

The Lion's Roar

McAvinnue's Community Newsletter: Week Of January 2nd



McAvinnue's Principal's Message

Hello McAvinnue Community!

I hope that everyone had a great Holiday Break with family and friends! It has been an amazing start to the 2022-2023 academic school year...and we all are looking forward to launching into the second half of the school year with excitement, enthusiasm, and determination to build on all of the positive foundational pieces we have laid thus far . While every school year has unexpected challenges, we are extremely proud of all of the efforts from EVERYONE in the McAvinnue Community...our students, our faculty, our parents, and our community partners! This school year has been far more "typical" when compared the the past few years. We are eager to continue to the hard work by strengthening our teaching practices, incorporating flexible decision-making, and focus on the overall well-being of all stakeholders.



This is the time of the year that we all make a "New Year's Resolution". We pick something that we want to set as a goal for improvement...and cross our fingers that we will accomplish it throughout the new year. Here is some interesting information about the history of making a "New Year's Resolution".

The ancient Babylonians are said to have been the first people to make New Year's resolutions, some 4,000 years ago. They were also the first to hold recorded celebrations in honor of the new year—though for them the year began not in January but in mid-March, when the crops were planted. During a massive 12-day religious festival known as Akitu, the Babylonians crowned a new king or reaffirmed their loyalty to the reigning king. They also made promises to the gods to pay their debts and return any objects they had borrowed. These promises could be considered the forerunners of our New Year's resolutions. If the Babylonians kept to their word, their (pagan) gods would bestow favor on them for the coming year. If not, they would fall out of the gods' favor—a place no one wanted to be.

A similar practice occurred in ancient Rome, after the reform-minded emperor Julius Caesar tinkered with the calendar and established January 1 as the beginning of the new year circa 46 B.C. Named for Janus, the two-faced god whose spirit inhabited doorways and arches, January had special significance for the Romans. Believing that Janus symbolically looked backwards into the previous year and ahead into the future, the Romans offered sacrifices to the deity and made promises of good conduct for the coming year.

Despite the tradition's roots, New Year's resolutions today are a mostly secular practice. Instead of making promises to the gods, most people make resolutions only to themselves, and focus purely on self-improvement (which may explain why such resolutions seem so hard to follow through on). According to recent research, while as many as 45 percent of Americans say they usually make New Year's resolutions, only 8 percent are successful in achieving their goals. But that dismal record probably won't stop people from making resolutions anytime soon—after all, we've had about 4,000 years of practice.

As we launch into 2023 and the month of January, there are several items that you need to be aware of. Please mark your calendar for the following events and activities at McAvinnue:

Here are a few items that you need to be aware as we launch into 2023 and the return after the Holiday Break. Please mark your calendars for the following events and activities that will occur at McAvinnue:

- **Monday, December 26th - Monday, January 2nd - Holiday Break - No School**
- **Tuesday, January 3rd - McAvinnue Reopens @ 9:10 AM**
- **Tuesday, January 3rd - McAvinnue's Core Value Booster Day**
- **Wednesday, January 4th - Grade 3 STEM Enrichment In House Field Trip**
- **Thursday, January 5th - Grade 4 STEM Enrichment In House Field Trip**
- **Thursday, January 5th - ACCESS Testing Begins**

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.

The "Awesome Year Challenge"

Kid President AWESOME YEAR Challenge!



McAvinnue's Week In Review



ST Math Good News in Room 203!

Saylor recently reached 100% progress by completing all of the Grade 1 puzzles and journey objectives! He worked really hard to reach this goal...so amazing!



McAvinnue Artist of the Week

McAvinnue Artist of the Week for the week of December 19th is Maria Klara in Room 304! She used Sharpie and Oil Pastels to create excellent texture on her bear. She also used a stripe pattern for her bear's "beautiful sweater"!



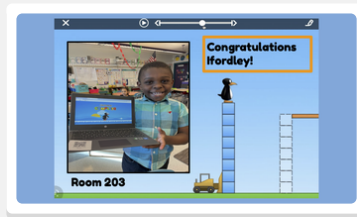
Good News From STEAM Studio!

This past week in STEAM Studio...Grade 4 students are working on "Illumination's Hour of Code" with the Grinch! Justin, Marshall, Dash, and Jaxen were the first 4 students to meet the challenge and earn a certificate! Nice work!



Good ST Math News in Room 202!

We are adding another student to McAvinnue's "100%ers" bulletin board in the Main Office! Davina just completed 100% of the Grade 1 puzzles and journey objectives on ST Math! Now this shows that hard work and perseverance pays off!



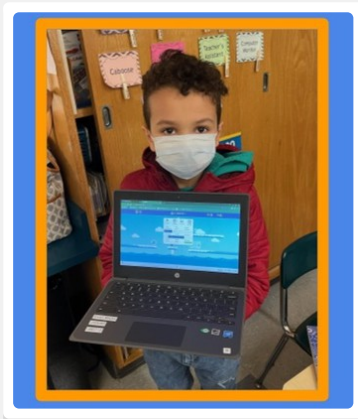
More ST Math Good News in Room 203!

Ifordley worked extremely hard to complete 100% of all of the Grade 1 puzzles and journey objectives in ST Math! He will join the other students on McAvinnue's "100%ers" bulletin board in the Main Office! JiJi is really happy and so are we!



Dreidel Game Fun!

Kindergarten students in Room 206 learned how to play the dreidel game which is one of the most famous Hanukkah traditions! So much fun!



ST Math Good News in Room 101!

Just this week, Evan completed all of the ST Math puzzles and journey objectives for Grade 2 by consistently demonstrating problem-solving skills and a high level of commitment. Amazing effort!



Holiday Spirit In Room 212!

PreK students in Room 212 getting into the holiday spirit! Looking good...and so much fun before leaving for the Holiday Break!



Holiday Kindergarten Buddies!

Check out all of the fun our Kindergarten students had with their Grade 4 "buddies" decorating holiday cookies! They came out great...and tasted even better!

ST Math Weekly Update: Week Of January 2nd



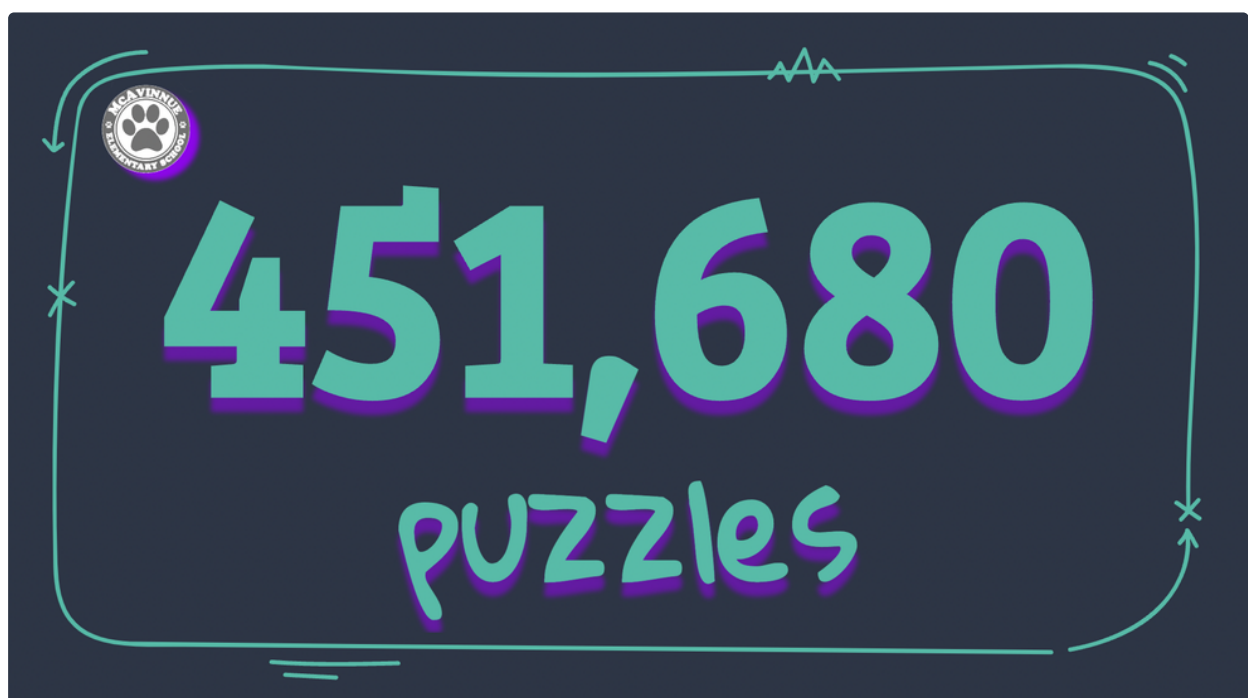
ST Math[®]

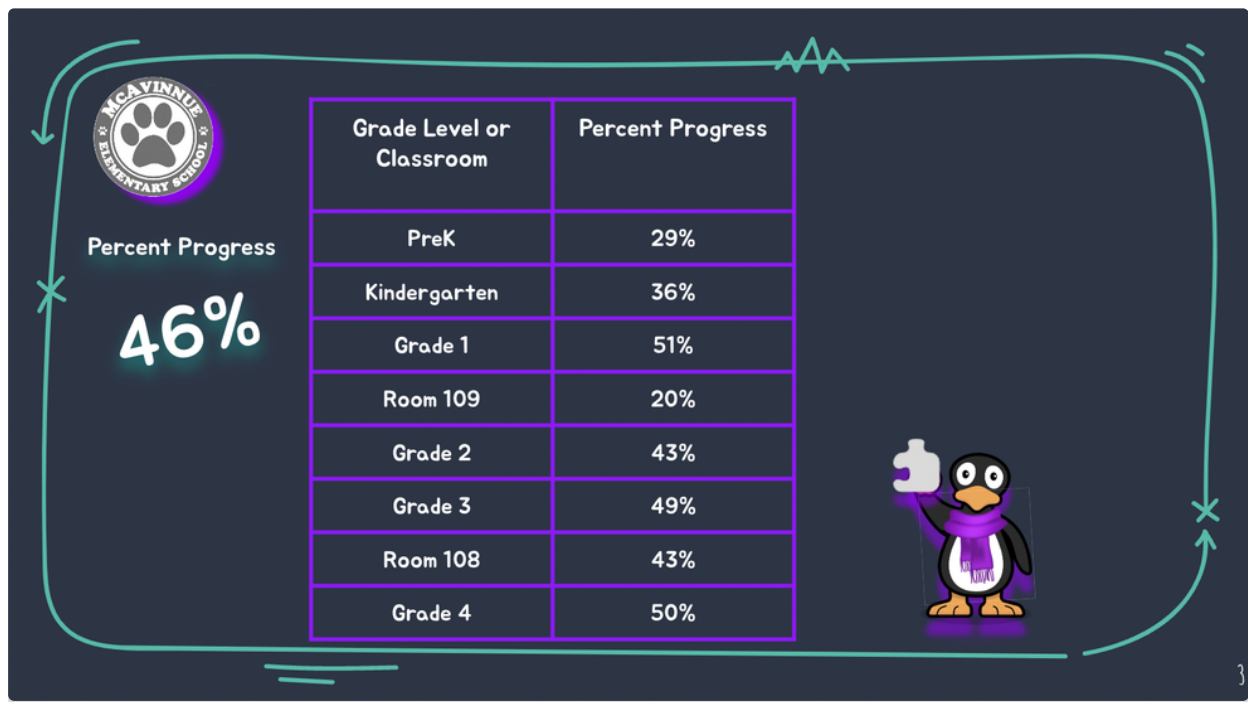
Check out our ST Math celebrations below! Our students have continued to work really hard on this interactive and engaging math learning platform.

We have shared the overall percent progress for all grade levels and groups since we started this school year. As a school, we are at 46% progress to date. We have multiple grades that are near or over the 50% progress mark with about 5 1/2 months of school to go. If we keep up this pace, we will reach our goal of 80% total progress as a school...this would be amazing to say the least!

Finally, here is the updated total puzzle count at McAvinnue. At the end of January 2022, students had accumulated about 408,000 puzzles. With 4 weeks of play between now and then, McAvinnue will surpass the one half of one million mark! Additionally, we will certainly have a chance of reaching to 1 million puzzle mark by the end of the school year!

ST Math's next challenge, The Winter Waddle will begin on Tuesday, January 3rd. Be on the lookout for updates and posts over the month of January. While this is a national challenge, we will also have a specific challenge for McAvinnue that will occur starting on Monday, January 9th and last until Tuesday, January 31st!





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, December 26th - Monday, January 2nd - Holiday Break - No School
- Tuesday, January 3rd - McAvinnue Reopens @ 9:10 AM
- Tuesday, January 3rd - McAvinnue's Core Value Booster Day
- Wednesday, January 4th - Grade 3 STEM Enrichment In House Field Trip
- Thursday, January 5th - Grade 4 STEM Enrichment In House Field Trip
- Thursday, January 5th - ACCESS Testing 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" Day
- 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

Check Out McAvinnue's "Virtual" Morning 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



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/UC7hxiBuRjqjgfASl_RLMleQ

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

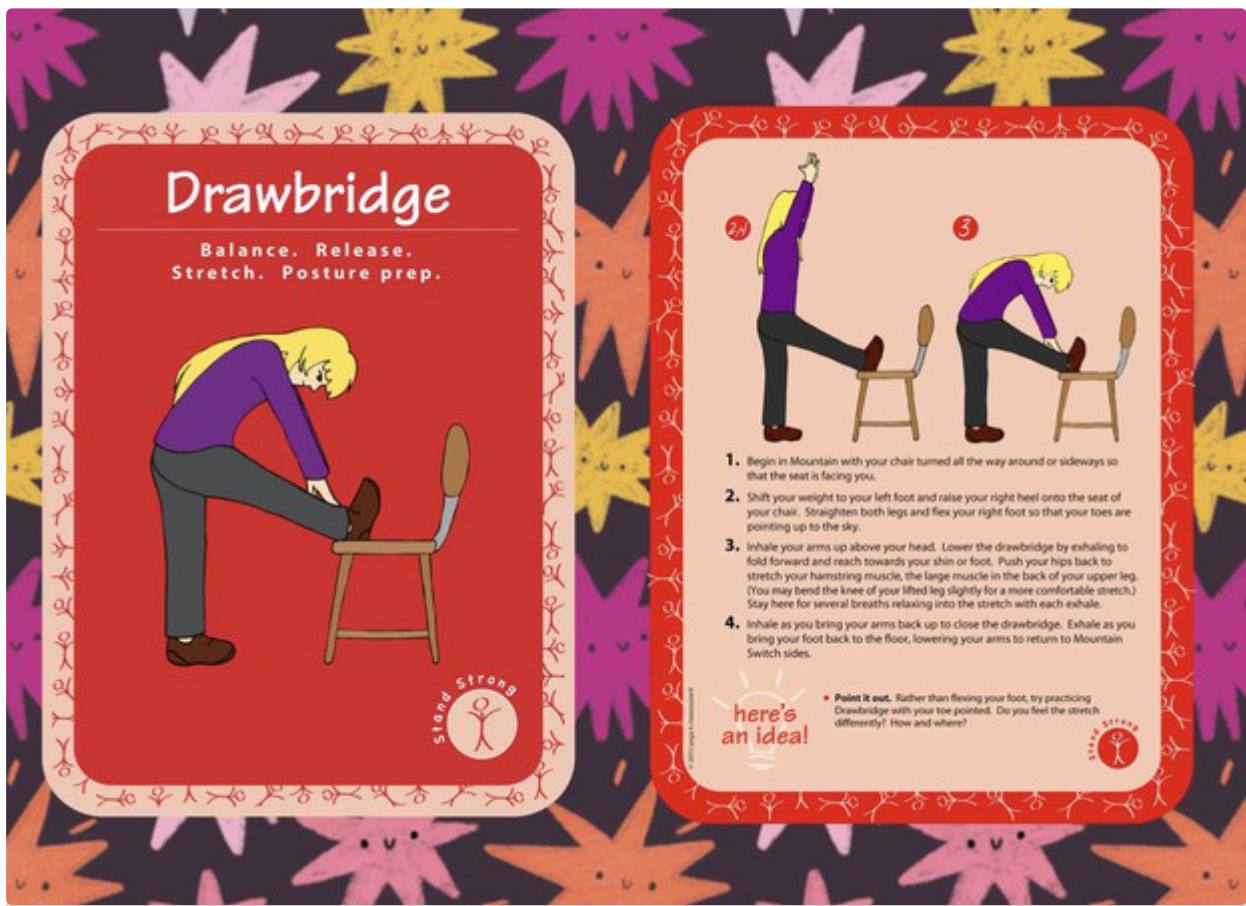


McAvinnue's Yoga Pose Of The Week: "Drawbridge"

We will practice a new pose as we launch into the 2023 called the "Drawbridge"! This pose will allow us to work on our balance while getting a good stretch that will release tension and practice proper posture. We will practice the "Drawbridge" pose daily during our "Virtual" Morning Announcements during this up and coming week on Monday, Wednesday, and Friday.



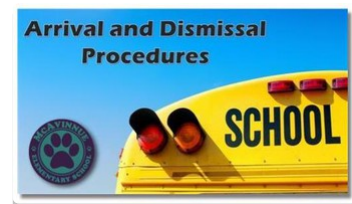
You can get an early head start and practice this technique before we launch into another exciting week!



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,

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

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

January Breakfast & Lunch Menu

LOWELL PUBLIC SCHOOLS

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.

aramark This institution is an equal opportunity provider.

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

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 Lak 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 -HOT! 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

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!



Joseph A. McAvinnue School



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 December 1 & 15	January 5 & 19 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

"Squirrel's New Year's Resolution"

Squirrel's New Year's Resolution - By Pat Miller | Kids Books Read Aloud



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

