

November 10, 2022

In this week's Bird's Word:

- Message from Mrs. Behnke
- PTA meeting November 14
- From the Health Office
- Falcon Families for Equity and Justice Updates
- From the District: K Enrollment Night, Enrollment Lottery, Voices
- Flyers
- November breakfast and lunch menus

Reminder: No school November 24 & 25

Message from Mrs. Behnke

Hard to believe it is November already. We have enjoyed a beautiful fall and just around the corner the weather will change. As I reflect on the Minnesota weather, what resonates is how quickly it can change. We have already seen that and as you might imagine the Lost & Found has exploded. If you have noticed an item missing you may want to stop by school to see if it may be among the many items left behind on a daily basis. Also, just a reminder that we do go outside for recess everyday, unless the weather doesn't permit. Please have your child ready for outside everyday. As the temperature drops overnight it will be a surprise to students who are not dressed for 25 minutes of outside recess. It is time for hats, mittens, jackets and boots on the ready. Not a bad idea to send extra socks/shoes. If your child is in need of outerwear, please contact the school office and we will do what we can to assist.



This fall we reintroduced FALCON FAMILIES. This is a time when staff lead multi-age groups of 15 students in a focus activity. Here is our purpose statement:

We are gathered as a family who will stick together through all our years at Falcon Heights, meeting about once a month. We do this to practice the Falcon Way, meet new people, build community, and know that we all belong here. We are here to count on each other, support each other, and encourage each other. Each one of us is important, we all matter, and we all have something to contribute. We are a Falcon family.

Last month the Falcon Families created a patchwork design with everyone's name and design. This month we will play Falcon Bingo the Wednesday before Thanksgiving break. We are looking for 3 adult volunteers to help at the prize tables. If you are interested in helping out at our Bingo that will happen 2:10-2:55pm on November 23rd, please call the school office or email louise.portuense@isd623.org. Thank you to PTA for contributing the funds for this fun event.

Next PTA meeting November 14 at 6:30pm

We welcome your attendance and input as we meet and discuss our current agenda items for Falcon Heights Elementary School. You can attend and participate in discussions and ideating with the PTA regardless of being a paid member and are able to join at any time if you wish. There is free childcare available at our meetings in the Friendship Connection room. School age kids and siblings are welcome.

Please email Mara Bliss President@fhpta.org with any requests or questions.

We will meet in the school library and we look forward to seeing you on Monday!

Zoom link:
<https://isd623.zoom.us/j/81833119523?pwd=d2NHTS9PQXVya2lObjZyYVluak5mTU09>

From the Health Office

Cold and flu season is upon us and has arrived earlier than usual. The community is seeing cases of RSV, flu, pink eye, stomach bugs, strep throat, and common colds and coughs, not to mention COVID-19.

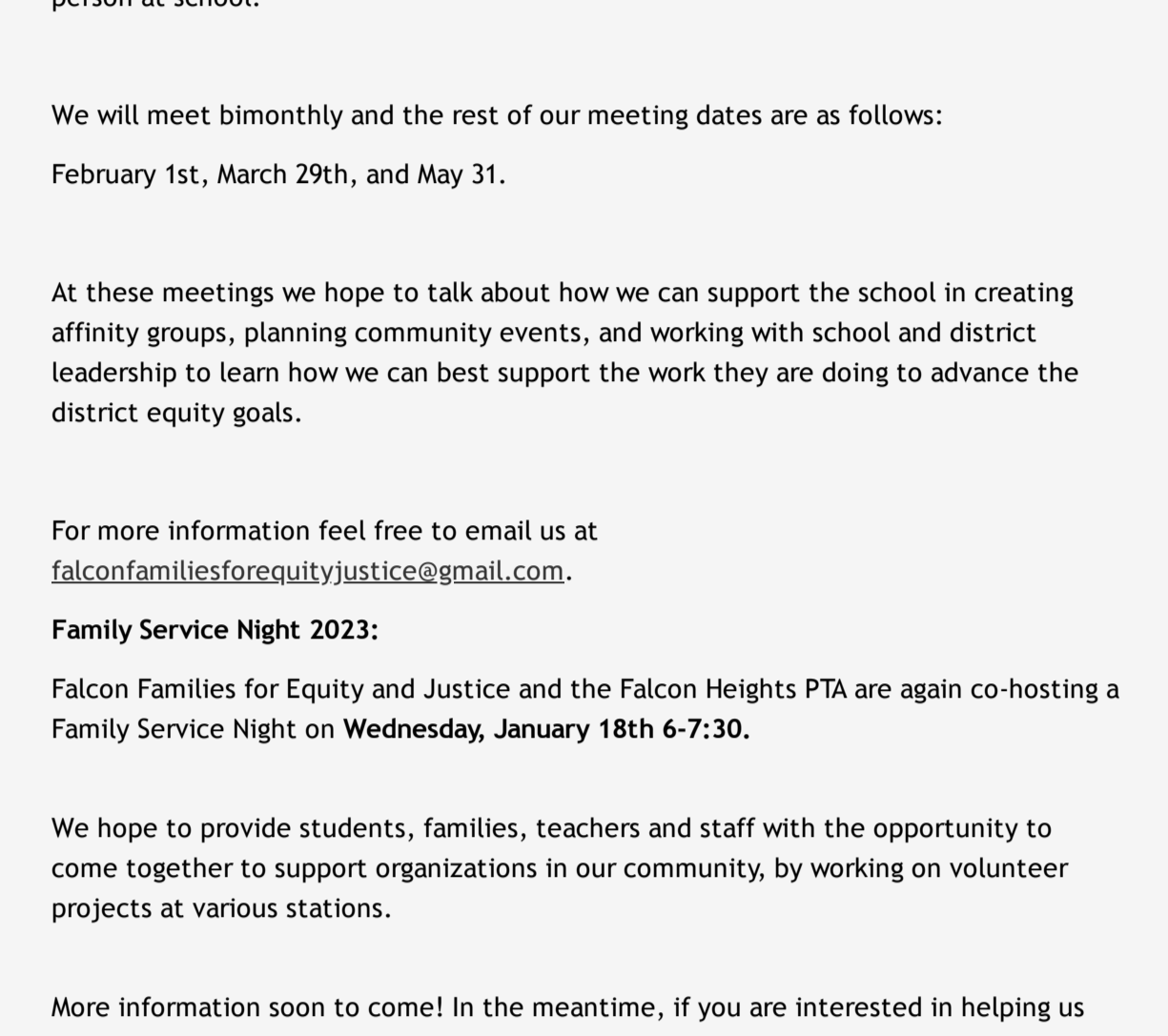
We have COVID home antigen test kits available for staff and students at all our schools. Just ask for one! We will send test kits home in a backpack at a parents request, or parents can come pick them up.

New!

We are pleased to be able to provide Rapid PCR tests to staff and students again this school year. They are done at a clinic in Roseville. The test is a low nasal swab that tests for four viruses with one swab: COVID, RSV, Influenza A, and Influenza B. If you are having respiratory or other COVID symptoms, and test negative for COVID on the home antigen test, then ask for a referral to this clinic from your school nurse.

Please remember to do the following things:

- Cover your cough!
- Wash hands frequently.
- Keep your student home if they are not feeling well.
- Test for COVID (We have test kits available to send home upon request).
- Positive COVID test requires 5 days isolation at home, then may return to school on day 6 and wear a mask until day 10.
- Other illnesses: Students can return to school once they are fever-free for at least 24 hours (without the use of fever-reducing medications), and it has been at least 24 hours since the last episode of vomiting or diarrhea, and the student is feeling well enough to fully participate in class.



FALCON FAMILIES FOR EQUITY AND JUSTICE

FEEJ Updates

We would love to have you join our next meeting!

We will host our next meeting on **Wednesday, November 30 at 7:00 pm**. This will be in person at school.

We will meet bimonthly and the rest of our meeting dates are as follows:

February 1st, March 29th, and May 31.

At these meetings we hope to talk about how we can support the school in creating affinity groups, planning community events, and working with school and district leadership to learn how we can best support the work they are doing to advance the district equity goals.

For more information feel free to email us at falconfamiliesforequityjustice@gmail.com.

Family Service Night 2023:

Falcon Families for Equity and Justice and the Falcon Heights PTA are again co-hosting a Family Service Night on **Wednesday, January 18th 6-7:30**.

We hope to provide students, families, teachers and staff with the opportunity to come together to support organizations in our community, by working on volunteer projects at various stations.

More information soon to come! In the meantime, if you are interested in helping us plan please reach out to Cari Kokotovich (cmkokotovich@gmail.com) for more information or join our first planning meeting on the week, **November 17th at 7:30pm**.

Feel free to hop on the zoom meeting and learn more!

<https://lumi.zoom.us/j/19315178165?pwd=ZVZlbi1hWUlnMmVlQXZlajk0R6dz09>

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 Teća Education Center
1910 County Road B W.
Roseville, MN

Join Us!

☐ Si tienes un hijo que cumplirá 5 años antes del 1 de septiembre de 2023, ¡compáñanos 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 Kínder 2022
Jueves, 10 de noviembre
5:30-7:30 pm
Centro de Educación Anpétu Teća
1910 County Road B W.
Roseville, MN

¡Acompáñenos!

23-24 Enrollment Lottery

The Enrollment Lottery for the 23-24 school year is now open! Applications are being accepted through January 27, and will be processed the week of January 31. Families will be notified of lottery results and next steps the week of February 6.

Siblings of current students must still apply for the lottery. All schools will offer sibling preference in placement. This means based on space availability, siblings of current students will be placed into the school/program before the lottery drawing. If space is not available at the time of the lottery, siblings will receive preference on the waitlist.

To submit an application for the enrollment lottery, [CLICK HERE](#)

Espanol. If you live outside district boundaries you will also have to apply for [Open Enrollment](#).

Please contact Central Enrollment (enrollment@isd623.org or 651-635-1626) if you have any questions about the lottery process.



Seeking Content for Voices, a Roseville Area Schools Student Publication

This summer we will be publishing our district's annual student magazine, Voices, which will highlight the writing and artwork of our talented students from preschool through high school. We are looking for student artists and authors, from preschool through high school, to contribute to the magazine. [PLEASE CLICK HERE](#) to learn more about this opportunity!

Flyers

LAP SWIM and OPEN SWIM!
HOURS FOR OCTOBER 31 - DECEMBER 22

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

The Pool at Anpétu Teća 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, 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
 GRADES K-6 | WEDNESDAY, NOV 16 | 3:30 - 5:00 PM | \$19

Neighborhood House **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 on-site 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 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

Neighborhood House | 179 Robie Street East, St. Paul, MN 55107 | 651.789.2800

November Breakfast/Lunch Menu

	Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
Breakfast	Mega Cereal Bowl Milk Choices	Mini Maple Pancakes	Chicken Omelet Cinnamon Gooftan	Omelet Breakfast Round	Strawberry Cream Cheese Mini Bagel
Lunch	Stuffed Dual Pizza Steamed Corn Grapes	Diced Chicken and Gravy Mashed Potatoes Green Peas Orange Wedges	Chicken Corn Dog Steamed Broccoli Assorted Fresh Fruit	MN THURSDAY Chicken Yassa Mashed Potatoes 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	Banana Bread	NO SCHOOL	Peach Pancake Bowl	Turkey Ham and Cheese Croissant	Strawberry Cream Cheese Mini Bagel
Lunch	Stuffed Dual Pizza Marmara Saucis Steamed Corn Orange Wedges	Grilled Cheese Tomato Soup Cucumber Slices Fresh Fruit	Chicken Corn Dog Steamed Broccoli Mashed Potatoes Assorted Fresh Fruit	Beef Hotdog Whole Grain Bun Steamed Carrots Local MN Apple Slices	Balsamic Potatoes Cottage Cheese Omelet Seasonal Salad Potatoes Banana
Grab N Go	Tortellini Salad	Tortellini Salad	Tortellini Salad	Tortellini Salad	Tortellini Salad
Monday 14	Buffalo Dual Pizza Steamed Corn Orange Wedges	Mix Cinnas	Yogurt and Banberry Muffin	Egg and Cheese Breakfast Sandwich	Sweet Cinnamon Waffle
Lunch	Personal Pan Cheese Pizza Steamed Corn Orange Wedges	Grilled Cheese Tomato Soup Cucumber Slices Fresh Fruit	Smoked Turkey Sub Sandwich White Bean Sautéed Assorted Fresh Fruit	MN THURSDAY Diced Turkey Grouse Mashed Potatoes Roasted Delicata Squash Cranberries	Mascaron and Cheese Macaroni and Cheese Steamed Green Beans Apple Wedges
Grab N Go	Soylutter Sandwich with String Cheese and Crackers	Soylutter Sandwich with String Cheese and Crackers	Soylutter Sandwich with String Cheese and Crackers	Soylutter Sandwich with String Cheese and Crackers	Soylutter Sandwich with String Cheese and Crackers
Monday 21	Mega Cereal Bowl	Mini Maple Pancakes	Chicken Omelet Cinnamon Gooftan	NO SCHOOL	NO SCHOOL
Lunch	Plant Based Taco Pico de Gallo Kale	Diced Chicken and Gravy Mashed Potatoes Green Peas Orange Wedges	Mandarin Orange Chicken Steamed Brown Rice Shredded Edamame Orange Wedges		
Grab N Go	Beard and Chocolate Chickenpea Spread	Beard and Chocolate Chickenpea Spread	Beard and Chocolate Chickenpea Spread		
Monday 28	Banana Bread	Turkey Sausage Breakfast Pizza	Peach Pancake Bowl		
Lunch	Stuffed Dual Pizza Steamed Corn Grapes	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.
 MN Thursday is an all-cash Farm to School menu day featuring items from farmers and makers from within 300 miles.
 Milk is available with every breakfast and lunch. All you-care-to-eat fruits and vegetables available at lunch daily.
 Please visit <https://isd623.ce.eleyo.com> for complete allergy information and the most up to date menu.
 If you have interest in joining our school nutrition team, please email nutrition@isd623.org.
 This invitation is an equal opportunity provider.