Mrs. Hall's 4th Graders Help Harvest GN Garden
GNS students celebrated International Day of Peace September 21, 2021

Start With Hello Week

5th Grade "Greeters" welcomed students throughout GNS all this week.
As a thank you to our local first responders, WPD & Goshen FD received bountiful baskets of snacks donated by GNS families and staff!

Thanks again to our generous families and staff who donated a total of $1,500 to benefit the James Greenleaf Memorial Scholarship Fund.
Waterford Elementary
BAND & ORCHESTRA

Registration is happening now.
Take advantage of these amazing in-school opportunities!

Beginner lessons start in October.

BAND is available to 4th and 5th grade students.

ORCHESTRA is available to 3rd, 4th, and 5th grade students.

Contact Mrs. Nelson for band at mnelson@waterfordschools.org

Contact Mr. McCleary for orchestra at wmccleary@waterfordschools.org
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 1\(^{st}\), November 5\(^{th}\), December 3\(^{rd}\), January 7\(^{th}\), Feb 4\(^{th}\), March 4\(^{th}\), April 1\(^{st}\), May 6\(^{th}\).

bvalentine@waterfordschools.org 860-442-2593 x3145.
## Free Breakfast & Lunch 2021-22 School Year!

### September 2021

**Waterford Public Schools**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tr>
<td>Cereal or Cinnamon roll 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Cereal or Warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Egg &amp; cheese breakfast Sandwich or warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Cereal or Cinnamon roll 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Whole-grain donut stick Or warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
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<tr>
<td>SCHOOL HOLIDAY</td>
<td>Mini pancakes/ syrup cup or warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Egg &amp; cheese breakfast Sandwich or warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Cereal or Whole-grain donut stick 100% fruit juice Fresh fruit choice Milk choice</td>
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<td>Ultimate breakfast round w/ cheese stick or Warm muffin 100% fruit juice Fresh fruit choice Milk choice</td>
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<td>Warm muffin or Turkey sausage biscuit 100% fruit juice Fresh fruit choice Milk choice</td>
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**Second Meal Prices**
- Elem: $2.50, CLMS: $2.50, WHS: $2.50
- Milk: $0.75

### Alternate Meal Choice Offered Daily

- **Milk** meal option: To enhance meals brought from home we have a milk meal option. Milk + any 2 choices from our serving line is a free meal. Milk alone is a $0.75 charge.

### Notes:
- All student meals free through June 2022
- All grain-based items offered at breakfast are Whole Grain Rich which means 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
- Cereal offered daily
- This institution is an equal opportunity provider
- World School Milk Day Sept 29th

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### Lunch

**September 2021 K-8**

<table>
<thead>
<tr>
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<th>Thursday</th>
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<tbody>
<tr>
<td>School Holiday</td>
<td>Hotdog on a roll Vegetarian baked Beans Oven crisp fries Orange smilies Milk</td>
<td>Soft Pretzel Warm cheese soup Yogurt Baby carrots Mango juice Milk</td>
<td>Cheese Pizza Crunchy carrot dippers w/ Ranch Fresh Apple Milk</td>
<td>Crispy Chicken patty on a Roll Oven fries Green peas 100% fruit juice Milk</td>
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<tr>
<td>Cereal or Cinnamon roll 100% fruit juice Fresh fruit choice Milk choice</td>
<td>Chicken &amp; Waffles with syrup cup Potato puffs Steamed carrots 100% apple juice Milk</td>
<td>Classic chicken nuggets With dipping sauce Mashed potatoes Golden corn Dinner roll Crisins Milk</td>
<td>All American Cheeseburger On a WG Bun Baked Beans Sweet potato fries Sidakick (100% fruit juice) Milk</td>
<td>Mozzarella Sticks Marinara sauce cup Broccoli milk Dinner roll Diced peaches Milk</td>
</tr>
<tr>
<td>Hotdog on a roll Vegetarian baked Beans Oven crisp fries Orange smilies Milk</td>
<td>Italian Dipper Bread stick With Sauce &amp; meatballs Steamed Broccoli Chilled peas Milk</td>
<td>Popcorn Chicken Bowl with mashed potatoes Gravy &amp; corn Dinner roll Fresh Apple Milk</td>
<td>Penne' pasta with meat sauce Grilled beef Garlic bread Diced pears Milk</td>
<td>&quot;New&quot; Cheesy Pull-a-parts Marinara sauce Broccoli Dippers w/ ranch Grape tomato cup Diced peaches Milk</td>
</tr>
<tr>
<td>Toasted Cheese Sandwich Sliced cucumber Goldfish crackers Applesauce milk</td>
<td>National Chocolate Milk Day Chicken Giggles &amp; Smile fries Pasta &amp; carrots Dinner roll 100% apple juice Milk</td>
<td>Soft Beef Tacos Steamed sweet corn Seasoned Brown Rice Salsa cup Pineapple chunks Milk</td>
<td>Mini ravioli with sauce Chic ppa &amp; cucumber salad Garlic knot Diced pears Milk</td>
<td>Deli Turkey &amp; cheese Grindar Baby carrots with ranch cup Goldfish pretzels 100% fruit juice Milk</td>
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**Second Meal Prices**
- Elem: $3.25, CLMS: $3.50
- Milk: $0.75

**Alternate Yogurt Meal Available Daily:** Yogurt, cheese stick, baby carrots, raisins, pretzel, goldfish, mango juice

**Milk Choices:** Include 1% white or fat free flavored

*Locally grown garden salad offered when available.*
### October 2021
#### K-12

**Monday**
- Whole grain donut stick
- Or warm muffin
- 100% fruit juice
- Fresh fruit choice
- Milk choice

**Tuesday**
- Egg & cheese breakfast
- Sandwich or warm muffin
- 100% fruit juice
- Fresh fruit choice
- Milk choice

**Wednesday**
- Cereal or Mini French toast/syrup cup
- 100% fruit juice
- Fresh fruit choice
- Milk choice

**Thursday**
- Yogurt, cheese stick, Scooby graham or Warm muffin
- 100% fruit juice
- Fresh fruit choice
- Milk choice

**Friday**
- Cereal or Cinnamon roll
- 100% fruit juice
- Fresh fruit choice
- Milk choice

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**School Holiday**

**Ultimate breakfast round w/ cheese stick or Warm muffin**
- 100% fruit juice
- Fresh fruit choice
- Milk choice

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**Lunch**

**Monday**
- Chicken patty w/bun
- Oven fries
- Peas
- 100% orange juice
- Milk choice

**Tuesday**
- All American Cheeseburger
- On a WG Bun
- Baked Beans
- Sweet potato fries
- Sideskick (100% fnz fruit juice)
- Milk choice

**Wednesday**
- Cheesy Pull-a-parts
- Marinara sauce
- Broccoli Dippers
- Wrath
- Grape tomato cup
- Diced peas
- Milk choice

**Thursday**
- Chicken & Waffles
- with syrup cup
- Potato puffs
- Steamed carrots
- 100% apple juice
- Milk choice

**Friday**
- Cheese pizza
- Baby carrots w/ ranch
- Fresh apple
- Milk choice

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**Alternate Yogurt Meal Available Daily**
- YOGURT, CHEESE STICK, BABY CARROTS, CRAISINS, PRETZEL, GOLDFISH, MANGO JUICE

Milk choices include 1% white or fat free flavored.
WATERFORD

HARVEST

FESTIVAL

OCTOBER 9, 2021

12 - 4PM

WATERFORD BEACH PARK

CONCERT

2:00 TO 4PM

Events:

Children's Helmet Rodeo
(yes a new bike helmet)

Touch a Truck

Food Vendors

Arts and Crafts Vendors

If you are interested in being a vendor contact Waterford Recreation & Parks at 860-444-5881 (no fee to be a vendor to participate!)

Rivergods

Bring your beach chair or blanket and enjoy the music!

THERE WILL BE TABLES OF INFORMATION FOR FAMILIES, PUMPKINS FOR KIDS TO PAINT AND TAKE HOME AND OTHER ACTIVITIES.
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  VS 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.
INSTRUCTIONAL LEAGUE

open to Girls & Boys
Grade 1 - Grade 3

Register Online
Registration Sept 20th - Oct 22nd
www.waterfordbasketball.assn.la

The Waterford Recreational Basketball organization is excited to open registration for our Instructional League for players in Grades 1 - 3. The primary goal is to introduce players to the basic components of basketball through highly interactive and FUN skill development exercises. We hope players walk away with a new appreciation for the game and in the end increase Waterford Recreational Basketball’s player pipeline.

Sessions One Night Per Week
Session Time By Grade
(contingent on registration counts)

Early December to Early February - Elementary School TBD

Player Cost: $50
Cost includes a basketball & t-shirt for each participant

Sessions structured by grade level:

1st & 2nd Grade: Interactive drills and fundamental skill development, keeping players engaged and having a blast

3rd Grade: Interactive drills, increasing fundamental skill development and transitioning mid-way into game play during their set time slot.

** WRB NEEDS VOLUNTEERS**

To make the season successful, WE NEED VOLUNTEERS!!!! We have several open positions including an Instructional Commissioner and Instructional Coaches. No previous coaching experienced required, league support provided regarding session structure for fun drills and interactive games. WHS students gaining LTS hours will be available to assist. Interested?? Reach out to Waterfordbballboard@gmail.com.

Questions?? E-mail Waterfordbballboard@gmail.com / Board http://waterfordbasketball.assn.la. Please LIKE our Waterford Recreational Basketball Facebook page for league communications.
Waterford Recreational Basketball is excited to offer two levels of play this season: Recreational for Grade 4-8 & NEW Travel for Boys & Girls in Grades 6-8

Recreational Play: Boys & Girls - Grades 4-8
NEW Travel Play: Boys & Girls - Grades 6-8

Travel Teams will be formed during a try-out one week prior to recreational evaluations. WRB will establish one team for each grade to represent Waterford in local tournaments. Based on the success of the travel program, we will evaluate extending to lower grades in the coming seasons. To ensure the extension of our services do not negatively impact the organization, we will be requiring Travel players to also play on a Recreational Team.

Recreational & Travel teams will have weekday practices & weekend games. Practices and games will be coordinated to avoid scheduling impacts and team schedules will be shared with player families following team drafts.

**WRB NEEDS VOLUNTEERS**

To make the season successful, volunteers are needed!! We have several open board & coaching positions and will need support during weekend games. Please reach out to Waterfordbballboard@gmail.com if you are interested and/or want to learn more.

Registration Costs

Recreational: Multi-Child Discount
- 1st: $100
- 2nd: $80 / 3rd: $65
- Family Max: $245
- Late Registration: $20

Travel: $200 Per Player

Costs cover: Uniforms, insurance, referee fees & travel games (for travel teams)

Key Dates

Early to Mid-November:
- Player Clinics
- Travel Tryouts
- Recreational Evaluations

Late Nov to Early December:
- Recreational & Travel Practices
- Recreational & Travel Games

Final dates will be shared via email & social media to registered families in the coming weeks.

Questions?? E-mail Waterfordbballboard@gmail.com / Board http://waterfordbasketball.assn.la
Please LIKE our Waterford Recreational Basketball Facebook page for league communications.
WHS LTS
Opportunity

Waterford Recreational Basketball
Is Looking for Waterford High School Volunteers

No Experience Needed

Coaching Support for Instructional League
Girls and Boys in Grades 1 - 3

Early December to early February
Elementary School Gyms
(3) one-hour sessions between 5:30-8:30

No basketball experience required.
Have fun supporting coaches with drills, group work and scrimmages.
Volunteer to support the entire season or for individual nights.

If interested, please reach out to WaterfordBBallBoard@gmail.com
Please LIKE our Waterford Recreational Basketball Facebook