






# Wednesday Folder



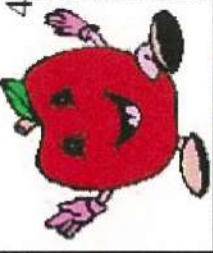
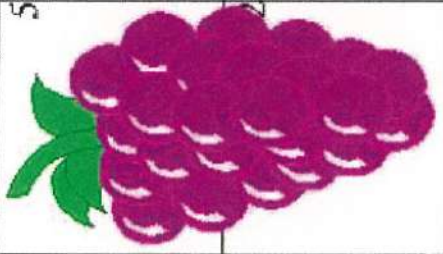





Weekly Newsletter  
Information for  
Griswold Elementary School

# Griswold Public Schools March 2023 Lunch Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Additional choices available daily.</p> <p>Additional choices are: PB+J on Wheat, Sandwiches, Chef Salad, or Chef's choice posted daily</p>		<p>Bread offerings are whole grain. Milk offerings are 1% white or fat free flavored</p> <p>Milk is offered with all</p>				
<p>5</p> 	<p>6</p> <p>Chicken Nuggets Dinner Roll Mashed Potato Corn, Peas</p>	<p>7</p> <p>Beef Nachos, Cheese, Lettuce, Tomato, Black Beans, Rice, Peaches</p>	<p>8</p> <p>Cheese Burger on a Bun French Fries Applesauce Cup</p>	<p>9</p> <p>Mozzarella Sticks Bread Stick Tomato Sauce Green Beans, Apple</p>	<p>10</p> <p>French Bread Pizza Choice Corn Strawberry Cup</p>	<p>11</p> 
	<p>13</p> <p>Chicken Patty on a Bun Potato Wedges Corn, Peaches</p>	<p>14</p> <p>Hot Dog on a Bun Baked Beans Carrots, Peas</p>	<p>15</p> <p>Paste w/ Meat sauce Green Beans Dinner Roll Applesauce</p>	<p>16</p> <p>Mini Pancakes Sausage Patty Potato Wedges Blueberries</p>	<p>17</p> <p>Bosco Cheese Breadstick w/ sauce Side Salad Mixed Fruit Cup</p>	<p>18</p> 
<p>19</p> 	<p>20</p> <p>Chicken Nuggets Dinner Roll Mashed Potato Corn, Peas</p>	<p>21</p> <p>Beef Nachos, Cheese, Lettuce, Tomato, Black Beans, Rice, Peaches</p>	<p>22</p> <p>Cheese Burger on a Bun French Fries Dried Mixed Fruit</p>	<p>23</p> <p>Mozzarella Sticks Bread Stick Tomato Sauce Green Beans, Apple</p>	<p>24</p> <p>French Bread Pizza Choice Corn Strawberry Cup</p>	<p>25</p> 
<p>26</p> <p>The USDA is an equal opportunity provider and employer 2023</p>	<p>27</p> <p>Chicken Patty on a Bun Potato Wedges Corn, Peaches</p>	<p>28</p> <p>BBQ Rib on a Bun Baked Beans Carrots, Peas</p>	<p>29</p> <p>Paste w/ Meat sauce Green Beans Dinner Roll Applesauce</p>	<p>30</p> <p>Mini Pancakes Sausage Patty Potato Wedges Blueberries</p>	<p>31</p> <p>Pizza Choice Side Salad Mixed Fruit Cup</p>	<p>All breakfast and lunch meals are free to all students.</p>



# Griswold Public Schools March 2023 Breakfast Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Join us every morning for breakfast in the Bread offerings are whole grain. Milk offerings are 1% white or fat free flavored. Milk is offered with all meals</p>			<p>1 Banana Bread Applesauce Cup Milk</p>	<p>2 Zucchini Bread Strawberry Cup Milk</p>	<p>3 Cinnamon Toast Crunch Cereal Teddy Grahams Apple Slices, Milk</p>	<p>4 </p>
<p>5 </p>	<p>6 Mini Waffles Peaches Milk</p>	<p>7 Mini Bagels w/ Cream Cheese Strawberries Milk</p>	<p>8 Cinnamon Bun Pears Milk</p>	<p>9 Honey Nut Cheerios Cereal Teddy Grahams Peaches, Milk</p>	<p>10 Egg, Sausage, and Cheese on English Muffin Applesauce, Milk</p>	<p>11 </p>
<p>12 </p>	<p>13 Cinnamon Toast Crunch Cereal Teddy Grahams Apple Slices, Milk</p>	<p>14 Blueberry Bread Fresh Banana Milk</p>	<p>15 Cinnamon Bun Pears Milk</p>	<p>16 Banana Bread Applesauce Cup Milk</p>	<p>17 Mini Bagels w/ Cream Cheese Strawberries Milk</p>	<p>18 </p>
<p>19 </p>	<p>20 Mini Waffles Peaches Milk</p>	<p>21 Mini Bagels w/ Cream Cheese Strawberries Milk</p>	<p>22 Cinnamon Bun Pears Milk</p>	<p>23 Honey Nut Cheerios Cereal Teddy Grahams Peaches, Milk</p>	<p>24 Banana Bread Applesauce Cup Milk</p>	<p>25 </p>
<p>26 The USDA is an equal opportunity provider and employer 2023</p>	<p>27 Cinnamon Toast Crunch Cereal Teddy Grahams Apple Slices, Milk</p>	<p>28 Blueberry Bread Fresh Orange Milk</p>	<p>29 Mini Waffles Peaches Milk</p>	<p>30 Zucchini Bread Applesauce Cup Milk</p>	<p>31 Apple Fruit Bar Fresh Banana Milk</p>	<p>All breakfast and lunch meals are free to all students.</p>



GRISWOLD PUBLIC SCHOOLS, GRISWOLD PRIDE, AND THE GMS PARENT COALITION PRESENT

# HOW TO RAISE CHILDREN WHO CAN NAVIGATE THEIR STRESS AND ANXIETY WITH GRIT AND RESILIENCE

## WEDNESDAY, MARCH 15, 6:00 PM @ THE GRISWOLD MIDDLE SCHOOL AUDITORIUM 211 SLATER AVENUE, GRISWOLD, CT

*Are you confused about how to raise emotionally healthy, confident, and self-sufficient children in this crazy, mixed up world? Are your children stressed and anxious?* This talk is designed to provide you with practical guidance and tools you can apply immediately to parent through these difficult times with confidence and conviction. Specifically, you will learn:

- To recognize the difference between stress and anxiety in your children, why that distinction is important, how you can help, and when to get professional support
- Your role as a parent and how to build/maintain a quality relationship with your children
- How the Pandemic has affected your children's development and how you can parent around these changes
- Additional cultural variables, like technology, that are breaking down your children's social and emotional wellness and what you can do about it
- Many practical tools to improve communication, connection, and conflict resolution

### A FREE presentation by Cognitive Psychologist, Dr. Alicia Farrell

Dr. Alicia Farrell is an accomplished Cognitive Psychologist, former University Professor, Fellowship Award Recipient, Published Research Scientist, National Keynote Speaker and Founder of Clearview Consulting. In her private practice, Dr. Farrell has counseled hundreds of clients, ages 13 to 98, on how to get back to basics to achieve their life goals and personal well-being. She has worked with individuals, couples, parents, families and professionals. In addition to her private practice, Dr. Farrell is a gifted trainer and speaker who delivers dynamic keynotes/workshops on a wide range of topics related to personal well-being and parenting. Dr. Farrell brings 35 years of expertise and passion to her work. To learn more visit her website at [aliciafarrellphd.com](http://aliciafarrellphd.com).

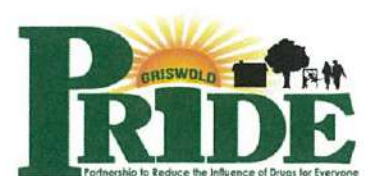


Please don't miss this opportunity to learn how to better support your children. This talk is **OPEN TO THE PUBLIC** (do not have to be Griswold/Jewett City resident), and is relevant for families with children of any-age, teachers, administrators, counselors, mental health professionals, and community leaders. Please join us Wednesday, March 15!

Childcare and light refreshments are provided! No pre-registration is necessary. Scan the QR Code to register for childcare. For more information, please email GMS Principal Zubek at [LZubek@griswoldpublicschools.org](mailto:LZubek@griswoldpublicschools.org)



 @griswoldpublicschools | @griswoldpride  
 @griswoldschools | @griswold\_pride  
 [griswoldpublicschools.org](http://griswoldpublicschools.org) | [griswoldpride.org](http://griswoldpride.org)



### Friendly Reminder

Thank you to all families and students who took part in the 14<sup>th</sup> year of the Kids Heart Challenge here at GES! I will be sure to share our final amount of donations in the next week or two. Although our event has come to an end, the Kids Heart Challenge donation site will remain open until March 8<sup>th</sup>. I will be submitting the final count of donations and thank you gifts students earned to The American Heart Association. Please be patient for these items to be delivered to me. Once the gifts arrive, I will do my best to get them out to students as quickly as possible. Thanks again for your support and please let know know if you have any concerns or questions.

Smiles😊

Mrs. O-P





# *PTO Meeting*

*Please join us at the next  
Griswold Elementary School PTO Meeting:*

**When:** Tuesday, March 14th from 6:00-7:00 PM

**Where:** GES Library Media Center

or virtually: Video call link:

<https://meet.google.com/ykz-njut-veb>

Or dial: (US) +1 334-409-1205 PIN: 270 368 882#

**What:** We will be discussing fundraisers and events!

**Who:** Parents, Grandparents, Guardians, Teachers, and  
Community Members

*Free, quality childcare will be provided by Ms. Swindell in  
Room 1009*

*Please help out and show your support! We all benefit!  
"It takes a village to raise a child."*

Questions?? Please email [gespto@griswoldpublicschools.org](mailto:gespto@griswoldpublicschools.org)

**Griswold Elementary School PTO**

**February 2023 Meeting Minutes**

**Date, Time, and Location:** Tuesday, February 7, 2023 6PM GES LMC, Virtual

**Meeting Start Time: 6:00 PM Meeting Called to Order By: Becky Cluff**

**6:00 PM Review and Motion to Approve Jan 2023 Meeting Minutes 1st- Lindsay Gladue 2nd- Tyler Rhoads**

**6:01 PM Review Treasurer's Report:** Shivon McKibben said that the PTO had a light month in terms of spending. Fall fundraising checks such as Box tops, Big Y and Five Below came in and were deposited in January. Overall, there was about \$1500 in income and \$300 in expenses.

**Motion to approve Treasurer's Report: 1st- Tyler Rhoads 2nd- Lindsay Gladue**

**6:02 PM Music and Movement class:** Becky Wyzycki stated that the first class went well. Can increase capacity to 30 for the next date. Waiting to hear about when we can hold the next class.

**6:03 PM Reading Rocks:** Becky W. said that Reading Rocks is coming up next week. Spots are almost filled.

**6:04 PM Valentine Grams:** Becky W. reported that about 130 have been sold at the time of the meeting. Pencils and more candy will be added to the grams since the size of the heart-shaped stress ball is smaller than expected. Please get in orders by Friday, 2/10.

**6:04 PM Yearbooks:** Becky W. stated the price of the yearbook is \$22 this year, only a \$2 increase. They are bought in sets of 50 from the printer, for example, 250, 300, etc. Becky Cluff added that the yearbook has to be submitted to the printer by May 1st and will be in by the end of the school year for distribution.

**6:06 PM Skate Night:** Becky W. said that January's Skate Night brought in \$340 profit. There were no issues and it had a good turn out. Possibly deciding on a March date. Going forward, The Skate Inn is requesting a minimum of 50 skaters.

**6:07 PM Music and Movement (cont.):** Jenna Motta added that there is no new date set yet, probably sometime in March

**6:08 PM Ice Cream Social/BOGO Scholastic Book Fair:** Liz Rhoads said tentative plan is mid to late May.

**6:09 PM Read-a-thon:** The company will be sending marketing materials such as posters and flyers. Kick-off date is March 6th, which is also Dress as Your Favorite Book Character Day.

**6:10 PM Teacher Conference Dinner:** Liz Rhoads stated that parent teacher conferences will be Thursday, March 2nd and Friday, March 3rd. Dinner items are needed for March 2nd. Currently, there were 26 teachers who had requested dinner for Thursday night conferences. 1 teacher asked for dinner on Friday night.

**6:12 PM Someone Special Dance:** Dates will be broken up into grades: Pre-K-1st and 2nd-4th. Tentative dates were scheduled: March 31st and April 28th. Ideas for themes were discussed..

**6:17 PM Spiritwear:** Becky G. updated members about Spiritwear sale. PTO board agreed to spend a one time \$175 fee to redo branding in order to adhere to district branding guidelines.

**6:18 PM Harlem Wizards Update:** Becky W. informed members that there would be too much to do in a short period of time but hopefully we can set it up for next school year.

**6:19 New Business:** Becky W. noted that Ryan Aubin, from the Rec Department, had reached out about combining efforts for hosting a family fun day that includes yard games, inflatables, food trucks, etc during a weekend. Profit would be split.

**6:21 PM Schedule Next Meeting:** Tues, March 14th 6-7 PM GES LMC and virtual.

**6:22 PM Principal Comments:** Ms. Love was in attendance. She said that the Budget season has kicked off. The last meeting took place on January 30th between the Administrators and the Board of Education. Right now there is a draft budget, which includes a 5% increase in fixed costs. Admin will continue to meet with the BOE over the next month. Special requests have been made to purchase more new playground equipment because the new pieces that were installed last year have been such a highlight for students at recess and for the community. There is a committee made up of fourth graders who has been picking out new choices for equipment. There is no new update on Mrs. Allard memorial. Probably sometime in the Spring.

**6:25 PM Raffle Winners:** Diane Langalis, Marianne Juber, and Erica Pozza

**Teacher Participation Winner:** \$15 check awarded to Mrs. Parkinson

**Meeting Adjourned at 6:30PM.**

**Minutes Compiled by: Liz Rhoads, Secretary**

Join your 3rd grade student for:

**Muffin**

**Morning**



**Thursday, 03/16/2023**

**8:00-8:30**

**GES Cafeteria**

**Spirit Sticks will  
be available for  
purchase!!!**

**Start your day with muffins and good conversation!**

ARRIVING- Park in the lot by GHS and use the crosswalks. All guests must sign into the GES main office and go directly to the cafeteria. Please stay with your student at all times.

DEPARTURE- Please exit the building at 8:30 am when the event has ended to allow time for clean up. Doors will open back up at 8:40 am for school arrival.

Thank you for supporting this PTO sponsored event!

QUESTIONS? Contact Greta by email: [gkulhay@hotmail.com](mailto:gkulhay@hotmail.com)

**Please detach & return the bottom portion by Monday, 03/13/2023**

**Attending:**

Student Name: \_\_\_\_\_

Total attending: \_\_\_\_\_

Teacher Name: \_\_\_\_\_

**I can help:**

{ } I'll bring \_\_\_\_\_ muffins.

{ } I'll bring cut fruit.

Name: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email address: \_\_\_\_\_

Call or text? (circle one)



# Come Glow with the PTO

Kids Invite Someone Special Dance

March 31st 6pm-9pm

Grades, Preschool, Kindergarten, and First  
\$5 per student please send in payment  
with permission slip by 3/24/23 cash or  
check(made out to GES PTO)

Please contact [GESPTO@griswoldpublicschools.org](mailto:GESPTO@griswoldpublicschools.org)  
with any questions.

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Student..... Teacher.....

Someone Special..... Phone#.....

Volunteer:

Name.....Phone#.....



Dear GES Families,

A "Shout Out" is a short message to your GES student that will be printed in 2022 the yearbook. It is open to all grades Pre-K through 4<sup>th</sup>. For example: "Great job, Sam! You did it!".

You get up to 70 characters for just \$5.00. If you need more than 70 characters, you can purchase additional blocks (up to 14 additional characters is \$1). Please remember that spaces and punctuation marks count as a character. Make sure to write clearly. It helps reduce errors!

Your Name: \_\_\_\_\_ Your Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Please form message in the spot below. Please remember to write clearly or feel free to attach a typed version!

Student's Name (Included Free): \_\_\_\_\_

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Send in with a check made payable to: GES PTO. **All shout outs must be in by: Friday March 31,**

**2023** Questions? Contact Becky W. (860) 984-3850 [GESPTO@griswoldpublicschools.org](mailto:GESPTO@griswoldpublicschools.org)



It's Time to Order Your.....  
**YEARBOOK!**



**Yearbook orders are due by April 28, 2023**  
**Yearbooks are \$22.00**

**Questions:** Contact Becky Wyzicky(860)984-3850/

[rwyzicky@sbcglobal.net](mailto:rwyzicky@sbcglobal.net)

**Please fill out the form below and return to the school.**

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Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Parent's Email: \_\_\_\_\_ Phone# \_\_\_\_\_

Number of Yearbooks \_\_\_\_\_ x \$22.00 = Total Due \$ \_\_\_\_\_ (Make checks payable to GES

PTO) Cash is also accepted.



**FREE ADMISSION & PARKING**

GRISWOLD YOUTH & FAMILY / PARK & REC

# GRISWOLD GREAT GET-TOGETHER

**3-DAY CARNIVAL + MORE!**

**@VETERANS MEMORIAL PARK  
68 ASHLAND STREET, JEWETT CITY**

**CASH OR VENMO  
ONLY**

**BRACELETS =  
ALL 3 DAYS!**

**\$5 off bracelet when you  
bring canned good item  
for St. Mary's Pantry**

**THURSDAY  
JUNE 29**

**CARNIVAL ONLY**  
**best day to beat the crowds!**

**FRIDAY  
JUNE 30**

**20+  
FREE  
FAMILY  
ACTIVITIES**

**CARNIVAL +  
LIVE MUSIC +  
FIREWORKS**

**SATURDAY  
JULY 1**

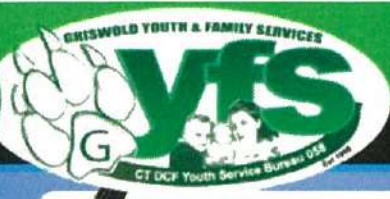
**CARNIVAL +**

**NEW**

**NORTHEAST WRESTLING**

FREE SHUTTLE ON FRIDAY & SATURDAY : 5:30-10:30 PM @ GMS TO/FROM EVENT





**FREE ADMISSION & PARKING**

GPS: 68 Ashland St., Jewett City

**YARD  
SALE +**

Sign up! \$15 per spot  
@ [griswoldrec.org](http://griswoldrec.org)

**COMMUNITY  
CONCERTS  
+ EGG HUNT  
(AGES 7 & UNDER)**

**APRIL 1**



**GRISWOLD  
GREAT  
GET-TOGETHER**

**3-DAY CARNIVAL  
+ MORE!**

**THURSDAY  
JUNE 29  
CARNIVAL  
ONLY!**

**FRIDAY  
JUNE 30  
LIVE  
MUSIC  
+ FIREWORKS  
SHOW!**

**SATURDAY  
JULY 1  
NORTHEAST  
WRESTLING  
SHOW!**

BRACELETS =  
ALL 3 DAYS!



**JULY 15**

**Jewett City Savings Bank  
Community Celebration Day!**

**GRISWOLDREC.ORG**



# FREE ADMISSION & PARKING

GPS: 68 Ashland St., Jewett City

# YARD SALE

SIGN UP! \$15 PER SPOT  
@ GRISWOLDREC.ORG

Live  
Music  
+  
Egg  
Hunt

APRIL 1: 8AM til 3PM

## EGG HUNT

Ages 1-4 @ 10:00 am

Ages 5-7 @ 11:30 am

BANDS WILL BE  
ANNOUNCED SOON

