

NEWSLETTER

School | Community | Athletics



Get ready! Mark your calendars!

CCS PTA has had to cancel quite a few of our annual fundraisers this year but we are happy to announce the PTA Spirit-wear fundraiser is here!

Although, this year the kids aren't able to do the regular school activities, we are still fundraising for when they are able to! These fundraisers help to support our students with programs, field trips and many other activities throughout a normal school year! From Kindergarten - Senior year.

This year, all gear can and will be shipped directly to your home! No need to pickup.

This shop will be for a limited time, so get ready!

The store goes [#LIVE](#) on November 6th and will close on November 16th. The link to the store will be accessible November 6th.

All order instructions will be found on the website.



Join us for a Home Town Home Team Shopping day in the Village of Clinton

Come and check out the amazing stores in the Village of Clinton on **Saturday 11/7**

from 11-3. Part of the proceeds from your purchases through out the village will go to Sports Boosters

Clinton Sports Boosters will also be **selling Clinton Face Masks and Window Clings**. Stop by our table and buy one

Local Businesses that are participating:

The Compound, Lucianna's Boutique, Rainbow Cupboard, Almost Local, Utica Coffee, Tom's Natural Food's, Krinzia Martins, Rose Petal Gifts, Artisans Corner

Part of Proceeds will go to the Clinton Sports Boosters to support our Clinton Athletes.

Wear your **Maroon/White or Clinton Gear** to support our teams.

This holiday season, keep it local and
Shop Small in Clinton!



While the traditional Clinton Shoppers' Stroll and Holiday Parade will not be happening this year, our local businesses will be open.

We invite you to shop small this holiday season in Clinton!

- Horse and wagon rides - 11/27 & 11/28 from 12- 4 pm
- Jingle Jog 5K Run on 11/28 starting at 8 am

www.ClintonNYChamber.org

TIPS FOR
**CORONAVIRUS
ANXIETY**

1. WASH YOUR HANDS AND REDUCE TIME SPENT IN PUBLIC SPACES.
2. MODERATE NEWS INTAKE. LIMIT EXPOSURE TO MASS HYSTERIA ONLINE
3. IF WORKING FROM HOME OR IN SELF-QUARANTINE, ARRANGE YOUR SPACE SO IT'S CALMING
4. PRACTICE DEEP BREATHING EXERCISES OR OTHER METHODS OF MEDITATION
5. REACH OUT FOR HELP: YOUR MENTAL HEALTH IS IMPORTANT



Let's give thanks!

MINI THANKSGIVING MEAL AT THE LIBRARY

Help us create a Thanksgiving feast by sculpting things out of clay for our table. We'll display your creations for the whole community to see.

**PICK UP AIR-DRY CLAY
STARTING NOV. 5.
RETURN YOUR
SCULPTURE BY
NOVEMBER 20.**

Kirkland Town Library
55 1/2 College Street, Clinton
315-853-2038
www.kirklandtownlibrary.org

TRANSFORM YOUR YARD SIGN INTO A DISPLAY OF GRATITUDE



Drop off any old, unwanted signs at the Library now.

Pick up supplies to make your own gratitude sign starting on Nov. 6.

Display your sign in your yard and share a photo.

Kirkland Town Library
55 1/2 College Street, Clinton
315-853-2038 - www.kirklandtownlibrary.org



BINGE BOXES

Each box contains three movies and popcorn - everything you need for a movie night at home.

Choose from:

- Love and Travel
- This Musical Will Kill You
- Don't Travel With Tom Hanks
- Everything Is Awesome
- Kiss the Ring
- Pixar Favorites
- Based on the Book
- Thrill and Chill
- Iconic 80s
- Sweat-Inducing Suspense
- Animated Animals
- Hallmark Holidays

Please return all three movies together in the box.

Kirkland Town Library
55 1/2 College Street, Clinton
315-853-2038 - www.kirklandtownlibrary.org



Read.
Listen.
Discuss.
Connect.

Join Utica Councilperson Delvin J. Moody for a discussion based on Ibram X. Kendi's book *Stamped from the Beginning: The Definitive History of Racist Ideas in America*.

Reading the book is encouraged but not required. Please contact your local library for a copy.

**CONNECTING
COMMUNITIES:
TOWARDS A
BETTER
UNDERSTANDING
OF RACISM IN
THE UNITED
STATES**

Sign up online
at the
Kirkland or
Utica Library's
webpage!

**THURS
NOV
12
7PM**

A program from Hamilton Employees Against Racism (HEAR) with support from the Kirkland Town Library and Utica Public Library



School Age Child Care Program

PLAY, EXPLORE, GROW

GRADES
K-5



\$86 BEFORE CARE
\$123 AFTER CARE
\$187 FOR BOTH!

UTILIZE OUR EARLY DROP OFF TIMES
FOR BEFORE CARE AND AVOID THE BUSY
DROP OFF RUSH!
A STAFF MEMBER WILL WALK YOUR CHILD
TO CLASS EACH MORNING AND MAKE SURE
THEY ARRIVE AT THE PROGRAM EACH
AFTERNOON.

BEFORE CARE:

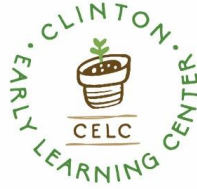
M/T OR TH/F
730AM-845AM

AFTER CARE:

M/T OR TH/F
3PM-530PM

OR BOTH!

FOR MORE INFORMATION CALL US AT
315-557-2340 OR VISIT WWW.CLINTONELC.COM



Vacation Camp Registration

Veterans Day November 11th

7:30am-5:30pm

\$40 per day



What to Expect:

- DIY Leaf Placemats
- Thanksgiving Handprint Keepsake!
- Baking- Apple Cinnamon Crumb Muffins (dairy/gluten free)
- Outdoor Play (weather permitting)

Important things to remember:

- All vacation camp fees are NON-REFUNDABLE, we cannot accept registration forms without payment
- **This form needs to be completed and returned with payment by 11/6/20**
- **There is a maximum of 20 children on each day, enrollment is first come, first serve.**
- Bring a bag lunch
- **ALL Vacation Camps are held in the ELEMENTARY CAFETERIA**
- Sign ALL permission slips for field trips and special events
- **We follow ALL CDC and New York State Guidelines for Child Care**

If you have any questions please contact our School Age Coordinator, Aly Worden, 315-939-3277 or aworden@clintonelc.com

Child's Name _____

Grade Level _____ Teacher _____

____ 11

Parent Name _____ Phone Number _____

Parent Email _____

If your child is not enrolled in our SACC program, there are additional forms we will have you fill out.

*Please make checks out to Clinton Early Learning Center



**ATTENTION CLINTON ELEMENTARY
100% VIRTUAL FAMILIES**

MONTHLY SUPPLY PICK UP'S

*Come pick up supplies for your student
from 11am-12pm in the front circle.*

**SEPTEMBER 25TH
OCTOBER 23RD
NOVEMBER 20TH
DECEMBER 18TH**

Please reach out to your child's teacher if you cannot make it!

Hamilton College Presents Virtual Solo Piano Concert with Sar-Shalom Strong on Friday, Nov. 6



Clinton, NY – The Hamilton College Department of Music presents a virtual concert with pianist Sar-Shalom Strong on Friday, Nov. 6 at 7:30 pm. The pre-recorded concert will include a live Q and A session with Strong after the recital.

The program will be mainly comprised of shorter compositions by Bach, Schubert, Rachmaninoff, Faure, and Debussy, as well as Beethoven's famous Sonata in C minor, known as "Pathetique." Debussy's "Clair de Lune" and Liszt's "Ave Maria" will also be featured. All selections were picked for their ease of listening, beautiful melodic lines, and generally optimistic character.

A Utica native, Strong performs extensively as both a soloist and a collaborative musician, averaging around 30 concerts per year. He is core pianist for The Society for New Music and has premiered many new compositions in that capacity, some of which are available on Innova Records. In addition to performing, he is active as an adjudicator for festivals and competitions, and also as a vocal coach. He holds degrees from Knox College and Syracuse University and joined the Hamilton College faculty in 2001.

This concert is free, but advance registration is required. To register visit www.hamilton.edu/performingarts. Call (315) 859-4350 or email mreiserm@hamilton.edu for more information.

Hamilton
College
Presents
Vibraphonist
Stefon Harris
in Virtual
Events



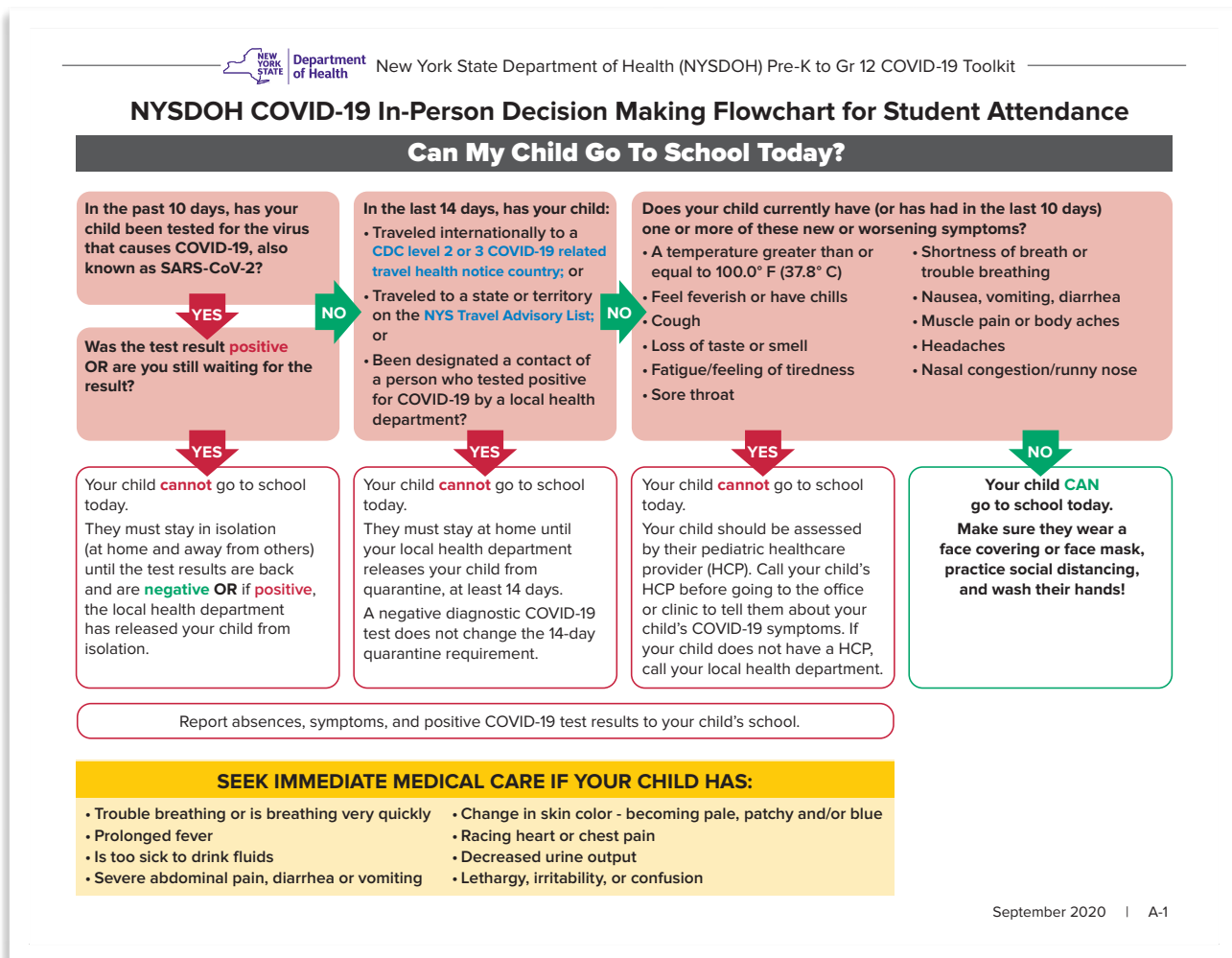
Clinton, NY – Hamilton College Performing Arts presents a virtual concert with jazz vibraphonist Stefon Harris + Blackout on Friday, Nov. 13 at 7:30 pm. Recorded live for Hamilton College at Rutgers University's Clement's Place this Stefon Harris + Blackout performance is available for a limited time only.

Stefon Harris's passionate artistry and virtuosity have propelled him to the forefront of the jazz scene. Heralded as "one of the most important artists in jazz" by the *LA Times*, Harris was named a recipient of the 2018 Doris Duke Awards. He has earned four Grammy nominations and was chosen as Best Vibes in 2017 and 2018 by *Downbeat Magazine's* Critic's Poll. Harris's landmark TED Talk, "There are No Mistakes on The Bandstand," was the most-watched talk in its 2011 release and has over 500,000 views.

In advance of the concert premiere, Monk Rowe, director of the Fillius Jazz Archive, will conduct an open interview with Harris via Zoom on Wed., Nov. 11 at noon. The interview is open to the public, and attendees are encouraged to contribute questions during the interview.

This concert is free on YouTube, available Nov. 13-15. Advance registration is required for the interview. For links visit www.hamilton.edu/performingarts. Call (315) 859-4350 or email mreiserm@hamilton.edu for more information.

SHOULD YOUR CHILD GO TO SCHOOL TODAY?



UPCOMING PTA MEETINGS:

November 19 • January 28 • March 25 • June 3

NOVEMBER LUNCH MENUS

JUNIOR/SENIOR HIGH

LUNCH MENU

LUNCH PRICE IS FREE • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org

NOVEMBER 2020 • Clinton Elementary School

Available Daily:

- Peanut Butter & Jelly Sandwich OR Allergen Safe Alternate (Sunbutter)

Local Items this Month:
Apples, Milk, Hot Dogs, Meatballs, Butternut Squash Puree, Black Beans, Carrots, Yogurt.

Don't forget to fill out your Free/Reduced Price Lunch Form!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Ham & Cheese Wrap Broccoli Florets Goldfish Crackers	03 Cheesy Cheese Pizza Celery Sticks Very Berry Yogurt	04 Variety of Deli Sandwiches Bell Pepper Slices	05 Mixed Deli Sandwich Baby Carrots Goldfish Crackers	06 Cheesy Cheese Pizza Cucumber Slices
09 Chicken Snack Wrap Broccoli Florets	10 Cheesy Cheese Pizza Celery Sticks NY Sunshine Bars	11 Veteran's Day!	12 Mixed Deli Sandwich OR Hummus & Veggie Wrap Baby Carrots	13 Cheesy Cheese Pizza Bell Pepper Slices Miss Milla's NY Chocolate Chip Cookie
16 Deli Turkey Sandwich Baby Carrots Chewy Raisins	17 Cheesy Cheese Pizza Broccoli Florets	18 Variety of Deli Sandwiches Celery Sticks	19 Super Stuffed Turkey Wrap Chewy Craisins NY Sunshine Bars	20 Pepperoni Pizza Very Berry Yogurt Cucumber Slices NY Grape Slushie
23 Chicken Ranch Wrap Broccoli Florets Goldfish Crackers	24 Tomato Pie Baby Carrots Miss Milla's NY Chocolate Chip Cookie	25 No School!	26 Happy Thanksgiving!	27 No School!
30 Deli Turkey Sandwich Broccoli Florets Goldfish Crackers				

ELEMENTARY

LUNCH MENU

LUNCH PRICE IS FREE • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org

NOVEMBER 2020 • Clinton Jr/Sr High School

Available Daily:


- Deli Sandwich of the Day
- Entrée Salad
- Peanut Butter & Jelly Sandwich OR Allergen Safe Alternate (Sunbutter)

Local Items this Month:
Apples, Milk, Hot Dogs, Meatballs, Butternut Squash Puree, Black Beans, Carrots.


Don't forget to fill out your Free/Reduced Price Lunch Form!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Popcorn Chicken Deli Turkey Sandwich Broccoli Florets Goldfish Crackers	03 Cheesy Cheese Pizza Ham & Cheese Wrap Celery Sticks	04 Variety of Deli Sandwiches Corn Kernels	05 Chicken Nuggets Mixed Deli Sandwich Baby Carrots Dinner Roll	06 Cheesy Cheese Pizza Bologna Sandwich Cucumber Slices
09 Mozzarella Sticks with Dipping Sauce Deli Turkey Sandwich Steamy Broccoli Florets	10 Cheesy Cheese Pizza Ham & Cheese Sandwich Corn Kernels NY Sunshine Bars	11 Veteran's Day!	12 Chicken & Cheese Quesadilla Cheddar Broccoli Butternut Soup Mixed Deli Sandwich	13 Pepperoni Pizza Bologna Sandwich Bell Pepper Slices Miss Milla's NY Chocolate Chip Cookie
16 Dino's Meatball Sub Deli Turkey Sandwich Baby Carrots	17 Buffalo Chicken Pizza Ham & Cheese Wrap Steamy Broccoli Florets	18 Variety of Deli Sandwiches Corn Kernels Crunchy Coleslaw	19 Popcorn Chicken Super Stuffed Turkey Wrap Chewy Craisins NY Sunshine Bar	20 Buffalo Chicken Pizza Bologna Sandwich Cucumber Slices NY Grape Slushie
23 NY All Beef Hot Dog Deli Turkey Sandwich Steamy Broccoli Florets Tomato Pie	24 Grilled Chicken Sandwich Ham & Cheese Sandwich Maple Glazed Carrots	25 No School!	26 Happy Thanksgiving!	27 No School!
30 Chicken Nuggets Deli Turkey Sandwich Steamy Broccoli Florets Steamy Rice				

NOVEMBER BREAKFAST MENU:



BREAKFAST MENU



BREAKFAST PRICE IS FREE • MENU IS SUBJECT TO CHANGE • For more information email hmielnicki@oneida-boces.org

Available Daily:
Yogurt, Fresh Fruit or Chilled Fruit Juice, Ice Cold New York State Milk. Students can select 1 or 2 grains, milk, 1 or 2 fruits/juices for a complete breakfast!

Local Items this Month:
Apples, Milk, Hot Dogs, Meatballs, Butternut Squash Puree, Black Beans, Carrots.

Don't forget to fill out your Free/Reduced Price Lunch Form!

NOVEMBER 2020 •

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Cream Cheese Filled Bagel Stick	03 Pillsbury Mini Cini	04 Apple Frudel!	05 Assorted Whole Grain Muffins	06 Chocolate Filled Crescent
09 Assorted Cereal Bars	10 Mini Bagels	11 Veteran's Day!	12 Cream Cheese Filled Bagel Stick	13 Apple Frudel!
16 Assorted Whole Grain Muffins	17 Pillsbury Mini Cini	18 Homemade Blueberry Bar	19 ZeeZee Bars	20 Mini Bagels
23 Assorted Cereal Bars	24 Chocolate Filled Crescent	25 No School!	26 Happy Thanksgiving!	27 No School!
30 ZeeZee Bars				

NOVEMBER BREAKFAST

ORDER FORM

November 2020- Clinton Breakfast Sign up

Clinton School District started a grab-n-go breakfast in September of 2019. Doors open at 8:50 as usual and students getting breakfast should go directly to the cafeteria. They will grab a pre-bagged breakfast and use their pin number to check out as they do with lunch. Students will then bring their breakfast back to their classroom to eat. They are still expected to be in class by 9am.

To help with planning, we are asking that parents sign up their child on a monthly basis. Please fill out the information below, check the boxes of the days your child plans to eat.

Breakfast WILL be served on half days. Breakfast WILL NOT be served if there is a delay.

Student Name _____ Teacher _____

Parent Signature _____

Breakfast Pricing: \$1.25 for Full Pay, Free for Free and Reduced Students.

2 Cereal Bar <input type="checkbox"/>	3 Assorted Muffins <input type="checkbox"/>	4 Mini Bagel <input type="checkbox"/>	5 Apple Frudel <input type="checkbox"/>	6 Poptarts <input type="checkbox"/>
9 Cereal Bar <input type="checkbox"/>	10 <input type="checkbox"/> Assorted Muffins	11 Mini Bagel <input type="checkbox"/>	12 Apple Frudel <input type="checkbox"/>	13 Poptarts <input type="checkbox"/>
16 Cereal Bar <input type="checkbox"/>	17 <input type="checkbox"/> Assorted Muffins	18 <input type="checkbox"/> Mini Bagel	19 Apple Frudel <input type="checkbox"/>	20 <input type="checkbox"/> Poptarts
23 <input type="checkbox"/> Cereal Bar	24 <input type="checkbox"/> Assorted Muffins	25	26	27



Oneida • Herkimer • Madison

BOCES

NUTRITION NOTES: NOVEMBER 2020

FOR MORE INFORMATION, CONTACT

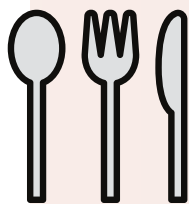
HMIELNICKI@ONEIDA-BOCES.ORG

Grocery Shopping Made Easy



MAKE A LIST: BEFORE GOING TO THE STORE, MAKE A PLAN OF INGREDIENTS, MEALS, OR RECIPES THAT YOU ARE MAKING FOR THE WEEK AND STICK TO IT! MENU PLANNING AHEAD OF TIME HELPS SAVE MONEY AND AVOIDS IMPULSE PURCHASING.

SHOP THE PERIMETER: THE PERIMETER, OR OUTSIDE AISLES OF THE STORE ARE WHERE THE MOST NUTRIENT DENSE FOODS ARE LOCATED. YOU CAN FIND FRUITS, VEGETABLES, DIARY, MEAT AND FISH AROUND THE OUTSIDE OF THE STORE.



DON'T SHOP HUNGRY: GOING TO THE GROCERY STORE WHILE HUNGRY OFTEN LEADS TO IMPULSE BUYING. ENJOY A LIGHT SNACK BEFORE HEADING TO THE STORE SO THAT YOU CAN STICK TO YOUR LIST AND WEEKLY MEAL PLAN.

USE COUPONS: START COLLECTING AND USING COUPONS FROM GROCERY SALE ADS. YOU CAN ALSO DOWNLOAD GROCERY APPS AND REWARDS PROGRAMS FOR ADDITIONAL SAVINGS. NOT ONLY ARE THESE BUDGET FRIENDLY, BUT ALSO ADD VARIETY TO YOUR WEEKLY LIST!

