# Elementary School Principal Update

May 17, 2024

**Kindergarten Open House**

It was great to meet our newest students and their families!

**AKFCS**

**Abby Kelley Foster Charter Elementary**

**Be Respectful**

**Be Responsible**

**Be Honest**

**Welcome**

We would like to extend a warm welcome to our new kindergarten students!

## Upcoming Dates

- Thursday, May 23rd
  - Kindergarten Field Trip to Davis Farmland
- Friday, May 24th
  - Early Release Day
- Wednesday, May 29th
  - High School Graduation
- Friday, May 31st

- Dental Visit

## 🩳Abby's Attic🩳

Have no fear...we will be having another Abby's Attic Uniform Sale in August before the start of school. Date to be announced!

## 😀Social Emotional Learning Newsletters😀

Check out what our students are learning in Unit 3 on Empathy and Kindness!

**Kindergarten**
English
Haitian Creole
Portuguese
Spanish

**First Grade**
English
French
Haitian Creole
Portuguese
Spanish

**Second Grade**
English
Portuguese
Spanish

**Third Grade**
English
Haitian Creole
Portuguese
Spanish
Vietnamese

## 🍧Spree Day🍧

Dear families,

We are currently looking for volunteers to help with this year's Spree Day. Spree Day will be held on Friday, June 7th from 9:00-2:30. If you are interested in volunteering please email lbento@akfcs.org. If you do not have a current CORI form on file, you will need to come by the school to complete one in the next few weeks. You will need to bring you license or ID. Thank you so much for considering playing a part in this memorable day.

Laurie Bento

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# AKFCS SPIRIT WEAR FOR SALE!

T-Shirts- $10
Sweatshirts- $15
Stickers- $1

All proceeds go towards the Elementary School!
Child and Adult Sizes available!
Elementary Students may wear on dress down and gym days.
Please note that t-shirts and sweatshirts may shrink a little when put in the dryer.

You may order any time between now June 3rd while supplies last!
Any questions, please email JGiusto@akfcs.org.

**Please note...we are out of youth sizes EXCEPT for x-large!**

## SPIRIT WEAR ORDER

Student Name: _____

Classroom Teacher: _____

Please mark the number of items you'd like.

T-Shirt ($10 each):

| Child Sizes: | Adult Sizes: |
|---|---|
| S _____ | S _____ |
| M _____ | M _____ |
| L _____ | L _____ |
| XL _____ | XL _____ |
| | 2XL _____ |
| | 3XL _____ |

Sweatshirt ($15 each):

| Child Sizes: | Adult Sizes: |
|---|---|
| S _____ | S _____ |
| M _____ | M _____ |
| L _____ | L _____ |
| XL _____ | XL _____ |
| | 3XL _____ |

Stickers ($1 each): _____ Total: _____

Please send **cash** or **check** made out to **Abby Kelley Elementary School** in an envelope and let your child's teacher know it's in their backpack. We will then put the items you paid for to send home with your child in their backpack within 3 school days.

## Save the Date for Summer School

We are excited to offer a limited amount of spots for summer school again this year. We will reach out to familes whose students are receiving extra academic support first. Extra spots will be released on a first come first served basis.
This year, Summer School will be held the weeks of July 15th and July 22nd.

## Community Events

## TeddyBearClinic_FLYER_FOR PRINT-ALBANIAN.pdf

Download
486.3 KB

## TeddyBearClinic_FLYER_FOR PRINT-HAITIAN CREOLE.pdf

Download
479.3 KB

## TeddyBearClinic_FLYER_FOR PRINT-PORTUGUESE.pdf

Download
478.5 KB

## TeddyBearClinic_FLYER_FOR PRINT-SPANISH.pdf

Download
480.0 KB

American Heart Association.
KIDS HEART CHALLENGE | AMERICAN HEART CHALLENGE

# HEART & HEADLINES

American Heart Association Eastern States School Engagement — May 2024

## May is Stroke Awareness Month

This American Stroke Month, be a bold advocate for yourself and others by learning the signs of a stroke and talking to your health care team to manage your risk factors.

Explaining Stroke Resource

## F.A.S.T.

| Face Drooping | Arm Weakness | Speech Difficulty | Time to Call 911 |
|---|---|---|---|

R Á P I D O

Stroke.org/StrokeMonth — derramecerebral.org

Strokes can happen to anyone, at any age. In fact, globally about 1 in 4 adults over the age of 25 will have a stroke in their lifetime. Having a stroke puts you at higher risk for another one. High blood pressure is a leading cause and controllable risk factor for stroke and heart disease. It's important to know your numbers and work with a health care professional to control levels and manage risks.

Most adults in the U.S. don't know the F.A.S.T warning signs of a stroke, and that stroke is largely treatable if you call 911 as soon as you recognize the symptoms. Recognizing the stroke warning signs and calling 911 immediately may make the difference between a strong recovery or long-term disability; survival or death.

100 YEARS Bold Hearts

Our mission is to be a relentless force for a world of longer, healthier lives. As we move into the second century of our work, we are advancing health and hope for everyone, everywhere.

# Abby Kelley Foster Charter Public School
## K-3rd Grade Breakfast Menu
## May 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1<br>Blueberry Lemon Crispy Bites<br>Vanilla Yogurt<br>Fresh Banana<br>Orange Juice<br>Choice of Milk | 2<br>WG Cinnamon Roll<br>Mixed Fruit<br>Apple Juice<br>Choice of Milk | 3<br>WG Banana Muffin<br>Mozzerella Cheese Stick<br>Fresh Apple<br>Choice of Milk |
| 6<br>Cereal (Variety)<br>Graham Crackers<br>Diced Peaches<br>Blended Fruit Juice<br>Choice of Milk | 7<br>Apple Frudel<br>Diced Pears<br>Orange Juice<br>Choice of Milk | 8<br>Cereal (Variety)<br>WG Chocolate Chip Muffin<br>Fresh Apple<br>Choice of Milk | 9<br>Mozzerella Cheese Stick<br>WG Apple Oatmeal Bar<br>Fresh Banana<br>Apple Juice<br>Choice of Milk | 10<br>WG Honey Bun<br>Pineapple Tidbits<br>Blended Fruit Juice<br>Choice of Milk |
| 13<br>Cereal (Variety)<br>Vanilla Yogurt<br>Diced Peaches<br>Orange Juice<br>Choice of Milk | 14<br>WG Banana Muffin<br>Pineapple Tidbits<br>Cereal (Variety)<br>Grape Juice<br>Choice of Milk<br>**3rd Grade MCAS** | 15<br>Cereal (Variety)<br>Graham Crackers<br>Apple Juice<br>Fresh Apple<br>Choice of Milk | 16<br>WG Cinnamon Roll<br>Fresh Banana<br>Blended Fruit Juice<br>Choice of Milk<br>**3rd Grade MCAS** | 17<br>WG Blueberry Muffin<br>Mozzerella Cheese Stick<br>Diced Pears<br>Grape Juice<br>Choice of Milk |
| 20<br>Cereal (Variety)<br>WG Banana Muffin<br>Applesauce<br>Grape Juice<br>Choice of Milk | 21<br>Mixed Berry Animal Crackers<br>Fresh Apple<br>Choice of Milk | 22<br>Apple Frudel<br>Strawberry Yogurt<br>Mixed Fruit<br>Blended Fruit Juice<br>Choice of Milk | 23<br>Mozzerella Cheese Stick<br>Cereal (Variety)<br>Diced Peaches<br>Grape Juice<br>Choice of Milk | 24<br>Cereal (Variety)<br>WG Chocolate Chip Muffin<br>Diced Pears<br>Apple Juice<br>Choice of Milk<br>**1/2 Day of School** |
| 27<br>**No School** | 28<br>WG Cinnamon Roll<br>Diced Pears<br>Blended Fruit Juice<br>Choice of Milk | 29<br>WG Blueberry Muffin<br>Mozzerella Cheese Stick<br>Fresh Apple<br>Choice of Milk | 30<br>Cereal (Variety)<br>WG Chocolate Chip Muffin<br>Fresh Banana<br>Orange Juice<br>Choice of Milk | 31<br>Strawberry Yogurt<br>Graham Crackers<br>Pineapple Tidbits<br>Apple Juice<br>Choice of Milk |

# Abby Kelley Foster Charter Public School
## K-3rd Grade Lunch Menu
## May 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1<br>**Domino's Cheese Pizza Slice**<br>Marinated 3 Bean Salad<br>Cherry Tomatoes<br>Fruit Cup<br>Choice of Milk | 2<br>Cheeseburger Sliders<br>Sweet Potato Tots<br>Fresh Orange<br>Wango Mango Juice<br>Choice of Milk<br>Mustard & Ketchup | 3<br>WG Breaded Chicken Patty<br>Whole Kernel Corn<br>Fresh Banana<br>Dragon Punch<br>WG Waffle with Syrup<br>Choice of Milk |
| 6<br>Cheese Lasagna with Sauce<br>Broccoli Cuts<br>WG Dinner Roll<br>Diced Pears<br>Choice of Milk | 7<br>WG Chicken Tenders<br>Sweet Potato Tots<br>Green Beans<br>Diced Peaches<br>Choice of Milk<br>Ketchup | 8<br>**Domino's Cheese Pizza Slice**<br>Zucchini Sticks<br>Fresh Fruit<br>Craisins<br>Light Ranch Dressing<br>Choice of Milk | 9<br>Popcorn Chicken with BBQ Sauce<br>Brown Rice<br>Green Peas<br>Wango Mango Juice<br>Fresh Apple<br>Choice of Milk | 10<br>Turkey Hot Dog with Ketchup<br>Baked Beans<br>WG Hot Dog Bun<br>Fresh Banana<br>Dragon Punch<br>Choice of Milk |
| 13<br>Galaxy Cheese Pizza<br>Green Beans<br>Mixed Fruit<br>Wango Mango Juice<br>Choice of Milk | 14<br>WG Chicken Nuggets<br>Whole Kernel Corn<br>Baked Beans<br>Diced Pears<br>Choice of Milk<br>Ketchup | 15<br>Chicken Salad with WG Hamburger Bun<br>Potato Salad<br>Dragon Punch<br>Fresh Banana<br>Choice of Milk<br>**1/2 Day of School ES Only** | 16<br>Beef Marinara Sauce<br>WG Penne Pasta<br>Broccoli Cuts<br>WG Dinner Roll<br>Fresh Orange<br>Choice of Milk | 17<br>Cheeseburger Sliders<br>Sweet Potato Tots<br>Fresh Apple<br>Wango Mango Juice<br>Choice of Milk<br>Ketchup & Mustard |
| 20<br>Stuffed Shells with Sauce<br>Green Beans<br>Diced Pears<br>Choice of Milk | 21<br>Meatloaf in Brown Gravy<br>Whipped Potatoes<br>Sliced Carrots<br>WG Dinner Roll<br>Diced Peaches<br>Choice of Milk | 22<br>**Domino's Cheese Pizza Slice**<br>Marinated 3 Bean Salad<br>Baby Carrots<br>100% Fruit Juice Box<br>Light Ranch Dressing<br>Choice of Milk | 23<br>Cheeseburger Sliders<br>Tater Tots<br>Fresh Banana<br>Dragon Punch<br>Choice of Milk<br>Ketchup & Mustard | 24<br>Chicken Salad with WG Tortilla Chips<br>Corn Salad<br>Fresh Apple<br>Choice of Milk<br>Wango Mango Juice<br>**1/2 Day of School** |
| 27<br>**No School** | 28<br>Popcorn Chicken<br>Whole Kernel Corn<br>Mixed Vegetable Blend<br>Diced Peaches<br>Choice of Milk<br>Ketchup | 29<br>**Domino's Cheese Pizza Slice**<br>Romaine Lettuce<br>Marinated 3 Bean Salad<br>Fresh Fruit<br>Light Ranch Dressing<br>Choice of Milk | 30<br>Turkey Sausage Patties<br>WG Pancakes with Syrup<br>Crispy Cubed Potatoes with Ketchup<br>Dragon Punch<br>Fresh Apple<br>Choice of Milk | 31<br>Baked Meatballs with WG Hot Dog Roll<br>Marinara Sauce<br>Green Beans<br>Sliced Carrots<br>Fresh Banana<br>Choice of Milk |

# Have a Great Weekend!

## 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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**Kelly Gould**
Kelly is using Smore to create beautiful newsletters