

THE LION'S ROAR

MCVINNUE'S COMMUNITY NEWSLETTER: WEEK OF SEPTEMBER
26TH

MCVINNUE'S PRINCIPAL'S MESSAGE

Hello McAvinnue Community!

We are in the full swing with this new school year! All of our systems, are up and running at McAvinnue! We are pushing out new and exciting content for our students and our teachers are hard at work with lesson planning and assessing the needs of our students. We have any things that will be coming quickly over the next few weeks. Please be on the lookout for information in the weekly "Lion's Roar" Community Newsletter, on all of our social media platforms, on our school website, and through Class Dojo with your child's teacher.



For the next few school weeks, our students will be participating in iReady Diagnostic Assessments for both Reading and Math. These assessments give us an idea of where our students are in terms of the current curriculum. There is no "grade" that is provided for this assessment. However, we ask the you remind your child to do their very best when taking these assessments. We will use the results to help us plan for tackling the curriculum moving forward and providing the supports that students need to be successful. If you have any questions about the assessment, please reach out to your child's teacher or you can send me a quick message at mdomina@lowell.k12.ma.us.

Check out all of the information below to sign up for the 21st Century Before and After School Program...McAvinnue's "Back To School Bash"...the return on McAvinnue's "Virtual" Morning Announcements...sign-up for support from the Salvation Army for the Holidays...and other important dates to remember over the next few weeks of school. Things are being to pick up speed...and it's important that you begin to mark your own personal calendars to keep track of all of the events and activities that will be coming McAvinnue's way!

McAvinnue is continuing to find one more parent to consider joining our School Site Council (SSC). This working group has a very important job that assists in making the academic and financial decisions that will help move our school forward. Please see the section below for additional information including the Google sign-up form. We don't have any takers...I will

reach out to a few identified parents to gauge their interest in joining this important group for this school year.

Here are a few items that you need to be aware of. Please mark your calendars for the following events and activities at McAvinnue for the few weeks:

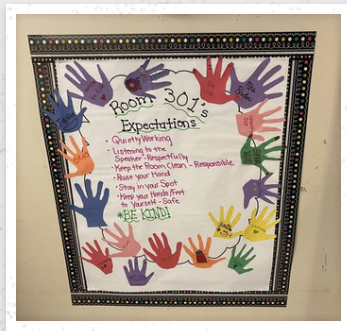
- **September 15th - October 15th - National Hispanic Heritage Month**
- **Monday, September 26th - McAvinnue Opens @ 9:10 AM**
- **Thursday, September 29th - McAvinnue's "Back To School Bash" @ 5:00 PM - 6:30 PM**
- **Friday, September 30th - McAvinnue's "Lion's Pride" All School Meeting: September Edition @ 9:30 AM - 10:15 AM**
- **Monday, October 3rd - NED'S Mindset Mission Shoe All School Meeting @ 9:30 AM - 10:30 AM**
- **Monday, October 10th - No School - Indigenous Peoples' Day**
- **Monday, October 24th - Picture Day At McAvinnue**

You will find additional details for the events and activities list above in this edition of McAvinnue's "Lion's Roar" Community Newsletter.

As usual, we are looking forward to another amazing week at the "best school that we all know"!

If you have any questions, please don't hesitate to contact the Main Office at McAvinnue or send Mr. Domina a message a mdomina@lowell.k12.ma.us.

MCAVINNUE'S WEEK IN REVIEW



"GOOD NEWS" IN ROOM 301!

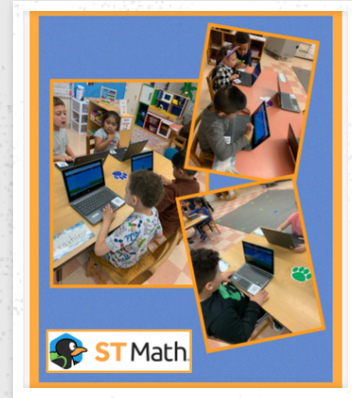
During the first 6 weeks of school, we are spending time focusing on our core values... Respect, Responsibility, and Safety...during our universal Morning Meeting block!

Check out some of the things students in Room 301 will demonstrate daily to ensure they are doing their very best!



"GOOD NEWS" FROM THE PEACEFUL PLACE!

Every learning space at McAvinue has a "Peaceful Place" where students can go to regroup if they need a break from learning due to a variety of factors. They have access to sensory materials, books, and other items to support how they can recognize emotions and positive alternative choices that they can make to allow for a day that is as productive as possible.



"GOOD ST MATH NEWS" IN KINDERGARTEN !

It was so great to have our Kindergarten student launch ST Math this past week! They really enjoyed this interactive and engaging math platform!



SENSORY HALLWAYS

We are trying something new this school year to support our student's social emotional regulation...check out an example of one of our "Sensory Hallways". Students can access the "Sensory Hallway" anytime they need to have their body and mind working together in a productive manner. There will one located on each floor at McAvinnue for students to use throughout the school day!

GOOD NEWS IN ROOM 303!

Grade 3 students have been asking everyone who walks into their classroom what their favorite books are! Mr. Alcaraz came in this past week to read a chapter from his favorite book "Bud, Not Buddy"!

MCAVINNUE'S 21ST CENTURY BEFORE & AFTER SCHOOL PROGRAM

We are set and ready to launch McAvinnue's 21st Century Before and After School Program for the 2022-2023 academic school year!



The first session of this amazing and engaging program begins on October 3rd and will run until December 15th!

The Before School Program is available for Kindergarten - Grade 4 students and will begin at 7:55 AM - 9:10 AM on Monday - Thursday. Students will have the time to enjoy game playing, arts and crafts, ping pong, foosball, and much more!

The After School Program will host students in Grades 1 and 2 on Monday and Wednesday. Students in Grades 3 and 4 will attend on Tuesday and Thursday. The After School Program will occur from 3:35 PM - 5:00 PM on Monday - Thursday each week.

Please see the flyers (English, Spanish, and Portuguese) below for more details!

To register now, please click the button below!

Any questions, please reach out to the school directly and ask to speak with Mrs. De La Luz.

CLICK TO REGISTER FOR BEFORE & AFTER SCHOOL PROGRAMMING



ENGLISH FLYER



SPANISH FLYER



PORTUGUESE FLYER

MCAVINNUE'S SCHOOL SITE COUNCIL



McAvinnue's Site Council is a group of faculty, parents, and community stakeholders who come together to help drive the instructional focus of the McAvinnue Elementary School. We look at student data and make decisions about the school's Quality Improvement Plan and budget.

We need one additional parent to join this important group. The commitment is one, one-hour, meeting each month usually on Zoom. As we hit budget season in February-April, there will be other meetings added.

If you would like to be a part of the team, please fill out the form below. If you have questions, please reach out to Mr. Domina at mdomna@lowell.k12.ma.us.



McAvinnue's School Site Council Interest Form

Please complete the information below if you are interested in joining McAvinnue's School Site Council.

McAvinnue's Site Council is a group of faculty, parents, and community stakeholders who come together to help drive the instructional focus of the McAvinnue Elementary School. We look at student data and make decisions



Take 2....Our first attempt to host McAvinnue's "Back To School Bash" was squandered by the rainy weather we had this past Thursday! We are glad that the decision was made to reschedule this amazing event!

We are ready to go and really excited to host this amazing event for the McAvinnue Community!

Please mark your calendar to come by McAvinnue on **Thursday, September 29th from 5:00 PM - 6:30 PM** for some fun and excitement. You will have a chance to meet your child's teacher, play some super cool games, get a free backpack full of school supplies, meet members of the Lowell Police and Fire Departments, eat some amazing food and treats, and more!

We look forward to seeing everyone at McAvinnue's "Back To School Bash"! If you have any questions, please reach out to your child's teacher or call the Main Office for support.

MCAVINNUE'S STUDENT ATTENDANCE POLICY



Attendance Matters

Every student. Every day.

Please click the links below to access McAvinnue's Student Attendance Policy for the 2022-2023 academic school year. For your convenience, we have included the policy flyer in multiple languages.

If you have any questions, please don't hesitate to reach out directly.



Attendance English.pdf

[Download](#)

1.2 MB



Attendance Spanish.pdf

[Download](#)

1.7 MB



Attendance Portuguese.pdf

[Download](#)

1.8 MB

MCAVINNUE'S "VIRTUAL" MORNING ANNOUNCEMENTS WILL BE BACK!

Back by popular demand from our students and faculty...We have recently included McAvinnue's "Virtual" Morning Announcements



as part of our universal "Morning Meeting" block at 9:30 AM - 9:45 AM. **We will launch this for the new school year on Monday, September 26th!**

Like we had successfully done last school year, a new edition of McAvinnue's "Virtual" Morning Announcements will be presented to our students on Monday, Wednesday, and Friday each week. We will continue to use Tuesday and Thursday each week to be used for "Open Circle"....our Social Emotional Learning (SEL) program that focuses on community building, prosocial decision making, and appropriate responses to daily stressors both within the school and home settings.

This will continue to be a great way to bring our school together each day focusing on the same message to get the energy, commitment, and engage up before we launch into another great day at "the best school we all know".

You can check out each edition of McAvinnue's Morning Announcements on our YouTube channel using the link below.

https://www.youtube.com/channel/UC7hxiBuRjqjgASI_RLMleQ

If you want a peek at what a version of McAvinnue's "Virtual" Morning Announcements will look like...watch the video below!

McAvinnue's Morning Announcements 4.27.2022



UPCOMING EVENTS



Here are important dates to remember for the next few months:

- **September 15th - October 15th** - National Hispanic Heritage Month
- **Monday, September 26th** - McAvinnue Opens @ 9:10 AM
- **Thursday, September 29th** - McAvinnue's "Back To School Bash" @ 5:00 PM - 6:30 PM
- **Friday, September 30th** - McAvinnue's "Lion's Pride" All School Meeting: September Edition @ 9:30 AM - 10:15 AM
- **Monday, October 3rd** - NED'S Mindset Mission Shoe All School Meeting @ 9:30 AM - 10:30 AM
- **Monday, October 10th** - No School - Indigenous Peoples' Day
- **Monday, October 24th** - Picture Day At McAvinnue
- **Thursday, October 27th** - McAvinnue's "Spooktacular" Family Night @ 5:00 PM - 6:30 PM (Tentative)
- **Friday, October 28th**- McAvinnue's "Lion's Pride" All School Meeting: October Edition @ 9:30 AM - 10:15 AM

NATIONAL HISPANIC HERITAGE MONTH

SEPTEMBER 15TH - OCTOBER 15TH



National Hispanic American Heri... www.hispanicheritagemonth.gov

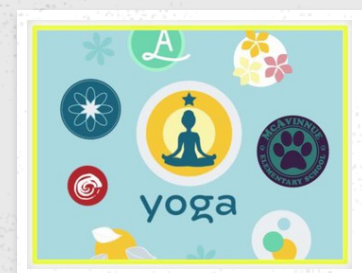
September 15 to October 15 is National Hispanic American Heritage Month. The Library of Congress, National Archives and Records Administration, National Endowment for the Humanities, National Gallery of Art, National Park Service, Smithsonian Institution and United States Holocaust Memorial Museum join in paying tribute to the generations of Hispanic Americans who have positively influenced and enriched our nation and society.

National Hispanic Heritage month begins today

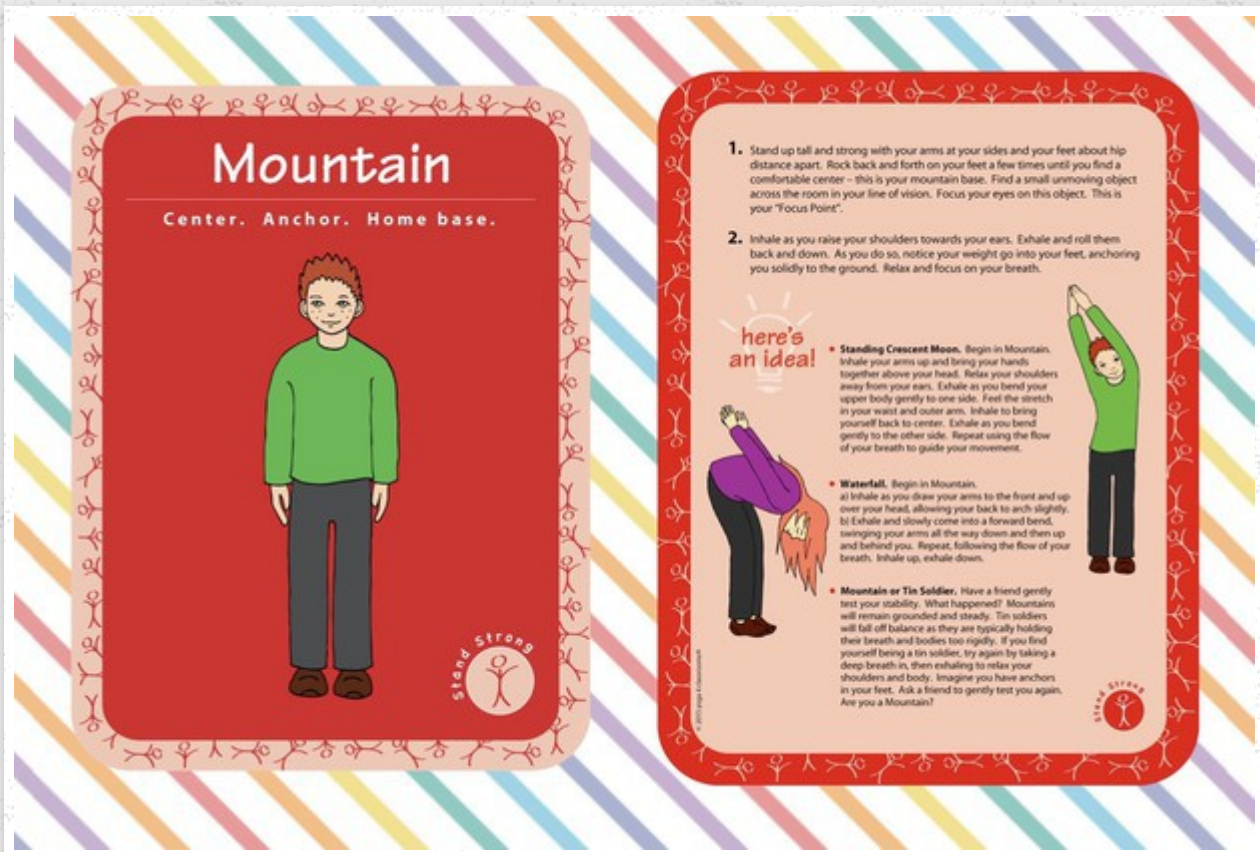


MCAVINNUE'S YOGA POSE OF THE WEEK: "MOUNTAIN"

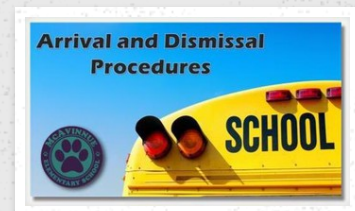
We will be launching McAvinnue's Yoga Pose Of The Week this week for the new school year! We will be practicing a pose called the "Mountain". This pose is the foundation for all of our yoga poses and will allow us to find our center using a solid anchor and home base!



We will practice the "Mountain" pose daily as a classroom and as a whole school during our "Morning Announcements" on Monday, Wednesday, and Friday during this up and coming week. You can get an early head start and practice this technique before we launch into another exciting week!



DROP-OFF & PICK-UP LOGISTICS



Drop-Off Logistics

- Arrival begins at 9:10 AM each day. The late bell rings at 9:25 AM.
- Please pull up to the 4th Avenue side of the building when dropping off your child.
- As you approach the 4th Avenue sidewalk, a faculty member will greet and support getting your child safely out of the vehicle.
- This area is a drop off area ONLY. You will not be permitted to park in this location.
- Please be sure to drive all the way down to the end of the sidewalk so we can fit as many vehicles in this location as possible.
- Ensure your child is ready to go and do not get out of the car so we can keep traffic moving.
- Students accessing our CSA program will be dismissed out the 4th Avenue door near the rear of the school building by the exit driveway.
- Large bus students will enter using the back door located in the rear of the school building.
- Small bus and van transportation students will use the 4th Avenue door near the rear of the school building by the exit driveway.

Morning Lining Up Locations

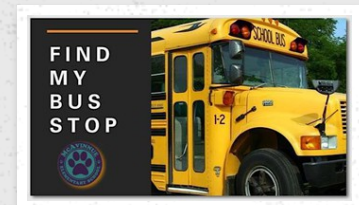
- Grade 1, 3, and 4 students will use the Main Door to enter the school building.
- Grade 2 will use the 4th Avenue doorway near the front of the school to enter the building.

- PreK & Kindergarten will use the Early Childhood door to enter the building. This door is located to the right of McAvinnue's Reading Garden and to the left of the Main Door.

Pick-Up Logistics

- Grade 1 will be dismissed out the Main Door.
- Grades 2, 3, and 4 will be dismissed out the 4th Avenue door near the front of the school.
- Kindergarten students will be dismissed out the Early Childhood door. This door is located to the right of McAvinnue's Reading Garden and to the left of the Main Door.
- Students accessing our CSA program will be dismissed out the 4th Avenue door near the rear of the school building by the exit driveway.
- PreK students will be dismissed out the 4th Avenue door near the rear of the school building by the exit driveway. Please contact Ms. Annie for the specific dismissal time.

SCHOOL BUS TRANSPORTATION INFORMATION



School bus transportation is provided to students in grades K-4, who live greater than .75 mile from their residence or alternate address to their assigned school. Middle school students (grades 5-8) must live greater than 1.5 miles from their residence or alternate address to their assigned school.

Kindergarten through 4th grade students will receive a printed bus pass via postal mail. These passes were mailed out on August 24th. You can also look up your student's bus pass information by using their Student ID for the username and date of birth for the password at the link below. This is the same information that students use to log in to their Chromebooks for school.

Please note that Kindergarten and 1st grader students **must** have an older sibling (4th grade or older) or parent present at the bus stop in the afternoon in order to depart from the school bus. If a parent or older sibling is not present, the student will be brought to the Moody School, located at 158 Rogers Street. A driver's license or valid identification must be presented to the staff in order to dismiss the student.

You can use the LPSD "Bus Lookup Tool" using the link below. You will need to use you child's LASID or lunch number along with their birthdate to access this helpful system.

There also is a helpful video that you can watch that will walk you through the process.

CLICK HERE FOR THE LPSD "BUS LOOKUP TOOL"

You will need to have your child's LASID or lunch number to access the most up to date bus information for your child. Please keep in mind that this number is also used to log into your child's borrowed device.

Bus Pass Lookup Tutorial



NEED INFO? FREQUENTLY ASKED QUESTIONS & ANSWERS

How can I update my contact information (phone number/email/address)?

- Go online to the Family Resource Webpage (<https://www.lowell.k12.ma.us/UpdateContactInfo>) and fill out the "contact us" form. Families who don't have access to the internet can fill out the form in person at the Family Resource Center. If an address change is related to economic factors or housing instability (family moves in with relatives, eviction, hotel/motel, fire or unsheltered, please contact the McKinney Vento Office located at the Family Resource Center in person (151 Merrimack Street), by phone (978-674-4321) or go to the webpage at <https://www.lowell.k12.ma.us/HomelessAssistance>.



How do I update my emergency contacts?

- If you were in the school last year we will send a verification sheet out. if you are new we

form found in this newsletter.

What should I do if my child needs a Chromebook or if my child's Chromebook needs repairs?

- Families should contact their school to coordinate the issuing of a new Chromebook or to schedule repairs. After the school year begins, the district will resume its "tech tent" services and will inform families via email, text, and phone once the services resume.

How do I register my child for the new school year?

- All school registrations are completed online using a computer or laptop. You can access the online application by going to <https://www.lowell.k12.ma.us/SchoolRegistration>. If you only have a mobile device and don't have access to a computer or laptop, you can register in person at the Family Resource Center (151 Merrimack Street). Please call the Family Resource Center if you have any questions (978-674-4321).

What should I do if I need to register my child(ren) and I don't speak English?

- The Lowell Public Schools is committed to providing translation and interpretation services for families who require assistance in a language other than English. The online registration application and website is translated in Spanish and Portuguese and can be accessed by going to <https://www.lowell.k12.ma.us/SchoolRegistration>. For all other languages, please call Vannak Khin at (978) 328-6782 to arrange services. In-person language interpretation support for registration can be accessed by visiting the Lowell Public Schools at 151 Merrimack Street. Families can also call the Family Resource Center at (978) 674-4321 to make an appointment with a Bilingual Family Liaison.

How old does my child need to be to enroll in preschool or kindergarten?

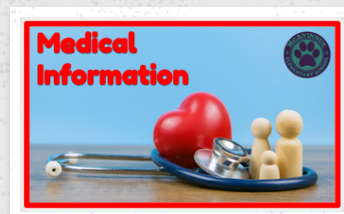
- A child must turn 4 years old on or before September 1, 2021, in order to apply for preschool and 5 by September 1 to apply for kindergarten. A family can apply for preschool by going to <https://www.lowell.k12.ma.us/PreschoolRegistration> to fill out an online application or <https://www.lowell.k12.ma.us/KindergartenRegistration> for kindergarten. For registration questions, please call (978) 674-4321.

How do I apply for a transfer for my child to change schools in the new year?

- Per the 2021-22 School Assignment Policy, all students have the option to request one school transfer per year. Families can apply online by going to <https://www.lowell.k12.ma.us/SchoolTransfer> or can come to the Family Resource Center in-person to complete the application. Transfers are assigned on a space availability basis.

MEDICAL INFORMATION REMINDER

Any students who have emergency medications (Epi-Pens, inhalers, etc.) or who will receive medication in school must have a medication order from the prescribing physician AND a completed consent form from the City Health Department.



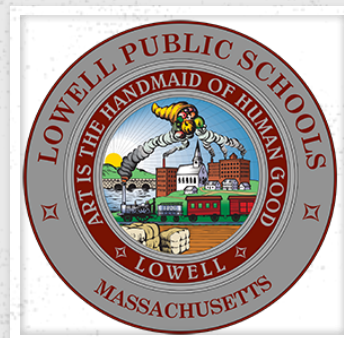
Forms and medication can be dropped off to Nurse Robin any time during the school day. However, it's ideal to drop things off between 9:10 AM - 9:30 AM each day.

Nurse Robin cannot administer ANY medications without a physician's order, including over-the-counter medications. Please make sure that the school nurse is provided refills in advance of any medication supply running out.

If you have any questions, please reach out to Nurse Robin directly,

LOWELL PUBLIC SCHOOLS COVID GUIDELINES UPDATE

Please see the message that was recently sent out regarding the latest COVID-19 guidance for this school year.



"Dear Lowell Public Schools Families,

We are looking forward to welcoming you all back to school on August 31st (Sept 7th for PreK and Kindergarteners) for the start of the 2022-2023 school year!

We would like to take this time to share the latest COVID-19 guidelines and policies:

- There will be no more in-school testing or contract tracing and schools will be distributing one last at-home testing kit, which will expire Sept. 29.*
- Masks are not required (except for in the school nurse's office), but staff and students who wish to wear a mask may do so.*
- Students and staff who do have a positive case of COVID-19 must stay out of school for a minimum of five days, but may return if symptoms improve on days 6-10 if they wear a high-quality mask.*

The Centers for Disease Control's latest COVID-19 guidance can be found here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html>

We ask that you continue to stress good hygiene habits to your children, such as thorough hand washing and coughing into their elbows when they cough, and ask them not to share cups or water bottles with friends.


We strongly encourage all who are able to do so to receive the COVID-19 vaccine and subsequent boosters. We are thankful to our partners at the Massachusetts Department of Public Health, who provided vaccinations at our Back-to-School Block Party, which was attended by more than 3,000 people. To find a location to receive a vaccine or booster, as well

as additional information about the vaccine, visit: <https://www.lowellma.gov/1523/COVID-19-Vaccine>"

2022-2023 SCHOOL YEAR CALENDAR

Superintendent of Schools-Lowell Public Schools- Lowell, MA
2022-2023 School Year Calendar

Monday, August 29, 2022	Staff Return to School for Staff Orientation Day
Tuesday, August 30, 2022	Staff Professional Development Day at School Site
Wednesday, August 31, 2022	First Day of School - Grades 1-12
Friday, September 2, 2022	No School Labor Day Recess
Monday, September 5, 2022 *	No School - Labor Day
Tuesday, September 6, 2022	No School for Students - Primary Election - Professional Day for Staff
Wednesday, September 7, 2022	First Day of School - Pre-Kindergarten & Kindergarten
Monday, October 10, 2022 *	No School - Indigenous Peoples' Day
Tuesday, November 8, 2022	No School for Students - Election Day - Professional Day for Staff
Friday, November 11, 2022 *	No School - Veterans' Day Observed
Wednesday, November 23, 2022	Early Dismissal - Thanksgiving Recess
Thursday, November 24, 2022 *	No School - Thanksgiving Day
Friday, November 25, 2022 *	No School - Thanksgiving Recess
Monday, November 28, 2022	Schools Re-Open
Friday, December 23, 2022	Holiday Vacation Begins at the Close of Day
Saturday, December 24, 2022 *	Christmas Eve [Holiday Vacation: Saturday, December 24 - Sunday, January 1, 2023]
Sunday, December 25, 2022	Christmas Day
Monday, December 26, 2022*	Central Office and Family Resource Office Closed
Friday, December 30, 2022*	New Year's Eve
Sunday, January 1, 2023	New Year's Day
Monday, January 2, 2023*	Central Office and Family Resource Office Closed
Tuesday, January 3, 2023	Schools Re-Open
Wednesday, January 11, 2023	Wednesday - Early Release for grades PreK-12
Monday, January 16, 2023 *	No School - Martin Luther King, Jr. Day
Friday, February 17, 2023	Mid-Winter Vacation Begins at the Close of School
Monday, February 20, 2023 *	President's Day [School Vacation: Monday, February 20 - Friday, February 24, 2023]
Monday, February 27, 2023	Monday - Schools Re-Open
Wednesday, March 8, 2023	Wednesday - Early Release for grades PreK-12
Friday, April 7, 2023 *	No School - Good Friday
Friday, April 14, 2023	Spring Vacation Begins at the Close of School
Monday, April 17, 2023 *	Patriot's Day - [School Vacation: Monday, April 17 - Friday, April 21, 2023]
Monday, April 24, 2023	Schools Re-Open
Monday, May 29, 2023 *	No School - Memorial Day
Thursday, June 15, 2023	180 th School Day
Monday, June 19, 2023 *	Juneteenth
Friday, June 23, 2023	185 th School Day [Includes five (5) Snow Days]



Approved by the Lowell School Committee at their meeting of May 4, 2022

Number of School Days Per Month

August	1	January	20
September	19	February	15
October	20	March	23
November	18	April	14
December	17	May	22
		June	11

* Central Administration, Family Resource Center will be closed in observance of a holiday

CLICK TO ACCESS THE 2022-2023 SCHOOL CALENDAR

PARENT & FAMILY RESOURCES

BREAKFAST AND LUNCH WILL BE FREE FOR ALL LPS STUDENTS

As we reopen for the new school year, Lowell Public Schools Food and Nutrition we are Powering Potential for students and faculty with innovations in our menus and enhancements to our overall dining operations. When your child dines with us, rest assured that we will be serving delicious, nutritious meals prepared with the utmost attention to safety. We encourage every student to fuel up with breakfast and lunch meals each day so they can be energized and prepared to succeed throughout the day, in and out of the classroom.



Please keep up to date on our program, nutrition education, monthly menus and back to school letters on the [LPS Food and Nutrition website](#).

Any concerns please feel free to email foodservice@lowell.k12.ma.us

BREAKFAST & LUNCH MENUS: SEPTEMBER

aramark | LOWELL PUBLIC SCHOOLS

AUGUST / SEPTEMBER 2022 ELEMENTARY LUNCH MENU

Breakfast and Lunch is Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a fruit and/or vegetable with each lunch.
All Meals served with milk.
Sunbutter and Jelly and Vegetarian Meals served daily.

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

 Breakfast MENU August / September 2022 Elementary School Breakfast Menu				
29 WELCOME BACK	30 HAVE A GREAT YEAR!	31 Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Apple and Milk	1 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Orange and Milk	2 LABOR DAY RECESS NO SCHOOL
5 LABOR DAY NO SCHOOL	6 PRIMARY ELECTION NO SCHOOL	7 Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	8 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Juice, Pear and Milk	9 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Banana and Milk
12 Breakfast Cheese Pizza Bagel Cranberry, Orange Oatmeal Round Served with Apple and Milk	13 Blueberry Muffin Benefit Bar Served with Orange and Milk	14 Cinnamon Sugar Donut Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk	15 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Banana and Milk	16 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Apple and Milk
19 Warm Banana Bread Oatmeal Raisin Round Served with Orange and Milk	20 Double Chocolate Chip Muffin Benefit Bar Served with Juice, Pear and Milk	21 Bacon, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Banana and Milk	22 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Apple and Milk	23 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Orange and Milk
26 Breakfast Sausage Pizza Bagel Cranberry, Orange Oatmeal Round Served with Juice, Pear and Milk	27 Blueberry Muffin Benefit Bar Served with Banana and Milk	28 Cinnamon Sugar Donut Assorted Cereal Bowl with Graham Cracker Served with Apple and Milk	29 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Orange and Milk	30 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Juice, Pear and Milk

Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact foodservices@lowell.k12.ma.us

All Breakfast items are whole grain. Offered Daily: 1 % and Skim Milk and Fresh Fruit All Breakfast is provided free for all students. Menu is subject to change.



aramark | **LOWELL**
ELEMENTARY SCHOOL

AUGUST / SEPTEMBER 2022 ELEMENTARY LUNCH MENU

Breakfast and Lunch is Free for all Students!
Our menu consists of Whole Grains, Fresh Fruits and Vegetables.
Students must take a fruit and/or vegetable with each lunch.
All Meals served with milk.
Sunbutter and Jelly and Vegetarian Meals served daily.

In accordance with Federal Law and U.S. Department of Agriculture policy, this Institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call toll free (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 WELCOME BACK	30 HAVE A GREAT YEAR!	31 -Buffalo Chicken Mac & Cheese -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots Bananas & Apples	1 -General Tso's Popcorn Chicken with Fried Rice -General Tso's Tofu Steak with Rice -Pizza Cruncher V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	2 LABOR DAY RECESS NO SCHOOL
5 LABOR DAY NO SCHOOL	6 PRIMARY ELECTION NO SCHOOL	7 -Chicken Parm with Penne -Pizza Crunchers V -Greek Salad with Flatbread LG V -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots Bananas & Apples	8 -Szechuan Chicken with Rice -Szechuan Tofu with Rice -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	9 -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
12 -Loaded Baked Potato and Corn Muffin -Broccoli Cheddar Loaded Baked Potato and Dinner Roll V -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Broccoli & Carrots Apples and Pears	13 -Tater Tot (Beef Nacho (Tolchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter V -Chicken Caesar Wrap -Kickin Beans & Broccoli Clementines & Apples	14 -Shepherd's Pie with Dinner Roll -Fish and "Chips" with Coleslaw, Dinner Roll and Tartar Sauce -Vegetarian Nuggets and "Chips" with Coleslaw, Dinner Roll V -Chef Salad with Flatbread LG -Ham & Cheese Sandwich -Cucumber & Carrots Bananas & Apples	15 -Chicken & Vegetable Dumplings with Fried Rice -General Tso's Tofu Steak with Fried Rice V -Chicken Parm Sub -Pizza Platter V -Chicken Caesar Wrap -Green Beans & Carrots Pears & Fresh Fruit Cup	16 -Cheese Pizza V -BBQ Chicken Pizza -Chicken Ranch Salad with Flatbread LG -Ham & Cheese Sandwich -Red Pepper Strips & Side Salad Apples & Bananas
19 -Chicken & Waffle with Maple Gravy -Pizza Crunchers V -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Maple Carrots & Green Beans Apples & Pears	20 -Chicken Carnitas Taco with 6" Tortilla Wrap -Black Bean Burger V -Hamburger & Cheeseburger -Pretzel Power Pack V -Turkey Bahn MI Sandwich -Kickin Beans & Broccoli Oranges & Apples	21 -Penne Bolognese with Parmesan -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumbers & Carrots Bananas & Apples	22 -Chicken Tikka Masala with -Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pretzel Power Pack V -Turkey Bahn MI Sandwich -Green Beans & Carrots Pears & Fresh Fruit Cup	23 -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad Apples & Bananas
26 -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread LG V -Meatball Sub -Mediterranean Hummus Saled with Flatbread LG V -Italian Sub -Maple Carrots & Tater Tots Apples & Peaches	27 -Beef Nachos with Tortilla Chips -Kickin Bean Nachos with Tortilla Chips -Bagel Power Pack V -Moroccan Harissa Wrap -Kickin Beans & Broccoli Oranges & Strawberries	28 -Lok Lak with Rice -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumbers & Carrots Bananas & Apples	29 -Chili Garlic Popcorn Chicken Lo Mein -Pizza Cruncher V -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots Strawberries & Fresh Fruit Cup	30 -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Saled with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad Apples & Bananas

This institution is an equal opportunity provider.

EMERGENCY CONTACT FORM: 2022-2023

Get a jump start now and complete your emergency contact form for the 2022-2023 academic school year?



We have made it really easy for you to complete this important task. You can access the online form below. When you complete this form, it is immediately sent to McAvinnue and we will print it out for our records.

You don't need to come to the school to complete this form...you can do it right on your phone, tablet, or computer!

If you have any questions, please reach out to Mrs. De La Luz at adelaluz@lowell.k12.ma.us or contact the Main Office at McAvinnue for support!



Emergency Form

Formulario de Emergencia

Formulário de Emergência 2022-2023



[Sign in to Google](#) to save your progress. [Learn more](#)



**CLICK TO ACCESS PREP SPORTSWEAR SPIRIT
GEAR**

COMMUNITY CONNECTIONS & OPPORTUNITIES



THANKSGIVING & CHRISTMAS SUPPORT FROM THE SALVATION ARMY

The Salvation Army is opening up its sign-ups for its "Angel Tree Project" earlier than usual this year. Applications will open on October 3rd and remain open only until capacity has been reached.



See the attached flyer for all of the eligibility and documentation requirements in order to qualify for support.

For more information contact Dianne James at 978-458-3396 or through email at Dianne.James@use.salvationarmy.org

CLICK HERE FOR THE APPLICATION

Open Available October 3rd

The Salvation Army Lowell

THANKSGIVING & CHRISTMAS ASSISTANCE 2022

Application Open Oct. 3, 2022
WWW.SAANGELTREE.ORG
or use the QR code below code Limited capacity

REQUIRED DOCUMENTS

- Birth certificates for all children ages 16 and under
- Photo ID for Parent or guardian
- Proof of Address
- Valid email address is required so we can make your appointment etc.

PLEASE NOTE

- Application NOT complete until ALL DOCUMENTS have been received
- Families of 2 or more may apply
- You may only apply to one agency
- Please: NO requests for Bikes, Computer, video game systems etc.

SERVING THE FOLLOWING COMMUNITIES

- Lowell
- Billerica,
- N Billerica
- Chelmsford,
- N Chelmsford
- Dracut
- Dunstable
- Tewksbury
- Tyngsborough
- Westford



Dianne.James@use.salvationarmy.org
or call 978-458-3396 with questions

The Salvation Army Lowell

ASISTENCIA DE ACCIÓN DE GRACIAS Y NAVIDAD 2022

Solicitud abierta el 3 de octubre de 2022
WWW.SAANGELTREE.ORG
o use el código QR a continuación Afaro limitado

DOCUMENTOS REQUERIDOS

- Certificados de nacimiento para todos los niños menores de 16 años (Los documentos de envío del guardián se cargarán en la pestaña del certificado de Nacimiento)
- Identificación con foto para padre/tutor
- Comprobante de domicilio
- Se requiere una dirección de correo electrónico válida para que podamos comunicar citas, etc.

TENGA EN CUENTA

- Solicitud NO completa hasta que se hayan recibido TODOS LOS DOCUMENTOS
- Las familias de 2 o más pueden aplicar
- Solo puede aplicar a una agencia
- Por favor: NO solicite bicicletas, computadoras, sistemas de videojuegos, etc.

AL SERVICIO DE LAS SIGUIENTES COMUNIDADES

- Lowell
- Billerica,
- N Billerica
- Chelmsford,
- N Chelmsford
- Dracut
- Dunstable
- Tewksbury
- Tyngsborough
- Westford



Dianne.James@use.salvationarmy.org
or call 978-458-3396 with questions

COMMUNITY RESOURCES & DAYCARE OPTIONS FOR FAMILIES

Looking for before or after school daycare options for your child? Here is a short list of options and information for your consideration.

Here is a list of daycare options in Lowell:

- **Community Team Work (CTI)** (978) 454-5100
 - Families who are already enrolled in a CTI program...
 - Call or text school-age coordinators to request a slot
 - Billy 978-995-0028, wma@commteam.org
 - Karen 978-729-7216, kshannon@commteam.org
 - Families who are not enrolled in a CTI program
 - If you've filled out a CTI application in the past...
 - Contact Karen (978) 729-7216, kshannon@commteam.org to see if where you are on the waitlist (if there is a waitlist)
 - If you've never filled out a CTI application...
 - Fill out an application at 17 Kirk St., 126 Phoenix Ave
 - Or call the main CTI number (978) 454-5100 to request an email version of the application.
- **YMCA:** (978) 454-7825; 1 YMCA Dr in Lowell

- Fill out a application online or at the YMCA to request a slot
- Debbie Doben is the preschool director if your child is preschool age
- **Family Childcare:** Call programs to see if they have openings near you
 - Bethel Family Childcare (978) 458-6577
 - Clarendon Family Childcare (978) 454-3026
 - Child Development and Learning (CDE) (978) 275-2843
 - ACRE Family Childcare (978) 937-5899
 - CTI: See above contact information
- **Girls Inc:** (978) 458-6529, 220; Worthen St. in Lowell
 - Accept girls ages 5-14 years old
 - Accept Child Care Circuit vouchers, DCF vouchers, and private pay (income-based, sliding scale)
 - Call Pam Lerocque (Director of Finance & Administration) to check on openings
- **Boys and Girls Club:** (978) 458-4526; 657 Middlesex St in Lowell
 - School-age openings for after-school
 - Teens who are working with the Department of Children and Families can call BGC or DCF to see if they're eligible

LOCAL FOOD SUPPORT

Do you need support with food options for your family. No need to worry...there are many local groups that can offer support for you during your time of need.

Click the link below for a list of local food pantries that are willing to help.

You can also reach out to Mrs. De La Luz, McAvinnue's Social Worker, for support navigating these and other options.



Greater-Lowell-Area-Pantry-List 8-27-20 (1).xlsx

[Download](#)

15.3 KB

MCAVINNUE'S FAMILY READ-A-LOUD

"LEAF THIEF"

The Leaf Thief 🍁 Fall Story Read Aloud



MCVINNUE'S SCHOOL WEBSITE

Check out our school website where you can find a wealth of information including school news, calendars, and other events.

Please visit our website at:

<https://www.lowell.k12.ma.us/mcavinnue>



FOLLOW MCAVINNUE ON SOCIAL MEDIA

You can follow McAvinnue on social media at the following sites! We update things daily and this is a great way to stay in touch with all of the amazing things that are happening inside and out of "the best school we all know"!



FaceBook: <https://www.facebook.com/McAvinnueElementarySchool>

Twitter:

<https://twitter.com/McAvinnueLPS>

Instagram:

<http://instagram.com/mcavinnueelementarylps>

YouTube:

https://www.youtube.com/channel/UC7hxiBuRjgjqfASI_RLMleQ




OUR VISION

 Facebook  @McAvinnueLPS

McAvinnue Elementary School is a place...where there are **high expectations**, where students are **academically engaged**, where instruction is guided by a **systematic approach to examine data**, where there is a **multi-tiered system of support**, and where a responsive environment that fosters **social emotional connections** between faculty and students prevails.

#McAvinnuePride #BeTheDifference #NextLevel

 131 Mammoth Road, Lowell, ...

 mdomina@lowell.k12.ma.us

 (978) 937-2871

 lowell.k12.ma.us/Domain/21

