

# Killingly Intermediate Middle School

Welcome to our Lunch Cafe

10/24/2022 - 10/28/2022

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>World MARKET</b>	Chicken and Waffles crispy chicken placed on top of fluffy waffles Syrup Caesar Salad Cucumber Coins Fresh Nectarine	Deli Bar an assortment of cold cuts, cheeses, condiments and breads, rolls, or wraps to create your own sandwich Potato Chips Cole Slaw	Beef and Tomato Macaroni Casserole elbow macaroni mixed with cooked beef, tomato sauce, and cheese Caesar Salad Homemade Garlic Bread	Personal Pan Cheese Pizza fresh pizza dough topped with sauce and mozzarella cheese Zucchini and Tomato Gratin	General Tso Chicken Noodle Bowl freshly baked chicken in a soy ginger sauce with vegetables over noodles Scallions
<b>MEATLESS MONDAY</b> <b>Cayote GRILL</b>	Cheese Quesadilla freshly grilled flour tortilla with melted cheese Mild Salsa	Cheese Quesadilla Or Chicken Cheese Quesadilla Sauteed Corn & Black Bean Salsa	Buffalo Chicken Nachos with Cheese	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese	BBQ Pulled Pork Nachos crisp nachos smothered in BBQ seasoned pork topped with diced tomatoes, shredded carrots & cabbage
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried					
<b>Miss RUBY'S GRILL</b>	Philly Cheese Steak thinly sliced beef topped with sauteed peppers, onions and melted cheese on a lightly toasted bun prepared in-house	Meatball Hero freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella	Buffalo Chicken Tenders Buffalo chicken tenders with carrot and celery sticks	Bacon Cheeseburger burger topped with cheese and bacon on a freshly toasted bun	Chicken Parmesan Sandwich warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
<b>MEATLESS MONDAY</b> <b>La CUCINA</b>	French Bread Pizza crispy French bread smothered with tomato sauce and melted cheese	Chicken Pizza pizza topped with mozzarella cheese and chicken	Hawaiian Pizza ham and pineapple chunks over a cheese pizza slice	Hand Crafted Buffalo Chicken Pizza fresh dough layered with sauce, topped with cheese and Buffalo chicken pieces and baked until crisp	Hand Crafted Pepperoni Pizza fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza					
<b>MEATLESS MONDAY</b> <b>Fruit EXPRESS</b>	Simply Boxed Belgian Waffle Bites freshly prepared grab and go meal featuring creamy yogurt, whole grain Belgian waffle bites, sunflower protein and fruit	Fruity Granola Parfait Low fat vanilla yogurt layered with fruit and granola	American Combo Sandwich freshly made sandwich with thinly sliced turkey, ham and cheese	Chicken Caesar Salad fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls	Salad Plate With Crispy Chicken fresh garden salad topped with baked crispy chicken and served with dinner roll(s)
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					

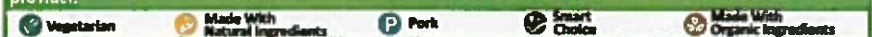
## Available Daily on Our Salad Bars:

Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblett's, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit. This month we will feature plums, watermelon, peaches summer squash and

Whitsons is Simply Rooted® in food and family, and our menus are nutritious and flavorful. Check out our mobile menu at [www.FDMealPlanner.com](http://www.FDMealPlanner.com) or download FD MealPlanner free of charge, from the App Store or Google Play, and view your menu on your mobile device anywhere.



Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. \* Menu is subject to change, notice posted when available. \* In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. \* This institution is an equal opportunity provider.



# KIS Parent/Teacher Conference Schedule

- Thursday, October 27.....1-3pm and 5-7pm
  - Tuesday, November 1.....5-7pm

Schedule your child's **CONFERENCES** starting on *Tuesday, October 18* using:



- Go to [www.signupgenius.com](http://www.signupgenius.com)
- Click on: **Find a Sign-Up** in the bottom right corner of the page.

Find a Sign Up

- Search for your child's teacher(s) using their email addresses (i.e.: [tdedonato@killinglyschools.org](mailto:tdedonato@killinglyschools.org))
- Select an available conference time.

*Please contact your child's teacher if you need assistance scheduling a conference time.*



**SCHOLASTIC**  
**BOOK FAIR**  
**Coming Soon!**

Dear Parents and Families:

Get Ready! The Scholastic Book Fair is coming our way (YAY!). Choosing their own books empowers kids and inspires them to become Bolder, Prouder, and Stronger Readers. AND—as always—every book they buy earns rewards for our school.

Here's what you need to know about the Fair, which will take place from **Tuesday, October 25<sup>th</sup> – Tuesday, November 1<sup>st</sup>** during the school day and parent conferences in the KIS Library.

If you choose to do so, say goodbye to cash and hello to **eWallet**—your child's digital payment account. Before the Fair, set up eWallet for worry-free, cash-free purchases.

If you can't make it to the Fair, then **shop at our school's Online Book Fair**. All orders ship directly to your home, and shipping is free for book orders over \$25. Your online orders will also benefit our school.

Visit our Book Fair homepage to learn more and get started with eWallet and online shopping:



The countdown to more Bookjoy is on! Catch you at the Fair!

Happy reading,

**Tracey DeDonato, Principal**  
**Killingly Intermediate School**

**PLEASE NOTE: The 6% CT State sales tax will be collected at this fair on all purchases.**





# PICTURE RETAKE DAY IS COMING!

Monday, November 07, 2022  
\ lunes, 7 de noviembre, 2022

Killingly Intermediate School

You can still order on  
**mylifetouch.com**  
with your Picture Day ID:

EVTFZ7XRD

*¡Ya llega el día de la nueva toma fotográfica!  
Aún puedes encargarte en mylifetouch.com con tu ID del Día de la Foto*



**Want us to retake your picture?**

Simply return your original package  
on Picture Retake Day.

*¿Desearias que volvamos a tomar tu foto? Simplemente envía tu  
paquete original el día de la nueva toma fotográfica*

**Lifetouch.**

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# KIS ATHLETICS WEEKLY UPDATE

We are entering into the final week of Fall Sports. As of this update, Cross Country has the QVJC Championship, Boys have earned a spot in the Soccer playoffs and Girls with a win on 24 Oct at Plainfield will also be part of the playoffs!

Week 17 - 21 Oct 2022

Boys v Brooklyn W: 3-0

Girls v Brooklyn L: 5-0

Boys v Woodstock L: 3-1

Girls v Woodstock L: 3-0.

Girls v Plainfield W: 3-1

21 Oct: Boys Soccer AWAY v Plainfield 3:30

Week 24 – 28 Oct 2022

24 Oct: Boys and Girls Soccer v Plainfield: Boys HOME; Girls AWAY start 3:30

25 Oct: QVJC Playoffs: Boys and potentially Girls AWAY. Location TBD

26 Oct: QVJC Cross Country Championship @ Owen Bell Park. 3:00 Start  
IF Boys and Girls Soccer wins, Practice

27 Oct: Rain Date for QVJC Cross Country Championship.

28 Oct: End of Fall Season!

Boys & Girls Basketball and Cheer Tryouts begin 9 NOV. Make sure your physical is up to date! No physical NO tryout!

The KIS Athletic website is updated between 12:00/12:30 Daily, unless there is not a need to do so, for your informational needs to include if there is a need for parents driving to AWAY games/meets. Please take the time to look through the website for game schedules, directions to schools and other information.

**Athletics is a PARENT pickup. There is not a "LATE" bus for Athletics. Please pick up your Student-Athlete on time after practice. Any Student-Athlete who cannot be picked up on time could be released from the team.**

When we get busses, students must ride the bus to and from athletic competitions. Any exceptions must be made in writing/email to the KIS Athletic Director in advance of the competition.

Parents who have other individuals pick up your Student-Athlete from a practice or game must provide a note with whom will be picking them up to the coach.

Any Student-Athlete who is injured and cannot participate in Physical Education cannot participate in practice or competition on that/those day/days.

ANY questions about athletics please email Jim Reeves, KIS AD at [jreeves@killinglyschools.org](mailto:jreeves@killinglyschools.org)

# Celebrating Veterans Day at Killingly Intermediate School



Thursday, Nov. 10<sup>th</sup>, 2022

8:45 AM-2:00 PM

10:30: Grade 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 and visit classrooms.

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 Monday, November 7<sup>th</sup>.

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



**KILLINGLY INTERMEDIATE SCHOOL**

# **UNIFIED SPORTS**

**SPORTS OFFERED**

**SOCCER (SEPT.-NOV.)**

**BASKETBALL (JAN.-MAR.)**

**BASEBALL (MAR. - APR.)**

**ATHLETES AND PARTNERS  
NEEDED!**

**SEE MISS INGLIS FOR MORE  
INFORMATION**





4-H Fall



# EXTRAVAGANZA

*Try our Trick or Treat Trail!*

*\$5 per trick-or-treater ages 2 and up*

-Smores and Hot Chocolate

-Photo Booth

-Donut Eating Contest

-Games

-Cotton Candy

**Dress up in Costumes!**

**All Proceeds Benefit the Dam Repair Project**

*Saturday October 22nd*

*1:30 to 3:30 PM*

*326 Taft Pond Road,*

*Pomfret Center, CT 06259*

**Call: 860-974-1122 for any questions**

Join us October 28th at 6pm on the Westfield lawn! Sponsored by KPRD and Westfield Church!



Wear your costume and bring a canned good to donate! Free treats provided

Bring your own chairs/blankets

Disney  
**HOCUS  
POCUS 2**



# Scarecrow Kingdom

MAKE YOUR OWN SCARECROW

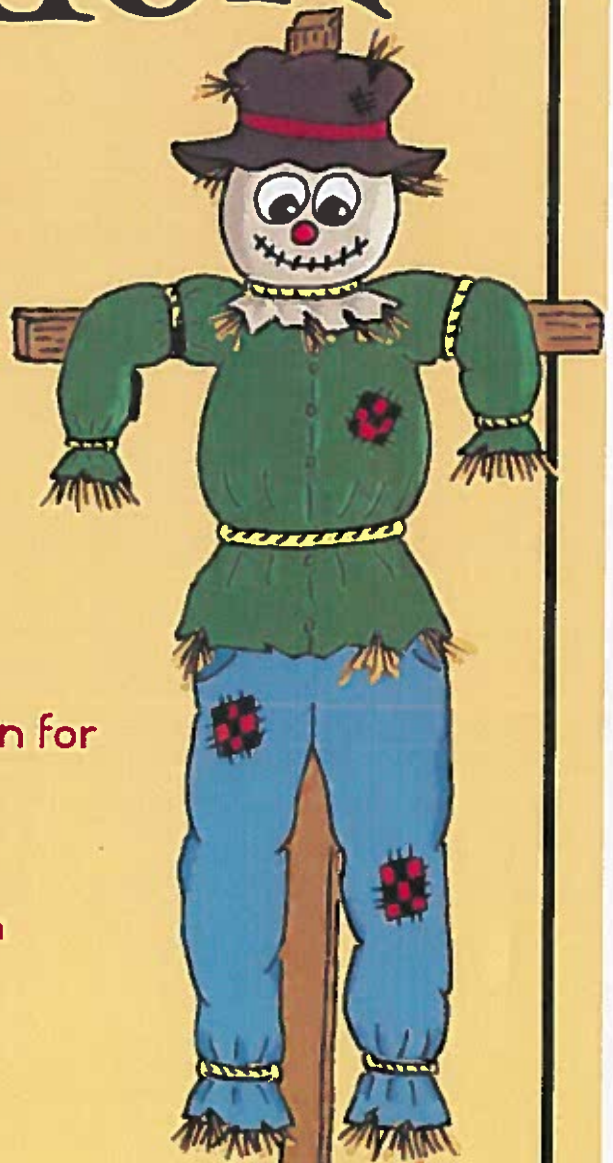
OCT 29 FROM 1p - 2p

Bring down your old clothes to Davis Park and help us build a Scarecrow Kingdom from 1-2pm!!

We will be joined by Cosmic Kevin for some interactive fun!

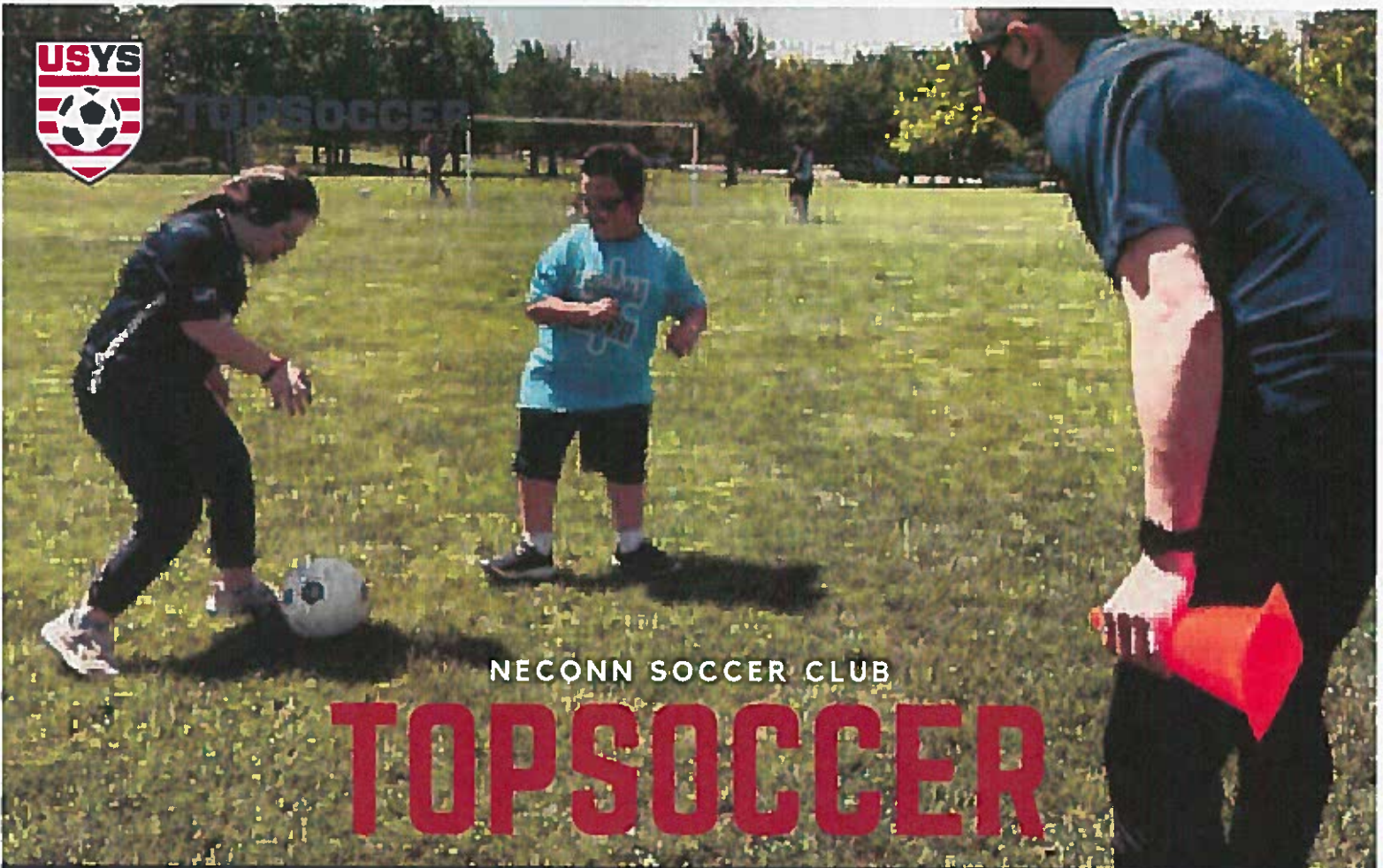
Join the Killingly Business Association as they host their annual **TRICK OR TREAT ON MAIN STREET!**

[For children 12 and under from 2-3:30pm]





TOPSOCCER



NECONN SOCCER CLUB

# TOPSOCCER

TOPSoccer (The Outreach Program for Soccer) is a community-based training program for all athletes with intellectual, emotional, and or physical disabilities. For more information please visit: [www.usyouthsoccer.org/programs/topsoccer/](http://www.usyouthsoccer.org/programs/topsoccer/)

## NEW PROGRAM FALL 2022

OPEN TO ALL COMMUNITIES IN NORTHEAST CT

2.30PM-3.30PM SATURDAYS

SEPTEMBER 17, 24, OCTOBER 1, 15, 22, 29

PRINCE HILL SOCCER FIELDS, BROOKLYN, CT 06234

[CLICK HERE TO REGISTER](#)

Please contact Rob Holliday - [coachrobholliday@gmail.com](mailto:coachrobholliday@gmail.com) with questions or interest to volunteer as a TOPSoccer Buddy





# THE PLACE YOUR KIDS WANT TO BE.

## YMCA VACATION CAMP

Children participate in age-appropriate structured enrichment activities like STEM, Arts and Crafts, Physical Activity, Swimming, Exergames, and weather permitting, outdoor time in our summer camp space.

**Vacation Camp is available on these dates:**

**2022**

**November 8, 11, 23, 25**

**December 23, 26-30**

**2023**

**January 2, 3, 16**

**February 20-22**

**April 7, 10-14**

**9:00 am – 4:00 pm**

**Before Care: 7:30-9am –FREE**

**After Care: 4-5:30pm –FREE**

**\$40/day members; \$65/day non-members**

We must have at least 10 participants each day in order to run.

Care4Kids and Y financial assistance is available for families in need.

**Register Here:**

**[ghymca.org/hale-camping](http://ghymca.org/hale-camping)**

**HALE YMCA**

**Youth and Family Center**

**9 Technology Park Drive, Putnam**

**Questions?**

Contact Abby Poirier,

[abigail.poirier@ghymca.org](mailto:abigail.poirier@ghymca.org).



# BELONG TO SOMETHING GREATER

# Killingly Family Resource Center

## Play & Learn Groups



The Killingly Family Resource Center is pleased to offer **FREE** Play & Learn Groups for families of children birth to age 3. Registration Required.

Play & Learn Groups offer an opportunity for:

- Children to play & learn while socializing with other children.
- Children to learn through playing, art, storytelling, outdoor activities, and much more!
- Families to meet new people and make new friends.
- Access to parenting handouts and resources.

### Times & Location

#### *AM Group Dates-*

**10:15-11am**

October 19<sup>th</sup>

November 16<sup>th</sup>

February 22<sup>nd</sup>

March 22<sup>nd</sup>

May 24<sup>th</sup>

#### *PM Group Dates-*

**12:45-1:30pm**

October 5<sup>th</sup>

November 2<sup>nd</sup>

February 8<sup>th</sup>

March 8<sup>th</sup>

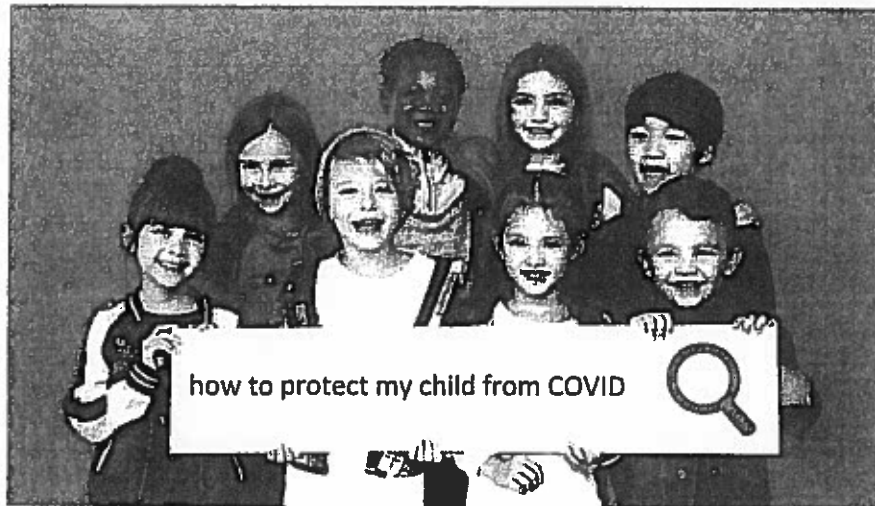
May 10<sup>th</sup>

**Goodyear Early Childhood Center  
22 Williamsville Road  
Rogers, CT 06263**



For more information or to register please contact Kelsey Best at 860-779-6780 or [kbest@killinglyschools.org](mailto:kbest@killinglyschools.org)

# Back to School? Help them **STAY** healthy and **STAY** in school.



## Stay ahead of **COVID-19** with vaccination.

Find COVID-19 vaccines for all ages, including 6 months+ at:

<https://www.vaccines.gov/>

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## Northeast District Department of Health

COVID-19 Walk-In Vaccine Clinics for Unvaccinated **AGES 5+** and Boosters

**Tuesdays 3:00 – 6:00 pm**

(no appointment needed)

**NDDH Conference Room, 69 South Main St., Brooklyn**

Offering Pfizer, Moderna, J & J vaccine

and now offering Novavax (ages 12+, primary two-dose series)

*Other vaccination times by appointment by calling NDDH at 860-774-7350*

*Walk-ins welcome • FREE • No insurance needed • Minors must be accompanied by a legal guardian  
Bring your vaccination card for 2<sup>nd</sup> dose and boosters • Masks required at all NDDH vaccination clinics*



CDC Information on Vaccines & Boosters  
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>

<https://www.nddh.org/>



**Public Health**  
Prevent. Promote. Protect.



## *Discover Your Path*

Camping, Cooking, Friendship,  
Character, Service, Life Skills, and more!

## **Scouts BSA Troop 90**

Girls in the towns of Brooklyn, Killingly and Plainfield

Girls ages 10-17

### **SCOUT ME IN!**

**Date:** Tuesday, September 27, 2022

**Time:** 6:30PM-8:00PM

**Location:** Mortlake Fire Department  
12 Canterbury Rd., Brooklyn, CT

### **CONTACT US**

✉ [ScoutsBsaTroop90@gmail.com](mailto:ScoutsBsaTroop90@gmail.com)

f [@ScoutsBSATroop90](https://www.facebook.com/ScoutsBSATroop90)

🌐 [www.scoutsbsatroop90.com](http://www.scoutsbsatroop90.com)

From Hiking, Camping, Fishing, Finding Lost Locomotives in  
the Back woods of Maine, Troop 90 is Adventure