

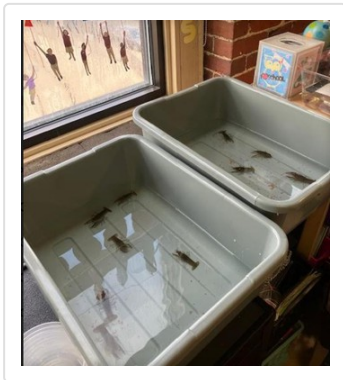
# Elementary School Principal Update

May 7, 2023

## This Week:

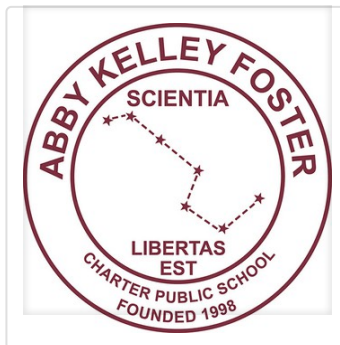
### This Week

- May 9th-Grade 3 Math MCAS Day 1/ 6:30 PTO Meeting
- May 11th-Grade 3 Math MCAS Day 2

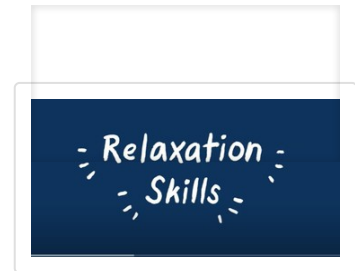


### It's Crayfish Time!

Our third graders are learning about how to keep animals alive, growing, and thriving! They love their classroom visitors and are taking great care of them!



### Abby Kelley Foster Charter Elementary



### Child Mind Institute

See the link below for resources about Relaxation and more!

## MCAS Week

Our third graders are taking their first ever Math MCAS this week on Tuesday and Thursday. Please help them be successful by having them get a good night's sleep the night before the test, and a good breakfast the morning of the test.

Remind them that this is a time for them to "show us what they know" like they do all year, and help them manage any anxiety they have about this assessment.

They have prepared for this, and are going to do great!

## Social Emotional Learning

Check It Out

Attached are some short videos from the Child Mind Institute to watch with your student about how to understand and manage big feelings, as well as relaxation and mindfulness techniques. Scroll down to find the videos for Elementary School Students and check them out!

- [Resources](#)

## Messages from the Elementary School PTO

The PTO thanks all the families who supported Teacher/Staff Appreciation Week at the Elementary School last week with donations. There was a great supply of snacks, drinks and treats for the staff all week with your generosity. Thank you for supporting our efforts to celebrate the Elementary School teachers/staff for all they do for our students!

Next up is Spree Day! The Elementary School Spree Day will be on **Thursday, June 8th**. Volunteers will be needed throughout the day (8:00 a.m.-2:30 p.m.) to help with the activities/games/lunch. To be a volunteer **you must have a CORI** on file with Abby Kelley. To complete a CORI, visit Mrs. Hippert at the front desk (please avoid coming at arrival 8:30-9:00 a.m. and dismissal times 2:30-3:30 p.m.) with your photo ID to complete the CORI form. **CORIs must be completed by June 1, 2023** to ensure enough time to have that completed for Spree Day. A volunteer sign up will be shared next week with additional details for times and assignments.

Abby Kelley Foster Charter Public School K-3rd Grade Breakfast Menu May 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cereal (Variety) Graham Crackers Raisins Blended Fruit Juice Choice of Milk	2 Apple Frudel Diced Pears Orange Juice Choice of Milk	3 Cereal (Variety) WG Chocolate Chip Muffin Fresh Apple Choice of Milk	4 Strawberry Yogurt WG Animal Crackers Fresh Banana Apple Juice Choice of Milk	5 WG Honey Bun Pineapple Tidbits Blended Fruit Juice Choice of Milk
8 Cereal (Variety) WG Apple Cinnamon Muffin Raisins Orange Juice Choice of Milk	9 Strawberry Yogurt WG Banana Muffin Pineapple Tidbits Grape Juice Choice of Milk	10 Cereal (Variety) Graham Crackers Fresh Apple Choice of Milk	11 WG Cinnamon Roll Fresh Banana Blended Fruit Juice Choice of Milk	12 WG Blueberry Muffin Mozzarella Cheese Stick Diced Pears Grape Juice Choice of Milk
15 Cereal (Variety) WG Banana Muffin Raisins Grape Juice Choice of Milk	16 Apple Frudel Fresh Apple Choice of Milk	17 WG Chocolate Chip Muffin Mozzarella Cheese Stick Mixed Fruit Blended Fruit Juice Choice of Milk	18 Vanilla Yogurt Graham Crackers Diced Peaches Grape Juice Choice of Milk	19 Cereal (Variety) WG Peach Muffin Diced Pears Orange Juice Choice of Milk
22 WG Honey Bun Raisins Apple Juice Choice of Milk	23 WG Cinnamon Roll Diced Pears Blended Fruit Juice Choice of Milk	24 WG Blueberry Muffin Mozzarella Cheese Stick Fresh Apple Choice of Milk	25 Cereal (Variety) WG Peach Muffin Fresh Banana Orange Juice Choice of Milk	26 Strawberry Yogurt Graham Crackers Pineapple Tidbits Grape Juice Choice of Milk
29 <b>Holiday No School</b>	30 WG Honey Bun Diced Peaches Apple Juice Choice of Milk	31 Cereal (Variety) WG Peach Muffin Fresh Banana Orange Juice Choice of Milk		

Abby Kelley Foster Charter Public School K-3rd Grade Lunch Menu May 2023				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Cheese Lasagna w/Sauce Broccoli WG Dinner Roll WG Pretzel Goldfish Diced Pears Choice of Milk	2 WG Chicken Tenders Sweet Potato Tots Green Beans Diced Peaches Choice of Milk BBQ Sauce	3 <b>Dominos Cheese Pizza Slice</b> Cucumber Slices Apple Slices Light Ranch Dressing Choice of Milk	4 Popcorn Chicken Sweet & Sour Sauce Brown Rice Green Peas Wango Mango Juice Fresh Apple Choice of Milk	5 Turkey Hot Dog Baked Beans Diced Potatoes WG Hot Dog Bun Fresh Banana Choice of Milk Ketchup & Mustard
8 Galaxy Cheese Pizza Mixed Vegetables Zucchini Diced Pears Choice of Milk	9 WG Chicken Nuggets Sweet Potato Tots Baked Beans WG Dinner Roll Fresh Orange Choice of Milk Ketchup & BBQ Sauce	10 <b>Dominos Cheese Pizza Slice</b> Plantains Celery Sticks Mixed Fruit Cup Light Ranch Dressing Choice of Milk	11 Diced Chicken Alfredo Sauce WG Penne Pasta Broccoli Wango Mango Juice Fresh Apple Choice of Milk	12 Cheese Omelet Butternut Squash Dragon Punch Fresh Banana WG Cinnamon Roll Choice of Milk
15 WG Bean & Cheese Burrito Whole Kernel Corn Green Beans Diced Pears Choice of Milk Picante Sauce	16 Meatloaf Brown Gravy Whipped Potatoes Sliced Carrots WG Dinner Roll Mixed Fruit Choice of Milk	17 <b>1/2 Day of School</b> <b>"No Lunch Served"</b> <b>NO SCHOOL FOR INDEPENDENCE</b>	18 Beef Macaroni & Cheese Diced Carrots Spinach Fresh Banana Choice of Milk	19 Turkey Hot Dog Baked Beans Wango Mango Juice Diced Carrots Fresh Apple WG Hot Dog Bun Choice of Milk Ketchup & Mustard
22 Cheese Pizza Dippers Marinara Sauce Broccoli Mixed Fruit Choice of Milk	23 Popcorn Chicken Zesty Orange Sauce Brown Rice Green Beans Sliced Carrots Diced Peaches Choice of Milk	24 <b>Dominos Cheese Pizza Slice</b> 3 Bean Salad Cherry Tomatoes 100% Fruit Juice Light Ranch Dressing Choice of Milk	25 Sausage & Pancakes Crispy Cubed Potatoes Dragon Punch Fresh Apple Choice of Milk Ketchup & Syrup	26 <b>1/2 Day of School</b> <b>"No Lunch Served"</b>
29 <b>Holiday No School</b>	30 Hamburger Patty w/ Sliced Cheese Tater Tots Diced Carrots WG Hamburger Bun Fresh Orange Choice of Milk Ketchup/Mustard	31 <b>Dominos Cheese Pizza Slice</b> Broccoli Florets Fresh Baby Carrots Light Ranch Dressing Fruit Cup Choice of Milk		

Reminders

- Please limit unnecessary travel during time when school is in session. Absences can impact students' learning negatively.
- Do not send cupcakes, cakes, or food items in for students' birthdays. Due to allergies and our wellness policy, they will be returned.

## 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

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