

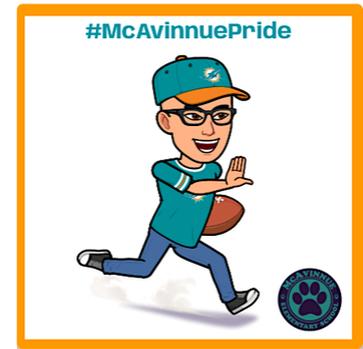
# The Lion's Roar

McAvinnue's Community Newsletter: Week Of September 18th

## MCAVINNUE'S PRINCIPAL'S MESSAGE

Hello McAvinnue Community!

I hope that everyone is doing well...and having an amazing weekend! It looks like we missed some of the issues that could have occurred as a result of Hurricane Lee. I don't know about you...but, I am looking forward to some of the more typical Fall weather. It looks the the projected weather forecast will be in the low 70's with some sunny days to wrap up the week. This is some great news!



Well...McAvinnue's first full week has completed and is officially in the books! It was a great week with many moments of highly engaging lessons, students working hard and making great choices, amazing lunch options in our cafeteria, and some fun time outside enjoying the nice weather during recess! We are back in full swing of things...exciting but exhausting times at McAvinnue!

We are excited to host our first family event at on Friday, September 22nd from 5:00 PM - 6:30 PM....McAvinnue's "Back To School Bash"! This has been such a fantastic family event at McAvinnue that we have done annually for multiple years. We are so excited to host this annual event once again! The weather looks like it will be perfect...so, we can't wait to see everyone for some fun to end the week!

A quick building update for everyone! With the cooler air coming in at night, we've seen some relief from the warmth and humidity by the end of the week. Our tremendous maintenance team have been opening some windows early in the morning which is allowing for the air within the building to circulate. The Fall season officially begins on Saturday, September 23rd and we expect the weather to begin to shift to cooler and more consistent temperatures. It is also important to remind your students and families to be aware of the daily weather forecast. Things can change on a dime during this time of the school year...and we need to ensure that our students are dressed to head outside for recess.

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

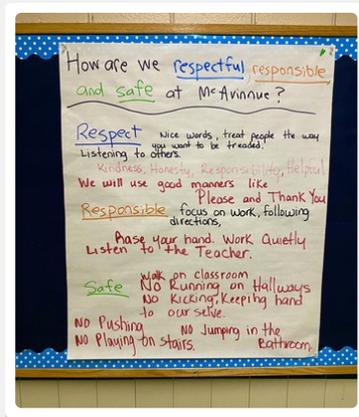
If you have any questions, please don't hesitate to reach directly.

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:

- **Thursday, September 21st** - Grade 4 Field Trip: Patriots Hall Of Fame STEAM Showcase
- **Friday, September 22nd** - McAvinnue's "Back To School Bash"
- **Thursday, September 28th** - Kindergarten Field Trip - Parlee Farms
- **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)

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

## McAvinnue's Week In Review



We love the work done by Grade 2 students in Room 103 focusing on McAvinnue's core values and things that they can specifically demonstrate during the school day!



Fun and cool things happening in the gym with Ms. Rindo! Our students are having a blast and working up a sweat, following directions, and problem-solving!



Kindergarten students in Room 205 had so much fun launching ST Math this past week! There was so much excitement in the air and everyone was really pumped up to begin their journey with JiJi!

## McAvinnue's "Back To School Bash"



Marks your calendars for McAvinnue's "Back To School Bash"!

This annual and traditional event will occur at McAvinnue on Friday, **September 22nd from 5:00 PM - 6:30 PM** for some fun and excitement. Families will have a chance to meet their child's teacher, play some super cool games, get a free backpack, school supplies books, meet members of the Lowell Police and Fire Departments, eat some amazing treats, and more!

This event is FREE of charge...so, all you need to do is come to the school and have a blast!

## McAvinnue's 21st Century Before & After School Program

McAvinnue's 21st Century Before and After School Program is set and ready to go! The programs will begin on Monday, October 2nd - Thursday, December 14th.



The Before School Program is for all grade levels (Kindergarten - Grade 4). For the After School Program, Grade 1 and 2 students will attend on Monday and Wednesday. Grade 3 and 4 students will attend on Tuesday and Thursday.

We will provide a snack for those students that are attending the After School Program.

Please keep in mind that transportation will not be provided. Students will need to be picked up at 5:00

You can register for the program using the link below or by sending an email to the Before/After School Program Coordinator, Mrs. De La Luz at [adelaluz@lowell.k12.ma.us](mailto:adelaluz@lowell.k12.ma.us).

**Click To Register For The Before/After School Program**

**McAVINNUE SCHOOL EXTENDED DAY PROGRAM**  
MONDAY THRU THURSDAY - Morning Program For All Grades  
MONDAY AND WEDNESDAYS- 1st and 2nd Graders  
TUESDAYS AND THURSDAYS- 3rd and 4th Graders

1ST SESSION:  
OCTOBER 2ND, 2023-  
DECEMBER 14TH, 2023  
11 WEEKS  
SNACK SERVED AT  
2:30PM  
NO TRANSPORTATION  
PICK UP - 5:00PM

MYSTERY  
LEGO ROBOTICS  
KIDS IN THE KITCHEN

GYM GAMES  
CHEERLEADING  
THEATER  
ART  
AROUND THE WORLD GAMES

TEAM BUILDING  
KIDS TECH NOT FOR YOUNGER STUDENTS  
EXPLORERS

First week is experimental where students briefly try each activity before deciding which 2 activities they will do for the remainder of the session. Changing activities after program starts is not allowed.

REGISTER BY EMAILING ADELALUZ@LOWELL.K12.MA.US, CALLING 978-454-7563, SCANNING BARCODE OR FILLING THIS FORM OUT.

**PROGRAMA DE DÍA EXTENDIDO DE LA ESCUELA McAVINNUE**  
LUNES A JUEVES - Programa matutino para todos los grados  
LUNES y MIÉRCOLES- 1ro y 2do Grado  
MARTES y JUEVES 3ro y 4to Grado

1RA SESIÓN:  
OCTUBRE 2ND, 2023-  
DICIEMBRE 14, 2023  
11 SEMANAS  
SE SERVE MERIENDA A LAS 2:30PM  
NO HAY TRANSPORTACIÓN  
HORA DE SALIDA 5:00PM

MISTERIO  
ROBOTS DE LEGOS  
NIÑOS EN LA COCINA

JUEGOS EN EL GYM  
CHEERLEADING  
TEATRO  
ARTE  
JUEGOS DEL MUNDO

JUEGOS DE EQUIPO  
TECNOLOGÍA  
EXPLORADORES

La primera semana es experimental donde los estudiantes brevemente prueban cada actividad antes de escoger. Este año se les permitirá cambiar actividades hasta la primera sesión.

REGÍSTRATE POR CORREO-ELECTRÓNICO EN ADELALUZ@LOWELL.K12.MA.US, ESCANEAR EL CÓDIGO DE BARRAS O LLENANDO ESTE FORMULARIO.

**PROGRAMA DE DÍA EXTENDIDO DA ESCOLA McAVINNUE**  
SEGUNDA A QUINTA - Programa matinal para todas as séries  
SEGUNDA e QUARTA- 1ª e 2ª série  
TERÇA e QUINTA 3ª e 4ª série

1ª SESSÃO:  
2 DE OUTUBRO DE 2023-  
14 DE DEZEMBRO DE 2023  
11 SEMANAS  
LANÇON E SERVIÇO ÀS 2:30PM  
SEM TRANSPORTO  
HORA DA SAÍDA 07:00

MISTÉRIO  
ROBÔS LEGOS  
CRIANÇAS NA COZINHA

JOGOS NA GINÁSTICA  
CHEERLEADING  
TEATRO  
ARTE  
JOGOS DE MUNDO

JOGOS DE TIME  
TECNOLOGIA  
EXPLORADORES

A primeira semana é experimental, onde os alunos experimentam brevemente cada atividade antes de escolher. Este ano, a mudança de atividades não será permitida até a primeira sessão.

INSCREVA-SE PELO E-MAIL ADELALUZ@LOWELL.K12.MA.US, ESCANEIE O CÓDIGO DE BARRAS OU PREENCHENDO ESTE FORMULÁRIO.

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

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

McAvinnue's Morning Announcements 10.17.2022

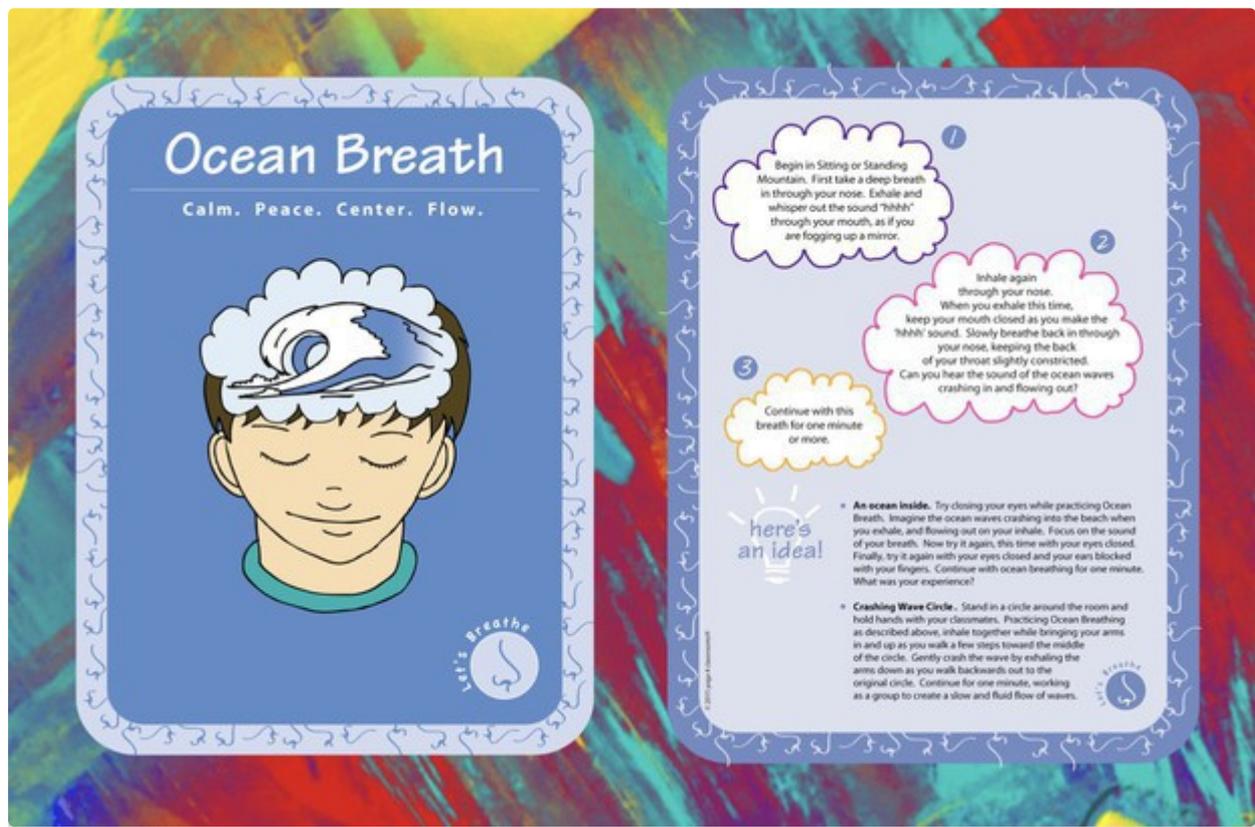


## McAvinnue's "Yoga Pose Of The Week": Ocean Breath

We will try another classic technique this week called the "Ocean Breath". This new technique will allow us to remain calm by finding our "center" and imagining the flow of waves at the ocean. We will practice the "Ocean Breath" technique this week during our 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.

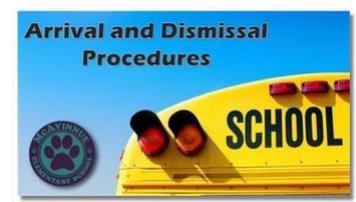


Please reach out as soon as possible to get her the necessary paperwork and to arrange drop off of new medications. Nurse Danielle's email address is [dralls@lowell.k12.ma.us](mailto:dralls@lowell.k12.ma.us) and she can also be reached by calling (978) 937-2871 ex. 47858. Our fax number is (978) 937-2880.

## 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 first few months of the school year:

- **Thursday, September 21st** - Grade 4 Field Trip: Patriots Hall Of Fame STEAM Showcase
- **Friday, September 22nd** - McAvinnue's "Back To School Bash"
- **Thursday, September 28th** - Kindergarten Field Trip - Parlee Farms
- **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)

## ST Math Weekly Shout Out!

ST Math is back for our 2023-2024 school year and our launch has been exciting! We are on track to have 100% of our students playing by the end of the month. Student puzzle play is cruising along, percent progress trackers are taking shape around the building, and JiJi hats have been spotted...we are so excited to see how well we do this school year and try to match or even surpass our AMAZING accomplishments from last school year!



Take a peek ☺ at what has been accomplished so far:



50,800



ST Math

SLIDESMANIA.COM



ST Math

6%

puzzle goal progress

SLIDESMANIA.COM

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	180 <sup>th</sup> School Day
Tuesday, June 18, 2024	185 <sup>th</sup> 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
September	19
October	21
November	18
December	16
January	21
February	16
March	20
April	17
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 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.

2023-2024

*McAvinnue School*

**ATTENDANCE BOOKLET**

**ATTENDANCE,**

- makes learning possible
- fosters classroom community
- provides time for social interactions
- instills responsibility in students
- prepares students for life

**Way** 

- 1 We follow Consistent Interventions**
- 2 We believe in a Parent Partnership**
- 3 We have 3 School-Based Incentives**
- 4 We ask students to Honor Punctuality**

*Did you know that Chronic Absenteeism is missing 10 percent or more of school days for any reason. It can translate into students having difficulty learning to read by the third-grade, achieving in middle school, and graduating from high school.*

(AttendanceWorks.com)

**Consistent Interventions**

MCVAVINNU SCHOOL ATTENDANCE POLICY  
2023-2024

AN ABSENCE MUST BE DUE TO ANY OF THE FOLLOWING WELL-DOCUMENTED REASONS IN ORDER TO BE EXCUSED:  
*(Suspension, Illness, Nurse Dismissal, Hospitalization, Court, Death in the Family, Religious Holidays, Incomplete Immunization or a Doctor's Letter.*

EXCUSED ABSENCE- Doctor's Note or a Parent's Note 

UNEXCUSED ABSENCE- No Note from Parent or Doctor 

\*Excused absences are still absences and are still considered in determining the appropriate intervention for students' attendance concerns.

We are required to respond to attendance concerns with:  
phone calls, notices, home-visits, school and district based meetings and other interventions to help students succeed in school.

We want parents to become our team mates, to work together to have students develop a remarkable attendance that fuels their future dreams and plans.

**WHEN A STUDENT IS ABSENT, THE PARENT/GUARDIAN MUST:**

- Call the school in the morning to notify of absence. (978) 937-2871
- Send a note when the student returns to school indicating the reason for the absence.
- When absent, parents should sign the bus ticket in the office.
- Parents and guardians should present documentation of a medical or legal appointment in order for the tardy to be excused.

Talk to the school social workers if your child resists coming to school or if you need support around creating routines.

Arrange for the school nurse to have medications for chronic conditions such as asthma.

- Develop a consistent routine for morning and night. Have your child prepare everything the night before...it lowers their anxiety!
- Please make every effort to schedule appointments for students before and after school hours.
- We recommend that children not have access to electronics in the evening, it and deprives them of sleep.
- To develop a plan for those days when your child misses the bus is essential! Have a plan B!
- If your child will be dismissed or if the pick up person will be different, please send a note with the student in the morning, send an email to [area@lowell.k12.ma.us](mailto:area@lowell.k12.ma.us) or a message to the teacher through DOJ.

**Perfect Attendance-** At the end of every month we have a whole school assembly where we celebrate all the McAvinnue students who have been in school every day that month!!!

**The 5-Day CHALLENGE-** Each Friday, the attendance cart visits students that have been in school every day to award them the prize for the week.

**The MAC...Monthly Attendance Champion-** At the end of every month we calculate the classroom in each grade that had the most students present all 5 days each week. The classroom with the best attendance percentage gets to take the MAC trophy during the whole month!

**FRIDAY Surprise**

Even a 5 to 10 minute tardy is very disruptive to the classroom. Late arrivals interrupt morning routines and the overall launching of the day. Being on time shows respect for the classroom teacher.

It is important that all students develop and demonstrate a sense responsibility with regards to their school schedule. This will help throughout their life and in the workforce when they become adults and want to pursue and fulfill their hopes and dreams.

**For More Information**

978-937-2871  
978-454-7263  
978-937-2881  
email: [area@lowell.k12.ma.us](mailto:area@lowell.k12.ma.us) or [adelaluz@lowell.k12.ma.us](mailto:adelaluz@lowell.k12.ma.us)

# 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](#).

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?**

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

**PROJECT BREAD** **desë**

## Breakfast & Lunch Menus: August/September

# AUGUST/SEPTEMBER 2023 Elementary Lunch Menu

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

In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, or 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.

**LOWELL PUBLIC SCHOOLS**

## Breakfast MENU

**September 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

28 <b>Welcome Back to School!</b>	29 Mixed Berry Yogurt Parfait Blueberry Muffin Served with Oranges & Juice	30 Powdered Sugar Donut Assorted Cereal Bar with Graham Crackers Served with Strawberries & Clementines	31 Bacon, Egg, and Cheese on an English Muffin Oatmeal Raisin Breakfast Round Served with Fresh Fruit Cup & Juice	1 <b>No School Labor Day Recess</b>
4 <b>No School Labor Day Recess</b>	5 Cinnamon Roll Chocolate Chip Muffin Served with Oranges & Juice	6 Country Chicken Biscuit Double Chocolate Betty Crocker Bar with Graham Crackers Served with Strawberries & Clementines	7 Blueberry Mini Waffle UBR Round Served with Fresh Fruit Cup & Juice	8 Chocolate Filled Crescent Bagel with Cream Cheese Served with Apples & Bananas
11 Cinnamon Raisin Bagel Assorted Cereal Bowl with Graham Cracker Served with Apples & Pears	12 Sausage, Egg, and Cheese Bagel Sandwich Chocolate Chip Muffin Served with Oranges & Juice	13 Apple Frudel Assorted Cereal Bar with Graham Crackers Served with Strawberries & Clementines	14 Egg and Cheese English Muffin Cranberry Orange Oatmeal Round Served with Fresh Fruit Cup & Juice	15 Mixed Berry Scone Bagel with Cream Cheese Served with Apples & Bananas
18 Nature Valley Chocolate Chip Breakfast Round Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	19 Mixed Berry Yogurt Parfait Blueberry Muffin Served with Oranges & Juice	20 Maple Mini Waffles Benefit Bar Served with Strawberries & Clementines	21 Sausage, Egg, and Cheese Wake up Wrap UBR Round Served with Fresh Fruit Cup & Juice	22 Cinnamon Roll Bagel with Cream Cheese Served with Apples and Bananas
25 Blueberry Breakfast Bread Assorted Cereal Bowl with Graham Crackers Served with Apples & Pears	26 French Toast Sticks Chocolate Chip Muffin Served with Oranges & Juice	27 Sausage, Egg, and Cheese Bagel Sandwich Oatmeal Chocolate Chip Betty Crocker Bar with Graham Crackers Served with Strawberries & Clementines	28 Chocolate Filled Crescents Nature Valley Breakfast Round Served with Fresh Fruit Cup & Juice	29 Mini Cinnamon Creamy Cheese Bagels Bagels with Cream Cheese Served with Apples and Bananas

# AUGUST/SEPTEMBER 2023 Elementary Lunch Menu

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 <b>Welcome Back To School!</b>	29 Lowell Grande Nachos Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich  Bagel Power Pack V LG Moroccan Harissa Chicken Wrap LG  Kickin' Beans & Broccoli Oranges & Apples	30 Penne Bolognese with a Breadstick Cheese Quesadilla V  Ham Chef Salad with Flatbread LG Italian Sub  Cucumbers & Carrots LG Bananas & Berry Cup	31 Cheese Pizza V Pepperoni Pizza  Bagel Power Pack V LG Moroccan Harissa Chicken Wrap LG  Green Beans & Carrots LG Pears & Fresh Fruit Cup	1 <b>No School Labor Day Recess</b>
4 <b>No School Labor Day Recess</b>	5 Arroz con Pollo BBQ Chicken and Cheddar Flatbread  Chocolate Hummus Platter V Caprese Chicken Sub LG  Street Corn Salad & Carrots LG Clementines & Apples	6 Buffalo Chicken Mac and Cheese with a Breadstick Mac and Cheese with a Breadstick V Crispy Chicken Sandwich Chicken Caesar Salad with Flatbread LG Turkey & Cheese Sandwich Roasted Broccoli & Carrots LG Bananas & Berry Cup	7 Chili Garlic Popcorn Chicken Lo Mein Pizza Crunchers V  Chocolate Hummus Platter V Caprese Chicken Sub LG  Celery Sticks & Kale Caesar Salad LG Pears & Fresh Fruit Cup	8 Cheese Pizza V Hawaiian Pizza  Chicken Caesar Salad with Flatbread LG Turkey & Cheese Sandwich  Red Pepper Strips & Side Salad LG Apples & Bananas
11 French Toast Sticks with Chicken Sausage or Vegetarian Sausage V Hamburgers & Cheeseburgers Greek Salad with Flatbread LG Chicken Salad Sandwich Tater Tots & Roasted Butternut Squash Apples & Peaches	12 LTO: Chipotle Cheesy Bean Nachos V Crispy Chicken Sandwich & Spicy Crispy Chicken Sandwich  Yogurt & Fruit Power Pack V Greek Chicken Wrap LG Chic Pea Salad & Fiesta Corn Oranges & Apples	13 Chicken Parmesan with Penne 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	14 General Tao's Beef and Broccoli with Fried Rice Chicken Tenders with A Dinner Roll  Fruit & Yogurt Power Pack V Greek Chicken Wrap LG  Broccoli & Carrots LG Pears & Fresh Fruit Cup	15 Cheese Pizza V Pepperoni Pizza  Greek Salad with Flatbread LG Chicken Salad Sandwich on a Bulky Roll  Red Pepper Strips & Side Salad LG Apples & Bananas
18 <b>National Cheeseburger Day</b> Hamburger & Cheeseburgers Chicken Biryani Chickpea Biryani V Kale Chicken Caesar Salad with Flatbread LG Ham and Cheese Sandwich Broccoli & Carrots LG Apple & Pears	19 Chicken Fajita with a Tortilla Wrap Black Bean Taco V Bosco Cheese Sticks with Marinara V  Pizza Platter Chicken Caesar Wrap LG  Roasted Chickpeas & Cucumbers Clementines & Apples	20 Shepherd's Pie with a Dinner Roll Vegetarian Nuggets with A Roll V Fish and Chips with Coleslaw and A Dinner Roll Kale Chicken Caesar Salad with Flatbread LG Ham and Cheese Sandwich Corn & Carrots LG Bananas & Berry Cup	21 Chicken & Vegetable Dumplings with Mixed Veggies Edamame Dumplings with Mixed Veggies V Chicken Parmesan Sub Pizza Platter Chicken Caesar Wrap LG Green Beans & Carrots LG Pears & Fresh Fruit Cups	22 Cheese Pizza V BBQ Chicken Pizza  Kale Chicken Caesar Salad with Flatbread LG Ham and Cheese Sandwich  Red Pepper Strips & Side Salad LG Apples & Bananas
25 Lok Lak with Rice Pizza Cruncher V  Asian Chicken Salad with Flatbread LG Tuna Salad Sandwich on a Bulky Roll  Side Salad LG & Green Beans Apples & Pears	26 Pork Carnitas Taco on a Tortilla Wrap Hamburger & Cheeseburger Black Bean Burger V Pretzel Platter V Turkey BLT Sub LG Zesty Coleslaw & Broccoli Oranges & Apples	27 Pasta Primavera with a Breadstick V Chicken Tenders with a Dinner Roll Asian Chicken Salad with Flatbread LG Tuna Salad Sandwich on a Bulky Roll Cucumbers & Carrots LG Bananas & Berry Cup	28 Waffles with Chicken Sausage Cheesy Potato Breakfast Bake V  Pretzel Platter Turkey BLT Sub LG  Roasted Veggies & Green Beans Pears & Fresh Fruit Cup	29 <b>World Vegetarian Day</b> Cheese Pizza V Margarita Pizza V LG Garden Salad with Cheese and a Dinner Roll V LG Bagel Power Pack V LG Roasted Chickpeas & Red Peppers Apples & Bananas

This institution is an equal opportunity provider.



Elementary Breakfast Menu September.pdf

[Download](#)  
287.6 KB



Elementary Lunch Menu September.pdf

[Download](#)  
325.0 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 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**



**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=IwAR01npvwF4LSdojZ-Ynq4QqHO\\_A8ybEftAO4jLFM8JdIW9n2b-QG7qFwttI](https://mosaiclowell.org/news/hispanic-heritage-month-in-lowell-2/?fbclid=IwAR01npvwF4LSdojZ-Ynq4QqHO_A8ybEftAO4jLFM8JdIW9n2b-QG7qFwttI)



# HISPANIC HERITAGE MONTH IN LOWELL

## 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 Panela

Salsa in Lowell hosts lessons at Panela 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



## 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

**#LOWELL**  
THERE'S A LOT TO *like.*

**Lowell Kinetic Sculpture Race**  
September 16

**Monster Bash & Halloween Stroll**  
October 28

**City of Lights**  
November 25

**Feast of Our Lady of Loreto**  
Sept. 1-3 | Holy Ghost Society, 65 Village St.

**India Heritage Fest**  
Sept. 9 | Lowell Heritage State Park, 160 Pawtucket Blvd.

**Lowell Irish Festival**  
Sept. 23 | Lowell Memorial Auditorium, 50 E. Merrimack St.

**One City, Many Cultures Exhibit Opening**  
Sept. 23 | Lowell National Historical Park, Mogan Cultural Center, 40 French St.

**Latinx & Hispanic Festival**  
Sept. 30 | North Common, 413 Fletcher St.

**Lowell Celebrates Kerouac Festival**  
Oct. 5-9 | Various locations, [lowellcelebrateskerouac.org](http://lowellcelebrateskerouac.org)

**El Encuentro: The Latin Film Experience**  
Oct. 13-14 | MCC's Richard and Nancy Donahue Family Academic Arts Center, 240 Central St.

**Lowell Asian American Film Festival**  
Oct. 20-22 | MCC's Richard and Nancy Donahue Academic Arts Center, 240 Central St.

**EXPERIENCE FALL IN LOWELL**

**LIKELOWELL.COM**

In Partnership With

*The Night Watchwoman by The Myth Makers*

## 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

"The Biggest Apple Ever"

📖 The Biggest Apple Ever - Read Aloud Picture Book for Kids - Autumn - Bedtime Stories Audiobooks



## 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

