



GREAT NECK NEWSLETTER

March 8, 2024

UPCOMING EVENTS & ACTIVITIES

March 13	GN PTA Meeting– GN Library	5:30pm
March 24	GN Pool Party– WHS pool	12:30-2:30pm
March 25	Dine to Donate– Crown Pizza	10am-9:30pm
March 29	School Holiday– NO SCHOOL	
April 2	Professional Development– NO SCHOOL	
April 7	GN Pool Party– WHS pool	12:30-2:30pm



Get a glimpse of what's going on inside the school by clicking [here](#)



Dear Great Neck Music Families,

March 2024

Great Neck School is thrilled to announce the date of the elementary spring concert with a different venue for the evening family concert at the High School !!

You are cordially invited to the:

Great Neck School Spring Concert

Monday, April 1, 2024

6:00 PM*

Waterford High School Auditorium

Chorus, Orchestra, & Band Ensembles

(4th & 5th Grade Ensemble members only)





IMPORTANT REMINDER

Drop-off times at Great Neck Elementary School for **all students** in grades PK-5 are between **8:25 and 8:35 a.m.** Please do not arrive more than 5 minutes early and please DO NOT drop your students off and leave them outside the door without adult supervision. Great Neck Staff come out for arrival to greet and assist students at 8:25 a.m. **Please remain in your vehicle with your child/children** until Great Neck Staff come outside to begin the arrival process. Student safety is important and we want to ensure all students are always supervised.

Dismissal time for Walkers is 3:05 p.m. Students do not come outside to be unified with their parent/guardian/family member until 3:05 p.m. Please do not arrive too early. Recently we have noticed multiple cars arriving before 2:30 p.m. This results in traffic back-ups on Goshen Road. Please do your best to arrive at dismissal time, which is 3:05 p.m. If you need to arrive early, please park in the overflow lot until it is time to pull into the lot. Thank you for your cooperation.

Lastly, **DO NOT under any circumstances** pull into the bus lane during arrival and/or dismissal times. There should not be any vehicles other than school transportation vehicles in the bus lane between 8:15 a.m. and 8:40 a.m. AND between 3:00 p.m. and 4:00 p.m.

We appreciate everyone's willingness to work together to make our arrival and dismissal processes as safe and smooth as possible. For those of you that have other adults picking up your children, please share this important information with them. Thank you.



In continuation of our **Kindness Campaign**, our next project will be to stock the pantry! We'd like to ask you to donate your favorite breakfast foods and snacks to help us fill the **Waterford Food Bank**. The pantry could use non-perishable breakfast and snack items such as:

- * Pancake or waffle mix
- * Cereal or Oatmeal
 - * Syrup
- * Peanut Butter
- * Granola Bars
- * Pop Tarts
- * Crackers
- * Cookies
- * Fruit Snacks

We will be collecting now through March 27th. Stay tuned for an exciting update to this portion of our Kindness Campaign! Thank you in advance for your kindness and generosity. If you have any questions please contact Mrs. Reed at ereed@waterfordschools.org.

GREAT NECK FITNESS TEST

HOW TO BE THE BEST YOU CAN BE!

Fitness Testing occurs once a year for students in grades 3-12 all over the country. There are 4 different methods of testing that calculate a student and a school's fitness levels through various exercises. Muscular strength, muscular endurance, flexibility and cardiovascular endurance are all measured during fitness testing. Throughout the year we practice all 4 areas of testing through different games, exercises and warm up activities. However, a 45 minute class once (and sometimes twice) a week is not enough! We need help from parents and guardians to show the importance of practice outside of school! Practice before bed, after school and/or on the weekends to help improve our schools overall fitness!

MUSCULAR STRENGTH

Otherwise known as our "Push-Up Test", this is Great Neck's biggest area of need. Push-ups are difficult for all ages, especially if you do not practice often. The test is given through a 3 second "cadence" that goes "Down...up...down...up" at which time students are performing push ups. Students must have a flat back during the test, and go down to 90 degrees and back up. Start with 1 or 2 push-ups a night, then gradually increase over time!

MUSCULAR ENDURANCE

Our "Curl-Up Test" follows the same cadence as our push up test. Students lay flat on their back with their legs bent and feet FLAT on the floor. Feet CANNOT lift off of the floor when performing curl ups. Student hands lay flat on the floor and on the "up" cadence students raise their bodies up and slide their hands 4 inches across the floor. On the "down" cadence, students lay all the way back down, making sure to put their heads back on the floor.

FLEXIBILITY

Generally Great Neck's highest scoring test, the "Sit and Reach Test" measures the flexibility of students in each leg. Students sit on the floor with shoes off, and one leg at a time measure how far they can reach on a "Sit and Reach Test box". No need to build or buy a box for practice at home, just simply take a couple minutes each night to practice stretching both legs. It is a great way to cool down your body before going to bed!

CARDIOVASCULAR ENDURANCE

The "Pacer Test" measures a student's cardiovascular endurance, simply put, how long they can run without stopping. The test follows a "beeping cadence" where students must run from one line to another, before the "beep" occurs. Over time the test will increase speed, forcing students to run faster with less time to rest. This is our HARDEST test and it is important to remember running is difficult. Try to be active as much as possible, and run/jog/walk when weather and time allows.

Scoring For Fitness Testing:

Our goal each year is to be in the “Healthy Fitness Zone” for each test. At Great Neck we follow the 15-Meter Pacer test. Each test varies depending on the age of the student at the time of testing. Take a moment to look over scores with your GN student and understand how to prepare for the upcoming testing!

Standards for Health-Related Fitness Zones

I = Needs Improvement Zone (does not meet health-related standard)

F = Health Fitness Zone (meets health-related standard)

H = High Fitness Performance Zone (exceeds health-related standard)

Boys

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H
8	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:30*	12:30-10:00*	<10:00*	0-7	8		0-4	5-13	>13	0-5	6-20	>20
9	0-22*	23-61*	>61*	0-29*	30-80*	>80*	>12:00*	12:00-9:30*	<9:30*	0-7	8		0-5	6-15	>15	0-8	9-24	>24
10	0-22	23-61	>61	0-29	30-80	>80	>11:30	11:30-9:00	<9:00	0-7	8		0-6	7-20	>20	0-11	12-24	>24
11	0-22	23-72	>72	0-29	30-94	>94	>11:00	11:00-8:30	<8:30	0-7	8		0-7	8-20	>20	0-14	15-28	>28
12	0-31	32-72	>72	0-41	42-94	>94	>10:30	10:30-8:00	<8:00	0-7	8		0-9	10-20	>20	0-17	18-36	>36
13	0-40	41-83	>83	0-53	54-108	>108	>10:00	10:00-7:30	<7:30	0-7	8		0-11	12-25	>25	0-20	21-40	>40
14	0-40	41-83	>83	0-53	54-108	>108	>9:30	9:30-7:00	<7:00	0-7	8		0-13	14-30	>30	0-23	24-45	>45
15	0-50	51-94	>94	0-66	67-123	>123	>9:00	9:00-7:00	<7:00	0-7	8		0-15	16-35	>35	0-23	24-47	>47
16	0-60	61-94	>94	0-79	80-123	>123	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47
17	0-60	61-106	>106	0-79	80-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47
17+	0-71	72-106	>106	0-93	94-138	>138	>8:30	8:30-7:00	<7:00	0-7	8		0-17	18-35	>35	0-23	24-47	>47

Girls

Age	20-meter PACER			15-Meter PACER			One-Mile Run/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Zone	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H	I	F	H
8	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-10:00*	<10:00*	0-8	9		0-4	5-13	>13	0-5	6-20	>20
9	0-6*	7-41*	>41*	0-8	9-54*	>54*	>12:30*	12:30-9:30*	<9:30*	0-8	9		0-5	6-15	>15	0-8	9-22	>22
10	0-6	7-41	>41	0-8	9-54	>54	>12:30	12:30-9:30	<9:30	0-8	9		0-6	7-15	>15	0-11	12-26	>26
11	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-14	15-29	>29
12	0-14	15-41	>41	0-18	19-54	>54	>12:00	12:00-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32
13	0-22	23-51	>51	0-29	30-67	>67	>11:30	11:30-9:00	<9:00	0-9	10		0-6	7-15	>15	0-17	18-32	>32
14	0-22	23-51	>51	0-29	30-67	>67	>11:00	11:00-8:30	<8:30	0-9	10		0-6	7-15	>15	0-17	18-32	>32
15	0-31	32-51	>51	0-41	42-67	>67	>10:30	10:30-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
16	0-31	32-61	>61	0-41	42-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
17	0-40	41-61	>61	0-53	54-80	>80	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35
17+	0-40	41-72	>72	0-53	54-94	>94	>10:00	10:00-8:00	<8:00	0-11	12		0-6	7-15	>15	0-17	18-35	>35

Waterford Public Schools Announces Open Registration For Incoming Kindergartners and Detailed Information on Kindergarten Waiver and Assessment Process for Early Admission Students.

Waterford Public Schools is announcing open registration for children entering Kindergarten in the upcoming 2024-2025 school year. Based on Public Act 23-208, beginning with the 2024-2025 school year, all students are required to have reached the age of five on or before September 1, 2024. This law has also been adopted into Board Policy 5015. Please see below for documentation required for Kindergarten registration:

- **Child's Birth Certificate** - Connecticut law requires public schools to be open to all children who reach the age of 5 on or before the first of September of any school year. Board of Education [Policy 5015](#).
- **Physical Examination Form** - completed and signed by the child's doctor, dated within 12 months of the date of entry into school (*please note that parents may drop off registration paperwork prior to having health assessment documentation. Health assessment documentation must be submitted prior to the start of school*).
- **Proof of Residency** - per Board of Education [Policy 5270](#); which includes a valid lease, mortgage, or residency affidavit.

Kindergarten Registration Packets are available on the Waterford Public Schools' website at https://www.waterfordschools.org/parents_family/information/registration_forms or by request via the elementary school offices (contact information listed below). To assist in projecting enrollment for the 2024-2025 school year, parents are asked to return registration paperwork to the school by March 8, 2024. Please note that incoming Kindergarten students can continue to register after the March 8th date at all of the elementary schools.

Great Neck Elementary School
Principal: Ms. Billie Shea
165 Great Neck Road
Waterford, CT 06385
860-442-2593

<https://gn.waterfordschools.org>
bshea@waterfordschools.org

Oswegatchie Elementary School
Principal: Mr. Joseph Macrino
470 Boston Post Road
Waterford, CT 06385
860-442-4331

<https://osw.waterfordschools.org>
jmacrino@waterfordschools.org

Quaker Hill Elementary School
Principal: Mr. Chris Discordia
285 Bloomingdale Road
Quaker Hill, CT 06375
860-442-1095

<https://qh.waterfordschools.org>
cdiscordia@waterfordschools.org

Kindergarten Waiver and Assessment Process

For families affected by the new Kindergarten eligible date, in accordance with state statute, the district will assess a child who does not meet the statutory age requirement if the child's parent/guardian has submitted a written request to the principal of the school seeking early admission to the District. Waiver requests must be received by the building principal to initiate the assessment process no later than May 1st for current residents and no later than August 1st for new residents (who move in to the district after May 1). For families who have submitted a waiver request prior to the above noted deadlines, an assessment screening will be scheduled in May/June for current residents and on an ongoing basis for new residents. Screenings will assess students based on the [Connecticut Early Learning and Developmental Standards](#). Families will be contacted as soon as possible with feedback from the assessment and the recommendation from the screening team. Please see the attached Kindergarten Waiver Process for an outline of key dates and requirements.

Please note that Kindergarten orientation (see dates below) will be open to all Kindergarten eligible students as well as the students in the waiver process. Information will be sent out to parents/guardians at a later date.

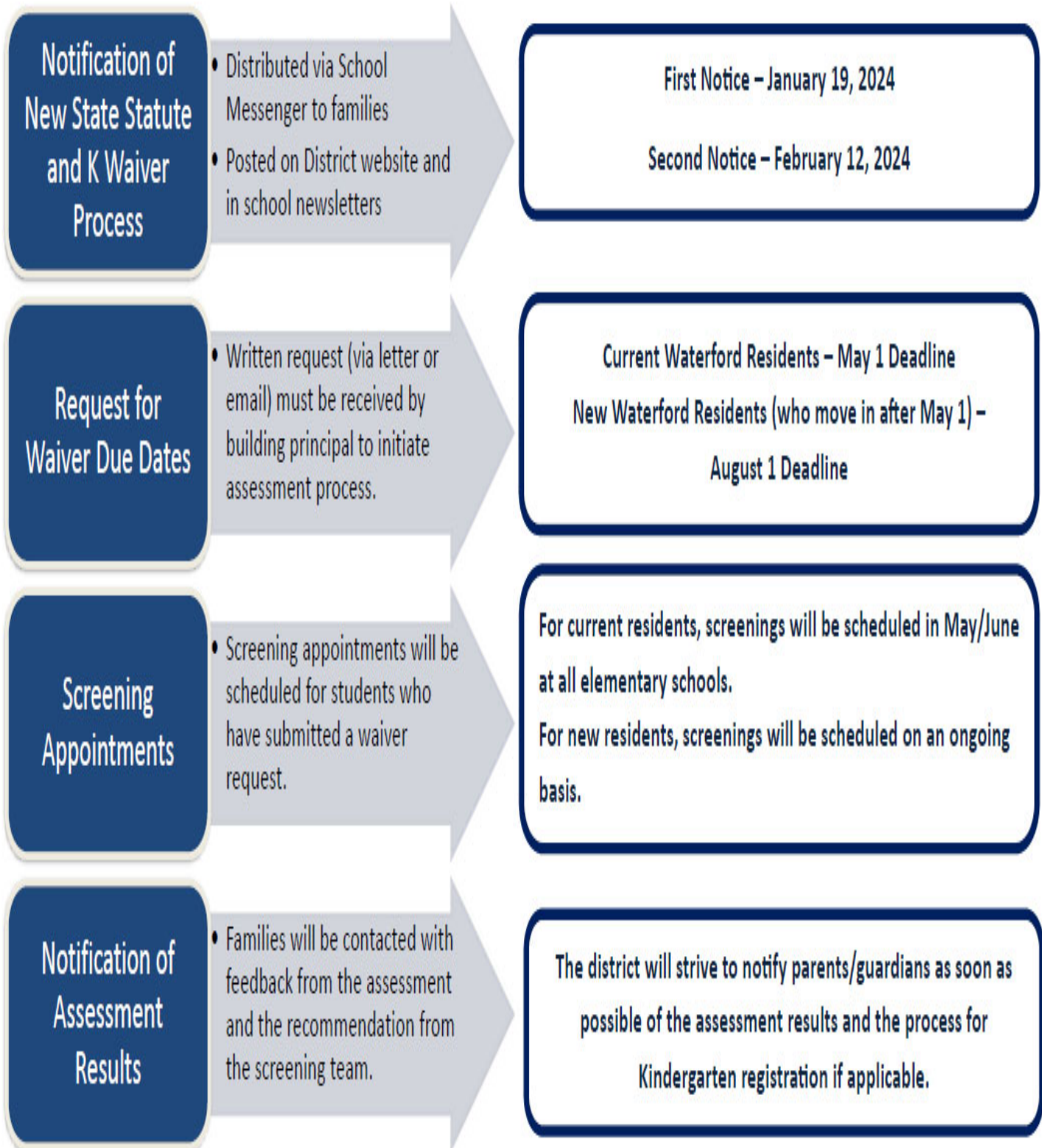
Great Neck Elementary School
K Orientation Date – May 24, 2024

Oswegatchie Elementary School
K Orientation Date – May 24, 2024

Quaker Hill Elementary School
K Orientation Date – May 20, 2024



WPS Kindergarten Waiver Process



Kindergarten registration for students who turn 5 on or before September 1, 2024, will be eligible to register starting February 12, 2024. Parents/guardians of age eligible Kindergarten students are asked to return registration paperwork by March 8th to assist in enrollment projections in the 2024-2025 school year. More information on registration can be found on the district website.

BREAKFAST

MARCH 2024

One daily Breakfast at **no charge**
to all students
this 2023-24 school year!

Breakfast includes: 2 oz. of Grain/1 cup of fruit/8 oz. milk WATERFORD SCHOOLS K-12

Monday

Tuesday

Wednesday

Thursday

Friday



Please visit www.myschoolbucks.com
to add funds to your child's account.

Surfs Up! Ride the wave in for a delicious school breakfast
NATIONAL SCHOOL BREAKFAST WEEK March 4th-8th

Choice of: **"Wipe Out"** 4
Early Riser Egg & Hash Brown Patty
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: **"Stoked"** 5
Sweet potato Roll
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: **"Hang Ten"** 6
Egg & Cheese breakfast Sandwich
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: **"Gnarly"** 7
Confetti pancakes
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 1
WG Goody Ring
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 11
Mini Eggo Waffles
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 12
Blueberry Donut holes
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 13
Early Riser Egg & Hash brown patty
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 14
Confetti pancakes
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 15
Breakfast pizza
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 18
Confetti Pancakes
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 19
Blueberry muffin
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 20
Mini French toast
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 21
Early Riser Egg & Hash brown patty
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 22
Mini Eggo waffles
Or WG Muffin or Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 25
Warm Banana Bread
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 26
Early Riser Egg & Hash Brown Patty
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 27
Mini Eggo Waffles
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 28
Breakfast Pizza
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

Choice of: 29
Egg & Cheese Breakfast Sandwich
Or WG Muffin or WG Cereal
Assorted Fruit Choices
100% Fruit Juice Milk

LUNCH

MARCH 2024

WATERFORD SCHOOLS K-12

Elementary \$3.25
CLMS \$3.50
WHS \$3.75
*Second Meal=\$4.25 - Adult Meal \$5.00

Please visit www.myschoolbucks.com to add
funds to your child's account.

Monday

Tuesday

Wednesday

Thursday

Friday



For the 23-24 school year, students qualified for **Reduced**
status will receive one lunch at no cost per day

Hotdog on a WG Roll 4
Oven baked fries
Steamed Golden Corn
Baked beans
Apple Milk

Beef & Cheese Nacho Boat
Lettuce & tomato
Fiesta beans Salsa
Mini corn muffin
Pineapple chunks Milk

Penne' Pasta with meat sauce 6
Garlic knot
Steamed Broccoli
Diced Peaches Milk

PT Conferences/ Early Dismissal 7
Cheese Quesadilla
Seasoned sidewinder fries
Golden steamed Corn Milk
100% Fruit juice Sidekick

Pizza square 1
Garden salad
Baby carrots/ranch
100% Apple juice
Milk

Chicken nuggets 8
Mashed potatoes
Sliced steamed carrots
Dinner roll
Applesauce Milk

Cheeseburger 11
Sandwich salad cup
Baked beans
Oven fries
Orange smiles Milk

"Brunch for Lunch" 12
French toast sticks
Potato puffs Sausage links
Maple syrup Craisins
Mango juice Milk

Chicken Alfredo 13
On rotini pasta
Broccoli
Garlic bread
Diced Peaches Milk

Soft Beef & Cheese Tacos 14
Fiesta beans Brown rice
Lettuce & tomato salsa
Diced Pears Milk

Mozzarella sticks 15
Marinara sauce cup
Green beans
Warm Bread stick
Red seedless Grapes Milk

Shamrock Mc Nuggets 18
O'Smile fries
Green Broccoli
Pot o' Gold fish
Green Apples Milk

"Yang's" Orange Chicken 19
Brown rice
Steamed sliced carrots
Orange SMILES
Milk

Macaroni & Cheese 20
Steamed peas
Garden salad/ Italian Dressing
Warm Dinner roll
Diced Peaches Milk

Chicken tenders & 21
Waffle sticks syrup cup
Sweet potato fries
Cucumber wheels
Applesauce Milk

Pizza Bites 22
Marinara sauce Cup
Garden Salad/ Ranch Dressing
Apple juice Milk
WG Cookie

Meatless Monday! 25
Grilled Cheese Sandwich
Potato puffs
Baby carrots /ranch Milk
100% frozen fruit juice Sidekick

Chicken drummies 26
Mashed potatoes
Steamed Broccoli
Warm dinner roll
Applesauce Milk

Penne' Pasta 27
With Meatballs & Sauce
Bread stick Green beans
Diced Peaches Milk

Turkey & Cheese Grinder 28
Cucumber wheels
Baby Carrots Ranch cup
WG Doritos Apple Milk

School Holiday 29
No School
Wellness Tip: Start your day
with a healthy breakfast!

Body Percussion Webinar

Cristian Mejia



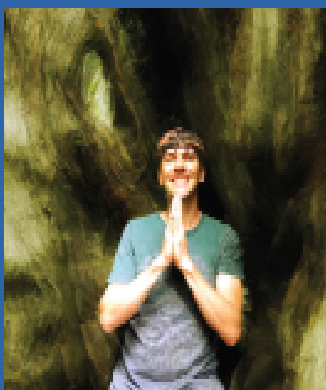
What is Body Percussion?

Body percussion is the cultural practice and artistic discipline where music is performed throughout the body. Different techniques of percussion are used on the body, coordinated displacements, vocal sounds, corporal expression, nonverbal communication.

Benefits of the Practice of Body Percussion

- Cognitive stimulation, greater communication of the cerebral hemispheres.
- Socio-affective area: the union and bond of the group is fostered, respect, tolerance, values, and intra- and inter-personal formation.
- Coordination and physical dexterity work.
- It can be run with or without musical instruments at any desired time and place.
- It is physical exercise that will enhance health and quality of life.
- Being also a style of dance, it gives a great conception of space and movement.
- During a pandemic, this is a wonderful musical activity that students can do virtually or in-person in distance classrooms.

About the Author: Cristian Mejia



Musician from Costa Rica (Central America), licentiate degree in music education, singer-songwriter, guitarist, music composer and body percussionist.

He was honored with the Darmasiswa scholarship provided by the Indonesian Ministry of Education. On this trip, he carried out studies of ethnomusic and extensive research and fieldwork on the islands of Bli, Java and Sumatra; studying the body percussion practices present in the different tribes.

Body percussion is something that students in grades 3 and 5 are doing now, and will be introduced to the other grades soon. Mrs. Milukas utilizes www.musicplayonline.com to access these Body Percussion lessons and students are encouraged to log in and access these lessons and many other music games that correspond with the curriculum.

Great Neck Elementary School Yearbook Sales

We are so excited to announce that Great Neck will have its first WHOLE SCHOOL yearbook this year.

The yearbook will include picture day photos, candid shots, and highlights from school-wide events.

This full-color soft cover yearbook is available for \$20.

Yearbooks are now available for purchase online through our yearbook provider, Entourage. Please use the link below to place your order today!

https://link.entourageyearbooks.com/YBStore/YearbookStoreMain.asp?yearbook_id=78055

You don't want to miss out on this great keepsake.

Email: gnfifthgrade@gmail.com with any questions

**NOTE: FIFTH GRADE STUDENTS WILL RECEIVE THE
YEARBOOK AS THEIR END OF YEAR GIFT.
5th GRADE PARENTS, DO NOT ORDER A YEARBOOK!**

Dine to Donate Fundraiser for Great Neck Elementary School PTA



Monday, March 25th, 2024

10 a.m. to 9:30 p.m.

430 Boston Post Road, Waterford

860-447-0596

Visit Crown Pizza on March 25th and a portion of the proceeds will be donated to the PTA at Great Neck Elementary School to provide extra resources for the students. Take out or dine in.



ANNUAL CLMS BASKET BONANZA

Friday March 22, 2024

Doors Open 5:00 - Drawings Start at 6:30

**Clark Lane Middle School Field House
105 Clark Lane, Waterford**



- Amazing baskets and gift cards donated by local business
- Epic classroom baskets donated by our CLMS parents
- Pizza will be available for purchase
- 50/50 Raffle \$1 each
- A Sheet of 25 basket tickets for \$10
- Cash, Checks and Credit Cards accepted.

**Come show your support for the Clark Lane PTO, our school,
our students and our community!**

WHS CULTURAL NIGHT

HOSTED BY THE CULTURAL DIVERSITY
ALLIANCE AND WATERFORD RISE



FREE ADMISSION TO FOOD,
PERFORMANCES, AND ACTIVITIES
TO CELEBRATE LOCAL CULTURE!

RiSE
WATERFORD
RESIDENTS FOR INCLUSION & SOCIAL EQUITY



TAQUERIA



FEEL FREE TO COME IN CULTURAL ATTIRE!

MARCH 23, 2024



5:00 PM

Waterford High School

20 Rope Ferry Rd, Waterford, CT

06385

Inquiries: culturaldiversityalliancewhs@gmail.com



Complete this Application to Apply For FREE Summer Sailing Program

The Niantic Bay Sailing Academy (NBSA) is a non-profit 501(c)(3) organization based at the Niantic Bay Yacht Club in Niantic, CT.

We offer a 4 or 8 week summer program (June 21 – August 13) providing instruction for ages 7 – 18. All abilities are welcome - from beginner sailors to those who seek more competitive racing. Classes meet several times per week for several hours depending on ability. Participants must be able to swim and pass a swim test before they can begin sailing. Boats are provided.

Full or partial scholarships for the 4 or 8 week program are available to students from New London, East Lyme, Waterford and Old Lyme. We are especially seeking local youth who may not have otherwise been exposed to sailing, a sport which offers camaraderie, fun, competition and the development of life-long skills.

The Niantic Bay Yacht Club (NBYC) has been a leader in junior sailing nationally and internationally for over 50 years. Sailors from NBYC's Junior Program have gone on to compete in High school, collegiate, national, and world competitions as well as the America's Cup.

Equally important are the countless young men and women who have taken their experiences at NBYC and gone on to make sailing a lifelong passion, whether it be cruising, competitive racing, day sailing, or just enjoying the outdoors on the water.

For more information about junior sailing on Niantic Bay (or to register without the scholarship) go to www.NianticSailing.org.



Dr. Bill Healy Sailing Scholarship Application

Deadline: May 1, 2024

Program registration and scholarship application:

Student Name: _____ dob _____

Parent/Guardian: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Home # _____ Cell # _____ Work # _____

Parent/Guardian Email Address _____

Student to complete:

Do you or your family have any sailing or boating experience? If so, please describe:

Please tell us why you are interested in this program and what you expect to get out of it:

Parent to Complete

Why do you think your child will benefit from learning to sail?

Regular program costs are \$925 for the full 8 week program. Please share how paying the normal fees might be difficult for your family and why your student is a good candidate for a scholarship:

(please continue separate sheet if more room is needed)

Return completed form and direct any questions to Ken Shluger, Niantic Bay Sailing Academy, PO Box 884, Niantic, Ct 06357 or scan and email to kshluger@hotmail.com. Call 860-205-9569 with questions. You will be notified by May 10, 2024.

Saturday, March 9, 10:30AM - 12:00PM

Hodge's Birthday Bash!

We had so much fun last year so we just had to do it again! Stop by the library meeting room anytime between 10:30 and noon to celebrate police comfort dog Hodge's birthday! We will have pup themed crafts, photo ops, activities, and of course some special treats. All ages are welcome and no registration required.



Saturday, March 23, 10:00AM- 11:30AM
Owls!



Join us for a talk about owls with two guest owls Minnie Mae and Clyde. We welcome back Freedom First Wildlife Rehab of Waterford. Freedom First Wildlife Rehab Inc as a 501(c)(3) non profit charity organization. They are federally and state permitted to care for birds of prey with a focus on owls. They depend upon community donations to do this important work! All ages, no registration required.

Tuesday, March 19, 5:30PM - 6:30PM

Bilingual Pajama Storytime

Join us for a cozy bilingual pajama storytime! Ms. Emy will read books and sing songs in English and Spanish. No registration required, this program is aimed towards ages birth to five but all families are welcome to join. Thank you to the Community Foundation of Eastern Connecticut for providing funding for this program.

**BILINGUAL
PAJAMA
STORYTIME**

Monday, March 25, 5:00PM - 6:00PM

Junior Thrills and Chills Book Club

Join us as we delve into the exciting action, adventure, and mystery of your favorite book together! Bring any book from the thriller genre to share with the group then we will do a fun activity. Recommended for ages 6 to 8 years old, no registration is required.

Wednesday, March 27 5:30PM - 6:30PM

Chess Club

Join us for our monthly Chess Club! Students from Waterford High School will be teaching basic chess skills as well as offering a space for more advanced students to practice against one another. Ages 6 and up, no registration required.



Thursdays, March 7, 14, 21 & 28, 4:00PM - 6:00PM



Study Buddies

Need some extra assistance completing your school work? Stop by the library between 4:00 and 6:00 pm for our weekly Study Buddies Club, run by tutors from the Waterford High School Honor Society. Students in elementary and middle school are welcome, no registration required.

Saturday, March 30, 2:30PM- 3:30PM

Learn About the Eclipse!

Join Dr. Leslie Brown, a professor from Connecticut College, to learn about the upcoming total solar eclipse which will take place on April 8! Find out how you can safely view the eclipse and the exciting science behind the event. This program is open to all ages, no registration required. Attendees at this program will receive a pair of solar eclipse glasses, limited to four per family.



All programs are free and open to the public

DROP IN CRAFTS

Tuesday, March 5, 4:00PM - 6:00PM

Drop In Creation Station

Stop by the Children's Room anytime between 4:00 and 6:00 pm for a fun craft and to get your creativity flowing! Recommended for ages 5 and up. No registration required.



Monday, March 11, 4:00PM - 6:30PM

Drop in Craft: Pot of Gold

Join us in the Children's Room between 4:00 and 6:30 pm to make a St. Patrick's Day Pot of Gold craft! Recommended for ages 5 and up, no registration required.



Monday, March 18, 4:00PM - 6:30PM

Drop In STEM Adventure: Straws & Connectors Kit

Join us in the Children's Room between 4:00 and 6:30 pm to build with the Straws & Connectors Kit! Recommended for ages 5 and up, no registration required.



Tuesday, March 26, 4:00PM - 6:00PM

Build Club



Stop by the Children's Room anytime between 4:00 and 6:00 pm to build with a variety of STEM sets that we

have! Recommended for ages 4 and older, no registration required.

Mondays, March 4, 11, 18 & 25, 10:30AM - 11:00AM

Family Storytime

Get ready to read and get your wiggles out! Join Ms. Jenna at the library for some fun stories, songs, and dancing. Recommended for ages birth to five years old with a caregiver. No registration is required.

Youth Art Month

Waterford Public School students from PreK-12 will have artwork displayed throughout the library in support of Youth Art Month.

GRAB & GO CRAFTS



Ice Skate Craft
Mar 3 to Mar 15



Owl
Mar 16 to Mar 28

Pick up supplies in the Children's Room to make Grab & Go crafts at home, while supplies last.

TEEN CORNER

Thursday, March 14, 5:30PM - 7:00PM

Teen Craft Night

At this craft night teens will create a unique plant silhouette on a hanging canvas. All materials will be provided. Registration required. Ages 11-18.

Thursday, March 14, 4:00PM ONLINE

Virtual Author Talk with YA Author Christopher Paolini
Registration is required.

Thursday, March 28, 5:30PM - 7:00PM

Teen Drop In Craft

Stop into the Teen Area of the library between 5:30 and 7:00 pm to learn the calming technique of automatic drawing! Ages 12 -18. No registration required.

READ TO A DOG

Monday, March 4, 4:30PM - 5:30PM

Read to Hodges



Monday, March 23, 3:00PM- 4:00PM

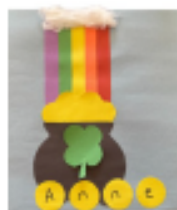
Read to Scout

No registration required, all ages welcome.

Monday, March 15, 11:00AM - 12:00PM

Toddler Craft: Pot Of Gold Name Activity

Join us for a storytime and crafting session where the little ones will make a St. Patrick's Day craft and practicing spelling their names. For ages 3 to 5 years old, no registration is required.



Friday, March 8, 11:00AM - 11:45AM

Story and Sensory Play

Join Miss Ashlee for a story and then explore multiple sensory stations. Recommended for ages 2 to 5 years old with a caregiver. No registration required.



Wednesday, March 20, 11:00AM - 11:45AM

Toddler Art



This hands on art session is for young ones to explore through process art with the help of their adult. For ages 3 to 5 years old, registration is required.

To keep up with all our activities follow us on Facebook and Instagram



@waterfordpubliclibrary



@waterfordlibraryct

Either call the library to register or go to our Calendar of Events page on our website.
www.waterfordpubliclibrary.org 860-444-5805, Adult Ext 2, Youth Services Ext. 3

STAYCATION CELEBRATION!



Open Gym For Waterford Teens

Join us for an open gym sessions designed exclusively for Waterford teens, where you can hangout with friends and make new ones in our welcoming and inclusive environment. Come work on your free-throw, stay active, and have fun at our open gym time! No sign-up required.

Wednesday and Thursday April 10th and 11th

11:30pm to 2:30pm (Ages 14+) Free and only for Waterford Residents

D&D "One Shot" Campaign

Step into the realm of fantasy with our 'One Shot' Dungeons & Dragons campaign, a self-contained adventure ideal for both new and seasoned players. In this single-session journey, you'll explore dungeons, battle fearsome monsters, and weave tales of heroism—all within a condensed and accessible format designed for quick, memorable gameplay.

Wednesday April 10th

2:00pm to 5:00pm (5th to 12th grade) \$15 per student



Fortnite Tournament

Join the exhilarating battle in Fortnite's RED VS BLUE showdown—a thrilling 2v2 clash where strategic prowess and lightning reflexes reign supreme. Aim for victory as teams compete to reach 20 eliminations, propelling themselves forward into the next bracket of the Round Robin tournament. And fear not, for even in defeat, there's a chance at redemption through the intense challenges of the loser's bracket. Prepare for the ultimate test of skill and teamwork!

Thursday April 11th

2:00pm to 5:00pm (5th to 8th grade) \$10 per team

Cartooning Workshop

Dive into the colorful world of cartoons with our Cartooning Workshop, tailored for aspiring artists of all ages and skill levels. Unleash your creativity as you learn fundamental techniques, character design, and storytelling, turning your imagination into captivating illustrations and comic strips under the guidance of seasoned cartoonists.

Thursday April 11th

10:00am to 12:00pm (3rd to 8th grade) \$15 per student



Waterford Whisker Baking Workshop

Calling all young bakers to Waterford Whisker's Elementary Baking Workshop! Join us for a fun-filled exploration of baking delights tailored just for kids. Embark on a magical journey through batter, flavors, and decorations, where every creation becomes a masterpiece. Let's whip up some fun and delicious memories together!

Thursday April 11th

- 12pm to 2pm Lava Cakes \$10
- 2pm to 4pm Oreo Stuffed Brownies \$10
- 4pm to 6pm Red Velvet Cupcakes \$10



Sign up online using the link below, or scan the QR code with your smart phone
WaterfordYouthFamily.recdesk.com/Community/Program

Space is limited!

For any question, please call 860.444.5848, or email Mr. Joe at JTrelli@Waterford.cog

BIRTHDAY PARTY FOR HODGES!

Saturday, March 9th
10:30 – 12:00 p.m.

 **WATERFORD**
public library

Discovery begins here.





Waterford Police

BINGO

Fundraiser

Friday, March 15th 6:30PM-8:30PM
at Waterford Raymour & Flanigan Showroom
917 Hartford Turnpike, Waterford CT

Entry tickets are \$30.00 for 10 Games! Additional Game Cards can be purchased for \$10.00 each. Prizes given out for each game! Soft Drinks and food also provided.

All proceeds will be used for Community Engagement/Officer Wellness efforts.

Tickets can be purchased at the Waterford Police Department (41 Avery LN, Waterford CT). A limited number of tickets may be available on the night of the event. Cash only for tickets.

Any questions contact Officer Fredricks at efredricks@waterfordct.org

Raymour & Flanigan
FURNITURE | MATTRESSES •

Join Congregation Beth El

On Sunday, March 10, 2024 at 9:45 a.m.

for a special presentation:

**Stand Up to Antisemitism and Hate:
What It Is and What We Can Do
About It Together**

Guest Speaker:

Stacey Gladstone Sobel, Esq.

CT Regional Director ADL
(Anti-Defamation League)



All are welcome!

**RSVP for more information to
office@bethel-nl.org or 860-442-0418**



UCFS Healthcare's School-Based Health Centers and Your School!

The UCFS school-based health centers (SBHC) are a doctor's office inside of your school. The services are provided by an APRN (advanced practice registered nurse)/PA (Physician Assistant) and licensed behavioral health clinician who are experts in adolescent health and are employed by UCFS. The intention of the UCFS SBHC is to supplement the care your child receives at their pediatrician's office.



Services Provided



- Yearly well-child examinations
- Vaccinations
- Sports physicals
- Acute care visits (e.g. sick visits, lacerations, injuries, etc.)
- Chronic care visits (e.g. asthma, ADHD, etc.)
- Mental Health Assessments
- Substance Abuse Screenings
- Counseling (individual, group, and family)

Top 5 Reasons to use the School-Based Health Center

- Convenient same day appointment.
- Removes barriers to care such as lack of transportation.
- Decreases time away from the classroom which improves academic success.
- Improves student's achievement by taking care of behavioral health needs that can make learning difficult.
- Connects students and their families with insurance coverage.

5

Referrals are easy...



- Behavioral Health Referrals can come from students, teachers, counselors, administrators as well as parents/guardians of students.
- Medical visits can be coordinated through the school nurse or directly with our family engagement/medical assistant.
- Working collaboratively with school personnel, families, and local youth services has helped to maximize student support.

To learn More...

School-Based Health Centers are located at Waterford High School and Clark Lane Middle School and are open to all Waterford Public School students.

Scan here to learn about the School-Based Health Center at your school! SBHC line - 860-822-2803



SCAN ME

Your child can get a flu shot at the Waterford Public Schools School-Based Health Center



Protect your child from the flu this season!

Your child can receive their flu vaccine with a signed enrollment and flu consent form.

Did you know?

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease.

How do I sign my child up for the flu shot?

In order for your child to receive a flu shot, you must fill out an enrollment form and flu vaccine consent form. Enrollment forms can be found on the UCFS Healthcare's website -

<https://www.ucfs.org/services/school-based-health-centers/>
or by scanning the QR code

Please call the SBHC Line at 860-822-2803 to schedule an appointment.

