

# *The Lion's Roar*

McAvinnue's Community Newsletter: Week Of January 30th

## McAvinnue's Principal's Message

Hello McAvinnue Community!

I hope that you had a productive week and have some fun things planned for this weekend! We had our first "snow day" of the 2022-2023 school year this past Monday. Moving forward, it is important to stay in tune with the local weather each day. As you know, the weather in New England is inconsistent and unpredictable to say the least. If there is a day that school will be cancelled or have a delayed opening, you will be able to find out this information in the following ways:



1. Watching the local news (Channels 4, 5, 7, 25 starting at 5:00 AM)
2. Phone call from the Lowell Public Schools (Typically between 5:00 AM - 5:30 AM)
3. McAvinnue's Class Dojo School Feed (Posted between 5:00 AM - 5:30 AM)
4. McAvinnue's social media outlets: Facebook; Instagram; Twitter (Posted between 5:00 AM - 5:30 AM)

When we do have a "snow day" on a given week, it is critical that your child attends school for the remainder of that week. While the school day is added on to the end of the school year, we will continue to move forward with teaching lessons in all of the content areas. If your child is not in school during the short week due to a snow day, they could miss out of very important information that may impact their ability to continue to make the great progress they are currently making. While we will continue to make every effort to provide opportunities to make up for lost instructional time, this will still make the workload more challenging for your child.

McAvinnue's current attendance rate is 92.8% (11th best in Lowell) and our chronic absent rate is 22.6% (10th best in Lowell). While these numbers are solid for McAvinnue, we can still be better. It is critical that your child attends school daily. If you have an appointment scheduled for your child, it is 100% fine to have them come to school before or after the appointment. They do not need to miss a full day of school if they have a 1-hour appointment. Please keep your child home if they have tested positive for COVID-19 or if they have a fever. If your child is not feeling 100% and do not have either of these circumstances, they can still come to school. Nurse Robin is available to check on your child throughout the school day if needed. We appreciate your support with this!

McAvinnue has successfully implemented many positive incentive rewards for students this school year. If a student attends school for all of the days in the school week, they will receive a prize on

Friday. Mrs. De La Luz will bring the Attendance Prize Cart to each classroom and students will be a chance to pick a small prize. We will also recognize a class in each grade level that has the highest attendance percentage for the month. This class will be awarded McAvinnue's Attendance Trophy and will keep it in their room for the month. This process will be repeated monthly and the announcement will be made during McAvinnue's "Lion's Pride" Core Value All School Celebration at the end of month.

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 30th** - McAvinnue Reopens
- **Tuesday, January 31st**: McAvinnue's "Lion's Pride Core Value All School Celebration: January Edition
- **Wednesday, February 1st**: Start Of "Black History Month"
- **Monday, January 30th - Friday, February 3rd** - iReady Reading Diagnostic Window (Kindergarten- Grade 4)

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](mailto:mdomina@lowell.k12.ma.us).

## McAvinnue's February Break Program

### **McAvinnue February Vacation Program**

**What? McAvinnue February Vacation Enrichment Program**  
**When? Tuesday, February 21 - Friday, February 24 from 9:00 am- 12:30 pm**  
**Where? McAvinnue School (No transportation provided)**

**Open to students in Grades 1-4. Daily enrichment program will include Creative Arts, STEM, and Movement/Team Building components. Snack and lunch will be provided.**





**Please fill out Google Form to be considered for the program. Application deadline is January 26.**

<https://forms.gle/srmK623ooFeuT3H56>

**Please contact Michelle Wagner at [mwagner@lowell.k12.ma.us](mailto:mwagner@lowell.k12.ma.us) for questions.**

Scan to apply!





**WE STILL HAVE A FEW SPOTS LEFT FOR THIS AMAZING AND FREE OPPORTUNITY OVER FEBRUARY VACATION! DON'T MISS OUT ON YOUR CHANCE TO RESERVE A SPOT FOR YOUR CHILD!**

Here are the details for our February Vacation Program:

- **When:** Tuesday, February 21st - Friday, February 24th
- **Time:** 9:00 AM - 12:30 PM
- **Location:** McAvinnue Elementary School
- **Students:** Grades 1 - 4
- **Enrollment:** 35 students

The program will include Creative Arts, STEM hands-on activities, and Team-Building/Movement activities! We will provide a snack and lunch for each of the 4 days of this amazing program.

The program is only open to 35 students. If we have more than 35 students that are interested and have registered, we will have a lottery to determine the 35 students that will be able to attend. All students that are not able to attend based upon the lottery results will be placed on the waiting list.

You can register using clicking the link below. You can also access the registration form by using the QR code in the flyer below.

If you have any questions, please contact Ms. Wagner at [mwagner@lowell.k12.ma.us](mailto:mwagner@lowell.k12.ma.us).

**Click Here To Register!**

## **Black History Month: February 1st - 28th**

Black History Month was created to focus attention on the contributions of African Americans to the United States. It honors all Black people from all periods of U.S. history, from the enslaved people first brought over from Africa in the early 17th century to African Americans living in the United States today.

The ABCs of Black History by Rio Cortez and Lauren Semmer / Children's Book Read Aloud



## STEAM Studio Family Night!

New this year! STEAM Studio Family Night!

**FREE** night of STEM activities With Top Secret Science!!!



**Tuesday March 7, 2023**

**5:15-6:45**

**McAvinnue School Cafeteria**

All students are invited to join us for a fun filled night of hands-on STEM activities. Students may attend with one adult family member and will get to take home several experiments that they made during the program!!

This **FREE** amazing fun-filled night is limited to the first 70 students that respond by sending back the bottom portion of the flyer!!! Don't delay and miss this fun filled opportunity!!!! No exceptions will be made as the cafeteria can only hold a limited number of people.

Paper sign-up flyers will be going home this week! Make sure to look for it in your child's folder, sign up, and send back the bottom portion of the flyer ASAP!!! Don't miss out on a **FREE** fun filled night with your child!

Want to check out more....watch the video below and click the link to see what Top Secret Science is all about!

<https://topsecretscience.org/>

## Top Secret Science



## McAvinnue's Week In Review



### McAvinnue's Artist of the Week

Our Artist of the Week is David in Room 310! David used Chalk pastels to create his artwork. His choice of Analogous colors blend beautifully in the Northern lights background! Excellent work!



### After School Lego Fun!

Check out our After School Program "Lego Engineering and Robotics Group"! They spent some time recently designing and building bridges!



### Mock Town Meeting!

Grade 4 recently visited the Boott Mills in Lowell! Students in Room 309 participated in a mock town meeting to decide if a school should be built in Lowell for Irish Immigrants. Really cool experience!



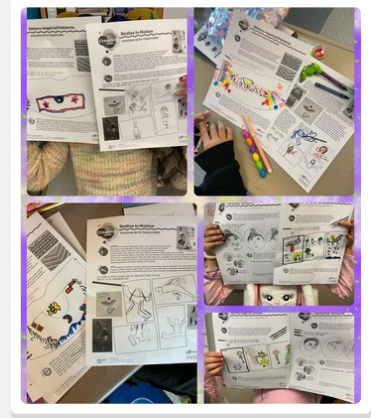
## "Good News" From The Art Room!

"Good News" from the Art Room! Check out students in Room 308 working on mastering the Printmaking Technique!



## McAvinnue's Musician Of The Week

McAvinnue's Musician Of The Week is Bella in Room 301! Check out all of the amazing things she did to earn this outstanding recognition!



## Crayola Creativity Week!

Grade 3 students in Room 304 participated in Crayola Creativity Week! This is a great week long program that allows students to explore their creativity by learning new art concepts taught by various artists from around the world!



## **Boston Museum Of Science: Grade 3 Field Trip**

Grade 3 students visited the Boston Museum Of Science on Friday! This was such a great trip for them with so many hands-on learning and collaborative opportunities while having a ton of fun! Check out the pictures above to see how amazing this experience was for them!

**ST Math Good News: 100% Progress & Beyond!**

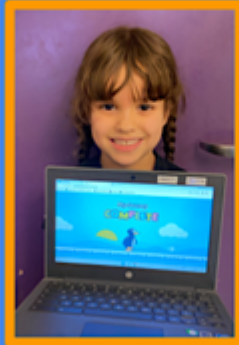
**Week Of January 30th**



# McAvinnue's ST Math Progress Champions



Asma - Room 201



Klara - Room 204



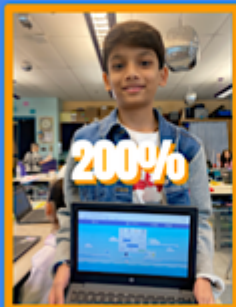
Edward - Room 307



# McAvinnue's ST Math Progress Champions



Asia - Room 310



Dhyey - Room 310



Cordin - Room 101



Madeline - Room 201

ST Math Weekly Update: Week Of January 30th



# ST Math.

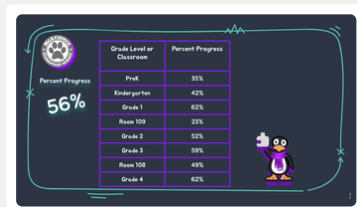
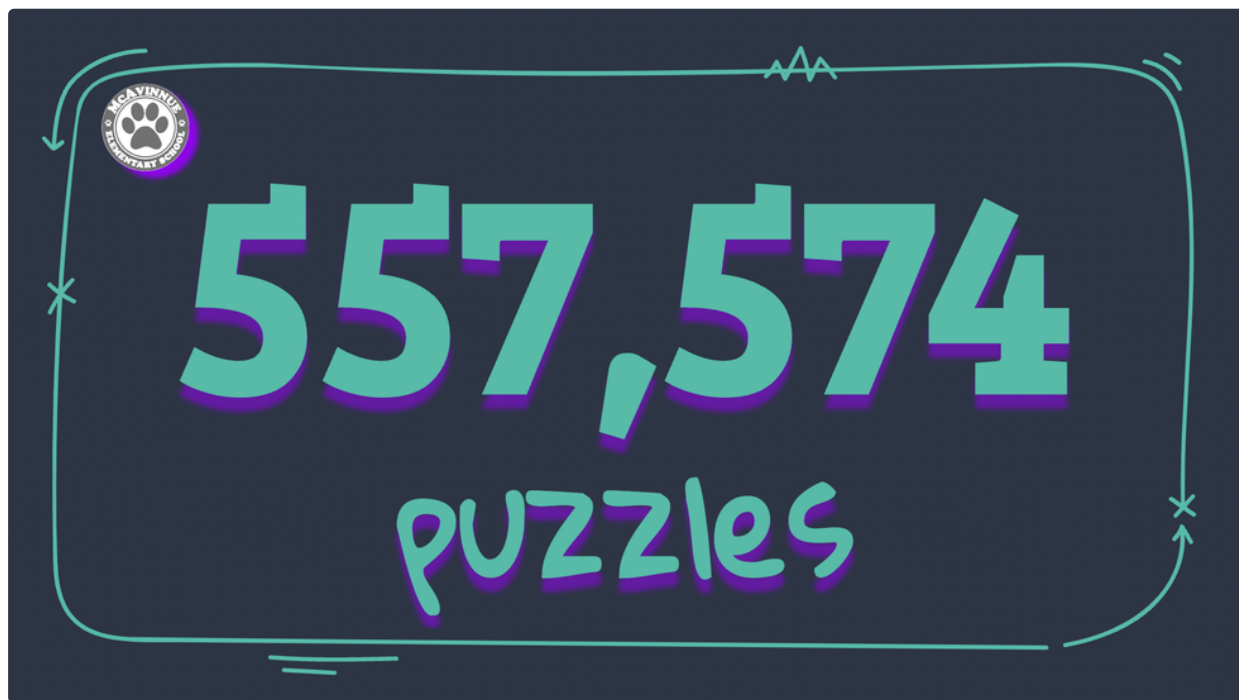
Check out our ST Math updated weekly celebrations below!



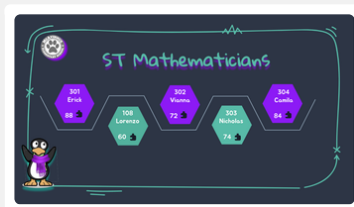
Here is the updated total puzzle count at McAvinnue to date. We have included the overall percent progress for each grade level...and we continue to have some amazing overall growth! We continue to be on pace to hit the 100% progress mark as a school and over 1 million puzzles completed by the end of the school year! Keep working hard!

This week, let's recognize some of our ST Mathematicians in Grades 3 and 4 for puzzle completion.

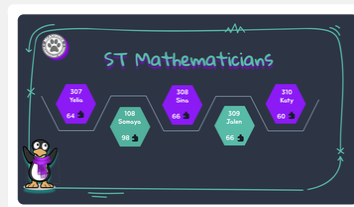
Stay tuned for weekly updates!



**School Percent Progress**



**Grade 3 Top Weekly Puzzlers**



**Grade 4 Top Weekly Puzzlers**

## 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 30th** - McAvinnue Reopens
- **Tuesday, January 31st**: McAvinnue's "Lion's Pride Core Value All School Celebration: January Edition
- **Wednesday, February 1st**: Start Of "Black History Month"
- **Monday, January 30th - Friday, February 3rd** - iReady Reading Diagnostic Window (Kindergarten- Grade 4)
- **Monday, February 6th - Friday, February 10th** - iReady Math Diagnostic Window (Grades 1 - 4)
- **Wednesday, February 8th** - 100th Day Of School
- **Tuesday, February 14th**: Valentine's Day
- **Wednesday, February 15th** - Student Progress Reports (Grades 1 - 4)
- **Friday, February 17th** - Grade 2 Winter Play @ 9:30 AM - 10:30 AM

- Monday, February 20th - Friday, February 24th - Winter Break - No School
- Monday, February 27th - McAvinnue Reopens

## iReady Benchmark Assessments

The 2nd iReady Diagnostic window will open this up and coming week. The follow windows will be open district-wide:

- **ELA - Monday, January 30th - Friday, February**
- **Math - Monday, February 6th - Friday, February 10th**



The district has strongly encouraged all schools to test during the assigned weeks.

Please reach out to your child's teacher if you have any questions or concerns.

## 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 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/UC7hxiBuRjqjgASL\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjqjgASL_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: "Geyster"

We will practice a brand new pose called the "Geyster" for this up and coming week. This pose will allow us to release tension by decreasing negativity and excess energy that will allow us to be ready to take on the next challenge with a clear mind and focused body! We will practice the "Geyster" pose daily during our "Virtual" Morning Announcements during this up and coming week on Monday, Wednesday, and Friday.



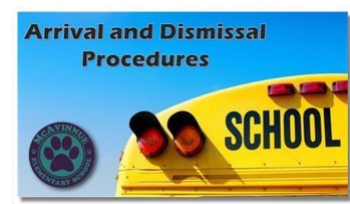
You can get an early head start and practice this technique before we launch into another exciting week!



## 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?**

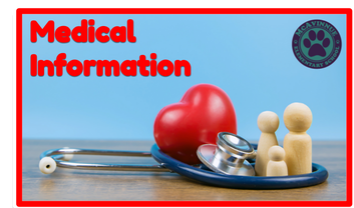
- A child must turn 4 years old on or before September 1, 2021, in order to apply for preschool and 5 by September 1 to apply for kindergarten. A family can apply for preschool by going to <https://www.lowell.k12.ma.us/PreschoolRegistration> to fill out an online application or <https://www.lowell.k12.ma.us/KindergartenRegistration>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

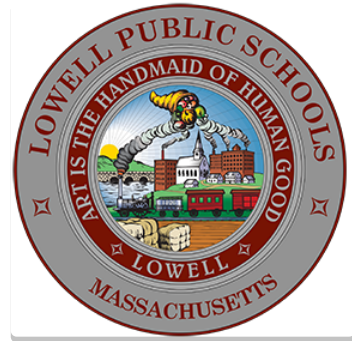
Nurse Robin cannot administer ANY medications without a physician's order, including over-the-counter medications. Please make sure that the school nurse is provided refills in advance of any medication supply running out.

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 contract tracing and schools will be distributing one last at-home testing kit, which will expire Sept. 29.*
- Masks are not required (except for in the school nurse's office), but staff and students who wish to wear a mask may do so.*
- Students and staff who do have a positive case of COVID-19 must stay out of school for a minimum of five days, but may return if symptoms improve on days 6-10 if they wear a high-quality mask.*

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

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

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

*We strongly encourage all who are able to do so to receive the COVID-19 vaccine and subsequent boosters. We are thankful to our partners at the Massachusetts Department of Public Health, who provided vaccinations at our Back-to-School Block Party, which was attended by more than 3,000 people. To find a location to receive a vaccine or booster, as well as additional information about the vaccine, visit: <https://www.lowellma.gov/1523/COVID-19-Vaccine>"*

## 2022-2023 School Year Calendar

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

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

**LOWELL PUBLIC SCHOOLS**

# Breakfast MENU

**January Elementary Breakfast Menu**

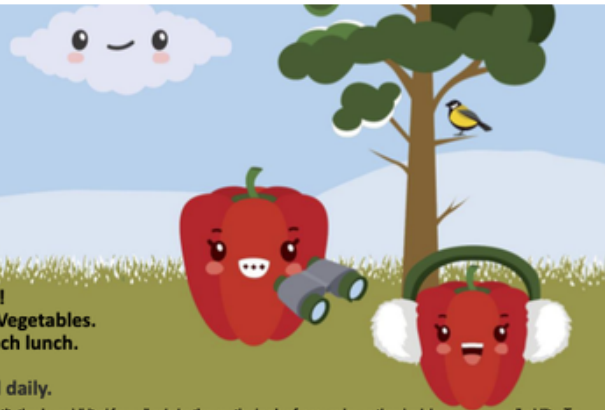
Check out <https://lowellk12ma.nutrislice.com/> for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact [foodservices@lowell.k12.ma.us](mailto:foodservices@lowell.k12.ma.us)

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

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



**Winter Reading  
Challenge 2023**

**January 23—March 11**

For Children Grade 5 and Younger\*

Sign up and track your progress online via Beanstack  
(<https://lowelllibrary.beanstack.org/reader365>) or contact  
the Children's Department at 978-674-1529.

Earn online badges and online raffle tickets by reading and  
doing activities. The more you do, the more tickets you earn  
for our end of Winter Reading Raffle. Prizes include a Lego  
Safari Wildlife Treehouse Kit, a Play-Doh Pizza Kitchen Set,  
and a cozy Owl Squishmallow.

*\*Being Read to Counts!*

Pollard Memorial Library  
401 Merrimack St., Lowell, MA 01852  
978-674-1529 [www.LowellLibrary.org](http://www.LowellLibrary.org)

**PreK Family Focus Group: February 7th**

## FOCUS GROUP FOR PRE-K FAMILIES

Help us develop ways to measure your child's preschool experience. Your input will assist us in continuous improvement planning

Join us on February 7, 2023  
at 4:30-5:30 PM Cardinal  
O'Connell School  
snow date February 9th

TELL US WHAT IS  
IMPORTANT TO YOU!

This meeting is part of a partnership between Lowell Public Schools and UMass Lowell

Join the conversation and enjoy Pizza and Refreshments

To register click here:  
<https://tinyurl.com/yjcpf5tw>



## 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](http://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](http://dtaconnect.eohhs.mass.gov/apply)
- Or download a paper application from [mass.gov/SNAP](http://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](http://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/](https://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](mailto: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

- **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

- **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

<b>2022</b>	<b>2023</b>
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>



The flyer features a blue and yellow color scheme. At the top, it displays the Lowell Public Schools logo and the text 'Early Childhood Department Coordinated Family and Community Engagement'. A yellow box on the right says 'STARTS THE WEEK OF JAN. 9, 2023'. The main title 'Winter Playgroups' is in large, bold, yellow letters. Below the title, a paragraph describes the program: '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.' The flyer lists six playgroup sessions in circular callouts, each with details on dates, facilitators, locations, and language support. A central call to action 'CLICK HERE TO REGISTER' is accompanied by a QR code and a phone number. Two circular photos show children playing with toys. At the bottom, there is a small text box about funding and the Thom logo.

**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

## 6-Week English Classes

**LOWELL PUBLIC SCHOOLS**



# Learn English

**6-Week Class Starts Feb. 6**

Lowell Public Schools' Family Leadership Institute is offering FREE conversational English classes to LPS parents/guardians to be held at Lowell High, the Moody, Greenhalge, and Robinson Schools.

**Monday/Wednesday 6 p.m. - 8 p.m.**  
**OR**  
**Tuesday/Thursday 6 p.m.- 8 p.m.**

**Interested? Scan the QR code**

Questions? Contact Family Leadership Institute Director Zoe Dzineku  
 Tuesday 9 a.m. -11 a.m.; Wednesday and Thursday 4 p.m. - 6 p.m. at :  
 ✉ [zdzineku@lowell.k12.ma.us](mailto:zdzineku@lowell.k12.ma.us) ☎ 978-930-2913

**LOWELL PUBLIC SCHOOLS**

## Aprendiendo Inglés

6 semanas de Clases Empezando el 6 de febrero

El Instituto de Liderazgo para las Familias de las Escuelas Públicas de Lowell están ofreciendo clases de inglés conversacional GRATUITAS a los padres/tutores de LPS se llevarán a cabo en las escuelas Lowell High, Moody, Greenhalge y Robinson.

**Lunes/Miércoles 6 p.m. - 8 p.m.**  
**OR**  
**Martes/Jueves 6 p.m. - 8 p.m.**

¿Interesado? Escanea el código QR




¿preguntas? Comuníquese con la Directora del Instituto de Liderazgo para las Familias Zoe Dzineku

**LOWELL PUBLIC SCHOOLS**

## រៀនអង់គ្លេស

ប្រាំបីសប្តាហ៍ ចាប់ផ្តើមនៅខែកុម្ភៈ ថ្ងៃទី 6

សាលាសាធារណៈក្រុងឡូអិល

ស្ថាប័នភាពជាអ្នកដឹកនាំគ្រួសារឬអាណាព្យាបាលជំនួយ និងផ្តល់ជូនថ្នាក់សន្មតការណ៍អង់គ្លេសដល់ម្តាយឪពុកសម្រាប់មតាបិតា ឬអាណាព្យាបាលជំនួយនៃសាលាសាធារណៈក្រុងឡូអិល (LSP) ដែលនឹងប្រារព្ធឡើងនៅសាលា Moody, រោងសាលា Greenhalge, និងសាលា Robinson។

**ថ្ងៃច័ន្ទ / ថ្ងៃពុធ ម៉ោង 6 - 8 ល្ងាច**  
**ឬ**  
**ថ្ងៃអង្គារ/ថ្ងៃព្រហស្បតិ៍ម៉ោង 6 - 8 ល្ងាច**

បើចាប់អារម្មណ៍? សូមធ្វើការស្កេនកូដ QR code




បំណង? ស្នើសុំព័ត៌មានបន្ថែមសូមទូរស័ព្ទ 978-930-2913 ឬ អ៊ីម៉ែល [zdzineku@lowell.k12.ma.us](mailto:zdzineku@lowell.k12.ma.us)

**LOWELL PUBLIC SCHOOLS**



## Aprenda Inglês!

6-Semanas de Curso ! Aulas Iniciam 6 de Fevereiro

O Instituto de Liderança Familiar das Escolas Públicas de Lowell está oferecendo aulas GRATUITAS de Conversação em Inglês para pais e responsáveis por alunos da LPS. As aulas serão oferecidas na Lowell High School, nas escolas Moody, Greenhalge, e Robinson.

**Segunda & Quarta 6 p.m. - 8 p.m.**  
**OU**  
**Terça & Quinta 6 p.m. - 8 p.m.**

Interessado? Escaneie o QR code

Dúvidas? Entre em contato com a Diretora do Instituto de Liderança Familiar: Zoe Dzineku.

### 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](mailto:wma@commteam.org)
  - Karen 978-729-7216, [kshannon@commteam.org](mailto: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](mailto: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.



## McAvinnue's Family Read-A-Loud

### "The Biggest Snowman Ever"

The Biggest Snowman Ever - By Steven Kroll | 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://instagram.com/mcavinnueelementarylps>
- YouTube: [https://www.youtube.com/channel/UC7hxiBuRjqjgqfASI\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjqjgqfASI_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**

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