

# The Lion's Roar

McAvinnue's Community Newsletter: Week Of November 7th

## McAvinnue's Principal's Message

Hello McAvinnue Community!

I hope that everyone is having a great weekend and enjoying the amazing weather we have had for the past week or so! As everyone is aware, we will have a short week at McAvinnue with our school being closed on Tuesday, November 8th due to the state-wide Election Day and on Friday, November 11th due to the observance of "Veterans Day". While we all enjoy a bonus day off, it is important not to forget why we have this day off in the first place.



The military men and women who serve and protect the U.S. come from all walks of life; they are parents, children, grandparents, friends, neighbors and coworkers, and are an important part of their communities. Here are some facts about the veteran population of the United States:

- 18.2 million [living veterans](#) served during at least one war as of 2018.
- 9 percent of veterans are women.
- 7 million veterans served during the [Vietnam War](#).
- 3 million veterans have served in support of the War on Terrorism.
- Of the 16 million Americans who served during World War II, about 325,000 were [still alive](#) as of 2020.
- 2 million veterans served during the [Korean War](#).
- As of 2019, the [top three states](#) with the highest percentage of Veterans were Virginia, Wyoming, and Alaska.

Additionally, it is important for you to go out and cast your vote to be seen and heard. Local and state-wide elections can make the greatest impact in making change within the Lowell community. There are many important seats and positions that are up for election or reelection. Stay informed and listen to what those that are running for these positions are saying around matters that are the most critical to you and your family.

For more information on where you can vote including the times the polls open and close, please click the link below.

<https://www.lowellma.gov/322/Polling-Locations>

As we continue move through the month of November, there are several items that you need to be aware of. Please mark your calendars for the following events and activities at McAvinnue:

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

- **Sunday, November 6th** - Daylight Savings Time Begins @ 2 AM
- **Monday, November 7th** - McAvinnue Opens @ 9:10 AM
- **Tuesday, November 8th** - Election Day - No School
- **Friday, November 11th** - Veterans Day - No School

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).

## Daylight Savings Time Reminder: Sunday, November 6th



**REMINDER:** Daylight Savings Time will occur on Sunday, November 6th. You will need to turn your clocks BACK one hour at 2:00 AM.

Sunrise and sunset will be about 1 hour earlier on Nov 6, 2022 than the day before. There will be [more light in the morning](#). This is also called [Fall Back](#) and [Winter Time](#).



## Election Day - November 8th

As part of the local and state elections, McAvinnue will be closed on **Tuesday, November 8th**. Please make the necessary arrangements to be available for your child on this day.

McAvinnue's 21st Century "Before & After School" Program will not occur on this day.

We will reopen our doors on Wednesday, November 9th at 9:10 AM.

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



## Veteran's Day - Friday, November 11th

Due to the observance of Veteran's Day, all Lowell Public Schools will be closed on Friday, November 11th. McAvinnue will reopen its door on Monday, November 14th at 9:10 AM.

If you are interested in some information and activities that you can use with your child, please click the button below to access many free and engaging options. Also, we have included a video that you can watch with your child.

[Click Here For Some Veterans Day Activities](#)

Veterans Day Facts for Kids



McAvinnue's Week In Review



## "Pumpkin Time"!

Last week, Mrs. Irwin lead a cool lesson with her PreK CSA students that focused on the steps to carve a pumpkin and create a jack-o-lantern!



## "Team Building Fun"!

More amazing team building activities occurring during McAvinnue's 21st Century After School Program!



## McAvinnue's "Artist of the Week"!

Bernael in Room 208 is McAvinnue's Artist Of The Week! He worked hard to use the different lines we've been talking about in Art! Zig-Zag lines and Curved lines to create a grassy pumpkin patch! He finished it off with careful watercolor painting!

## STEAM Studio Pulley Design Fun!



## "Cool News" In STEAM Studio!

Students in Grades 3 and 4 used the book, "The Biggest Pumpkin Ever" as the inspiration for the latest Fall challenge!

They learned about pulleys and then designed a pulley system out of recycled materials in order to transport “the biggest pumpkin ever” to the fair!

This was quite the challenge and the students showed amazing perseverance!

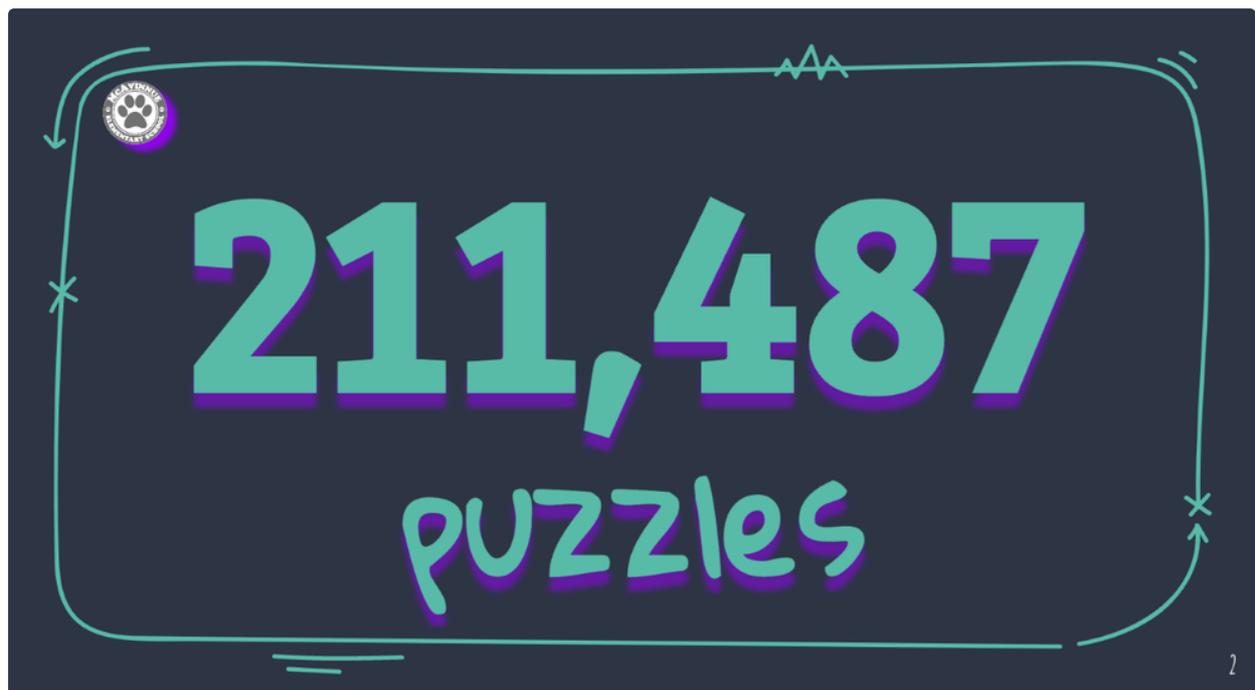
## ST Math Weekly Update

This weeks ST Math update is as follows below. Check out the total Number of Puzzles completed by McAvinnue students, the number of students who signed in to the ST Math platform, and the Progress Percentages for each grade level.



Check out the progress that was shared on Morning Announcements on Friday for McAvinnue’s ST Math “Turkey Trot” Challenge. We will share out more updates during the short up and coming week.

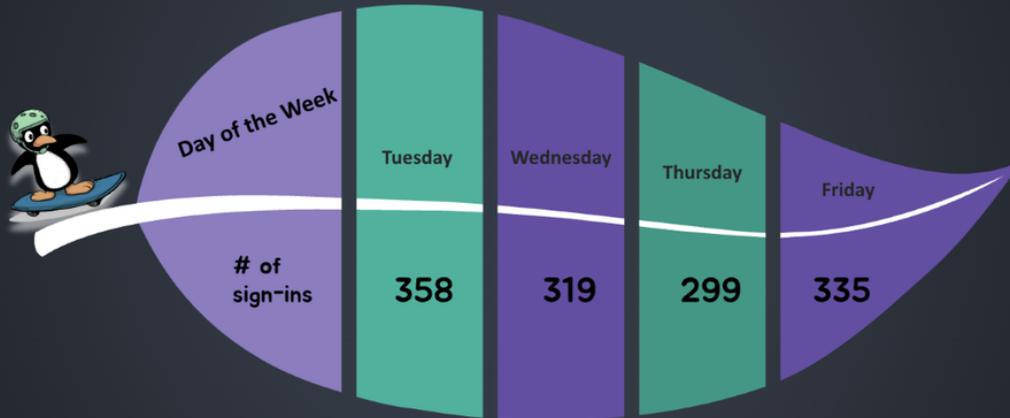
Please don’t hesitate to reach out with questions or to nominate a student for special recognition.





## Sign-ins

### Number of Students Who Competed in the Turkey Trot Challenge



Grade Level or Classroom	Percent Progress
PreK	15%
Kindergarten	18%
Grade 1	22%
Room 109	12%
Grade 2	22%
Grade 3	25%
Room 108	19%
Grade 4	24%





## 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

**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/UC7hxiBuRjgqfASl\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjgqfASl_RLMleQ)

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



## Upcoming Events

Here are important dates to remember for the month of November:

- Sunday, November 6th - Daylight Savings Time Begins @ 2 AM
- Monday, November 7th - McAvinnue Opens @ 9:10 AM
- Tuesday, November 8th - Election Day - No School
- Friday, November 11th - Veterans Day - No School
- Monday, November 14th - Breakfast With Dr. Boyd @ 8:15 AM - 9:15 AM
- Wednesday, November 16th - McAvinnue's "Thanksgiving" Lunch
- Thursday, November 17th - Vision & Hearing Screenings



- **Friday, November 18th - Motivational Basketball All School Meeting: Ilze Luneva @ 9:30 AM - 10:15 AM**
- **Monday, November 21st - Wednesday, November 23rd - Vision & Hearing Screenings**
- **Wednesday, November 23rd - Early Dismissal @ 11:50 AM (Thanksgiving Break Begins)**
- **Monday, November 28th - McAvinnue Reopens @ 9:10 AM**
- **Monday, November 28th - McAvinnue's "Lion's Pride" Core Value All School Meeting @ 9:30 AM - 10:15 AM**

## McAvinnue's Yoga Pose Of The Week: "Magic Massage"

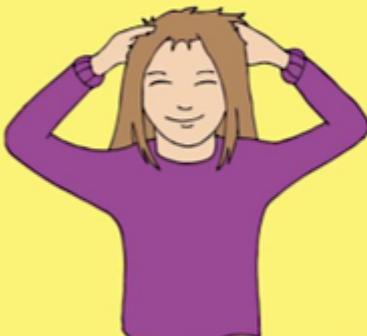
We will continue the "Magic Massage" for this up and coming week! This new pose will allow us to restore our energy through relaxation techniques that will reduce tension while we improve our self-care practices. We will practice the "Magic Massage" pose daily during our "Virtual" Morning Announcements 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!

### Magic Massage

Restore. Relax.  
Alleviate tension. Self-care.



LOOSER UP!  


1. Begin in Sitting or Standing Mountain.
2. Close your eyes and focus on your breath.
3. Using your fingertips and small, firm circular movements, massage the top of your head, your temples, forehead, around your eyebrows, and alongside your ears. Take care to spend a little extra time on the areas that need it.
4. Now move your fingers to the back of your neck and shoulders, massaging into any areas that are holding tension.
5. Find your collarbone. Bring your fingers down about an inch or so to find the soft spots on either side of your breastbone. Massage gently for 10 seconds.
6. Massage each of your hands with the opposite hand, pressing into the palm, the soft spot between the thumb and the palm, and down along each finger. Loosen your wrists by clasping your hands together and rocking them from side to side, making a figure 8.
7. Rest your hands on your lap while continuing to keep your eyes closed. Breathe evenly and deeply for 15 - 30 silent seconds. Notice how you feel.

**Did you know?** Self-massage is restorative, especially after a long period of studying, concentrating or writing. Magic Massage stimulates the blood flow to the brain and other areas where we typically hold tension, such as the neck and shoulders. The increased blood flow to the brain helps improve concentration skills required for reading and writing, while the muscle massage soothes and releases tension.

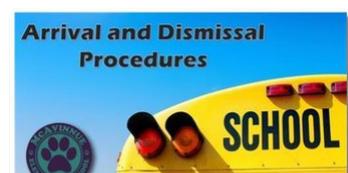
LOOSER UP!  




## 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

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

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

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

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

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

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

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

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

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

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

## **Medical Information Reminder**

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



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

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

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

## Lowell Public Schools COVID Guidelines Update

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



*"Dear Lowell Public Schools Families,*

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

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

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

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

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

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

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

## 2022-2023 School Year Calendar

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

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

November Breakfast & Lunch Menus

 <b>Breakfast MENU</b> <b>November Elementary Breakfast Menu</b>				
<b>31</b> Breakfast Sausage Pizza Bagel Cranberry, Orange Oatmeal Round Served with Juice, Pear and Milk	<b>1</b> Blueberry Muffin Benefit Bar Served with Apple and Milk	<b>2</b> Cinnamon Sugar Donut Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk	<b>3</b> Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Orange and Milk	<b>4</b> Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Banana and Milk
<b>7</b> Warm Pumpkin Bread Oatmeal Raisins Round Served with Orange and Milk	<b>8</b> <b>Election Day</b> <b>Professional Day for Staff</b> <b>NO SCHOOL FOR STUDENTS</b>	<b>9</b> Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	<b>10</b> Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Juice, Pear and Milk	<b>11</b> <b>Veterans' Day</b> <b>NO SCHOOL</b>
<b>14</b> Warm Pumpkin Bread Oatmeal Raisins Round Served with Orange and Milk	<b>15</b> Double Chocolate Chip Muffin Benefit Bar Served with Juice, Pear and Milk	<b>16</b> Sausage, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Orange and Milk	<b>17</b> Blueberry Waffle with Maple Syrup Nature Valley Oatmeal Round Served with Banana and Milk	<b>18</b> Bagel with Cream Cheese Assorted Cereal Bar with Graham Cracker Served with Apple and Milk
<b>21</b> Breakfast Cheese Pizza Bagel Cranberry, Orange Oatmeal Round Served with Orange and Milk	<b>22</b> Blueberry Muffin Benefit Bar Served with Juice, Pear and Milk	<b>23</b> Cinnamon Sugar Donut Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk	<b>24</b> <b>Thanksgiving Day</b> <b>NO SCHOOL</b>	<b>25</b> <b>Thanksgiving Recess</b> <b>NO SCHOOL</b>
<b>28</b> Warm Banana Bread Oatmeal Raisin Round Served with Juice, Pear and Milk	<b>29</b> Double Chocolate Chip Muffin Benefit Bar Served with Juice, Pear and Milk	<b>30</b> Bacon, Egg and Cheese Bagel Sandwich Assorted Cereal Bowl with Graham Cracker Served with Juice, Pear and Milk		

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



# NOVEMBER 2022 ELEMENTARY LUNCH MENU

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> <li>-Country Chicken Bowl with Corn Muffin 31</li> <li>-Country Vegetarian Nugget Bowl with Flatbread LG V</li> <li>-Chicken Parm Sub</li> <li>-Mediterranean Hummus Salad with Flatbread LG V</li> <li>-Italian Sub</li> <li>-Maple Carrots &amp; Broccoli Apples &amp; Peaches</li> </ul>	<ul style="list-style-type: none"> <li>-Beef Nachos with Tortilla Chips 1</li> <li>-Kickin Bean Nachos with Tortilla Chips</li> <li>-Bagel Power Pack V</li> <li>-Moroccan Harissa Wrap</li> <li>-Kickin Beans &amp; Broccoli</li> <li>-Oranges &amp; Strawberries</li> </ul>	<ul style="list-style-type: none"> <li>-Penne Bolognese with Parmesan 2</li> <li>-Crispy Chicken Sandwich &amp; Spicy Crispy Chicken Sandwich</li> <li>-Chef Salad with Flatbread LG V</li> <li>-Italian Sub</li> <li>-Cucumber &amp; Carrot</li> <li>-Bananas &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>-Chili Garlic Popcorn Chicken Lo Mein 3</li> <li>-Cheese Quesadilla V</li> <li>-Bagel Power Pack V</li> <li>-Moroccan Harissa Wrap</li> <li>-Green Beans &amp; Carrot</li> <li>-Strawberries &amp; Fresh Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>-Cheese Pizza V 4</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</li> <li>-Apples &amp; Bananas</li> </ul>
<ul style="list-style-type: none"> <li>-Chicken Pot Pie with Biscuit Crust 7</li> <li>-Hamburger &amp; Cheeseburger</li> <li>-Black Bean Burger V</li> <li>-Chicken Caesar Salad with Flatbread LG</li> <li>-Turkey and Cheese Sandwich</li> <li>-Broccoli &amp; Carrots</li> <li>-Apples &amp; Pears</li> </ul>	<p><b>Election Day</b> <b>Professional Day for Staff</b> <b>NO SCHOOL FOR STUDENTS</b></p>	<ul style="list-style-type: none"> <li>-HOT! Kale Pesto Pasta LG 9</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</li> <li>-Bananas &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>-General Tso's Popcorn Chicken with Fried Rice 10</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</li> <li>-Pears &amp; Fresh Fruit Cup</li> </ul>	<p><b>VETERANS' DAY</b> <b>NO SCHOOL</b></p>
<ul style="list-style-type: none"> <li>-French Toast Stick with Chicken Sausage 14</li> <li>-French Toast with Vegetarian Sausage V</li> <li>-Chicken Tenders with a Dinner Roll</li> <li>-Chef Salad with Flatbread LG V</li> <li>-Chicken Salad Sandwich on a Bulkie Roll</li> <li>-Maple Carrots &amp; Broccoli</li> <li>-Apples &amp; Peaches</li> </ul>	<ul style="list-style-type: none"> <li>-Beef Taco with 6" Tortilla Wrap 15</li> <li>-Kickin Bean Taco 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>-Kickin Beans &amp; Broccoli</li> <li>-Oranges &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>-Thanksgiving Dinner with Dinner Roll 16</li> <li>-Vegetarian Nuggets with Dinner Roll V</li> <li>-Combread Stuffing</li> <li>-Carrots and Local Butternut Squash</li> <li>-Bananas and Baked Apples</li> </ul>	<ul style="list-style-type: none"> <li>-Szechuan Chicken with Rice 17</li> <li>-Szechuan Tofu with Rice V</li> <li>-Yogurt &amp; Fruit Power Pack V</li> <li>-Greek Chicken Wrap</li> <li>-Green Beans &amp; Carrots</li> <li>-Pears &amp; Fresh Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>-Cheese Pizza V 18</li> <li>-Pepperoni Pizza</li> <li>-Greek Salad with Flatbread LG V</li> <li>-Greek Chicken Wrap</li> <li>-Chicken Salad Sandwich on a Bulkie Roll</li> <li>-Red Pepper Strips &amp; Side Salad</li> <li>-Apples &amp; Bananas</li> </ul>
<ul style="list-style-type: none"> <li>-Chicken Tikka Masala with Chana Masala with Tzatziki Sauce and Tomato Cucumber Salad 21</li> <li>-Hamburger &amp; Cheeseburger</li> <li>-Pretzel Power Pack V</li> <li>-Turkey Bahn Mi Sandwich</li> <li>-Green Beans &amp; Carrots</li> <li>-Pears &amp; Fresh Fruit Cup</li> </ul>	<ul style="list-style-type: none"> <li>-Tater Tot Beef Njcho (Totchos) 22</li> <li>-Tater Tot Black Bean Nacho V</li> <li>-Crispy Chicken Sandwich &amp; Spicy Crispy Chicken Sandwich</li> <li>-Pizza Flatbread V</li> <li>-Chicken Caesar Wrap</li> <li>-Kickin Beans &amp; Broccoli</li> <li>-Clementines &amp; Apples</li> </ul>	<p><b>Half Day</b> <b>No Lunch Served</b></p>	<p><b>THANKSGIVING DAY</b> <b>NO SCHOOL</b></p>	<p><b>THANKSGIVING RECESS</b> <b>NO SCHOOL</b></p>
<ul style="list-style-type: none"> <li>-Chicken &amp; Waffle with Maple Gravy 28</li> <li>-Pizza Crunchers V</li> <li>-Cobb Salad with Flatbread LG</li> <li>-Tuna Salad Sandwich on a Bulkie Roll</li> <li>-Maple Carrots &amp; Green Beans</li> <li>-Apples &amp; Pears</li> </ul>	<ul style="list-style-type: none"> <li>-Chicken Carnitas Taco 29</li> <li>-Hamburger &amp; Cheeseburger</li> <li>-Black Bean Burger V</li> <li>-Pretzel Power Pack V</li> <li>-Turkey Bahn Mi Sandwich</li> <li>-Kickin Beans &amp; Broccoli</li> <li>-Oranges &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>-Lek Lak with Rice 30</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>-Cucumbers &amp; Carrots</li> <li>-Bananas &amp; Apples</li> </ul>	<ul style="list-style-type: none"> <li>-Loaded Baked Potato and Corn Muffin</li> <li>-Broccoli Cheddar Loaded Baked Potato and Dinner Roll V</li> <li>-Crispy Chicken Sandwich &amp; Spicy Crispy Chicken Sandwich</li> <li>-Chicken Ranch Salad with Flatbread LG</li> <li>-Ham &amp; Cheese Sandwich</li> <li>-Broccoli &amp; Carrots</li> <li>-Apples and Pears</li> </ul>	<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</li> <li>-Apples &amp; Bananas</li> </ul>

This institution is an equal opportunity provider.



Elementary Nov Breakfast Menu 22.23.pdf

[Download](#)  
231.7 KB



Elementary Nov Lunch Menu 22.23 FINAL.pdf

[Download](#)  
307.0 KB

## Parent & Family Resources

Here is the latest edition of the LPS "Connector" Newsletter for the month of October.

<https://www.smore.com/3e5kx>

There is a lot of great information and updates...including some great pictures from our Kindergarten field trip to Parlee Farms and McAvinnue's "Trunk Or Treat" Family Celebration!



## Holiday Help At McAvinnue

Dear Parent or Guardian, as the holidays approach, many of us are already thinking about the financial stretch it would mean to our pockets. Please reach out to us if we can help you these holidays with toys or basic needs like food or clothes. If you haven't already signed up with other community agencies, we are limited in the things we can offer since we don't gift expensive electronics, but we will do our best to get things your child likes or needs.



Please also reach out if you need some assistance with Thanksgiving since we sometimes get Thanksgiving baskets donated by local groups.

You can contact the school directly or reach out to our Social Worker Team, Mrs. De La Luz, Mrs. Teague-Power, and Ms. Rigon for assistance and guidance.

## 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!



Joseph A. McAvinue School



# Emergency Form

## Formulario de Emergencia

## Formulário de Emergência 2022-2023

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



# Community Connections



## The Sun Santa Is Back!

The "Sun Santa" is pleased to again work with Community Teamwork, Inc., and The Salvation Army to help area families in need during the holidays. All interviews for assistance from The Sun Santa Fund will be conducted by these agencies. Due to COVID-19 concerns, applications will be ONLINE ONLY, no in-person application sessions.



Starts Monday, Oct. 3rd, and runs until the agency's Angel Tree Assistance Program reaches capacity.

### Required information:

- Birth certificates for EACH child under age 16\*
- Photo ID for Parent/Guardian
- Proof of Address
- A valid email address to confirm follow-up appointments
- Guardianship papers to be uploaded under Birth Certificate tab

Website link: [www.saangeltree.org](http://www.saangeltree.org)

Questions/Assistance:

Dianne James, 978-458-3396; [dianne.james@use.salvationarmy.org](mailto:dianne.james@use.salvationarmy.org)

Due to COVID-19: Applications will be **ONLINE ONLY**

## 2022 Application Guidelines:

# The Sun Santa Fund



Sun Santa is pleased to again work with **Community Teamwork, Inc.**, and **The Salvation Army** to help area families in need during the holidays. All interviews for assistance from The Sun Santa Fund will be conducted by these agencies. Due to COVID-19 concerns, applications will be **ONLINE ONLY**, no in-person application sessions.

**Please note each agency's documentation policy.**

### The Salvation Army

Starts **Monday, Oct. 3**, and runs until the agency's Angel Tree Assistance Program reaches capacity. Serving Lowell, Billerica, No. Billerica Chelmsford, No. Chelmsford, Dracut, Dunstable, Tewksbury, Tyngsboro and Westford. Please: **NO REQUESTS** for bikes, computers, video game systems, etc. Applications will not be considered complete until **all documentation** has been uploaded. Appointments will be scheduled after applications are complete.

#### Required information:

- Birth certificates for EACH child under age 16\*
- Photo ID for Parent/Guardian
- Proof of Address
- A valid email address to confirm follow-up appointments

\* Guardianship papers to be uploaded under Birth Certificate tab

Website link: [www.saangeltree.org](http://www.saangeltree.org)

#### Questions/Assistance:

Dianne James, 978-458-3396; [dianne.james@use.salvationarmy.org](mailto:dianne.james@use.salvationarmy.org)

### Community Teamwork

**Tuesday, Nov. 1 through Tuesday, Nov. 8.**

#### Required information:

- Full names and dates of birth for EACH child under age 16 required
- Applicants will self-certify their information
- Due to COVID-19, no hard copy/uploaded documents will be required.

Website link: <https://bit.ly/3nNgsE4>

#### Questions/Assistance:

Christine DeFeo, [cdefeo@commteam.org](mailto:cdefeo@commteam.org)

Only one person for each family may apply. **Any family applying through more than one agency will not be eligible.** Toy vouchers are available for eligible children through age 16.

#### To donate to The Sun Santa Fund:

[www.lowellsun.com/sunsanta](http://www.lowellsun.com/sunsanta)

By mail: The Sun Santa Fund, PO Box 2439, Lowell, MA 01851

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## Thanksgiving & Christmas Support From The Salvation Army

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

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

For more information contact Dianne James at 978-458-3396 or through email at [Dianne.James@use.salvationarmy.org](mailto:Dianne.James@use.salvationarmy.org)



[Click Here For The Application](#)

Open Available October 3rd

The Salvation Army Lowell

**THANKSGIVING & CHRISTMAS ASSISTANCE 2022**

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

**REQUIRED DOCUMENTS**

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

**PLEASE NOTE**

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

**SERVING THE FOLLOWING COMMUNITIES**

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



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

The Salvation Army Lowell

**ASISTENCIA DE ACCIÓN DE GRACIAS Y NAVIDAD 2022**

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

**DOCUMENTOS REQUERIDOS**

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

**TENGA EN CUENTA**

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

**AL SERVICIO DE LAS SIGUIENTES COMUNIDADES**

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



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

## Community Resources & Daycare Options for Families

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

Here is a list of daycare options in Lowell:

- **Community Team Work (CTI)** (978) 454-5100
  - Families who are already enrolled in a CTI program...
    - Call or text school-age coordinators to request a slot
      - Billy 978-995-0028, [wma@commteam.org](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.



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

[Download](#)

15.3 KB

## McAvinnue's Family Read-A-Loud

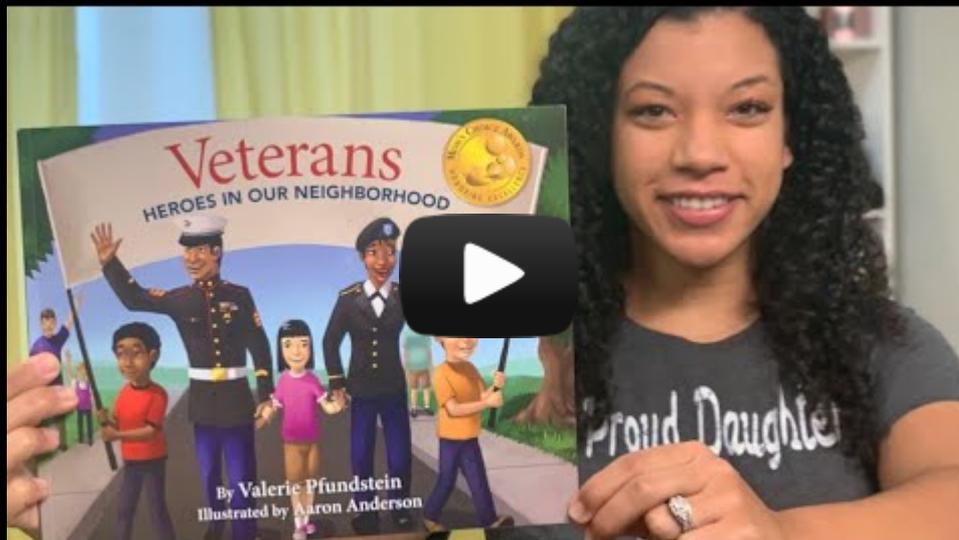
### "Today On Election Day"

Today on Election Day READ ALOUD!



## "Veterans: Heroes In Our Neighborhood"

Storytime Channel for Kids: Veterans: Heroes in Our Neighborhood



## 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/UC7hxiBuRjgjqfASl\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjgjqfASl_RLMleQ)



### Our Vision

Facebook    @McAvinnueLPS

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

**#McAvinnuePride #BeTheDifference #NextLevel**

131 Mammoth Road, Lowell, M...    mdomina@lowell.k12.ma.us  
 (978) 937-2871    lowell.k12.ma.us/Domain/21



**#MCAVINNUEPRIDE**

