

## November 3, 2022

### In this week's Bird's Word:

- From the District: K Info Night, Covid Vaccine Clinic, Seeking Family Feedback
- Flyers
- November breakfast and lunch menus

Reminder: No school Tuesday, November 8th, Teacher Workshop Day

### From the District

#### Kindergarten Information Night

- ☐ If you have a child who will turn 5 by September 1, 2023, please join us for a wonderful opportunity to meet school staff, learn about our elementary schools and district programs, ask questions, and have fun!
- ☐ District Information presentation at 5:40 p.m.
- ☐ Teddy Bear Band will play at 6:00 p.m.

## Kindergarten Information Night

### Thursday, November 10 5:30-7:30 p.m.

#### Anpétu Téca Education Center 1910 County Road B W. Roseville, MN

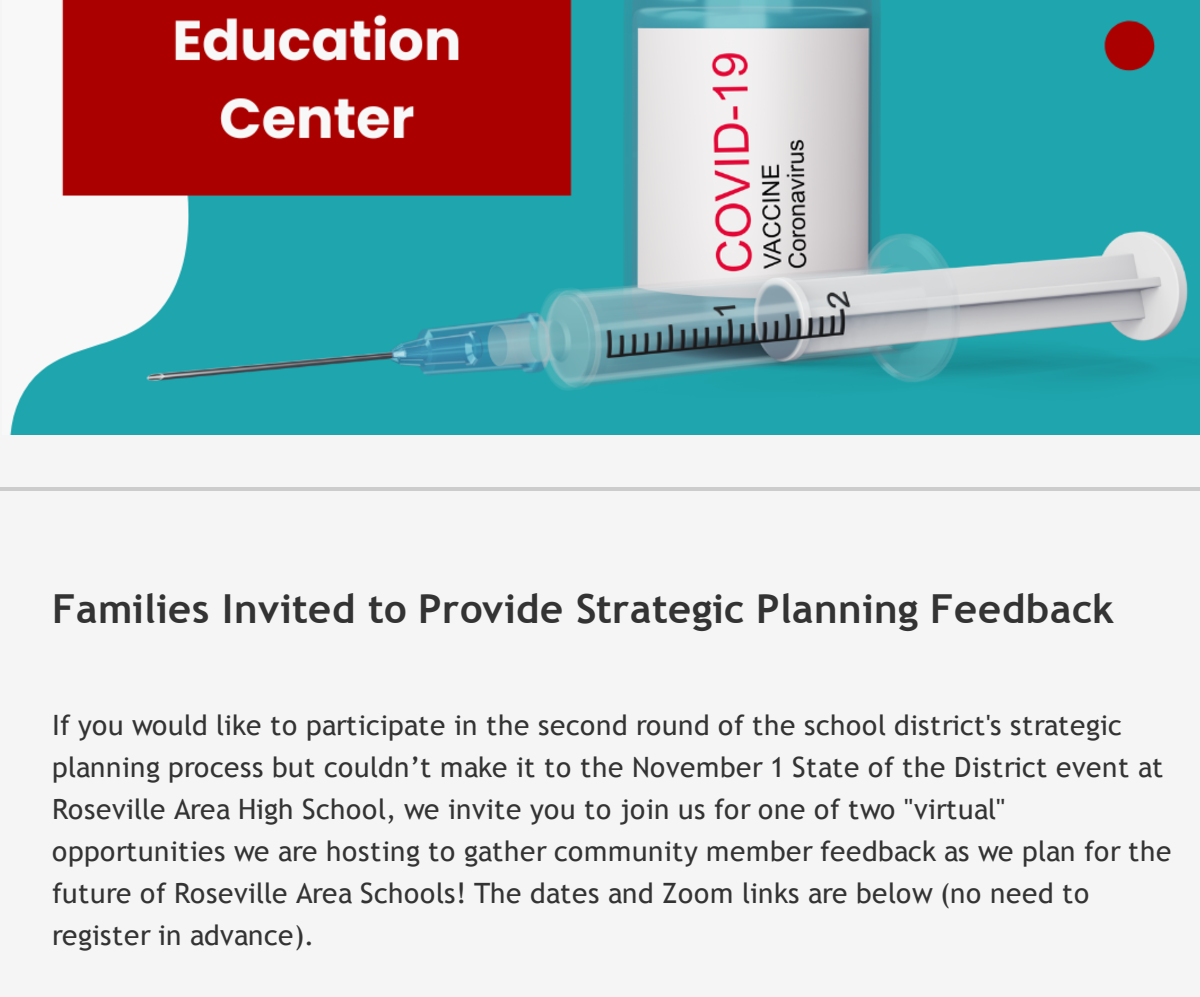


- ☐ Si tiene un hijo que cumplirá 5 años antes del 1 de septiembre de 2023, ¡acompañenos para una maravillosa oportunidad de conocer al personal de la escuela, aprender sobre nuestras escuelas primarias y los programas del distrito, hacer preguntas y divertirse!
- ☐ Presentación de información del distrito a las 5:40 pm
- ☐ La banda Teddy Bear tocará a las 6:00 pm

## Noche de Información de Kinder 2022

### Jueves, 10 de noviembre 5:30-7:30 pm

#### Centro de Educación Anpétu Téca 1910 County Road B W. Roseville, MN



#### District Hosting November 9 Vaccine Clinic

On November 9 from 2-6 p.m., Roseville Area Schools is hosting a vaccine clinic offering COVID-19 boosters and Fluzone (influenza) vaccines for ages 5+. Boosters are available for individuals after two months from the date of their second dose or previous booster. This clinic won't offer FluMist or high-dose 65+ Influenza vaccine. To register for the vaccine clinic, [CLICK HERE](#).

# COVID & FLU VACCINE CLINIC

### Wednesday, November 9 2:00-6:00 p.m.

#### Anpétu Téca Education Center



#### Families Invited to Provide Strategic Planning Feedback

If you would like to participate in the second round of the school district's strategic planning process but couldn't make it to the November 1 State of the District event at Roseville Area High School, we invite you to join us for one of two "virtual" opportunities we are hosting to gather your member feedback as we plan for the future of Roseville Area Schools! The dates and Zoom links are below (no need to register in advance).

Monday, November 7, 4-5 p.m. ([CLICK HERE](#) for the Zoom link)

Wednesday, November 9, 6:30-7:30 p.m. ([CLICK HERE](#) for the Zoom link)

On your own time, you are also welcome to complete an online survey that will have the same materials and seeks the same feedback. To complete the survey, [CLICK HERE](#).

### Flyers

## LAP SWIM and OPEN SWIM!

### HOURS FOR OCTOBER 31 - DECEMBER 22

Day	Lap Swim	Open Swim
Monday	11:00am-12:30pm	12:45pm-1:45pm
Tuesday	7:45am-9:00am	9:30am-10:45am
Wednesday	11:00am-12:30pm	X
Thursday	7:45am-9:00am	9:30am-10:45am
Friday	11:00am-12:30pm	3:00pm-5:00pm

#### The Pool at Anpétu Téca Education Center 1910 County Rd B W in Roseville

Check in at the front desk! Pay there, pay ahead online at [isd623.ce.eleyo.com](https://isd623.ce.eleyo.com), or call 651-604-3770.

\$6 per session or \$25 for 5 sessions

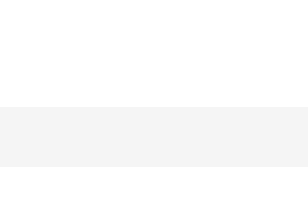


## PAINT IT OUT!

Students will be welcomed to paint out how they feel in this class using the regulations of emotions! We will have a short discussion framing the session before the painting begins, and a short reflection after our creative time together to debrief on the experience.



TO REGISTER, CALL 651-604-3770 OR VISIT [ISD623.CE.ELEYO.COM](https://isd623.ce.eleyo.com) GRADES K-6 | WEDNESDAY, NOV 16 | 3:30 - 5:00 PM | \$19



## FREE DRIVE-THROUGH GROCERY EVENT



### SATURDAY, NOVEMBER 5 10:00 a.m. - 1:00 p.m.

Location: Roseville Public Works Building, 2660 Civic Center Dr, Roseville, MN 55113

You will receive fresh fruits, vegetables and pantry foods. Each household will receive 30 - 45 pounds of food.

Register at [keystoneservices.org](https://keystoneservices.org) or call 651-645-0349

Thank you to our partners and sponsors:



## WINTER Fresh Produce Distribution

Stop by for FREE fresh fruits and vegetables all winter long!

### Metropolitan State University

Join Neighborhood House at Metropolitan State University Address: (Student Center Room) 101 690 E 7th St, St Paul, MN 55106

2:30 - 4:00 p.m.

November 9th, 2022 | December 7th, 2022

January 11th, 2023 | February 8th, 2023

March 8th, 2023 | April 12th, 2023

May 10th, 2023

- Eligibility: Our Fresh Produce events are open to everyone!
- Requirements: Nothing, just yourself. ID is not required to attend.
- Recommendations: You will want to bring your own bags and a cart if you have one.
- Covid-19: This event is held indoors, masks are encouraged.
- Other: Please note, your first visit will require an online registration process that will take 5-10 minutes to complete.
- Parking: You can park in the Metro State ramp parking for \$5. Otherwise, street parking is available along 7th St. and Bates Ave.

Weather Permitting If there is winter storm or severe winter weather warning, we may cancel the event. Please visit our website the day of the event to make sure the event is not cancelled before arriving.

[www.neighb.org](https://www.neighb.org)

Neighborhood House | 179 Robie Street East, St. Paul, MN 55107 | 651.789.2500

### November Breakfast/Lunch Menu

#### Elementary Breakfast and Lunch Menu November 2022

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast	Mega Cereal Bowl Choices	Mini Maple Pancakes	Cheddar Omelet Cinnamon Golphish	Oatmeal Breakfast Round	Strawberry Cream Cheese Mini Bagel
Lunch	Stuffed Crust Pizza Marmara Sauce Steamed Broccoli Orange Wedges	Diced Chicken and Gravy Tomato Soup Green Peas Orange Wedges	Chicken Corn Dog Steamed Broccoli Assorted Fresh Fruit	MIN THURSDAY Chicken Yessie Jalisco Rice Roasted Sweet Potato Banana	Beef Burger On a Bun Baked Beans Assorted Fresh Fruit
Grab N Go	Bistro Box	Bistro Box	Bistro Box	Bistro Box	Bistro Box

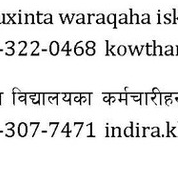
	Monday 7	Tuesday 8	Wednesday 9	Thursday 10	Friday 11
Breakfast	Banana Bread	NO SCHOOL	Peach Pancake Bowl	Peas and Cinnamon Breakfast Bagel	Strawberry Cream Cheese Mini Bagel
Lunch	Cherry Muzzarella Bites Marmara Sauce Steamed Broccoli Orange Wedges	Grilled Cheese Tomato Soup Cucumber Slices Fresh Fruit	Smoked Turkey Sub Sandwich Whole Grain Sandwich Baked Beans Blueberries	Beef Hotdog Whole Grain Bun Steamed Carrots Local MN Apple	Buttermilk Pancakes Coby Cheese Omelet Seasoned Breakfast Potatoes Banana
Grab N Go	Tortellini Salad		Tortellini Salad	Tortellini Salad	Tortellini Salad

	Monday 14	Tuesday 15	Wednesday 16	Thursday 17	Friday 18
Breakfast	Breakfast Burrito	Mini Pancakes	Yogurt and Blueberry Muffin	Egg and Cheese Breakfast Bagel	Sweet Cinnamon Waffle
Lunch	Personal Pan Cheese Pizza Steamed Corn Orange Wedges	Grilled Cheese Tomato Soup Cucumber Slices Fresh Fruit	Smoked Turkey Sub Sandwich Whole Grain Sandwich Sunshine Baked Beans Assorted Fresh Fruit	MIN THURSDAY Diced Turkey Gravy Mashed Potatoes Roasted Potatoes Crabapple Wild Rice Pilaf Crabapple	Macaroni and Cheese Steamed Green Beans Apple Wedges
Grab N Go	Soybutler Sandwich with String Cheese and Crackers	Soybutler Sandwich with String Cheese and Crackers	Soybutler Sandwich with String Cheese and Crackers	Soybutler Sandwich with String Cheese and Crackers	Soybutler Sandwich with String Cheese and Crackers

	Monday 21	Tuesday 22	Wednesday 23	Thursday 24	Friday 25
Breakfast	Mega Cereal Bowl	Mini Maple Pancakes	Cheddar Omelet Cinnamon Golphish	NO SCHOOL	NO SCHOOL
Lunch	Plant Based Taco Pile Frito de Gallo Kielbasa	Diced Chicken and Gravy Mashed Potatoes Green Peas Orange Wedges	Mandarin Orange Chicken Steamed Brown Rice Shredded Edamame Orange Wedges		
Grab N Go	Bagel and Choccolaty Chickpea Spread	Bagel and Choccolaty Chickpea Spread	Bagel and Choccolaty Chickpea Spread		

	Monday 28	Tuesday 29	Wednesday 30		
Breakfast	Banana Bread	Turkey Sausage Breakfast Pizza	Peach Pancake Bowl		
Lunch	Stuffed Crust Pizza Marmara Sauce Steamed Broccoli Orange Wedges	Grilled Cheese Tomato Soup Cucumber Slices Blueberries	Chicken Corn Dog Steamed Broccoli Assorted Fresh Fruit		
Grab N Go	Bistro Box	Bistro Box	Bistro Box		

\*Elementary Breakfast \$1.70. Elementary Lunch \$2.75. \*Menu subject to change based on availability. \*Lunch items in green are vegetarian.  
 †MNTuesday is an all-local Farm to School menu day featuring items from farmers and makers from within 300 miles.  
 ‡Mk is available with every breakfast and lunch. All-you-can-eat fruits and vegetables available at lunch daily.  
 Please visit <https://familybreak172.com/menue/FEB22/> for complete allergy information and the most up to date menu.  
 If you have interest in joining our school nutrition team, please check our website for openings: <https://www.eleyo.com/isd623/onlineapp/>. This institution is an equal opportunity provider.



Roseville Area Schools Quality Teaching & Learning for All...Equity in All We Do

Do you need help with school paperwork or communicating with school staff? Contact one of our cultural liaisons.

Spanish: Si necesita ayuda con los formularios escolares, o tiene alguna pregunta sobre la educación de su hijo(a) por favor llame a:

- Liz Gallegos (RAHS, CP, EDW) 651-703-4753 elizabeth.gallegos@isd623.org
- Cecilia Martino (RAHS, RAMS) 651-235-3426 cecilia.martino@isd623.org
- Ginger Ayala (RAHS/CSCE, EC) 651-233-9126 ginger.ayala@isd623.org
- Veronica Martinez (LC) 651-724-6492 veronica.martinez@isd623.org

Hmong: Yog nej xav tau kev pab boog cov ntau ntawv ntawv ntawv kev kawm los xav txuas his nrog cov neeg ua haujwm thov tus:

- Maider-Lee (FV, RAHS) 651-210-7821 maider.lee@isd623.org

Karen: ກະລຸນາ ຈຳລອງ ການເຮັດບັນທຶກສະຖານະການ ຫຼື ຈຳລອງ ການຮ້ອງຂໍ ຈຳນວນເງິນຮັບສູນກາງຊຸມຊົນ

- Mu Hser (EDG) 651-242-4081 mu.hser@isd623.org
- Hsar Htoo (RAMS, RAMS, CP) 651-332-6929 hsar.htoo@isd623.org
- Mya Phyu (RAHS, EDG, FV) 651-307-4475 mya.phyu@isd623.org

Somali: Hadii aad u bahamtahay in laga caawiygo buxinta waraqaaha iskuulka iyo xiriirka mamulka fadlan lasoo xiriir

- Kowthar Ismail (RAHS, RAMS, PCS) 651-322-0468 kowthar.ismail@isd623.org

Bhutanese: བོད་ བཀའ་རྒྱུ་འགན་ཁུར་གྲོལ་མཁའ་ བཀའ་རྒྱུ་འགན་ཁུར་གྲོལ་མཁའ་ བཀའ་རྒྱུ་འགན་ཁུར་གྲོལ་མཁའ་ བཀའ་རྒྱུ་འགན་ཁུར་གྲོལ་མཁའ་

- Indira Kharel (CP, RAHS, RAMS) 651-307-7471 indira.kharel@isd623.org

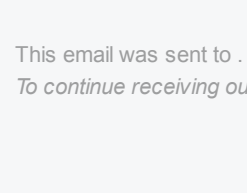
African American:

- Anthony Anderson (RAHS) 651-503-9319 anthony.anderson@isd623.org
- Levy Jones III (CP) 651-278-1897 levy.jones-iii@isd623.org
- James Hoskins (EDG) 651-726-4215 james.hoskins@isd623.org
- Shyenne Johnson (RAMS) 651-239-2626 shyenne.johnson@isd623.org

American Indian:

- Gabriella Carroll 651-359-0572 gabriella.carroll@isd623.org
- Lupe Thornhill 651-332-6513 guadalupe.thornhill@isd623.org

Share this email:



Manage your preferences | Opt out using TrueRemove™  
 Got this as a forward? Sign up to receive our future emails.  
 View this email online.

1393 Garden Ave. W.  
 Falcon Heights, MN | 55113 US

This email was sent to .  
 To continue receiving our emails, add us to your address book.

Subscribe to our email list.