

# YMS



Kenny Loosvelt

PRINCIPAL

Volume 6

Number 2

**Be Safe, Be Respectful, Be Responsible**

**OCTOBER 2020**

Hello YMS Parents!

This school year has started off better than I could have imagined. The school day at YMS looks different from previous years with students in masks and social distancing but we are getting through this together. Two very important things are happening here...teaching and learning and I could not be more proud of the students and staff. We have a group of adults at YMS who are dedicated to helping your student(s) succeed. This is a fantastic school district and I believe we have the best middle school in the state!

Students have been very busy this first part of the year. In the classroom I see students creating, collaborating, and critically thinking. Many students are involved in activities such as FFA, Student Senate, Band, Expressions, Choir, Cross Country, Volleyball, Football just to name a few! Parents, please continue to encourage your child to become active at YMS. Students who are involved in an activity feel a connection to the school and in turn, their learning improves.

Our ICU system at YMS is in full effect and what we are seeing is certainly positive. One of the core foundations of ICU is that we stop focusing so much on grading and homework and focus on learning. You might notice that your child has fewer grades in the grade book, which is intentional. We want to focus our time on teaching and learning. There will be a measurement of your child's ability to learn the standards and that will be reported in the grade book. At YMS each teacher has a restudy retake policy so if a student feels like they can improve their score on an assessment they can do that. Each teacher might have a slightly different way they handle these situations so if you are ever curious please set up a time to talk with that teacher.

Here are a few guidelines for the ICU philosophy:

- ICU provides extra time and extra help; it doesn't allow students to fail and expects all students to complete all quality assignments.
- ICU develops a culture of learning in which teachers take responsibility for student learning and students returning to active engagement in school.
- ICU teaches students responsibility by not "letting them off the hook" and allowing a zero in the grade book or allow them to not connect with the learning.

Thank you for your support with our ICU process and for helping us partner together to ensure your child(ren) is getting the best education possible.

Have you heard your student talking about MAP's testing? What is MAP's testing? MAP is a Measure of Academic Progress which is a state-aligned computer-adaptive assessment test. Once teachers receive students' MAP's scores they are provided with information that can develop targeted instruction and improve teaching and learning in the classroom. Basically, teachers have a better idea of where each student "is" and "where they need to go". These scores will be mailed to you with their first-quarter report card.

Speaking of PTC. Thank you for those of you who were able to attend virtually and for those of you who sent teachers an email and communicated that way. If you missed conferences for any reason please feel free to schedule a time to meet with your child's teachers by calling the school at 362-6655. Kids and teens do better in school when parents are involved in their academic lives.

Thank you for working with your student to make sure they are not only getting their schoolwork finished but also enough sleep, food, and love so that together we can make the 6,7, and 8-grade years some of the best years of their life.

Go, Dukes!

Kenny Loosvelt

# Middle Years

Working Together for School Success



## Short Stops

### Boost self-esteem

Your middle schooler's friends can have a big impact on how she feels about herself. If her self-confidence is lagging, ask, "Which friends make you feel good?" and "Do any friends put you down?" Suggest that she hang on to friends in the first category—and rethink how much time she spends with those in the second.

### DID YOU KNOW?

Working in front of a computer screen can cause eye strain. To avoid headaches, blurred vision, and watery eyes, your child should use the 20-20-20 rule. For every 20 minutes of screen time, look up at something 20 feet away for 20 seconds.

### Energy investigator

Learning about your family's energy use introduces your tween to science concepts—and gives him a chance to help take care of the planet. Have him search online for top energy-wasters and then find opportunities to correct them at home, like unplugging a fully charged phone or a printer that's in "sleep" mode.

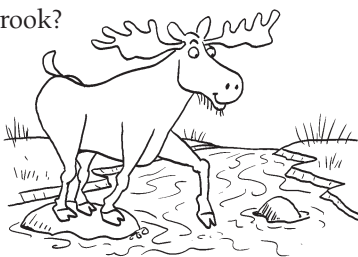
### Worth quoting

"Life is like a trumpet. If you don't put anything into it, you don't get anything out of it." W. C. Handy

### Just for fun

**Q:** What do you get when you cross a stream and a brook?

**A:** Wet feet!



## Limits for middle schoolers

Your tween might not admit it now that he's getting older, but boundaries help him feel safe and secure. Rules also teach him to make positive choices as he grows up. Consider these tips for setting limits.

### Prioritize rules

Having too many rules can be confusing for everyone. Try to narrow them to key categories like health and safety (no drugs and alcohol, limit screen time), school (complete homework on time, keep grades up), and family life (do chores, be respectful).

### Be clear and reasonable

State each rule simply but clearly, and try to phrase it in a positive way. *Example:* "Sign off from social media and put away your phone 1 hour before bed" vs. "Don't chat with friends at night." Listen to your tween's input ("My friends text late!"). Then explain your reasoning.

### Stay on top of projects

A long-term project will seem more doable if your tween thinks of it as a series of smaller assignments. Recommend this strategy.

■ **Break it into chunks.** Your child can start by listing everything she needs to do. For a paper analyzing a famous speech, steps might begin with: "1. Read the speech," and "2. Research the speaker's life." Seeing that each step is something she can handle will give her the motivation to begin.

■ **Assign a deadline to each chunk.** Your middle grader could work backward to make a schedule for completing her project. On her calendar, she should write in the project's due date, then add her own due date for each step. 🍷



("Screen time can interfere with sleep, and you need sleep to stay healthy and do well in school.")

### Remain consistent

Stand firm in enforcing rules—letting something slide teaches your child that the rules don't really matter. Also, assign a consequence that's directly linked to each rule. Have him make and hang up a two-column list labeled "Rules" ("I agree to finish homework before playing video games") and "Consequences" ("If not, I understand that I can't play video games for one day"). 🍷



# Find meaning in books

Thinking “outside the book” often leads to deeper understanding when your child reads novels for school. Share these activities.

**Pair it up.** Encourage your middle schooler to find a poem or another book that’s related to what she’s reading. For a novel about the Dust Bowl, she might choose Langston Hughes’s poem, “Dust Bowl.” How does the poem affect her feelings about events in the book? Or she could read an ice-skater’s biography along with a novel about ice-skating.



What does knowing more about the world of ice-skating add to her understanding of the challenges the characters in the book faced?

**Visualize it.** Picturing people and places helps your middle grader comprehend books set in other times and lands. Suggest that she look up images online from the time period the book is set in. Ask her to imagine how people she reads about would

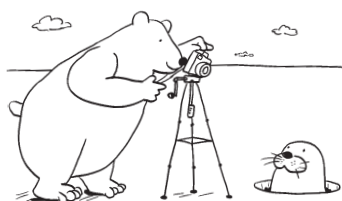
have dressed or what they might have eaten. Or perhaps she’ll learn more about a setting in her book by looking at images on [google.com/earth/](https://www.google.com/earth/). 👍

## Take a picture!

Snapping photos is a popular pastime for tweens. With these ideas, your child will boost his creativity as he takes interesting shots.

### Experiment with subjects

Encourage your middle grader to shoot extreme close-ups of objects, such as marbles in a jar or the inside of an orange. Then, he can share the photo with family members and challenge them to figure out what’s pictured. Or he might snap photos related to a theme, perhaps water or happiness, and put them in an album to keep on the coffee table.



### Explore all the angles

Your tween could try shooting the same scene or object from various perspectives. Maybe he’ll lie under a tree and point his camera straight up to take a picture. Then he can stand up, step away from the tree, and get a photo at a different angle. 👍

### OUR PURPOSE

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

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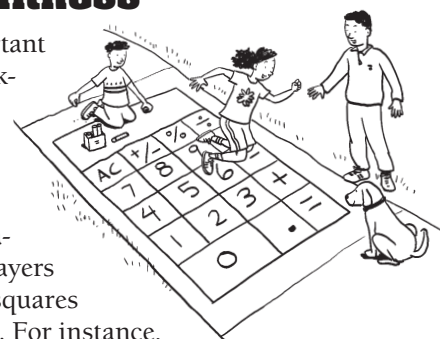
## Parent to Parent

### Fall for family fitness

I know exercise is important for my family’s health, but we weren’t making time for it. So now each week, we appoint an “activity director” who plans an active game to play.

My seventh-grader, Mariah, invented Calculator Hopscotch. She drew a calculator on the driveway, and on each turn, players toss a rock onto a number and hop onto squares to create equations equaling that number. For instance, when Mariah’s rock landed on 7, she solved  $56 \div 8 = 7$  by hopping on 5, 6,  $\div$ , 8, =, and 7. Since her equation was correct, she scored 7 points. High score won the game.

My sixth-grader, Rafael, made up a nature scavenger hunt. He listed things to find, like an acorn or something blue, and we raced to find them. We’re having so much fun playing outside that we don’t even feel like we’re exercising! 👍



## Q & A

### Academic honesty—at home

**Q** How can I make sure my son doesn’t cheat when he works online at home?

**A** It can be tempting for tweens to copy and paste information from the internet or chat answers to friends. Or they may not even realize they’re cheating. Explain to your child that cheating is dishonest, can cause him to get a zero on his work—and will prevent him from learning.

Instead of copying and pasting, encourage him to read his

source material, close that window, and type the information in his own words. Point out that it’s not enough to rearrange words and sentences. He needs original explanations and examples, and he needs to cite the source. If he’s taking a test or quiz at home, make sure he turns off chat and email notifications. He won’t be distracted by pings or feel pressured to share answers.

Finally, praise hard work rather than focusing on grades—you’ll teach him to value both effort and honesty. 👍



## 2020 - 2021 Student Senate Members

Congratulations to the YMS Student Senate Members!

### 6th Grade

Colt Eimermann  
Kinslee Kern  
Calleigh Lones  
Troy Schmid

### 7th Grade

Logan Davis  
Maggie McCarthy  
Ava Goodwin  
Carlye Philipp

### 8th Grade

Lael Schwarz  
Charlie Van Gomple  
Reese Hirschfeld  
Elle Malleck



## Congratulations!

### Expressions 2020 - 2021



Kelsey Arndt  
Sophia Becker  
Allie Colburn  
Zoey Cornett  
Alexis Davis  
Melissa Eckhart  
Katelyn Ecklund

Tiarah Ellis  
Yaneisi Gallegos  
Jordyn Harms  
Martha Huskins  
Rachel Kreifels  
Sophia Liston  
Elle Malleck

Lauryn Mattox  
Taylor Peters  
Jainey Rinehart  
Cashlyn Sanders  
Lael Schwarz  
Alex Smith  
Meredith Whitted



## Marching Band Highlights Concert

**Monday, October 26**

**YMS at 6:30 p.m.**

**YHS at 7:30 p.m.**

We will be dividing our "Marching Band Highlights Concert" into two parts this year to allow for social distancing. (Masks are required for audience members.) This year's 6<sup>th</sup> grade band's first performance and the 7<sup>th</sup> and 8<sup>th</sup> grade Marching Band and Drumline will be held in the portion of the concert beginning at 6:30 p.m. You won't want to miss the 6<sup>th</sup> grade band parents' selection—we'll find out how well the students are able to teach their parents.

The Senior High Band, Drumline, and Flag Squad will be featured at the part of the concert beginning at 7:30 p.m. Please plan to come out and see York's Band members in action!

## October School Counselor Connection

School is the place where students encounter the bulk of their social interactions, challenges, and opportunities for personal growth. Research shows that providing consistent, purposeful, and robust Social Emotional Learning programs can benefit students in multiple ways.

At York Middle School, our students participate in the Second Step program every Tuesday during Family time. This curriculum helps build a culture of connectedness and empowers middle school students with the skills to succeed socially and academically.

We have started with the unit **Mindsets and Goals**. During this unit, students will learn how to develop a growth mindset and apply research based goal-setting strategies to their social and academic lives. The other units throughout the year include:

- **Recognizing Bullying and Harassment** Students learn how to recognize bullying and harassment, stand up safely to bullying, and respond appropriately to harassment.
- **Thoughts, Emotions, and Decisions:** Students learn how to recognize strong emotions and unhelpful thoughts, and apply strategies to manage their emotions and reduce stress.
- **Managing Relationships and Social Conflict:** Students learn strategies for developing and maintaining healthy relationships, perspective-taking, and dealing with conflict.

Students who receive social-emotional interventions early and throughout their learning careers demonstrate impressive and measurable benefits later in life. At YMS, we are excited to provide students with social-emotional learning opportunities. Every Tuesday evening, be sure to ask your child what they are learning during the Second Step lessons.

-Jennifer Badura  
YMS School Counselor  
jen.badura@yorkdukes.org

## FALL CHOIR CONCERT - PLEASE NOTE CHANGES FROM PREVIOUS YEARS



### THE FALL CHOIR CONCERT FEATURING THIS YEAR'S YMS AND YHS ENSEMBLES WILL TAKE PLACE ON MONDAY, OCTOBER 19TH!

NEW!! - - YMS & YHS will have separate performance times. And all choir students will need to wear masks.

YMS choir ensembles; 6th grade choir, 7th & 8th grade choir and Expression's concert will begin at **6:30 p.m.**

YHS's Dukes & Duchesses, Chamber Singers and Concert Choir performance will begin at **7:30 p.m.**

Both will take place in the York High School Theater.

Even prior to Covid 19, the theater was reaching it's seating capacity for the fall and winter choir concerts but now we are forced to limit the number of audience members. We are allowing each student to invite 3 people to join us for an evening of enjoyable music. Come see what we have been working on these first few months of school.

Thank you for being flexible and understanding as we work through these changes.





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## Loading and Unloading of Students Before and After School

Parent drop off and pick up is on the west (Delaware Avenue) side of the building. Stay to the right and follow the signs.

**Please pull forward to the blue parking line.**



Pulling forward will keep the traffic flowing and will reduce the waiting for other parents dropping off their son/daughter.

Before and after school the streets surrounding York Middle School will become very congested, and at time, can be dangerous. We need your assistance to please be patient during this time and help to ensure the safety of our students!

**YMS will have school on Friday, October 2.**

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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Turkey Sub<br>* Toasted Sausage Breakfast Sandwich<br>* Pizza Station: Fresh Baked Pepperoni Pizza<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Steamed Broccoli Florets<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Cheeseburger<br>* Italian Dunkers with Marinara Dipping Sauce<br><b>Vegetables</b><br>Fresh Broccoli Florets<br>Mixed Vegetables<br>Fruit<br>Fruit of the Day<br><b>Desserts</b><br>Rice Crispy Treat<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk                          |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Turkey & Cheese Sub<br>* Home-style Spaghetti<br>* Mini Corn Dogs<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Fiesta Corn Salad<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Breaded Beef Fatty Sandwich<br>* Taco in a Bag<br><b>Vegetables</b><br>Fresh Broccoli Florets<br>Black Turtle Beans on Fruit & Veggie Bar<br>Fruit<br>Fruit of the Day<br><b>Desserts</b><br>Fresh Baked Sugar Cookie<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk          |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Turkey Sub<br>* Honey Garlic Glazed Chicken over Rice<br>* Pizza Station: Fresh Baked Taco Pizza<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Mixed Vegetables<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Turkey & Cheese Sub<br>* Oven-Roasted Hot Dog<br>* Italian Melt<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Steamed Broccoli Florets<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk  |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* BBQ Rib Sandwich<br>* Popcorn Chicken Bites<br><b>Vegetables</b><br>Fresh Broccoli Florets<br>Roasted Ranch Garbanzo Beans on Fruit and Veggie Bar<br>Fruit<br>Fruit of the Day<br><b>Desserts</b><br>Fresh Baked Cinnamon Bun<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Turkey Sub<br>* Taco Burger<br>* Pizza Station: Fresh Baked Cheesy Pizza<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Green Beans<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk  |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Toasted Cheese Sandwich<br>* Creamy Macaroni & Cheese<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Steamed Broccoli Florets<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk  |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Turkey & Cheese Sub<br>* Corn Dog<br>* Baked Breaded Steak Fingers<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Mixed Vegetables<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Creamy Macaroni & Cheese<br>* Chicken Nuggets<br><b>Vegetables</b><br>Fresh Broccoli Florets<br>Golden Corn<br>Fruit<br>Fruit of the Day<br><b>Desserts</b><br>Fresh Baked Carnival Cookie<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk                                     |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Turkey Sub<br>* Honey Glazed Chicken on a Biscuit<br>* Pizza Station: Fresh Baked Supreme Pizza<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Green Beans<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Traditional Sloppy Joe<br>* Grilled Chicken Sandwich<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Green Beans<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk  |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Turkey & Cheese Sub<br>* Oven-Roasted Hot Dog<br>* BBQ Pulled Pork Sandwich<br><b>Vegetables</b><br>Fresh Baby Carrots<br>BBQ Baked Beans<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Cheese Sub<br>* Cheeseburger<br>* Italian Dunkers with Marinara Dipping Sauce<br><b>Vegetables</b><br>Fresh Broccoli Florets<br>Mixed Vegetables<br>Fruit<br>Fruit of the Day<br><b>Desserts</b><br>Rice Crispy Treat<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk                          |    |
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|  |  |  |  |  | <b>Entree</b><br>* Fresh Baked Ham & Turkey Sub<br>* Toasted Sausage Breakfast Sandwich<br>* Pizza Station: Fresh Baked Sausage Pizza<br><b>Vegetables</b><br>Fresh Baby Carrots<br>Steamed Broccoli Florets<br>Fruit<br>Fruit of the Day<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Skim Unflavored Milk   |    |

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- mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410
- fax: (202) 690-7442; or
- email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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|---|---|---|---|---|--|
|   |   |   |   | <b>Entree</b><br>* Ultimate Chocolate Chip Breakfast Round<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Pears<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk | <b>Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Fresh Orange Slices<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk |
| 05  | 06  | 07  | 08  | 09  |  |
| <b>Entree</b><br>* Egg & Cheese Omelet with Toast<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Applesauce<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk                | <b>Entree</b><br>* Fresh Baked Biscuits and Gravy<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Mixed Fruit Cocktail<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk              | <b>Entree</b><br>* Waffles with Syrup<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Fresh Orange Slices<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk             | <b>Entree</b><br>* Sausage Breakfast Pizza<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Peaches<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk               | <b>Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Pineapple Tidbits<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk          |  |
| 12  | 13  | 14  | 15  | 16  |  |
| Misc,<br>No School  | <b>Entree</b><br>* Fresh Baked Sausage Biscuit Sandwich<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Applesauce<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk                  | <b>Entree</b><br>* Strawberry Stuffed French Toast<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Pineapple Tidbits<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk  | <b>Entree</b><br>* Ultimate Chocolate Chip Breakfast Round<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Pears<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk | <b>Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Fresh Orange Slices<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk        |  |
| 19  | 20  | 21  | 22  | 23  |  |
| <b>Entree</b><br>* French Toast Sticks with Syrup Dipping Sauce<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Applesauce<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk  | <b>Entree</b><br>* Home-style Stuffed Potato Breakfast Burrito<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Mixed Fruit Cocktail<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk | <b>Entree</b><br>* Fresh Baked Biscuits and Gravy<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Fresh Orange Slices<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk | <b>Entree</b><br>* Bacon & Egg Breakfast Pizza<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Peaches<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk           | <b>Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Pineapple Tidbits<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk          |  |
| 26  | 27  | 28  | 29  | 30  |  |
| <b>Entree</b><br>* Fresh Baked Egg & Cheese Biscuit Sandwich<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Peaches<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk | <b>Entree</b><br>* Maple Long John<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Applesauce<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk                                       | <b>Entree</b><br>* Muffin Top & Yogurt<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Pineapple Tidbits<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk              | <b>Entree</b><br>* Pancake Sausage Stick<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Sliced Pears<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk                   | <b>Entree</b><br>* Fresh Baked Cinnamon Roll<br>* Cereal Choices with Toast<br>* Smucker's Peanut Butter & Jelly Uncrustable<br><b>Fruit</b><br>Juice Choices<br>Fresh Orange Slices<br><b>Milk</b><br>1% Unflavored Milk<br>Chocolate Skim Milk<br>Strawberry Skim Milk<br>Skim Unflavored Milk        |  |

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# October 2020



| Sun       | Mon  | Tue   | Wed                              | Thu  | Fri  | Sat   |
|-----------|--|---|----------------------------------|--|--|---|
|           |  |   |                                  | <b>1</b><br>7 VB - Home vs Aurora @ YMS 4:30pm<br>8 VB @ Aurora 4:30pm<br>7 FB @ Seward M/S - 4:00pm<br>G                                  | <b>2</b><br>B  | <b>3</b>  |
| <b>4</b>  | <b>5</b><br>G  | <b>6</b><br>7 & 8 FB @ Northwest 4:30/6:00pm<br>B | <b>7</b><br>2:00 Dismissal<br>G  | <b>8</b><br>7 VB - Home vs Northwest @ YMS 4:30pm<br>8 VB @ Northwest (Cedar Hollow) 4:30pm<br>B   | <b>9</b><br>End of 1st Qtr.<br>G                     | <b>10</b>   |
| <b>11</b> | <b>12</b><br>NO SCHOOL<br>Columbus Day<br>Board of Education Mtg.<br>B   | <b>13</b><br>B                                    | <b>14</b><br>2:00 Dismissal<br>G | <b>15</b><br>8 FB @ Aurora 4:30pm<br>B   | <b>16</b><br>G                                       | <b>17</b>   |
| <b>18</b> | <b>19</b><br>YMS Choir Concert @ 6:30pm YHS Theater<br>B   | <b>20</b><br>G                                    | <b>21</b><br>2:00 Dismissal<br>B | <b>22</b><br><br>8th Grade U.S. President's Fair<br>G | <b>23</b><br>B                                       | <b>24</b>   |
| <b>25</b> | <b>26</b><br><br>YMS/YHS Marching Band Highlights Concert YHS Gym @ 6:30pm<br>Board of Education Mtg<br>G | <b>27</b><br>B                                    | <b>28</b><br>2:00 Dismissal<br>G | <b>29</b><br>B   | <b>30</b><br>Red Ribbon Week<br>October 26 - 30<br>G | <b>31</b><br><br>Halloween |