

THE LION'S ROAR

- MCAVINNUE'S COMMUNITY NEWSLETTER: WEEK OF NOVEMBER 13TH -

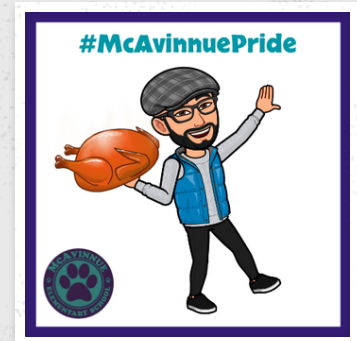
MCAVINNUE'S PRINCIPAL'S MESSAGE

Hello McAvinnue Community!

I hope that everyone is enjoying the long weekend. We had a mixed bag of weather this past short week with more traditional temperatures on some days...and mild temperatures on other days. Again...please have your child dress in layers when coming to school each day moving forward. It is much easier to take off or add a layer depending on the changing weather conditions. We will still be taking students outside for recess for as long as we can...and they need to be dressed appropriately to fully participate in the most comfortable manner possible.

We had another successful week at McAvinnue...even though we were only in school for 3 days! We started McAvinnue's "Thanktastic" Behavior Challenge...and continue to compete in McAvinnue's ST Math "Turkey Trot Challenge". With a few super busy months ahead of us, we will continue to plan engaging and meaningful learning experiences for our students. We have a few grade level field trips coming up...as well as some really cool and exciting in school hands-on learning opportunities! Stay tuned for more information and pictures posted on our outreach platforms.

Moving on...we only have 7 1/2 school days until the Thanksgiving Break. It is important that we maximize these days by arriving to school on time and ready to learn. Also, we should try to keep early dismissal as an emergency option only. We have a limited number of school days remaining in 2023 due to the Thanksgiving holiday and the up and coming Holiday Break near the end of December. If we all work together, we can ensure that we take full advantage of the time we have at McAvinnue to ensure that your child is receiving the full and comprehensive learning experience that we offer!



Additionally, we have Parent / Teacher Conferences right around the corner on Thursday, December 7th. Please mark your calendars and your child's teacher will reach out to you with additional information including sign-up options next week. Stay tuned...and be ready to sign up for a time that works best for you.

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.

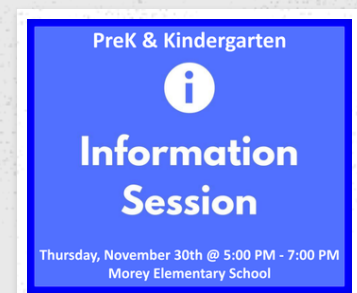
Here are a few items that you need to be aware of. Please mark your calendars for the following events and activities at McAvinnue for the next few weeks:

- **Wednesday, November 15th - McAvinnue's Thanksgiving Lunch - All Grade Levels**
- **Thursday, November 16th - Lock Down Practice Session @ 10:00 AM**
- **Wednesday, November 22nd - Early Dismissal @ 11:50 AM**
- **Thursday, November 23rd - Thanksgiving: No School**
- **Friday, November 24th - Thanksgiving Break: No School**

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.

PREK & KINDERGARTEN INFORMATION SESSION

Mark your calendars! The Lowell Public Schools will be hosting an information session for families preparing to send their little friends to Pre-K or Kindergarten in the 2024-2025 school year.



This event will be hosted by the Morey Elementary School on **Thursday, November 30th from 5:00 PM - 7:00 PM.**

Even if your child is already in PreK in the Lowell Public School District, you still do need to register again for Kindergarten.

This is a great opportunity to come by for some important information as well as ask any questions that you may have!



**KINDERGARTEN & PRE-K
INFORMATION SESSION**

- LEARN HOW TO REGISTER YOUR CHILD
- TRANSPORTATION INFORMATION
- FEEDBACK & SUGGESTIONS
- QUESTIONS & ANSWERS
- FOOD SERVED

VENUE:
CHARLES W. MOREY
ELEMENTARY SCHOOL
130 PINE ST. LOWELL, MA 01851

DATE:
NOV. 30, 2023
5pm-7pm

Interpretation
available in
**Portuguese
& Spanish**



**SESION DE INFORMACION
SOBRE KINDERGARTEN
& PRE-K**

- APRENDA A REGISTRAR A SU HIJO/HIJA
- INFORMACIÓN SOBRE TRANSPORTE
- COMENTARIOS Y SUGERENCIAS
- PREGUNTAS Y RESPUESTAS
- SERVIREMOS COMIDA

LUGAR DE EL EVENTO:
CHARLES W. MOREY
ELEMENTARY SCHOOL
130 PINE ST. LOWELL, MA 01851

FECHA:
NOV. 30, 2023
5pm-7pm

Interpretación
disponible en
**Portugués
& Español**



**JARDIM DA INFÂNCIA
& PRÉ-K
SESSÃO DE INFORMAÇÃO**

- SAIBA COMO CADASTRE SEU FILHO
- INFORMAÇÕES DE TRANSPORTE
- FEEDBACKS E SUGESTÕES
- PERGUNTAS E RESPOSTAS
- COMIDA SERVIDA


VENUE:
ESCOLA PRIMÁRIA
CHARLES W. MOREY
130 PINE ST. LOWELL, MA 01851

DATA:
NOV. 30, 2023
17H Da Tarde - 19H Da Tarde

Interpretação
disponível em
**Português
& Espanhol**

THANKSGIVING LUNCH - ALL GRADES

WEDNESDAY, NOVEMBER 15TH



Lowell Public Schools
Thanksgiving Lunch being served across the district

**THANK
FULLNESS**

**HAPPY
THANKSGIVING**

Nov 14th
Laura Lee, Riverside, Aide Day,
Cardinal, Moody, Washington, Career
Academy and Leblanc

Nov 15th Elementary
Nov 16th Middle and K8
Nov 17th- LHS and Freshman

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MCAVINNUE'S WEEK IN REVIEW





What could be more fun after school than becoming a nature explorer?

Nature Explorers is an after school program run by the [Lowell Parks & Conservation Trust](#) and [Mass Audubon](#) that gives kids the opportunity to share their experiences with and in nature, as well as learn about the animals and environments of our region and beyond.

Last week our little explorers were VERY busy learning about bird migration and making new fowl friends.

Led by Debbie Stein of Mass Audubon and Leigh Cameron of the Lowell Parks and Conservation Trust, the students took part in a variety of activities, including: brainstorming to fill a paper with nature words - including the many different animals they have seen in their neighborhoods and beyond; plunging their hands into the "mystery box" to feel its contents and try to figure out what they were (one day were some green leaves, the next were seed heads

that several students mistook for feathers); and getting creative and drawing some of their favorite things found in the natural environment.

Then it was time to put on their jackets and head up to the recess yard, where Stein taught them about which birds migrate to different locations in the winter and why. They created a path from Massachusetts to South America across the floor, leaving photos of the birds along the way depending on where they might go in the winter. The cardinal stays here, the bluejay heads to Connecticut to find more acorns, the hawk heads to the rain forest to feast on frogs and snakes. The students then "flew" from Massachusetts to South America and back several times to gain an understanding of how far their bird friends have to fly each year.

Then it was time for the best part - to meet their animal teacher. On Wednesday it was a broad-winged hawk and on Thursday it was a gorgeous wood duck, who the students sketched.

What a wonderful way to wrap up the day and spend the afternoon!

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 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".

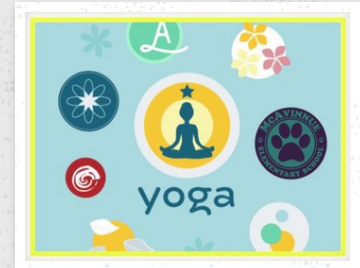
You can check out each edition of McAvinnue's Morning Announcements on our YouTube channel using the link below.

https://www.youtube.com/channel/UC7hxiBuRjqjgqfASl_RLMleQ

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



MCAVINNUE'S YOGA POSE OF THE WEEK: "TREE"



Since we only had one opportunity to practice this pose last week, we will bring back this classic yoga for this up and coming week! This pose will allow us to increase our focus and concentration through a series of movements that highlight balance! We will practice the "Tree" pose daily during our "Virtual" Morning Announcements during this up and coming week.

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.

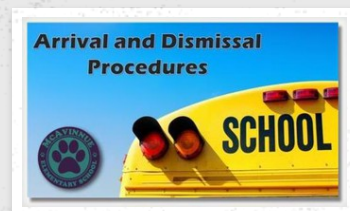


Please reach out as soon as possible to get her the necessary paperwork and to arrange drop off of new medications. Nurse Danielle's email address is dralls@lowell.k12.ma.us and she can also be reached by calling (978) 937-2871 ex. 47858. Our fax number is (978) 937-2880.

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.

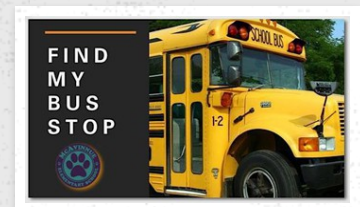
Morning Lining Up Locations

- 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.

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.

CLICK HERE FOR THE LPSD "BUS LOOKUP TOOL"

Bus Pass Lookup Tutorial



UPCOMING EVENTS



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

- Wednesday, November 15th - McAvinnue's Thanksgiving Lunch - All Grade Levels
- Thursday, November 16th - Lock Down Practice Session @ 10:00 AM
- Wednesday, November 22nd - Early Dismissal @ 11:50 AM
- Thursday, November 23rd - Thanksgiving: No School
- Friday, November 24th - Thanksgiving Break: No School
- Monday, November 27th - McAvinnue Reopens @ 9:10 AM
- Wednesday, November 29th - "Top Secret" Science Showcase: Grade 3: "Wild Weather" @ 9:30 AM - 11:00 AM
- Thursday, November 30th - "Top Secret" Science Showcase: Grade 4: "States Of Matter" @ 9:30 AM - 11:00 AM
- Friday, December 1st - McAvinnue's "Lion's Pride" Core Value All School Celebration @ 9:10 AM
- Wednesday, December 6th - Early Release Day: Student Dismissal @ 1:30 PM
- Thursday, December 7th - Kindergarten Field Trip - Acton Discovery Museum (2 Classes)
- Thursday, December 7th - Parent Teacher Conferences @ 5:00 PM - 7:00 PM
- Friday, December 8th - Kindergarten Field Trip - Acton Discovery Museum (2 Classes)

EARLY STUDENT DISMISSAL

WEDNESDAY, NOVEMBER 22ND @ 11:50 AM



Early Student Dismissal

**Wednesday, November 22nd
11:50 AM**

#McAvinnuePride

Students will be dismissed at 11:50 AM on Wednesday, November 22nd as part of the Thanksgiving Break. This is not the usual early release time. Please make the necessary arrangements to be available for your child on this day. There will be no classes held for Ms. Annie's morning PreK students. McAvinnue's Before School Program will still occur on Wednesday...however, the Afterschool Program will not take place.

Also, we will **NOT** serve lunch on this day. Breakfast will still be provided first thing in the morning.

McAvinnue will be closed on Thursday, November 23rd - Friday, November 24th. We will reopen our doors again on Monday, November 27th @ 9:10 AM.

THANKSGIVING BREAK

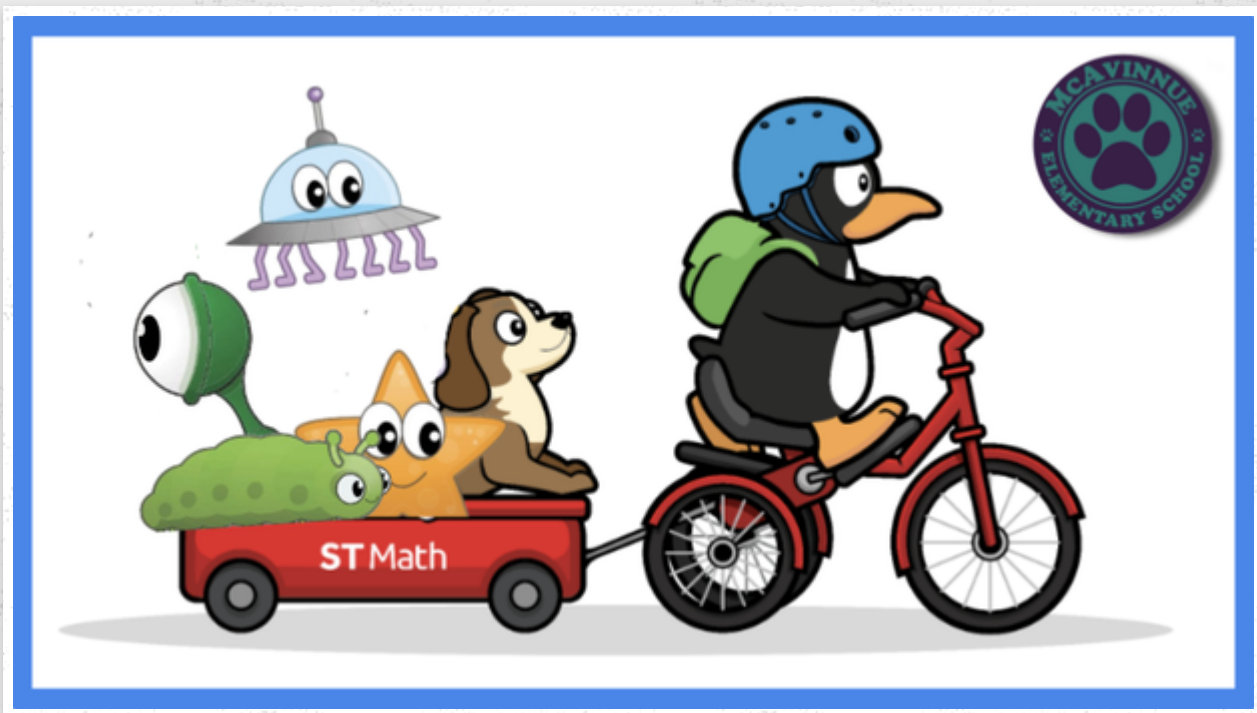


All Lowell Public Schools will be closed on Thursday, November 23rd and Friday, November 24th as part of the Thanksgiving Break.

McAvinnue will reopen on Monday, November 27th @ 9:10 AM.

Enjoy the time with family and friends creating some positive memories that will last a lifetime!

ST MATH WEEKLY SHOUT OUT!



We have had another productive and positive week of ST Math progress at McAvinnue!

In just 6 days of McAvinnue's "Turkey Trot Challenge" puzzle play, students have solved nearly 45,000 puzzles! This is outstanding progress to say the least!

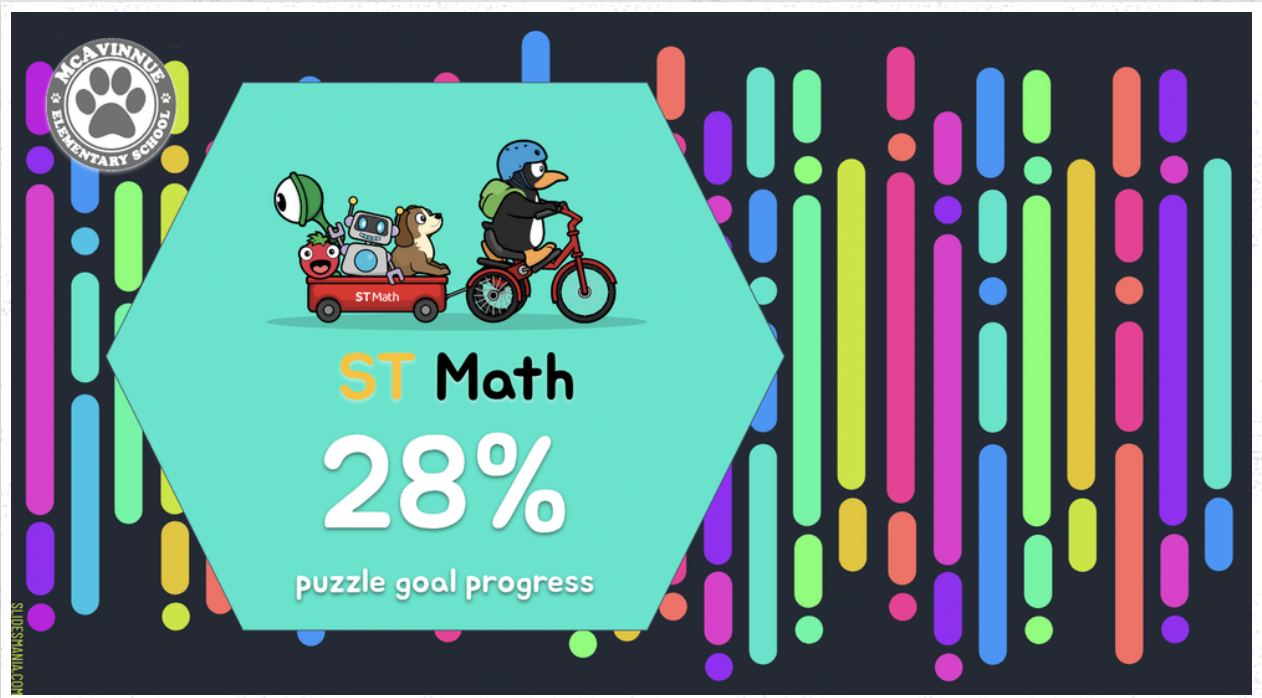
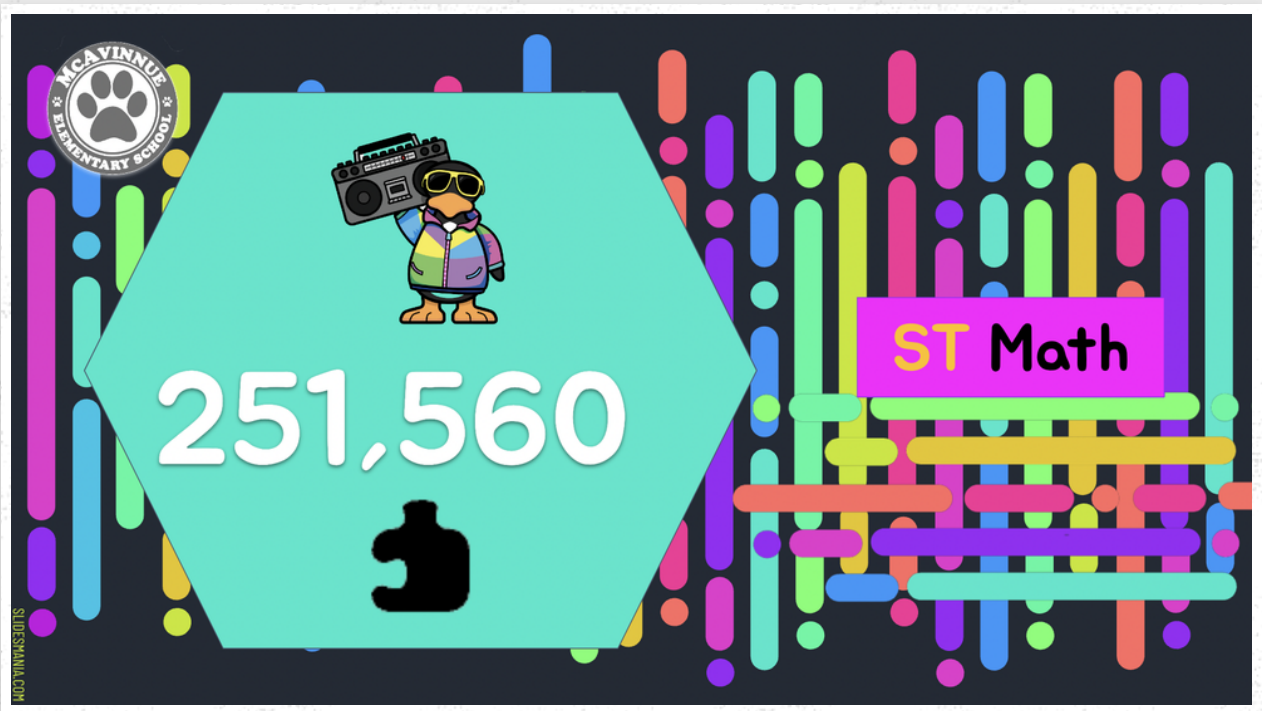
Also, our Progress Percentage is moving along. We are up 3% from last week!

McAvinnue has already reached the November goal of 25% and we have nearly two and one-half weeks remaining in the month...this is CRAZY progress!

Check out our total puzzle count since the launch of the school year. As things stand now, 251,560 puzzles is our current total! Our school-wide progress percentage is 28% which is a 3% increase from last week! We are well on our way to take the top spot once again in Lowell! Stay tuned for an update next week!

Our school-wide goal is for ALL of our students reach 80% progress or more by the conclusion of the school year! Many of our students are well on their way to reaching this goal! We already have some students that have surpassed this mark and have joined the now famous "100 Percenters Club"!

Look out for the most recent update for McAvinnue's "Turley Trot" Challenge on the Monday edition of McAvinnue's Morning Announcements. We are eager to see if there has been some changes with the progress each group has made since November 1st!



ST MATH PROGRESS CHAMPIONS!

McAvinnue's ST Math Progress Champions



**Soreal
Room 303**

McAvinnue's ST Math Progress Champions



Davina
Room 102

McAvinnue's ST Math Progress Champions



**Jefferson
Room 301**

ARE YOU NEEDING ASSISTANCE FOR THE UPCOMING HOLIDAYS?

We understand that the holiday season is right around the corner and this can be a super stressful time for everyone with expenses that will come everyone's way in November and December.

Here are a few options that you can explore from two great organizations...Sun Santa and Toys for Tots are available to help families! Just click on the following two links which will bring to a quick and easy form to complete and submit.

Please reach out to Mrs. De La Luz and Mrs. Teague-Power directly for support.

Click Here For The Sun Santa Link:

<https://www.cognitofrms.com/CommunityTeamwork1/SunSantaForm>

Click Here For The Toys for Tots Link:

<https://www.cognitofrms.com/CommunityTeamwork1/ToysForTots2023CTI>



MORE HOLIDAY ASSISTANCE OPTIONS FOR YOU AT MCAVINNUE



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

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

You can contact the school directly or reach out to our Social Worker Team...Mrs. De La Luz and Mrs. Teague-Power directly for more information.

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

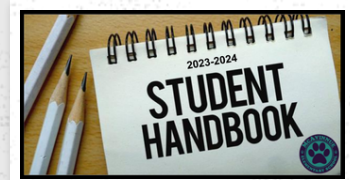


School Calendar 2023-2024.pdf

[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

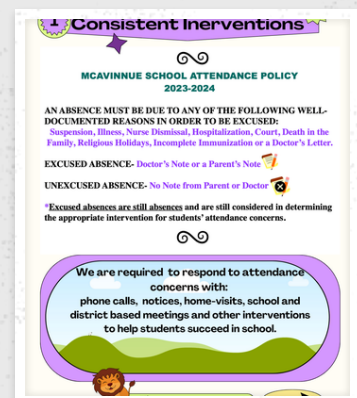
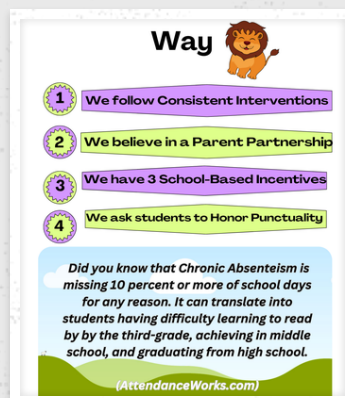
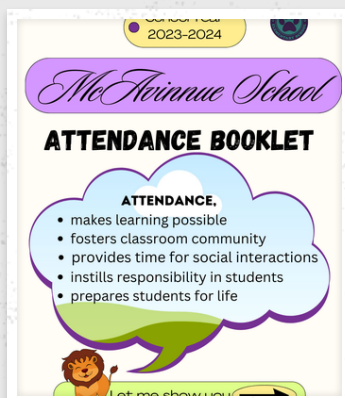
MCAVINNUE'S SCHOOL ATTENDANCE INFORMATION

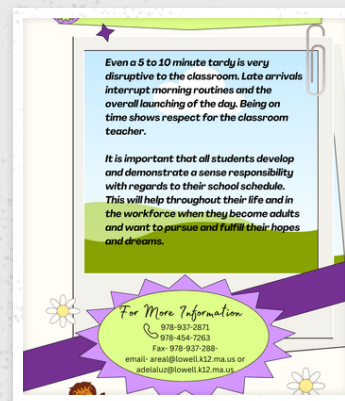
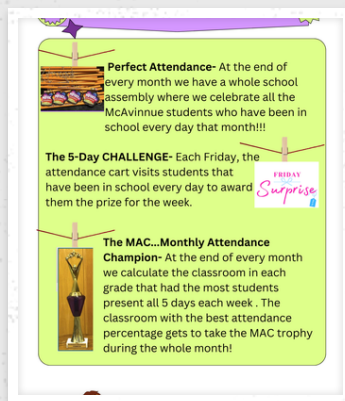
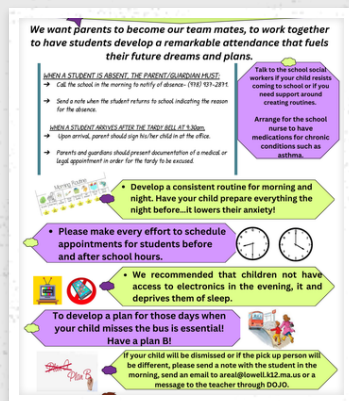


As you are aware, attending school is first step each in the learning process for our students. It is critical that our students arrive to school on time each day so that they can access all of the engaging and meaning lessons that have been planned by our teachers and related service providers.

The McAvinnue Attendance Team will monitor student attendance on a weekly basis and will reach our 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 Booket below that will provide additional information. This booket 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



GREAT NEWS

MASSACHUSETTS PASSES PERMANENT FREE SCHOOL MEALS FOR ALL



WHY EAT SCHOOL BREAKFAST + LUNCH?

Better Productivity

improved focus, behavior, & attendance rate.

Better Health

good for the brain & gives students the fuel to learn.

Better Days

one less thing to worry about & it's free!



PROJECT BREAD

desè

BREAKFAST & LUNCH MENU: NOVEMBER

<p>Lowell Public Schools</p> <p>Breakfast MENU</p> <p>November Elementary School Breakfast Menu</p> <p>Check out https://lowellk12ma.nutrislice.com/ for Menu's, Nutrition Education & Monthly Promotions! Questions or concerns please contact foods@lowellk12ma.us</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>30 Blueberry Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>31 French Toast Sticks</p> <p>Pumpkin Bread</p> <p>Served with Oranges & Juice</p>	<p>1 Sausage, Egg, and Cheese Bagel Sandwich</p> <p>Chocolate Chip Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>2 Chocolate Filled Crescents</p> <p>Nature Valley Breakfast Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>3 Mini Cinnamon Creamy Cheese Bagels</p> <p>Mixed Berry Yogurt Parfait</p> <p>Served with Apples and Bananas</p>
		<p>6 Pumpkin Breakfast Bread</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>7 No School Election Day</p>	<p>8 Powdered Sugar Donut</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>9 Bacon, Egg, & Cheese on an English Muffin</p> <p>Oatmeal Raisin Breakfast Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>10 No School Veterans Day</p>
		<p>13 Cinnamon Roll</p> <p>Assorted Cereal Bowl with Graham Cracker</p> <p>Served with Apples & Pears</p>	<p>14 Egg & Cheese Wake Up Wrap</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>15 Country Chicken Biscuit</p> <p>Double Chocolate Betty Crocker Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>16 Blueberry Mini Waffle</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>17 Chocolate Filled Crescent</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples & Bananas</p>
		<p>20 Cinnamon Raisin Bagel</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>21 Sausage, Egg and Cheese Bagel Sandwich</p> <p>Chocolate Chip Muffin</p> <p>Served with Oranges & Juice</p>	<p>22 Breakfast Frudel</p> <p>Assorted Cereal Bar with Graham Crackers</p> <p>Served with Strawberries & Clementines</p>	<p>23 No School Happy Thanksgiving!</p>	<p>24</p>
		<p>27 Maple Mini Waffles</p> <p>Assorted Cereal Bowl with Graham Crackers</p> <p>Served with Apples & Pears</p>	<p>28 Bacon, Egg and Cheese Bagel Sandwich</p> <p>Blueberry Muffin</p> <p>Served with Oranges & Juice</p>	<p>29 Mixed Berry Yogurt Parfait</p> <p>Benefit Bar</p> <p>Served with Strawberries & Clementines</p>	<p>30 Sausage, Egg and Cheese Wake Up Wrap</p> <p>UBR Round</p> <p>Served with Fresh Fruit Cup & Juice</p>	<p>1 Cinnamon Roll</p> <p>Bagel with Cream Cheese</p> <p>Served with Apples and Bananas</p>

November 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.

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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
National Nacho Day 6 Chicken Nachos Chipotle Cheesy Bean Nachos V Omelette with Corn Muffin V Ham Chef Salad with Flatbread LG Italian Sub Carrots LG & Roasted Potatoes Apples & Oranges	No School Election Day 7 	Penne Bolognese with a Breadstick 8 Cheese Quesadilla V Ham Chef Salad with Flatbread LG Italian Sub Cucumbers & Carrots LG Bananas & Berry Cup	Cheese Pizza V 9 HOTM: Green Monster Pizza V LG Bagel Power Pack V LG Moroccan Harissa Chicken Wrap LG Green Beans & Carrots LG Pears & Fresh Fruit Cup	No School Veterans Day 10 
Deluxe Chicken Sandwich with Honey Bee Sauce 3 Hot Pretzel Dippers Chicken Caesar Salad with Flatbread LG Turkey and Cheese Sandwich Roasted Broccoli & Carrots LG Bananas & Berry Cup	Arroz con Pollo 14 BBQ Chicken and Cheddar Flatbread Chocolate Hummus Platter V Caprese Chicken Platter Street Corn Salad & Carrots LG Clementines & Apples	Holiday Meal! 15 Roasted Turkey with Gravy Vegetarian Nuggets V Served with Mashed Potatoes, Stuffing, and a Dinner Roll Roasted Seasonal Vegetable Baked Apple Crisp	Chili Garlic Popcorn Chicken 16 Lo Mein Pizza Crunchers V Chocolate Hummus Platter V Caprese Chicken Sub LG Celery Sticks & Kale Caesar Salad LG Pears & Fresh Fruit Cup	Cheese Pizza V 17 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 20 Hamburgers & Cheeseburgers Greek Salad with Flatbread LG Chicken Salad Sandwich Tater Tots & Roasted Butternut Squash Apples & Pears	Beef Taco on a Tortilla Wrap 21 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	Early Dismissal 22 	No School Happy Thanksgiving! 23 	Cheese Pizza V 24 BBQ Chicken Pizza
Chicken Biryani 27 Chickpea Biryani V Bosco Cheese Sticks with Marinara V Chicken Caesar Salad with Flatbread Ham and Cheese Sandwich Green Beans & Carrots Apple & Oranges	Chicken Fajita with a Tortilla Wrap 28 Black Bean Taco V Hamburger & Cheeseburger Pizza Platter Chicken Caesar Wrap Roasted Chickpeas & Cucumbers Clementines & Apples	LTO: Spicy Tzatziki Gyro 29 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 30 Dumplings with Mixed Veggies Edamame Dumplings with Mixed Veggies V Chicken Parmesan Sub Pizza Platter Chicken Caesar Wrap Roasted Green Beans & Carrots Pears & Fresh Fruit Cups	Cheese Pizza V 1 BBQ Chicken Pizza Kale Chicken Caesar Salad with Flatbread Ham and Cheese Sandwich Red Pepper Strips & Side Salad Apples & Bananas

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Elementary Breakfast Menu - November 2023.pdf

[Download](#)

684.0 KB



Elementary Lunch Menu - November 2023.pdf

[Download](#)

347.4 KB

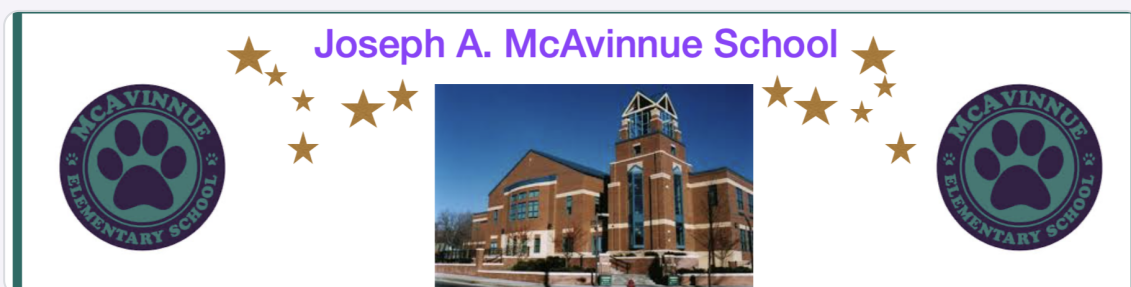
EMERGENCY CONTACT FORM: 2023-2024

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 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 occurring 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.

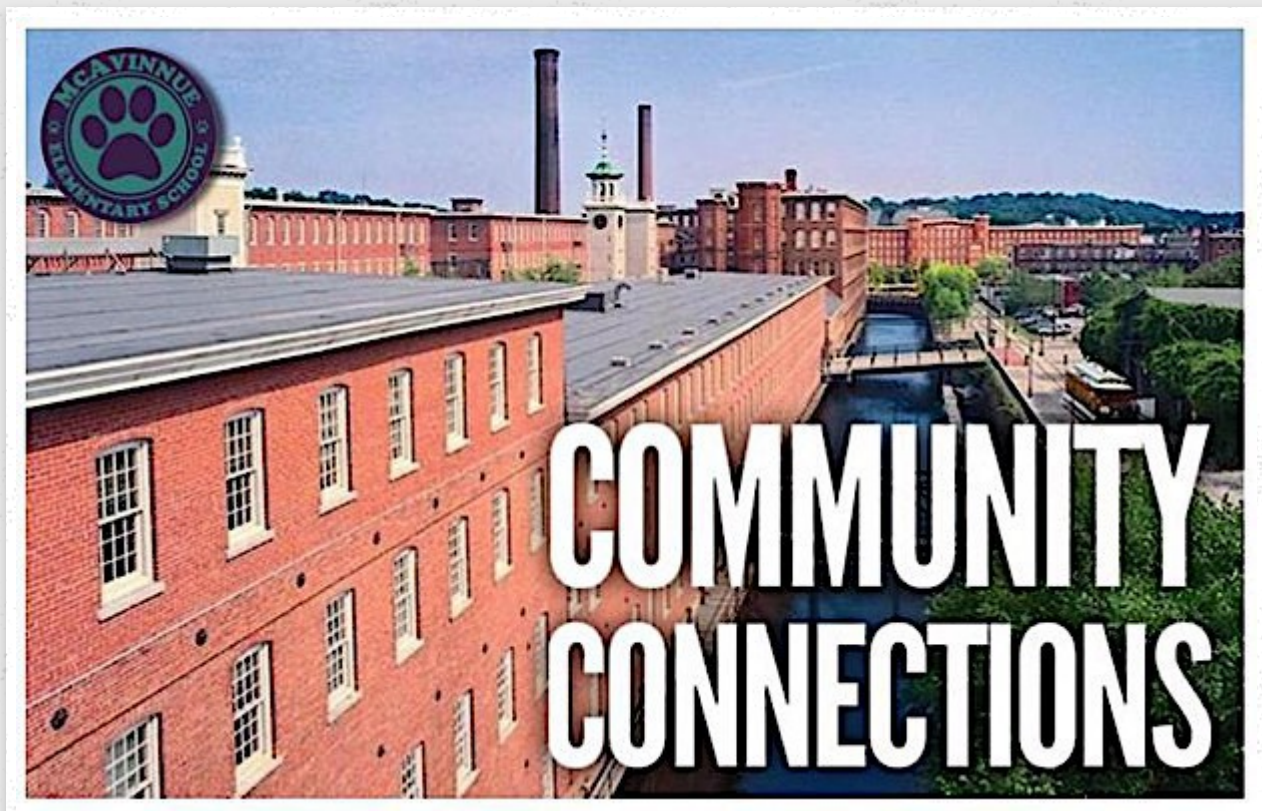
How old does my child need to be to enroll in preschool or kindergarten?

- 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



POSITIVE PARENTING TRAINING SESSION



Here is a great opportunity for parents of students that are in PreK or Kindergarten. The sessions start on November 15th.

Follow-up sessions will occur on December 13th, January 10th, January 24th, and February 7th.

Sessions will start at 5:00 PM - 7:00 PM at the James Houlares Early Learning at 126 Phonix Avenue, Lowell, MA.

Please see the fly below for more details. If you are interested in signing up for this helpful opportunity, you can click the link below to access the registration form:

https://docs.google.com/forms/d/e/1FAIpQLScSQ1cAqjKMREIZROtW8jyFDUjtyf3i22qti67gB1df4_tDVw/viewform



POSITIVE SOLUTIONS FOR FAMILIES SERIES

This free, interactive parenting series provides information to families on how to promote social and emotional skills in young children (ages 1-6). Through discussions, parents will increase understanding of child development and generate positive solutions to parenting situations.



Event Information

Hosted by Community Teamwork

STARTING November 15, 2023 with follow up sessions to take place on December 13, 2023, January 10, 2024, January 24, 2024, and February 7, 2024. 5:00 - 7:00 PM Child care and dinner provided to those registering. Space is limited! Register today!

When?

Wednesday, Nov 15, 2023, 05:00 PM

Where?

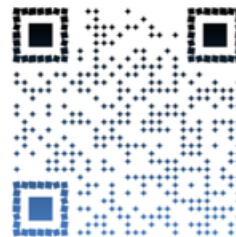
James Houlares Early Learning, 126 Phoenix Avenue, Lowell, MA, USA



**Lowell Public Schools
Early Childhood
Department**
[Early Childhood website](#) For
more information contact
Ivanthiel@lowell.k12.ma.us



**Coordinated Family and
Community Engagement
Team**
[Parent Child Plus](#) OR
[Playgroups](#)



To register scan the QR
Code or click link

LOCAL YMCA OFFERING FOR KIDS

The YMCA is offering a bunch of great activities this fall including swim lessons! For a full schedule and more information, visit www.greaterlowellymca.org

Please see the flyer below for some of the offerings that may be a good match for your child.





**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Join the fun at the Lowell YMCA!

Fall II session October 31-December 18

Soccer	Mondays	ages 3-14
Art	Tuesdays/Thursdays	ages 7+
Basketball	Saturdays	ages 3-14
Dance	Saturdays	ages 3-14
Karate-	Sundays	ages 4-14
Swim Lessons	Saturdays/Sundays	ages 6mo-adult

**See full schedules at
greaterlowellymca.org**

**GREATER LOWELL FAMILY YMCA
35 YMCA Drive
Lowell, MA 01852
greaterlowellymca.org**

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



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 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

join@pack7lowell.com



COMMUNITY RESOURCES & DAYCARE OPTIONS FOR FAMILIES

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

Here is a list of daycare options in Lowell:

- **Community Team Work (CTI)** (978) 454-5100
 - Families who are already enrolled in a CTI program...
 - Call or text school-age coordinators to request a slot
 - Billy 978-995-0028, wma@commteam.org
 - Karen 978-729-7216, kshannon@commteam.org

- Families who are not enrolled in a CTI program
 - If you've filled out a CTI application in the past...
 - Contact Karen (978) 729-7216, kshannon@commteam.org to see if where you are on the waitlist (if there is a waitlist)
 - If you've never filled out a CTI application...
 - Fill out an application at 17 Kirk St., 126 Phoenix Ave
 - Or call the main CTI number (978) 454-5100 to request an email version of the application.
- **YMCA:** (978) 454-7825; 1 YMCA Dr in Lowell
 - Karen Espinola is the school-age director
 - Fill out a application online or at the YMCA to request a slot
 - Debbie Doben is the preschool director if your child is preschool age
- **Family Childcare:** Call programs to see if they have openings near you
 - Bethel Family Childcare (978) 458-6577
 - Clarendon Family Childcare (978) 454-3026
 - Child Development and Learning (CDE) (978) 275-2843
 - ACRE Family Childcare (978) 937-5899
 - CTI: See above contact information
- **Girls Inc:** (978) 458-6529, 220; Worthen St. in Lowell
 - Accept girls ages 5-14 years old
 - Accept Child Care Circuit vouchers, DCF vouchers, and private pay (income-based, sliding scale)
 - Call Pam Lerocque (Director of Finance & Administration) to check on openings
- **Boys and Girls Club:** (978) 458-4526; 657 Middlesex St in Lowell
 - School-age openings for after-school
 - Teens who are working with the Department of Children and Families can call BGC or DCF to see if they're eligible



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.

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.

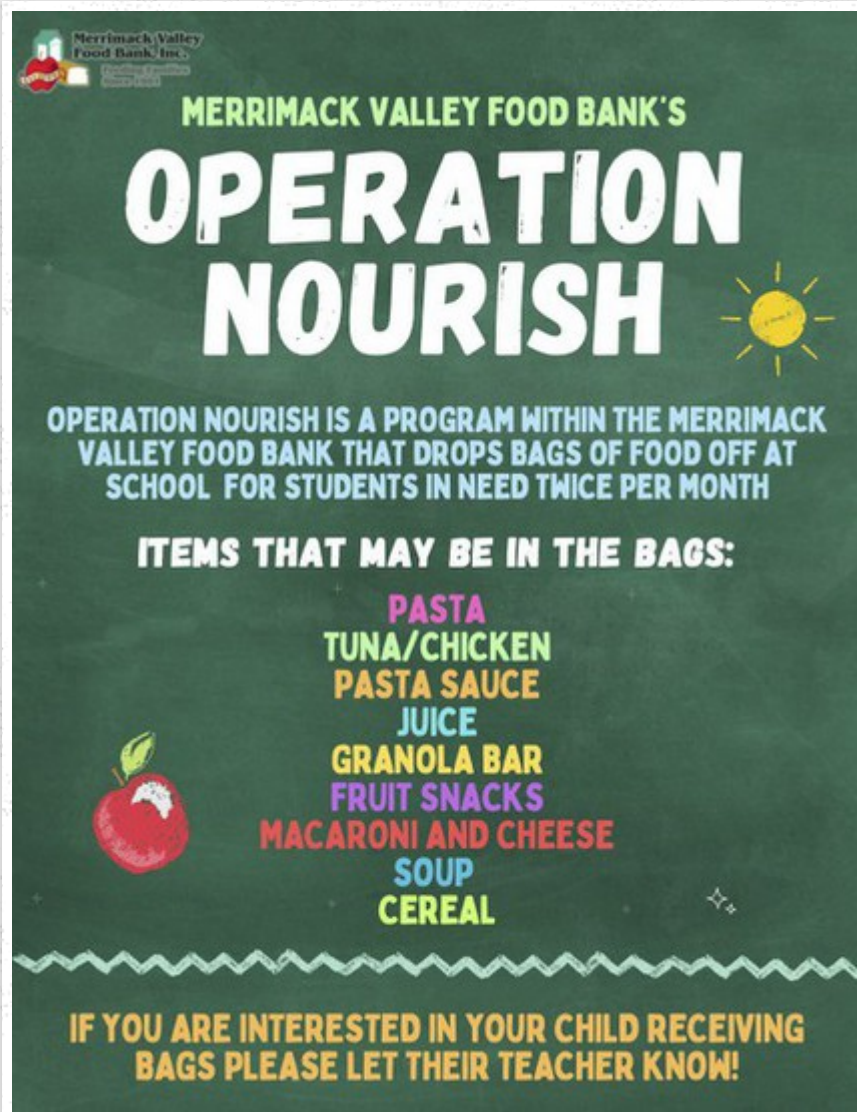


Greater-Lowell-Area-Pantry-List 8-27-20 (1).xlsx

[Download](#)
15.3 KB

OPERATION NOURISH

Food insecurity is a serious issue for many Lowell Public Schools families. Help is available. The Merrimack Valley Food Bank offers "Operation Nourish" in ALL of our schools. This program provides a bag of food for students to take home two Fridays each month. Please contact the school directly if your family is interested in joining this program.



COMMUNITY VACCINATION INFORMATION



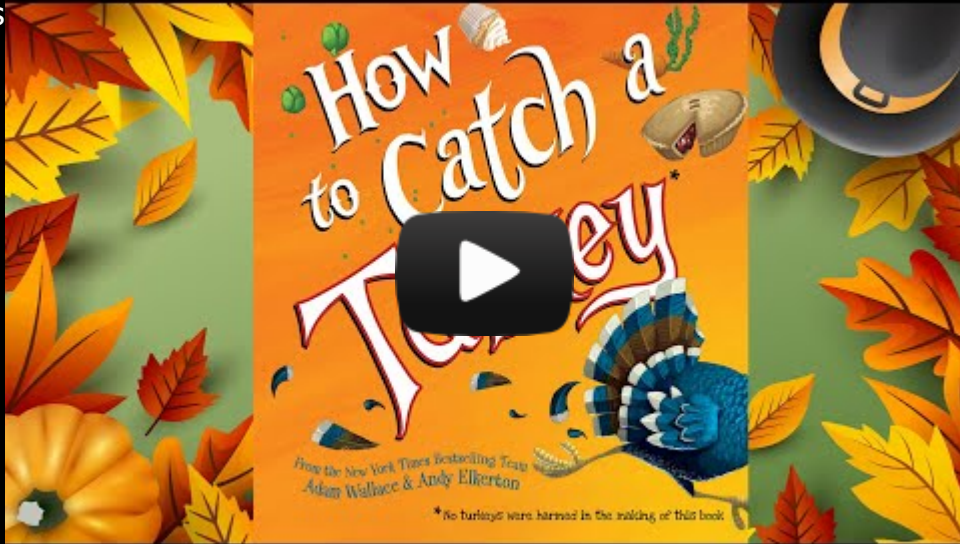
Community vaccination sites.pdf

[Download](#)
1.2 MB

MCAVINNUE'S FAMILY READ-A-LOUD

"HOW TO CATCH A TURKEY"

How to Catch a Turkey - Thanksgiving Animated Read Aloud with Moving Pictures



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.

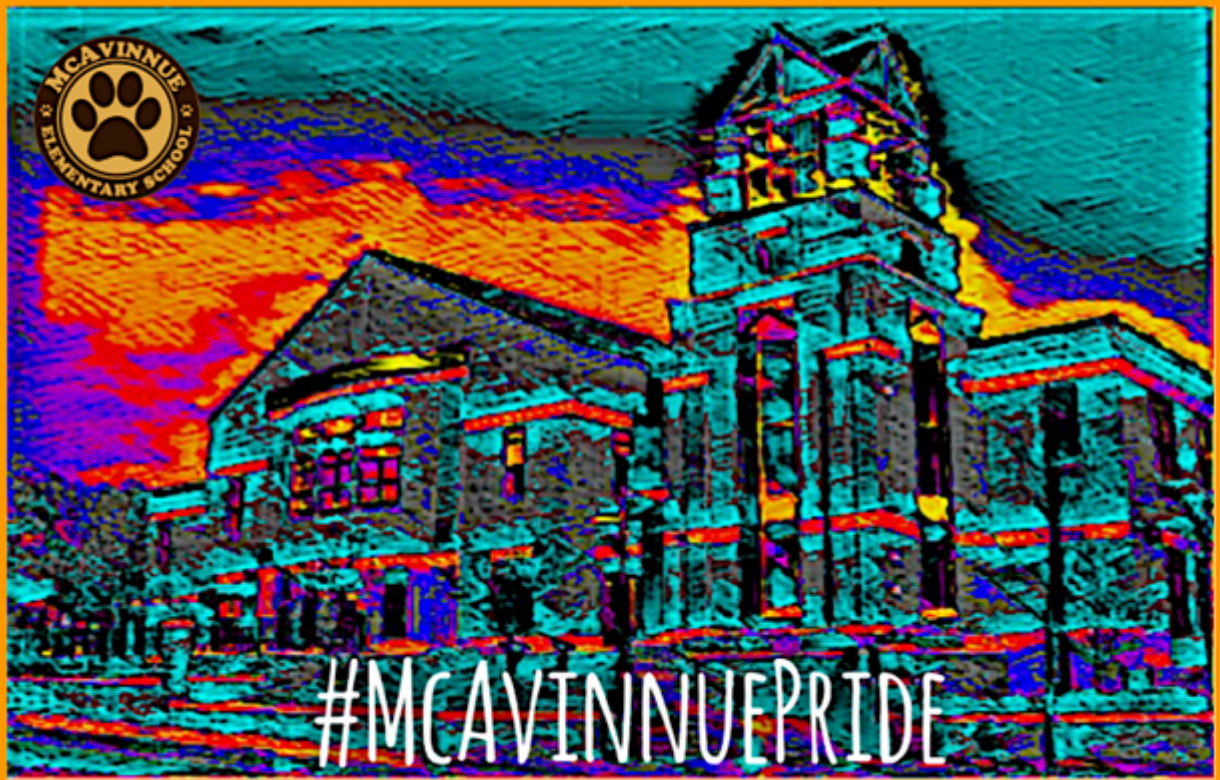
#McAvinnuePride #BeTheDifference #NextLevel

 131 Mammoth Road, Lowell, ...

 mdomina@lowell.k12.ma.us

 (978) 937-2871

 lowell.k12.ma.us/Domain/21



#MCAVINNUEPRIDE