

# Killingly Intermediate Middle School

Welcome to our  
Lunch Cafe

9/30/2019 - 9/30/2019

**MEATLESS MONDAY**

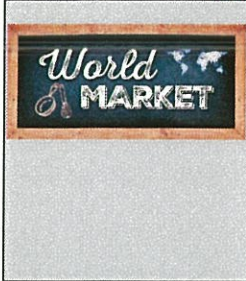
**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



Cheesy Stuffed Bread Sticks  
*baked bread sticks filled with melted cheese* ♻️  
Pasta with Sauce  
Sauteed Broccolini



Bean & Veggie Burrito  
*a whole wheat burrito, stuffed with fiesta rice, veggies, kidney beans and cheddar cheese, served with salsa and sour cream* ♻️

Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese



Barbecue Rib Sandwich  
*warm BBQ rib patty on a bun prepared in-house*

Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches



White Pizza  
*freshly made pizza dough brushed with garlic and oil, topped with mozzarella cheese, baked to perfection* ♻️

Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza comes with a



Simply Boxed Belgium Waffle Bites  
*freshly prepared meal with creamy yogurt, Belgium waffle bites, sunflower protein and fruit* ♻️

Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk



Available Daily on Our Salad Bars:  
Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.









# Killingly Intermediate Middle School

Welcome to our  
Lunch Cafe

10/1/2019 - 10/4/2019

**MEATLESS MONDAY**

	Monday	Tuesday	Wednesday	Thursday	Friday
		Whole Grain Waffles with Sausage <i>light and crispy waffles served with a sausage patty</i> P Oven Baked Fries Cinnamon Apple Slices	Big Bird Panini <i>grilled oven roasted turkey breast, crispy bacon and cheese on grilled bread</i> P 🍌	Honey Mustard Chicken Sauce & Toss <i>popcorn chicken glazed with honey mustard sauce</i> 🍌 Brown Rice Roasted Squash	Homemade Chicken Cordon Blue Calzone <i>garlic toasted whole grain calzone filled with chicken, ham, ricotta and melted cheeses</i> P Spaghetti Sauce Roasted Lemon Parmesan Broccoli
		Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> 🍌	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i> 🍌	Chicken Fajita Wrap <i>freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese</i> 🍌	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🍌
Toppings Bar: Mexi Veg, Beans, Shredded Cheese, Diced Onion, Sour Cream, Tomatoes, Shredded Lettuce, Salsa & Fresh Pico De Gallo					
		Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i>	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🍌 🍌	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce &amp; tomato prepared in-house</i> 🍌	Whole Grain Fish Sticks Oven Baked Fries
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
		Sausage Pizza <i>traditional pizza slice topped with sausage</i> 🍌	Crispy Bacon Pizza <i>pizza dough topped with tomato sauce, cheese and crispy bacon</i> P 🍌	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i> P 🍌	Hand Crafted Pepperoni Pizza <i>fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp</i> P 🍌
Available Daily: Cheese Pizza, Pepperoni Pizza featuring whole grain rich pizza dough. All Pizza comes with a House Salad or Caesar					
		Fruity Granola Parfait <i>Lowfat vanilla yogurt layered with fruit and granola</i> 🍌 🍌 🍌	Simply Boxed Meat and Cheese Protein Pack <i>freshly made meal with diced meat and cheese, fruit medley and crisp bread</i> 🍌	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🍌	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🍌
Available Daily: Assorted Entree Salads, Sandwiches, Parfaits, Simply Boxed Meals, Includes your choice of fruit and					
	<div> <p>Available Daily on Our Salad Bars: Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.</p> </div>				



## **KILLINGLY PUBLIC SCHOOLS CANCELLATIONS, DELAYED OPENINGS, & EARLY DISMISSALS**

To: Parents, Guardians, and KPS Staff.

In the event of stormy weather, cancellations, delayed openings, and early dismissals will be announced on the radio and TV as early as possible. In order to help you prepare for morning childcare and/or supervision, **ALL DELAYED OPENINGS WILL BE TWO (2) HOURS.** When there is a 2-hour delay, there is no breakfast program and no morning preschool.

Our automated telephone calling system will contact you if there is a delay, cancellation or early dismissal. **Please be sure that schools have your correct telephone number on file.**

TV Stations: Channel 3, Channel 8, Fox 61, NBC 30, and [www.killinglyschools.org](http://www.killinglyschools.org)  
Radio Stations: WINY 1350 AM, WCTY 97.7 FM  
KPS Weather line: 860 779-6666

In the event of a 2-hour delay, a child's bus will be delayed by the same amount of time. For example, when school is delayed a student who is usually picked up at 7:00 a.m. will be picked up at 9:00 a.m.

### **DELAYED OPENING HOURS**

**KHS-9:30 a.m. KIS-9:15 a.m. KCS-10:20 a.m.(no breakfast program) KMS-10:20 a.m.(no breakfast program)**  
**Goodyear (School day only) -10:45 a.m. (no A.M preschool)**  
**&**  
Goodyear Childcare-9:00 a.m. Killingly Childcare Program, grades k-4 -8:00 a.m.

### **EARLY DISMISSAL HOURS**

When there is an early dismissal, there is no afternoon preschool. Goodyear childcare is open until 5:00 p.m.  
Killingly Childcare Program sites are open until 6:00 p.m., unless otherwise directed by the Superintendent.

Early dismissal hours are: **KHS-12:05 p.m. KIS-12:10 p.m. KCS-1:20 p.m. KMS-1:20 p.m.**  
**Goodyear:** Pre-K morning students will be dismissed at 10:45 a.m. Dismissal for full-day Pre-k students will be at 12:45 p.m.  
There will be no afternoon preschool session.

### **HOURS FOR KILLINGLY CHILDCARE PROGRAMS WHEN SCHOOLS ARE CLOSED**

Goodyear Childcare will open at 9:00 a.m. when schools are closed.  
Killingly Childcare Programs **for students in grades k-8 will be combined and held only at the KMS location** from 8:00 a.m.- 6:00 p.m.

### **SPECIAL EARLY DISMISSAL**

In an effort to reduce the number of school cancellations, **in rare circumstances** the superintendent may elect to have a **SPECIAL EARLY DISMISSAL** and dismiss students about one hour earlier than a typical early dismissal schedule. Many storms in the past have either started or intensified around 2:30 p.m.

When there is a **SPECIAL EARLY DISMISSAL** there is no afternoon preschool. Goodyear childcare is open until 5:00 p.m.  
The Killingly Childcare Program sites are open until 6:00 p.m., unless otherwise directed by the Superintendent.

**SPECIAL EARLY DISMISSAL HOURS are: KHS-10:55 a.m. KIS-10:55 a.m. KCS-12:05 p.m. KMS-12:05 p.m.**  
**Goodyear:** Pre-K morning students will be dismissed at 10:45 a.m. Dismissal for full-day Pre-k students will be at 11:30 a.m. There will be no afternoon preschool session.  
The **SPECIAL EARLY DISMISSAL** schedule will have an impact on lunch for students, create a condensed schedule, and may require staffs' lunch/prep times to be moved to the end of the day. School principals will set forth a schedule that is appropriate for each building.

**If the DISTRICT is closed (no offices opened) ALL Killingly Childcare Program sites are CLOSED.**

*Parents of elementary and intermediate students should make arrangements to receive students at home if there is an early dismissal. Either arrange to be home early, or arrange for a relative or neighbor to provide supervision. Parents need to let schools know of any changes for early dismissal. Please inform your child of your plans in the case of an early dismissal.*

## KIS AD WEEKLY UPDATE

- Results for the week of 23 – 27 Sep:
  - 24 Sep: Girls Soccer AWAY @ Griswold W: 4-0
  - 24 Sep: Boys Soccer HOME v Griswold L: 5-0
  - 26 Sep: Girls Soccer HOME v Woodstock L:2-1
  - 26 Sep: Boys Soccer AWAY @ Woodstock L:6-0
  - 26 Sep: Cross Country AWAY @ Brooklyn Top Girl finisher: Chloe Moniz 7<sup>th</sup> Top Boy finisher: Layne O'Leary 2<sup>nd</sup>
- Schedule for the week of 30 Sep – 4 Oct:
  - 1 Oct: Girls Soccer HOME v Brooklyn 3:30
  - 1 Oct: Boys Soccer AWAY @ Brooklyn 3:45
  - 3 Oct: Girls Soccer AWAY @ Thompson 3:30
  - 3 Oct: Boys Soccer HOME v Thompson 3:30
  - 3 Oct: Cross Country HOME 3:30 Walk thru.
- Students are expected to take the bus to and from KIS for all *away* athletic events.

Any questions contact the Athletic Director (AD).
- Check the KIS Athletic Website to find
  - Schedules of games and meets
  - Directions to games and meets
  - Changes or cancellations
- Athletics are a parent pick-up. Please be on time to pick up your student-athlete.

Any questions please email the AD, Mr. Reeves @ [jreeves@killinglyschools.org](mailto:jreeves@killinglyschools.org)

26 Sep 2019

Mr. Steven Rioux  
Superintendent of Schools  
srioux@killinglyschools.org



Mr. Paul Brenton  
Assistant Superintendent  
pbrenton@killinglyschools.org

September 27, 2019

Dear KPS Families,

Governor Lamont's office and the Northeast District Department of Health has recently shared some guidance to families regarding the impact of Eastern Equine Encephalitis (EEE) in Windham County. We wanted to send out information to you given the recent reports of EEE. We want to make sure that everyone is educated on the precautions that can be taken. EEE is a rare disease that is caused by a virus spread by infected mosquitoes. The Connecticut Department of Public Health is advising residents to avoid outdoor activity from dusk to dawn, when mosquitoes are most active. Mosquitoes collected from trapping stations in Windham County have tested positive for EEE, so there is the likelihood of infected mosquitoes throughout our district according to the Northeast District Department of Health (NDDH). The Governor's press release also shared recent data from the trapping stations, <https://portal.ct.gov/Office-of-the-Governor/News/Press-Releases/2019/09-2019/Governor-Lamont-Advises-Connecticut-Residents-to-Take-Proper-Precautions-Against-EEE>.

The NDDH has shared if you must be outdoors between dusk and dawn, when mosquitoes are most active, it is recommended to take precautions against mosquito bites. The following precautions can be taken:

1. We strongly encourage students and adults to use insect repellent, especially if they are going to be outside after dusk and before dawn. EPA-approved insect repellent with recommended active ingredients should be used such as Off Deep Woods insect repellent with DEET, picaridin, or oil of lemon eucalyptus. Permethrin can be used to treat clothing and gear, but should not be used directly on the skin. Please note that it is recommended that DEET products not be used on infants under 2 months of age and Oil of lemon should not be used on children under 3 years of age.

2. Encourage all members of the community to wear long sleeves and pants, particularly before dawn and after dusk.
3. Advise people to avoid congregating next to areas of standing water and to prevent the collection of standing water.
4. Ensure that there are no holes in window screens.

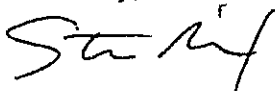
The NDDH shared this information not to cause panic, but to remind our community members to be mindful of the issue. As the mosquitos continue to be tracked and tested in Connecticut, there is a dramatic decrease being seen in the numbers of mosquitos testing positive for the virus as the cooler weather approached last week. Mosquitoes will continue to be active until the first heavy frost according to public health officials.

We will continue to monitor this evolving situation and will provide updates as necessary. Please be mindful of the importance to protect yourself from mosquito bites. We have attached the following link to the NDDH website for further information on this concern.

<https://www.nddh.org/newsevents/public-health-alerts/>

Additionally, until the end of the fall sporting season, families may provide their children with a note giving permission for students to self-administer mosquito repellants during after school and evening events.

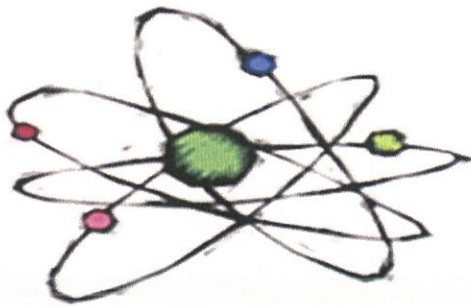
Sincerely,



Steven Rioux

Superintendent of Schools





# Enrichment

Killingly Intermediate  
School

## Permission Slip

Student's Name: \_\_\_\_\_

First

Last

Grade: \_\_\_\_\_ Homeroom teacher: \_\_\_\_\_

Please identify the enrichment program you would like to participate in.

Permission slips are due by October 11, 2019. Notification letters will be given out the week October 14<sup>th</sup>.

My child has permission to participate in the after-school enrichment activities at KIS. I understand appropriate behavior is expected.

\_\_\_\_\_  
Parent signature

Transportation:

\_\_\_\_\_ Parent pickup at 4:15PM

\_\_\_\_\_ My child will take the late bus

**\* Please be aware space is limited. A lottery system will be used if more students are interested in an activity than there are spaces available.**

# After School Enrichment



Grades 5-6



**Chess Club**  
**Mr. Desrosiers**  
**Monday**

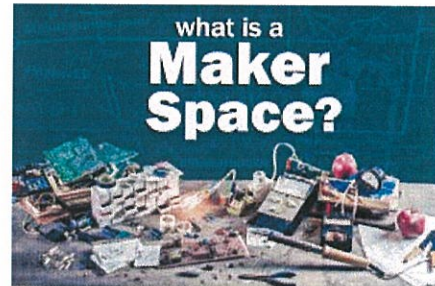
If you enjoy strategic thinking, the chess club is for you!



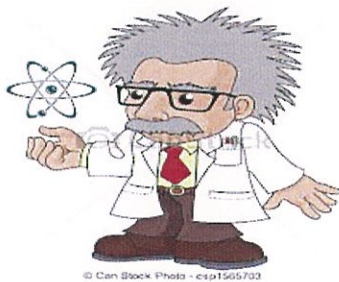
Grades 5

**Makerspace**  
**Mrs. McCollum**  
**Tues or Wed**

Be creative! Explore, create and have fun with all different types of materials.



Grades 5



**STEAM Activities**  
**Mrs. Thompson**  
**Alternating Mon**

Think creatively, experiment, and explore on science, technology and the arts.



Grades 5



**TSA**  
**Mr. Eddy**  
**Wednesday**

Explore a wide variety of science, technology, engineering math topics of interest.





Grades 6-8



**Chess Club**  
**Mr. Desrosiers**  
**Monday**

If you enjoy strategic thinking, the chess club is for you!



Explore

Learn

Collaborate

Have Fun.....



Grades 6-8



**Model UN**  
**Mr. Desrosiers**  
**Wednesday**

If you enjoy politics and world issues, join Model UN; you will represent countries around the world.



Grades 6-8



**Mindfulness**  
**Mrs. Gagnon & Ms. LaHaie**  
**Monday**

Want to learn how to meditate, be calm and a little yoga, try Mindfulness.



Grades 6-8

**History Day**  
**Mr. Desrosiers**  
**Alternating Tues**

Breaking Barriers in history. Pick your favorite topic, learn research and present.



Grades 6-8



**TSA**  
**Mr. Eddy**  
**Wednesday**

Explore a wide variety of science, technology, engineering math topics of interest.





**DO YOU WANT TO FEEL MORE SUCCESSFUL AT SCHOOL?  
NEED A QUIET PLACE TO WORK AND SOMEONE WHO CAN HELP YOU?  
THEN WHY NOT GIVE THE 'HOMEWORK CLUB' A TRY...**

**KIS** is starting a **Homework Club**. It is available on **Tuesday** and **Wednesday** from 2:30pm - 4:15pm, starting **October 8, 2019**. This is a great chance for you to get homework done and to receive support on homework, classwork, redos, or general skills which you may need help with.

**Requirements:**

- 1+ Marking Period Commitment
- Regular Attendance
- Positive Attitude
- Arrive ready to work, with required materials

You will be provided a healthy snack. In order to make this a positive experience for all who attend, disruptive behaviors will not be allowed.

Should you wish to attend homework club, please complete the slip below and return the slip by Wednesday, October 1, 2019.

Yours Sincerely,

Julie Corden, KIS After School Program Coordinator  
jcorden@killinglyschools.org

My child has permission to participate in the homework club at KIS. I understand appropriate behavior is expected. They will attend on: (Check all that apply) \_\_\_\_ **Tuesdays** \_\_\_\_ **Wednesdays**

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

\_\_\_\_\_  
Homeroom

\_\_\_\_\_  
Parent signature

Transportation:

\_\_\_\_\_  
Parent pick-up at 4:15PM

\_\_\_\_\_  
My child will take the late bus

**\* Please be aware space is limited. A lottery system will be used if more students are interested in an activity than there are spaces available.**





# Clean Cooking with your Kids!!

Thursday October 3<sup>rd</sup>  
at 5:30 pm

Located in the KIS cafeteria kitchen  
You and your family are invited to create  
clean Sweet Potato recipe with my staff and I.

Together we will learn how to make the recipe  
and why it is good for us!

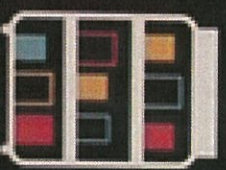
The recipe will then be on the menu in the  
Killingly Intermediate School lunch menu in  
the following weeks.

Space is limited so please RSVP by  
Monday September 30th to  
Timothy Mugan [mugant@whitsons.com](mailto:mugant@whitsons.com)

Hope to see you there!



**OUR SCHOOL**  
*IS HOSTING A*  
**BOOK**  
**FAIR**



**YOU'RE  
INVITED**

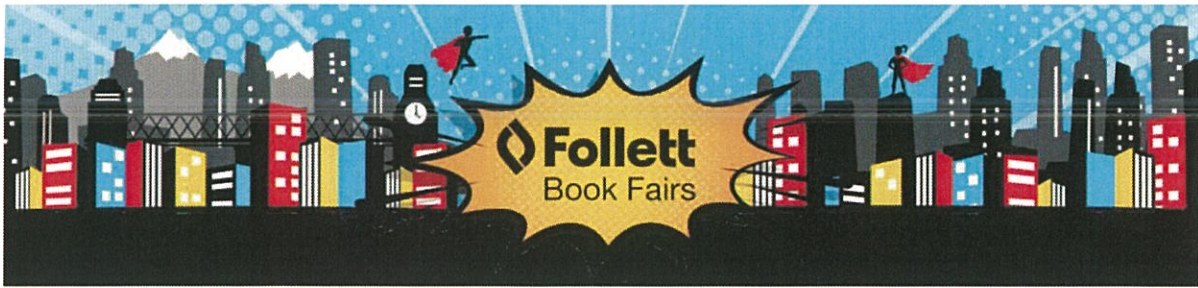
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**DATE: October 16-23rd**

**TIME:** Throughout the school  
day and conferences

**PLACE: K.I.S. Library**

 **Follett Book Fairs**





Can't come to the fair and don't want to send your child with cash? Consider buying a gift card!

**Follett Book Fairs is excited to now offer digital gift cards!**

- Gift cards can be purchased online at [www.follettgift.com](http://www.follettgift.com).
- Gift cards are printable! Let families know they simply purchase the card, print it and send it!
- Encourage loved ones to give the gift of literacy to their favorite student with a Follett Book Fairs gift card.
- Gift cards are available in a variety of denominations beginning at \$10.
- No expiration date.
- Great teacher gifts.
- Easy way to help teachers build their classroom libraries.
- Safe alternative to sending your young child to school with cash.
- Great way for out of town friends or family to support your children and book fair.

**TIP:** When purchasing a [gift card](#), type your students name in the notes section so it can be easily identified in the event your student misplaces it.

# **KIS SKI CLUB 2019-20**

**When:**

*6 Wednesdays during January & February 2020*

**Where:**

*Wachusett Ski Area*

**Eligibility:**

*KIS students and their parents/guardians*

**Membership Includes:**

*Discounted lift tickets, season passes, rentals & lessons.*

*Transportation to and from the ski area*

**Limitations:**

*First time skiers and riders must take lessons*

*Limited number of student spaces remaining*

*Student members must take bus to and from the ski area*

**Point of Contact:**

*For more information and to sign your student up contact Mr. Desrosiers via e-mail:*

*[d-desrosiers@killinglyschools.org](mailto:d-desrosiers@killinglyschools.org)*