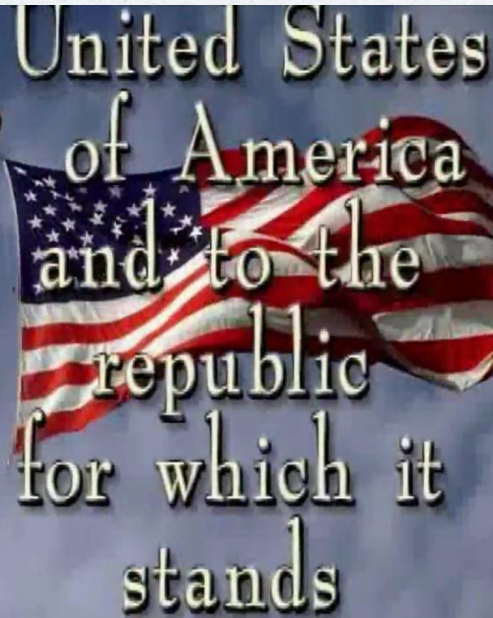


GOOD MORNING  
5TH & 6TH GRADERS!!

# LET'S RECITE THE PLEDGE

## Pledge of Allegiance



United States  
of America  
and to the  
republic  
for which it  
stands

## Pledge to be R.A.M.S

Acting responsibly,  
and Maintaining safety in our  
school.

We pledge to work together and  
unite for kindness, acceptance, and  
inclusion of others.

TODAY IS:  
Wednesday  
January 19, 2022  
DAY 1



# NEWS FROM THE KITCHEN



19

Chicken Parmesan W/  
Spaghetti

with

VEG Of The Day  
Fresh Broccoli  
Fruit of the Day  
Applesauce



## Alternative Hot Lunch

Chicken Nuggets, Chicken Patty or Pizza

## Alternative Cold Lunch Offered daily

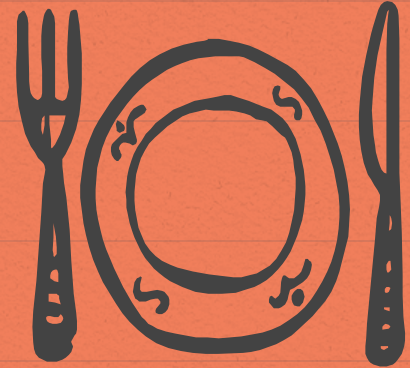
Turkey & Cheese Hoagie

Ham & Cheese Hoagie

Spring Ford Salad offered daily

All alternate Fruit & Vegetables available daily

Fruit of the Month : Sliced Apples



## QUOTE:

We know how hard it is to use self-control when picking food to eat. Do you think competitive food eaters practice self-control?

Believe it or not they do! They have lots of training to prepare for the big competition. They drink lots of water, they have to learn how to stretch their stomachs and relax their esophagus. So **WHATEVER** you choose to do, you can still have self-control!

## MONTHLY THEMES:

JANUARY 2022 | JAGUAR

# SELF-CONTROL

Choosing to do what you should  
even when you don't want to



# NATIONAL FUN HOLIDAY/DAYS



National Popcorn Day

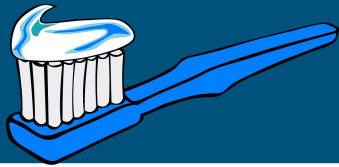
# WHAT'S HAPPENING AROUND SCHOOL - COUNTRIES AND CULTURES CLUB



THANK YOU FOR ALL THE INTEREST IN THE COUNTRIES AND CULTURES CLUB!

LIST OF STUDENTS SELECTED THROUGH THE LOTTERY IS POSTED OUTSIDE OF  
MRS. OJAKOVO'S RM W139

CLUB WILL START THURSDAY, FEBRUARY 4TH. EMAILS WILL BE SENT TO SELECTED  
STUDENTS' PARENTS THIS WEEK



# SOAPER BOWL



**WHAT IS NEEDED:** *Project Outreach* is collecting shampoo/conditioner, toothbrushes, toothpaste, floss, deodorant, soap, body wash, lotion and lip balm.

**WHERE TO DROP OFF - box outside of the following classrooms:**

Explorers - Mutchnick (218)

Pioneers - Craig (117) & Rey (105)

Patriots - Sherman (247)

Settlers - Waltermeyer (140) & Williams (151)

Colonists - Dibbern (206)

Trailblazers - Rizzo (232)

***Please bring in needed supplies the MONTH OF JANUARY and help support our Soaper Bowl!***

# Who will claim the SOAPER BOWL Title?

— TOTALS FOR LAST WEEK (1/10-1/14):



**Patriots-112**

**Colonists-79**

**Explorers-47**

**Settlers- 135**

**Trailblazers- 60**

**Pioneers- 42**

## WHAT'S HAPPENING AROUND SCHOOL - WED. AFTERSCHOOL CLUBS

- Art Club in Mrs. Carlo's room - students to report at 2nd bus call! Pick up at 4:40 at the back of the building.
- 5th Grade Reading Olympics - students report outside the blue and wood gyms at 3rd bus call. Parent pick-up at 4:40 in front of the building

# AFTER-SCHOOL MUSIC REHEARSALS



## WEDNESDAY



6<sup>th</sup> Grade String Orchestra:  
Viola, Cello, Bass  
Report to Band Room at 2<sup>nd</sup> bus call

Parent pick-up 4:40pm  
\*Pick-up at front of building\*



# HAVE A GREAT DAY SPRING-FORD!



## FROM: SCHOOL COUNSELORS