







# Killingly Intermediate Middle School

Welcome to our  
Lunch Cafe

10/28/2019 - 10/31/2019

**MEATLESS MONDAY**

|  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday |
|--|--|--|--|--|--------|
|    | Homemade Mac & Cheese<br>pasta in cheese sauce,<br>garnished with parsley<br>Cajun Roasted Broccoli  | Cobb Salad<br>fresh lettuce topped with<br>bacon, baked chicken,<br>shredded cheddar, and<br>chopped egg | Chicken Nugget & Mozzarella Stick Combo<br>Crispy chicken nuggets<br>and gooey mozzarella<br>sticks served with<br>dipping sauce       | Beef Goulash<br>Hungarian style beef<br>stew with fresh<br>mushrooms, carrots,<br>onions and celery<br>simmered to perfection<br>in-house<br>Pasta with Butter<br>Glazed Carrots |        |
|    | Bean & Veggie Burrito<br>a whole wheat burrito,<br>stuffed with fiesta rice,<br>veggies, beans and<br>cheddar cheese, served<br>with salsa and sour<br>cream   | Crispy Tacos<br>homemade spicy taco<br>meat inside a crispy taco<br>shell topped with<br>cheese          | Nachos with Cheese<br>creamy cheese layered<br>over a bed of nachos  | Chicken Fajita Wrap<br>freshly made tortilla<br>stuffed with mexi style<br>meat, rice, onions,<br>peppers and cheese   |        |
| Available Daily: Nachos, Cripsy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried Beans, Cheese |  |  |  |  |        |
|    | Chicken Parmesan Sandwich<br>warm chicken patty<br>smothered in tomato<br>sauce, topped with<br>melted cheese<br>assembled in-house on<br>a roll   | Beef Hot Dog on Bun<br>juicy beef hot dog on a<br>soft bun   | Meatball Hero<br>freshly baked meatballs<br>mixed in a rich tomato<br>sauce inside a soft roll<br>topped with melted<br>mozzarella     | Grilled Chicken Teriyaki Sandwich<br>grilled chicken breast<br>marinated in teriyaki<br>sauce, topped with<br>lettuce & tomato<br>prepared in-house                              |        |
| Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches                               |  |  |  |  |        |
|    | Spinach Bianco Pizza<br>fresh whole grain dough<br>brushed with garlic and<br>oil, topped with low fat<br>mozzarella, fresh basil<br>and spinach, baked to<br>perfection   | Sausage Pizza<br>traditional pizza slice<br>topped with sausage  | Crispy Bacon Pizza<br>pizza dough topped with<br>tomato sauce, cheese<br>and crispy bacon  | Hawaiian Pizza<br>ham and pineapple<br>chunks over a cheese<br>pizza slice   |        |
| Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza comes with a  |  |  |  |  |        |
|    | Romeo Sandwich<br>salami, ham and fresh<br>mozzarella with lettuce<br>and tomato   | Fruity Granola Parfait<br>Lowfat vanilla yogurt<br>layered with fruit and<br>granola                     | Simply Boxed Meat<br>and Cheese Protein<br>Pack<br>freshly made meal with<br>diced meat and cheese,<br>fruit medley and crisp<br>bread | Chef Salad<br>fresh lettuce topped with<br>sliced deli meats and<br>cheeses  |        |
| 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 Nibletts, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit. |  |  |  |        |

## KIS AD WEEKLY UPDATE

- Congratulations to the fall Sports teams! Thank you to all the parents for supporting the athletes through out the season.
- Boys Soccer finished the season by defeating Brooklyn 3-1.
- Girls Soccer Plays in the Semi-Finals on Friday, 25 Oct @ Woodstock. 3:30pm start.
- Cross Country finished the season on 23 Oct with the QVJC Championship at Owen Bell Park. Lane O'Leary finished 5<sup>th</sup> in the Boys race and Chloe Moniz finished 10<sup>th</sup> in the Girls race. Congratulations to all who participated.
- This year 5<sup>th</sup> Grade Boys and Girls will be able to tryout for the basketball teams. Please sign up on FamilyID and make sure your physical is up-to-date. Must be within 13 months of the last i.e. your last physical can not be before 9/24/19.
- See the KIS Athletic website for tryout dates and times.
- **FamilyID is open for Basketball and Cheer registration !!!**
- Sports Teams are expected to take the bus to and from KIS for all *away* athletic events.

Any question please 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.





# 5<sup>TH</sup> & 6<sup>TH</sup> GRADE HALLOWEEN COSTUME DANCE PARTY

DATE: FRIDAY, NOVEMBER 1<sup>ST</sup>

TIME: 6:00 – 8:00 P.M.

COST: \$5 PER CHILD



5<sup>TH</sup> & 6<sup>TH</sup> GRADERS ARE INVITED TO ATTEND  
A PTO SPONSORED “AFTER” HALLOWEEN  
COSTUME DANCE PARTY  
(NO MASKS OR FACE PAINT PLEASE)

**LIGHT REFRESHMENTS WILL BE SERVED - DJ & DANCING**

DOORS WILL BE LOCKED AT 6:15 P.M. AND PLEASE ARRIVE AT 7:45 FOR PICKUP

***PLEASE RETURN \$5.00 PER CHILD WITH PERMISSION SLIP TO KIS  
NO LATER THAN MONDAY, OCTOBER 28<sup>TH</sup>***

THE KIS PTO needs chaperones in order to hold this dance!  
Chaperones need to arrive at 5:45 p.m. and help clean up after dance.

---

Please return money & this portion to school no later than  
Monday, October 28th

My child has my permission to attend the 5<sup>th</sup>/6<sup>th</sup> school dance on November 1st and I understand that my child must be picked up no later than 8:00 p.m.

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Yes, I would like to Chaperone the Dance

# **YANKEE CANDLE PICKUP**

A HUGE “Thank You” to all the parents & staff  
who purchased from the Yankee Candle  
Fundraiser!



**Pick Orders Up On  
TUESDAY, OCTOBER 29th**

**2:30- 3:00 P.M. &  
5:00 – 7:00 P.M.**

**IN THE CLASSROOM ACROSS  
FROM THE FRONT OFFICE**

*KISPTO@killinglyschools.org*





# 7<sup>TH</sup> & 8<sup>TH</sup> GRADE DANCE

DATE: FRIDAY, NOVEMBER 8<sup>TH</sup>

TIME: 6:00 – 8:00 P.M.

LOCATION: KIS

COST: \$5 PER CHILD

Light Refreshments will be served  
DJ & DANCING

**THE KIS PTO needs chaperones in order to hold this dance!**  
**Chaperones need to arrive at 5:45 p.m. and help clean up after dance.**

Questions: [kispto@killingslyschools.org](mailto:kispto@killingslyschools.org)

All school rules apply including appropriate dress and behavioral expectations.

***Please note: all students MUST BE picked up promptly at 8:00 p.m.***

Middle School  
**DANCE** ★

---

Please return money & this portion to school  
no later than Tuesday, November 5th



My child has my permission to attend the school dance on November 8th and I understand that my child must be picked up at 8:00 p.m.

Name of Student: \_\_\_\_\_ Grade: \_\_\_\_\_

Guardian Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

\_\_\_\_\_ Yes, I would like to Chaperone the Dance!

# Celebrating Veterans Day at Killingly Intermediate School



Friday, Nov. 8<sup>th</sup>, 2019

9:30 AM-1:30 PM

10:30: Grades 5 & 6 Assembly

12:30: Grades 7 & 8 Assembly

(Lunch Provided for our Military and Veterans)

## Celebrating the Military & Veterans of our KIS staff & students

**Who:** All students and staff are welcome to invite any service member who is active duty, retired or honorably discharged to spend the day with an assembly, lunch and classroom visits.

**Where:** Killingly Intermediate School  
(1599 Upper Maple Street, Dayville, CT 06241)

*Students will be invited to sit with their special guests during each assembly.*

Please RSVP to [aplantier@killinglyschools.org](mailto:aplantier@killinglyschools.org)  
by November 1<sup>st</sup>.

(If you are also interested in talking with a class about your experiences in the military, please share that in your RSVP.)



# Happy Thanksgiving



## Killingly Intermediate School

|  |   | QTY   | Amount |
|--|---|-------|--------|
| <b>Pinwheel (3-way)</b><br>A Traditional Cheesecake topped with cherry, blueberry and pineapple.   |   | 34.99 |        |
| <b>Apple Pie</b><br>5 Pounds of apples fills this deep dish apple pie.   |    | 36.99 |        |
| <b>Pumpkin Pie</b><br>Blend of pumpkin and spices make this a holiday favorite.  |    | 26.99 |        |
| <b>Death by Chocolate</b><br>An extreme version of our Chocolate cake. Six layers of chocolate cake and frosting Covered in chocolate chips! |    | 41.99 |        |
| <b>Chocolate Layer</b><br>Our award winning cake. Four layers of chocolate cake filled and frosted With chocolate frosting.                  |   | 31.99 |        |
| <b>Carrot Cake</b><br>Four layers of our carrot cake filled with our cream cheese frosting.  |  | 36.99 |        |
| <b>Cinnamon Coffee Bundt Cake</b><br>Gregg's best kept secret is our coffee walnut bundt cake.   |  | 28.99 |        |
| <b>Pumpkin Cheesecake</b><br>Our rich cheesecake flavored with Pumpkin and topped with real whipped cream.                                   |  | 34.99 |        |
| Allergy Alert! All desserts have potential to be exposed to nuts during the production process. <b>Total</b>                                 |   |       |        |

Students Name \_\_\_\_\_ Home Room # \_\_\_\_\_

Phone Number \_\_\_\_\_ Total Due \_\_\_\_\_

Please enclose order form and check made  
**Payable to: KIS.** Order form must be returned by  
**Friday November 15th**  
 Desserts are to be picked up on  
**Tuesday November 26<sup>th</sup> between 2:30 and 5:00pm**  
**At Your School**

## **Retake / Absentee Day November 14th**

- . Who Should Go on Absentee/Retake Day:**
- . Any student not satisfied with the original portrait - Return your complete portrait package to the photographer on retake day.**
- . Any student who was absent on the original day**
- . Any student who did not purchase on the original day and would like to purchase a package. Order forms are available in the school office one week prior to retake day.**
- . Or online at [mylifetouch.com](http://mylifetouch.com) picture id: RI239042Q1**

**Any questions, please  
contact [cmorrow@lifetouch.com](mailto:cmorrow@lifetouch.com) or  
203-937-2364 ext. 72367**





## Killingly Childcare Program Fall Newsletter

This year has been a busy one at KCP K-8! We are full to the brim with students at KCS and KMS, and we have a wait list. We are working hard to hire more staff so we can serve all the students and families who need us. New to our program staff this fall we have: Ms. Melissa Costa, Ms. Amy Deane, Mr. Cameron Alvord, and Ms. Caitlyn Eldridge. We are so excited to have them join our KCP Team!

We are having a combined Halloween Party on October 29<sup>th</sup>, at KIS. The party will be from 6:30 to 8:00pm. Party games, crafts, snacks, and fun are planned for the evening. KCP students and their families are welcome. Be sure to sign up and mark the number of children and adults attending so we are able to order the correct amount of food and supplies. Costumes welcome but not required! All the 'ghoul' people are going!

**KCS News:** In the month of September, our KCS site took part in many different introductory activities. The students learned about kindness and made their "Kindness Bees", showcasing three different ways they can be kind to staff members and their friends. The students then went on to do their "All About Me Tablets" which helped the students learn more about their friends within the program, as the students drew things such as; their favorite sport or favorite holiday. We finished off the month learning about fall and all the activities that take place during this season.

In the month of October, our KCS Site took part in Fire Prevention Week, where the students learned what to do in case of a fire. Staff members at KCS as well showed the students a catchy video, to help reinforce the steps to take if there is a fire emergency. Finally, we have been preparing for Halloween that is coming up very shortly! The students have participated in an activity where they created their own monsters and helped design what they looked like.

**KMS News:** At KMS, the students actively helped with the October Bulletin Board. It is very creative! Cooking fun fall foods on Fridays has been enjoyed by the students and staff. Last Friday the students helped make baked apples with cinnamon, sugar, and nutmeg. This Friday we will be making pumpkin pancakes! Are you hungry yet? The last week of October we will be doing Jack o lantern magazine collages. Students will find different images in magazines, and cut and paste to create their own themed piece of art.

**KIS News:** Students and staff have worked on a few new craft ideas. The students created their own designs using paper quilling. Paper quilling has been around for hundreds of years. To quill, you use long thin strips of paper and roll or pinch them into different shapes to create your design. Our students did excellent work. We are reading Charlie and the Chocolate Factory, and will finish in December, just in time for our Winter Holiday Party. Can you guess the theme?

We also had the first ever Clean Cooking with your Kids this month, with our school 'chef' Tim Mugan. We learned how to make sweet potato chili, and sweet potato crostini. Once we were done with all the cooking, we were able to eat our work! Stay tuned for the next Clean Cooking with Your Kids. The food featured will be Pumpkin. Yum.

Thank you for sharing your child(ren) with us!

~KCP Staff



**Everyone's talking about the rising cost of college.  
If your high school senior plans to attend a four-year college or university, this  
presentation is for you.**

# HOW TO PAY FOR COLLEGE

The **Killingly Public High School** welcomes one of New England's leading experts on college funding strategies to show options and offer insights on college funding.

## Our Guest Speaker



W. Tom Polowy, MS  
Financial Advisor, Registered Representative

Tom Polowy, a trusted college planning expert and member of Valark Financial is passionate about helping families succeed.

Although funding college has become more complex, Tom simplifies the process and helps families make the most of their resources.

Since 1992, Valark has specialized in college funding strategies, planning for retirement, and personalized investment portfolios.

High Schools and groups across Connecticut frequently invite Tom to speak on smart money moves, and how to fund a college education.



750 Main Street, Suite 400  
Hartford, CT 06103  
(860) 218-2048  
[www.Valark.com](http://www.Valark.com)

Securities and advisory services offered through Independent Financial Group, LLC, a registered broker dealer and investment advisor. Member FINRA/SIPC. Valark Financial Services & Independent Financial Group, LLC are affiliated but separate entities.

**On Thursday, November 7th at 6:30pm at Killingly Public High School**

## LEARN

The realities of paying for college, and how to do it without bankrupting your retirement.

## SEE HOW

Advice you've received or hearsay may actually be detrimental to your ability to pay for college.

## WHAT NOT TO DO

Find out the steps you can take to avoid shooting yourself in the foot when applying for financial aid.

## DISCOVER

- The most effective way to save and invest for college
- Best loans in today's economy and types you should avoid
- How to make the most of the financial aid system
- How to negotiate your financial aid package
- Resources for scholarships and when to apply
- Top myths about who qualifies for financial aid

## WE HOPE TO SEE YOU THERE!



Sponsored by the Killingly Public High School  
Guidance Department.

Contact Lindsey Colligan, Lead Counselor at  
860-779-6644 for more information.

Killingly Public Schools 226  
Putnam Pike,  
Dayville, CT 06241

Can't attend? Call (860) 218-2048 ext. 203 to schedule a free consultation with Tom to discuss your specific college funding situation.