVE ELCI AND FRIENDS NUTMEGGER

860-444-5805 • WWW.WATERFORDPUBLICLIBRARY.ORG

Quaker Hill Pasta Dinner & Basket Bonanza

Friday February 2nd 2024

3 Dinner Seating Times Available

5:00 PM, 6:00 PM OR 7:00 PM Seating

Basket Bonanza runs 5:00PM to 8PM

Winners Called @ 8:00 PM

Quaker Hill Elementary School

Come and enjoy a special evening with family, friends, and school staff.
Delicious food, amazing baskets, celebrity servers, and some other surprises!

While we encourage all students and families to join us for dinner *and* the basket raffle
You *DO NOT* have to participate in BOTH the activities.

The dinner has sold out in years past so if you are interested in joining us for dinner
PRESALE is STRONGLY encouraged.
Basket Bonanza tickets **WILL** be available at the event presale is **NOT** required to attend.

ALL PRESALE TICKETS ARE WILL CALL AND PROVIDED AT THE DOOR ON THE NIGHT OF THE EVENT

Advanced Tickets available **ONLINE ONLY**

https://squareup.com/store/quaker-hill-pta

Limited seats available - Advanced purchase strongly encouraged.

Tickets may sell out prior to event.

If there are any available dinner tickets the night of the event they will be on sale at the door for additional $2.00 / ticket

All payments are non refundable.

ADULT (13 years and older) **Pasta Dinner Ticket** is ***$10.00*** each

CHILD (12 years and younger) **Pasta Dinner Ticket** is ***$5.00*** each

Basket Bonanza Tickets (25 tickets/sheet) at ***$20.00*** per sheet

Basket Bonanza

The Basket Bonanza is a HUGE part of the upcoming Pasta Dinner on 02/02/2024

Each grade is assigned a theme, we ask that all who can, contribute items to their grade's basket.

- Theme for your child's grade basket are listed below
- Please consider donating an item OR monetary donation to the grade's basket.
- If you own a business, or know someone who does, and would like to make a donation on behalf of that business, OR would like to donate a family basket, please contact Katelin Teel, our Basket Coordinator, at qhpta2007@gmail.com or 860.941.2373

The success of the Basket Bonanza is a result of the baskets that each grade provides and donations from many local businesses; *your support is greatly appreciated.*

Please send in donations no later than ***Wednesday January 24th 2024***

Thank you for helping make this event a success!!

Basket Themes

PreK & Kindergarten: ABCD Basket (Art, Bubbles, Craft, Dough)

This basket will be filled with tons of art supplies, bubbles, craft supplies, and play dough. Possible donation items include, but are not limited to, Bubble wands, bubble trays, markers, construction paper, sketch pads, markers, crayons, colored pencils, acrylics, paint brushes, canvases, slime, modeling clay, cloud dough and play dough.

First Grade: Family Game Night

This basket will be filled with tons of games and activities that families can do together. Possible donation items include, but are not limited to: board games, card games, gift cards for takeout, snacks, boxed dessert you can make as a family, gift cards for local family attractions like aquarium, Fields or Fire, etc..

Continued on back

Second Grade: Fun in the Snow

This basket will be filled with tons of activities and items that families use in the snow. Possible donation items include, but are not limited to; sleds, snowball mold, igloo brick mold, snowman kits, shovels, lift tickets for local ski resort, hats, gloves, snow pants, etc.

Third Grade: Movie night

This basket will be filled with tons of items needed for a family movie night. Possible donation items include, but are not limited to: popcorn bowls, candy, popcorn, popcorn flavor topping, gift cards to local movie theatre, gift cards to streaming services, gift cards for pizza (other take out), cozy blankets, etc.

Fourth Grade: Super Bowl Party

This basket will be filled with tons of items needed for a Super Bowl Party. Possible donation items include, but are not limited to: football themed serving trays, napkins, plates and décor; solo cups, tailgating grill, lawn chairs, gift certificates for pizza, wings, etc.

Fifth Grade...Money Tree/ Lottery

This basket will be filled with tons of items needed for a money/ lotto themed basket. Possible donation items include, but are not limited to: cash donations or lottery tickets of any denomination. PLEASE NOTE if you choose to donation MONEY, please either write a check for the desired amount OR submit a Venmo Donation so we can be sure to account for all donations.

We encourage you to contribute an item, if possible, but....

Monetary donations can be made ***by check*** (sent to classroom teacher in envelope labeled with GRADE and QHPTA)

OR

you can use the ***Venmo*** link below, PLEASE LABEL with GRADE # - Basket Bonanza

venmo

Socks for Seniors

Waterford Senior Services, Waterford Youth & Family Services and the Waterford Police Department are teaming up to show Waterford seniors some love!

Donations of new, cozy socks for seniors who may have sensitive feet and foot-related conditions are graciously accepted starting January 10th through February 7th. The classroom who donates the most socks will receive a special visit from Hodges!

Socks will be donated to Senior Housing and Long-term Care Facility residents in the Waterford community.

Please contact Senior Services Assistant Director Terry Wheeler at twheeler@waterfordct.org or Officer Fredricks at efredricks@waterfordct.org with any questions.

WATERFORD SENIOR SERVICES

WATERFORD POLICE

WATERFORD Youth & Family Services

Coffee WITH A COP

Tuesday,
January 30, 2024
9:00AM-10:30AM
at the Waterford
Community Center
24 Rope Ferry RD
Waterford, CT

FREE coffee provided by Starbucks Store 67833

FREE donuts provided by Flanders Donut & Bake Shop

JOIN WATERFORD POLICE AND OTHER FIRST RESPONDERS FOR COFFEE AND CONVERSATION!

No agenda or speeches, just a chance to ask questions and voice concerns. Get to know your local first responders.

Come see K-9 Chase, K-9 Ginger, K-9 Hodges & K-9 Traveler!

WATERFORD POLICE · GROTON POLICE · WATERFORD FIRE · NEW LONDON POLICE

WATERFORD SENIOR SERVICES

ISAAC MIDDLE SCHOOL

FREE SATURDAY BASKETBALL CLINIC

Elevate Your Child's Basketball Skills with ISAAC Middle School!

ISAAC Middle School is excited to extend an invitation to students in New London and surrounding towns for our top-notch developmental basketball instruction tailored for grades 2-5. Our experienced coaching staff is dedicated to fostering a positive and supportive environment, ensuring your child receives quality training that goes beyond the court.

What to Expect:

- **SKILL DEVELOPMENT: From dribbling and shooting to teamwork and strategy, we focus on honing fundamental skills.**
- **POSITIVE COACHING: Our coaches prioritize encouragement and motivation to build confidence both on and off the court.**
- **FUN AND INCLUSIVE ATMOSPHERE: ISAAC Middle School emphasizes the joy of the game and welcomes players of all skill levels.**

Program Dates:

Five Saturdays: January 20th, January 27th, February 3rd, February 10th, February 17th

Location:

ISAAC Middle School Gymnasium (190 Governor Winthrop Blvd., New London, CT 06320)

Session Times:

Grades 2 and 3: 10:15 am – 11:15 am

Grades 4 and 5: 11:15 am – 12:15 pm

Open to 20 players at each age group. Slots are limited and will go fast – contact us now!

Join us as we inspire young athletes to reach their full potential and instill a lifelong love for the game. Don't miss this opportunity to empower your child through basketball excellence at ISAAC Middle School!

For more information and registration details, contact us 860-447-1003 or by email jalvarez@isaacschool.org. **Closing date for registration is January 18, 2024**

CCLC

SPRING 2024

WATERFORD YOUTH LACROSSE

REGISTER ONLINE NOW!

www.waterfordyouthlacrosse.org

Grades K-8

Instructional (K-2): $30

Equipment available to borrow for the season. No USA Lacrosse Membership or Uniform required.

Travel Teams: $185 *Includes Uniform*

10U Grades 3-4

12U Grades 5-6

14U Grades 7-8

NEW Custom & Personalized Unforms for all Travel Players

All travel players must have a valid USA Lacrosse Membership

www.usalacrosse.com

REGISTRATION CLOSES ON 2/1

Grab your stick and let's dominate the field in the 2024 season!

Recruit a friend...score a WYLA gift!

Follow us @waterfordyouthlacrosse

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)

WATERFORD

REGISTER ONLINE AT:

WWW.WATERFORDSOCCER.ORG

QUESTIONS EMAIL: WTFDSOCCERREGISTRAR@YAHOO.COM

WATERFORD Youth & Family Services

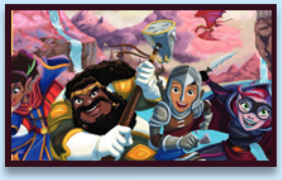
Winter Afterschool Programs

10 week programs start week of Jan 8th

Healthy Snack Provided each class!

Waterford Public School students can take bus from school directly to the Community Center!

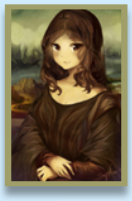
Classes fill up quickly, be sure to create a profile using the link below.



Dungeons and Dragons

Are you ready to embark on an epic journey filled with mythical creatures, daring quests, and endless adventure? Join our after-school Dungeons & Dragons classes and unleash your imagination in a world of magic and mystery! Throughout the program, you'll learn the art of teamwork and creativity, working with fellow adventurers to overcome challenges, create unforgettable stories, and develop unique characters with their own backgrounds and abilities. Sharpen your critical thinking and decision-making skills as you face unexpected situations in a dynamic and ever-changing world. Every week, embark on thrilling campaigns filled with epic battles, intriguing NPCs, and epic quests!

- **Mondays 4th & 5th Grades [Dismissal—5:45pm]**
- **Tuesdays Middle School A [Dismissal—5:30pm]**
- **Wednesday Middle School B [Dismissal—5:30pm]**
- **Thursday High School [Dismissal—5:00pm]**



FINE ARTS AND ANIME

Unleash your creativity in a captivating artistic journey that blends the best of Western fine arts with the enchanting world of Japanese influence and anime. Our art program is designed especially for middle to high school students, offering a unique opportunity to explore the rich traditions of both worlds while embracing modern pop culture.
Tuesdays Middle School [Dismissal—5:30pm]

MIXED MEDIA ART

We're calling all elementary schoolers to embark on a vibrant journey into mixed media art! Discover the thrill of combining paint, paper, fabric, and more to breathe life into your imagination. Our expert instructors will guide you through hands-on projects, from captivating collages to whimsical 3D creations. Boost your creativity, problem-solving skills, and passion for art in this unforgettable artistic adventure. Join now and let the magic of mixed media art unleash your inner artist! **Wednesdays 1st thru 5th grade [Dismissal—5:30pm]**

Cooking with Class

Discover the art of cooking with our Middle School Chef Program! Join our expert chef to learn essential skills, explore flavors, and create delicious meals! Tuesdays: Grades 6th thru 8th.
Tuesdays Middle School [Dismissal—5:30pm]

Waterford Whiskers: Baking 101

Unleash your baking talents with our Waterford Whiskers Program! Discover the joy of creating sweet masterpieces, gain essential skills, and let your creativity rise to new heights! Tuesdays: Grades 3rd thru 5th
Wednesdays 1st thru 5th grade [Dismissal—5:30pm]

Scan me to create an profile

REGISTRATION IS NOW OPEN!

Create a profile and register here: waterfordyouthfamily.recdesk.com/Community/Home or scan the QR code to the right.

WATERFORD public library

January 2024

Children and Teen Programs and Activities

Youth Winter Reading Challenge
Our Youth Winter Reading Challenge will run from **January 8 to February 26**. Pick up the sheet for your age group from the Children's Room or print from our website then complete all the fun activities with your family and friends. Turn completed sheets in to the Children's Room for a prize and to be entered into the grand prize raffle. Happy Winter Reading! For ages birth to 18.

Saturday, January 13, 2:00PM - 3:00PM AND Saturday, January 27, 10:00AM - 11:00AM
Read to Scout
We are excited to welcome a new certified therapy dog to the library! Come practice your reading skills and give Scout a cuddle in the Children's Room. All ages are welcome, no registration required.

Tuesday, January 16, 4:30PM - 5:30PM
Read to Hodges
Stop by the Children's Room anytime between 4:30 and 5:30 pm to read to one of our favorite furry friend, Officer Hodges! No registration required, all ages welcome.

Saturday, January 13, 10:30AM - 11:30AM
Bilingual Family Storytime
Join us for a special storytime with Ms. Emy! During this interactive and fun filled session, we will sing songs and read books in both English and Spanish. This program is aimed towards birth to five years old, but all families are welcome to attend, no registration required.

Tuesday, January 23, 5:30PM - 6:30PM
Bilingual Pajama Storytime
Join us for a cozy bilingual pajama storytime! Ms Emy will read books and sing songs in English and Spanish. Feel free to dress comfy and bring your favorite stuffed animal and a blanket. No registration required, this program is aimed towards ages birth to five but all families are welcome to join.

Thank you to the Community Foundation of Eastern Connecticut for providing funding for these programs.

Saturday, January 27 , 2:00PM - 4:00PM
Six Pointed Snowflakes
Join Ms. Janice to make some lovely six pointed snowflakes using just wrapping paper and scissors. Ages 5 and up are welcome, no registration required.

Monday, January 29, 4:30PM - 5:30PM
Junior Detectives Book Club
Calling all aspiring detectives! Bring your favorite mystery book to life with fellow Investigators - you choose the book! We will also make a fun craft. Recommended for ages 6 to 8 years old, registration is required.

Mondays, January 8, 22 & 29, 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.

All programs are free and open to the public

DROP IN CRAFTS

Monday, January 8, 4:00PM - 6:30PM
Drop In STEM Adventure: STEM Station
Join us in the Children's Room between 4:00 and 6:30 pm to explore various STEM kits, that were donated by the local Girl Scouts. Recommended for ages 5 and up, no registration required.

Tuesday, January 9, 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.

Monday, January 22, 4:00PM - 6:30PM
Drop in Craft: Cardinal

Join us in the Children's Room anytime between 4:00 and 6:30 pm to create a Winter Cardinal Handprint Craft. Recommended for ages 5 and up, no registration required.

Tuesday January 30, 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.

Thursday, January 25, 4:30PM - 5:30PM
DIY Instruments: Thumb Piano
Join us to make your very own thumb piano to take home! All supplies provided, for ages 5 and up, registration required.

GRAB & GO CRAFTS

Mittens
Jan 2 to Jan 19

Hot Chocolate Character
Jan 20 to Feb 2

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).

TEEN CORNER

Thursday, January 4, 5:30PM - 7:00PM
Craft Night

At this craft night participants will be learning how to knit an ear-warmer using only their fingers! For ages 11 and up, registration required.

Thursday, January 18, 5:30PM - 7:00PM
Teen Drop In Craft
Stop into the Teen Area of the library between 5:30 and 7:00 pm to make a fun craft! Ages 12 and up, no registration required.

Monday, January 22, 12:00PM - 2:00PM
Mindful Midterms
High school students - stop by the library meeting room between noon and 2:00 pm to hang and destress with your friends. We will have snacks, music, crafts, and a variety of games so you can relax and take a break from studying. No registration required.

Friday, January 5, 11:00AM - 12:00PM
Toddler Craft: Igloo

Join us for a fun-filled crafting session where the little ones will use their creativity, and fine motor skills to make an Igloo. Mrs. Sharma will start the session with a short story! For ages 3 to 5 years old, no registration is required.

Friday, January 12, 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, January 17 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. Miss Ashlee will start the session with a short story! For ages 3 to 5 years old, registration is required.

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

@waterfordpubliclibrary @waterfordlibraryct

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

WATERFORD public library

February 2024

Children and Teen Programs and Activities

Youth Winter Reading Challenge
Our Youth Winter Reading Challenge runs until **February 26**. Pick up a sheet for your age group in the Children's Room or print from our website. For ages birth to 18.

Saturday, February 3, 9:00AM – 5:00PM
Take Your Child to the Library Day

Celebrate Take Your Child to the Library Day with us! Kick off the morning with a musical performance from local favorite Steve Elci at 10:30 am then at 2:30 pm we will have a Character Party where we celebrate some of our favorite picture book characters. There will be crafts and activities all day in the Children's Room. All ages are welcome, no registration required. In the event of inclement weather, Take Your Child to the Library Day will be moved to Saturday, February 10.

Bilingual Storytimes: In English & Spanish
Join Ms. Emy for two sessions where we will sing songs and read books in both English & Spanish.

Tuesday, February 6, 5:30PM - 6:30PM
Bilingual Pajama Storytime

Feel free to dress comfy and bring your favorite stuffed animal and a blanket!

Saturday, February 24, 10:30AM - 11:30AM
Bilingual Family Storytime
Recommended for ages birth - five but all families are welcome to join. No registration required.
Thank you to the Community Foundation of Eastern Connecticut for providing funding for these programs.

Thursdays, February 1, 8, 15, 22 & 29, 4:00PM - 6:00PM
Homework Club

Need some extra assistance completing your homework after school? Stop by the library between 4:00 and 6:00 pm for our weekly Homework Club, run by tutors from the Waterford High School Honor Society. Students in elementary and middle school are welcome, no registration required. Please note, tutors are available on a first come first serve basis. Parents and caregivers must remain at the library while their child is participating.

Monday, February 26, 4:30PM - 5:30PM
Junior Detectives Book Club

If you're a fan of solving cases, this book club is the perfect place to share your passion for the genre. Bring your favorite mystery book to life with fellow Investigators - you choose the book! We will also make a fun craft. Recommended for ages 9 to 12 years old, registration is required.

Mondays, February 5, 12 & 26, 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.

Saturday, February 24, 2:30PM - 3:30PM
Harriet Tubman: A Woman with a Railroad

Join us for an interesting and interactive afternoon of learning with a live performance of Harriet Tubman: A Woman with a Railroad by New London's own Adwoa Bandele-Asante. This program is free and open to all. This program is generously funded by CT Humanities.

All programs are free and open to the public

DROP IN CRAFTS

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

Drop In STEM Adventure: STEM Station

Join us in the Children's Room between 4:00 and 6:30 pm to explore various STEM kits, that were donated by the local Girl Scouts. Recommended for ages 5 and up, no registration required.

Monday, February 12, 4:00PM - 6:30PM

Drop in Craft: Bouquet of Hearts Card

Join us in the Children's Room anytime between 4:00 and 6:30 pm to make a heart bouquet card for your family or friends. Recommended for ages 5 and up, no registration required.

Tuesday February 27, 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.

Tuesday, February 20, 2:00PM - 6:00PM

Boardgame Bonanza

Stop by the library meeting room anytime between 2:00 and 6:00 pm to play one of our many board games! All ages are welcome, no registration required.

Wednesday, February 28, 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.

GRAB & GO CRAFTS

Heart Friend

Feb 3 to Feb 16

Dinosaur

Feb 17 to Mar 1

Pick up supplies in the Children's Room to make Grab & Go crafts at home, while supplies last.
Step-by-step video tutorial on our Facebook page (@waterfordpubliclibrary).

TEEN CORNER

Thursday, February 1, 5:30PM - 7:00PM

Teen Craft Night

At this craft night participants will be learning how to knit an ear-warmer using only their fingers! Ages 11-18. Registration required.

Thursday, February 15, 5:30PM - 7:00PM

Teen Drop In Craft: Scratch Art Cards

Stop into the Teen Area of the library between 5:30 and 7:00 pm to create a Scratch Art card! Ages 12 -18. No registration required.

READ TO A DOG

Tuesday, February 13, 4:30PM - 5:30PM

Read to Hodges

Saturday, February 10, 10:00AM - 11:00AM

Read to Scout

No registration required, all ages welcome.

Friday, February 2, 11:00AM - 12:00PM

Toddler Craft: Penguin

Join us for a fun crafting session where the little ones will create adorable penguins. For ages 3 to 5 years old, no registration is required.

Friday, February 9, 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, February 21, 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. Miss Ashlee will start the session with a short story! For ages 3 to 5 years old, registration is required.

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

@waterfordpubliclibrary

@waterfordlibraryct

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

Waterford Little League

Register online now for Spring Little League Season!

We are currently updating our website so to register for the upcoming season please scan the QR code

or go to

https://leagues.bluesombrero.com/waterfordct

2024 Spring Season Registration fees:

Majors/Minors - $150

Coach Pitch - $100

Co-ed Tee Ball - $85

Payment Plans available!
Family discount for families with 3 or more players.

Important Registration Dates:

Majors/Minors
$25 late registration fee begins 1/1
Registration closes 1/15

Coach Pitch
$25 late registration fee begins 2/1
Registration closes 2/15

CONNECT WITH US

Please email Registration@wllct.org with any registration questions.

WATERFORD LANCERS

January Lunch Menu

LUNCH

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

JANUARY 2024
WATERFORD SCHOOLS K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 ***School Holiday***	2 Marinara sauce Cheesy Italian -pull-a-parts Marinara sauce Broccoli with ranch cup Cucumber slices Diced peaches Milk	3 Diced chicken Taco salad Tostitos salsa Golden corn Black beans 100% frozen fruit juice Sidekick Ice Cold Milk	4 *National* Spaghetti *day!* Meatballs & sauce Green beans Garlic knot Diced pears Milk	5 Chicken Nuggets Smile fries Peas Warm Dinner roll Applesauce Ice Cold Milk
8 *Meatless Monday!* Cheese pizza Square Baby carrots Cucumber wheels Ranch dressing Diced peaches Milk	9 *"Brunch for Lunch"* French toast Sticks/*syrup* Chicken sausage links Potato tots Mango juice Strawberry cup Milk	10 Chicken tenders Potato wedges Golden Corn Oven baked biscuit Apple sauce Ice Cold Milk	11 *"Italian Combo"* Breaded Ravioli Mozzarella sticks Marinara sauce WG Breadstick Green beans Diced pears Milk	12 Cheeseburger Sandwich salad cup (*Lett & Tom*) Baked beans Oven fries 100% Frozen fruit juice Sidekick Ice cold Milk
15 ***School Holiday***	16 *"Yangs"* Orange chicken Brown Rice Green beans Warm dinner roll Applesauce Milk	17 Beef & Cheese Tacos Brown Rice Fiesta beans Mini corn muffin Mango juice Milk	18 *WHS exams* Big daddy Cheese Pizza Broccoli Cucumber slices Ranch cup Apple slices Ice cold Milk	19 *WHs exams* Crispy Chicken patty on a WG Roll Potato wedges Diced Carrots Orange Smiles Milk
22 *WHS/exams* *Meatless Monday!* Pizza Bites Cucumber wheels Fresh broccoli Ranch Dip Cup Apple juice Milk	23 *WHS/exams* Hotdog on a roll Oven fries Baked beans 100% frozen fruit juice Sidekick Ice Cold Milk	24 Pasta with Meat sauce Garden salad Garlic knot Diced peaches Ice Cold Milk	25 Beef Nachos Cheddar cheese sauce Fiesta beans Brown Rice Corn muffin Mango juice Orange smiles Milk	26 Grilled chicken on a WG Roll BBQ sauce cup Sweet Potato Fries Broccoli Applesauce Milk
29 *Meatless Monday!* Macaroni & Cheese Steamed Broccoli Sliced Carrots Warm Dinner Roll Diced Pears Milk	30 Cheeseburger Sandwich Salad Cup Baked Beans Oven Fries Apple Milk	31 Chicken & Waffles Syrup cup Sweet Potato Fries Green beans Apple sauce Milk		

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

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 VARIETYOF 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, craisins, 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 milk ***Menus are subject to change**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

February Lunch Menu

LUNCH

FEBRUARY 2024 LUNCH K-12

LUNCH PRICES

Elementary	$3.25
CLMS	$3.50
WHS	$3.75

**Second Meal=$4.25 - Adult Meal $5.00*

Monday	Tuesday	Wednesday	Thursday	Friday
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 one lunch at no cost per day	**1** Mozzarella Sticks Marinara Sauce Cup Warm Italian Bread stick Steamed Broccoli Diced pears Milk	**2** *National Tator Tot day!* Chicken Drummies Dippin' Sauce Potato Tots Golden Corn Applesauce Milk
5 Crispy Chicken Sandwich on a WG Roll Seasoned Potato Wedges Cucumber slices with Ranch Fresh Apple Milk	**6** Beef Nachos With Cheddar Cheese sauce Black Beans Golden Corn Orange Smiles Corn Muffin Milk	**7** ***Italian Combo*** Breaded Baked Ravioli Baked Mozzarella Sticks Marinara Sauce Green Beans Warm Italian Breadstick *Diced pears Milk*	**8** Chicken & gravy Brown Rice Steamed Broccoli & Carrots Diced Peaches Baked WG Biscuit Milk	**9** ***National Pizza Day!*** Cheese Pizza Slice Baby carrots Ranch Cup Cucumber wheels Apple slices Milk
12 ***Chinese New Year!*** Yang's Orange Chicken (K-5) General Taos's Chicken (6-12) Vegetable Fried Rice Broccoli & Carrots Orange smiles Fortune cookie Milk	**13** ***International Italian Food day!*** Penne' Pasta *with* meat sauce Steamed Green Beans Warm Dinner Roll Diced Peaches Milk	**14** ***Valentine's Day!*** Heart shaped chicken Nuggets with dippin' sauce "Hug" *"Smile"* Fries garlic "love" knot Steamed "sweet "peas Milk "Be Mine" 100% fruit juice sidekick	**15** Soft Beef & Cheese Tacos Brown Rice Fiesta Beans Dragon Punch Mini Corn Muffin Milk	**16** Cheeseburger *on* WG Roll Sandwich Salad Cup Baked Beans Oven Fries Milk Frozen Mango "Froot" Juice
19 **School Holiday** **No School**	**20** **School Holiday** **No School**	**21** Crispy Chicken tenders Choice of Dippin' Sauce Potato Wedges Green Peas Dinner Roll Applesauce Milk	**22** Turkey & Cheese Grinder Oven Baked Fries Cucumber slices /Ranch cup *100% fruit juice* Sidekick Milk	**23** Cheese Pizza square Spinach & Chic pea Salad *with* Italian Dressing WG Cookie Fresh Apple Milk
26 ***Meatless Monday!*** Pizza Bites *with marinara sauce* Baby Carrots Cucumber Wheels Ranch Dressing Apple slices Milk	**27** Beef & Cheese Tacos Brown Rice Salsa Fiesta Beans Mini Corn Muffin Dragon Punch Milk	**28** ***National Pancake Day!*** Pancakes Syrup cup Sausage Links Potato Puffs Mango Juice Milk	**29** Chicken Alfredo Twist Steamed Broccoli Diced Carrots Warm Bread Stick Orange Smiles 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 VARIETYOF 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, craisins, 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 milk ***Menus are subject to change**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

January Breakfast Menu

BREAKFAST

JANUARY 2024

WATERFORD SCHOOLS K-12

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 *School Holiday!*	2 Confetti Pancakes Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	3 Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	4 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	5 Banana Bread Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
8 Maple Waffle Or assorted WG Muffins Or cereal Choice Milk Strawberry cup 100% Fruit Juice	9 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	10 French Toast Sticks Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	11 Mini Cinnamon Rolls Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	12 Early Riser Egg /Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
15 *School Holiday!*	16 Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	17 Goody Breakfast Ring Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	*WHS midterm exam* 18 Egg & Cheese on a Roll Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	*WHS midterm exams* 19 Maple waffle Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
WHS midterm exams 22 Early Riser Egg/ Hashbrown Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	*WHS midterm exams* 23 Apple Frudel Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	24 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	25 Banana Bread Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	26 Cheese Omelet Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice
29 WG Blueberry munchkins Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice	30 Egg & Cheese Breakfast Sandwich Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit	31 Cinnamon Oatmeal Breakfast Round Or assorted WG Muffins Or cereal Choice Milk Fresh Fruit 100% fruit Juice		

Alternate choice of assorted cereals and muffins
Available daily/Fruit & milk included

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

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 VARIETYOF 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 PROVIDER

February Breakfast Menu

BREAKFAST

Breakfast includes: 2 oz. of Grain/1 cup of fruit/8 oz. milk

FEBRUARY 2024

WATERFORD SCHOOLS K-8

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Choice of: WG Goody Ring Or WG Muffin or Cereal Fresh Fruit Milk 100% Fruit Juice	**2** Choice of: Early Riser Egg hash brown Or WG Muffin or Cereal Fresh Fruit Milk 100% Fruit Juice
5 Choice of: French Toast Sticks *Or WG Muffin or Cereal* Craisins Milk 100% Fruit Juice	**6** Choice of: Cinni- Oatmeal Breakfast Round Or WG Muffin or Cereal Applesauce Milk 100% Fruit Juice	**7** Choice of: Early Riser Egg hash brown Or WG Muffin or Cereal Fresh Fruit Milk 100% Fruit Juice	**8** Choice of: Warm Maple waffle Or WG Muffin or Cereal Banana Milk 100% Fruit Juice	**9** Choice of: Egg & Cheese Breakfast Sandwich Or WG Muffin or Cereal 100% Fruit Juice Fresh Fruit Milk
12 Choice of: Early Riser Egg hash brown Or WG Muffin or Cereal Fresh Orange Milk 100% Fruit Juice	**13** Choice of: Sweet Potato Roll Or WG Muffin or Cereal Banana Milk 100% Fruit Juice	**14** Choice of: Mini WG bagels *with* strawberry cream cheese Or WG Muffin or Cereal Strawberry Cup Milk 100% Fruit Juice	**15** Choice of: Egg & Cheese Breakfast Sandwich Or WG Muffin or Cereal Fresh Fruit Milk 100% Fruit Juice	**16** Choice of: WG Goody Ring Or WG Muffin or Cereal Fresh Fruit Milk 100% Fruit Juice
19 SCHOOL HOLIDAY NO SCHOOL	**20** SCHOOL HOLIDAY NO SCHOOL	**21** Choice of: Egg & Cheese Breakfast Sandwich Or WG Muffin or Cereal 100% Fruit Juice Fresh Fruit Milk	**22** Choice of: Cinni- Oatmeal Breakfast Round Or WG Muffin or Cereal 100% Fruit Juice Applesauce Milk	**23** ***National Banana Bread Day!*** Choice of: *Warm Banana Bread* Or WG Muffin or Cereal Apple Milk 100% Fruit Juice
26 Choice of: Egg & Cheese Breakfast Sandwich Or WG Muffin or Cereal 100% Fruit Juice Fresh Fruit Milk	**27** ***National Strawberry Day!*** Choice of: Mini bagels *with* strawberry cream Cheese Or WG Muffin or Cereal Strawberry Cup Milk 100% Fruit Juice	**28** ***National Pancake Day!*** Choice of: *Confetti pancakes* Or WG Muffin or Cereal 100% Fruit Juice Apple slices Milk	**29** Choice of: Early Riser Egg hash brown Or WG Muffin or Cereal 100% Fruit Juice Fresh Fruit 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 VARIETYOF 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 PROVIDER

January Pre-K Menu

BREAKFAST

LUNCH

JANUARY 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

Please visit www.myschoolbucks.com to check balance and/or add funds to your child's account.

Monday	Tuesday	Wednesday	Thursday	Friday
1 SCHOOL HOLIDAY!	**2** Confetti Pancakes 100% juice Milk Cheesy –pull- a -parts Marinara sauce Broccoli & Ranch dip Diced peaches Milk	**3** *Early Riser Egg/ Hashbrown* *100% Fruit Juice Milk* Soft Chicken & Cheese Taco Corn Applesauce Milk	**4** *Egg & Cheese on a roll* *Applesauce cup Milk* Spaghetti & meatballs Green beans Pears Milk	**5** *Banana Bread Milk* *Cheese stick Apple slices* Chicken nuggets Smile fries Peas Milk
8 *Cereal Milk* *Orange smiles* Pizza square Cucumber Wheels Diced peaches Milk	**9** *Banana Bread* *100% juice Milk* French toast sticks Potato tots Strawberry cups Milk	**10** *French Toast Sticks* *Blueberry Cup Milk* Chicken Drummies Corn Applesauce Milk	**11** *Yogurt/mini muffin* *Apple slices Milk* Sun butter Sandwich Mozzarella string cheese Cucumber slices Milk	**12** *Cereal Banana Milk* Cheeseburger Oven fries Baked beans Milk
15 SCHOOL HOLIDAY	**16** *Cereal Milk* *Orange smiles* Chicken Nuggets Mashed potatoes Applesauce Milk	**17** *Banana Bread Milk* *Cheese stick apple slices* Soft beef & Cheese Taco Brown Rice Orange Smiles Milk	**18** *Cereal Banana Milk* Pizza Slice Cucumber slices Apple slices Milk	**19** *Yogurt/mini muffin* *Apple slices Milk* Chicken Patty on a WG Roll Potato wedges diced carrots Milk
22 *Cereal Milk* *100% Fruit Juice* Pizza Bites Milk Cucumber wheels Fresh broccoli Ranch cup	**23** *Mini muffin /cheese stick* *Strawberry cup Milk* Sun butter Sandwich Mozzarella string cheese Cucumber slices Milk	**24** *Cereal Banana Milk* Pasta with meat sauce Garden salad Diced Peaches Milk	**25** *Banana Bread Milk* *Cheese stick Apple slices* Soft Taco Brown rice Orange smiles Milk	**26** *Cheese omelet 100% juice* *Goldfish grahams Milk* Chicken Drummies Sweet potato fries Applesauce Milk
29 *Yogurt/mini muffin* *100% Juice Milk* Macaroni & Cheese Steamed broccoli Diced pears Milk	**30** *Cereal Banana Milk* Cheeseburger on a WG Roll Baked beans Applesauce cup Milk	**31** *Oatmeal breakfast round* *Apple slices Milk* Chicken & waffles Green beans Milk		

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 51% of the grains in the item are *whole grain (WG)*, all other grains are enriched

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

Alternate Choice Yogurt Meal available or Alternate Salad meal offered when available (See kitchen manager)

Yogurt Meal =Yogurt, Mozzarella string cheese, baby carrots, craisins, 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 milk ***Menus are subject to change**

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

February Pre-K Menu

BREAKFAST

LUNCH

FEBRUARY 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

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

Please visit www.myschoolbucks.com to check balance and/or add funds to your child's account.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG 2 oz. muffin Milk 100% Fruit Juice Cheesy pull apart Steamed broccoli Diced pears Milk	**2** Early Riser Egg hash brown Milk 100% Fruit Juice Chicken Drummies Potato Tots Applesauce Milk
5 French Toast Sticks Fresh Fruit Milk Crispy Chicken Sandwich Cucumber slices with Ranch Fresh Apple slices Milk	**6** WG Cereal Milk 100% Fruit Juice Soft Taco Golden Corn Orange Smiles Corn Muffin Milk	**7** WG 2 oz. Muffin Milk 100% Fruit Juice Sun butter sandwich Or flavored Yogurt Goldfish Crackers Apple slices Milk	**8** Warm Maple waffle 100% Fruit Juice Milk Chicken & gravy Brown Rice Steamed Broccoli Diced Peaches Milk	**9** Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk ***National Pizza Day!*** Cheese Pizza Slice Cucumber wheels/Ranch Apple slices Milk
12 WG 2 oz. muffin Milk 100% Fruit Juice ***Chinese New Year!*** Yang's Orange Chicken Vegetable Fried Rice Broccoli Orange smiles Milk	**13** WG Cereal Milk 100% Fruit Juice ***International Italian Food day!*** Penne' Pasta *with* meat sauce Steamed Green Beans Diced Peaches Milk	**14** *Flavored Yogurt* *Giant goldfish graham* 100% Fruit Juice Milk ***Valentine's Day!*** Heart shaped chicken Milk Nuggets with dippin' sauce "Hug" Smile Fries garlic "love" knot	**15** WG 2 oz. Muffin Milk 100% Fruit Juice Soft Beef & Cheese Taco Fiesta Beans Apple sauce Milk	**16** WG Cereal Milk 100% Fruit Juice Cheeseburger *on* WG Roll Baked Beans Oven Fries Milk
19 SCHOOL HOLIDAY NO SCHOOL	**20** SCHOOL HOLIDAY NO SCHOOL	**21** WG Cereal Milk 100% Fruit Juice Crispy Chicken tenders Choice of Dippin' Sauce Potato Wedges Dinner Roll Milk	**22** Cinni- Oatmeal Breakfast Round Milk Applesauce Turkey & Cheese Sandwich Oven Baked Fries Cucumber slices /Ranch cup Milk	**23** ***National Banana Bread Day!*** *Warm Banana Bread* Milk 100% Fruit Juice Cheese Pizza square Spinach & Chic pea Salad *with* Italian Dressing Diced peaches Milk
26 Egg & Cheese Breakfast Sandwich 100% Fruit Juice Milk ***Meatless Monday!*** Pizza Bites *with marinara sauce* Cucumber Wheels /Ranch Orange smiles Milk	**27** ***National Strawberry Day!*** Mini bagels Milk *with* strawberry cream Cheese Strawberry Cup Beef & Cheese Taco Brown Rice Fiesta beans Milk	**28** *Flavored Yogurt* *Giant goldfish graham* 100% Fruit Juice Milk ***National Pancake Day!*** Pancakes Sausage Links Potato Puffs Milk	**29** WG Cereal Milk 100% Fruit Juice Chicken Alfredo Twist Steamed Broccoli Dinner roll Milk	

BREAKFAST Includes: 1 cup of fruit, 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 VARIETYOF 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 or Alternate Salad meal offered= when available (See kitchen manager)

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 PROVIDER

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		3 A	4 B	5 C
15 D	16 A	17 B	18 C	19 D
22 A	23 B	24 C	25 D	26 A
29 B	30 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

Updated 12/20/2023

Waterford Public Schools 2023-2024

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