

Here are your weekly fliers: [Newsletter 10.6.23.pdf](#)

Thank you for a nice week!

REMINDER: Families are not to enter the school at drop off in the morning unless you need to speak to the secretary or nurse. A staff member will accompany your child if they are having difficulty.

Today we held one of three mandatory lockdown drill for the year and we got an A+ from SRO Lane. It took about 5 minutes to ensure everyone followed the protocol. Before lockdown drills, I announce the following over the loudspeaker:

“Good Morning. We are about to have a lockdown drill. It is not a real emergency. We are practicing staying safe if anyone were to come into the school that isn’t supposed to be here. I am going to press the button and you will hear an alarm. Just follow your teacher and I will come around to make sure that everybody followed the directions. I will come on after the drill is over to let you know how well we did.”

Thank you to those supporting Laps with Lance. We are doing very well and are close to our goal. All raised funds go directly to Oswegatchie to support interactive activities, materials, and assemblies. We hope to see you on the field on Friday Oct. 20. Here are the times by grade level:

9:00-9:45 Pre School and K

10:00-10:45—1<sup>st</sup> and 2<sup>nd</sup>

1:45-2:45—3<sup>rd</sup>-5<sup>th</sup>

On Saturday, October 21 from Noon- 3pm our OSO is putting together what looks to be an AMAZING new celebration. The OSW Fest will include music, food, and community organizations with a focus on ecology and nature.

We will return to school on Tuesday. Have a nice weekend!



## Oswegatchie Elementary School Newsletter

470 Boston Post Road, Waterford, CT 06385

Phone: 860-442-4331 Fax: 860-447-6261

[osw.waterfordschools.org](http://osw.waterfordschools.org)



**October 6, 2023**

School Hours 8:25 a.m. - 3:10 p.m.

Dear OSW Parents,

As many of you may have heard, the government is planning on opening up free Covid test kits via COVID.gov as of MONDAY SEPTEMBER 25, 2023.

### How to prepare for a fall or winter Covid-19 surge

Though late summer has brought a surge of Covid-19 due largely to new variants, it's possible the fall and winter seasons may bring another uptick in infections. If you're looking for ways to protect yourself in addition to stocking up on tests, updated booster shots are now available.

The CDC recommends everyone ages 6 months and older receive a new Moderna or Pfizer vaccination to protect against serious illness.

The symptoms for the latest Covid-19 variant making waves, EG.5 or "Eris," are similar to those of previous strains and can include:

- Fatigue
- Sore throat
- Runny nose
- Fever
- Muscle aches
- Loss of taste and smell

If you're feeling under the weather with some or all of those symptoms, it's a good idea to take a test.

ANNUAL PRE K INFLUENZA VACCINATION is a REQUIREMENT for school attendance, and proof must be provided in writing prior to December 31, 2023 to allow your child to return from the Holiday break. Please schedule your Pre K student for their vaccination early.

Thank you,  
Wendy Doyon RN  
School Nurse

**Joseph Macrino**

**Principal**

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

**Kathy Kerwin**

**Secretary**

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

**Wendy Doyon**

**School Nurse**

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

### [Waterford Before Care Program](#)

**Reminder that the before care program begins at 7:30am and ends at 8:20. The cost is \$5 per child, per day. Register at the office. Students can be dropped off any time after 7:30am.**

### **SAVE THE DATE:**

**Oct. 9 No School**

**Oct. 11 School Picture Day**

**Oct. 17 OSO Meeting (virtual and in person) 5:15pm**

**Oct. 20 Laps with Lance**

**Oct. 21 Oswegatchie Fest 12-3pm**

**Nov. 4 Craft Fair 10-3pm**

**Nov. 4-11 Scholastic Book Fair**





# VETERANS DAY CELEBRATION!



Current or former members of the military are invited to join us for:

## Coffee with a Veteran

Your student will join you for coffee and treats followed by a special assembly where we will honor you for your service.

All members of our school community are invited for this special Assembly!

**Where:** Oswegatchie School



**When:** Wednesday, November 8<sup>th</sup>  
Coffee @ 9:00am (please start arriving by 8:50)  
Assembly at 9:30am



Please RSVP no later than **10/31/23** by clicking the link or scanning the QR code below. If you have questions please email [thullivan@waterfordschools.org](mailto:thullivan@waterfordschools.org). If you would like to send a picture for our slideshow please email a JPEG or PNG image by **10/31/23** to [etaylor@waterfordschools.org](mailto:etaylor@waterfordschools.org).



[Veteran's Day RSVP](#)





# OSO Updates—10/6/23

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*The Oswegatchie School Organization (aka "PTA") is open to any parent, guardian or other caregiver for a current student attending Oswegatchie School. We currently need Class Coordinators for each class—one per classroom. Please contact us if you are interested and feel free to contact us with ideas, thoughts and questions!*

*Email: [oswegatchieschoolorg@gmail.com](mailto:oswegatchieschoolorg@gmail.com)*

## Events and Meetings:

**Tues, October 17, OSO Meeting 5:15pm (hybrid: in-person & Zoom)**

*Bring your ideas & hear updates!*

**Friday, October 20, "Laps with Lance" (during school day)**

*Signup Genius to come! Need volunteers to help that day.*

**Saturday, October 21, "Oswegatchie Fest" at school 12pm-3pm**

*Free Fun on school grounds! See flyer in school newsletter.*

**Sunday, October 29, "Trunk or Treat" at WHS 1-4pm**

*OSO will have one "trunk"—if you want to donate or have a "trunk" call Joe Trelli at 860-444-5848. See the flyer in school newsletter.*

**Saturday, November 4, "Craft Fair" in school gym and café**

*Start your Holiday Shopping and support your school!*

**Saturday, Nov 4 - Friday Nov 11, "Scholastic Book Fair" in library**

*We will need many volunteers to help! Signup Genius to come.*

**Wednesday, Nov 15, 5:15pm OSO Meeting (hybrid)**

**Wednesday, December 13, 5:15pm, OSO Meeting (hybrid)**

Find "Oswegatchie School Organization" on Facebook and "Like" the OSO page to see updates and announcements. Find other important info (calendar, forms, meeting minutes, etc.) about the OSO at our website: [bit.ly/OSOwebsite](http://bit.ly/OSOwebsite) or use the below QR code.



Summer Reading Rewards  
can be used at the  
Book Fair!  
Stay tuned for more  
details.

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## Waterford Schools Core Values:

Knowledge  
Excellence  
Integrity  
Responsibility

## OSO Website QR Code








OCT 21 ST  
12-3PM

# OSWEGATCHIE *fest*

**Nature hikes, animals, face painting,  
scavenger hunt, K-9 demonstration,  
crafts, live music and more on site at  
Oswegatchie School!**

**This is a FREE event for our OSW  
students and their families!**





# Waterford Public Schools/ Waterford Police Department School Safety Forum



**November 15, 2023 ~ 6:00 PM - 8:00 PM**

**WHS Auditorium ~ 20 Rope Ferry Road, Waterford**

*Please join us for an informational night surrounding school safety, the roles of School Resource Officers, definitions of emergency situations and the partnership between the WPD, WPS and home. Event details to follow.*

# Cool Things YOU Do!

We recognize that members of the Oswegatchie School community have many interests, skills and talents that they may wish to share with the students at Oswegatchie School. The Oswegatchie School Organization (OSO) is creating a directory of people who may want to share their interests, skills and talents with students.

Some Ideas that adult members of our school community may share:

Travel and cultural experiences; unique work experiences  
Hands-on work experience or hobbies (e.g., wood working)  
STEM knowledge  
Arts and Crafts  
Sports

Contact Information (please write clearly)

Name & Address: \_\_\_\_\_

Email Address: \_\_\_\_\_ Best

contact number: \_\_\_\_\_

Relationship to Oswegatchie School student (circle one):

Parent of current student  
Grandparent of current student  
Caregiver of current student  
Parent of past student  
Alumni  
Other: \_\_\_\_\_

Please provide a short description of the interest, skill or talent you would like to share:

Grade level that you feel comfortable sharing with. Circle all that apply:

Pre-school  
Grades K-2  
Grades 3-5

**You may also share this information with us by emailing  
oswegatchieschoolorg@gmail.com.**



**The OSO is looking for one parent per classroom to be a link between the class and the OSO. Please email [oswegatchieschoolorg@gmail.com](mailto:oswegatchieschoolorg@gmail.com) to volunteer for this role!**

## Oswegatchie Class Communicator

Our class communicators will link the OSO and classroom teachers. Oswegatchie class communicators will maintain good communication with their grade-level teacher throughout the year. Some responsibilities include:

- Attend an Oswegatchie Class Coordinator kick-off meeting.
- Work together with other OSO Organizers to facilitate communication with classroom teachers and OSO.
- Help recruit parent/guardian volunteers from the class.
- Communicate with classroom parents/guardians about class events and activities.
- Reach out to new families at your grade level with invitations to class events and answer questions.

## Comunicador de Clase en Oswegatchie

Nuestros comunicadores de clase conectan al OSO y los maestros. Comunicadores de clase en Oswegatchie mantendrán buena comunicación con su maestro/a de nivel de grado durante el año escolar. Algunas responsabilidades incluyen:

- Asistir una reunión de organizadores de Oswegatchie.
- Trabajar con los organizadores del OSO para facilitar la comunicación entre los maestros de nivel de clase y el OSO.
- Ayudar a reclutar a padres voluntarios.
- Comunicar con los padres de familia sobre eventos y actividades en la clase.
- Comunicarse con nuevos padres de familias en su nivel de clase con invitaciones a eventos de clase y responder preguntas.





**Safe Futures**  
Stopping Abuse. Restoring Hope. Saving Lives.



# 4K SAFE WALK

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

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

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

**Get together your family, friends and teams!**

**Learn more: [safefuturesct.org](http://safefuturesct.org)**



**Register here**



● VCA New London Animal Hospital presents

122 Cross Road Waterford, CT 06385

# HAUNTED HOSPITAL

Fundraiser to support Puppies Behind Bars

OCTOBER 28TH  
2PM - 5PM  
Admission = Donation












## HISPANIC HERITAGE AND HISTORY PLAYLIST

**Directions:** Explore resources, read one article, watch one video, and listen to a recording of your choice from the list below. Feel free to go big and read them all to support planning, learning, and teaching.

	<div data-bbox="548 300 829 363"> <h3>READ</h3> <p>Read one or more articles</p> </div> <ul style="list-style-type: none"> <li>• <a href="#">CSDE Resources for Teaching Hispanic Heritage Month</a> - CSDE (Various)</li> <li>• <a href="#">Hispanic Heritage Month Resources for educators</a> - Anti-Defamation League</li> <li>• <a href="#">17 Books to Celebrate Hispanic Heritage (scholastic.com)</a> - Scholastic</li> <li>• <a href="#">Hispanic Heritage Book Lists for Students</a> - Colorin' Colorado!</li> <li>• <a href="#">Commonsense Media Education – Free Learning Resources</a></li> <li>• <a href="#">¡Pleibol!   National Museum of American History</a> - Smithsonian</li> <li>• <a href="#">National Museum of the American Latino</a> - Smithsonian</li> <li>• <a href="#">The PALABRA Archive</a> - Library of Congress</li> <li>• <a href="#">Nuestras Américas</a> -- UC Santa Barbara Library</li> </ul>
	<div data-bbox="548 646 829 709"> <h3>WATCH</h3> <p>Watch one or more videos</p> </div> <ul style="list-style-type: none"> <li>• [Varies] <a href="#">The Graduates/Los Graduados</a> (8 video series)– PBS Learning Media</li> <li>• [Varies] <a href="#">Salsa!</a> Collection of familiar stories to teach Spanish to K-3 Learners</li> <li>• [Varies] <a href="#">¡Oh Noah!</a> Collection (8 videos)-Teaching Spanish to Learners aged 6-8</li> <li>• [Varies] <a href="#">2023 Festival Schedule — Latinx Kidlit Book Festival</a> Join the 2023 Latinx Kidlit Book festival LIVE from your classroom, library or home for FESTIVAL FRIDAYS starting September 22nd through October 13th! Bilingual resource.</li> <li>• <a href="#">10 great TED Talks by Hispanic and Latinx speakers for Hispanic Heritage Month  </a></li> </ul>
	<div data-bbox="456 936 922 999"> <h3>LISTEN</h3> <p>Listen to one or more recordings/podcasts</p> </div> <ul style="list-style-type: none"> <li>• <a href="#">LatinoUSA</a> - Multimedia content for and about the new American mainstream in the service of empowering people to navigate the complexities of an increasingly diverse and connected world - Podcast</li> <li>• <a href="#">Latino Music Figures</a> - Prominent Latino musicians in the U.S. and in Latin America - Google Arts &amp; Culture</li> <li>• <a href="#">Circle Rounds Podcast</a> – Folktales for ages 2 and up – Commonsense Education</li> <li>• <a href="#">Radio Ambulante - Uniquely Latin American stories in Spanish</a> Podcast in Spanish</li> <li>• <a href="#">The Goddess of Broadway   Smithsonian Institution (si.edu)</a> Podcast on the first ever Puerto Rican performer on Broadway, Diosa Costello.</li> </ul>
	<div data-bbox="440 1272 938 1335"> <h3>EXPLORE</h3> <p>Explore additional resources used in the field</p> </div> <ul style="list-style-type: none"> <li>• <a href="#">CSDE Model African American/Black and Puerto Rican/Latino Course of Studies Collection Resources   GoOpen CT</a></li> <li>• <a href="#">Westward Expansion and Country Music's Hispanic Influence (teachrock.wpenginepowered.com)</a> - TeachRock Units and Lessons</li> <li>• <a href="#">Ritchie Valens (Elementary School Version) - TeachRock</a> - TeachRock Units and Lessons</li> <li>• <a href="#">Ritchie Valens - TeachRock (Middle and High School Version)</a> - TeachRock Units and Lessons</li> <li>• <a href="#">Learning About Latin American and Hispanic Culture and History Through Music - The New York Times (nytimes.com)</a> Several lessons on reggaeton, Cuban music, and the musical legend Selena</li> <li>• <a href="#">Latino/Hispanic Heritage Resource Packet download-in-pdf.pdf (teachingforchange.org)</a></li> </ul>
	<div data-bbox="500 1640 878 1703"> <h3>REFLECT</h3> <p>Reflect on the following questions</p> </div> <ul style="list-style-type: none"> <li>• What new awareness, questions, or ideas do you have after reviewing the resources?</li> <li>• How will you transfer your new learning to your practice?</li> <li>• How will you help students celebrate their heritage and feel seen?</li> </ul>





**IMPORTANT**

**PURCHASE WPS DEVICE PROTECTION BY OCT. 15TH!**

**Grades 4-12 Only**

Using MySchoolBucks you can:

- Purchase Device Protection in our WPS online store
- Pay invoices (new charger, etc.)

Get started in 4 easy steps:

1. Download the MySchoolBucksmobile app or visit [myschoolbucks.com](https://myschoolbucks.com)
2. Create your free account
3. Add your student
4. Browse the WPS online store to locate WPS Device Protection



Store

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

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



# Laps with Lance

October 20<sup>th</sup>

Help us reach our school goal of  
**\$20,000**

Top fundraising class will earn an ice cream  
party with Officer Hodges

## Individual Awards:

1. Participate and earn  
the 10 toes token!



2. Receive your first  
donation to earn the  
high five token AND  
get your name entered  
to win a raffle



3. Raise \$100 and earn  
the 100 club token



SCAN ME

## Class Awards:

\$200—class banner

\$400—hat day

\$600—super hero day

\$800—crazy sock day

\$1,000—fancy day

\$1,200—crazy hair day

\$1,400—sports day

\$1,600—mystery reader

\$1,800—class toe token

\$2,000—extra PE



**MY  
SCHOOL  
BUCKS**



**Pay for 2023-24  
School Meals and WPS Device Protection  
with Our New Payment System!**

Dear Parents and Guardians,

We've teamed up with MySchoolBucks, an online service where you can easily and securely pay for school meals and WPS Device Protection using a credit/debit card or electronic check.

Using MySchoolBucks you can:

- Add funds to your student's meal account
- View meal balances & cafeteria purchases
- Receive low balance alerts
- Purchase WPS Device Protection for your child's school issued device for the 2023-24 school year

Easily pay online for school meals and WPS Device Protection for students in Grades 4-12! Create your free MySchoolBucks account to conveniently and securely pay online or download the mobile app to make payments from anywhere!

**Get Started Today:**

1. Go to [myschoolbucks.com](https://myschoolbucks.com) or download the mobile app
2. Create your free account and add your students using their school name / student ID
3. Add funds to your student's meal account or add items from the School Store section
4. Check out using your credit / debit card or electronic check *(A program fee may apply)*

Thank you,

WPS Food Services and WPS IT Department

Every year, 18,000 patients are diagnosed with life-threatening blood cancers or other blood disorders that could be cured or treated with a blood stem cell transplant. But 70% of them don't have a fully matched donor in their family. They depend on Be The Match® to find an unrelated donor. Adapted from [//my.BeTheMatch.org/strongestboy](http://my.BeTheMatch.org/strongestboy)

The Waterford community, including families within our district (see below), have been impacted by these cancers and are looking to raise awareness regarding the Be The Match® program and the need for donors for bone marrow transplants.

Please visit [//my.BeTheMatch.org/StrongestBoy](http://my.BeTheMatch.org/StrongestBoy) for more information on this life saving program and for the process to become a donor.



Tiago, Waterford, CT  
searching patient

## YOU COULD BE THE CURE FOR TIAGO

Join the Be The Match Registry®  
on behalf of Tiago today!

BE  THE MATCH®





# Your child can get a flu shot at the Waterford Public Schools School-Based Health Center



**Protect your child from the flu this season!**

*Your child can receive their flu vaccine with a signed enrollment and flu consent form.*

## Did you know?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

## How do I sign my child up for the flu shot?

In order for your child to receive a flu shot, you must fill out an enrollment form and flu vaccine consent form. Enrollment forms can be found on the UCFS Healthcare's website -

<https://www.ucfs.org/services/school-based-health-centers/>

or by scanning the QR code

**Please call the SBHC Line at 860-822-2803 to schedule an appointment.**







# 2023-2024

# WATERFORD RECREATIONAL BASKETBALL SEASON

REGISTER ONLINE NOW!  
**WATERFORDRECBASKETBALL.COM**



## LEAGUE BREAKDOWN

### INSTRUCTIONAL LEAGUE

BOYS & GIRLS GRADE 1-3

INSTRUCTIONAL REGISTRATION FEE - \$50

### RECREATIONAL LEAGUES

BOYS GRADE 3/4/5 - GIRLS GRADE 3/4/5

BOYS GRADE 6/7/8 - GIRLS GRADE 6/7/8

BOYS SENIOR LEAGUE GRADE 9-12

### TRAVEL LEAGUES

BOYS & GIRLS 4-8

### RECREATIONAL REGISTRATION FEES

1ST CHILD: \$100

2ND CHILD: \$80

EACH ADDITIONAL CHILD: \$65

FAMILY MAXIMUM: \$245

**\*\*REGISTER EARLY TO  
AVOID LATE FEES**

### REGISTRATION DEADLINES

TRAVEL REGISTRATION CLOSING OCT  
16TH

RECREATIONAL CLOSING NOV 12TH  
\$20 LATE FEE AFTER OCT 16TH

**\*TRAVEL MUST BE REGISTERED IN THE  
REC PROGRAM BY 10/16/23**

*\* TRYOUT & EVALUATION TIMES WILL BE RELEASED SHORTLY*

ANY QUESTIONS, PLEASE  
REACH OUT TO:

**WATERFORDBBALLBOARD**  
**@GMAIL.COM**



**WATERFORD**  
RECREATIONAL  
BASKETBALL

CONNECT WITH US



# Who Will Win????



## Waterford Police vs. Waterford Fire Softball Game

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

**Friday, October 13, 2023 at 5PM**

**Veteran's Memorial Park Baseball Field**

**50/50 Raffle! Food Trucks! Family Fun!**

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

## In Partnership with



# Addy's Run

## 5k



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

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

Contact info: Karen Mackinnel  
[kmack100811@gmail.com](mailto:kmack100811@gmail.com)

**OCTOBER 15**  
**10:00am**

**Wee Run @**  
**9:30am**

**Great Neck**  
**Elementary**  
**School**  
**Waterford, CT**

**REGISTER AT**  
**RUNSIGNUP.COM**  
**OR WITH QR**  
**BELOW**





Bring the whole family out!



# WATERFORD'S WICKED WONDERLAND

October 29, 2023, 1-4pm

Waterford High School  
Circular Parking Lot

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

Sponsored by:



Costume Contest



Trunk Contest



Fun Activities



Music by  
DJ A-Bomb



Neurodivergent  
friendly 1-1:30p



Officer Hodges

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

**Sign up to be a trunker!**

Decorate your trunk and  
have fun passing out candy

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

**CONCESSIONS:**



Hot  
Chocolate



Hot Cider



Dessert



VENDORS NEEDED

# ARTISAN & VENDOR FAIR

WATERFORD HIGH SCHOOL  
WATERFORD, CT

PROFITS SUPPORT THE CLASS OF 2025

DEC  
3rd



10-3pm

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



# Urgent response for children's mental health crises.



- Thoughts of suicide or self-injury
- Feelings of depression, anxiety or hopelessness
- Out-of-control behaviors
- Substance misuse
- Any mental health crisis

**No appointment needed**

At the four walk-in **Urgent Crisis Centers (UCC)** for children and adolescents ages 18 and under, trained staff will:

- ✓ De-escalate the crisis
- ✓ Complete an evaluation
- ✓ Connect youth to services

## Urgent Crisis Centers



1680 Albany Avenue, Hartford, CT 06105  
(860) 297-0520  
[thevillage.org/UCC](http://thevillage.org/UCC)



255 Hempstead St, New London, CT 06320  
(860) 437-4550  
[childandfamilyagency.org/urgent-crisis-center](http://childandfamilyagency.org/urgent-crisis-center)



141 East Main Street, Waterbury, CT 06702  
(203) 580-4298  
[wellmore.org/urgent-crisis-center](http://wellmore.org/urgent-crisis-center)



20 York Street, New Haven, CT 06510  
(203) 688-4707  
[ynhh.org/childrens-hospital/services/emergency-services](http://ynhh.org/childrens-hospital/services/emergency-services)

In partnership with:



*If a youth needs immediate medical attention,  
call 9-1-1 or go to the nearest hospital.*

# UCFS Healthcare's School-Based Health Centers and Your School!

The UCFS school-based health centers (SBHC) are a doctor's office inside of your school. The services are provided by an APRN (advanced practice registered nurse)/PA (Physician Assistant) and licensed behavioral health clinician who are experts in adolescent health and are employed by UCFS. The intention of the UCFS SBHC is to supplement the care your child receives at their pediatrician's office.



## Services Provided



- Yearly well-child examinations
- Vaccinations
- Sports physicals
- Acute care visits (e.g. sick visits, lacerations, injuries, etc.)
- Chronic care visits (e.g. asthma, ADHD, etc.)
- Mental Health Assessments
- Substance Abuse Screenings
- Counseling (individual, group, and family)

## Top 5 Reasons to use the School-Based Health Center

- Convenient same day appointment.
- Removes barriers to care such as lack of transportation.
- Decreases time away from the classroom which improves academic success.
- Improves student's achievement by taking care of behavioral health needs that can make learning difficult.
- Connects students and their families with insurance coverage.

5

## Referrals are easy...



- Behavioral Health Referrals can come from students, teachers, counselors, administrators as well as parents/guardians of students.
- Medical visits can be coordinated through the school nurse or directly with our family engagement/medical assistant.
- Working collaboratively with school personnel, families, and local youth services has helped to maximize student support.

## To learn More...

School-Based Health Centers are located at Waterford High School and Clark Lane Middle School and are open to all Waterford Public School students.

Scan here to learn about the School-Based Health Center at your school! SBHC line - 860-822-2803



SCAN ME



**MONTHLY  
VIRTUAL  
TRAINING  
SESSIONS**

**CENTER OF EXCELLENCE  
FOR TEACHING AND LEARNING**



# **PARENT TRAINING INSTITUTE**

## *Sept. 2023 - June 2024*

**PURPOSE:** THE SCSU Parent Training Institute will offer monthly virtual training sessions, and helpful resources on a range of topics that can help parents support their child's academic, social, and emotional development.

- **WHO:** Open to parents of children of all ages.
- **WHERE:** All parent workshops will be held virtually.
- **HOW:** Our online workshops will be recorded for use by registered attendees, including those who are unable to attend live.
- **WHEN:** Starts September 26, 2023. Runs monthly on Tuesdays between 7.00 pm to 8.30 pm.
- **CERTIFICATE:** Every registered attendee will receive a "certificate of completion."
- **COST:** \$100 including full access to 10 live and recorded workshop series.
- For more information, email Dr. Olcay Yavuz at [yavuzo1@southernct.edu](mailto:yavuzo1@southernct.edu)

**REGISTER HERE:** <https://bit.ly/3MMxOzF>

### **PROGRAM DATES/TOPICS:**

#### **2023:**

- September 26 @7pm Understanding the USA Education System: Parents' Rights and Responsibilities
- October 24 @7pm Raising College-Ready Children
- November 21 @7pm Understanding College Funding, FAFSA, Scholarship Opportunities and Loan Types
- December 12 @7pm Helping Your Child Become Career & Job Ready (Resume, Career Branding, Interview)

#### **2024:**

- January 30 @7pm Protecting Your Child from Harassment, Intimidation, and Bullying
- February 27 @7pm Utilizing English Second Language Learner, Special Education, and Student Services
- March 26 @7pm Supporting Your Children's Executive Functioning, 21. Century and Soft Skills
- April 23 @7pm The Roles of Parents to Plan Effective Summer Programs for Children and Youths
- May 28 26 @7pm Raising Socially, Mentally and Emotionally Strong Children
- June 11 @7pm Dealing with Drug Internet Addiction, and Cyberbullying





# Pre-K Breakfast and Lunch Menu for October

<div>  <b>LUNCH</b> </div> <div> <b>OCTOBER 2023</b>  WATERFORD SCHOOLS PRE-K BREAKFAST &amp; LUNCH </div> <div> <b>LUNCH \$3.25</b>  <b>MILK ONLY \$.75</b> </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
WG Cereal 100% Juice / Milk <b>2</b>  Sun butter sandwich String cheese Apple slices Milk	Mini pancakes 100% Juice/ Milk <b>3</b>  Popcorn chicken Smile fries Applesauce Milk	"Early Riser" egg/hash brown 100% Juice /Milk <b>4</b>  Soft taco Rice Diced pears Corn Milk	Sweet Potato Roll 100% Juice /Milk <b>5</b>  Chicken & Broccoli Alfredo Salad Fruit cup Milk	Breakfast Pizza 100% Juice /Milk <b>6</b>  Pizza Garden salad Apple slices Milk
<b>9</b>  School Holiday! NATIONAL SCHOOL LUNCH WEEK !	WG Cereal 100% Juice/ Milk <b>10</b>  Pasta & meatballs Fresh broccoli Peaches Milk	Yogurt/ Giant goldfish 100% Juice/ Milk <b>11</b>  Chicken "Drummies" Corn Smile fries Apple slices Milk	French toast sticks 100% Juice /Milk <b>12</b>  Pizza Garden Salad Apple sauce Milk	WG Maple Waffle Eck! 100% juice Sidekick /Milk <b>13</b>  Chicken patty on a Roll Sweet potato gems Baked beans Orange Smiles Milk
Hardboiled Egg, Goldfish Grahams 100% Juice/ Milk <b>16</b>  Mac & Cheese Peas Applesauce Milk	Banana Bread 100% Juice/ Milk <b>17</b>  Yogurt baby carrots Gold fish crackers Orange smiles Milk	WG Cereal 100% Juice /Milk <b>18</b>  Chicken Tenders Mashed potatoes Green beans peaches Milk	Scrambled Eggs /tots 100% Juice /Milk <b>19</b>  Mini pancakes sausage Tots Apple slices Milk	Oatmeal breakfast Round Mozzarella string cheese 100% Juice/ Milk <b>20</b>  Cheeseburger Oven fries Banana Milk
"Early Riser" Egg-Hash Brown 100% Juice/ Milk <b>23</b>  Pizza bites Marinara sauce Spinach Salad Diced Peaches Milk	WG Muffin 100% Juice /Milk <b>24</b>  Popcorn chicken Brown rice Broccoli Mandarin oranges Milk	Cheese omelet 100% Juice/ Milk <b>25</b>  Nachos w/cheese sauce Fiesta beans Applesauce cup Milk	Yogurt/Giant Goldfish 100% Juice/ Milk <b>26</b>  Chicken & waffle sticks Diced carrots Pears Milk	WG Cereal 100% Juice/ Milk <b>27</b>  Turkey & cheese rollups Goldfish crackers Cucumber slices Banana Milk
Egg & Cheese on a Roll 100% Juice /Milk <b>30</b>  Breaded Ravioli /marinara Breadstick Salad Diced pears Milk	Pumpkin Bread 100% Juice /Milk <b>31</b>  Bat shaped Chicken Nugget Mashed potatoes Corn orange smiles milk	Please visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to add funds to your child's account.  For the 23-24 school year, students qualified for <b>Reduced</b> status will receive breakfast and lunch at no cost.		

All grain-based items offered are whole-grain rich which means that at least 50% of the grains in the item are *whole grain (WG)*, all other grains are enriched  
**A VARIETY OF FRESH FRUITS OFFERED DAILY** "Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness"  
**Alternate Choice Yogurt Meal available daily** = Yogurt, Mozzarella string cheese, baby carrots, raisins, goldfish crackers, dinner roll, milk  
**Milk choices: 1% White or Fat Free Flavored** **THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER** **\*Menus are subject to change**

# K-5 Breakfast and Lunch Menus for October

<div> <b>BREAKFAST</b> </div> <div> <b>OCTOBER 2023</b>  <b>WATERFORD SCHOOLS K-12</b> </div> <div> Milk only: \$.75  Second Breakfast Price: \$2.75 </div>				
<div> <b>BREAKFAST</b> </div> <div> <b>OCTOBER 2023</b>  <b>WATERFORD SCHOOLS K-12</b> </div> <div> Milk only: \$.75  Second Breakfast Price: \$2.75 </div>				
<b>Monday</b> Choice of: Muffin, Cereal Or Egg & Cheese on a WG Roll Fresh fruit Choice 100% Juice Milk	<b>Tuesday</b> Choice of: Muffin, Cereal Or Pancakes Syrup cup Diced peaches 100% Juice Milk	<b>Wednesday</b> Choice of: Muffin, Cereal Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	<b>Thursday</b> Choice of: Muffin, Cereal Or Sweet potato Roll Fruit Cup 100% Juice Milk	<b>Friday</b> Choice of: Muffin, Cereal Or Breakfast Pizza Fresh fruit Choice 100% Juice Milk
<b>School Holiday</b>	Choice of: Muffin, Cereal Or Sausage Biscuit Applesauce 100% Fruit juice Milk	Choice of: Muffin, Cereal Or Assorted Yogurt Giant Goldfish Apple slices 100% Juice Milk	Choice of: Muffin, Cereal Or Cinnamon French Toast Fresh Fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal Or WG Maple Waffle Diced peaches 100% Juice Milk
Choice of: Muffin, Cereal Or Hardboiled Egg Giant goldfish grahams Banana 100% juice Milk	Choice of: Muffin, Cereal Or Banana Bread Fresh Fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	Choice of: Muffin, Cereal Or Scrambled Eggs Fresh Fruit 100% Fruit Juice Milk	Choice of: Muffin, Cereal Or Oatmeal breakfast Round Mozzarella string cheese Fruit 100% Juice Milk
Choice of: Muffin, Cereal Or "Early Riser" Egg-hash brown Patty Apple slices 100% Fruit Juice Milk	Choice of: Muffin, Cereal Or Hardboiled Egg Giant goldfish grahams Banana 100% juice Milk	Choice of: Muffin, Cereal Or Cheese Omelet Wrap Fresh fruit Choice 100% Juice Milk	Choice of: Muffin, Cereal Or Assorted Yogurt Giant Goldfish Apple slices 100% Juice Milk	Choice of: Muffin, Cereal Or Egg & Cheese on a Roll Fresh Fruit Choice 100% Juice Milk
Choice of: Muffin, Cereal Or Egg & Cheese on a WG Roll Fruit 100% Juice Milk	Choice of: Muffin, Cereal Or Pumpkin Bread Fresh Fruit Choice 100% Juice Milk	One FREE breakfast for all students daily. Please visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to add funds to your child's account.		

ALL Grain-based items offered at breakfast are Whole Grain Rich which means that at least 50% of the grains in the items are whole grain and all other grains are enriched  
 \*Milk Choices: 1% white or Fat Free Flavored \* A variety of breakfast options offered daily \* All breakfast includes 1 cup of fruit \* Menu subject to change  
 This institution is an equal opportunity provider

<div> <b>LUNCH</b> </div> <div> <b>OCTOBER 2023</b>  <b>WATERFORD SCHOOLS K-12</b> </div> <div> LUNCH PRICES  Elementary \$3.25  CLMS \$3.50  WHS \$3.75  Second Meal: \$4.25 - Adult Meal \$5.00 </div>				
<div> <b>LUNCH</b> </div> <div> <b>OCTOBER 2023</b>  <b>WATERFORD SCHOOLS K-12</b> </div> <div> LUNCH PRICES  Elementary \$3.25  CLMS \$3.50  WHS \$3.75  Second Meal: \$4.25 - Adult Meal \$5.00 </div>				
<b>Monday</b> <b>Meatless Monday!</b> Cheesy Italian pull-a-parts Marinara sauce cup Broccoli w/ranch cup Connecticut Cucumber slices Diced peaches Milk	<b>Tuesday</b> <b>CT Grown for Kids Week!</b> Popcorn Chicken/ dipping sauce Smile fries Locally grown squash Dinner roll Applesauce Milk	<b>Wednesday</b> <b>National Taco day!</b> Soft Tacos with Cheese Garden Fresh Lettuce & Tomato Brown Rice Salsa Cup Fiesta Beans Farm Fresh Peas Milk	<b>Thursday</b> <b>Put local on your Tray!</b> Chicken & Broccoli Alfredo Pasta Ct grown Romaine Salad Garlic Knot Locally Grown Fresh Fruit Choices Milk	<b>Friday</b> <b>CT Grown for Kids Week!</b> Pizza square Ct Grown Kale Caesar Salad Baby carrots/Ranch cup Farm Fresh Apple Milk
<b>School Holiday!</b> <b>NATIONAL SCHOOL LUNCH WEEK!</b> Warning/excessive gaming may lead to extreme hunger! <b>LEVEL-UP W/LUNCH!</b>	<b>Level One Pasta &amp; Fire Balls</b> "Penne" with meatballs Game Zone Garden salad Joy sticks (bread stick) Princess peach(es)-diced Mario Milk	<b>National Smile day!</b> "Angry Birds" Chicken Drumsticks Game on emoji fries Power pellets (corn) Shields (dinner roll) Yoshi eggs (grapes) Mario Milk	<b>Power Up Pizza Slice</b> Hardcore Baby carrots/ranch Saved Game Spinach Salad Golden Apple Mario Milk	<b>Pacman Chicken patty</b> Bonus Baked beans Sweet Potato Gems Good Game Side kick Mario Milk
<b>Meatless Monday!</b> Mac & Cheese Baby Carrots Peas Goldfish crackers Assorted fresh fruit Milk	<b>Hotdog on a WG Roll</b> Baked beans Sweet potato fries Orange smiles Milk	<b>Chicken tenders</b> Mashed potatoes & gravy Dinner roll green beans Peaches or craisins Milk	<b>Pancakes</b> Syrup cup Potato puffs Sausage patty Cinnamon apple slices Mango wango Juice Milk	<b>Cheeseburger</b> Oven baked Fries Lettuce & tomato Cucumber slices Fresh Fruit Milk
<b>Meatless Monday!</b> Pizza bites Marinara sauce cup Spinach Salad Diced peaches Milk	<b>Orange chicken</b> Brown Rice Steamed Broccoli Diced carrots Mandarin oranges Milk	<b>Nachos with Cheese</b> Lettuce & Tomato Salsa Cup Fiesta Beans Pineapple cup Corn Bread Milk	<b>Chicken &amp; Waffles</b> Syrup cup Potato puffs Cinnamon carrots Diced pears Milk	<b>Turkey &amp; Cheese Grinder</b> Cucumber slices/ranch WG Doritos chips Dragon Punch/ 100% juice Fruit Choice Milk
<b>Meatless Monday!</b> Baked Italian Combo Mozzarella stick & Breaded Ravioli Caesar Salad Bread stick Diced pears Milk	<b>But Shaped Chicken nuggets</b> Sweet & sour sauce Cup Ghostly Mashed potatoes Ghoulish Golden Corn Jack o' lantern Roll EEK! Sidekick /100% Fzn Juice Mummy Milk	Please visit <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a> to add funds to your child's account.		

All grain-based items offered at lunch are whole-grain rich which means that at least 50% of the grains in the item are whole grain (WG), all other grains are enriched  
 A VARIETY OF FRESH FRUITS OFFERED DAILY \*Thoroughly cooking meats, poultry, seafood, shellfish or eggs reduces the risk of foodborne illness\*  
 Alternate Choice Yogurt Meal available daily = Yogurt, Mozzarella string cheese, baby carrots, craisins, goldfish crackers, dinner roll, milk  
 Milk choices: 1% White or Fat Free Flavored THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER \*Menus are subject to change



## August 2023

Mon	Tue	Wed	Thu	Fri
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28*	29*	FD	31	

(2 day ~ 2 cumulative)

- 8/28 – ± Staff Convocation
- 8/29 – \* PD - No School – PK-12
- 8/30 – First Day of School

## September 2023

Mon	Tue	Wed	Thu	Fri
				1
SH	5	6	7	8
11	12	13	14	15
18	19	20	21	22
SH	26	27	28	29

(19 days ~ 21 cumulative)

- 9/4 – School Holiday (Schools Closed)
- 9/25 – School Holiday (Schools Closed)

## October 2023

Mon	Tue	Wed	Thu	Fri
2	3	4	5	6
SH	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

(21 days ~ 42 cumulative)

- 10/9 – School Holiday (Schools Closed)

## November 2023

Mon	Tue	Wed	Thu	Fri
		1	2	3
6	PD	8	9	SH
13	14	15	16	17
20	21	School Holiday		
27	28	29	30	

(17 days ~ 59 cumulative)

- 11/7 – \* PD No School for Students– PK-12
- 11/10 – School Holiday (Schools Closed for Students), P/T Conferences
- 11/22 – 11/24 – School Holiday (Schools Closed)

## December 2023

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
School Holiday				

(16 days ~ 75 cumulative)

- 12/22 – Early Dismissal PK-12
- 12/25 – 12/29 – School Holiday (Schools Closed)

## January 2024

Mon	Tue	Wed	Thu	Fri
SH	2	3	4	5
8	9	10	11	12
SH	16	17	18	19
22	23	24	25	26
29	30	31		

(21 days ~ 96 cumulative)

- 1/1 – School Holiday (Schools Closed)
- 1/15 – School Holiday (Schools Closed)
- 1/18-1/23 – \*\* Midterm Exams: Early Dismissal 9-12

## February 2024

Mon	Tue	Wed	Thu	Fri
			1	2
5	6	7	8	9
12	13	14	15	16
SH	21	22	23	
26	27	28	29	

(19 days ~ 115 cumulative)

- 2/19-2/20 – School Holiday (Schools Closed)

## March 2024

Mon	Tue	Wed	Thu	Fri
				1
4	5	6	PT	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	SH

(20 days ~ 135 cumulative)

- \*\* 3/7 – P/T Conferences: Early Dismissal PK-12
- 3/29 – School Holiday (Schools Closed)

## April 2024

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
School Holiday				
15	16	17	18	19
22	23	24	25	26
29	PD			

(16 days ~ 151 cumulative)

- 4/8 - 4/12 – School Holiday (Schools Closed)
- 4/30 – \* PD No School for Students – PK-12

## May 2024

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

(22 days ~ 173 cumulative)

- 5/27 – School Holiday (Schools Closed)

## June 2024

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

(8 days ~ 181 cumulative)

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



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

BOE Approved: December 8, 2022

Revised: June 22, 2023

± Staff Convocation is for all staff of the Waterford Public Schools

\* Professional Development is for Administrators, Teachers, Paraprofessionals 8 AM-3 PM

\*\* Full day for Paraprofessionals



# 2023-24 Elementary Letter Rotation Schedule

August 2023				
Mon	Tue	Wed	Thu	Fri
		30 A	31 B	

September 2023				
Mon	Tue	Wed	Thu	Fri
				1 C
	5 D	6 A	7 B	8 C
11 D	12 A	13 B	14 C	15 D
18 A	19 B	20 C	21 D	22 A
	26 B	27 C	28 D	29 A

October 2023				
Mon	Tue	Wed	Thu	Fri
2 B	3 C	4 D	5 A	6 B
	10 C	11 D	12 A	13 B
16 C	17 D	18 A	19 B	20 C
23 D	24 A	25 B	26 C	27 D
30 A	31 B			

November 2023				
Mon	Tue	Wed	Thu	Fri
		1 C	2 D	3 A
6 B		8 C	9 D	
13 A	14 B	15 C	16 D	17 A
20 B	21 C			
27 D	28 A	29 B	30 C	

December 2023				
Mon	Tue	Wed	Thu	Fri
				1 D
4 A	5 B	6 C	7 D	8 A
11 B	12 C	13 D	14 A	15 B
18 C	19 D	20 A	21 B	22 C*

January 2024				
Mon	Tue	Wed	Thu	Fri
	2 D	3 A	4 B	5 C
8 D	9 A	10 B	11 C	12 D
	16 A	17 B	18 C	19 D
22 A	23 B	24 C	25 D	26 A
29 B	30 C	31 D		

February 2024				
Mon	Tue	Wed	Thu	Fri
			1 A	2 B
5 C	6 D	7 A	8 B	9 C
12 D	13 A	14 B	15 C	16 D
		21 A	22 B	23 C
26 D	27 A	28 B	29 C	

March 2024				
Mon	Tue	Wed	Thu	Fri
				1 D
4 A	5 B	6 C	7 D*	8 A
11 B	12 C	13 D	14 A	15 B
18 C	19 D	20 A	21 B	22 C
25 D	26 A	27 B	28 C	

April 2024				
Mon	Tue	Wed	Thu	Fri
1 D	2 A	3 B	4 C	5 D
15 A	16 B	17 C	18 D	19 A
22 B	23 C	24 D	25 A	26 B
29 C				

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

June 2024				
Mon	Tue	Wed	Thu	Fri
3 B	4 C	5 D	6 A	7 B
10 C	11 D*	12 A*		



■ No School  
\* Early Dismissal