



Newsletter

<https://sites.google.com/a/northampton-k12.us/nps/our-schools/jackson-street-school>

<https://www.facebook.com/pages/Northampton-Public-Schools-Massachusetts/179921372117715>

<https://www.facebook.com/jacksonstreetpto> <http://www.jsspto.org/>

You may also connect with us on Twitter: <https://twitter.com/#!/NPSDistrict>

Ms. Alessi's website: <https://sites.google.com/northampton-k12.us/mindfulnessatjss>

JSS Office 587-1510

Volume 23 No. 23

March 1, 2019

If you wish to have a copy of this letter written in Spanish, French or Arabic, please contact the school department at 587-1315. Si le gustaria esta carta en Espanol, es posible. Llama 413-587-1315. Si vous voulez une copie de cette lettre en Français, veuillez contacter le Département de l'École 587-1315. إذا أردت نسخة من هذه الرسالة بلغة عربية، يرجى الاتصال بالمدارس في 587-1315.



MESSAGE FROM MS. AGNA



JSS COUNCIL SURVEY!!

The JSS Council has designed a new survey for JSS families - WE WANT TO HEAR FROM YOU!! Please use the following link to fill it out! We will check in with families about filling it out if you don't have at home Internet – stay tuned!

<https://www.surveymonkey.com/r/THM6ZJB>



Please fill this out BY FRIDAY MARCH 15, 2019!!

Also, the JSS Council is partnering with the Caregiver Café organizers, Sally Imbimbo and Leah King to sponsor additional workshops on the issue of parenting in the tech age. See the descriptions below and mark your calendars!

REMINDERS!

The 3rd, 4th and 5th grade Spring Concert will be on FRIDAY, MARCH 15 at 9:30AM in the gym – hope you can join us!

Also Friday, March 15 is a half-day with dismissal at 12:20PM. It is a Staff Work (Half) Day.

Lots more to read below – a long and rich newsletter!!

Respectfully and affectionately yours,

Gwen Agna
Gwen Agna

“Reading into Diversity”

REAL (Racial Equity and Learning) Northampton (realthampton.com) invites people in the NPS community to a gathering led by local educator and social justice advocate **Alice Levine**, who is currently working with Northampton's elementary school librarians to implement the NEF grant-funded “Reading into Diversity” program. Please join us on Sunday, March 3 from 4:00-5:30pm, at 24 Hayes Avenue in Northampton. Children are welcome.

The program's facilitators intend to use literature to help NPS students, staff, and parents/caregivers develop a more nuanced understanding of the perspectives of peers and neighbors from a diversity of backgrounds. Levine has put together an extensive list of books, a number of which will be purchased for the local elementary schools, that enable all of our district's students, including students of the global majority, to see themselves reflected in our libraries,

classrooms, and curricula. Facilitators will also provide teachers, library staff, and parents/caregivers with strategies for engaging kids in conversations about topics raised in/by the selected books.

At the March meeting, Levine will share more information about the program, pass around some sample books, and gather feedback about the bibliographies she has created.

Applications for Home Available

Pioneer Valley Habitat for Humanity is pleased to announce that applications are available for a 2-bedroom home in Northampton. The application deadline is Thursday March 28, 2019. The sale price for the home will be \$149,900 or less. During the information session, potential applicants will learn about Habitat's selection criteria and how to prepare a complete application.

Applications are available at the Forbes Library, Northampton City Hall, and the Pioneer Valley Habitat for Humanity office. And on this link: <https://www.pvhabitat.org/homeownership/apply-today/>

14th Annual VINS Dog Show Saturday, March 2

Chase away the midwinter blahs at a fantastic family fun event – free for people with or without their dogs! All are welcome to join the fun at the fourteenth “March Forth with Your Dog – Not Your Typical Dog Show” to be held this year from 12-3 Saturday, March 2 at the Northampton High School gym. (The snow date is March 3).

Adults and children can register their dogs to compete in categories like “Best Fetcher,” “Best Dressed,” or “Most Obedient” with preregistration available through February 27.

The two-legged audience attends free with donations welcome.

Food, vendors, cookie decorating, face painting, and a country store raffle will be available. All young and adult dog owners may join the Parade of Dogs at 12:15.

VINS (Volunteers in Northampton Schools) recruits, trains and places volunteers in all district schools, and this is the primary fundraiser for the organization.

HOLA Starts Tuesday, March 5

HOLA class forms went home Tuesday. If you didn't get your child's form, email or call Ms. BG. There are 3 classes that have openings- Legos for k-2 on Tuesdays, and Legos for 2-5 on Wednesdays, and one slot in Mindfulness at JSS for k-2 on Wednesdays.

First come first served.

HOLA classes start this Tuesday 3/5, and run through Thursday 4/11. hola@northampton-k12.us 587-1510 extension 3775

And we are looking for some magazines. If you have some you're ready to pass on please bring them to the office for HOLA.

Thank you

Girls On The Run is returning to JSS.

Registration is now open for girls in grades 3-5.

During this fun 10-week after-school program girls develop essential skills to help them navigate their worlds and establish a lifetime appreciation for health and fitness. The research-based curriculum includes dynamic discussions, activities and running games. In early June, the girls will participate in a celebratory, non-competitive 5K event with girls from all the other Girls On The Run Western Mass programs. Great fun!

Girls on The Run will be practicing each Tuesday and Thursday, 3:00-4:30 pm, from 3/12-5/30/2019. The 5K event is scheduled on 6/2/. This unique 10-week after-school program is led by trained coaches who lead small teams of girls.

The cost for the program (20 sessions over 10 weeks) is \$150, with a sliding scale starting at \$5. No girl will ever be turned away.

Please register at www.girlsontherunwesternma.org. For further info please contact Andrea at a.doehne@gmail.com or Amy at amyvacarella@gmail.com

MARCH COFFEE, TEA AND HOT CHOCOLATE ORDERS DUE MONDAY, MARCH 4

Just a reminder that orders for delicious JSS coffee, tea and hot chocolate (it is now definitely the season!) are due this Monday, March 4 by 9:00 am.

Please submit your orders in the office by Friday, or email them anytime until Monday morning. . Orders will be delivered on Friday, March 8.

If you have any questions, need an order form or want to place an order, please contact Liz Horn at elhorn@mind-spring.com

Thank you for supporting JSS!

FAMILY CENTER COFFEE HOUR ON WED., MARCH 6

Please join other parents and guardians for our bi-weekly Coffee Hour on Wednesday, March 6 from 9:00 to 10:00 am in the Family Center (across from the cafeteria).

Every other Wednesday morning, parents, guardians, younger children (we have toys and crayons!) and staff are warmly welcome to gather for (free) coffee, tea and treats. Ms. Agna often drops by to join the conversation.

It's a great chance to catch up with other parents.

Please join us!

(Coffee hour is the first and third Wednesday of the month (next one after this is Wed., March 20) - please check the newsletter for any changes!)

JSS FILM FESTIVAL!

The JSS Film Festival - CHANGE OF DATE!

Due to a district conflict, the JSS Film Festival has been re-scheduled for Thursday, April 11th, 6:30-7:30pm in the JSS Library!

We still have room for entries! Please contact Stan and Halle's mom Jodi Shaw (jodishaw@mac.com) for more info on how to submit.

JSS Caregiver Cafe: Technology and our Children

Many of us have questions and concerns around technology. Our kids want more tech and it isn't always easy to say no. The data around exposure to tech is alarming and confusing. Come talk with others about how we can best help our children to lead more balanced lives. The Caregiver Cafe (Parent Cafe) is a nationally recognized program to keep children healthy and families strong.

When: Thursday 3/14

Who: JSS families

Time: 5:30-7:30

Dinner and childcare will be provided.

R.S.V.P King, Leah72@gmail.com or Sally.Imbimbo@gmail.com by 2/12 to plan food and childcare.

WORKSHOP SERIES – MARK YOUR CALENDARS

The JSS Council is partnering with the Caregiver Cafes to provide more info and support for families in the age of tech. The following series is offered as “stand alone” or a continuation – all begin at 6:30 and end by 8PM. Childcare will be provided so we need sign-ups (below the calendar).

Balancing The Use Of The Screen Technologies With Your Family Values

Thursday, April 11, 2019

Navigating choices around the ever-changing world of the screen technologies and our children can be extremely confusing and overwhelming. This leaves many parents uncertain about what to say yes and no to regarding the use of the devices with their children.

When we have the time to get clear about what matters most to us, the issues of if, when and where around the devices and our children becomes easier to decide on. This evening is an opportunity for parents to explore getting clearer using the practice of mindfulness to help identify personal values and common sense solutions and strategies that you may have the family life you always dreamed of.

Exploring What It Is That Children Really Need In The Age Of Technology

Thursday, May 16, 2019

Peer and societal pressures, along with the time and energy constraints many parents face leave families without the necessary resources and reference points to more fully understand the impact that the screen technologies are having in the day to day life of their children.

Stepping beyond expert opinion and “ten-easy-step solutions,” this evening offers caretakers support and strategies for

understanding the real needs of their children.

Creating A People-Centered Home VS. A Screen-Centered Home

Thursday, June 6th

The basis for everything that children need to be successful in the world, communication skills, self-care, self-worth, team building, lifelong habits, beliefs, and more, all begin at home. Unfortunately, many of our homes focus more on our electronics than on the real needs of people.

This evening's workshop offers parents the time and support to develop practical solutions to the dominant role that the screens occupy in our homes. That same role that often ignores and denies important things like downtime, connection, quiet, and peaceful mealtimes.

Presenter: Susan McNamara, M.A., CHHC. Susan is a Certified Holistic Health Counselor who is trained in Mindfulness-Based Stress Reduction, and holds a Masters Degree in Counseling Psychology. Susan is an adjunct professor at Westfield State University where one of the topics she explores with her students is the impact technology is having on their health and well-being.

For almost twenty-five years, Susan has been contemplating, researching, and most importantly living the questions around technology and children with her own family and others. She has just finished her first book, Remembering What Matters Most: A Contemplative Approach To Children & Technology.

Susan can be reached at 413-527-2230 or thefarmatavalon@hotmail.com. Check out the article in a recent Daily Hampshire Gazette by Susan, entitle “Pandora's phone – and what to do when your child has seen something she can't unsee online”. The link for this is: <https://www.gazettenet.com/Kids-and-screens-23738686>.

5th Annual JSS Family Science Night !!!!

We are very happy to announce that Friday, March 22nd, is our Family Science Night, from 6:00-7:30pm.

There will be an optional pizza dinner available from 5:30-6:00 pm. (We will send out order forms closer to the event).

The purpose of this event is to promote the thrill of Science through short and exciting hands-on demonstrations, led by JSS parents or families.

To make it happen, we need volunteers for the demonstrations. Kids love when their families get involved with this, and are often excited to help out their parents. You can suggest your own demonstration, or pick from a list of suggestions.

The demonstration itself should not be longer than 15 minutes, ideally shorter, so it can be repeated and tried by many visitors as students and their families rotate around the school visiting the “science stations” throughout the event.

We are also looking for parents joining the Science Night Planning Committee.

IN THE NEWS

🌀 **Michelle Bernhard**, English teacher at Northampton High School and parent of JSS grads, wrote an article about teaching in the age of “accountability” and testing – about “radical love” – check it out: <https://www.gazettenet.com/Byline?byline=By%20Michele%20Turner%20Bernhard>.

🌀 **Nerissa Niels**, 5th grader, Johnny Niels-Duffy, was featured in the Gazette about her writing project and its new “house” – check it out! <https://www.gazettenet.com/Little-blue-23247588>.

🌀 The final delivery of the JSS Giving Tree “bounty” (canned/boxed foods) at the end of January weighed 152 pounds – so the total collected was over 400 pounds, a record! Thanks much to all who donated!

COMMUNITY NEWS

SCI-TECH CAFÉ

Event location: Union Station, 125A Pleasant Street, Northampton MA. Light appetizers are available while supplies last, and food is available to order.

Time: 6:00pm

Save The Dates / Upcoming Speakers!

3/25/19: Jesse Mager, UMass Amherst (Vet Science)

4/22/19: Bosiljka Glumac, Smith College (Geology)

6/3/19: TBA

SWING INTO SPRING

Swing Into Spring will be held at the Look Park Garden House on Friday, March 29th! This event is the primary annual PTO fundraiser and we need your help to make it fun and to raise as much money as we can for our awesome JSS community!

Please fill out the form below, email jacksonstreetauction@gmail.com, or leave a message in the PTO mailbox to let us know how you can help.

https://docs.google.com/forms/d/e/1FAIpQLScMb9o_jr4gXaHBqmet_4R-zw3SCngfIs6_I1LU2xQAqzlnUg/viewform?vc=0&c=0&w=1

SWING INTO SPRING CLASS BASKETS

It has become a tradition for each grade to compile a themed gift basket to auction off at Swing into Spring, the wonderful annual JSS event taking place on Friday, March 29 at the Garden House in Look Park.

We have put a box for each grade in the school office to collect items donated by families. All donations are greatly appreciated and nothing needs to be expensive! Many of the best items come from dollar stores, or perhaps from a stash of small gifts, party favors and craft items you may have at home. Please bring in any donated items (new or like-new) by Wednesday, March 27. Families have been wonderfully creative in collecting gift basket items and the

baskets have raised great funds for our school.

Thank you so much, and please let me know if you have any questions.

- Beth Maurer, bethmaurer4@icloud.com or 413-320-9950.

Here are the themes for each grade and a few suggestions of the kind of items that might fit the theme – let your imagination go!

The Kindergarten theme is Day at the Beach

Suggestions: inflatable beach balls, sunglasses, flip flops, pail & shovel, sunscreen, Frisbees, bubbles, hats, beach tote, lemonade mix...

The First Grade theme is Craft Corner

Suggestions: anything and everything to get crafty: beads, popsicle sticks, paper, markers, glitter glue, stickers, paints, Play Dough, clay, wiki sticks, crayons, craft kits...

The Second Grade theme is Home Chef

Suggestions: anything related to cooking/eating! How about pot holders, cookie cutters, chopsticks, cookbooks, recipe cards, baking mixes, barbeque or hot sauces, spices, apron, whisk, spatula, toy food ...

The Third Grade theme is Road Trip

Suggestions: backseat toys and games, markers, travel mug, sunglasses, camping things, thermoses, travel bingo, bug spray, guide book, book on tape, s'mores ingredients, books, music, dvd's, coffee, mini cooler, wet wipes, coloring books, duffel bag, dashboard decorations, sunscreen, flashlight., car wash gift card, disposable camera...

The Fourth Grade theme is Family Game Night

Suggestions: classic board games (Monopoly, Scrabble, Sorry...), decks of cards, Mad Libs, crosswords, Sudoku, Twister, dice, snacks, Rubik's Cube, new favorites...

The Fifth Grade theme is Movie Night

Suggestions: dvd's of classic and new favorites, popcorn, candy, movie-time snacks, comfy blanket, movie trivia book, movie posters....

If interested, please email Pallavi at: pallubv@gmail.com or Andrea Doehne at a.doehne@gmail.com

MARK YOUR CALENDAR - We're always adding new dates so keep checking. PLEASE check the Northampton Public Schools website for district calendar updates.

Parents Hour in the Family Center – on the first and third Wednesday of the month, 9-10AM.

- Tues. Mar. 5 HOLA STARTS!
- Thurs. Mar. 14 Caregivers Café 5:30-7:30PM
- Fri. Mar. 15 GRADES 3,4 & 5 CONCERT 9:30AM in the gym (YES, we know it's a half-day –dismissal is at 12:20PM, plenty of time for the concert!)
- Fri. Mar. 22 FAMILY SCIENCE NIGHT!
- Fri. Mar. 29 JSS SWING INTO SPRING AUCTION!
- Thurs. Apr. 11 HOLA ENDS!
JSS Film Festival – new date!! 6:30PM JSS Library
- Thurs. Apr. 25 All-school assembly 1st grade presents 1:30PM
- Fri. May 3 GRADES K, 1 & 2 CONCERT 1:30PM in the gym
- Wed. May 8 JSS COUNCIL & PTO meeting with Chip Wood, consultant – Details TBA
- Fri. May 10 Alex Smith Trio RETURN ENGAGEMENT – stay tuned for details!
- Thurs. May 30 All-school assembly WELCOME BACK JSS/HIGH SCHOOL GRADS – KDGners are hosts 2PM
- Wed. June 12 All-school assembly FINE FINE SCHOOL

ASSEMBLY DATES

- Apr. -25 – 1:30PM 1st grade
- May 30– 2:00PM KDG - JSS Grads
- June 12 – 10:30AM Ms. Agna Fine Fine School

VISITING DAYS

Wednesdays 9:30-11AM One more: March 6

YES I/we would like to attend the following:

1. Caregiver Café – Thursday, March 14 5:30-7:30PM _____
2. Balancing The Use Of The Screen Technologies With Your Family Values-
Thursday, April 11, 2019 6:30-8PM _____
3. Exploring What It Is That Children Really Need In The Age Of Technology -
Thursday, May 16, 2019 6:30-8PM _____

4. Creating A People-Centered Home VS. A Screen-Centered Home,
Thursday, June 6th 6:30-8PM _____

Name: _____

Number of adults: _____ Number of children who need childcare _____

Please return to the school office or your child's teacher.

**Menus
for
March
2019**

**Bridge Street School
Leeds Elementary
Jackson St School
RKF Ryan Road
School**

This institution is an equal opportunity provider. Menus are subject to change.

Prepay online!
myschoolbucks.com

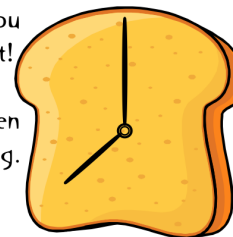
**MY
SCHOOL
BUCKS**

Breakfast
\$1.25

Lunch
\$2.75

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Friday, March 1

Breakfast

Sweet Potato Roll
22gm and Yogurt 19gm

Lunch

Pizza
Steamed Broccoli 6mg,
Side Salad with Assorted Dressing
3-14gm

Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

Available Daily

Sunbutter & Jelly Sandwich, Grilled Cheese, Cheese Sandwich or Entrée Salad (served with WG bread or roll) available as an alternate to the daily meal option

All meals served with assorted fruit 15-30gm and milk 13-24gm.

WG Cereal ~25gm available as an alternate to daily breakfast option.

Questions or Comments, Please Call the Food Service Office at (413) 587-1487

Menus also available on our website:
<http://www.northamptonschools.org/project/food-services/>

Monday, March 4

Breakfast

WG Muffins 25gm and Cheese stick

Lunch

Grilled Cheese 40gm and Tomato Soup 20gm
Oven Fries 20gm

Tuesday, March 5

Breakfast

Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch

Chicken Burrito Bowl 39gm
Brown rice, seasoned chicken, cheese and salsa
Served with WG tortilla wrap
Black Bean and Corn Salad 9gm

Wednesday, March 6

Breakfast

Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

**Lunch
Brunch**

French Toast Sticks 48gm
Sausage Steamed Corn 8gm
Celery Sticks and Sunbutter Dip 10gm

Syrup: 30gm

Thursday, March 7

Breakfast

WG Fruit Bread 43gm and Cheese stick

Lunch

American Chop Suey ~40gm
Elbow macaroni cooked in a tomato based meat-sauce topped with cheese
Steamed Broccoli 6gm

Friday, March 8

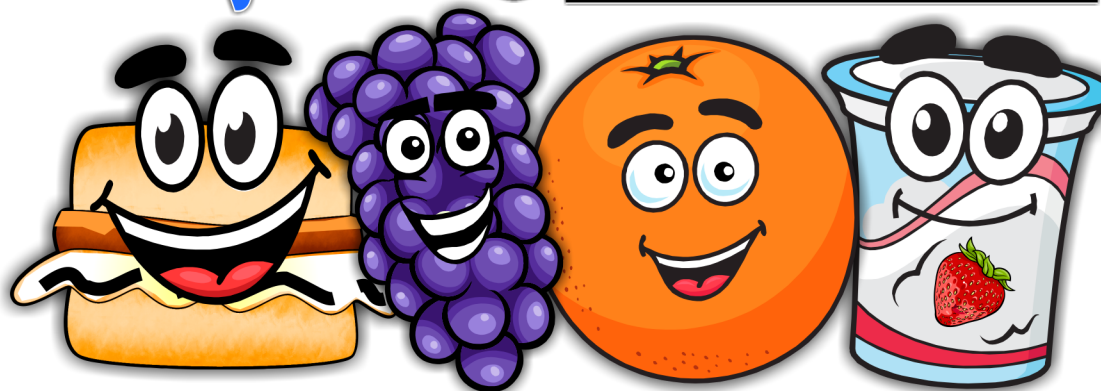
Breakfast

Sweet Potato Roll 22gm and Yogurt 19gm

**Lunch
Pizza**

Steamed Broccoli 6gm,
Fresh Veggie Medley with Hummus 8gm or Ranch Dip 4gm
Rounds: 39gm; French Bread: 33gm;
Rectangle: 35gm; Stuffed Crust 35gm

come join us for **Breakfast@School**



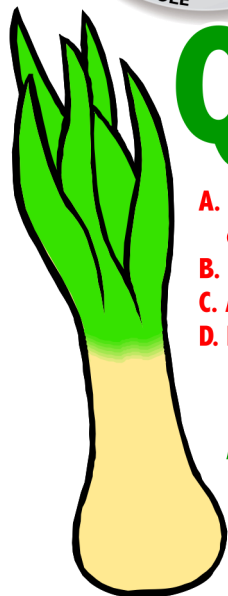
Spring Forward



Sunday, March 10



What's on YOUR plate?



Q: What can you do with a LEEK?!

- A. Stick your finger in it until help comes!
- B. Call a plumber to fix it!
- C. ABANDON SHIP!
- D. None of the above

A: The answer is D – none of the above. The other choices are all LEAKS, not LEEKS! Leeks are mild-flavored veggies related to onions that are often used to flavor soups, but can also be enjoyed sliced and sauteed!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

NUTRITION TO GO

Not many foods are as wholesome as a fresh potato. It's loaded with complex carbohydrates, and it also delivers protein and many vitamins and minerals. The skin actually contains more fiber, iron, calcium, and other nutrients per weight than the flesh. Processed potatoes aren't as nutritious as fresh.

A QUICK BITE FOR PARENTS

Monday, March 11

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Crispy Chicken Sandwich 35gm
Oven Fries 20gm
Steamed Green Beans 4gm

Tuesday, March 12

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Nacho Tuesday 30gm
Grilled chicken or Ground beef, lettuce, salsa, cheese and sour cream Served with tortilla Chips Seasoned black beans 20gm

Wednesday, March 13

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Meatball Grinder 40gm
Steamed Corn 16gm

Thursday, March 14

Breakfast
WG Fruit Bread 43gm and Cheese stick

LOCAL **Lunch**
Baked Potato Bar 40gm
Served with your choice of chili 10gm, cheese 14gm, and sour cream Steamed Broccoli 6gm
WG Baked Pretzel 14gm

Friday, March 15

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
1/2 Day Bagged Lunches Available

Monday, March 18

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Chicken & Waffles Boneless Chicken Bites 15gm
Mini WG Waffles 37gm
Smiley Fries 25gm
Bandit Baked Beans 35gm

Tuesday, March 19

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Grilled BBQ Chicken Sandwich 35 gm
Crunchy Pretzels 16gm
Carrot Sticks and Hummus Dip 8gm

Wednesday, March 20

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Brunch!
Pancakes 26gm with Warm Fruit Topping 12-20gm & Sausage Steamed Corn 16gm
Celery Sticks with Dip 10gm
Syrup 30gm

Thursday, March 21

Breakfast
WG Fruit Bread 43gm and Cheese stick

Lunch
Italian Dunkers Cheesy Bread 17gm w/ marinara dipping sauce 5gm
Green Beans 4gm
Cucumber Wheels 3gm & Dip 8gm

Friday, March 22

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza Steamed Broccoli 6gm,
Fresh Veggie Medley with Hummus 8gm or Ranch Dip 4gm
Rounds: 39gm; French Bread: 33gm; Rectangle: 35gm; Stuffed Crust 35gm

Monday, March 25

Breakfast
WG Muffins 25gm and Cheese stick

Lunch
Mozzarella Cheese sticks 16m with marinara sauce 5gm
Steamed Broccoli 6gm
WW Dinner Roll 17gm

Tuesday, March 26

Breakfast
Bagel ~25gm w/ cream cheese or sunbutter and yogurt 19gm

Lunch
Teriyaki Chicken 8gm over seasoned brown rice 20m
Yummy Carrots 7gm
Four Bean Salad 12gm

Wednesday, March 27

Breakfast
Fruit & Yogurt 30-60gm
Parfait w/ Granola 15gm

Lunch
Chicken Tenders 15m and Dip 16gm
Green Beans 5gm
Smiley Fries 25gm
WG Dinner Roll 17gm

Thursday, March 28

Breakfast
WG Fruit Bread 43gm and Cheese stick

Lunch
Hot Dog on a WG Bun 20gm
Baked Beans 35 gm
Steamed Corn 16gm

Friday, March 29

Breakfast
Sweet Potato Roll 22gm and Yogurt 19gm

Lunch
Pizza Steamed Broccoli 6mg,
Side Salad with Assorted Dressing 3-14gm
Rounds: 39gm; French Bread: 33gm; Rectangle: 35gm; Stuffed Crust 35gm

Menús para **Marzo** de 2019

Escuela primaria

Esta institución es un proveedor de igual oportunidad. Los menús están sujetos a cambios.

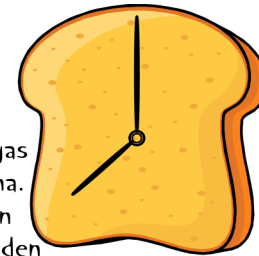
Recordatorio

¿Sabía que puede solicitar comidas gratis a precio reducido en cualquier momento durante el año escolar?

Llame a la oficina de servicio de alimentos: 587-1487

NO MIRE EL RELOJ.

¡Un reloj no te puede decir siempre cuando hay que desayunar! Come en casa, antes de empezar el día o cuando llegues a donde vayas o come algo a media mañana. Las investigaciones sugieren incluso que los niños aprenden y se sienten mejor cuando comen DOS desayunos saludables más pequeños.



**COME, JUEGA, VIVE, Y APRENDE MEJOR
¡LA SALUD ES UNA FORMA DE VIDA!**

viernes, marzo 1

desayuno

Rollo de patata dulce de yogurt de

almuerzo

Pizza, Brócoli cocido al vapor, Mezcla de verduras frescas con hummus o rancho

DISPONIBLE A DIARIO

Opciones alternativas de escuelas primarias:

- ~Crema de maní y mermelada (Escuela Jackson Street)
- ~Sunbutter y mermelada (Escuelas sin maní)
- ~Sándwich de queso a la plancha
- Ensalada

Hay leche disponible cada día - 1% blanca, descremada de chocolate.

Hay fruta fresca todos los días.

Ahora ofrecemos "My School Bucks" un portal de internet conveniente y seguro para hacer pagos y de información para padres. Vaya a www.myschoolbucks.com para inscribirse en una cuenta gratis.

Precios de comida
Desayuno: \$1.25; Almuerzo: \$2.75
La compra de leche sin comida es de \$0.50, independientemente de la calificación de beneficios de comida

lunes, marzo 4

desayuno

Pastelillo y palitos de queso

almuerzo

Sándwich de queso a la plancha y sopa de tomate
Papas Fritas

martes, marzo 5

desayuno

Bagel con queso crema o crema solar y yogurt de

almuerzo

Tazó de burrito de pollo
Ensalada de frijol negro y maíz

miércoles, marzo 6

desayuno

Postre helado de fruta y yogurt con granola

almuerzo

Tostada frencesa caliente y salchicha
Maíz al vapor Palitos de apio con salsa

jueves, marzo 7

desayuno

Palito de queso y pan de frutas

almuerzo

Macarrones de hamburg
Brocolí

viernes, marzo 8

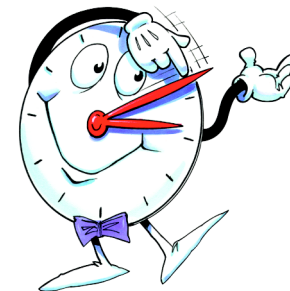
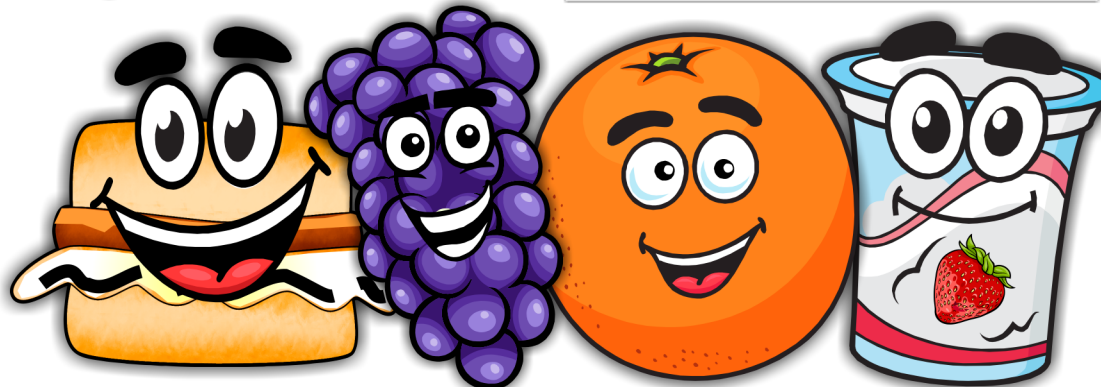
desayuno

Rollo de patata dulce de yogurt de

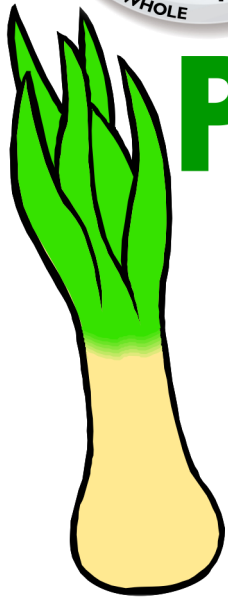
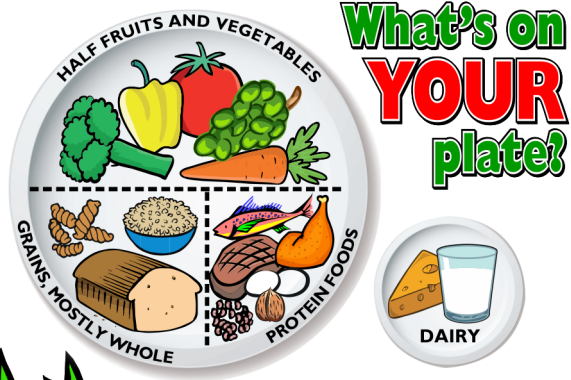
almuerzo

Pizza Brócoli cocido al vapor, Ensalada Lateral Con Aderezo Surtido

vengan con nosotros para **Breakfast@School**



¡No te olvides de adelantar tus relojes una hora el domingo 10 de marzo!



P: ¿Qué puedes hacer con un PUERRO?

- A. ¡Darle un hueso!
- B. ¡Jugar a la pelota!
- C. ¡IR DE PASEO!
- D. Nada de lo anterior

R: La respuesta es D, Nada de lo anterior. ¡Las otras opciones son para "PERROS", no para "PUERROS"! Los puerros son verduras con sabor suave de la familia de las cebollas, que a menudo se usan para dar sabor a sopas, pero también se pueden comer salteadas en rodajas.

Aprende más en www.CHOOSEMYPLATE.gov o www.kidshealth.org/kid/stay_healthy/food/pyramid.html#cat119

NUTRITION TO GO

No hay muchos alimentos tan completos como las papas frescas. Están cargadas de hidratos de carbono complejos, y también suministran proteínas y muchas vitaminas y minerales. La piel contiene realmente más fibra, hierro, calcio y otros agentes nutritivos por peso que la carne. Las papas procesadas no son tan nutritivas como las frescas.

A QUICK BITE FOR PARENTS

lunes, marzo 11

desayuno

Pastelillo y palitos de queso

almuerzo

Sándwich de pollo
Papas Fritas
Judías verdes

martes, marzo 12

desayuno

Bagel con queso crema o crema solar y yogur de

almuerzo

Nacho Martes
Carne de Taco, Lechuga, Tomate, Queso, Salsa, Crema Agria
Frijoles Negros

miércoles, marzo 13

desayuno

Postre helado de fruta y yogurt con granola

almuerzo

Molinillo de albóndigas
Maíze

jueves, marzo 14

desayuno

Palito de queso y pan de frutas

LOCAL almuerzo

Papa Asada
Con Una Selecció de Chili, Queso, Creama Agria y Brocolí
Ensalada de Zanahorias y Pasa
Pretzel al horno

viernos, marzo 15

desayuno

Rollo de patata dulce de y yogurt de

almuerzo

Medio día en bolsas de almuerzos disponibles

lunes, marzo 18

desayuno

Pastelillo y palitos de queso

almuerzo

Pollo y waffles Picaduras de pollo sin hueso Mini WG Waffles Smiley
Fries Frijoles al horno

martes, marzo 19

desayuno

Bagel con queso crema o crema solar y yogur de

almuerzo

Sándwich de pollo a la barbacoa, Pretzels crujientes, Palitos De Zanahoria Y Hummus Dip

miércoles, marzo 20

desayuno

Postre helado de fruta y yogurt con granola

almuerzo

¡Desayuno tardío! Pila de panqueques con cobertura de fruta caliente y salchicha Maíz al vapor Palitos de apio con salsa

jueves, marzo 21

desayuno

Palito de queso y pan de frutas

almuerzo

Dunkers Italianos
Pan con queso y salsa marinara Asada Judías verdes
Ruedas de pepino y inmersión

viernos, marzo 22

desayuno

Rollo de patata dulce de y yogurt de

almuerzo

Pizza Brócoli cocido al vapor, Ensalada Lateral Con Aderezo Surtido

lunes, marzo 25

desayuno

Pastelillo y palitos de queso

almuerzo

Queso Mozzarella De Palitos Con Salsa Marinara, Brócoli cocido al vapor, Rollitos De Cena

martes, marzo 26

desayuno

Bagel con queso crema o crema solar y yogur de

almuerzo

Pollo Teriyaki sobre arroz integral sazonado, zanahorias deliciosas, ensalada de cuatro frijoles

miércoles, marzo 27

desayuno

Postre helado de fruta y yogurt con granola

almuerzo

Licitaciones de Pollo y Dip, Judías Verdes, Smiley Fries, Rollitos De Cena

jueves, marzo 28

desayuno

Palito de queso y pan de frutas

almuerzo

Perrito caliente en un rollo, Frijoles al horno, Maíze

viernos, marzo 29

desayuno

Rollo de patata dulce de y yogurt de

almuerzo

Pizza, Brócoli cocido al vapor, Mezcla de verduras frescas con hummus o rancho



Jackson Street School 2018-2019 Grocery Card Fundraiser

Want to benefit Jackson Street School **every time you buy groceries?**

Support the PTO and Jackson Street School
by buying grocery gift cards
to River Valley Coop, Big Y, and Stop & Shop.



- Jackson Street School **PTO receives 5-10%** of the value of each gift card to support the school.
- Gift cards cost and are worth their face value - **you pay NO extra money.**
- Buy as many as you want in \$25, \$50, or \$100 increments.
- Submit your order form and payment in the school office each month (dates are listed to the right). Orders will be available on the Pick-Up Day under the Be Kind mural near the playground at morning drop-off (8:30-9:00am) and afternoon pickup (3:00-3:30pm).
- If you have any questions please contact Ashley Miller at ashleyandkeith@yahoo.com.

2018-2019 ORDER SCHEDULE	
ORDERS DUE	PICK-UP DAY
Mon Sept 17	Fri Sept 21
Mon Oct 8	Fri Oct 12
Mon Nov 5	Fri Nov 9
Mon Dec 3	Fri Dec 7
Mon Jan 7	Fri Jan 11
Mon Feb 4	Fri Feb 8
Mon Mar 4	Fri Mar 8
Mon Apr 8	Fri Apr 12
Mon May 6	Fri May 10
Mon Jun 3	Fri Jun 7



Thank you for supporting Jackson Street School!



Jackson Street School 2018-2019 Grocery Card Fundraiser ORDER FORM

Date: _____

Name: _____

Student name: _____

Room # _____

Phone: _____

Email: _____



# cards	Total
____ \$25 Gift Card	\$_____
____ \$50 Gift Card	\$_____
____ \$100 Gift Card	\$_____



# cards	Total
____ \$25 Gift Card	\$_____
____ \$50 Gift Card	\$_____
____ \$100 Gift Card	\$_____



# cards	Total
____ \$25 Gift Card	\$_____
____ \$50 Gift Card	\$_____
____ \$100 Gift Card	\$_____

Total enclosed: \$_____

____ Check enclosed (*made payable to "Jackson Street School PTO" with "Grocery Card Fundraiser" in the memo.*)

____ Please charge my credit card:

MasterCard or VISA # _____

Name on card _____

Billing Address _____

Exp. (mo/yr) _____ 3 digit code (back of card) _____

Signature _____

Please return this form to the Grocery Card order box on the back counter in the school office.

Thank you supporting Jackson Street School !



Jackson Street School 2018-2019 Recaudación de fondos de la tarjeta de comestibles

¿Quieres beneficiar a Jackson Street School cada vez que compras comestibles?

Ayuda al PTO y a la Jackson Street School
comprando tarjetas de regalo de supermercado
a River Valley Coop, Big Y, y Stop & Shop.



- El PTO de Jackson Street School recibe del 5 al 10% del valor de cada tarjeta de regalo para apoyar a la escuela.
- Las tarjetas de regalo cuestan y valen su valor nominal: **usted no paga NINGÚN dinero extra.**
- Compre tantos como desee en incrementos de \$25, \$50 o \$100.
- Traiga su formulario de pedido y el pago a la oficina de la escuela cada mes (las fechas se enumeran a la derecha). Las tarjetas estarán disponibles el día de la entrega debajo del mural Be Kind, cerca del parque infantil, al dejar a la mañana (8:30-9:00am) y en la tarde (3:00-3:30pm).
- Si tiene alguna pregunta por favor contacte a Ashley Miller en ashleyandkeith@yahoo.com.

2018-2019 HORARIO DE PEDIDO

LA FECHA TOPE	DIA DE LA ENTRAGO
L sept 17	V sept 21
L oct 8	V oct 12
L nov 5	V nov 9
L dic 3	V dic 7
L enero 7	V enero 11
L feb 4	V feb 8
L marzo 4	V marzo 8
L abr 8	V abr 12
L mayo 6	V mayo 10
L jun 3	V jun 7



¡Gracias por ayudar a Jackson Street School!



Jackson Street School 2018-2019 Recaudación de fondos de la tarjeta de comestibles FORMULARIO DE PEDIDO

Fecha: _____

Nombre: _____

Nombre del estudiante: _____ Aula# _____

Teléfono: _____ Email: _____



# cartas	Total
_____ \$25 Tarjeta de regalo	\$ _____
_____ \$50 Tarjeta de regalo	\$ _____
_____ \$100 Tarjeta de regalo	\$ _____



# cartas	Total
_____ \$25 Tarjeta de regalo	\$ _____
_____ \$50 Tarjeta de regalo	\$ _____
_____ \$100 Tarjeta de regalo	\$ _____



# cartas	Total
_____ \$25 Tarjeta de regalo	\$ _____
_____ \$50 Tarjeta de regalo	\$ _____
_____ \$100 Tarjeta de regalo	\$ _____

Total adjunto: \$ _____

_____ El cheque adjunto (*a nombre de "Jackson Street School PTO" con "Grocery Card Fundraiser" en la nota*).

_____ Por favor cargue mi tarjeta de crédito:

MasterCard o VISA # _____

Nombre en la tarjeta _____

Dirección en la tarjeta _____

Exp. (mes/año) _____ 3 número código de seguridad (dorso de la tarjeta) _____

Firma _____

Por favor traiga este formulario a la oficina principal.

¡Gracias por ayudar a Jackson Street School!