

# March Newsletter

Butler Middle School



Wednesday March 10th ~ Early Release @ 12:50pm

## VIRTUAL TALENT SHOW

All submissions are due March 19th, submit your video to your homeroom teacher

Prizes will be given out to top 3 winners.....



Talent show can be seen on PTO youtube channel on April 15th (more info to come)



ENGLISH Letter to 8th Grade Parents\_Scheduling 2021.pdf  
INFORMATION FOR 8TH GRADE STUDENTS FROM LOWELL HIGH

[Download](#)  
367.3 KB

## ABSENTEE, ABSENTEE NOTES, TARDIES, AND DISMISSAL INFORMATION



If your child is going to be **absent, tardy or dismissed**, please call the main office 978-937-8973 or email Butler Clerk @ [nmcluskey@lowell.k12.ma.us](mailto:nmcluskey@lowell.k12.ma.us). If you child has been absent and you have a Dr. note you may also email that to the clerk or the nurse [tmcdermott@lowell.k12.ma.us](mailto:tmcdermott@lowell.k12.ma.us)

# Do you need help with your LPS-issued device?



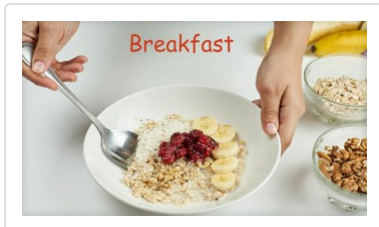
Every week IT dept. has tent locations you can visit, find locations posted on website or call the Butler for information. You can always call IT dept. for help at 978-674-2024 or email them at [helpdesk@lowell.k12.ma.us](mailto:helpdesk@lowell.k12.ma.us)



 **Butler Middle School Apparel Sto...**

[apparelnow.com](http://apparelnow.com)

BUTLER MIDDLE SCHOOL Apparel Store clothing and apparel! T-shirts, sweatshirts, hoodies, sweat pants, hats, mugs and more. Shop for your BUTLER MIDDLE SCHOOL Apparel Store spirit wear here!



### Why is BREAKFAST so important?

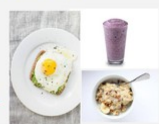
It is called "The Most Important Meal of the Day" and for good reason! BREAKFAST actually means "BREAKING THE FAST" - the 7-9 hours you were sleeping and not eating (or fasting). A healthy breakfast can:

- Kickstart your metabolism
- Give you energy for the day
- Help you focus in school

What makes a good breakfast?

- Quick and easy
- Nutritious
- Protein packed and full of fiber
- Low in added sugar

<http://www.health.gov/health/breakfast/breakfast-what-should-you-eat/>



### Give this recipe a try:

**SMOOTHIE BOWL:**

- Start with a base of 1 frozen banana, 1 cup of frozen milk or coconut milk, 1 drop of stevia.
- 1 Tbsp. fresh spinach, 1/2 - 1 Cup frozen raspberries (or other frozen berry of your choosing). Blend in food processor or blender.
- Top with fruit, granola, nuts or dark chocolate chips.
- Be creative! Try out different ingredients and see what you like.



Click link below to sign up

<https://forms.gle/UwMXLUJJDNfGetuM6>

For more information contact Samkhann Khoeun, Educational Advisor

[skhoeun@lowell.k12.ma.us](mailto:skhoeun@lowell.k12.ma.us) or 978.853.5807

