

# The Lion's Roar

**MCAVINNUE'S COMMUNITY NEWSLETTER: WEEK OF OCTOBER 2ND**

## **MCAVINNUE'S PRINCIPAL'S MESSAGE**

Hello McAvinnue Community!

We have successfully completed another great week at McAvinnue! Our students and teachers are working hard daily and there has been some great progress made with our daily routines and expectations!



I had the chance to observe some amazing lessons focusing on our new phonics curriculum, Letterland, some exciting lessons in our Allied Arts classes, and a few successful morning meeting Open Circle lessons. Our teachers are working to plan meaningful lessons that your children are truly benefiting from. The teaching and learning will continue over the month of October. We will be sending out a formal progress report that will review your child's progress in a few weeks. Be on the look out more information from your child's teacher and in the Lion's Roar Community newsletter next week.

Our students have finished the iReady diagnostic assessment for both English Language Arts (ELA) and Math. This assessment will allow for our teachers to see what your child has a solid understanding of connected to various teaching standards that fall under each of these two areas. Also, the iReady platform will map out online lessons for your child that will target specifically what they need more practice on. Your child's progress will continue to be monitored by the classroom teacher and on the iReady instructional platform.

There will be no school on Monday, October 9th for all schools that are part of the Lowell Public School District due to "Indigenous Peoples' Day". This was the day that was formerly known as "Columbus Day". On October 10, 2019, just a few days before Columbus Day would be celebrated in Washington, D.C., the D.C. Council voted to temporarily replace Columbus Day with Indigenous Peoples' Day. This bill was led by Councilmember David Grosso and later received congressional approval to become a permanent change. "Indigenous Peoples' Day" arose as an alternative to Columbus Day, which Native Americans protested for honoring a man who had enabled their colonization and forced assimilation.

Wondering more about Indigenous Peoples' Day...check out the quick video below!

We are looking forward to another successful week at the "best school that we all know"!

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

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 next few weeks:

- Monday, October 2nd - McAvinnue's 21st Century Before & After School Program Beings
- Tuesday, October 3rd - McAvinnue's "Lions Pride" All School Core Value Celebration @ 9:30 AM - 10:15 AM
- Wednesday, October 4th - LPS School Committee Meeting @ 6:30 PM - 8:30 PM (City Hall)
- Friday, October 6th - Grade 3 Field Trip; Concord Museum (Room 303 & 304)
- Monday, October 9th - No School - Indigenous People's Day
- Tuesday, October 10th - Grade 3 Field Trip; Concord Museum (Room 301 & 302)
- Monday, October 23rd - McAvinnue's Picture Day
- Thursday, October 26th - McAvinnue's "Trunk Or Treat" Family Celebration @ 5:00 PM - 6:30 PM

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).

♥ Indigenous Peoples Day for Kids | 9 October | Respect & Kindness | Rethink Columbus Day | Twinkl



**INDIGENOUS PEOPLES' DAY: NO SCHOOL**  
**MONDAY, OCTOBER 9TH**



The first seed of Indigenous Peoples' Day was planted at a U.N. international conference on discrimination in 1977. The first state to recognize the day was South Dakota in 1989. Berkeley, California, and Santa Cruz followed suit.

Although the day was still considered Columbus Day up to 1937, many people began calling it Indigenous Peoples' Day to celebrate the rich culture and the lives of the Native American people.

For the Native Americans, Columbus Day was always hurtful as it glorified the violent past constituting 500 years of colonial torture and oppression by European explorers like Columbus and those who settled in America. Indigenous Peoples' Day draws attention to the pain, trauma, and broken promises that were erased by the celebration of Columbus Day. Before his arrival, the indigenous folk were successful self-sufficient communities that sustained life for thousands of years.

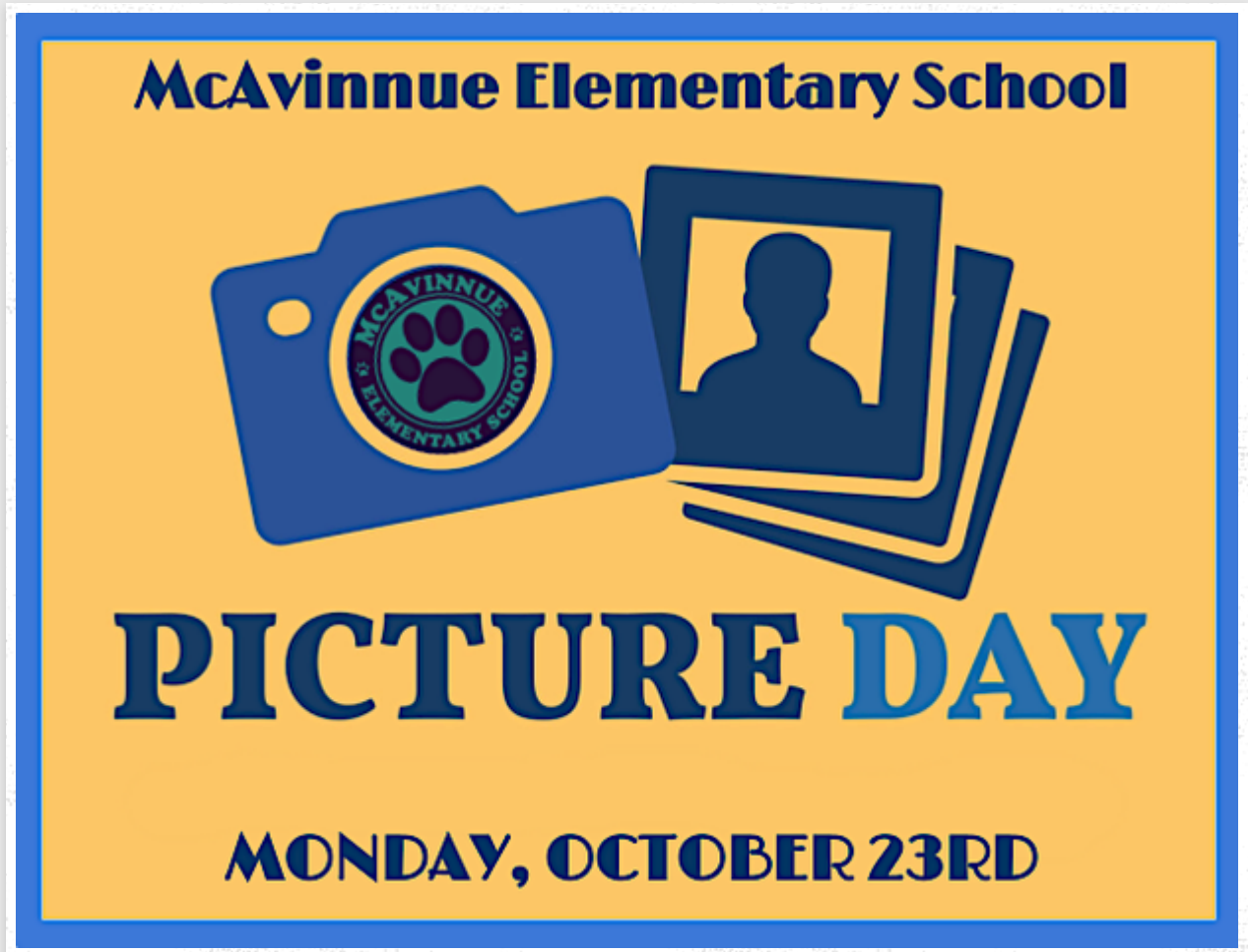
Year by year, the movement to change Columbus Day to Indigenous Peoples' Day spreads to more and more states, towns, and cities across the United States of America.

Indigenous Peoples' Day celebrates, recognizes, and honors the beautiful traditions and cultures of the Indigenous People, not just in America, but around the world. Their way of life and culture carries wisdom and valuable insights into how we can live life more sustainably.

Today, 14 U.S. states celebrate Indigenous Peoples' Day and not Columbus Day, as well as the District of Columbia. More than 130 cities including Arlington, Amherst, Cambridge, Brookline, Marblehead, Great Barrington, Northampton, Provincetown, Somerville, and Salem also celebrate Indigenous Peoples' Day.



**PICTURE DAY: MONDAY. OCTOBER 23RD**



## **MCAVINNUE'S "TRUNK OR TREAT" FAMILY CELEBRATION**

Please join us for McAvinnue's "Trunk Or Treat" Family Celebration!



On **Thursday, October 26th from 5:00 PM - 6:30 PM**, you can come to St. Rita's Church rear parking lot (directly across from McAvinnue), for some costume and candy fun!

This event is free of charge! All you need to do is come by with your costume on, bring a bag for treats, and we will do the rest! You will have a chance to walk through a maze of cars that will each have a special treat for you!

We are super excited to bring this event back at McAvinnue! We hope that everyone makes the time to come by!





## CANDY DONATIONS NEEDED!!!

We are gladly accepting candy donations for McAvinnue's "Trunk Or Treat" Family Celebration!



Please feel free to drop off a bag of candy to the Main Office at McAvinnue anytime during school hours. Also, you can have your child bring a bag of candy with them to school...and they can drop it off at the Main Office when they arrive to the school building.

We will accept donations all the way up to the big event on Thursday, October 26th!

Thank you in advance for your support with this!

## MCAVINNUE'S WEEK IN REVIEW



Check out this really cool ST Math "Progress Tracker" the Grade 2 students will use in Room 104!



In Room 303, Alice and Neveah were the first to follow all directions and meet all requirements of the Grade 3 "Mouse House" Challenge! They designed a floor plan, built walls to surround the floor plan that were taller than the mouse, and attached a door that opened and closed.



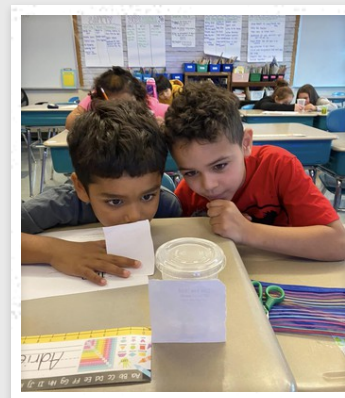
"Good News" in the Art Room! Students in Room 301 are working on their "Beautiful Oops" projects which focuses on problem solving how to turn mistakes into awesome new ideas!



Students in Room 109 have been working so hard to get their classroom tree ready for Fall...and their pumpkin patch ready for October! They had so much fun getting their leaves and pumpkins ready....so awesome!



Good News in Room 101! Students had some fun in science last week exploring "why do we wear clothes?" Check out the super cool hats they made to protect themselves from the elements!!!



Grade 3 students in Room 303 had a blast experimenting in science last week to answer the question, "Where do clouds come from?" They learned about the water cycle and watched evaporation in action! Fantastic stuff!





Kindergarten students had a blast at Parlee Farms today! This is always such an amazing first field trip for some of our newest McAvinnue Lions!

## McAVINNUE'S "MORNING ANNOUNCEMENTS" ARE BACK!

McAvinnue's "Morning Announcements" are back for the 2023-2024 academic school year!



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 for "Open House" and "Open House" respectively.



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)

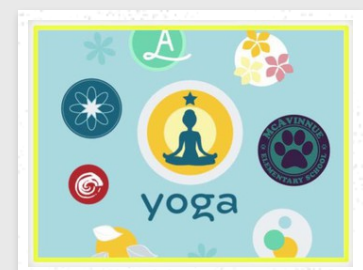
You can check out the latest edition of McAvinnue's Morning Announcements below!

### McAvinnue's Morning Announcements 9.27.2023



## MCAVINNUE'S "YOGA POSE OF THE WEEK": FLYING BIRD BREATH

We will try a new pose this week called the "Flying Bird Breath"...and will add on to the "Mountain" pose that we worked on last week!



This new pose will allow us to work on remaining calm while increasing our focus by maintaining grace through our own person "center". We will practice the "Flying Bird Breath" 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!



## ALLERGIES? ASTHMA? MEDICATIONS? – PLEASE LET NURSE DANIELLE KNOW!

If your students have any medical concerns or diagnosis, please make sure Nurse Danielle is aware. Also, if they have any medical conditions, for example allergies or asthma, that require medications such as Epipens or inhalers here at school, please remember she needs updated paperwork and medication yearly.



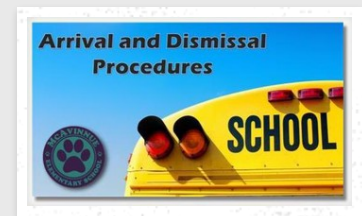
Please reach out as soon as possible to get her the necessary paperwork and to arrange drop off of new medications. Nurse Danielle's email address is [dralls@lowell.k12.ma.us](mailto:dralls@lowell.k12.ma.us) and she can also be reached by calling (978) 937-2871 ex. 47858. Our fax number is (978) 937-2880.

## 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 23rd. 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



## UPCOMING EVENTS



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

- Monday, October 2nd - McAvinnue's 21st Century Before & After School Program Begins
- Tuesday, October 3rd - McAvinnue's "Lions Pride" All School Core Value Celebration @ 9:30 AM - 10:15 AM
- Wednesday, October 4th - LPS School Committee Meeting @ 6:30 PM - 8:30 PM (City Hall)
- Friday, October 6th - Grade 3 Field Trip; Concord Museum (Room 303 & 304)
- Monday, October 9th - No School - Indigenous People's Day
- Tuesday, October 10th - Grade 3 Field Trip; Concord Museum (Room 301 & 302)
- Wednesday, October 18th - Progress Report Distribution: PreK - Grade 4
- Monday, October 23rd - McAvinnue's Picture Day
- Thursday, October 26th - McAvinnue's "Trunk Or Treat" Family Celebration @ 5:00 PM - 6:30 PM

## ST MATH WEEKLY SHOUT OUT!

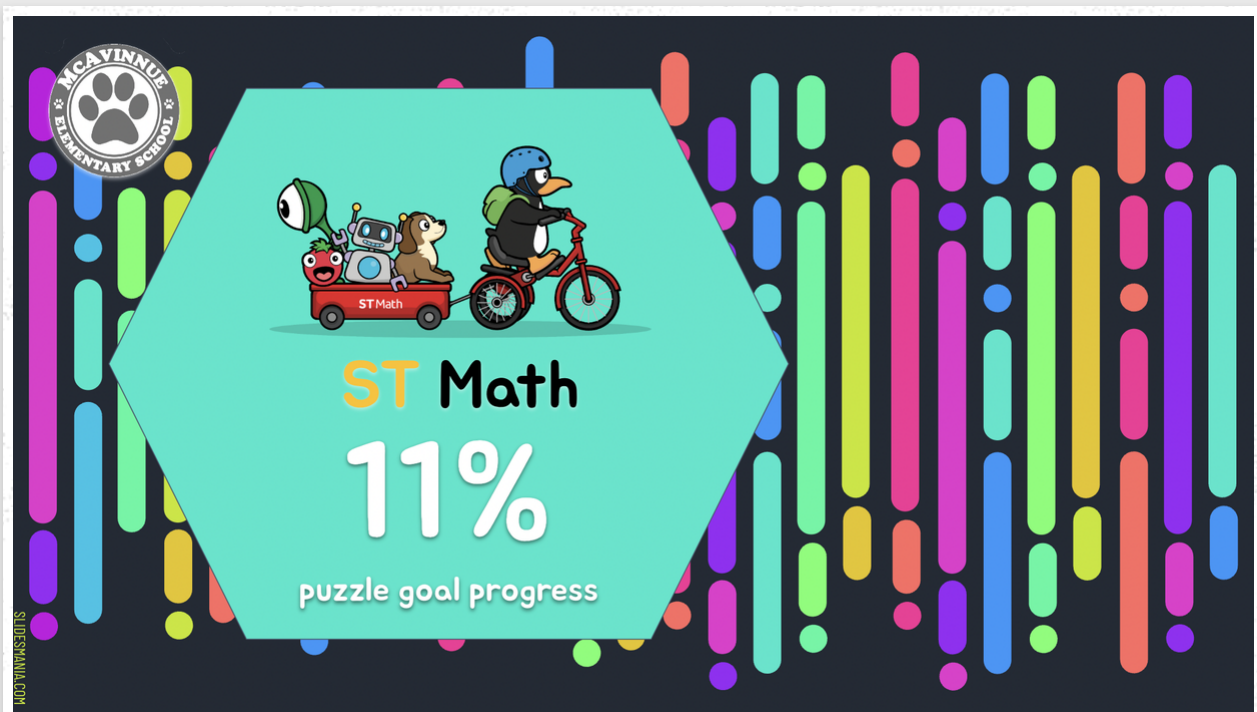
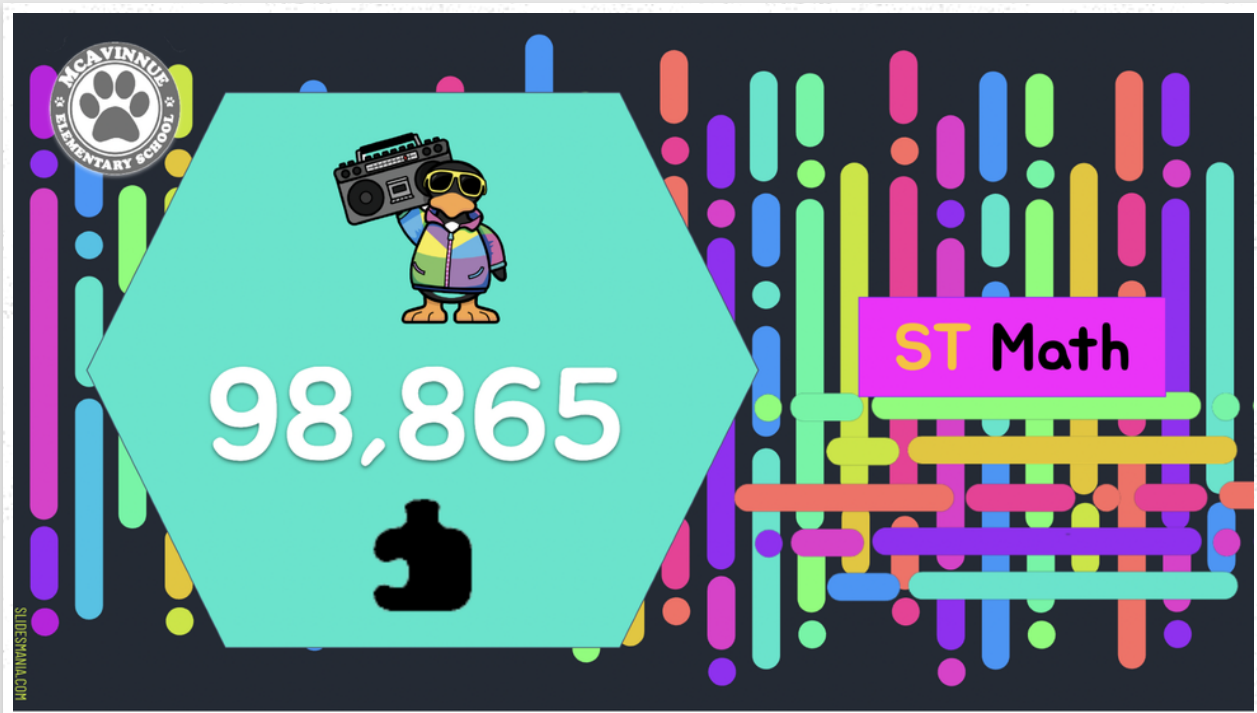
We have had another successful week on the interactive and engaging ST Math platform!

All of our classrooms have successfully completed puzzles since the launch of the new school year...which is amazing! Our school-wide goal is for all of our students to reach at least 80% progress on their ST Math grade level journey by the conclusion of the school year. We are off to a great start and this goal looks like something that we have a true chance of reaching and possibly surpassing.



Take a peek ☹ at our progress so far with the total puzzles completed thus far and our school-wide percent progress toward completion!

Also, Lowell did really well in the ST Math "Tracker Challenge" placing 3rd in Massachusetts! Teachers needed to make a classroom progress tracker and share it with ST Math. If they were able to do this, they would receive some really cool JiJi stickers for each student in the classroom. We had many teachers that created a progress tracker which was amazing!





*JiJi's Back to School*  
CLASSROOM PROGRESS TRACKER  
**CHALLENGE**



**WINNING DISTRICTS**

***Peabody - 51***

***Attleboro - 47***

***Lowell - 36***

***Walpole - 34***

***Shrewsbury - 31***

Thanks to everyone who  
submitted your progress trackers!

**2023-2024 SCHOOL YEAR CALENDAR**

Superintendent of Schools-Lowell Public Schools- Lowell, MA  
2023-2024 School Year Calendar

Monday, August 28, 2023	Staff Return to School for Staff Orientation Day
Tuesday, August 29, 2023	First Day of School - Grades 1-12
Friday, September 1, 2023	No School - Labor Day Recess
Monday, September 4, 2023 *	No School - Labor Day
Tuesday, September 5, 2023	First Day of School - Pre-Kindergarten & Kindergarten
Monday, October 9, 2023 *	No School - Indigenous Peoples' Day
Tuesday, November 7, 2023	No School for Students - Election Day - Professional Day for Staff
Friday, November 10, 2023 *	No School - Veterans' Day Observed
Wednesday, November 22, 2023	Early Dismissal - Thanksgiving Recess
Thursday, November 23, 2023 *	No School - Thanksgiving Day
Friday, November 24, 2023 *	No School - Thanksgiving Recess
Monday, November 27, 2023	Schools Re-Open
Wednesday, December 6, 2023	Wednesday - Early Release for grades PreK-12
Friday, December 22, 2023	Winter Vacation Begins at the Close of Day
Monday, December 25, 2023 *	Christmas Day
Tuesday, December 26, 2023 *	Central Office and Family Resource Office Closed
Sunday, December 31, 2023	New Year's Eve
Monday, January 1, 2024 *	New Year's Day
Tuesday, January 2, 2024	Schools Re-Open
Wednesday, January 10, 2024	Wednesday - Early Release for grades PreK-12
Monday, January 15, 2024 *	No School - Martin Luther King, Jr. Day
Friday, February 16, 2024	February Vacation Begins at the Close of School
Monday, February 19, 2024 *	President's Day [School Vacation: Monday, February 19 - Friday, February 23, 2024]
Monday, February 26, 2024	Monday - Schools Re-Open
Wednesday, March 6, 2024	Wednesday - Early Release for grades PreK-12
Friday, March 29, 2024 *	No School - Good Friday
Friday, April 12, 2024	Spring Vacation Begins at the Close of School
Monday, April 15, 2024 *	Patriot's Day - [School Vacation: Monday, April 15 - Friday, April 19, 2024]
Monday, April 22, 2024	Schools Re-Open
Monday, May 27, 2024 *	No School - Memorial Day
Tuesday, June 11, 2024	180th School Day
Tuesday, June 18, 2024	185th School Day [Includes five (5) Snow Days]
Wednesday, June 19, 2024 *	Juneteenth



Approved by the Lowell School Committee at their meeting of

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

Number of School Days Per Month			
August	3	January	21
September	19	February	16
October	21	March	20
November	18	April	17
December	16	May	22
		June	7

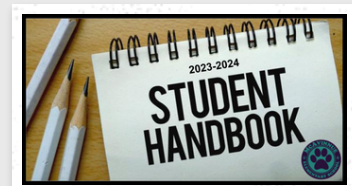


School Calendar 2023-2024.pdf

[Download](#)  
289.1 KB

## PARENT & FAMILY RESOURCES

### STUDENT HANDBOOK 2023-2024



The LPS Student Handbook is a great tool to use to fully understand the expectations of the role of our students as well as the partnership needed for our families to ensure that the school year is a great success.

You can access the district elementary student handbook by clicking the button below. You will find various policies and procedures focusing on attendance, grading, discipline, bus expectations, and more.

Please reach out directly if you have any questions.

## CLICK HERE TO ACCESS THE UPDATED STUDENT HANDBOOK

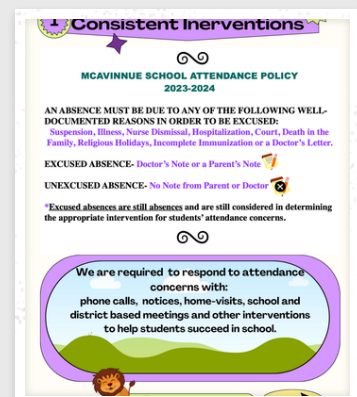
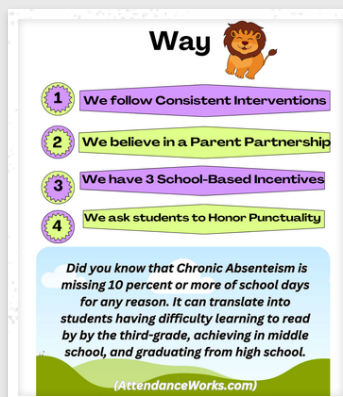
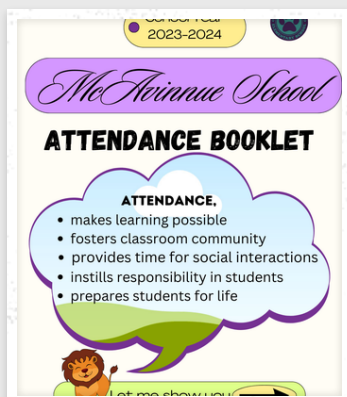
### MCAVINNUE'S SCHOOL ATTENDANCE INFORMATION



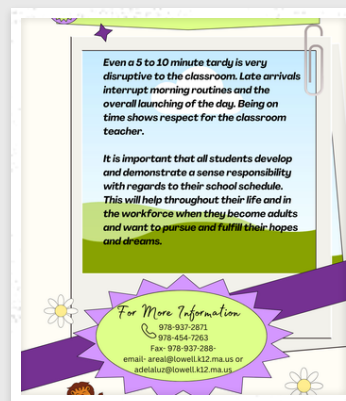
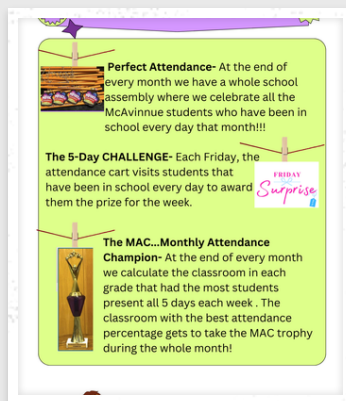
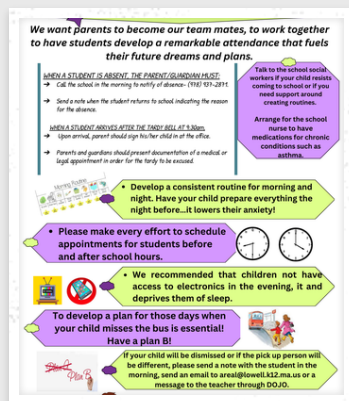
As you are aware, attending school is first step each in the learning process for our students. It is critical that our students arrive to school on time each day so that they can access all of the engaging and meaning lessons that have been planned by our teachers and related service providers.

The McAvinnue Attendance Team will monitor student attendance on a weekly basis and will reach out directly to families when they notice frequent absences, a pattern of absences, or an increased number of consecutive absences within a short period of time.

Please refer to McAvinnue's Student Attendance Booklet below that will provide additional information. This booklet will be sent home with students in multiple languages. It is important that you review this information for your own awareness and to be fully prepared to support your child with the first step of the learning process...attending school on time.







## BREAKFAST AND LUNCH WILL BE FREE FOR ALL LPS STUDENTS

As we reopen for the new school year, Lowell Public Schools Food and Nutrition are "Powering Potential" for students and faculty with innovations in our menus and enhancements to our overall dining operations. When your child dines with us, rest assured that we will be serving delicious, nutritious meals prepared with the utmost attention to safety. We encourage every student to fuel up with breakfast and lunch meals each day so they can be energized and prepared to succeed throughout the day, in and out of the classroom.



Please keep up to date on our program, nutrition education, monthly menus and back to school letters on the [LPS Food and Nutrition website](https://www.lowell.k12.ma.us/foodservice).

Any concerns please feel free to email [foodservice@lowell.k12.ma.us](mailto:foodservice@lowell.k12.ma.us)

**GREAT NEWS**

**MASSACHUSETTS PASSES  
PERMANENT FREE  
SCHOOL MEALS FOR ALL**

**WHY EAT SCHOOL BREAKFAST + LUNCH?**

<p><b>Better Productivity</b></p>	<p>improved focus, behavior, &amp; attendance rate.</p>
<p><b>Better Health</b></p>	<p>good for the brain &amp; gives students the fuel to learn.</p>
<p><b>Better Days</b></p>	<p>one less thing to worry about &amp; it's free!</p>

## BREAKFAST & LUNCH MENU: OCTOBER

**October Elementary Breakfast Menu**

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

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

**aramark** This institution is an equal opportunity provider

<p><b>2</b> Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p><b>3</b> Egg and Cheese Wake Up Wrap</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>4</b> Powdered Sugar Donut</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>5</b> Bacon, Egg, and Cheese on an English Muffin</p> <p>Oatmeal Raisin Breakfast Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>
<p><b>9</b> Cinnamon Roll</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p><b>10</b> Egg and Cheese Wake Up Wrap</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>11</b> Country Chicken Biscuit</p> <p>Double Chocolate Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>12</b> Blueberry Mini Waffle</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>
<p><b>16</b> Cinnamon Raisin Bagel</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples &amp; Pears</p>	<p><b>17</b> Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>18</b> Breakfast Frudel</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>19</b> Egg and Cheese English Muffin</p> <p>Cranberry Orange Oatmeal Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>
<p><b>23</b> Maple Mini Waffles</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples &amp; Pears</p>	<p><b>24</b> Bacon, Egg and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges &amp; Juice</p>	<p><b>25</b> Mixed Berry Yogurt Parfait</p> <p>Benefit Bar</p> <p>Served with Strawberries &amp; Clementines</p>	<p><b>26</b> Sausage, Egg, and Cheese Wake up Wrap</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>
<p><b>30</b> Blueberry Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples &amp; Pears</p>	<p><b>31</b> French Toast Sticks</p> <p>Pumpkin Bread</p> <p>Served with Oranges &amp; Juice</p>	<p><b>1</b> Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Oatmeal Chocolate Chip Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries &amp;</p>	<p><b>2</b> Chocolate Filled Crescents</p> <p>Nature Valley Breakfast Round</p> <p>Served with Fresh Fruit Cup &amp; Juice</p>
		<p><b>3</b> Mini Cinnamon Creamy Cheese Bagels</p> <p>Mixed Berry Yogurt Parfait</p> <p>Served with Apples and Bananas</p>	



# OCTOBER 2023 ELEMENTARY

**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.**

**Did you know? October is National Farm to School Month. Check out our Weekly Local Food Feature every week in October!**

V=Vegetarian LG=Locally Grown LTO=Limited Time Offer HOTM=Harvest of the Month

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

Country Chicken Bowl with Corn Muffin **2**  
Country Vegetarian Nugget Bowl with Corn Muffin V  
Omelette with Corn Muffin V  
Ham Chef Salad with Flatbread LG  
Italian Sub  
Carrots LG & Roasted Potatoes  
Apples & Peaches

Lowell Grande Nachos **3**  
Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich  
Bagel Power Pack V  
Moroccan Harissa Chicken Wrap  
Kickin' Beans & Broccoli  
Oranges & Apples

Buffalo Chicken Mac and Cheese with a Breadstick **4**  
Mac and Cheese with a Breadstick V  
Cheese Quesadilla V  
Ham Chef Salad with Flatbread LG  
Italian Sub  
Cucumbers & Carrots LG  
Bananas & Berry Cup

Black Bean, Pork, Plantain and Rice Bowl **5**  
Chicken Philly Cheese Steak Sub  
Bagel Power Pack V  
Moroccan Harissa Chicken Wrap  
Kickin' Beans & Broccoli  
Oranges & Apples

Cheese Pizza V **6**  
Pepperoni Pizza  
Ham Chef Salad with Flatbread LG  
Italian Sub  
Cucumbers & Carrots LG  
Bananas & Berry Cup

## No School Indigenous People Day

National School Lunch Week

"Cook's Favorite Meal" **10**  
Arroz con Pollo  
BBQ Chicken and Cheddar Flatbread  
Chocolate Hummus Platter V  
Caprese Chicken Platter  
Street Corn Salad & Carrots LG  
Clementines & Apples

"Cook's Favorite Meal" **11**  
Penne Bolognese with a Breadstick  
Crispy Chicken Sandwich  
Chicken Caesar Salad with Flatbread LG  
Turkey & Cheese Sandwich  
Roasted Broccoli & Carrots LG  
Bananas & Berry Cup

LTO: Egg Roll in a Bowl **12**  
Pizza Crunchers V  
Chocolate Hummus Platter V  
Caprese Chicken Sub  
Celery Sticks & Kale Caesar Salad  
Pears & Fresh Fruit Cup

"Cook's Favorite Meal" **13**  
Cheese Pizza V  
Hawaiian Pizza  
Chicken Caesar Salad with Flatbread LG  
Turkey & Cheese Sandwich  
Red Pepper Strips & Side Salad  
Apples & Bananas

French Toast Sticks with Chicken Sausage or Vegetarian Sausage V **16**  
Hamburgers & Cheeseburgers  
Greek Salad with Flatbread LG  
Chicken Salad Sandwich  
Tater Tots & Roasted Butternut Squash  
Apples & Peaches

Beef Taco on a Tortilla Wrap **17**  
Kickin' Bean Taco on a Tortilla Wrap V  
Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich  
Yogurt & Fruit Power Pack  
Greek Chicken Wrap  
Chic Pea Salad & Fiesta Corn  
Oranges & Apples

Chicken Parmesan with Penne **18**  
Cheese Quesadilla V  
Greek Salad with a Flatbread LG  
Chicken Salad Sandwich on a Bulky Roll  
Oven Roasted Green Beans & Carrots LG  
Bananas & Berry Cups

General Tso's Popcorn **19**  
Chicken or Vegetarian Nuggets V with Fried Rice  
Chicken Tenders with A Dinner Roll  
HOTM: Baked Cinnamon Pear Parfait V  
Greek Chicken Wrap  
Broccoli & Carrots LG  
Pears & Fresh Fruit Cup

Cheese Pizza V **20**  
BBQ Chicken Pizza  
Greek Salad with Flatbread LG  
Chicken Salad Sandwich on a Bulky Roll  
Red Pepper Strips & Side Salad  
Apples & Bananas

Chicken Biryani **23**  
Chickpea Biryani V  
Bosco Cheese Sticks with Marinara V  
Kale Chicken Caesar Salad with Flatbread  
Ham and Cheese Sandwich  
Green Beans & Carrots  
Apple & Pears

Chicken Fajita with a Tortilla Wrap **24**  
Black Bean Taco V  
Hamburger & Cheeseburger  
Pizza Platter  
Chicken Caesar Wrap  
Roasted Chickpeas & Cucumbers  
Clementines & Apples

Shepherd's Pie with a Dinner Roll **25**  
Vegetarian Nuggets with A Roll V  
Fish and Chips with Coleslaw and A Dinner Roll  
Kale Chicken Caesar Salad with Flatbread  
Ham and Cheese Sandwich  
Corn & Carrots  
Bananas & Berry Cup

Chicken & Vegetable Dumplings with Mixed Veggies **26**  
Edamame Dumplings with Mixed Veggies V  
Chicken Parmesan Sub  
Pizza Platter  
Chicken Caesar Wrap  
Local Brussel Sprouts & Carrots  
Pears & Fresh Fruit Cups

National Potato Day! **27**  
Cheese Pizza V  
Baked Potato Pizza  
Kale Chicken Caesar Salad with Flatbread  
Ham and Cheese Sandwich  
Red Pepper Strips & Side Salad  
Apples & Bananas

Lok Lak with Rice **30**  
Pizza Cruncher V  
Asian Chicken Salad with Flatbread  
Tuna Salad Sandwich on a Bulky Roll  
Side Salad & Green Beans  
Apples & Pears

Happy Halloween! **31**  
Pork Carnitas Taco on a Tortilla Wrap  
Chicken Dippers with our New Honey Bee Sauce  
Pretzel Platter V  
Turkey BLT Sub  
Zesty Coleslaw & Broccoli  
Blood Oranges & Apples

Pasta Primavera with a Breadstick V **1**  
Hamburger & Cheeseburger  
Asian Chicken Salad with Flatbread  
Tuna Salad Sandwich on a Bulky Roll  
Cucumbers & Carrots LG  
Bananas & Berry Cup

Waffles and Chicken Sausage **2**  
Cheesy Potato Breakfast Bake  
Pretzel Platter V  
Turkey BLT Sub  
Roasted Veggies & Green Beans  
Pears & Fresh Fruit Cup  
Cookie Monster's Birthday!  
Get a Cookie with Lunch!

Cheese Pizza V **3**  
Buffalo Chicken Pizza  
Asian Chicken Salad with Flatbread  
Tuna Salad Sandwich on a Bulky Roll  
Roasted Chickpeas & Red Peppers  
Apples & Bananas

This institution is an equal opportunity provider.



October Breakfast Menu.pdf



Download

597.3 KB



October Lunch Menu.pdf



Download

432.7 KB

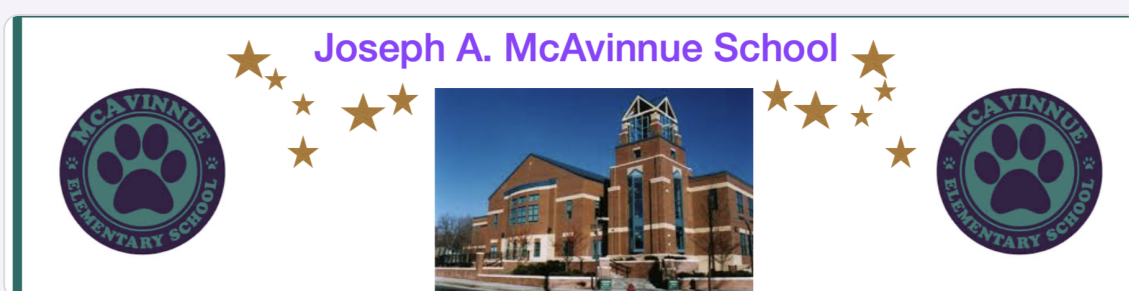
**EMERGENCY CONTACT FORM: 2023-2024**

Get a jump start now and complete your emergency contact form for the 2023-2024 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 2023-2024



[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 occuring now on all items! This is a major discount if you are interested in purchasing McAvinnue merchandise.**





Like during previous school years, 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**

## GENERAL INFORMATION

### 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.

### 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, 2023, 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 2023-2024 School Assignment Policy, all students have the option to request one school transfer per year.
- Families can apply online at <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.

## COMMUNITY CONNECTIONS & OPPORTUNITIES



### HISPANIC HERITAGE MONTH: SEPTEMBER 15TH - OCTOBER 15TH



It's "Hispanic Heritage Month" from September 15th to October 15th!



Lowell is bursting with exciting events that showcase the rich culture, history, and contributions of the Hispanic community.

Check out the flyer below for more specific information related to events that will occur throughout Lowell over the next month. #McAvinnuePride

For more information, visit:

[https://mosaiclowell.org/news/hispanic-heritage-month-in-lowell-2/?fbclid=IwAR01npwvF4LSdoj7-Ynq4QqHO\\_A8ybEftAO4jLFM8JdlW9n2b-QG7qFwttI](https://mosaiclowell.org/news/hispanic-heritage-month-in-lowell-2/?fbclid=IwAR01npwvF4LSdoj7-Ynq4QqHO_A8ybEftAO4jLFM8JdlW9n2b-QG7qFwttI)

Also, you can check out the video below!

National Hispanic Heritage month begins today





## LIST OF EVENTS FOR 2023

9/15/23 - 10/15/23

SEPTEMBER

21

### Free Salsa Classes & Salsa Dance Social

7:30 p.m. - Every Thursday at Panera

Salsa in Lowell hosts lessons at Panera every 1st and 3rd Thursday throughout the year.

SEPTEMBER

30

### Acre & North Common Cleanup

9:00 a.m. - 12:00 p.m. - North Common Park

Hosted by Lowell Litter Krewe and the LatinX Center for Community Excellence (LCCE). This cleanup is in preparation for the Hispanic & LatinX Festival.

SEPTEMBER

30

### Lowell Hispanic & Latinx Festival

12:00 p.m. - 8:00 p.m. - North Common Park

Hosted by LCCE. Experience Latin America's vibrant cultures through electrifying performances, delicious cuisine, and engaging dance workshops.

OCTOBER

06

### Noche de Gala

6:00 p.m. - 10:00 p.m. - Sampa Event Hall

Annual Hispanic Heritage Month Celebration Fundraiser hosted by Fortaleza

OCTOBER

13-14

### El Encuentro: The Latino Film Experience

7:00 p.m. - Donahue Academic Arts Center

Annual Latino Film Festival in Observance of Hispanic Heritage Month & Highlighting Underrepresented Latino Film Makers.

OCTOBER

14

### ¡Bailar con la Orquesta!

2:00 p.m. - Fusion Church

Hosted by the Lowell Philharmonic Orchestra. A celebration of classical music inspired by Latin and Spanish Dance.



Scan here  
for more info



Mosaic Lowell



CITY of  
LOWELL



LCCE  
LATINO COMMUNITY CENTER FOR EXCELLENCE

## CUB SCOUT PACK 7 INFORMATION

Cub Scout Pack 7 is looking for new cubs to join their pack! Tons of fun and learning experiences for all kids in Kindergarten through Grade 5. For more information, visit [www.pack7lowell.com](http://www.pack7lowell.com)

Pack 7 meets at St. Rita's Church directly across from McAvinnue!





Cub Scout Pack 7 is a Family Pack for both girls and boys  
in kindergarten through fifth grades



In partnership with FEMA—Cub Scouting is offering fun and play filled 'Be Prepared' emergency preparedness programming for youth. Kids will have a great time and learn to Be Prepared via camping, group hiking, learning to use basic tools, archery, developing communication skills and lots of playing.



Visit [www.Pack7Lowell.com](http://www.Pack7Lowell.com) to find about our next open house or to visit one of our weekly den meetings and learn about the year-long programming.

Meeting Location — St. Rita Hall  
(158 Mammoth Rd., Lowell)

[www.Pack7Lowell.com](http://www.Pack7Lowell.com)

[join@pack7lowell.com](mailto:join@pack7lowell.com)



**LOWELL FALL LOCAL ACTIVITIES/EVENTS**





## Children's Book to Art Club SPECIAL EVENT!



For Grades 1-4  
**Monday 4:30—5:30PM**  
**October 30**

Children in grades 1 - 4 are invited to join our book club to read and discuss a picture book and make a hands-on art project. This month, special guest author Aaron Lewis Krol will be joining us to read his new picture book "A Cloud in a Jar"! This program takes place in the library meeting room and snacks will be provided.

**Registration is required and space is limited.**

Register online at [lowelllibrary.org/events](http://lowelllibrary.org/events) or by calling the Children's Reference Desk (978) 674-1529.



## 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



## THE FAMILY LEADERSHIP INSTITUTE

The Family Leadership Institute provides families with the knowledge and skills to partner with schools and communities to ensure their children achieve their full potential.

Throughout the year, the FLI runs a variety of programs including: survival English classes, family college visits, mental health and financial literacy workshops, and more. For more



information about the FLI visit: <https://www.lowell.k12.ma.us/Page/5263> or email FLI Director Zoe Dzineku at [zdzineku@lowell.k12.ma.us](mailto:zdzineku@lowell.k12.ma.us).

## 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

## COMMUNITY VACCINATION INFORMATION



Community vaccination sites.pdf

[Download](#)  
1.2 MB

## MCAVINNUE'S FAMILY READ-A-LOUD

### "BOO STEW"

🔊 Kids Book Read Aloud: BOO STEW by Donna L. Washington and Jeffery Ebbeler



## 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"!



Click the buttons below to access our social media sites!

**CLICK TO ACCESS MCAVINNUE'S FACEBOOK PAGE**

[CLICK TO ACCESS MCAVINNUE'S TWITTER PAGE](#)

[CLICK TO ACCESS MCAVINNUE'S INSTAGRAM PAGE](#)

[CLICK TO ACCESS MCAVINNUE'S YOUTUBE CHANNEL](#)



## 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**

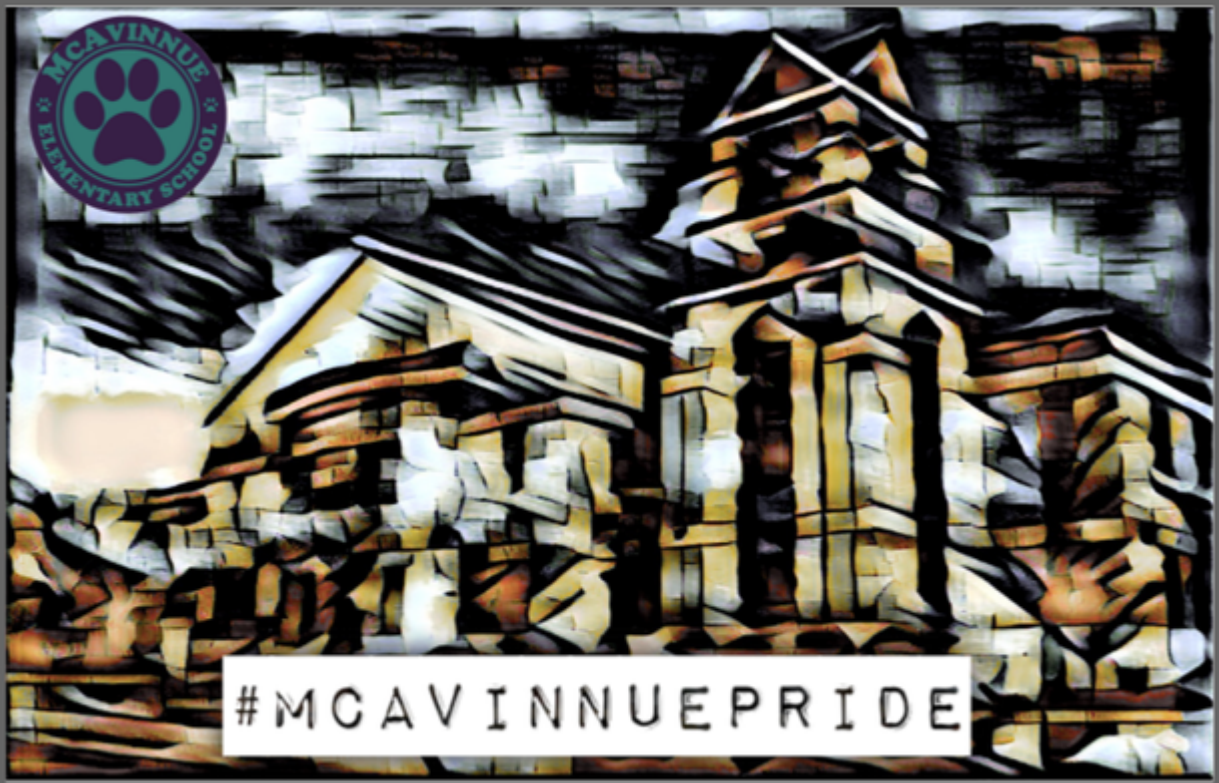
 131 Mammoth Road, Lowell, M...

 mdomina@lowell.k12.ma.us

 (978) 937-2871

 lowell.k12.ma.us/Domain/21





#MCAVINNUEPRIDE

