

# The Lion's Roar

McAVINNUE'S COMMUNITY NEWSLETTER: WEEK OF MARCH 20TH

## McAVINNUE'S PRINCIPAL'S MESSAGE

Hello McAvinnue Community!

I hope that everyone is doing well and getting ready for Spring! Spring has quite sprung yet with the snow day that we had on Tuesday and the start of Daylight Savings Time this past week. The weather looks to be on the mild side next week...not 100% Spring time yet, but we're getting closer! It will be so great to get our students outside for recess and Physical Education classes soon. It will be such a nice sound to hear the laughter and excitement of our students while they worked up a sweat! We can't wait!



We have been very busy ordering materials for the remainder of this school year...and also for next school year. We are working on our budget plans for the 2023-2024 school year, and planning some great end of the school year activities for students!

We are also gearing up for the MCAS administration that will start the first week of April (Please see the schedule below for the specific dates). It will be great to have complete MCAS scores for all students. The results of this assessment will help us best plan for our instruction needs for next year. As always, we appreciate your support with having students in school on their scheduled testing days!

This week will be a busy one with report card distribution on Wednesday, March 22nd...as well as Parent Teacher Conferences at 3:45 PM - 5:45 PM on Thursday, March 23rd. McAvinnue's School Site Council will also meet on Wednesday, March 22nd at 5:00 PM. Finally, we have one last chance for individual student pictures on Wednesday, March 22nd. However, the primary focus will be class pictures. You can find more additional information for all of these events in the sections below in this newsletter.

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, March 20th** - McAvinnue Reopens @ 9:10 AM
- **Monday, March 20th** - Grade 3 Field Trip: Lowell Boott Mills (2 Classes)
- **Monday, March 21st** - Grade 3 Field Trip: Lowell Boott Mills (2 Classes)

- Wednesday, March 22nd - McAvinue's Picture Day (Rescheduled)
- Wednesday, March 22nd - Report Card Distribution (PreK - Grade 4)
- Wednesday, March 22nd - McAvinnue's School Site Council Meeting @ 5:00 PM - 6:00 PM
- Thursday, March 23rd - Parent/Teacher Conferences @ 3:45 PM - 5:45 PM

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

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

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



## McAVINNUE'S SPRING PICTURE DAY: RESCHEDULED DATE



We will be offering Spring individual and class pictures on Wednesday, March 22nd. O'Connor Studios will once again be providing the photos for those that are interested in making a purchase.

Picture order forms have already been sent home with your child. If you need another copy, please reach out to the Main Office for support.

If you have any questions, please reach out to the Main Office for support.

# Report Card Distribution Day

## Wednesday, March 22nd



## PARENT TEACHER CONFERENCES

# Parent Teacher Conferences



**Thursday, March 23rd**

**3:45 PM – 5:45 PM**

**#McAvinnuePride**

We have the Spring edition of Parent Teacher Conferences on Thursday, March 23rd from 3:45 PM - 5:45 PM.

Like the Winter edition, conferences will be either be in-person or remote via the Zoom meeting platform. You will have the choice and select which option that is best for your schedule.

Your child's teacher should have or will reach out to you with information regarding the signup process and how you can reserve your time to connect with your child's teachers. Progress to date will be reviewed and discussed.

We are looking forward to seeing everyone on Wednesday afternoon.

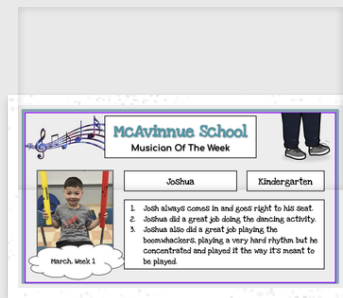
## MCAVINNUE'S WEEK IN REVIEW





## MCAVINNUE'S "ARTIST OF THE WEEK"

McAvinnue's "Artist of the Week" is Johan in Room 208! Johan did an incredible job creating his "Romero Britto Style" free-hand drawing of a dog! His oil pastel lines and shapes add so much color and detail! Keep up the great work!



## MCAVINNUE'S "MUSICIAN OF THE WEEK"

McAvinnue's "Musician Of The Week" is Joshua in Room 208! Check out all of the great things he accomplished to earn this amazing recognition!



## RECESS FUN!

Who said that indoor recess can't be fun! Check out this really cool design and build by the Grade 1 students in Room 201! Fantastic work!

# ST MATH GOOD NEWS: WEEK OF MARCH 20TH

## 100% PROGRESS & BEYOND



## McAvinnue's ST Math Progress Champions





**Allie**  
**Room 307**



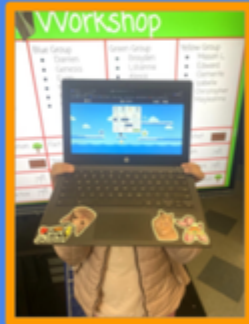
**Ila**  
**Room 302**



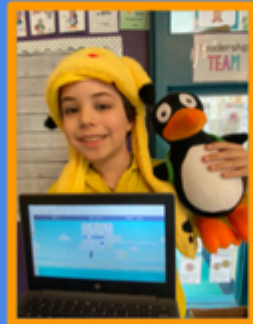
**Jerónimo**  
**Room 104**



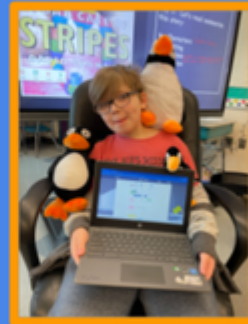
# McAvinnue's ST Math Progress Champions



**Nilsa**  
**Room 307**



**Ryan**  
**Room 303**



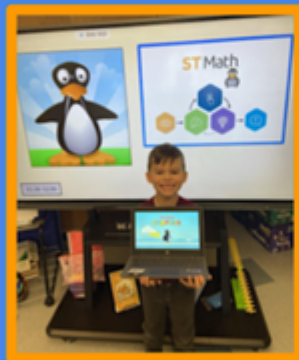
**Tyler**  
**Room 302**



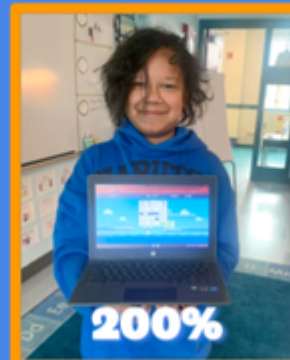
**Tyra**  
**Room 203**



# McAvinnue's ST Math Progress Champions



**Ben**  
**Room 202**



**Dayan**  
**Room 309**

**ST MATH WEEKLY UPDATE**

**WEEK OF MARCH 13TH**



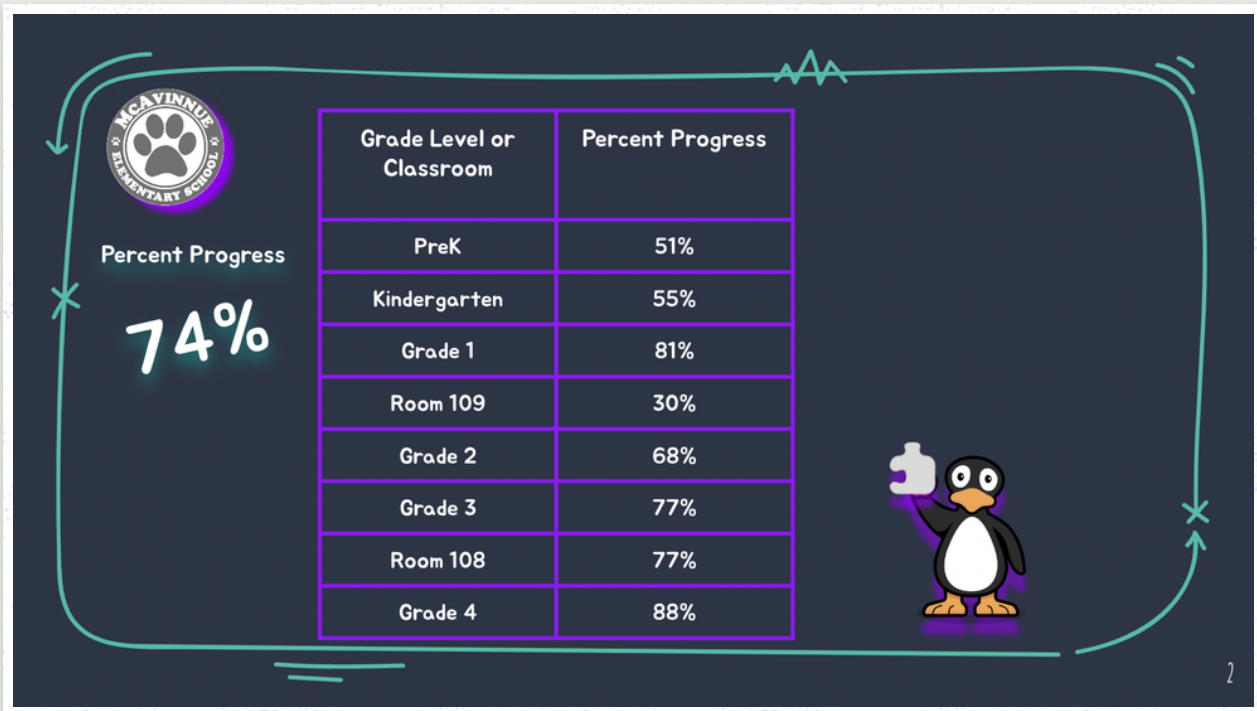
Check out our ST Math updated weekly celebrations below!

What an amazing month of puzzle play for McAvinnue! Our students have solved 765,999 puzzles so far this school year! With some hard work, we should hit the 800,000 puzzle mark by the end of this up and coming week. Also, we are well on our way to reaching 1 million puzzles by the end of the school year!

Percent Progress Averages continue to impress! Our school reached 74% Percent Progress! Our school goal is to reach 80% progress by the end of May. This goal will most likely be reached by April break. It also looks very likely that we will reach 100% progress as a school by the end of this school year.

McAvinnue's next ST Math Challenge "March Mathness" completed it's first week of grade level competition. We will announce the winner classrooms that will move on to the next round on Monday, March 20th. Stay tuned for the results....and who is moving on in this super fun tournament!





## McAVINNUE'S ST MATH "MARCH MATHNESS" CHALLENGE

McAvinnue's ST Math March Mathness has arrived! Our 23 playing classrooms begin on Monday, March 13th - Friday, April 5th!



Every classroom has a base percent progress. The goal is to increase that progress percentage from week to week. After this week, 7 classrooms will move on, however, no classroom is truly out of the competition. There will be a "wild card classroom" and a classroom that receives a "bye" for the week of March 20th. Honorable mentions will also be celebrated. Be on the lookout for additional details during morning announcements.

This is going to be a ton of fun!

We will share out an update for Round 1 on Monday, March 20th during McAvinnue's Morning Announcements! Stay tuned for the results!

## 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

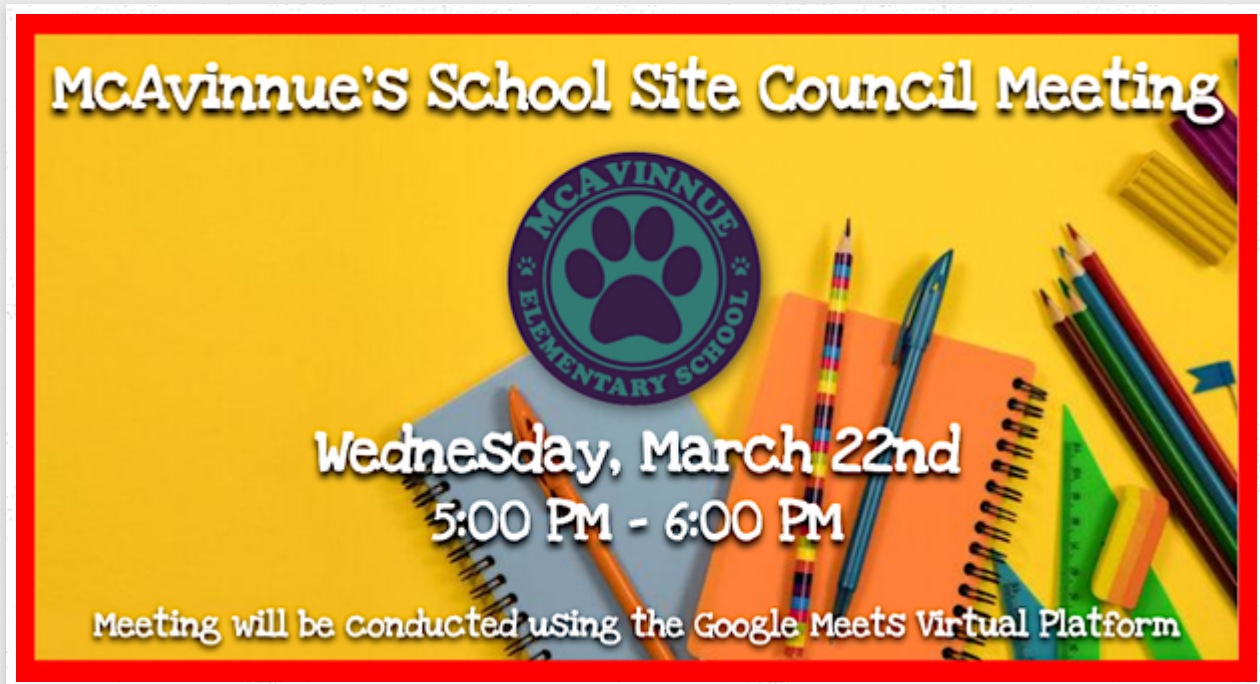
## UPCOMING EVENTS



Here are important dates to remember during the month of March and early April:

- **Monday, March 20th** - McAvinnue Reopens @ 9:10 AM
- **Monday, March 20th** - Grade 3 Field Trip: Lowell Boott Mills (2 Classes)
- **Monday, March 21st** - Grade 3 Field Trip: Lowell Boott Mills (2 Classes)
- **Wednesday, March 22nd** - McAvinnue's Picture Day (Rescheduled)
- **Wednesday, March 22nd** - Report Card Distribution (PreK - Grade 4)
- **Wednesday, March 22nd** - McAvinnue's School Site Council Meeting @ 5:00 PM - 6:00 PM
- **Thursdav. March 23rd** - Parent/Teacher Conferences @ 3:45 PM - 5:45 PM

- Thursday, March 30th - Grade 2 Field Trip: Tsongas Industrial History Museum (Rooms 101 & 102)
- Wednesday, April 5th - Grade 3 ELA MCAS: Session 1
- Thursday, April 6th - Grade 3 ELA MCAS: Session 2
- Friday, April 7th - No School: Good Friday Holiday
- Wednesday, April 12th - Grade 4 ELA MCAS: Session 1
- Thursday, April 13th - Grade 4 ELA MCAS: Session 2



## MCAVINNUE'S SCHOOL SITE COUNCIL MEETING

McAvinnue's School Site Council will meet on Wednesday, March 22nd at 5:00 PM - 6:00 PM. This meeting will be conducted virtually using the Google Meets platform

You can find meeting information including Google Meets login information using the link below:

<https://www.lowell.k12.ma.us/Page/5157>

## 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/UC7hxiBuRjqjgASI\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjqjgASI_RLMleQ)

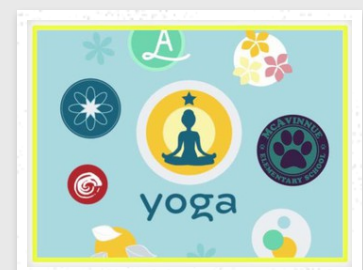
If you want a peek of the latest edition of McAvinnue's "Virtual Morning Announcements", check out the video below!

### McAvinnue's Morning Announcements 3.15.2023



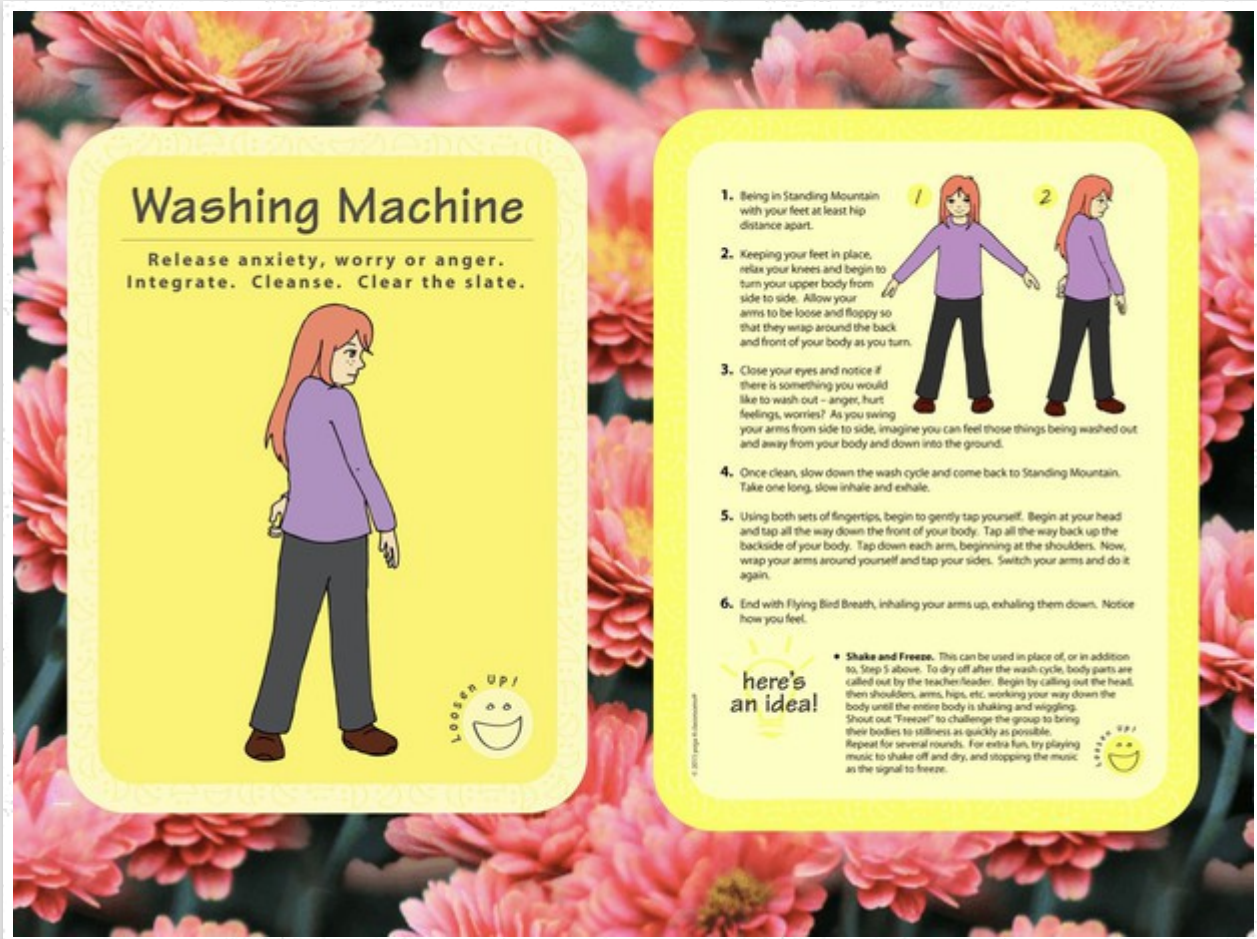
## McAVINNUE'S YOGA POSE OF THE WEEK: "WASHING MACHINE"

We are bringing back a classic yoga pose this week called the "Washing Machine". This pose will allow us to release anxiety, worry, or anger by visualizing washing those things down the drain to feel refreshed and have a new start to the day! We will practice the "Washing Machine" pose daily during our "Virtual" Morning Announcements during this up and coming week. Y



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





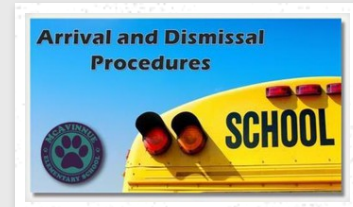
## DROP-OFF & PICK-UP LOGISTICS

### 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.



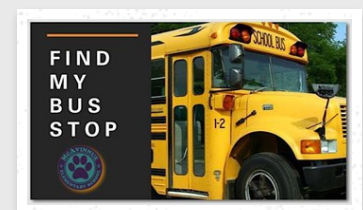


- PreK & Kindergarten will use the Early Childhood door to enter the building. This door is located to the right of McAvinnue's Reading Garden and to the left of the Main Door.

### **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,

## 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 *	Janeteenth
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

## MARCH BREAKFAST/LUNCH MENU

 <p><b>LOWELL PUBLIC SCHOOLS</b></p> <h1>Breakfast MENU</h1> <p><b>March Elementary Breakfast Menu</b></p> <p>Check out <a href="https://lowellk12ma.nutrislice.com/">https://lowellk12ma.nutrislice.com/</a> for Menu's, Nutrition Education &amp; Monthly Promotions! Questions or concerns please contact <a href="mailto:foodservices@lowell.k12.ma.us">foodservices@lowell.k12.ma.us</a></p> <p>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.</p> <p>aramark This institution is an equal opportunity provider</p>		<p><b>DIG IN TO SCHOOL BREAKFAST</b></p> <p>National School Breakfast Week 2023 March 6<sup>th</sup> – March 10<sup>th</sup></p>		<p><b>28</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>1</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>2</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>3</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>
		<p><b>6</b> Pumpkin Bread</p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear, and Milk</p>	<p><b>7</b> Sausage, Egg, and Cheese Wake up Wrap</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>8</b> Cinnamon Sugar Donut</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>9</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>10</b> Cinnamon Bun</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>	
		<p><b>13</b> Banana Bread</p> <p>Cranberry, Orange Oatmeal Round</p> <p>Served with Orange and Milk</p>	<p><b>14</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>15</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>16</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>17</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>	
		<p><b>20</b> Pumpkin Bread</p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear and Milk</p>	<p><b>21</b> Sausage, Egg, and Cheese Wake up Wrap</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>22</b> Cinnamon Sugar Donut</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apple, Orange, and Milk</p>	<p><b>23</b> Cinnamon Bun</p> <p>Nature Valley Oatmeal Round</p> <p>Served with Juice, Pear and Milk</p>	<p><b>24</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>	
		<p><b>27</b> Pumpkin Bread</p> <p>Oatmeal Raisin Round</p> <p>Served with Orange, Pear, and Milk</p>	<p><b>28</b> Double Chocolate Chip Muffin</p> <p>Benefit Bar</p> <p>Served with Juice, Pear and Milk</p>	<p><b>29</b> Sausage, Egg and Cheese Bagel Sandwich</p> <p>Assorted Cereal Bowl with Graham Cracker</p>	<p><b>30</b> Blueberry Waffle with Maple Syrup</p> <p>Nature Valley Oatmeal Round</p>	<p><b>31</b> Bagel with Cream Cheese</p> <p>Assorted Cereal Bar with Graham Cracker</p> <p>Served with Banana, Apple, and Milk</p>	

# MARCH 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
<b>NATIONAL SCHOOL BREAKFAST WEEK</b> <b>MARCH 6<sup>TH</sup> – 10<sup>TH</sup></b> 	<b>28</b> -Beef Taco with 6" Tortilla Wrap -Kiddin Bean Taco with 6" Tortilla Wrap V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Kiddin Beans & Broccoli -Oranges & Apples	<b>1</b> <b>-HOTM: Butternut Squash Mac and Cheese LG</b> -Cheese Quesadilla V -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Cucumber & Carrots LG -Bananas & Apples	<b>2</b> -Szechuan Chicken with Rice -Szechuan Tofu with Rice V -Hamburger & Cheeseburger -Yogurt & Fruit Power Pack V -Greek Chicken Wrap -Green Beans & Carrots LG -Pears & Fresh Fruit Cup	<b>3</b> -Cheese Pizza V -Pepperoni Pizza -Greek Salad with Flatbread LG -Chicken Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad LG -Apples & Bananas
<b>4</b> -Chicken Tikka Masala or Chana Masala V with Tzatziki Sauce -Tomato Cucumber Salad V -Hamburger & Cheeseburger -Chicken Ranch Salad with Flatbread LG -Ham and Cheese Sandwich -Broccoli & Carrots LG -Apples & Peaches	<b>7</b> -Tater Tot Beef Nacho (Totchos) -Tater Tot Black Bean Nacho V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Pizza Platter -Chicken Caesar Wrap -Kiddin Beans & Broccoli -Clementines & Apples	<b>8</b> -Shepherd's Pie with a Dinner Roll -Fish and "Chips" with a Dinner Roll -Vegetarian Nuggets with a Dinner Roll V -Chef Salad with Flatbread LG -Ham and Cheese Sandwich -Cucumber & Carrots LG -Bananas & Apples	<b>9</b> -Chicken and Vegetable Dumplings with Vegetables -General Tso Tofu Steak with Rice V -Chicken Parm Sub -Pizza Platter -Chicken Caesar Wrap -Green Beans & Tater Tots -Pears & Fresh Fruit Cup	<b>10</b> -Cheese Pizza V -BBQ Chicken Pizza -Chicken Ranch Salad with Flatbread LG -Ham and Cheese Sandwich -Cucumber & Carrots LG -Bananas & Apples
<b>13</b> -Breakfast for Lunch! Waffles and Sausage -Pizza Crunchers V -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Maple Carrots & Green Beans -Apples & Pears	<b>14</b> -Chicken Taco with 6" Tortilla Wrap -Hamburger & Cheeseburger -Black Bean Burger V <b>-HOTM: Charcuterie Platter LG</b> -Turkey and Cheese Sandwich -Kiddin Beans & Broccoli -Oranges & Apples	<b>15</b> -Lok Lak with Rice -Chicken Tenders with a Dinner Roll -Mediterranean Hummus Salad with Flatbread LG V -Tuna Salad Sandwich on a Bulkie Roll -Cucumber & Carrots LG -Bananas & Apples	<b>16</b> -Loaded Baked Potato with Corn Muffin -Broccoli and Cheddar Loaded Baked Potato with Dinner Roll -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich <b>-HOTM: Charcuterie Platter LG</b> -Turkey and Cheese Sandwich -Corn & Carrots LG -Pears & Fresh Fruit Cup	<b>17</b> -Cheese Pizza V -Buffalo Chicken Pizza -Cobb Salad with Flatbread LG -Tuna Salad Sandwich on a Bulkie Roll -Red Pepper Strips & Side Salad LG -Apples & Bananas
<b>20</b> -Country Chicken Bowl with Corn Muffin -Country Vegetarian Nugget Bowl with Flatbread V -Chicken Parm Sub -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Carrots LG & Corn -Apples & Peaches -Pasta Primavera V	<b>21</b> -Beef Nachos with Tortilla Chips -Kiddin Bean Nachos with Tortilla Chips V -Cheese Quesadilla V -Bagel Power Pack V -Moroccan Harissa Wrap -Kiddin Beans & Broccoli -Oranges & Apples	<b>22</b> -Spaghetti Bolognese with Parmesan -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Italian Sub -Cucumber & Carrots LG -Bananas & Apples	<b>23</b> -Chili Garlic Popcorn Chicken Lo Mein -Cheeseburger and Hamburger -Bagel Power Pack V -Moroccan Harissa Wrap -Green Beans & Carrots LG -Pears & Fresh Fruit Cup	<b>24</b> -Cheese Pizza V -Loaded Baked Potato Pizza LG -Mediterranean Hummus Salad with Flatbread LG V -Italian Sub -Red Pepper Strips & Side Salad LG -Apples & Bananas
<b>27</b> -Cheeseburger and Hamburger -Black Bean Burger V -Chicken Caesar Salad with Flatbread LG -Turkey and Cheese Sandwich -Broccoli & Carrots LG -Apples & Pears	<b>28</b> -Fish Po' Boy Sandwich with Coleslaw -Hummus Platter V -Honey Mustard Chicken Wrap -Kiddin Beans & Broccoli -Clementines & Apples	<b>29</b> -Buffalo Chicken Mac and Cheese V -Mac and Cheese V -Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich -Chef Salad with Flatbread LG -Turkey & Cheese Sandwich -Cucumber & Carrots LG -Bananas & Apples	<b>30</b> -General Tso's Popcorn Chicken with Fried Rice -Pizza Crunchers V -Hummus Platter V -Honey Mustard Chicken Wrap -Green Beans & Corn -Pears & Fresh Fruit Cup	<b>31</b> -Cheese Pizza V -Hawaiian Pizza -Chicken Caesar Salad with Flatbread LG -Turkey and Cheese Sandwich -Red Pepper Strips & Side Salad -Apples & Bananas

This institution is an equal opportunity provider.



Elementary March Breakfast Menu 22.23.pdf

[Download](#)  
258.0 KB



March Lunch Menu 23.pdf

[Download](#)  
485.1 KB

# PARENT & FAMILY RESOURCES

# LPS DISTRICT SATISFACTION SURVEY

Please take a few minutes to complete the LPS District Satisfaction Survey to help us to improve service to families and enhance the educational experience of our students.



We are seeking to understand your satisfaction level with your child(ren)'s school/district in the following areas: academics, communication, operations, and safe and welcoming environments.

If you have children that attend more than one school, please complete a separate survey for EACH school (i.e. if you have a 3rd grader in elementary school, a 6th grader in middle school and a 10th grader in high school, please fill out separate surveys for each school).

The link to the District Satisfaction Survey can be found below in various languages. The Survey will close on Friday March 24, 2023.

English: <https://www.surveymonkey.com/r/9Y38S5L>

Arabic: <https://www.surveymonkey.com/r/9Y38S5L?lang=ar>

Khmer: <https://www.surveymonkey.com/r/9Y38S5L?lang=km>

Lao: <https://www.surveymonkey.com/r/9Y38S5L?lang=lo>

Portuguese: <https://www.surveymonkey.com/r/9Y38S5L?lang=pt>

Spanish: <https://www.surveymonkey.com/r/9Y38S5L?lang=es>

Swahili: <https://www.surveymonkey.com/r/9Y38S5L?lang=sw>

Vietnamese: <https://www.surveymonkey.com/r/9Y38S5L?lang=vi>

# NFI FAMILY RESOURCE CENTER: A.T.T.E.N.D.S WORKSHOP



## REDUCING CHILD ABUSE BY RETHINKING DISCIPLINE





## **Reducing Child Abuse by Rethinking Discipline A FREE breakfast event**

\*Join us for a community conversation with a panel of experts as we explore the ramifications of and alternatives to physical discipline.



**Friday March 31**

**8 a.m. - 10 a.m.**

**Long Meadow Country Club, 165 Havilah St. Lowell**

**To RSVP, visit [mahoneyfamilyfund.com](http://mahoneyfamilyfund.com)**



## **PRESCHOOL REGISTRATION INFORMATION**





# Preschool Registration 2023-2024

**February 1 - April 24**

**Register Online**

[www.lowell.k12.ma.us/preschoolregistration](http://www.lowell.k12.ma.us/preschoolregistration)

**OR**

at the Family Resource Center  
151 Merrimack St.

- Social Skills
- Language & Literacy Development
- Explore Math, Science & Social Studies

**Questions?**

Laurie Carney  
[lauriecarney@lowell.k12.ma.us](mailto:lauriecarney@lowell.k12.ma.us)  
978-446-7000

Laura Valdez  
[lvaldez@lowell.k12.ma.us](mailto:lvaldez@lowell.k12.ma.us)  
978-674-2065



**Children must be 4 by Sept. 1**  
**Transportation not provided**  
**Full-day offered at Bartlett, Cardinal, Greenhalge & Murkland only**

**Information on Kindergarten Registration Coming Soon**

## 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**

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** or call **1-800-645-8333** for help.





This is a fact sheet titled "WE'RE HERE FOR YOU." with a blue background and a decorative border of food items like oranges, watermelon, and leafy greens. It provides information on how to apply for SNAP, eligibility requirements, and where to get 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.

 **PROJECT BREAD** 

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

- **April 19, 2023**

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



# 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

## COMMUNITY CONNECTIONS & OPPORTUNITIES



## BASEBALL & SOFTBALL LEAGUES!

This unseasonably warm weather has us thinking about . . . baseball and softball! Lowell's first citywide recreation baseball and softball league is now accepting registration for the spring.

See more info below and at [www.lybsl.org](http://www.lybsl.org) (their website can be translated into multiple languages). Play Ball!

# BASEBALL & SOFTBALL REC LEAGUE



CLICK ON YOUR PARK BELOW



OR REGISTER NOW AT:  
**WWW.LYBSL.ORG**



LOWELL'S FIRST CITYWIDE BASEBALL AND SOFTBALL REC LEAGUE

T-BALL AGES: 4/5  
INSTRUCTIONAL/COACH PITCH AGES: 5/6

BASEBALL AGE GROUPS: 7/8, 9/10, 11/12 & 13/15	SOFTBALL AGE GROUPS: 8U, 10U, 12U & 16U
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Our website can be translated into multiple languages

- Nuestro sitio web se puede traducir a varios idiomas
- Nosso site pode ser traduzido para vários idiomas
- គេហទំព័ររបស់យើងអាចបកប្រែជាច្រើនភាសា

## LOCAL PLAYGROUPS

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

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





**LOWELL**  
PUBLIC SCHOOLS  
Early Childhood Department  
Coordinated Family and Community Engagement

**STARTS THE  
WEEK OF  
JAN. 9, 2023**

# Winter Playgroups

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

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

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

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

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

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

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

**CLICK HERE TO REGISTER**

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



Scan code to register



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.



## 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

## "GOODBYE WINTER, HELLO SPRING"

Story Time with Outpost: Goodbye Winter, Hello Spring



## 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/UC7hxiBuRjqjgqfASL\\_RLMleQ](https://www.youtube.com/channel/UC7hxiBuRjqjgqfASL_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

