School Picture Day will be Thursday, October 28th! More info soon.

DEAR FAMILIES -

PLEASE REVIEW THESE REMINDERS

ATTENDANCE: Please call or e-mail the school before 8:30 if your child is going to be absent or tardy. Voicemail is available 24/7.

Phone: 860-442-2593 then press ‘0’.

E-mail: gn@waterfordschools.org.

DAILY DISMISSAL: Please send in a note for any changes in dismissal, i.e. early pick up, not taking the bus, etc. We have complimentary “A Note to School” notepads for your use. Let us know if you would like one! While we understand that plans may change during the day, our procedure is that you notify us before noon with any changes.

BUSES: Students are not permitted to ride a bus other than the one they are assigned to. They may get off at a different stop on their same bus, but cannot switch buses, with the exception of a permanent daycare arrangement.

Thank you!
School Breakfast and Lunch are being provided at no cost for all students!

Reminder to please send in your Summer Reading and Math Logs!

Click here for the complete 2021-22 School Year Calendar.
This link will re-direct you to the Waterford Public Schools’ website.
Attn: Great Neck Parents/Guardians

I would like to extend an opportunity for our Great Neck families to connect and collaborate as we discuss various social and emotional learning topics and those related to early childhood development and behavior. Please RSVP to any of the zoom dates listed below if you wish to meet virtually with Brittany Valentine, Great Neck Elementary School Social Worker, and/or support staff.

Common topics include childhood anxiety, family changes and adjustments, grief/loss, challenging behaviors, feeling identification, self-regulation, promoting positive self-image, and social skill-building.

*Zoom times will be provided individually as to protect student/family privacy on a first come, first reserved basis. But as always, please do not hesitate to contact the school with any questions or concerns that you may have about your child.*

**Family First Friday dates:** 9:00-10:30 a.m. via Zoom (link to be provided upon RSVP)

*October 1st, November 5th, December 3rd, January 7th, Feb 4th, March 4th, April 1st, May 6th.*

* bvalentine@waterfordschools.org 860-442-2593 x3145.
### Breakfast

**SEPTEMBER 2021**

**WATERFORD PUBLIC SCHOOLS**

**ALL STUDENT MEALS FREE THROUGH JUNE 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<td>School Holiday</td>
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<tr>
<td>Cereal or Warm muffin</td>
<td>Cereal or Warm muffin</td>
<td>Egg &amp; cheese breakfast</td>
<td>Cereal or Warm muffin</td>
<td>Whole-grain donut stick</td>
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<tr>
<td>100% fruit juice</td>
<td>100% fruit juice</td>
<td>Sandwich or warm muffin</td>
<td>100% fruit juice</td>
<td>Or warm muffin</td>
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<tr>
<td>Cereal or Cinnamon roll</td>
<td>Cereal or Cinnamon roll</td>
<td>Egg &amp; cheese breakfast</td>
<td>Cereal or Mini French toast/syrup cup</td>
<td>Yogurt, cheese stick, Whole-grain donut stick</td>
</tr>
<tr>
<td>100% fruit juice</td>
<td>100% fruit juice</td>
<td>Sandwich or warm muffin</td>
<td>100% fruit juice</td>
<td>School granola bars or Warm muffin</td>
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<tr>
<td>Fresh fruit choice</td>
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<tr>
<td>Cereal or Cinnamon roll</td>
<td>Cereal or Cinnamon roll</td>
<td>Whole-grain donut stick</td>
<td>Cereal or Goody ring</td>
<td>Cereal or Warm muffin</td>
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<td>100% fruit juice</td>
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**SECOND MEAL PRICES**

- Elem: $2.25, CLMS: $2.50, WHS $2.75
- Milk $0.75

### Lunch

**SEPTEMBER 2021**

**K-8**

**ALL STUDENT MEALS FREE THROUGH JUNE 2022**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
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<td>School Holiday</td>
<td>School Holiday</td>
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<tr>
<td>Cereal or Warm cheese soup</td>
<td>Cereal or Warm cheese soup</td>
<td>Cheese Pizza</td>
<td>Crispy Chicken patty on a Roll</td>
<td>Mozzarella Sticks</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Yogurt</td>
<td>Crunchy cracker w/ Cheese</td>
<td>Oven fries</td>
<td>Marinara sauce cup</td>
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<tr>
<td>Baby carrots</td>
<td>Baby carrots</td>
<td>Fresh Apple</td>
<td>Green peas</td>
<td>Broccoli caesar</td>
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<tr>
<td>Mango juice</td>
<td>Mango juice</td>
<td>Milk</td>
<td>100% fruit juice</td>
<td>Milk</td>
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<td>Milk</td>
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<td>10</td>
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<tr>
<td>Cereal or Warm cheese soup</td>
<td>Cereal or Warm cheese soup</td>
<td>Classic chicken nuggets</td>
<td>All American Cheeseburger</td>
<td>&quot;New&quot; Cheesy Pull-apart Buns</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Yogurt</td>
<td>With dipping sauce</td>
<td>On a WG Bun</td>
<td>Marinara sauce</td>
</tr>
<tr>
<td>Baby carrots</td>
<td>Baby carrots</td>
<td>Mashed potatoes</td>
<td>Baked Beans</td>
<td>Broccoli Dippers w/ranch</td>
</tr>
<tr>
<td>Mango juice</td>
<td>Mango juice</td>
<td>Golden corn</td>
<td>Sweet potato fries</td>
<td>Spinach dip</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Dinner roll</td>
<td>Sidekick (100% fn fruit juice)</td>
<td>Diced peaches</td>
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<td>11</td>
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<tr>
<td>Cereal or Warm cheese soup</td>
<td>Cereal or Warm cheese soup</td>
<td>Italian Dipper Bread sticks</td>
<td>School Holiday</td>
<td>Pizza Slice</td>
</tr>
<tr>
<td>Yogurt</td>
<td>Yogurt</td>
<td>With Sauce &amp; meatballs</td>
<td>School Holiday</td>
<td>Romaine Garden Salad</td>
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<tr>
<td>Baby carrots</td>
<td>Baby carrots</td>
<td>Steamed Broccoli</td>
<td></td>
<td>Baby carrots w/ ranch</td>
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<tr>
<td>Mango juice</td>
<td>Mango juice</td>
<td>Chilled ears</td>
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<td>Farm Fresh Apple</td>
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<tr>
<td>Cereal or Warm cheese soup</td>
<td>Cereal or Warm cheese soup</td>
<td>Penne' pasta with meat sauce</td>
<td>Deli Turkey &amp; cheese</td>
<td>Pizza Bites</td>
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<tr>
<td>Yogurt</td>
<td>Yogurt</td>
<td>Green bean</td>
<td>Grilled cheese</td>
<td>Marinara sauce cup</td>
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<td>Baby carrots</td>
<td>Baby carrots</td>
<td>Green bean</td>
<td>Diced pears</td>
<td>Spinach salad</td>
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<td>Mango juice</td>
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<td>Diced pears</td>
<td>Diced pears</td>
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<tr>
<td>Cereal or Warm cheese soup</td>
<td>Cereal or Warm cheese soup</td>
<td>French toast sticks with syrup</td>
<td>French toast sticks with syrup</td>
<td>French toast sticks with syrup</td>
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<tr>
<td>Yogurt</td>
<td>Yogurt</td>
<td>Hash brown patty</td>
<td>Hash brown patty</td>
<td>Hash brown patty</td>
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<tr>
<td>Baby carrots</td>
<td>Baby carrots</td>
<td>Mango wangle juice</td>
<td>Mango wangle juice</td>
<td>Mango wangle juice</td>
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<tr>
<td>Apple juice</td>
<td>Apple juice</td>
<td>Cinnamon apple slices</td>
<td>Cinnamon apple slices</td>
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<td>Milk</td>
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</tbody>
</table>

**SECOND MEAL PRICES**

- Elem: $2.25, CLMS: $2.50, WHS $2.75
- Milk $0.75

**All grain-based items offered at breakfast are Whole Grain Rich which means that at least 50% of the grains in the item are whole grain, and all other grains are enriched.**

**Milk choices:** 1% white or Fat Free flavored  
All breakfasts include 1 cup of fruit if WG = whole grain  
Cereal offered daily  
This institution is an Equal Opportunity Provider  
**Note:** menu subject to change.

**Alternate meal choice offered daily**

**ALTERNATE YOGURT MEAL AVAILABLE DAILY**

- **YOGURT, CHEESE STICK, BABY CARROTS, CRABISINS, PRETZEL GOLDFISH, MANGO JUICE**

  **Milk choices include 1% white or fat free flavored**

  **LOCALLY GROWN GARDEN SALAD OFFERED WHEN AVAILABLE.**
Waterford School Dining and Nutrition Services

Waterford School Dining and Nutrition Services welcomes you back to school with great news! For the school year 2021-2022, Waterford Public Schools have opted to participate in the Seamless Summer Option (SSO) of the National School Lunch program. This means that all students enrolled in our schools are entitled to receive a daily breakfast and lunch FREE of charge! We are still accepting Free & Reduced applications. Please fill out for additional benefits (i.e. eligibility for programs such as Pandemic Electronic Benefit Transfer, discounted technology, Wi-Fi programs, and more).

Our Free & Reduced applications and monthly menus may be found on the district website for your convenience.

We take your child’s health seriously. Our kitchens offer a variety of tasty, healthy breakfasts and lunches students can choose from every day. Menus are aligned with state and federal standards and our own Wellness Policy. We oven-bake rather than fry foods and we serve items made with reduced fats, sodium and sugars. We offer fresh locally grown produce, whole grains and lower-calorie, right-sized snacks. Waterford Public Schools follow the “offer vs. serve” model in an effort to educate and inform students on developing healthy food habits. This model empowers students to make healthy choices and reduce food waste.

### The 5 Meal Components for School Lunch

1. Meat or Meat Alternate
2. Grain
3. Fruit
4. Vegetable
5. Milk

You choose at least 3 including:
- ½ cup of fruit or vegetable
- at least two other full components

For best nutrition, choose all 5!
WATERFORD SCHOOL DINING & NUTRITION SERVICES

Is Milk Free?

Milk comes with all of our complete reimbursable meals. A carton of milk alone to go with lunch from home is not free.

However, because of the “Pick 3 = a Meal Option”, a student is allowed to choose a fruit, a milk and one other item to enhance their lunch from home for free.

Does your child have an allergy?

Check our website for allergy information and for the medical meal modifications form needed for our nurses & cooks to accommodate special diets as ordered by your child’s healthcare physician.

Food Supply Update

Nationwide food and supplies shortages have created uncertainty about the availability of items for school meal programs. In response, we sometimes have short notice of unavailable items and replacements. In addition, we occasionally have unusually short staffed child nutrition teams. We will do all that we can to serve our planned menus. However, substitutions may be necessary and menu variety may be limited. We appreciate your patience, flexibility and partnership as we work to overcome these challenges.

Next Month - Be sure to check out our menus for fun “Wild About School Lunch” National School Lunch Week themed items from October 12th through 15th!

◆ Staff & Adult Lunch meals are available for $5.00 ◆ Call 860-444-5862 to set up accounts ◆
The sky's the limit and then some.

Ready for action that's out of this world? Join Cub Scouts for adventures that go above and beyond anything you've done before.

JOIN A PACK TODAY AT BEASCOUT.ORG

Pack 36 Movie and Joining Night
Friday, Sept 17th @ 7:00pm
Saint Paul Church 170 Rope Ferry Rd, Waterford
Open to anyone interested in joining Scouting
beascout.org
For further information contact
waterfordpack36@gmail.com
Waterford High School Class of 2022

Annual 5K

VIRTUAL

Turkey Trot!

November 20th through November 27th 2021

Great Neck School • 165 Great Neck Road • Waterford, CT

- $30 Registration Fee
- T-Shirts for all registrants
- Awards for the top runner in each age group

*Male Awards* (14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 and older) *Female Awards*

Mail Form and Non-Refundable Fee to:
Waterford High School
c/o Megan Gwudz
20 Rope Ferry Rd. Waterford CT 06385

Checks payable to: WHS SAF (Waterford High School Student Activity Fund)

Print or Type Last Name: __________________________ First Name: ___________________________ Sex: _____ Age: _____

Address: __________________________________ City: ____________________________

State: _____ Zip: __________ Telephone: ___________________________ T-shirt Size: YS YM YL S M L XL

Signature (parent or guardian must sign if under 18): __________________________

In consideration of acceptance of this entry, I the undersigned intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I have against Waterford High School, and any and all associated parties, race organizers, sponsors and volunteers for any and all injuries suffered by me in connection to the event; Waterford High School’s 5K Turkey Trot 2021. I attest and verify that I am physically fit and have sufficiently trained to participate in the 5K Turkey Trot 2021. Further, I hereby grant permission to any and all foregoing to use my photos, videotapes, or any other record of this event without compensation.
Hosted By:

WATERFORD POLICE DEPARTMENT

LANGLEY’S
28 Lamphere Road, Waterford, CT 06385

INDOOR & OUTDOOR DINING AVAILABLE

THURSDAY, SEPTEMBER 16
5 PM - 9 PM

WWW.SOCT.ORG
#CTLETR

100% OF TIPS OFFICERS RECEIVE WILL SUPPORT SPECIAL OLYMPICS CONNECTICUT.