



Be Safe, Be Respectful, Be Responsible

November 2014

Words from the Principal

Mission Statement

York Public Schools will prepare each learner with the knowledge, skills, and attitudes necessary to become an effective citizen by providing diversified curriculum and experiences.

Our Purpose

‘The Education and Success of each of our students.’

YMS Fall Parent-Teachers Conference

This year’s fall YMS parent-teacher conferences were a great success. Parents and teachers communicating and working together will ensure each child’s success. Thanks for taking an active role in your child’s education and for your continued support.

Conference attendance numbers:

6th grade—85 students, 69 Conferences = 81%

7th grade—96 students, 78 Conferences = 78%

8th grade—85 students, 62 Conferences = 73%

7th & 8th Grade Activities

We spend a considerable amount of time promoting involvement in school activities. The benefits of being in extra-curricular activities helps promote and develop the whole child. YMS is proud to share that 96% of 7th graders and 89% of our 8th graders are, or will be, involved in at least one school sponsored extra-curricular activity during the 14-15 school year. Duke Pride!!

Building Resilience in Children

This article was featured in Healthy Children Magazine.

The world can be a frightening place. As a parent, I am constantly aware of choices that I make to minimize my perception of fear and uncertainty. Death, illness, divorce, crime, war, child abductions, tsunamis, and terrorism — both here and abroad — have defined an evolving landscape for raising our families. How do we

manage to parent from a place of love and understanding, not fear and paranoia?

It’s not possible to protect our children from the ups and downs of life. Raising resilient children, however, is possible and can provide them with the tools they need to respond to the challenges of adolescence and young adulthood and to navigate successfully in adulthood. Despite our best efforts, we cannot prevent adversity and daily stress; but we can learn to be more resilient by changing how we think about challenges and adversities. Today’s families, especially our children, are under tremendous stress with the potential to damage both physical health and psychological well-being.

The stress comes from families who are always on the go, who are overscheduled with extra-curricular activities, and ever-present peer pressure. In the teen years, the anxiety and pressure are related to getting into “the” college.

In today’s environment, children and teens need to develop strengths, acquire skills to cope, recover from hardships, and be prepared for future challenges. They need to be resilient in order to succeed in life.

That is why Kenneth Ginsburg, M.D., MS Ed, FAAP, a pediatrician specializing in adolescent medicine at The Children’s Hospital of Philadelphia (CHOP), has joined forces with the American Academy of Pediatrics (AAP) to author *A Parent’s Guide to Building Resilience in Children and Teens: Giving Your Child Roots and Wings*. The new book provides a dynamic resource to help parents and caregivers build resilience in children, teens, and young adults.

Dr. Ginsburg has identified seven “C”s of resilience, recognizing that “resilience isn’t a simple, one-part entity.” Parents can use these guidelines to help their children recognize their abilities and inner resources.

Continued >

Competence

Competence describes the feeling of knowing that you can handle a situation effectively. We can help the development of competence by:

- Helping children focus on individual strengths
- Focusing any identified mistakes on specific incidents
- Empowering children to make decisions
- Being careful that your desire to protect your child doesn't mistakenly send a message that you don't think he or she is competent to handle things
- Recognizing the competencies of siblings individually and avoiding comparisons

Confidence

A child's belief in his own abilities is derived from competence. Build confidence by:

- Focusing on the best in each child so that he or she can see that, as well
- Clearly expressing the best qualities, such as fairness, integrity, persistence, and kindness
- Recognizing when he or she has done well
- Praising honestly about specific achievements; not diffusing praise that may lack authenticity
- Not pushing the child to take on more than he or she can realistically handle

Connection

Developing close ties to family and community creates a solid sense of security that helps lead to strong values and prevents alternative destructive paths to love and attention. You can help your child connect with others by:

- Building a sense of physical safety and emotional security within your home
- Allowing the expression of all emotions, so that kids will feel comfortable reaching out during difficult times
- Addressing conflict openly in the family to resolve problems
- Creating a common area where the family can share time (not necessarily TV time)
- Fostering healthy relationships that will reinforce positive messages

Character

Children need to develop a solid set of morals and values to determine right from wrong and to demonstrate a caring attitude toward others. To strengthen your child's character, start by:

- Demonstrating how behaviors affect others
- Helping your child recognize himself or herself as a caring person
- Demonstrating the importance of community
- Encouraging the development of spirituality
- Avoiding racist or hateful statements or stereotypes

Contribution

Children need to realize that the world is a better place because they are in it. Understanding the importance of personal contribution can serve as a source of purpose and motivation. Teach your children how to contribute by:

- Communicating to children that many people in the world do not have what they need

- Stressing the importance of serving others by modeling generosity
- Creating opportunities for each child to contribute in some specific way

Coping

Learning to cope effectively with stress will help your child be better prepared to overcome life's challenges. Positive coping lessons include:

- Modeling positive coping strategies on a consistent basis
- Guiding your child to develop positive and effective coping strategies
- Realizing that telling him or her to stop the negative behavior will not be effective
- Understanding that many risky behaviors are attempts to alleviate the stress and pain in kids' daily lives
- Not condemning your child for negative behaviors and, potentially, increasing his or her sense of shame

Control

Children who realize that they can control the outcomes of their decisions are more likely to realize that they have the ability to bounce back. Your child's understanding that he or she can make a difference further promotes competence and confidence. You can try to empower your child by:

- Helping your child to understand that life's events are not purely random and that most things that happen are the result of another individual's choices and actions
- Learning that discipline is about teaching, not punishing or controlling; using discipline to help your child to understand that his actions produce certain consequences

Dr. Ginsburg summarizes what we know for sure about the development of resilience in kids by the following:

- Children need to know that there is an adult in their life who believes in them and loves them unconditionally.
- Kids will live "up" or "down" to our expectations.
- There is no simple answer to guarantee resilience in every situation. But we can challenge ourselves to help our children develop the ability to negotiate their own challenges and to be more resilient, more capable, and happier.

Overview of Stress

- There will always be stress in our lives.
- Stress is an important tool that can aid in our survival.
- Our body's reaction to stress is mediated through a complex interplay of sensory input—sights and sounds—as well as the brain and nervous system, hormones, and the body's cells and organs.
- Emotions play an important role in how we experience stress because the brain is the conductor of this system. The way we think about stress and what we choose to do about it can affect the impact of a stressful event.

This article was featured in Healthy Children Magazine.

Middle Years

Working Together for School Success



Short Stops

A new perspective

Being able to see situations from more than one angle can help your child with reading and writing. Suggest that he consider different characters' points of view when reading a book or writing a story. How would the story change if a different person were the narrator?

Tween crushes

Crushes are normal at this age. In fact, they may even show your middle grader what qualities she admires in others. If she mentions "liking" a classmate, ask what she likes about him. Also, encourage her to be polite if someone has a crush on her and the feeling isn't mutual. This can help set the tone for future relationships.

All kinds of jobs

What would your tween like to do when he grows up? The world is full of jobs he may not have heard of. When you're out together, point out workers like the physician's assistant at his doctor's office or the loan officer in the bank. Also, tell him about your friends' jobs, such as horticulturalist or occupational therapist.

Worth quoting

"Find something you're passionate about and keep tremendously interested in it." *Julia Child*

Just for fun

Q: What kind of coat goes on wet and doesn't have buttons?

A: A coat of paint.



A plan for study time

Effective studying can set your middle grader up to succeed—and create good work habits that she'll be able to rely on in college or in her career. Help her find a study routine that works for her with these tips.

Know how to study

Studying involves more than simply reading a textbook or reviewing class notes. Reflecting on and using the information while studying will help your child learn more deeply. For example, she might do a quick science experiment to better understand a concept in her chemistry chapter.

Take your time

Research shows that spreading out study time is more effective than cramming. Have your tween choose a block of time to study every day so she can review information more than once. Her notes and textbook material will stick in her long-term memory, and



she'll be better able to write an essay or participate in class.

Be goal-oriented

Before your child begins studying, suggest that she define what she hopes to accomplish. Starting with the end in mind will help her stay focused. If she's reviewing for a quiz, she might plan to study half the vocabulary terms today and the other half tomorrow. Or if she's reading a chapter for the next day's lesson, she may want to see if she has questions to ask in class. 👍

Dealing with academic pressure

As academic demands increase in middle school, some tweens become stressed. Consider these suggestions for encouraging your child to do well in his classes and handle any pressure he feels:

■ Focus on the joy of learning. Let your youngster know that you want him to get good grades, but also ask what he's learning in math or which song he liked best in choir. You'll give him an opportunity to talk about the fun parts of school.

■ Keep an eye out for signs of stress, like headaches, stomachaches, or trouble sleeping. If you notice anything, or if he seems too hard on himself, ask whether he's feeling too much pressure. If you're concerned, talk to his school counselor or pediatrician. 👍



Character in the news

Good news: The newspaper is full of people who show good character. And your child could learn from them. Try these ideas.

List traits. How many positive character traits can you and your youngster think of? Together, brainstorm a list. *Examples:* Generosity, compassion, respect, responsibility. Then, have your child read the paper and look for a person to fit each trait. For instance, maybe a *generous* teenager started an organization that gives shoes to low-income children. Or perhaps a



responsible neighbor is spearheading a litter pickup day. **Find role models.** Tweens often admire famous athletes or musicians—and yet some of those people end up in the news for less than admirable reasons. Encourage your middle grader to look for articles about celebrities who use their money and fame for good purposes, like campaigning for cancer research. If someone he admires gets into trouble (say, a football player is fined for poor sportsmanship), take the opportunity to talk about good character and how the player could have acted instead. 👍



Parent to Parent Be a digital storyteller

Like many kids, my son Blake loves spending time online. This year, while looking around for gift ideas for relatives, he discovered digital storytelling. By using this idea, he is saving money *and* practicing making presentations.



He downloaded free software that lets him combine words, photos, audio, and video. For his little brother, he recorded himself reading a few picture books and uploaded photos to match the text. Next, he plans to make a video for his aunt who just moved away. We are each going to share our favorite memory of a time we spent with her.

Blake is getting the hang of digital storytelling—and now he plans to try it for an upcoming class project. 👍

OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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Talking to your middle grader

What do tweens and parents talk about? If your child doesn't have much to say to you these days, broach one of these topics—you may get her to open up:

- Ask for her help with something she's an expert on (say, fitness or technology). She could recommend a new workout for you or a knitting app you might like.
- Many young adult novels are popular with grown-ups these days. Consider reading one, and then lend it to your youngster. If she reads it, ask her what she thought, and share your opinions.
- Your tween will probably enjoy hearing about what your life was like at her age. Tell her about using a cassette player or a typewriter, for example. She may laugh, but it could start a conversation about how times have changed.
- Ask her to share a few music playlists with you. Tell her which songs you like best. Then, you might suggest some "oldies" for her to listen to. 👍



Q & A Should I attend conferences?

Q Now that my daughter is in middle school, do parent-teacher conferences matter as much?

A Yes! Attending conferences shows your middle grader that you value her education, and that's a good message to send regardless of what grade she's in. Also, being an involved parent has proven benefits for students of all ages, like helping them to feel motivated and to have a good attitude toward school.

When you meet with teachers, you'll find out how your daughter is

doing in class and how you could support her at home. You will also strengthen your relationship with them so you'll feel more comfortable getting in touch if a problem arises. And you can help the teachers get to know your child better by sharing information about her life outside of the classroom.

After the conference, tell your daughter how it went. She'll want to know what her teachers said about where she's doing well and where she needs to improve. She'll see that you and her teachers are working together to help her. 👍



Student Family at York Middle School:



Veterans Day Celebration: YMS will be celebrating Veterans Day with a special program on November 11, from 2:40-3:13. Veterans are invited to our student families prior to the program to share patriotic memories of their time serving our country. If you are a veteran and would like to visit our student families or be part of the program, please call Mr. Doud at 402-362-6655 option #1.

You are more than welcome to attend the program also, as many of our students are actively involved in the program.

Paper Houses: Each year our students compete in a Paper House challenge. This is a great activity that encourages cooperation, teamwork, communication, sportsmanship, picking up after themselves, and much more. Each family was given a stack of newspapers and two rolls of masking tape. Student families were given 20 minutes to construct a structure that held three students without any verbal communication. Picture an entire gym full of students working hard together but quiet enough to hear a dime drop! Ten staff members' judged the houses in four areas; best overall participation of a student family, unique design, sturdiest, and the best overall paper house. This year's overall winner went to the Eichinger student family, along with the best overall participation and sturdiest awards. The Wiley student family took home the unique design.



Spaghetti Houses: The next student family group activity will be the building of spaghetti houses. Student families will be introduced to the activity November 13th and the demolition of the houses will take place on December 12. Stay tuned for the results!

Pull Tab Challenge: Student families continue to collect pull tabs for the Ronald McDonald House Charities in Omaha. The Petersen student family were the September winners collecting 5 pounds and 7 ounces. As a group YMS collected 30 pounds or approximately 43,500 pull tabs! We have set a very lofty goal of collecting 1,000,000 tabs for the school year so we need your help. Have your friends help collect or if you know businesses that have tabs, have them get involved with the challenge. Thanks to Sam and Louie's for providing the monthly pizza parties for our student families. Start saving your tabs and let's all "pull" together to provide families with critically ill children a "home away from home."

If you would like to learn more about the Ronald McDonald House Charities in Omaha go to www.rmhcomaha.org



Wellness News from Donelle Ellison, YPS school nurse

It's not too late for flu shots. There are several places in York that offer walk-in clinics (no appointment necessary) to get your flu shots for a minimal cost or some will bill to your insurance depending upon your coverage. Consider having your school age child immunized and ask for your doctor's recommendation.

The flu shot or Influenza vaccine protects you from a virus that causes symptoms like chills, fever, runny nose, sore throat, muscle pains, headache (often severe), coughing, weakness/fatigue and general discomfort. The flu shot does not keep you from feeling nauseous, having vomiting or diarrhea type "flu" also seen in these fall/winter/spring months. Also, keep in mind that the flu shot takes about 2 weeks before it is working well in your body to provide protection. Influenza season may start as early as October and last as late as May with the peak season usually in January and February. Remind your child to wash their hands often, especially after using the restroom, before and after eating and after coughing, sneezing or blowing their nose. Hand sanitizers are great to keep in your back pack and use when you cannot use soap and water. Hand washing is the best way to prevent getting sick and spreading illness to others.

If you have not yet, please contact the school nurse so a plan can be made to care for your child if he/she has asthma and requires an inhaler/nebulizer or has severe allergies requiring the use of an epinephrine pen.

Lastly, we want to mention that the fall and winter months bring about a rise in cases of head lice. We ask that if you know your child has head lice that you care for it according to the directions of an approved treatment. By following the directions exactly, this is a problem that can be managed. Remind your child not to share combs/brushes or hats.

If you have questions please feel free to call and ask either of the school nurses, Donelle Ellison, RN or Patti Vincent, LPN

When your child is going to be absent . . .



When your child is ill and unable to attend school we want to hear from you. Please give us a call at 362-6655, option 1, between 7:30 - 8:30 a.m.

For the safety of your child, we make sure all absent children are accounted for.

CHANGE OF WEATHER



As we move into the fall and winter months the days begin to get colder. Sometimes middle school students feel they are invincible and don't need to wear a coat.

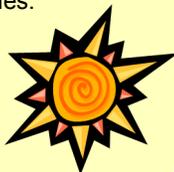
Please take time to address this issue with your child. On days when we are not having precipitation or it is not *extremely* cold we will continue to go outside over lunch time.



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- Milk choices



Fruit or Juice Available Every Day
Start your day off right

Stop & Go Breakfast-High School Only

STOP by the cafeteria entry, Bag your breakfast, and **GO** on with your day!

Choices Daily:

- Pancake Minis
- Bagel & Peanut Butter
- Bagel & Yogurt
- Fruit & Yogurt Parfait with Goldfish Grahams



Includes Fruit or 100% juice choice and milk

This breakfast is available for students that qualify for free or

Breakfast Meal Prices & Extras

Student Breakfast	\$1.30
Adult Breakfast	\$2.00
Extra Breakfast Entrée	\$1.00
Extra Cereal	\$0.85
Extra Toast	\$0.25
Extra Milk	\$0.45

Menus are subject to change without notice.

Mon	Tues	Wed	Thurs	Fri
3 Waffles with Syrup Fruit Milk Choices	4 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	5 Ultimate Breakfast Round Fruit Milk Choices	6 Breakfast Pizza Fruit Milk Choices	7 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
10 Breakfast Sliders Fruit Milk Choices	11 Breakfast Biscuit Sandwich made with a Fresh Baked Biscuit 😊 Fruit Milk Choices	12 Breakfast Pizza Fruit Milk Choices	13 Pancakes with Syrup Fruit Milk Choices	14 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
17 French Toast Sticks With Syrup Fruit Milk Choices	18 Homestyle Sausage Gravy over a Fresh Baked Biscuit 😊 Fruit Milk Choices	19 Oatmeal w/ Topping Bar Fruit Milk Choices	20 Breakfast Pizza Fruit Milk Choices	21 Fresh Baked Cinnamon Roll 😊 Fruit 100% Fruit Juice Milk Choices
24 Pancake Sausage Stick Fruit Milk Choices	25 Breakfast Pizza Fruit Milk Choices	26 No School - Thanksgiving Break 		28
			If there is a late start due to weather, breakfast will not be served.	Entrée Notes: 😊 Homestyle/Scratch ALL entrées comply with USDA Whole Grain Rich standards.

Questions or comments - Contact Susan Gracey, Area Manager at 402-984-4546 or susan@lunchtimesolutions.com or Mitch Novak, Foodservice Director at 402-363-9169 or mitch@lunchtimesolutions.com
Applications for Free and Reduced price meal are available in all building offices.



This institution is an equal opportunity provider and employer.



Fruit & Veggie Bar & Milk Choices

Unlimited fruits and vegetables and choice of milk are included with the lunch meal everyday. Each student is required to have 1/2 cup of fruits or vegetables on their tray.



FARMERS MARKET SELECTIONS



November Selection: Cranberries

A holiday tradition! Check out the benefits of eating cranberries on the poster in the dining room or go to: <http://server.lunchtimesolutions.com:81/farmersmarket.pdf>

Other Entrée Choices Available Daily:

D. Deli Wrap Entrées

- M** Combo Deli Wrap
- T** Fajita Chicken Wrap
- W** Turkey Deli Wrap
- Th** Ham Deli Wrap
- F** Grilled Chicken Wrap

E. Vegetarian Entrées

- M-W** Vegetarian Salad
- T-Th** Fruit, Yogurt & Cheese Plate
- F** Cheese Plate

(All E. include roll or breadsticks)

Lunch Meal Prices & Extras

MS Lunch	\$2.60	Extra Entrée	\$1.75
Chef Entrée	\$2.00	Extra Side	\$0.50
Adult Lunch	\$3.35	Extra Milk	\$0.45

Adult **ONE TRIP** Fruit & Veggie Bar \$1.75

Mon	Tue	Wed	Thu	Fri
NEW!! A. Cheeseburger Soup 😊 ³ Whole Grain Roll B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Peas ✓	A. Sloppy Joe 😊 ⁴ B. Pizza 🌿 ⁴ C. Turkey & Cheese Sandwich BBQ Beans ✓ 	A. Baked Breaded Beef Patty ⁵ B. Baked Chicken Nuggets C. Sub Sandwich Mashed Potatoes & Gravy	A. Chicken Ranch Pasta 😊 ⁶ Breadstick B. Mini Corn Dogs C. Fajita Salad Green Beans ✓ Fresh Baked Sugar Cookie	A. Soft Shell Tacos ⁷ B. Hot Ham & Cheese Sandwich C. Chef Salad Breadsticks Golden Corn Fresh Baked Carnival Cookie ✓
A. Cheeseburger ¹⁰ B. Homestyle Chicken Stew over a Fresh Baked Biscuit 😊 C. Sub Sandwich Mixed Vegetables ✓	A. Pizza 🌿 ¹¹ B. Taquito Grande C. Ham & Cheese Sandwich Golden Corn ✓	A. Homestyle Beef Chili 😊 ¹² with Crackers B. Baked Chicken Nuggets C. Sub Sandwich Cooked Carrots ✓ Fresh Baked Cinnamon Roll	A. Homestyle Goulash 😊 ¹³ B. Grilled Chicken Sandwich C. Crispy Chicken Salad Breadsticks Green Beans ✓ Gelatin Dessert	A. Hot Pepperoni Sub ¹⁴ B. Hot Dog C. Taco Salad Baked Beans ✓
A. Fajita ¹⁷ B. Corn Dog C. Sub Sandwich Refried Beans ✓	A. Beef & Bean Burrito ✓ ¹⁸ B. Pizza 🌿 C. Combo Sandwich Steamed Carrots ✓ 	A. Spaghetti with Meat Sauce 😊 ¹⁹ B. Baked Crispy or Spicy Chicken Sandwich C. Sub Sandwich Peas ✓ Fresh Baked Chocolate Chip Cookie	Holiday Meal 🍂 A. Turkey Slice Whole Grain Roll B. Baked Chicken Nuggets Whole Grain Roll C. Sub Sandwich Mashed Potatoes & Gravy Golden Corn Homemade Cranberry Sauce ✓ Frosted Pumpkin Bar 	A. Toasted Cheese Sandwich with Tomato Soup 😊 ²¹ B. BBQ Rib Sandwich C. Oriental Salad Breadsticks Green Beans ✓
A. Homestyle Ham & Pasta Hotdish 😊 ²⁴ B. Cheeseburger C. Sub Sandwich Green Beans ✓	A. Pizza 🌿 ²⁵ B. Teriyaki Chicken Sandwich C. Turkey & Cheese Sandwich Steamed Broccoli ✓ Chef Day	²⁶ No School - Thanksgiving Break	²⁷ No School - Thanksgiving Break 	²⁸ No School - Thanksgiving Break
New to the Menu 11/3 Cheeseburger Soup - Just in time for fall, we have a new, hearty, cheesy soup for you! Ground beef and potato bits in a cheesy broth will warm you up!				Menu Notes: All breads comply with USDA whole-grain rich standards. Homestyle/Scratch 😊 Vegetarian 🌿 Non-Grain Fiber ✓

Chef Day Baja Fish Tacos - 11/24

Chef Joe will be here preparing fresh fish tacos - piping hot sautéed fish on corn tortillas, topped with tangy slaw and a homemade black bean salsa. Try our newest recipe!

This entrée is available for \$2.00. The Fruit and Veggie bar and Milk can each be purchased separately for an additional amount. You must have money in your account to choose this entrée.

Applications for Free and Reduced Price meals are available in the school office.
Menus are subject to change without notice.

Questions or Comments? Contact: Susan Gracey, Area Manager at (402) 984-4546 or susang@lunchtimesolutions.com or Mitch Novak, Foodservice Director at (402) 363-9169 or mitch@lunchtimesolutions.com
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Duke Hoops
2  Daylight Saving Time Ends	3 G	4 B	5 2:00 Dismissal G	6 B	7 G	8 Duke Hoops
9	10 7 & 8 WR - YMS Invitational 4:30 pm Board of Education Mtg. B	11  YMS Veteran's Day Celebration 7 & 8 GBB @ Hastings St. Cecilia 4:30 pm G	12 2:00 Dismissal B	13 7 & 8 WR - Home vs Crete MS 4:30 pm Picture re-takes  G	14 B	15 Duke Hoops
16	17 8 GBB - Home vs G.I. Westridge M.S. - 4:00 pm G	18 7 & 8 WR @ Aurora Tri. w/G.I. Westridge M.S. 6:00 pm B	19 2:00 Dismissal G	20 7 GBB - Home vs Hastings M.S. 4:00 pm B	21 G	22 Duke Hoops 7 & 8 GBB - York Tourney w/Central City, Crete MS, Schuyler @ YHS
23	24 8 GBB - Home vs. Crete M.S. - 4:30pm 7 GBB @ Crete M.S. 4:30 pm Board of Education Mtg. B	25 7 & 8 WR @ Fillmore Central Tournament (@ Fillmore H.S.) 5:00 pm G	26 NO SCHOOL	27 Thanksgiving Day 	28 NO SCHOOL	29
30						