

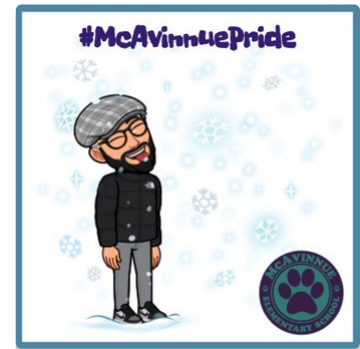
The Lion's Roar

McAvinnue's Community Newsletter: Week Of January 9th

McAvinnue's Principal's Message

Hello McAvinnue Community!

I hope that everyone is doing well...staying healthy...and enjoyed the first official "snowfall" of 2023! The timing of the snowfall made the commute home a bit challenging. I hope that you were able to take it slow and make it home safely and in one piece.



The first week back from the Holiday Break was an extremely positive one for multiple reasons. It was great to have all of our students back at McAvinnue excited to launch into the second half of the school year! We will use this enthusiasm to continue to offer rich academic experiences while having a ton of fun along the way!

We opened 2023 with McAvinnue's Core Value "Booster Day" on Tuesday, January 3rd! This was a day that we devoted to our core values: respect, responsibility, and safety. Our students engaged in meaningful and exciting activities that focused on each of these areas. Students traveled throughout the building participating in learning by teachers that were not their core homeroom teacher. It was great to see our Grade 4 students taught by the Kindergarten teachers in their classrooms...and our Kindergarten students being taught by our Grade 4 teachers in their classrooms!

We also had an amazing in-house field trip for our Grade 3 and 4 students on Wednesday, January 4th and Thursday, January 5th hosted by Top Secret Science! Our students had the chance to participate in an hour and a half session with Scientist Mike and made 3 different hands-on experiments that our students LOVED! It was so much fun! Check out the pictures below!

A quick reminder...we have an Early Release Day on Wednesday, January 11th. All students will be dismissed at 1:30 PM. There will be no morning or afternoon PreK sessions for Ms. Annie's students. Also, there will be no McAvinnue's 21st Century After School Program on this day. However, the Before School Program will still meet at 8:00 AM. Please make the necessary arrangements to be available for your child on this day. Any questions, please don't hesitate to reach out directly.

Here are a few items that you need to be aware for this up and coming week. Please mark your calendars for the following events and activities that will occur at McAvinnue:

- **Monday, January 9th - McAvinnue Reopens @ 9:10 AM**

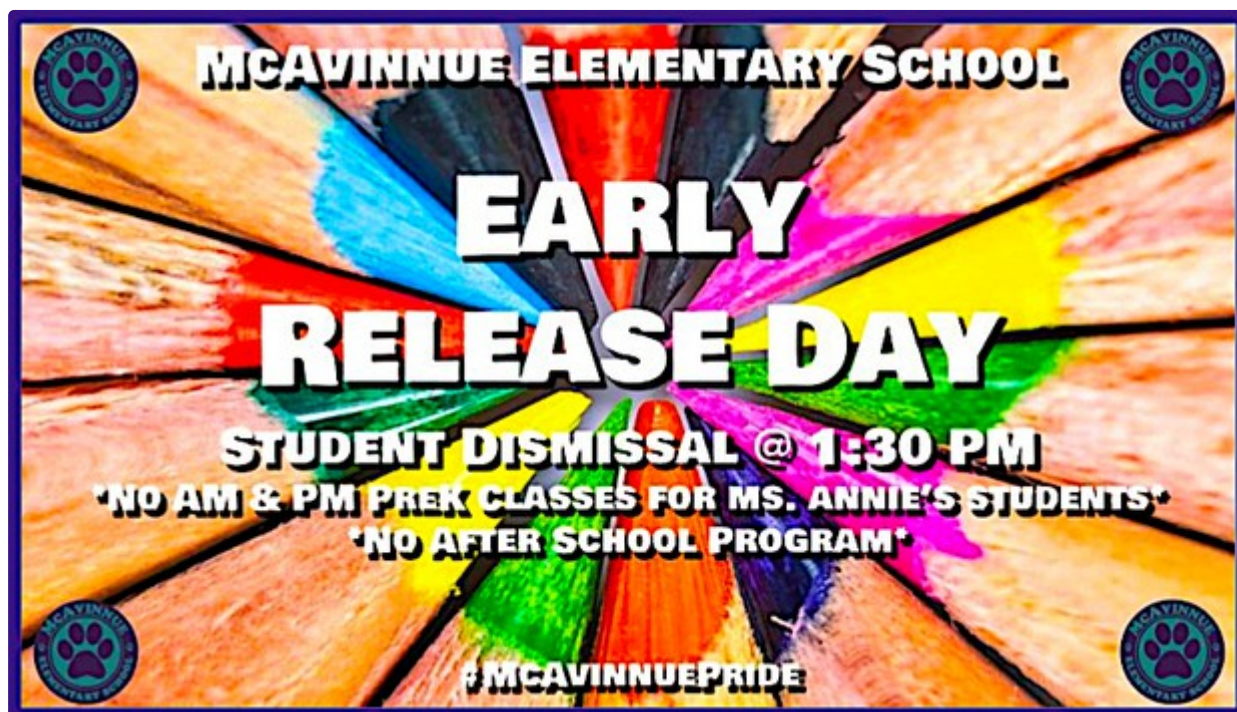
- **Monday, January 9th - McAvinnue's 21st Century Before & After School Program: Session 2 Begins**
- **Monday, January 9th - Friday, January 13th - ACCESS Testing**
- **Wednesday, January 11th - Early Release Day - Student Dismissal @ 1:30 PM**

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.

Early Release Day - Wednesday, January 11th



REMINDER: We have an Early Release Day on Wednesday, January 11th. All students will be dismissed at 1:30 PM.

There will be no morning or afternoon PreK sessions for Ms. Annie's students. Also, there will be no McAvinnue's 21st Century After School Program on this day. However, the Before School Program will still meet at 8:00 AM.

Please make the necessary arrangements to be available for your child on this day. Any questions, please don't hesitate to reach out directly.

McAvinnue's Chuck E. Cheese Fundraiser Event



Please join us on Monday, January 16th from 4:00 PM - 9:00 PM for McAvinnue's "Evening At Chuck E. Cheese" at 199 Plain Street in Lowell (next to the Target Plaza). We will have the day off from school on this day due to the observance of Dr. Martin Luther King Jr. Day.

This will be a great time to come together and have some fun as a McAvinnue Community! There will be special deals that will save you money on game play and food purchases. You can use the coupon below to activate the savings.

We will send home a copy of the coupon with your child this upcoming week. All of the money that is raised will go directly back to our students for various activities and events!

Make sure to take the time to come out for some fun! This is ALWAYS a great time!



2023 CEC Fundraiser_School Flyer EXP 013123.pdf

[Download](#)
2.5 MB

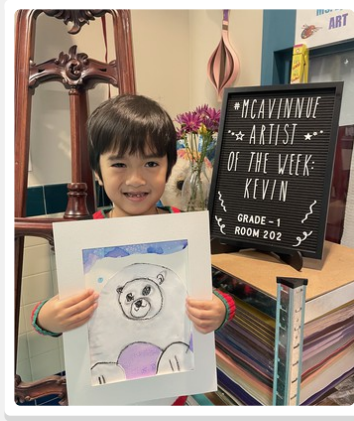
McAvinnue's Week In Review



Grade 3 Top Secret Science!

We had an amazing in-house field trip this week for our Grade 3 and 4 students hosted by Top Secret Science!

Our students had a blast engaging in an hour and a half session with "Scientist Mike" and made 3 different hands-on experiments that our students LOVED! It was so much fun!



McAvinnue's "Artist of the Week"

McAvinnue's "Artist of the Week" is Kevin in Room 202! Kevin used curved lines and circles to create his polar bear! He created shadows by blending the oil pastels. Kevin also used salt and watercolor paint to create an "ice crystal effect" in the arctic background.



Grade 4 Top Secret Science!

We had an amazing in-house field trip this week for our Grade 3 and 4 students hosted by Top Secret Science!

Our students had a blast engaging in an hour and a half session with "Scientist Mike" and made 3 different hands-on experiments that our students LOVED! It was so much fun!



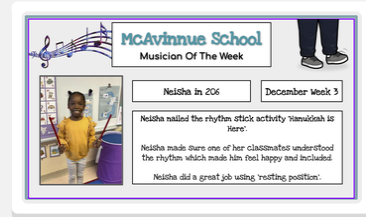
Core Value "Booster Day"!

We opened 2023 with McAvinnue's Core Value "Booster Day" on Tuesday, January 3rd! This was a day that we devoted to our core values: respect, responsibility, and safety. Our students engaged in meaningful and exciting activities that focused on each of these areas.



McAvinnue's "Grinch Day"!

On the Friday before the Holiday Break, it was "Grinch Day" at McAvinnue! Everyone had so much fun wearing Grinch gear, participating in classroom door decorating contest, faculty "Grinch Minute-To-Win-It" All School Meeting, and many other cool Grinch themed classroom activities!



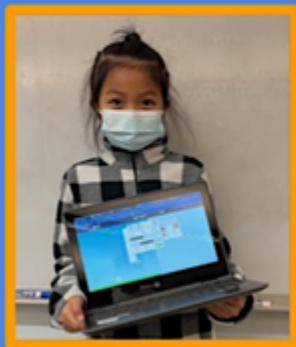
McAvinnue's "Musician Of The Week"

McAvinnue's "Musician Of The Week" was Neisha in Room 206! She was recognized for this award right before the Holiday Break. Nice job...and keep up the hard work!

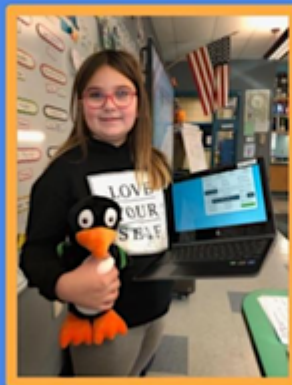
ST Math Good News: 100% Progress & Beyond!



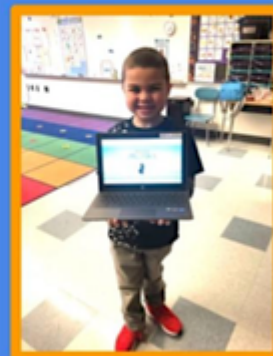
MCAVINNUE'S ST MATH CHAMPIONS



BARBARA - ROOM 101



EVA - ROOM 103



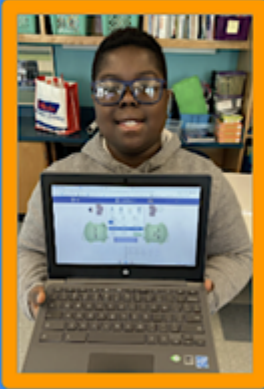
FREDDY - ROOM 201





JUST IN
TIME WITH
JJJ

MCAVINNUE'S ST MATH CHAMPIONS



NANA - ROOM 308



MARCO - ROOM 302

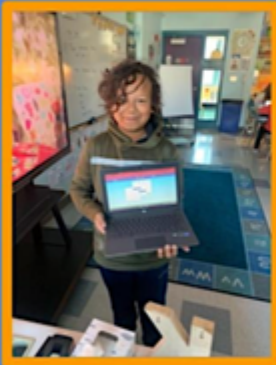


MINERLYN - ROOM 302



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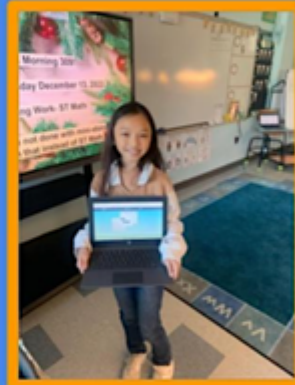
MCAVINNUE'S ST MATH CHAMPIONS



DAYAN - ROOM 309



DECLAN - ROOM 309



EMMA - ROOM 309



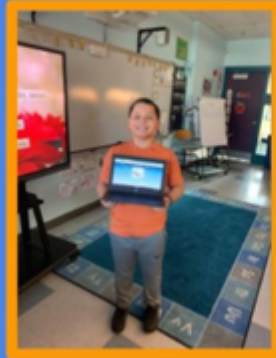


JUST IN
TIME WITH
JJJ

MCAVINNUE'S ST MATH CHAMPIONS



JAXEN - ROOM 309



XADRIEN - ROOM 309



SEBASTIAN - ROOM 303



ST Math Weekly Update: Week Of January 9th



ST Math.

Check out our ST Math weekly celebrations below!

Here is the updated total puzzle count at McAvinnue to date. We have included the overall percent progress for each grade level...and there is some amazing overall growth! At this rate we will be over the 100% progress mark as a school and over 1 million puzzles completed by the end of the school year! Now...this is fantastic work by everyone!

The Massachusetts version of ST Math's Winter Waddle will begin on Tuesday, January 3rd. This challenge will be to post the classroom progress using the tracker that was previously developed and created. The National version of ST Math's Winter Waddle will begin on Tuesday, January 17th and will focus on the school reaching an average student puzzle total of 50 or more for the week. Finally, there will be a McAvinnue specific version of ST Math's Winter Waddle that begins on Monday, January 9th. This challenge will focus on increasing the overall percent progress from the baseline total from the 9th.

So many challenges to keep track of! The only thing our students need to do is log on, complete puzzles, and move along on the grade level journey. This will increase their overall percent progress!

Stay tuned for weekly updates!



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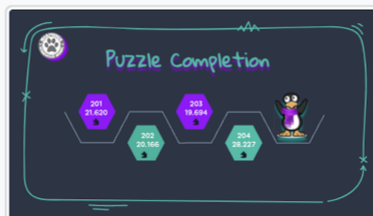
PUZZLES



Percent Progress

48%

Grade Level or Classroom	Percent Progress
PreK	29%
Kindergarten	36%
Grade 1	54%
Room 109	20%
Grade 2	45%
Grade 3	51%
Room 108	45%
Grade 4	52%



McAvinnue's Student Daily Attendance Policy



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

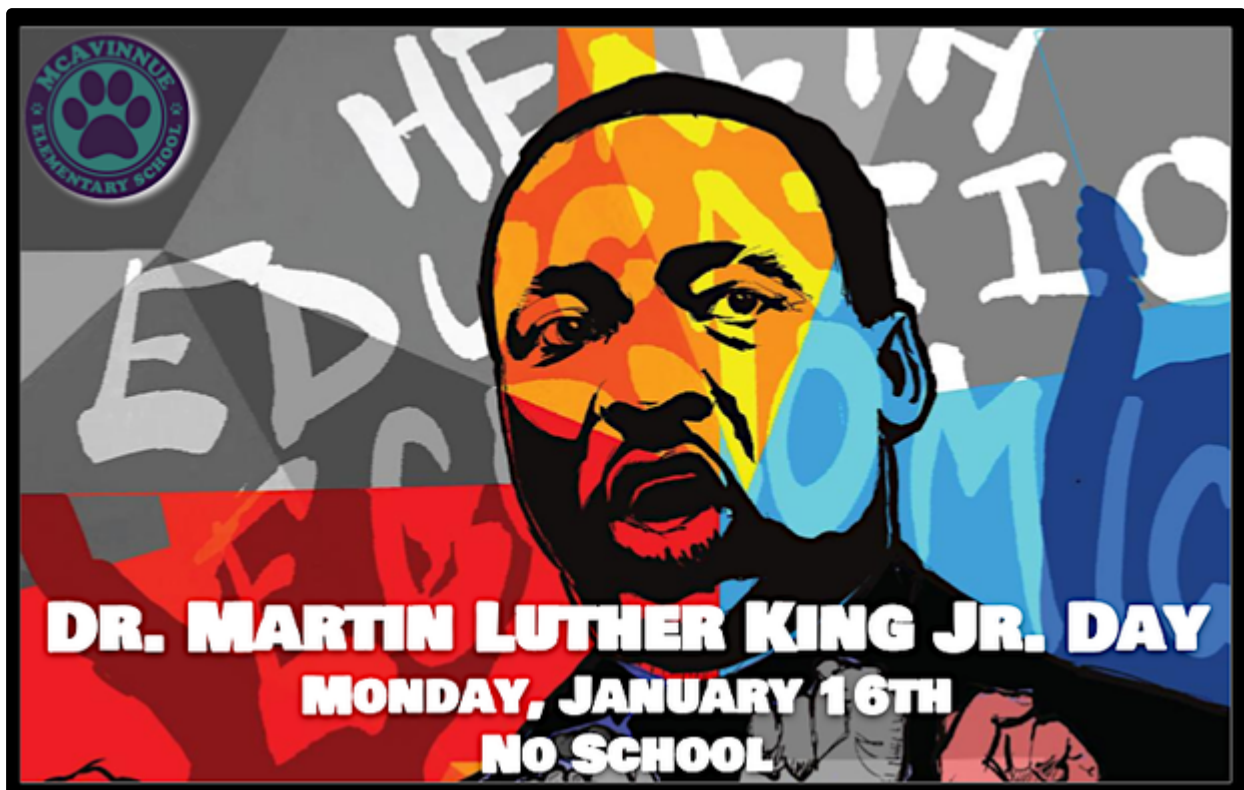


Upcoming Events

Here are important dates to remember for the month of January and February:

- Monday, January 9th - McAvinnue Reopens @ 9:10 AM
- Monday, January 9th - McAvinnue's 21st Century Before & After School Program: Session 2 Begins
- Wednesday, January 11th - Early Release Day - Student Dismissal @ 1:30 PM
- Monday, January 16th - Dr. Martin Luther King Jr. Day - No School
- Monday, January 16th - McAvinnue's "Chuck E. Cheese" Fundraiser Event @ 4:00 PM - 9:00 PM
- Monday, January 24th - Grade 4 Field Trip - Tsongas Industrial History Center
- Wednesday, January 25th - 26th - Dentist @ McAvinnue
- Friday, January 27th - Grade 3 Field Trip - Boston Museum Of Science
- Monday, February 20th - Friday, February 24th - Winter Break - No School
- Monday, February 27th - McAvinnue Reopens

Dr. Martin Luther King Jr. Day



Due to the observance of Dr, Martin Luther King Jr. Day, McAvinnue will be closed on Monday, January 16th.

We will open our doors for that week on Tuesday, January 17th at 9:10 AM. Please make the necessary arrangements to be available for your child on this day.

Check Out McAvinnue's "Virtual" Mornina Announcements!

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/UC7hxiBuRjgqfASl_RLMleQ

If you want a peek of the latest edition of McAvinnue's "Virtual Morning Announcements", check out the video below!

McAvinnue's Morning Announcements 1.6.2023

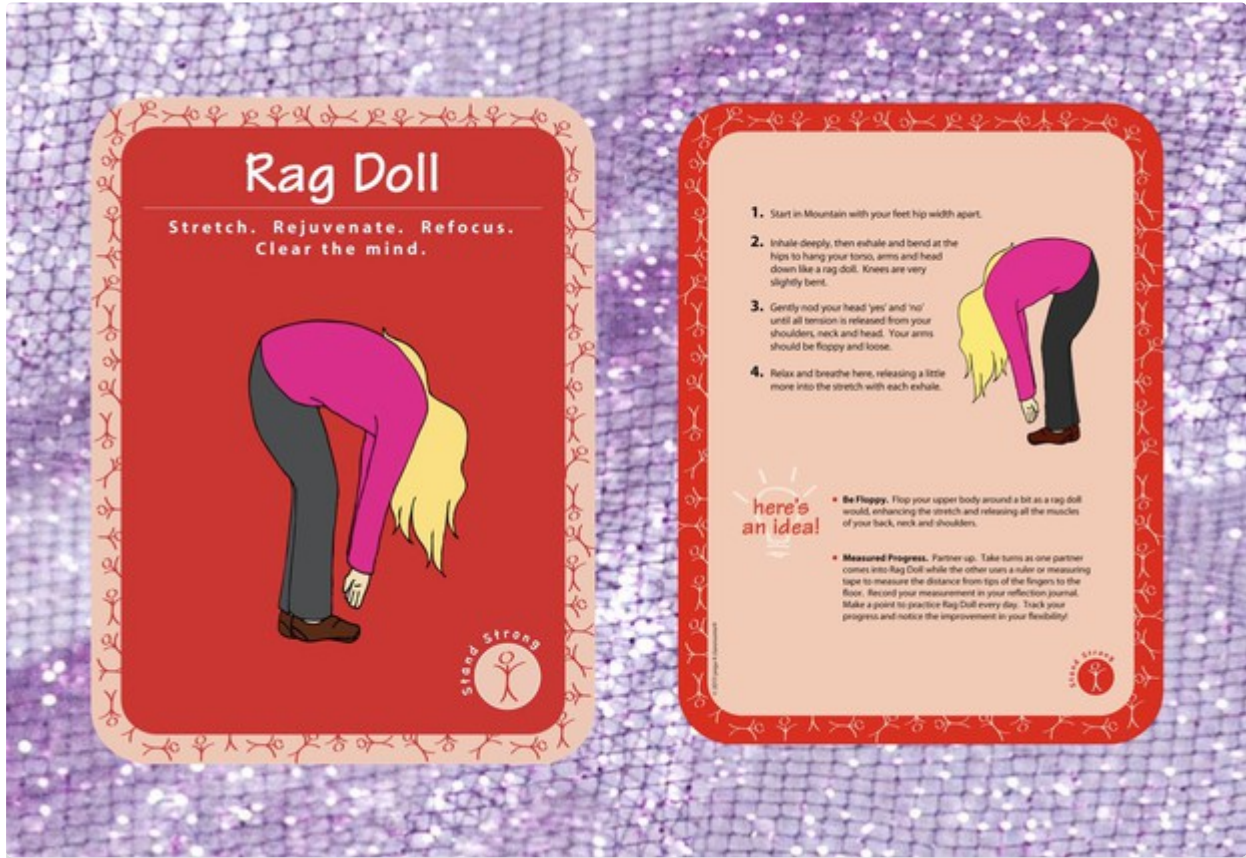


McAvinnue's Yoga Pose Of The Week: "Rag Doll"

We will practice a new pose this week called the "Rag Doll"! This pose will allow us to work on getting a good stretch that will rejuvenate, refocus, and clear our minds to have the best day possible! We will practice the "Rag Doll" pose daily during our "Virtual" Morning Announcements during this up and coming week on Monday, Wednesday, and Friday.



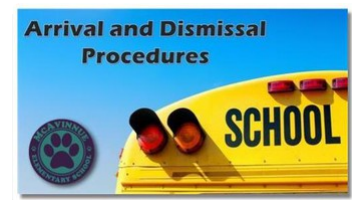
You can get an early head start and practice this technique before we launch into another exciting week!



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 will send home an emergency form to fill out on the first day of school or use the online 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.



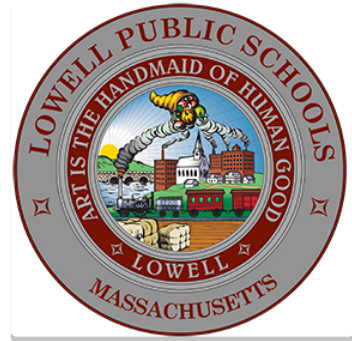
Forms and medication can be dropped off to Nurse Robin any time during the school day. However, it's ideal to drop things off between 9:10 AM - 9:30 AM each day.

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 contact 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

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

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

[Click To Access The 2022-2023 School Calendar](#)

January Breakfast & Lunch Menu



Breakfast MENU

January
Elementary
Breakfast Menu

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

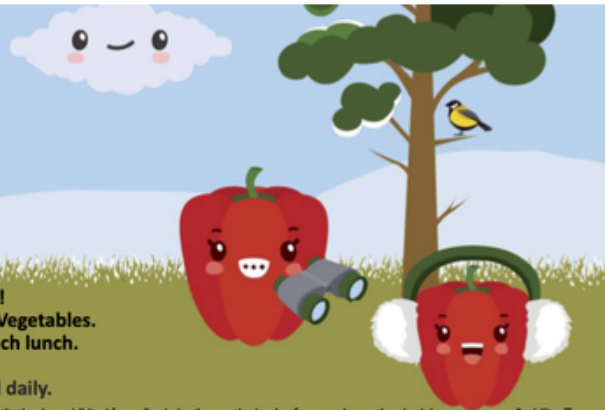
All Breakfast items are whole grain. Offered Daily: 1 % and Skim Milk and Fresh Fruit All Breakfast is provided free for all students. Menu is subject to change.



This institution is an equal opportunity provider.

2 HOLIDAY VACATION NO SCHOOL	3 Double Chocolate Chip Muffin Benefit Bar Served with Juice, Pear and Milk	4 Bacon, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	5 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Orange and Milk	6 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Banana and Milk
9 Banana Bread Cranberry, Orange Oatmeal Round Served with Orange and Milk	10 Blueberry Muffin Benefit Bar Served with Juice, Pear and Milk	11 Cinnamon Sugar Donut Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk	12 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 Apple and Milk
16 MARTIN LUTHER KING, JR. DAY NO SCHOOL	17 Double Chocolate Chip Muffin Benefit Bar Served with Juice, Pear and Milk	18 Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	19 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Banana and Milk	20 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Apple and Milk
23 Warm Pumpkin Bread Oatmeal Raisin Round Served with Orange and Milk	24 Double Chocolate Chip Muffin UBR Bar Served with Juice, Pear and Milk	25 Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	26 Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Banana and Milk	27 Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Apple and Milk
30 Banana Bread Cranberry, Orange Oatmeal Round Served with Orange and Milk	31 Blueberry Muffin Benefit Bar Served with Juice, Pear and Milk			

JANUARY 2023
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
<p>2</p> <p>HOLIDAY VACATION</p> <p>NO SCHOOL</p>	<p>3</p> <ul style="list-style-type: none"> -Chicken Camitas Taco with 6" Tortilla Wrap -Hamburger & Cheeseburger -Black Bean Burger V -Pretzel Power Pack V -Turkey and Cheese Sandwich -Kiddin Beans & Broccoli -Oranges & Apples 	<p>4</p> <ul style="list-style-type: none"> -Lok Lok with Rice -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumber & Carrots LG -Bananas & Apples 	<p>5</p> <ul style="list-style-type: none"> -Loaded Baked Potato with Corn Muffin -Broccoli Cheddar Baked Potato with Corn Muffin -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pretzel Power Pack V -Turkey Bahn Mi Sandwich -Green Beans & Carrots LG -Pears & Fresh Fruit Cup 	<p>6</p> <ul style="list-style-type: none"> -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad LG -Apples & Bananas
<p>9</p> <ul style="list-style-type: none"> -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread V -Chicken Parm Sub -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Carrots LG & Corn -Apples & Peaches 	<p>10</p> <ul style="list-style-type: none"> -LTO: Black Bean Chili Frito Bowl -Vegetarian Chili with Tortilla Chips V -Cheese Quesadilla V -Bagel Power Pack V -Moroccan Harissa Wrap -Veggie Cup & Broccoli -Oranges & Strawberries 	<p>11</p> <ul style="list-style-type: none"> -Penne Bolognese with Parmesan -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumber & Carrots LG -Bananas & Apples 	<p>12</p> <ul style="list-style-type: none"> -Chili Garlic Popcorn Chicken Lo Mein -Cheeseburger and Hamburger -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots LG -Strawberries & Fresh Fruit Cup 	<p>13</p> <ul style="list-style-type: none"> -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad LG -Apples & Bananas
<p>16</p> <p>Martin Luther King, Jr. Day</p> <p>NO SCHOOL</p>	<p>17</p> <ul style="list-style-type: none"> -Arroz con Pollo -Fish Po' Boy Sandwich with Coleslaw -Hummus Platter V -Honey Mustard Chicken Wrap -Kiddin Beans & Broccoli -Clementines & Apples 	<p>18</p> <ul style="list-style-type: none"> -Buffalo Chicken Mac and Cheese -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots LG -Bananas & Apples 	<p>19</p> <ul style="list-style-type: none"> -General Tso's Popcorn Chicken with Fried Rice -General Tso's Tofu Steak with Rice V -Pizza Cruncher V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Carrots LG -Pears & Fresh Fruit Cup 	<p>20</p> <ul style="list-style-type: none"> -Cheese Pizza V -Hawaiian Pizza -Chicken Caesar Salad with Flatbread LG -Turkey and Cheese Sandwich -Red Pepper Strips & Side Salad LG -Apples & Bananas
<p>23</p> <ul style="list-style-type: none"> -French Toast Stick with Chicken Sausage -French Toast with Vegetarian Sausage V -Chicken and Vegetable Dumplings with Vegetables -Chef Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Maple Carrots & Tater Tots -HOTM Baked Apples & Applesauce 	<p>24</p> <ul style="list-style-type: none"> -Beef Taco with 6" Tortilla Wrap -Kiddin Bean Taco with 6" Tortilla Wrap V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Kiddin Beans & Broccoli -Oranges & Apples 	<p>25</p> <ul style="list-style-type: none"> -Chicken Parm with Penne -Cheese Quesadilla V -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots LG -Bananas & Apples 	<p>26</p> <ul style="list-style-type: none"> -Szechuan Chicken with Rice -Szechuan Tofu with Rice V -Hamburger & Cheeseburger -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots LG -Pears & Fresh Fruit Cup 	<p>27</p> <ul style="list-style-type: none"> -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad LG -Apples & Bananas
<p>30</p> <ul style="list-style-type: none"> -Chicken Tikka Masala with Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad V -Hamburger & Cheeseburger -Chicken Ranch Salad with Flatbread LG -Ham and Cheese Sandwich -Broccoli & Carrots LG -Apples & Peaches 	<p>31</p> <ul style="list-style-type: none"> -Tater Tot Beef Nacho (Tolchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter V -Chicken Caesar Wrap -Kiddin Beans & Broccoli -Clementines & Apples 			

This institution is an equal opportunity provider.



Elementary January Breakfast Menu 22.23 update.pdf

[Download](#)
233.4 KB



Elementary January Lunch Menu_UpdateMCN2.pdf

[Download](#)
298.4 KB

Parent & Family Resources

LPS PreK & Kindergarten Resource Showcase

Check out the information below for the LPS PreK & Kindergarten information showcases January 24th and 26th.

If you or someone you know is the parent/guardian of a child ready for PreK or Kindergarten in September 2023, please attend one of the Lowell Public School District information showcases to gather everything you need to know about how to register for school. LPSD looks forward to seeing you and making new friends!

Register at: www.lowell.k12.ma.us/showcase



PreK & Kindergarten Info Showcase



Have Fun **Make New Friends** **Improve skills**

Attend one of our Showcases to find out more information about the registration process, what documents are needed, and how to enroll your child. Light refreshments will be served. Door prize raffle.

- *Bring immunization records to be checked by school nurses**
- *Meet teachers and staff from different schools**
- *Learn about curriculum offerings**
- *Ask questions**

To register: Scan the QR code or visit: www.lowell.k12.ma.us/showcase
Questions? Call the Family Resource Center at 978-674-4321 or Laurie Carney at 978-446-7000 x46919

Tuesday Jan. 24 5:30 - 7:30 p.m. Lincoln Elementary School 300 Chelmsford St.	Thursday Jan. 26 5:30 - 7:30 p.m. Reilly Elementary School 115 Douglas Rd.
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ATTENTION: Current Kindergarten Families

The Early Childhood Department would like your assistance in collecting data from **currently enrolled Kindergarten children** and families with children under the age of five.



If you have a child attending Kindergarten this school year, 2022-23, please fill out the following survey. Your response to this three-minute survey will provide Lowell Public Schools with data to inform early childhood programming in future years. If you complete the survey by January 15, 2023, you will be eligible to win a \$50.00 Market Basket Card.

English: <https://www.surveymonkey.com/r/2MT98CB>

Spanish: <https://www.surveymonkey.com/r/2WKRQ2Y>

Portuguese: <https://www.surveymonkey.com/r/2RLNJQY>

Khmer: <https://www.surveymonkey.com/r/2JLJD6L>

Please also share the links below with preschool and kindergarten families as it is likely that they will have other children under the age of five.

ATTENTION: Current Pre-Kindergarten Families



If you have children under the age of five, please fill out the following survey. Your response to this three-minute survey will provide Lowell Public Schools with data to inform early childhood programming in future years. If you complete the survey by January 15, 2023, you will be eligible to win a \$50.00 Market Basket Card.

English: <https://www.surveymonkey.com/r/GH2NB2N>

Spanish: <https://www.surveymonkey.com/r/H93X7SW>

Portuguese: <https://www.surveymonkey.com/r/RGGFXXF>

Khmer: <https://www.surveymonkey.com/r/WRV6TRP>

SNAP Benefits For Families

BOOST YOUR FOOD BUDGET.

Start with **SNAP** and get help paying for food—for you, and anyone you're responsible for.

[GettingSNAP.org](https://www.gettingsnap.org)

WITH SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM) BENEFITS, YOU CAN:

- **Boost your grocery budget with monthly funds** you can use at locations of your choice, statewide.
- **Automatically qualify your kids for free school meals**, no application needed.
- **Automatically qualify to participate in the Healthy Incentive Program (HIP)**, which lets you earn additional money to spend on groceries when you purchase fruits and vegetables from your local participating HIP vendors.
- **Shop for the food you like**, that meets your dietary needs, allergy restrictions, and cultural preferences.

If you're having trouble paying for groceries—whether or not you're working—you could be eligible for SNAP. Visit [GettingSNAP.org](https://www.gettingsnap.org) or call **1-800-645-8333** for help.





WE'RE HERE FOR YOU.

Call our **FoodSource Hotline** at **1-800-645-8333** to find out if you qualify for SNAP with help from our trained counselors.

SNAP FACTS

SNAP is the Supplemental Nutrition Assistance Program, or, in other words, money for food. If you apply and are eligible, you are guaranteed to receive the benefits—in the form of a monthly cash stipend on an EBT card, that can be used just like a debit card for food shopping.

AM I ELIGIBLE?

If you could use help affording food, you could be! SNAP can help whether you're working or currently unemployed. All types of people, from single adults to families to seniors, receive SNAP benefits—it's a benefit meant to supplement your grocery budget. Call our FoodSource Hotline or visit StartWithSnap.org to find out more.

WHAT IF I'M NOT A U.S. CITIZEN?

Go on and reach out to us via our FoodSource Hotline (1-800-645-8333). Many non-citizens are eligible for SNAP.

YOU'VE CONVINCED ME. SO HOW DO I APPLY?

Be prepped with your personal information, such as your Social Security number (if you have one), your birthdate, mailing address, phone number, income, and expenses. Then, you can:

- Call our FoodSource Hotline at 1-800-645-8333
- Apply on your on at dtaconnect.eohhs.mass.gov/apply
- Or download a paper application from mass.gov/SNAP, or call our FoodSource Hotline to request one to be sent in the mail

If you're having trouble paying for groceries—whether or not you're working—you could be eligible for SNAP. Visit GettingSNAP.org or call **1-800-645-8333** for help.



Mental Health Support Available

IT'S OKAY TO ASK FOR HELP



Care Solace connects students, staff, and their families to care. At no cost to you, Care Solace will quickly and confidentially find available mental health and substance use providers matched to your needs.

Find the right help at the right time.



24/7/365 MULTILINGUAL SUPPORT

A multilingual team is available 24/7/365 to help you understand options, call providers on your behalf, and schedule an appointment.



CARE REGARDLESS OF INSURANCE

Connect to care with any coverage including Medicaid, Medicare, and sliding scale options for those without insurance.



EASY ACCESS TO CARE

Use Care Match, the self-serve website, to find a provider on your own.

GET CONNECTED TO CARE TODAY

888-515-0595

caresolace.com/



Please note: Care Solace is not an emergency response service or mental health services provider. In the event of a life threatening emergency, call 9-1-1 or the National Suicide Hotline 9-8-8.

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](#)

McAvinnue Spirit Gear By Prep Sportswear

We have an online store if you wish to order any McAvinnue gear! It is open 24 hours per day and there is no due date for orders. Anytime you want to order...on any day!

The company is Prep Sportswear and has been reliable with solid product quality from reputable brands.

There is a 30% off deal occurring now on all items! This is a major discount if you are interested in purchasing McAvinnue merchandise.



We are also exploring additional local options to purchase McAvinnue gear. Stay tuned for more information in the month of September.

To access our current online store for McAvinnue spirit gear, please click the link below.

[Click To Access Prep Sportswear Spirit Gear](#)

Mill City Grows Winter Markets

Don't let winter stop you from eating fresh local fruits and vegetables! Fresh, locally grown produce is now available for purchase through April 2023 at Mill City Grows' (MCG) Indoor Winter Mobile Markets at UMass Lowell University Crossing and MCG's ROOT Kitchen.

Shoppers can enjoy a variety of seasonal vegetables grown on farm sites in the City of Lowell as well as fresh produce sourced from area farmers and growers. Mill City Grows Mobile Markets accept SNAP/EBT, cash, credit, debit, and Mill City Grows E-Gift Cards (a great stocking stuffer: <https://squareup.com/gift/A6CVNHCK5PKAE/order>) for payment. All markets also accept HIP (Healthy Incentives Program), a SNAP benefit that provides \$1 back for every dollar spent on fruits and vegetables purchased directly from a HIP authorized farm or vendor. SNAP customers are encouraged to ask about HIP discounts while shopping.

The full Indoor Winter Mobile Market schedule can be viewed and downloaded at <https://www.millcitygrows.org/mobile-markets/>, including multilingual schedules in Khmer, Spanish, Vietnamese, Portuguese, Chinese, Haitian Creole, and Pashto. Please follow [Mill City Grows](#) on Facebook and Instagram for all scheduling updates or call 978-455-2620. The full schedule is listed below:

2022-2023 MILL CITY GROWS INDOOR WINTER MOBILE MARKET SCHEDULE

University Crossing Atrium at UMass Lowell
220 Pawtucket Street, Lowell
Monthly on Wednesdays from 2 PM – 4 PM

December 14, 2022

January 18, 2023

February 15, 2023

March 15, 2023

April 19, 2023

* Parking is available at the Pawtucket Metered Lot across from University Crossing at 219 Pawtucket Street.

Mill City Grows ROOT Kitchen

19 Hall Street, Lowell
Bi-weekly on Thursdays from 2 PM – 5 PM

December 15, 2022

January 5 & 19, 2023

February 2 & 16, 2023

March 2 & 16, 2023



Fresh,
seasonal
produce!

Indoor Winter Farmers' Markets

Select Wednesdays & Thursdays
Starting November 16

Shop fresh and local at UMass Lowell's
University Crossing and at
Mill City Grows' ROOT Kitchen!

Use your SNAP/EBT and HIP benefits



**Fresh,
seasonal
produce!**

ROOT Kitchen at Mill City Grows

Bi-weekly on Thursdays
2pm - 5pm

2022	2023
November 17	January 5 & 19
December 1 & 15	February 2 & 16
	March 2 & 16

19 Hall Street

Community Connections & Opportunities



Winter Playgroups

The Lowell Public School's Early Childhood Department offers a series of Winter playgroups for kids under the age of 5 and their families.

Register here: <https://docs.google.com/.../1FAIpQLScox9aCS.../viewform>

LOWELL PUBLIC SCHOOLS
Early Childhood Department
Coordinated Family and Community Engagement

STARTS THE WEEK OF JAN. 9, 2023

Winter Playgroups

Lowell Public School's CFCE program provides weekly playgroups for young children under the age of five and their families! Join the fun and invite your friends! Sing songs, read books, engage in activities and share ideas with peers.

Monday
Jan. 9 through April. 06,
Facilitators: LPS
Location: Pollard Memorial Library, 401 Merrimack St.
10:00-11:00 AM
Language Support: English, Khmer

Tuesday
Jan. 10 through April. 04,
Facilitators: LPS
Location: Housing Authority, 580 Chelmsford St.
10:00-11:00 AM
Language Support: English, Khmer

Tuesdays and Thursdays
Jan. 10 through April. 06,
Facilitators: LPS
Location: YMCA, 35 YMCA Dr.
10:00-11:00 AM
Language Support: English, Spanish, Khmer

Wednesday
Jan. 11 through April. 05,
Facilitators: LPS
Location: St. Rita's Church, 158 Mammoth Rd.
10:00-11:00 AM
Language Support: English, Spanish

Friday
Jan. 13 through March 31,
Facilitators: LPS
Location: St. Rita's Church, 158 Mammoth Rd.
10:00-11:00 AM
Language Support: English, Spanish, Khmer

Friday
Jan. 13 through March 31,
Facilitators: LPS and Anne Sullivan
Location: Pollard Memorial Library, 401 Merrimack St.
10:00-11:00 AM
Language Support: English, Spanish

CLICK HERE TO REGISTER

For questions call, Laura Valdez
978-674-2065.
Visit the Lowell Public Schools' calendar and Early Childhood homepage for more information.
<http://www.lowell.k12.ma.us>

Lowell Public Schools CFCE program is funded by the Coordinated Family & Community Engagement grant awarded to Lowell Public Schools by the Department of Early Education and Care.

Thom

Career Training Available

FREE 15-Week Adult Career Programs in January

Register now for FREE adult career programs that begin in January at Minuteman Technical Institute in Lexington (only 20 minutes from Lowell):



- Carpentry
- CNC Machine Operator
- Facilities Management
- Plumbing (Tier 1)

These programs are FREE for anyone who earns less than \$63,900 gross annually in Middlesex County due to support from the Mass. Workforce Skills Cabinet. MTI is an excellent opportunity for anyone over 18 interested in pursuing a career trade, including recent high school graduates.

Details can be found at minutemanti.org or call 781-861-7151.

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
 - Karen Espinola is the school-age director
 - 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

"Meet January"

Meet January By April Martin | Winter New Year Book Read Aloud for kids |
Read by the author



McAvinnue'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://instragram.com/mcavinnueelementarylps>

YouTube:

https://www.youtube.com/channel/UC7hxiBuRjqjgfASl_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, M...  mdomina@lowell.k12.ma.us
 (978) 937-2871  lowell.k12.ma.us/Domain/21



#MCAVINNUEPRIDE