

March 2021

Volume 16, Issue 7

Important Dates

March 2
Arby's Night

March 4-8
No School (Spring Break)

Friday, March 12
Slushy Sales
End of the 3rd Quarter

Sunday, March 14
Daylight Savings Time Starts
(Clocks up 1 hour)

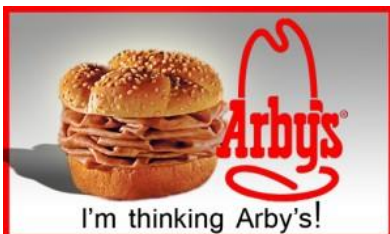
Monday, March 15
Wendy's Night Out

Friday, March 26
Slushy Sales

Thursday, April 1
Baseball Opening Day

Don't Forget!

Arby's Night Out will be on Tuesday, March 2! When you order your food, be sure to mention that you are part of the York Elementary School Arby's Night! A percentage of the sales that evening will go towards our school.



Y.E.S. Indeed!

York Elementary School Monthly Parent Newsletter

In a few weeks, we will be ending the 3rd Quarter and commence the 4th Quarter. It's hard to believe that we are already at that point in the year. We are very grateful for the support and assistance that we have received in order to make it to this point with students in the building. Let's keep working together to make sure that we end the year right!

Summer BOOST News

Watch for more information after spring break regarding Summer BOOST. We are planning to have summer programming this year.



Thursday, April 1st, is Major League Baseball Opening Day! Here at York Elementary, we will celebrate! We are going to work hard during the "Home Stretch" of the 2020-21 school year and "Hit it Out of the Park"!

We encourage the students to wear their favorite baseball/softball attire! (jersey, baseball hat, team t-shirt, etc.)

Classroom Happenings

1st Grade

For the month of March, the first graders will continue to combine Unit Studies and Writing. We are learning about heroes from American history and about the amazing things they did for our country and people. We are taking all the information we are learning about each hero and writing about them.

3rd Grade

Things are moving right along in 3rd grade. Never a dull moment for sure! In Math, we are becoming quite the mathematicians in all things fractions. We also have been reviewing and diving deeper into time and money. We will soon move to geometry and two step problems. In Reading, we continue to work on reading and comprehension skills. We have been working hard in our Wonders program along with a few novels. (Continued on next page.)

It is the policy of York Public Schools not to discriminate on the basis of gender, disability, race, color, religion, marital status, age, or national origin in its educational programs, administration, policies, employment, or other district programs.

Classroom Happenings (Continued)

3rd Grade (Continued)

We will start prepping for our NSCAS testing. We will spend time reviewing key concepts so that we can rock the test! It is always fun to see how much we have really learned throughout the year! We are all anticipating spring weather! Our 3rd quarter SCORE party will be a picnic at the park. We are keeping our fingers crossed for nice, warm weather!

5th Grade

Although February might have looked a little different for fifth graders than previous years, students have been busy and are having fun with various projects. They currently are working on a biography report where each student picked a famous person to research and write about. In Math, students have been tackling long division! In Science, fifth graders created a large 15-foot energy pyramid in the pod showing different connections between plants and animals. On February 18th, they were able to watch a live stream video of the rover "Perseverance" landing on Mars. Fifth graders are looking forward to their upcoming middle school visit in April!

Contact Us

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Follow Us

Twitter: @YESDukePride

Facebook: York Elementary
School

March is National Nutrition Month – Info. From the NIH

We Can! (Ways to Enhance Children's Activity & Nutrition) is a national education program designed to give parents and communities a way to help children learn to eat nutritious foods. As parents, you can do a lot to help your children learn healthy eating habits and maintain a healthy weight. Involving them in meal preparation and cooking can motivate them to try new foods – and is a good way to spend time together as a family.

What is a "healthy" diet?

- Emphasizes fruits, vegetables, whole grains, and low-fat or fat-free milk products.
- Includes lean meats, poultry, fish, beans, eggs, and nuts.
- Is low in saturated fats, trans fats, cholesterol, sodium/salt, and added sugars.
- Stays within your calorie needs.

Focus on Healthy Food Choices - Choose the **GO**, **SLOW**, and **WHOA** foods:

GO FOODS – are the lowest in fats and added sugar. They are *nutrient dense* with a better source of vitamins, minerals, and other nutrients important to health. Examples of GO foods are fruits, vegetables, whole grains, fat-free and low-fat milk products, lean meats, poultry, fish, beans, egg whites, or egg substitute.

SLOW FOODS - are higher in fat, added sugar, and calories. SLOW foods include vegetables with added fat, white refined bread flour, low-fat mayonnaise, 2% low fat milk products, peanut butter, pizza, baked chips, and mac and cheese. Have slow foods sometimes.

WHOA FOODS – are the highest in fat and sugar. They are *calorie dense* foods and low in vitamins, minerals, and other needed nutrients. Have WHOA foods once in a while, and when you do have them, have small portions. Examples of WHOA foods are whole-milk products, fried foods, bakery sweets, candy, soda, chips, sugary cereals, and creamy salad dressings.

Hungry for more? Visit the WE CAN! Web site at <http://wecan.nhlbi.nih.gov> Visit the Keep the Beat : Deliciously Healthy Eating web site at <http://hin.nhlbi.nih.gov/healthyeating>

March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 K-1st-Purple 2nd-5th- Orange	2 K-1st- Green 2nd-5th- Purple Arby's Night Out	3 K-1st- Red 2nd-5th- Green	4 NO SCHOOL SPRING BREAK	5 NO SCHOOL SPRING BREAK	6
7	8 NO SCHOOL SPRING BREAK	9 K-1st- Blue 2nd-5th- Red	10 K-1st- Orange 2nd-5th- Orange KINDERGARTEN TO Burger King- 8:15	11 K-1st- Purple 2nd-5th- Purple	12 K-1st- Green 2nd-5th- Green SLUSHIES	13
14	15 K-1st- Red 2nd-5th- Red Wendy's Night Out	16 K-1st- Blue 2nd-5th- Orange	17 K-1st- Orange 2nd-5th- Purple	18 K-1st- Purple 2nd-5th- Green	19 K-1st- Green 2nd-5th- Red	20
21	22 K-1st- Red 2nd-5th- Orange	23 K-1st- Blue 2nd-5th- Purple	24 K-1st- Orange 2nd-5th- Green	25 K-1st- Purple 2nd-5th- Red	26 K-1st- Green 2nd-5th- Orange SLUSHIES	27
	29 K-1st-Red 2nd-5th- Purple	30 K-1st- Blue 2nd-5th- Green	31 K-1st- Orange 2nd-5th- Red			



Breakfast Choices

Available every day, breakfast includes:

- Breakfast entrée or Choice of cereals with toast
- Fruit
- 100% Fruit Juice
- Milk choices



Fruit and Juice Available Every Day

Start your day off right

Breakfast Meal Prices & Extras

Student Breakfast	\$1.45
Adult Breakfast	\$2.35
Extra Milk	\$0.45

Menus are subject to change without notice.



Mon	Tue	Wed	Thu	Fri
1 A. Egg & Cheese Taco Roll B. Cereal Choices with Toast Juice Choices Sliced Peaches	2 A. Fresh Baked Sausage Biscuit Sandwich B. Cereal Choices with Toast Juice Choices Applesauce	3 A. Chocolate Iced Long John B. Cereal Choices with Toast Juice Choices Pineapple Tidbits	4 NO SCHOOL	5 NO SCHOOL
8 NO SCHOOL	9 A. Bacon & Egg Breakfast Pizza B. Cereal Choices with Toast Juice Choices Mixed Fruit Cocktail	10 A. Fresh Baked Biscuits & Gravy B. Cereal Choices with Toast Juice Choices Fresh Orange Slices	11 A. Chocolate Glazed Donut B. Cereal Choices with Toast Juice Choices Sliced Peaches	12 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast Juice Choices Pineapple Tidbits
15 A. Pancake Sausage Stick B. Cereal Choices with Toast Juice Choices Sliced Peaches	16 A. Muffin Top & Yogurt B. Cereal Choices with Toast Juice Choices Applesauce	17 A. Green Eggs & Ham with Toast B. Cereal Choices with Toast Juice Choices Pineapple Tidbits	18 A. Fresh Baked Cinnamon Roll B. Cereal Choices with Toast Juice Choices Sliced Pears	19 A. Home-style Stuffed Potato Breakfast Burrito B. Cereal Choices with Toast Juice Choices Fresh Orange Slices
22 A. Egg & Cheese Omelet with Toast B. Cereal Choices with Toast Juice Choices Applesauce	23 A. Pancake Sausage Bites B. Cereal Choices with Toast Juice Choices Mixed Fruit Cocktail	24 A. Waffles with Syrup B. Cereal Choices with Toast Juice Choices Fresh Orange Slices	25 A. Sausage Breakfast Pizza B. Cereal Choices with Toast Juice Choices Sliced Peaches	26 A. Fresh Baked Caramel Roll B. Cereal Choices with Toast Juice Choices Pineapple Tidbits
29 A. Iced Long John B. Cereal Choices with Toast Juice Choices Sliced Peaches	30 A. Fresh Baked Sausage Biscuit Sandwich B. Cereal Choices with Toast Juice Choices Applesauce	24 A. Blueberry Muffin with String Cheese B. Cereal Choices with Toast Juice Choices Pineapple Tidbits		

Lunch Meal Prices & Milk

YES Lunch \$3.00
 Adult Lunch \$3.85 Extra Milk \$0.45

Milk Choices

Choice of milk is included with the lunch meal every day.



Applications for Free and Reduced Price meals are available in the school office.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [\(800\) 877-8339](tel:8008778339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](tel:8666329992). Submit your completed form or letter to USDA by:

- 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](tel:2026907442); or
- email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Mon	Tue	Wed	Thu	Fri
1 A. Nacho Snackable B. French Toast Sticks & Sausage C. Breaded Beef Patty Sandwich Fresh Baby Carrots Golden Corn Fruit of the Day	2 A. Combo Deli Round B. Chicken Ranch Pasta C. Cheeseburger Fresh Broccoli Florets Steamed Carrots Fruit of the Day	3 A. Turkey & Cheese Deli Round B. Oven-Roasted Hot Dog C. Mexi Tots with Dinner Roll Fresh Baby Carrots Steamed Broccoli Florets Fruit of the Day	4 NO SCHOOL	5 NO SCHOOL
8 NO SCHOOL	9 A. Combo Deli Round B. Pork Fritter Sandwich C. Soft Shell Beefy Tacos Fresh Broccoli Florets Refried Beans Fruit of the Day Gelatin Dessert	10 A. Nacho Snackable B. Baked Breaded Steak Fingers with Dinner Roll C. Corn Dog Fresh Baby Carrots Mixed Vegetables Fruit of the Day	11 A. Ham & Cheese Deli Round B. Creamy Macaroni & Cheese C. Bacon, Egg & Cheese Biscuit Sandwich Fresh Broccoli Florets Fiesta Corn Salad Fruit of the Day Fresh Baked Carnival Cookie	12 A. Ham & Turkey Deli Round B. Chicken Nuggets C. Fish Nuggets Fresh Baby Carrots Green Beans Fruit of the Day
15 A. Ham & Cheese Deli Round B. Pork Fritter Sandwich C. Traditional Sloppy Joe Fresh Baby Carrots Green Beans Fruit of the Day	16 A. Combo Deli Round B. Cheeseburger C. Italian Dunkers with Marinara Dipping Sauce Fresh Broccoli Florets Golden Corn Fruit of the Day	17 A. Ham & Cheese Snackable B. Hot Shredded BBQ Chicken Sandwich C. Pizza Station: Fresh Baked Cheesy Pizza Fresh Baby Carrots BBQ Baked Beans Fruit of the Day	18 A. Ham & Cheese Deli Round B. Popcorn Chicken Bites C. Baked Ham with Dinner Roll Fresh Broccoli Florets Classic Green Bean Casserole Fruit of the Day Fresh Baked Holiday Cookie	19 A. Dual Cheese Snackable B. Classic Beefy Chili and Crackers C. Chicken Fajita Fresh Baby Carrots Steamed Broccoli Florets Fruit of the Day Fresh Baked Cinnamon Bun
22 A. Ham & Cheese Deli Round B. Creamy Macaroni & Cheese C. Crispy Chicken Sandwich Fresh Baby Carrots Green Beans Fruit of the Day	23 A. Turkey & Cheese Snackable B. Chicken Nuggets with Dinner Roll C. Fresh Baked Egg & Cheese Biscuit Sandwich Fresh Broccoli Florets Steamed Cauliflower Fruit of the Day	24 A. Turkey & Cheese Deli Round B. Home-style Spaghetti C. Mini Corn Dogs Fresh Baby Carrots Peas Fruit of the Day	25 A. Ham & Cheese Deli Round B. Breaded Beef Patty Sandwich C. Beefy Taco in a Bag Fresh Broccoli Florets Zesty Black Beans Fruit of the Day Double Chocolate Banana Bars	26 A. Ham & Turkey Deli Round B. Honey Garlic Glazed Chicken over Rice C. Fish Nuggets Fresh Baby Carrots Mixed Vegetables Fruit of the Day
29 A. Ham & Cheese Deli Round B. Pizza Pasta Bake C. Crispy Chicken Sandwich Fresh Baby Carrots Golden Corn Fruit of the Day	30 A. Combo Deli Round B. Chicken Ranch Pasta C. Cheeseburger Fresh Broccoli Florets Steamed Carrots Fruit of the Day Frozen Fruit Slush	24 A. Ham & Cheese Snackable B. Oven-Roasted Hot Dog C. Original Beef Goulash with Breadstick Fresh Baby Carrots Home-style Creamy Coleslaw Fruit of the Day		