

# Essex Elementary School Newsletter

Volume 6

2017

## February News

By Jennifer Tousignant, Principal

We are half-way through the school year and the hundredth day of school is right around the corner!

Our school year calendar is sometimes confusing to families. In February, students have early dismissal on Friday, February 17th and we are off on Monday, February 20th in observance of President's Day. Tuesday, February 21 and Wednesday, February 22 are "Snowflake Days". What this means is that IF we do not have "snow days" between now and February 17th, school will NOT be in session on Feb. 21 and 22. If school is cancelled due to inclement weather one day between now and Feb. 17th we will not have school Feb. 21 but will have school Feb. 22. If we have two cancelled days of school by February 17th, school will be in session on the two snowflake days. This is all dependent upon school being cancelled. We will keep you updated as we approach February 17th for any clarification that needs to be communicated. Please let us know if you have questions or concerns. Thanks!



## Motivating Our Kids to Read February 2017

Mrs. Doxsee, Mrs. Roussel, Mrs. Uzzo

At Essex Elementary School, a great amount of time is reserved for motivating our kids to read and providing time for them to do so. From discovering favorite authors or favorite series, kids build their stamina and enjoy a book or magazine on a daily basis. If your child is having difficulty getting hooked into reading a good book, consider these reasons children frequently give for not reading:

- ***It's boring.*** Kids may need help in finding interesting reading material.
- ***I don't have the time.*** Kids are busy with extracurricular activities and may need help rearranging their schedules to make time for reading.
- ***It's too hard.*** Kids may need help in finding books that are just right.
- ***It's not important.*** Kids may not see the purpose or relevance of reading.
- ***It's no fun.*** Kids may feel anxious or under pressure and view reading as a chore or painful experience.

If any of these statements ring true then here are some ways to encourage reading at home:

1. Scout for things your children might like to read. Use their interests and hobbies as starting points.
2. Leave all sorts of reading materials around your home.
3. Notice what attracts your child's attention, even if they only look at the pictures.
4. Let your children see you reading for pleasure.
5. Take your child to the local library.
6. Play games that are reading related.
7. Set aside a regular time for reading as a family.
8. Present reading as an activity with a purpose – such as reading and following a recipe or building a model airplane.
9. Set aside a special place for children to keep their own books.
10. Connect your child's reading with an extended activity, such as visiting the dinosaur museum after reading a book about dinosaurs.

### **FROM THE EES HEALTH OFFICE**

As February begins, I am hoping the groundhog doesn't see his shadow. We have been fortunate to have a mild winter so far, but being New England, we are never sure what Mother Nature has in store for us.

The students do go out for recess daily if the temperature and/or the air temperature with wind chill is greater than 20 degrees. The children LOVE going outside and look forward to it. Please be sure your children come to school with the appropriate cold weather gear - coat, hat, gloves/mittens, snow pants, and boots.

A reminder to parents that health physicals are required for all students in 2nd and 5th grades. If you have not submitted your child's completed health form, please do so as soon as possible. Physicals done after September 1, 2015 are acceptable. Please contact the Health office if you need blue physical health forms or information.

All 6th grade students are required by the CT Department of Public Health to have physicals for entrance into 7th grade. Physicals done on or after September 1, 2016 are acceptable. **Please remember to fill out the parent portion on the front of the blue form.**

Your phone calls to the Health office to report your child's absence are appreciated. The Region 4 Schools keep track of student and staff symptoms in order to be aware of illnesses in the school community. Your call also assures that we account for all Essex Elementary students' health and safety. Sick, absent, or tardy calls can be phoned in to (860)767-1524 or e-mailed to sdeens@reg4.k12.ct.us.

According to the CT State Board of Education section 10-210 of the CT General Statutes a student's absence from school is considered excused if it meets the following criteria: "A) For absences one through nine, a student's absences from school are considered excused when the student's parent/guardian approves such absence and submits appropriate documentation; and (B) For the tenth absence and all absences thereafter, a student's absences from school are considered excused for the following reasons: (1) student illness (NOTE: all student illness absences must be verified by an appropriately licensed professional to be deemed excused, regardless of length of absence; (2) student's observance of a religious holiday; (3) death in the student's family or other emergency beyond the control of the student's family; (4) mandated court appearance; (5) the lack of transportation that is normally provided by a district other than the one the student attends (no parental documentation is required for this reason); or (6) extraordinary educational opportunities pre-approved by district administrators and in accordance with Ct State Department of Education guidance."

Please feel free to call the Health Office with any questions or concerns @ (860) 767-4996.

Suzanne Deens, R.N.

## Physical Education News

by Kathy Walsh

In our physical education program for students, rigorous instruction is provided with an increasing emphasis on high leverage, higher order thinking skills. This focus is leading to improved student learning of physical education skills and concepts.

What does higher order thinking look like in phys. ed. class? In our K-6<sup>th</sup> grade program, students are given opportunities to collaborate, create, problem solve, in addition to strategizing, evaluating and analyzing their own performance and that of their peers.

Our 4<sup>th</sup> and 6<sup>th</sup> graders, recently evaluated their individual fitness scores from the CT Physical Fitness Assessment and wrote about how they would develop and maintain their fitness in the areas of cardio-respiratory endurance, muscular strength, muscular endurance and flexibility. We've discussed that often making small changes in our daily lives- for example, taking the family dog for a walk before sitting down to do homework after school can add more physical activity into our busy days. Students analyzed their performance in the four fitness areas, reviewing the standards for a boy or girl their age and developed their own individualized plans for improvement.

In our basketball unit for 5<sup>th</sup> graders, students developed strategies and techniques to improve their ball handling skills while dribbling at a fast speed under control. Our 3<sup>rd</sup> graders first evaluated their own jump rope skills before applying that knowledge to critique and encourage a classmate. While working with others, students demonstrate respect, interact positively with words, tone and actions, reacting appropriately to varying situations.

Second graders are focusing on the overhand throw in their throwing and catching skills unit. They are working on remembering and understanding the different steps of turning their side to the target, placing the ball in their dominant hand behind ear, shifting their weight to their opposite foot, rotating the trunk, following through with their elbow, wrist, fingers and crossing the midline with their throwing hand after release. Students worked on a self and peer checklist to reinforce understanding of the correct steps to execute an overhand throw, in addition to engaging in different activities and playing a variety of high energy cooperative and competitive games.

Our Kindergarten and 1<sup>st</sup> graders are focusing on practicing fundamental throwing and catching skills using a variety of manipulatives. Higher order thinking questions are often embedded into the lessons at different points during instruction. An example of some embedded questions: "If you're having difficulty catching the ball you're working with, what do you think you need to do with your body to be more successful at catching? Try it out. How did your strategy work?" In physical education, children develop their communication and problem solving skills, take risks, evaluate their progress, leading to more learning and success.

## Kindergarten News

We are continuously working on identifying basic story elements (characters, setting, problem, and solution) of texts as we read. You can have natural discussions about texts as you read with your child at home and identify these elements together (especially problem and solution). We will also be working on the comprehension strategy of visualizing. This is when readers make pictures in their heads as they hear or read words in a story. The pictures we create in our minds help us to make sense of the stories in our minds.

We will also begin a unit on informational-nonfiction text. The ultimate goal of this unit is for students to carry their strategies for thinking and talking about books into nonfiction. Before they can really “read” nonfiction, we want our students to be great thinkers. We will learn to recognize the differences in purpose and structure between fiction and nonfiction. The purpose of this unit is to introduce the students to nonfiction text and to help them make sense of nonfiction using the reading comprehension strategies they have learned in earlier units. These strategies include wondering about topics they read about and retelling. The unit’s primary goal is for students to use comprehension strategies to make sense of what they read, rather than to recall the many facts presented in the books.

Additionally, we are continuing to work on a variety of reading strategies to help us decode unknown words as we read. We are experts at checking the picture for clues and have moved onto checking the sounds in the words to confirm our word choices. We are practicing sounding out words and using word parts or “chunks” to help us figure out words. Another strategy we will be working on is skipping difficult words as we read and going back and using context clues to help us take a guess that makes sense. You can use these strategies with your child at home when they bring home their books for guided reading.

During our writing times, the students will focus on telling more about their topic by adding details to their drawing and writing. They will learn and practice strategies for telling more

both *before* and *after* they write. Before they write, they will visualize, think, and talk about the information they might include in their story. After they write, they will reread their story by looking at their drawings and words and think about what more they can tell. They will also hear and discuss books that exemplify telling more.

In math, we are beginning our math unit called “Make a Shape, Build a Block.” We will start the unit by examining the features of 2-dimensional shapes (squares, rectangles, circles, ovals, triangles, rhombuses etc.). We will look for these shapes in our environment and relate them to real world objects. Once we have mastered creating and identifying 2-dimensional shapes, we will examine how they fit together to make 3-dimensional shapes (cubes, spheres, cylinders, pyramids, and prisms). We will explore the properties of these 3-dimensional shapes and look for them in the environment. We will work towards being able to name and create these shapes.

**Do you know a  
youngster who is  
eligible for  
Kindergarten for  
the 2017-18 school  
year? If so, please  
have parents  
contact the office  
today!  
Thank you!**

## Art Room News

By Gary Stevens, Art Teacher

The art room this year has been jam packed with students excitedly learning the elements of art while flexing their creativity muscles. We have been learning techniques, concepts, vocabulary, and production methods in order to deepen our connection with the world, each other, and ourselves. We can't wait to display what we have been working so hard on this year at the first annual Night of the Arts, on April 27th, here at Essex Elementary School.

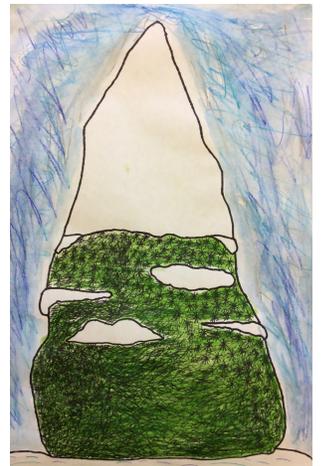


Kindergarteners spend their first year in art being introduced to all different art materials, techniques, and routines. So far this year, we have become familiar with crayons, pencils, markers, oil pastels, watercolor paint, and even earthenware clay. Moving forward, we will be becoming even more comfortable using these materials, while adding more media to the list such as tempera paint, watercolor colored pencils, and model magic clay.

First Graders have been taking what they learned about various media last year in kindergarten, and have been applying their knowledge to learning about various artists and elements of art. We have studied artists such as Claude Monet and Jasper Johns, while exploring the color grouping concept of warm and cool colors. First graders are now looking forward to moving into their first ever ceramic pottery project!

Second Graders have spent the first half of the year diving into some more advanced artistic concepts, such as symmetry, repetition, and unity. We have spent the majority of our time this year using various types of paint, so we are looking forward to moving into our pottery unit. We will also be exploring the connection between literature and art by studying the work of Eric Carle.

Third Graders are focused this year on four ever-important Elements of Art; line, shape, color, and texture. As our guiding focus we have used these elements to study artists such as Leonardo Da Vinci and Andy Goldsworthy. Most recently, we have been exploring the relationship between organic and geometric shapes. Coming very soon, third graders will be introduced to the ceramic technique of coil pottery, as well as learn about the contemporary glass artists, Dale Chihuly.





The fourth grade year in art is all about Op Art, or Optical Illusion Art. To create these fun, unique, and challenging pieces, we need to sharpen our existing skills while learning much more advanced techniques than ever before! We start using more tools such as rulers and compasses while creating carefully planned artwork that is so successful it can have your eyes trick your brain! We have been using elements such as value, repetition, and measurements to produce our deceptive work, and will be applying even more of these skills as the year progresses.

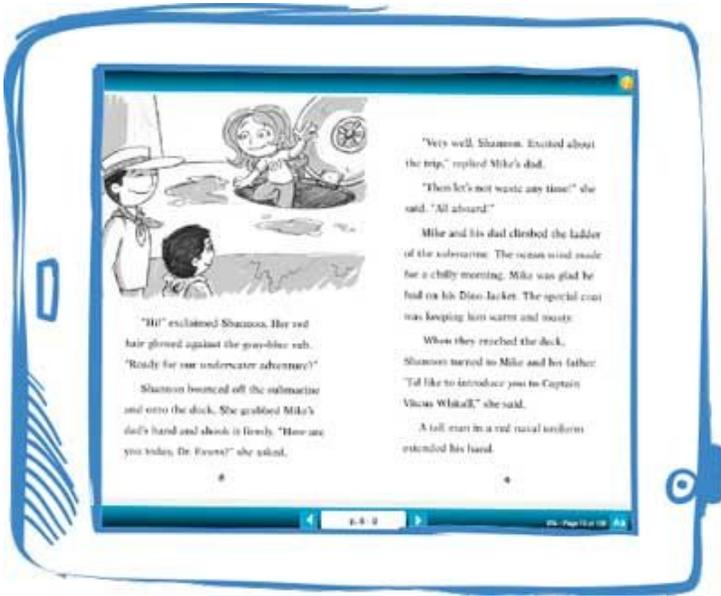
Fifth Graders have spent the early part of this year taking a closer look at the human figure through a series of observational drawings and proportioning exercises. By using the artist Alberto Giacometti as inspiration, we have also been creating some fantastic figure sculptures by using wire and plaster. This is going to give us some great practice with the materials and techniques we will need to use for the upcoming hat project, an EES fifth grade tradition!



Sixth Grade is an exciting time to be in art because we use materials that we have never used before in our entire art career at EES. We began the year by designing and creating our own individual mosaic tiles. Currently, we are finishing up our big Ancient Egyptian art unit, in which we each created a unique Egyptian themed sarcophagus using plaster, earthenware clay, and acrylic paint. Soon we will be discussing the many uses of glass as an artistic medium, and each student will get to create their own slumped glass bowl!

The student artists of Essex Elementary School want to remind everyone to join us on April 27th for our first annual Night of the Arts. The evening will kick off at 5:00 pm with the school-wide art show. This will be a great opportunity to come together and celebrate all of the fantastic artistic achievements our students have accomplished this year. Work from kindergarten through sixth grade will be displayed throughout the school. The art show will then lead into the school concert, taking place here in the EES gymnasium at 6:30 pm. We hope to see you there!

## Access EES's Collection of eBooks from Home!

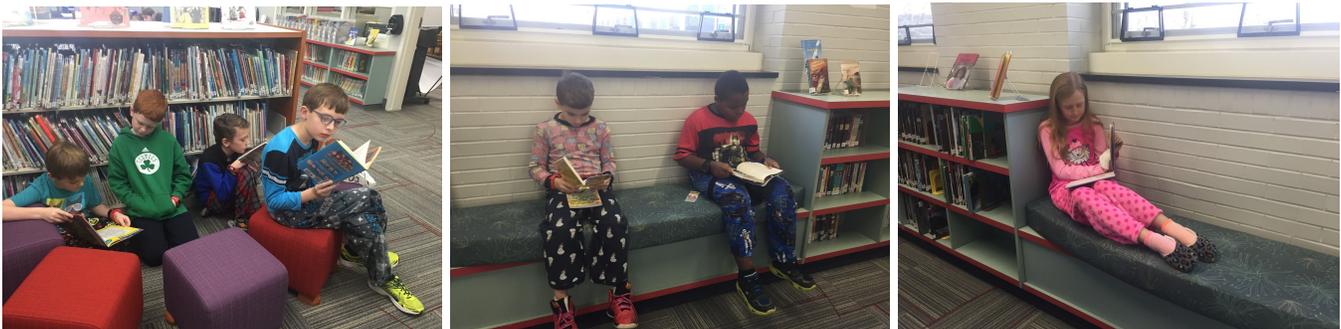


Accessing EES's collection of ebooks from home is now easier than ever. You can read the books online, or you can download an app for your tablet or device. There are apps for Kindle Fire, iOS, Nooks, Android, and Windows. You unfortunately cannot download these ebooks onto a traditional Kindle. From the library media center homepage, click on the link for Destiny Discover. To learn how to download an app, click on the link at the bottom of the library media center homepage. Then login with the information below.

Login: essex  
Password: abcabc

Destiny Discover allows students to engage with ebooks through reading and also offers a note-taking feature for researching. It aligns with the goal of students developing digital and informational literacy skills, which is one of the focus areas of Region 4's 5-year strategic planning process.

If you have any questions about logging in or using our ebook collection, please contact Mrs. Mitchill at [mitchill@reg4.k12.ct.us](mailto:mitchill@reg4.k12.ct.us) or at x5127. Happy reading!



**Mrs. Balogh's 3rd-Grade Class Enjoyed Some Cozy Reading Time (in PJs) in the LMC during our Blizzard of Gratitude Day!**

## **Second Grade News**

As we turn our focus in reading back to fiction, second graders will be learning about characters. Students will be learning to infer how characters are feeling, talk about characters' personality traits, discuss how characters overcome challenges, predict characters' actions, examine how characters change throughout a story, and infer what a character has learned from an experience. We will be practicing these skills as a class, as well as one-on-one and in small groups. The children will also be reflecting and journaling about the characters in the books they are reading independently during our Reading Workshop time. You can support your child in their learning at home by asking your child questions before, during, and after they read a book. Here are some questions you can ask that go along with this unit:

- What is your character feeling right now? What makes you think that?
- What words would you choose to describe your character's personality?
- What do you think your character will do next?
- Are there any characters who disagree with what your character is saying or doing?
- How has your character changed during the story?
- What do you think your character learned? What makes you think that?

## **Grade 6 News**

Now that winter MAP testing has finished up and DARE has started, this month marks, believe it or not, the beginning of the transition to John Winthrop Middle School for Essex sixth graders. On February 3rd, Mr. Gaffney will visit EES and discuss with students some of the choices and opportunities available to seventh grade students. Students will be picking either French or Spanish, as well as band, chorus, band and chorus, or no music for next year. Please have a conversation with your child about their choices so they are prepared to make appropriate selections online at school. On February 8th, grade six will visit JW for a band concert. Later in March, students will visit JW again for to enjoy the middle school's musical.



## **Science is Everywhere in Grade Four!**

by the fourth grade team

The fourth grade students at EES are surrounded by science everyday! They have been involved with STEM activities in their classrooms. These activities utilize aspects of science, technology, engineering and math to solve problems in small cooperative groups. Students work out possible solutions, create drawings or diagrams, build models, test out the possible solutions, and then reach conclusions about what worked or didn't work in their experiment and what they might try next time. Ask your child about what they did in "Build the Tallest Building" (using a piece of paper), "Float your Boat" (with tin foil), and "Pick it Up" (with popsicle sticks and rubber bands). In addition, students have independently had the opportunity to work on "Hour of Code" to problem solve and write code to create computer games. They have enjoyed creating and then playing these computer games. The teachers and students alike have been amazed at the problem solving capabilities, creative thinking, and evolving skill level at reaching conclusions that are well thought out and expressed concisely.

The Invention Convention process has begun in science class. We are defining what an invention is and how inventions solve problems. Students have completed their own concept maps, analyzed inventions in the classroom, identified the problems that they solved, and talked about any ways inventions may be improved by problem-solving any new potential problems that need to be thought about. This process is readying the students to think about inventions they might create that may provide a solution to an existing problem. They will also look at existing inventions and think of ways they might improve them. The next part of this process will be to help them choose an invention that they would like to create and then come up with a list of items they need to build it. Fourth grade students will need to build their invention, either in school (if they don't need power tools) or at home (if they choose - with your help and permission). We will help your child complete the written work that will go into the Inventor Log. We will also help them with the process of creating their display board.

### **February 28th is the EES Invention Convention (6pm-7pm) held in the EES Gym**

It is not necessary for fourth grade students to attend the workshops (they are optional) as we will have in school workshops to help them through the inventing process. They may come home with a form, asking if they can build their invention at home, which we ask that you sign. If you have any questions, please send your child's teacher an email or note. We would be glad to answer any questions you may have.

## FEBRUARY SOCIAL DEVELOPMENT - KINDNESS and GRATITUDE!

As we approach Valentine's Day this year we are working to generate a **MINDSET of GRATITUDE for our classmates and community friends!** Why are you grateful for a particular friend? What are you grateful for about a classmate? What does your classmate bring to your class community that you are grateful for ("Look for the GOOD" in each classmate, acknowledge it and be thankful for that attribute/skill/characteristic)? Each teacher is finding their own way to promote this mindset and incorporate it into their Valentine's Day activities and plans.

What can you do at home to support our efforts?

♥ Have a conversation about Valentine's Day and its purpose being about recognizing and appreciating relationships - all relationships! Appreciating a relationship means "*looking for the good*" in a person - Challenge your child to "look for the good" in each of his/her classmates and identify that for you!

♥ Model this habit for them, sharing how you do this by sharing a few examples of identifying the "good" in people in your life - your work colleagues, a neighbor, etc.

♥ Perhaps if your child is doing Valentines for classmates have a discussion with your child as they fill them out and encourage them to put a note or word of gratitude on their card this year.

And, once again we are **GOING BIG WITH KINDNESS!** Our **GO BIG WITH KINDNESS week is the week of February 27th - March 3rd**. Looking to "kick off" on Friday, February 24th in a very similar way as we did last year . . . **DREAMING OF KINDNESS - another all school pajama day and the explanation of the upcoming week** . As with last year there will be a theme each day of the following week (with challenges to dress to fit the theme) and all students will have a **Kindness Checklist to work on completing that week**. We will be coming together as a school again on Friday, March 3rd for a quick and heart warming gathering (similar to our Gratitude Blizzard) to culminate the week. Here is the list outlining each day's theme and the Community Clothes dress guide:

♥ Friday, February 24th - **DREAM OF KINDNESS!** - Wear your dreamy pajamas!

♥ Monday, February 27th - **OPEN A DOOR TO KINDNESS** - No special dress, but each class will be decorating their class door with a KINDNESS theme

♥ Tuesday, February 28th - **TIP YOUR HAT TO KINDNESS** - Hat Day!!! Wear your favorite hat!

♥ Wednesday, March 1st - **WHO MATTERS?** (a connection to our "You Matter" cards and letters!) - Dress as your "KINDNESS HERO" - Who has made a big difference in your life by showing you kindness?

♥ Thursday, March 2nd - **DR. SEUSS CHARACTERS OF KINDNESS/CHARACTERS WHO MATTER!** - Dress as a Dr. Seuss character who exhibits kindness or has made a significant difference for someone or the world! OR . . . Dress in Red, Black and White!

♥ Friday, March 3rd - **RAINBOW OF KINDNESS** - Wear your grade level color! (see below)

•Grade 3 - Red

•Grade 6 - Orange

•Grade 5 - Yellow

•Kindergarten - Green

•Grade 1- Blue

•Grade 2- Pink (Or something CLOSE or light blue)

•Grade 4- Purple

## FEBRUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			I C	2 D	3 A	4
5	6 B	7 C	8 D	9 A	10 B	11
12	13 C	14 D	15 A	16 B	17 C  Early Dismissal	18
19	20 No School 	21 D  	22 A  	23 B	24 C	25
26	27 D	28 A				



## February 2017 Breakfast Menu

**BREAKFAST IS AVAILABLE AT ALL SCHOOLS. COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY**

Monday	Tuesday	Wednesday	Thursday	Friday
		2/1 Banana Bread Fresh & Dried Fruit Choice of Milk	2/2 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/3 Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
2/6 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/7 Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	2/8 Zucchini Bread Fresh & Dried Fruit Choice of Milk	2/9 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/10 Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
2/13 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/14 Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	2/15 Banana Bread Fresh & Dried Fruit Choice of Milk	2/16 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/17 <b>Early Dismissal – All Schools</b> Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
2/20 <b>No School – President's Day</b>	2/21 <b>if school is in session</b> Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk	2/22 <b>if school is in session</b> Zucchini Bread Fresh & Dried Fruit Choice of Milk	2/23 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/24 Apple Cinnamon Muffin Fresh Apple Slices & Raisins Choice of Milk
2/27 Grab & Go Cereal Graham Crackers Fresh & Dried Fruit Choice of Milk	2/28 Yogurt Graham Crackers Fresh & Dried Fruit Choice of Milk			

**Meal Price \$ 2.75**

**Milk \$0.50 each**

**Adult Meal Price \$ 3.75**

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables. Meals include a source of protein, grains, vegetables, a milk & fruit or juice. We proudly offer locally grown, seasonal fresh fruits & vegetables. All Bread & Pasta items are Whole Wheat. Menu Subject to change without advance notice. Sandwich and or Salad choice available. For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420



## FEBRUARY 2017 Lunch Menu

**BREAKFAST IS AVAILABLE AT ALL SCHOOLS. COME JOIN US FOR THE MOST IMPORTANT MEAL OF THE DAY**

Monday	Tuesday	Wednesday	Thursday	Friday
		2/1 <i>Pasta Bar</i> Tomato, Meat or Alfredo Sauce Warm Garlic Bread Steamed Carrots Chilled Fruit Cup	2/2 Hamburger or Cheeseburger Lettuce & Tomato Oven Fried Potatoes Chilled Fruit Cup	2/3 Turkey Grinder Or Cheese Grinder Baked Chips Veggie Sticks w/dip Chilled Fresh Fruit Cup
2/6 Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/7 Homemade Chicken Noodle Soup with Fresh Vegetables Fresh Roll Chilled Fresh Fruit	2/8 <i>Pasta Bar</i> Tomato, Meat or Alfredo Sauce Warm Garlic Bread Garden Salad Chilled Fruit Cup	2/9 Chicken Fajitas Sautéed Onions & Peppers Salsa & Sour Cream Black Bean Rice Chilled Fruit cup	2/10 Fluffy Pancakes Strawberry Topping Sausage Links Fresh Fruit Cup
2/13 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/14 Toasted Ham & Cheese Sandwich Or Toasted Cheese Croissant Tomato Soup Veggie Sticks w/Dip Chilled Fruit Cup	2/15 <i>Pasta Bar</i> Tomato, Meat or Alfredo Sauce Warm Garlic Bread Broccoli Chilled Fruit Cup	2/16 Ham Grinder Or Cheese Grinder Pretzels Veggie Sticks w/dip Chilled Fresh Fruit Cup	2/17 <b>Early Dismissal – All Schools</b> Sausage, Egg & Cheese Sandwich Or Egg & Cheese Sandwich Hash brown Potatoes Vegetable Sticks Fresh Fruit Cup
2/20 No School – President's Day	2/21 <b>if school is in session</b> Personal Pizza Or Personal Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/22 <b>if school is in session</b> Pasta Bar Tomato, Meat or Alfredo Sauce Warm Garlic Bread Green Peas Chilled Fruit Cup	2/23 Crispy Chicken Pattie Sandwich Lettuce & Tomato Baked Sweet Potatoes Wedges Chilled Fruit Cup	2/24 Beef & Bean Nachos Salsa & Sour Cream Roasted Corn Chilled Fruit Cup
2/27 Stuffed Crust Cheese Pizza Or Stuffed Crust Pepperoni Pizza Tossed Salad w/ Croutons Whole Fruit Sherbet Chilled Fresh Fruit Cup	2/28 All Beef Hot Dog on a bun Baked Beans & Coleslaw Veggie Sticks w/ dip Fresh Fruit Cup			

Meal Price \$ 2.75

Milk \$0.50 each

Adult Meal Price \$ 3.75

Our menus follow dietary guidelines for reduced fat, salt and sugar while increasing whole grains, fruits and vegetables. Meals include a source of protein, grains, vegetables, a milk & fruit or juice. We proudly offer locally grown, seasonal fresh fruits & vegetables. All Bread & Pasta items are Whole Wheat. Menu Subject to change without advance notice. Sandwich and or Salad choice available. For suggestions and questions about School Lunch Program please call 860-526-9546 ext. 1420

WORLD FAMOUS PIANO PRODIGY

# ETHAN BORTNICK

LIVE IN CONCERT

"This kid is AMAZING." - Jay Leno, The Tonight Show

"Spectacular night. 90 minutes of pure entertainment." - The Las Vegas SUN

"Ethan tackles music with fervor and focus." - USA Today

Shared the stage with Elton John, Katy Perry, Beyonce, Celine Dion, Josh Groban, Riba McEntire & More.

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## COME SING WITH ETHAN!

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### OPEN TO STUDENTS GRADES 3-12

With an intense passion for using his music to better the world Ethan has moved audiences worldwide and helped raise over \$40,000,000 for nonprofits.

You can join him for a rousing musical performance to benefit *Sister Cities Essex Haiti* at Valley Regional High School on Thursday, April 6, 2017.

**Don't miss this great opportunity!**

To sign-up call or email Mary-Beth: 860-227-0848 [mharrigan3@gmail.com](mailto:mharrigan3@gmail.com)

For info & tickets to Ethan's Concert go to: [www.bit.do/ethan-bortnick](http://www.bit.do/ethan-bortnick)