

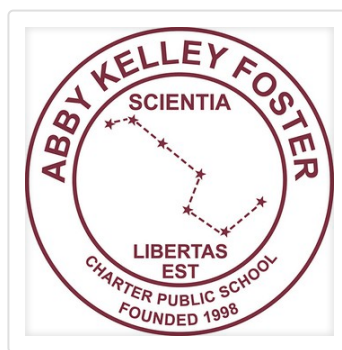
# Elementary School Principal Update

September 15, 2023



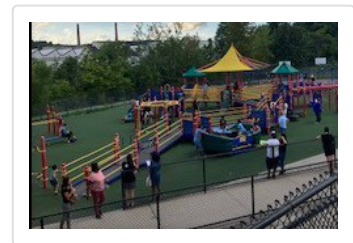
## Cool in Kindergarten

Mr. Shane found a shades  
buddy in kindergarten!



## Abby Kelley Foster Charter Elementary

**Be Respectful**  
**Be Responsible**  
**Be Honest**



## Back to School Night

Thank you to all of the families  
that attended our *Back to  
School Night!*

## Wellness Workshop for Parents/Guardians

Our SEL teacher, Ms. Hendricks, is running a Wellness Workshop for AKF parents/guardians on Monday, October 2nd at 5: 00pm. This workshop provides parents with an opportunity to practice self-care. The workshop will include breath awareness, visualization, mindful movement and connecting with others. Come and join Ms. Hendricks for a night filled with love, compassion and wellness!

*Meeting Location to be determined!*

## Wellness Workshop for AKFCS Parents!

With Social Emotional Learning Teacher Ms. Hendricks

**When:** Monday, October 2,  
from 5:00-6:00 PM

**Why:** To practice self-care  
and enhance well-being

**Where:** To be Determined

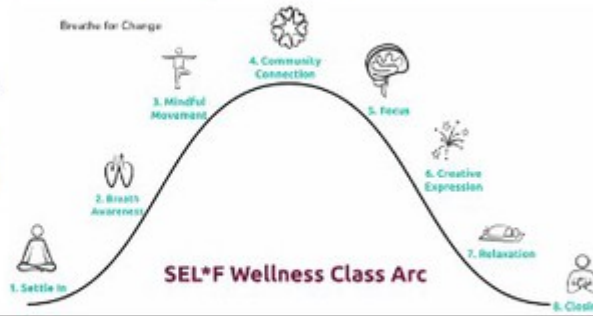


Image	Component	Description
	1. Settle In	Connect to ourselves and each other through centering practices
	2. Breath Awareness	Connect to the present moment through breathing exercises
	3. Mindful Movement	Connect to our bodies through mindful movement
	4. Community Connection	Connect to our community through meaningful interaction
	5. Focus	Connect to our minds through visualizations and mindfulness techniques
	6. Creative Expression	Connect to our creativity through reflection and dialogue
	7. Relaxation	Connect to our well-being through rest and rejuvenation
	8. Closing	Connect to our experience together through intentional completion

## Registration Required for Parent Portal

Families will need to be connected to the Powerschool Parent Portal to receive communication from school.

Powerschool Unique Access ID numbers were sent home with students on Thursday, September 7th. Please use this code to register for your parent portal account at [AKFCS PowerSchool Parent Portal site](#).

If you need your code again, or never received one, please email [jgiusto@akfcs.org](mailto:jgiusto@akfcs.org) and we will send another copy home with your student.

All families must complete the following by September 20th:

- update contact information
- give or decline permission for medication administration (non-prescription like Advil)
- share allergy information if applicable
- sign off that you read our student handbook
- sign off that you read our technology policy, and

-accept or decline Chromebook Insurance

Our District Code is **TZWT**.

ONLY share the ACCESS ID with your family members who you want to have access to your students/child's record. Please note that multiple parents/guardians can be linked to a student.

## Art to Remember Coming Soon!



**Art Fundraiser**  
**Coming Soon!**

Art to Remember

Our school is participating in a fundraiser with Art to Remember. This program benefits our art department and you will have the opportunity to purchase keepsake items customized with your child's artwork. The products make great gifts for friends and family members!

Order online at [ArtToRemember.com](http://ArtToRemember.com)

The poster features two young girls, one on the left and one on the right, both smiling. The girl on the left is holding a white mug with a colorful drawing of a sun and a flower. The girl on the right is holding a small card with a drawing of a sun and a flower. The background is a bright blue gradient. The text is in a mix of red, yellow, and white colors.

AKFCS Block Party has been postponed due to pending inclement weather! Look for a new date in the Spring!

## Upcoming Events

- September 20th-Early Release Day for Students
- September 27th-Board of Trustees Meeting

- October 2nd-Wellness Workshop for Parents/Guardians
- October 6th-Early Release Day

 <b>Abby Kelley Foster Charter Public School</b> <b>K-3rd Grade Breakfast Menu</b> <b>September 2023</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				1 WG Banana Muffin Mozzarella Cheese Stick Fresh Apple Choice of Milk <b>1/2 Day Of School</b>
4	5	6	7	8
<b>Holiday</b> <b>School Closed</b>	Apple Frudel Diced Pears Orange Juice Choice of Milk	Cereal (Variety) WG Chocolate Chip Muffin Fresh Apple Choice of Milk	Strawberry Yogurt WG Animal Crackers Fresh Banana Apple Juice Choice of Milk	WG Honey Bun Pineapple Tidbits Blended Fruit Juice Choice of Milk
11	12	13	14	15
Cereal (Variety) WG Apple Cinnamon Muffin Raisins Orange Juice Choice of Milk	Strawberry Yogurt WG Banana Muffin Pineapple Tidbits Grape Juice Choice of Milk	Cereal (Variety) Graham Crackers Fresh Apple Choice of Milk	WG Cinnamon Roll Fresh Banana Blended Fruit Juice Choice of Milk	WG Blueberry Muffin Mozzarella Cheese Stick Diced Pears Grape Juice Choice of Milk
18	19	20	21	22
Cereal (Variety) WG Banana Muffin Raisins Grape Juice Choice of Milk	Apple Frudel Fresh Apple Choice of Milk	WG Ch Ch Chip Muffin Mozzarella Cheese Stick Mixed Fruit Blended Fruit Juice Choice of Milk <b>1/2 Day Of School</b>	Vanilla Yogurt Graham Crackers Diced Peaches Grape Juice Choice of Milk	Cereal (Variety) WG Apple Cinnamon Muffin Diced Pears Orange Juice Choice of Milk
25	26	27	28	29
WG Honey Bun Raisins Apple Juice Choice of Milk	WG Cinnamon Roll Diced Pears Blended Fruit Juice Choice of Milk	WG Blueberry Muffin Mozzarella Cheese Stick Fresh Apple Choice of Milk	Cereal (Variety) Graham Crackers Fresh Banana Orange Juice Choice of Milk	Strawberry Yogurt Graham Crackers Pineapple Tidbits Grape Juice Choice of Milk

 <b>Abby Kelley Foster Charter Public School</b> <b>K - 3rd Grade Lunch Menu</b> <b>September 2023</b>				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
				1 GM's Cereal Breakfast Bar Low Fat Mozzarella Cheesestick Fresh Grape Tomatoes Light Ranch Packet Applesauce Cup & 100% Fruit Juice Choice of Milk <b>1/2 Day of School</b>
4	5	6	7	8
<b>Holiday</b> <b>School Closed</b>	WG Chicken Tenders Sweet Potato Tots Green Beans Diced Peaches Choice of Milk Ketchup	<b>Domino's Cheese Pizza Slice</b> 3/4 c. Broccoli Florets Low Fat Ranch Dressing Fresh Apple Welch's Fruit Snacks Pack Choice of Milk	Popcorn Chicken Sweet & Sour Sauce Brown Rice Green Peas Wango Mango Juice Fresh Apple Choice of Milk	Turkey Hot Dog Baked Beans WG Hot Dog Bun Fresh Banana Dragon Punch Choice of Milk Mustard & Ketchup
11	12	13	14	15
Galaxy Cheese Pizza Zucchini Fresh Apple Wango Mango Juice Choice of Milk	WG Chicken Nuggets Sweet Potato Tots Baked Beans Fresh Orange Choice of Milk Ketchup	<b>Domino's Cheese Pizza Slice</b> 3/4 c. Plantains Applesauce Cup Grandma's Blueberry Vanilla Cookies Choice of Milk	Diced Chicken Alfredo Sauce WG Penne Pasta Broccoli Cuts Mixed Vegetables Diced Pears Choice of Milk	Cheese Omelet Butternut Squash Dragon Punch WG Cinnamon Roll Fresh Banana Choice of Milk
18	19	20	21	22
WG Bean & Cheese Burrito Whole Kernel Corn Green Beans Diced Pears Choice of Milk Picante Sauce	Meatloaf Brown Gravy Whipped Potatoes Sliced Carrots WG Dinner Roll Mixed Fruit Choice of Milk	Chef Salad with Chicken Corn Salad WG Dinner Roll Fresh Orange Choice of Milk Ranch Dressing <b>1/2 Day of School</b>	Swedish Meatballs Rotini Pasta Butternut Squash Spinach Fresh Banana Choice of Milk	Turkey Hot Dog Baked Beans Wango Mango Juice WG Hot Dog Bun Fresh Apple Choice of Milk Ketchup Mustard
25	26	27	28	29
Cheese Pizza Dippers Marinara Sauce Broccoli Cuts Mixed Fruit Choice of Milk	Popcorn Chicken Zesty Orange Sauce Brown Rice Green Beans Sliced Carrots Diced Peaches Choice of Milk	<b>Domino's Cheese Pizza Slice</b> 3/4 c. Marinated 3 Bean Salad 100% Fruit Juice Choice of Milk	Turkey Sausage Patties WG Pancakes Crispy Cubed Potatoes Dragon Punch Fresh Apple Choice of Milk Syrup Ketchup	Mini WG Corn Dogs Sweet Potato Tots Zucchini Fresh Banana Choice of Milk Mustard

# 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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