Principal's Update

October 6, 2023

Hi Everyone,

HIGH SCHOOL UPDATE:
Progress reports were announced last Friday, September 29th. As mentioned in my previous update, these reports will just be announcements for you to check your students grades on your PowerSchool App. If you have not registered your account for PowerSchool yet please do so as soon as you can. Also, if you have registered, please make sure you go on to your account and fill out the forms. This is an important step to help us confirm your information.

Spirit Week
Next week is Spirit week, leading up to our homecoming weekend. Students have voted for themes for each day of the week. Here are the themes:

Monday, October 9 - NO SCHOOL
Tuesday, October 10 - Pajama Day
Wednesday, October 11 -Age/Grade Day
- Seniors: Senior Citizens-break out your canes, suspenders, sweaters, wigs and old person glasses.
-Juniors: Retirees- Dress as a tourist with your fanny packs and sunhats, golf attire, camera, Hawaiian Shirts, etc.
-Sophomores: Adults- dress as a soccer mom or dad, or as what you want to be when you grow up.
-Freshmen: Teenagers-pretty self-explanatory
-8th Grade: Kids-dress as you would if you were a kid, cartoon t-shirts, onesies, etc.
Thursday, October 12 -Y2K Day (Throwback to the 90's/Early 2000's)
Friday, October 13 -School Spirit (maroon and gold, AKF gear)
AKF Gear will be on sale by the Booster Club next week and during Spirit Week

This is designed to be a fun week where we come together as a school. Students should adhere to the themes described above. If they do not want to participate in any of the days above they are required to wear their uniforms.

College and Career Office

Did you know that out of state public schools (like UConn, UNH, or UVM) can often be more expensive than many private schools for out of state students? Last week in senior seminar we went over the reasons why this is the case and also looked at a resource that can possibly bring costs down at out of state public colleges. It's called tuition break (https://nebhe.org/tuitionbreak/). You will find a list of majors at specific colleges that would offer a regional tuition discount which greatly reduces the cost at these schools. However, the list is specific to certain majors and colleges.

Resource of the Week: SCOIR scoir.com is the resource students use to keep track of colleges they're interested in and are applying to. They also use this platform to investigate potential careers and to keep a running list of activities they've done throughout high school. We are working on enabling parent accounts for scoir so you can do research on colleges and also monitor the progress of your student in the process. Stay tuned.

Note from the Nurse

Hello students and families!
I hope everything is going well as we roll into the fall season. Just a few friendly reminders from the nurses office. Please have your child bring their water bottles to school with them.

hydration is important for overall health. The week of 10/2/2023 I will start hearing and vision screens for grades 8 & 10 only.

Be well,

Sara M Ramirez
High School Nurse

Athletics

All sports schedules are located on our website at
https://www.akfcs.org/schools/high/departments/athletics/

Any parents that may be interested helping with the Booster Club this year should email Mr. Morse at bmorse@akfcs.org

Food Services

Message from our food services department
Dear Parents and Caregivers,
Welcome back students and families! We are excited to update you with the news that Massachusetts students will receive FREE school meals in School Year 2023-2024 and in all future years! Last month, Massachusetts became the 8th state to make Free School Meals for All permanent which means that breakfast and lunch will continue to be served at no cost to all students for years to come. Since your child attends a school that participates in the Community Eligibility Provision (CEP), you are not required to complete the Household Application for Free and Reduced Price Meals. If you are interested, please consider applying for SNAP, the federal nutrition program that provides eligible residents with monthly financial assistance to purchase groceries. More SNAP information can be found at gettingsnap.org or by calling Project Bread's FoodSource Hotline at 1-800-645-8333.

It is our privilege to provide breakfast and lunch to your children, supporting them with nourishing and healthy meals to power through the school day! We can't wait to see them in the coming weeks. Please reach out with any questions or concerns that you may have.

Best,
Stephanie Collins
AKFCS Director of Food & Nutrition Services
6 New Bond St.
Worcester, MA 01606
508-854-8400 x4645
scollins@akfcs.org

If you have any questions or concerns please contact the front desk and Mrs. Fitzpatrick will direct your call accordingly. #GoBears

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High School Principal

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