Elementary School Principal Update

January 20, 2023

Abby Kelley Foster
Charter
Elementary

Social Emotional Learning

Social Emotional Learning
Kindergarten
Summary
Kindergarteners have been learning to notice if people are feeling happy, sad, or mad by listening to their stories and by looking at their faces and bodies for clues. They are also learning to calm down strong feelings by taking slow breaths and asking for help.
Try This at Home
Practice identifying emotions by asking questions about people in real life or characters in books and movies. Ask, “How do you think they’re feeling?” and “How can you tell?” Practice slow breathing by pretending to hold a bowl of soup and breathe in slowly with your nose to smell the soup and breathe out slowly with your mouth to cool it down.

Grade 1
Summary

First graders have been learning to notice if people are feeling worried, calm or frustrated by listening to their stories and by looking at their faces and bodies for clues. We notice that someone is calm when they are still, quiet and focused.

Try This at Home

Practice identifying emotions by asking questions about people in real life or characters in books and movies. Ask, “How do you think they’re feeling?” and “How can you tell?” Practice calming down frustrated feelings by using slow breathing, slow counting and asking for help.

Grade 2

Summary

Second graders have been discussing times that they feel proud and disappointed. They learned how to calm down strong feelings by using positive self-talk. Students are also learning to recognize that different people have different feelings in the same situation because of their experiences.

Try This at Home

Ask your child about a time when they felt proud of and disappointed with themselves. Talk about positive self-talk phrases that they can use to calm down strong feelings: “I am smart,” or “I can do anything,” or “I am safe.” Discuss times where they feel differently about something than someone else and the reasons for their differences. Celebrate the differences with them!

Grade 3

Summary

Third graders have learned that emotions are information: scared - possible danger, sad - something you care about, and happy - something you enjoy. They learned that emotions have different levels of intensities: Angry could be annoyed, angry or furious whereas happy could be content, happy or excited.

Try This at Home

Help your child identify what level of happiness or anger they are feeling. Practice taking a break to calm down strong feelings. Taking a break could be deep breathing, slow counting or asking for help.

PTO News

Elementary and Middle School PTO hosts the Abby's Attic Sale- Wednesday, January 18th 4:00-6:00 p.m. in the Activity Center.

Families are invited to come to the Activity Center where all gently used uniform pieces will be sold for $1 per item. Uniform pieces for all three schools are available, but supplies are limited for the Middle and High Schools.

Cash or Venmo accepted during the Abby's Attic Sale.

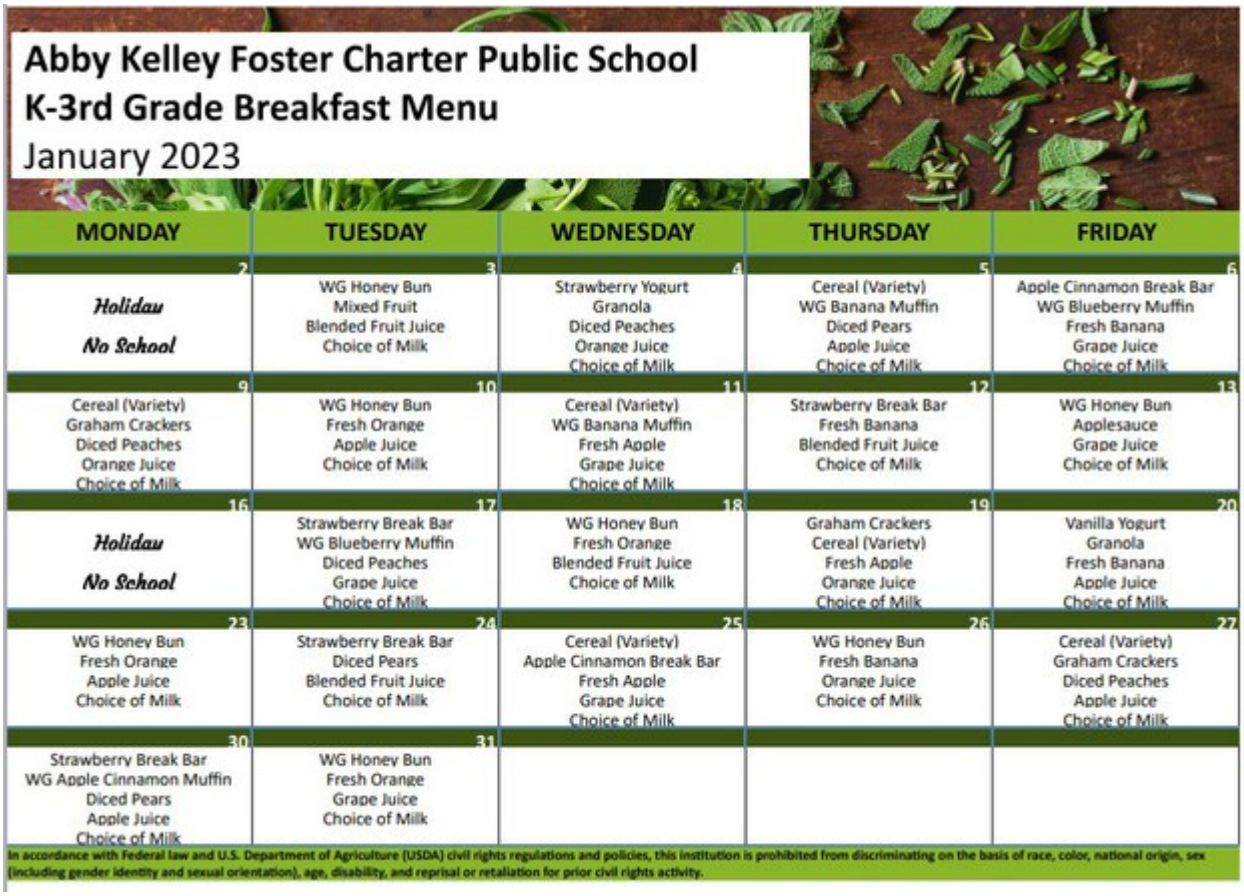
Enrollment Open House

Families interested in learning more about Abby Kelley Foster Charter Public School as an option for their student who is entering Kindergarten through 6th grade in the Fall of 2023 are invited to our Open House.
Meet staff from our Elementary and Middle Schools, who will offer brief presentations, and speak with staff from our Enrollment Office who will be available to answer application questions.
Thursday January 19th, 9:30-10:30am-In person event held at the Elementary School

Thursday, January 19th, 6:00-6:45pm-Zoom event (Information and Link can be found at AKFCS.org)

Next Week

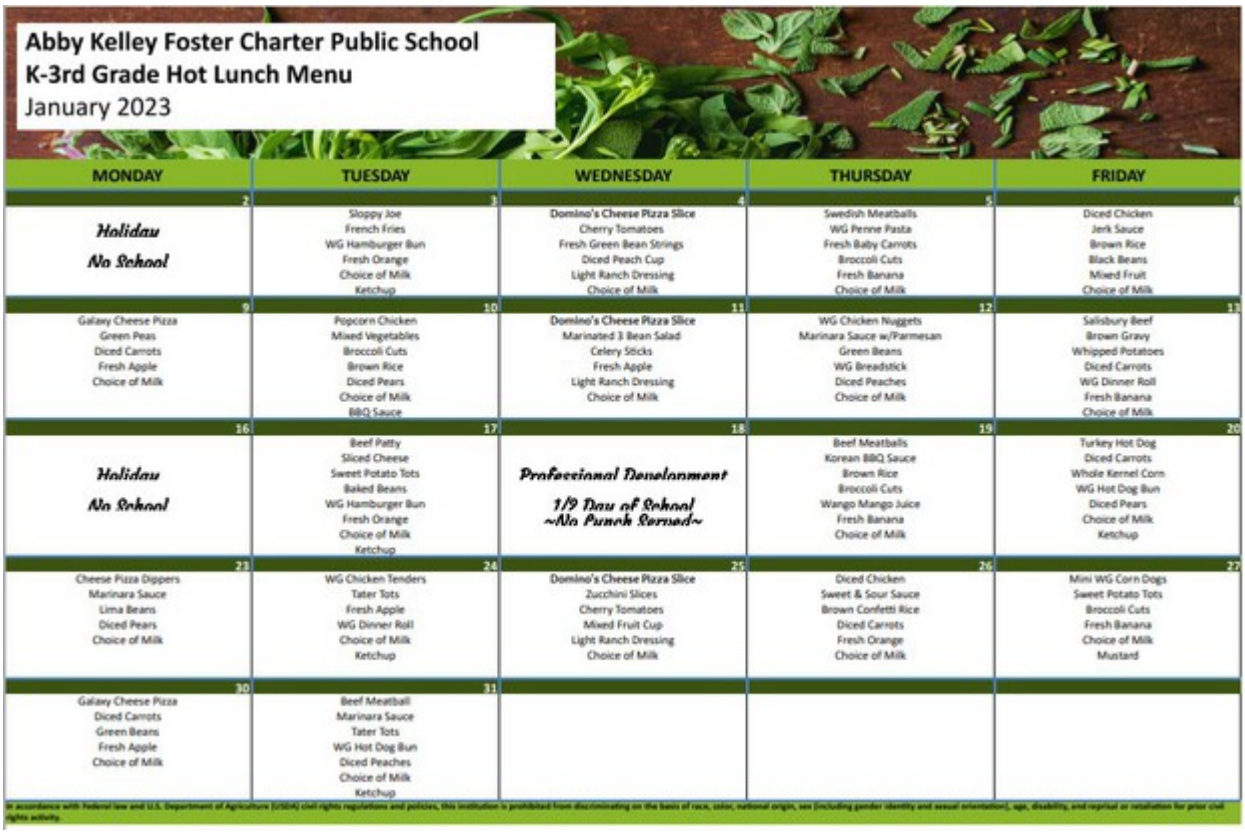
- Monday, January 16th-No School
- Wednesday, January 18th-Early Release Day / 4:00-6:00 Abby's Attic
- Thursday, January 19th-9:30-10:30 Enrollment Open House In-Person with Tours / 6:00-6:45pm Online Enrollment Open House



Abby Kelley Foster Charter Public School
K-3rd Grade Breakfast Menu
January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Holiday* *No School*	3 WG Honey Bun Mixed Fruit Blended Fruit Juice Choice of Milk	4 Strawberry Yogurt Granola Diced Peaches Orange Juice Choice of Milk	5 Cereal (Variety) WG Banana Muffin Diced Pears Apple Juice Choice of Milk	6 Apple Cinnamon Break Bar WG Blueberry Muffin Fresh Banana Grape Juice Choice of Milk
9 Cereal (Variety) Graham Crackers Diced Peaches Orange Juice Choice of Milk	10 WG Honey Bun Fresh Orange Apple Juice Choice of Milk	11 Cereal (Variety) WG Banana Muffin Fresh Apple Grape Juice Choice of Milk	12 Strawberry Break Bar Fresh Banana Blended Fruit Juice Choice of Milk	13 WG Honey Bun Applesauce Grape Juice Choice of Milk
16 *Holiday* *No School*	17 Strawberry Break Bar WG Blueberry Muffin Diced Peaches Grape Juice Choice of Milk	18 WG Honey Bun Fresh Orange Blended Fruit Juice Choice of Milk	19 Graham Crackers Cereal (Variety) Fresh Apple Orange Juice Choice of Milk	20 Vanilla Yogurt Granola Fresh Banana Apple Juice Choice of Milk
23 WG Honey Bun Fresh Orange Apple Juice Choice of Milk	24 Strawberry Break Bar Diced Pears Blended Fruit Juice Choice of Milk	25 Cereal (Variety) Apple Cinnamon Break Bar Fresh Apple Grape Juice Choice of Milk	26 WG Honey Bun Fresh Banana Orange Juice Choice of Milk	27 Cereal (Variety) Graham Crackers Diced Peaches Apple Juice Choice of Milk
30 Strawberry Break Bar WG Apple Cinnamon Muffin Diced Pears Apple Juice Choice of Milk	31 WG Honey Bun Fresh Orange Grape Juice Choice of Milk			

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.



Abby Kelley Foster Charter Public School
K-3rd Grade Hot Lunch Menu
January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 *Holiday* *No School*	3 Sloppy Joe French Fries WG Hamburger Bun Fresh Orange Choice of Milk Ketchup	4 Domino's Cheese Pizza Slice Cherry Tomatoes Fresh Green Bean Strings Diced Peach Cup Light Ranch Dressing Choice of Milk	5 Swedish Meatballs WG Penne Pasta Fresh Baby Carrots Broccoli Cuts Fresh Banana Choice of Milk	6 Diced Chicken Jerk Sauce Brown Rice Black Beans Mixed Fruit Choice of Milk
9 Galaxy Cheese Pizza Green Peas Diced Carrots Fresh Apple Choice of Milk	10 Popcorn Chicken Mixed Vegetables Broccoli Cuts Brown Rice Diced Pears Choice of Milk BBQ Sauce	11 Domino's Cheese Pizza Slice Marinated 3 Bean Salad Celery Sticks Fresh Apple Light Ranch Dressing Choice of Milk	12 WG Chicken Nuggets Marinara Sauce w/Parmesan Green Beans WG Breadstick Diced Peaches Choice of Milk	13 Salisbury Beef Brown Gravy Whipped Potatoes Diced Carrots WG Dinner Roll Fresh Banana Choice of Milk
16 *Holiday* *No School*	17 Beef Patty Sliced Cheese Sweet Potato Tots Baked Beans WG Hamburger Bun Fresh Orange Choice of Milk Ketchup	18 *Professional Development* *1/9 Day of School* *~No Lunch Served~*	19 Beef Meatballs Korean BBQ Sauce Brown Rice Broccoli Cuts Wango Mango Juice Fresh Banana Choice of Milk	20 Turkey Hot Dog Diced Carrots Whole Kernel Corn WG Hot Dog Bun Diced Pears Choice of Milk Ketchup
23 Cheese Pizza Dippers Marinara Sauce Lima Beans Diced Pears Choice of Milk	24 WG Chicken Tenders Tater Tots Fresh Apple WG Dinner Roll Choice of Milk Ketchup	25 Domino's Cheese Pizza Slice Zucchini Slices Cherry Tomatoes Mixed Fruit Cup Light Ranch Dressing Choice of Milk	26 Diced Chicken Sweet & Sour Sauce Brown Confetti Rice Diced Carrots Fresh Orange Choice of Milk	27 Mini WG Corn Dogs Sweet Potato Tots Broccoli Cuts Fresh Banana Choice of Milk Mustard
30 Galaxy Cheese Pizza Diced Carrots Green Beans Fresh Apple Choice of Milk	31 Beef Meatball Marinara Sauce Tater Tots WG Hot Dog Bun Diced Peaches Choice of Milk Ketchup			

In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Resources for Elementary School Families

Elementary School Drop Off Map

Elementary Breakfast and Lunch Menus

[Elementary School Bus Routes]
[Elementary School Staff]
[Uniform Requirements]
[District Calendar]

Abby Kelley Foster Charter Public School

Facebook @twitter_akfcs

Follow Abby Kelley on Instagram @AKFCPS

10 New Bond Street, Worceste... info@akfcs.org
508-854-8400 afkcs.org

Winter Gear

We will continue to go outside for recess as much as possible, even as the weather gets colder. The students love to get outside and run, swing, and move their bodies! Please send them to school with a warm jacket, hat, and gloves each day. If students are wearing appropriate snow gear, including snow pants and boots, they will be allowed to play in the snow. All other students will still be going outside, but will play on the blacktop area or basketball court. You may choose to leave a pair of snow pants and boots at school for your student to wear at recess.

If you would like assistance with getting cold weather clothing, please contact our guidance department at kstockwell@akfcs.org or swoods@akfcs.org.