

This is the KES Way

Kindness Effort Safety



Killingworth Elementary School

October 2024

Regional School District #17



Dennis Reed
Principal



Important Dates

- | | |
|-------|---|
| 1 | Picture Day |
| 1 | Third Grade Book Club |
| 1 | BOE meeting |
| 2 | Nat'l. Custodial Worker Day |
| 3 | Third Grade Book Club |
| 7 | Charleston Gift Wrap ends |
| 7-11 | Fire Prevention Week |
| 8 | Third Grade Book Club |
| 9 | Killingworth Fire Department visits |
| 10 | Third Grade Book Club |
| 10 | Early Dismissal—1:05 dismissal
(PM Preschool attends in the AM) |
| 11 | Professional Dev.—no school |
| 14 | Columbus/Indigenous Day—no school |
| 15 | Third Grade Book Club |
| 15 | BOE meeting |
| 16 | Kindergarten field trip |
| 17 | Third Grade Book Club |
| 17 | Second Grade to Parmelee Farm |
| 18 | KES Spirit Day—KES Wear |
| 21 | Bishop's Pie Fundraiser begins |
| 21-25 | PTO sponsored Book Fair |
| 22 | Third Grade Book Club |
| 23 | Minimum day—Conferences
(No Preschool) |
| 24 | Third Grade Book Club |
| 24 | Minimum day—Conferences
(AM Preschool only) |
| 25 | PTO Book Fair Special Person
Lunch |
| 25 | KES Spirit Day—wear black/orange |
| 29 | PTO meeting |
| 31 | Costume Parade |



I hope this message finds you well! It has been wonderful to see so many of you at our Back-to-School Curriculum Night and the first PTO meeting of the year. Your engagement and support mean so much to us as we begin another fantastic school year.

Our students and staff have settled in nicely, and the energy in the building is filled with excitement for learning. It is hard to believe October is already upon us, and it promises to be a busy month here at Killingworth Elementary!

October Highlights:

- **Fire Prevention Week:** We will be working with local fire-fighters to provide important safety lessons and hands-on activities for our students during the week of the 7th-11th. It is always a valuable and exciting learning experience.
- **Parent-Teacher Conferences - October 23rd and 24th:** This is a great opportunity to check in on your child's progress and to work together in supporting their success. We look forward to partnering with you to ensure your child has the best experience possible this school year.
- **No School - October 11th and 14th:** Please mark your calendars as there will be no school on the 11th due to a scheduled professional development day for our staff and the district will be closed on the 14th.

October's Theme: Effort

Our school-wide theme for the month of October is "Effort." We will focus on encouraging students to give their best in everything they do, whether it's academic work, being kind to others, or participating in school activities. As part of "The KES Way," we are excited to help students develop a strong work ethic that will serve them well in and out of the classroom.

Thank you for your continued support, and we look forward to all the wonderful things ahead this month!

Dennis Reed
Principal

Safety Reminder

If KES ever needs to be evacuated in case of an emergency, the students will be transferred by bus to the H-K Middle/Intermediate School. Their main office phone number is 860-663-1241.

WWW.RSD17.ORG

BREAKFAST OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Full pay breakfast- \$2.75 Free or reduced eligible students-\$0.00 Milk- \$0.65	1. Cinnamon Roll, Sliced Apples, Juice, Milk	2. Breakfast Breads, Peaches, Juice, Milk	3. Muffin, Strawberries, Juice, Milk	4. Breakfast Variety, Applesauce, Juice, Milk
7.. Breakfast Break Cereal Pack, Craisins, Milk	8. Cinnamon Roll, Sliced Apples, Juice, Milk	9. Breakfast Breads, Peaches, Juice, Milk	10. Muffin, Strawberries, Juice, Milk	11. Staff Professional Development Day- No School for Students
14. Columbus Day- Indigenous Peoples' Day NO SCHOOL	15. Cinnamon Roll, Sliced Apples, Juice, Milk	16. Breakfast Breads, Peaches, Juice, Milk	17. Muffin, Strawberries, Juice, Milk	18. Breakfast Variety, Applesauce, Juice, Milk
21 Breakfast Break Cereal Pack, Craisins, Milk	22. Cinnamon Roll, Sliced Apples, Juice, Milk	23. Breakfast Breads, Peaches, Juice, Milk	24. Muffin, Strawberries, Juice, Milk	25. Breakfast Variety, Applesauce, Juice, Milk
28. Breakfast Break Cereal Pack, Craisins, Milk	29. Cinnamon Roll, Sliced Apples, Juice, Milk	30 Breakfast Breads, Peaches, Juice, Milk	31. Muffin, Strawberries, Juice, Milk	



Menu is subject to change

*This institution is an equal
opportunity provider."*

October 2024 Lunch

ELEMENTARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH PRICES Full Pay- \$4.00 Reduced- \$0.00 Milk- \$0.65	1. Meatballs W/ Gravy, Egg Noodles, Broccoli, Fruit of the Day Milk	2. Pancakes, Scrambled Eggs, Breakfast Potatoes, Fruit of the Day, Milk	3. Chicken Nacho's, Lettuce, Salsa, Cheese, Black Bean and Corn Salad, Fruit of the Day Milk	4. Pizza Chef Choice Vegetables, Fruit of the Day Milk
7. Homemade Macaroni and Cheese, Peas, Roll, Fruit of the Day, Milk Fresh Local Grown Apple	8. Chicken Patty Sandwich Fresh Local Green Beans, Fruit of the Day Milk	9 Sausage, Egg and Cheese Sandwich, Local Baked Acorn Squash Fruit of the Day, Milk	10 Pasta w/ Chicken Alfredo, Garlic Knot, Local Lettuce Garden Salad Fruit of the Day, Milk	11. Professional Development Day- No School for Students
14. 	15. First Mates Feast- Italian Sampler- Mozzarella Sticks, Meatballs, Marinara Sauce, Garlic Roll, Side Salad, Fruit, Milk	16 Blackbeard's Breakfast-Waffles Sausage Patty, Hash Brown Blueberry and Pear Cobbler Milk,	17. Captains Treasure Bowl- Popcorn Chicken, Rice, Broccoli, Fortune Cookie, Fruit, Milk	18. Pirates Pizza Side Garden Salad, Fruit of the Day Milk
21. All Beef Frank, Steak Fries, Fruit of the Day, Milk	22. Pasta w/ Meat Sauce Roll, Cucumber Salad Peaches, Milk,	23. French Toast Sticks Hash Brown Patty Sausage Patty Fruit of the Day Milk, Syrup	24 Cheeseburger Smiley Fries Carrots Fruit of the Day Milk	25. Pizza Side Garden Salad, Fruit of the Day Milk
28. Crispy Chicken Tenders, Mashed Potatoes, Roasted Carrots, Fruit of the Day Milk	29. Steak and Cheese Grinder Oven Fries, Fruit of the Day, Milk	30 Colby Cheese Omelet, Biscuit, Chicken Bacon Breakfast Potatoes, Fruit of the Day Milk	31. HALLOWEEN Bat Nuggets, Corn Cobweb, Jack O lantern Fries Frightful Frozen Treat	

**OCTOBER 7-11 IS
Ct Grown For Ct Kids
Week**



**OCTOBER 14-18th IS
NATIONAL SCHOOL
LUNCH WEEK**



**A MEAL IS HOT ENTRÉE LISTED
ON LEFT**

**B MEAL IS A SUNBUTTER AND
JELLY SANDWICH, CHEESE
STICK, VEGETABLES,
FRUIT OF THE DAY AND MILK**

*This institution is an equal
opportunity provider."*

LOOKING FOR SOME EXTRA MONEY?



RSD 17 Food Service department is looking for employees.

Substitute positions are available.

You would not work nights, weekends, holidays, school vacations or during the summer.

Apply on the RSD 17 website today.

Contact Sharon Shettlesworth, Director of Food Services at sshettlesworth@rsd17.org for more information.

Families please check student balances as there are many students that already have a negative balance.

If you have any questions about breakfast/lunch or with your balance, please email us at kes_foodservice@rsd17.org.

Milk is included with breakfast and lunch but when buying milk on its own the cost is .65 cents. It is NOT free.



Please help to avoid confusion at the end of the day by sending in any dismissal notes to the dismissal email (kesdismissal@rsd17.org) or with a printed dismissal form. If a confirmation is not received, please call the office. Please remember to email any changes to your child's dismissal routine. Thank you for your help!



Our PTO Rocks!

Thank you to our PTO for the back to school Dunkin' coffee, donuts and gift cards. It was a great mid-week pick-me-up for staff.

We appreciate all that you do!!

DO YOU KNOW A VETERAN?



On Friday, November 8th, our school will be hosting our annual Veterans Day Program. We invite veterans to join us to be our honored guests. If you, a grandparent, a family friend or relative have served in, or are currently serving in, the armed forces and would like to receive an invitation to be included in this very special day, please return the slip below to the KES office (or email Joyce Callahan at jcallahan@rsd17.org). We will be mailing out invitations to the veterans in October. The program runs from approximately 9:15-10:15, with the option to stay after to speak with our third grade students.

Name of Veteran to be invited: _____

Mailing Address (Street, Town, Zip) _____

Armed Services _____

Relationship to and name of KES student(s) _____

Other information _____

Please return to the KES office by October 18th so we can send an invitation to your veteran. You may also email the above information to Jcallahan@rsd17.org.

If you would like to honor a Veteran, please contact Joyce Callahan via email at jcallahan@rsd17.org and forms will be sent home. Please include in your email how many “Honoring Our Veterans” forms you would like. These forms are used to decorate the walls of our All Purpose room on the day of the assembly. Please include/attach pictures if you have them available to you. Please mark these pictures with your child’s name and Veteran’s name.



Honoring Our Veterans

Thank you for your dedication and service to our country!

Name of Veteran or Active Duty Member

Branch of the Armed Forces

Please indicate the time served and where you were stationed.

Describe briefly your responsibilities.

Student’s name and teacher.



KES looked like a sea of blue on Wednesday, September 18th, as we dressed in blue in support of Pitt Hopkins Research Foundation.





Please remember that the school hours are 8:40 to 3:25. If you are dropping off in the morning, please know that the doors close promptly at 8:40 am. If you arrive after the doors are closed, please bring your child to the main office where they will need to be signed in.



October 1st is Picture Day. Flyers regarding orders have been sent home.



October 2nd is National School Custodian Day. Please take a minute to thank our custodial staff for the many, many jobs that they do around the school to make it look as fantastic as it does!

Just a reminder that the following days are early dismissal at 1:05:



Thursday, October 10 (Professional Development)
(afternoon preschool only in the morning)
Wednesday, October 23 (Parent/Teacher Conferences)
(no school for preschool)
Thursday, October 24 (Parent/Teacher Conferences)
(morning preschool only)



Just a reminder that there is no school on:

Friday, October 11 (Professional Development)
Monday, October 14 (Columbus Day/Indigenous Peoples' Day)



You can utilize two of our emails to cut down on paper and telephone calls. To report your child absent, please use this email: kesattendance@rsd17.org. To relay dismissal information, please use this email: kesdismissal@rsd17.org. Please remember to include your child's teacher in these emails as well. Thank you!



The KES Halloween parade will take place on October 31st at 2:00. A flyer regarding this annual event will be sent home closer to Halloween. This flyer will provide information regarding parking and viewing the parade.



From the Health Office

With respiratory illnesses circulating, it is more important than ever to receive a flu vaccination through your doctor's office, a pharmacy clinic, or the CT River Area Health District clinic (www.CRAHD.info). Please note that students who are registered in the preschool program must be vaccinated against the flu no later than December 31st in order to be eligible to return to school on January 2, 2025. You may send in proof of vaccination through your child's backpack, or scan and email it to lgriswold@rsd17.org.

Covid, RSV and common cold viruses swell during the winter months, so be sure to prepare your home with some of the following tools for symptom management: nasal saline, a cool mist humidifier, fluids or frozen popsicles with electrolytes, acetaminophen, ibuprofen, lollipop lozenges, honey (age 1+ only), Vitamin C gummies or tablets, and mentholated chest rub, to name a few. Additionally, free Covid testing kits are available at <https://covidtests.gov>.

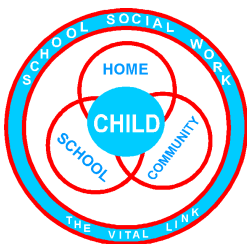
Many of the common viruses can linger, but if your child is experiencing difficulty breathing, increased pain with swallowing, extreme fatigue, and fever that does not subside, consult with your pediatrician. Remember that rest is extremely important for the body to heal, and an extra day at home can make all the difference when fighting a pathogen.

It is a good time to stock your child's backpack with an extra pair of pants, and to have them dress in layers with our seasonal changes.

When notifying the office regarding your child's absence from school, please provide information regarding the reason for the absence. If you prefer to report to the school nurse, or if you have any questions or concerns, please email me directly at lgriswold@rsd17.org. I am happy to help in any way that I can.

Take Care, and Good Health to You and Your Family,

- Liza Griswold, RN, LMT, BA



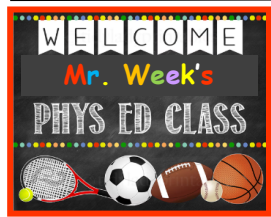
Second Step lessons are off to a great start! All classes are working on Unit 1: Growth Mindset and Goal-Setting. Students are learning how to develop a growth mindset, the idea that one's abilities can be improved through effort, learning, and persistence. Students are learning to apply this concept to their grade-level objectives such as the task of paying attention, using helpful thoughts to persevere through challenges, and making an effective plan for how to get better at a skill. As our students continue to develop a growth mindset, we will practice embracing challenges, learning from our mistakes, and treating ourselves and others with kindness as we work to improve our skills. This unit will continue into mid-October and will provide a foundation for continued learning in Unit 2, where we will shift our focus to Emotion Management. I am excited to continue working with our amazing students as they learn valuable social-emotional skills. Please reach out to me if you have any questions or concerns. I can be reached at nhyman@rsd17.org and would love to hear from you!

~ Nicole Hyman



Hello from Mrs. Kelsey's art room. We are off to another great start this year in the art room. The students are busy drawing, painting, learning, and responding. The kindergarten classes have been working on their rainbow name clouds; learning new friends' names while learning about lines, shapes, and colors. We will start butterfly drawings, continuing to learn about the elements of art we use in our drawings. First grade just finished their large name drawings with lettering, colors, and patterns. They will be coming home soon. They learn about abstract art and evaluate the artwork of artist Wassily Kandinsky. They will be creating their abstract paintings using oil pastels and watercolor paints. Second grade students have been working on double lettering for their names. This is a great opportunity to make sure your child knows how to spell their middle and last name. The students will create a line, shape, and marker design using the elements of art. Third graders are working on their Chinese Kanji symbols and watercolor paintings. The students are mixing paint colors acquiring knowledge about different color groups and practicing watercolor techniques. They will be practicing Chinese brushstrokes with inks to paint on their watercolor backgrounds.

~ Mrs. Kelsey



Hello KES Families,

I hope each and everyone of you had a fantastic summer. We are off and running this year, picking up where we left off. We started off the school year reviewing the gym norms: Be Safe, Be Kind, Have Fun! We touched on how we want to make people feel happy, feel proud and feel like you are a part of a team. We immediately got into personal and open space activities.

We practiced our locomotor movements and creative movements while staying in your own space. After reviewing the boundaries in the gym, we then moved into tag games. We finished up September with a non-verbal communication game.

In October we will start the first two weeks focusing on our kicking and soccer skills. We will be kicking at targets from different distances. We will also play pass with a soccer ball with different partners at different distances. We will finish our soccer unit with some fun modified soccer activities. The last two weeks of October we will be working on our throwing and catching skills. We will be throwing at targets and playing catch with friends. We will be playing a series of throwing and catching activities with small groups and partners of all levels and abilities. We will finish off October with my famous Ghostbusters game where friends get to throw balls into a haunted house.

Safety Reminders for Physical Education Class:

- Please wear running sneakers everyday, just in case they have gym.
- Please wear bike shorts or leggings underneath a beautiful dress.
- Please no crocks, sandals, slippers or high heeled shoes.

Enjoy the wonderful weather and go outside and play!

~ Mr. Weeks



Welcome back (or welcome for the first time!) to the library at KES! In September we get back into the swing of things, meet the stuffed animals that live on top of our shelves, and learn a little about each other. Morning preschool classes started their year with *The New LiBEARian* and have now moved into the Mr. Panda series. Afternoon preschool read *Mae's First Day of School* and have begun a series of fun books by Anna Kang. Kindergarten wrote two class books to tell us something important about them and to let us know their favorite things. Next we will be learning how to find and check out books. First graders wrote class books about something unique about them and something you SHOULD do in school; now we will start learning about the different sections of the library and where different kinds of books are located. Second graders wrote class books about their names and a place that was special to them. Next we will learn about how fiction books are sorted on the shelves and challenge our alphabetizing skills. Third graders wrote class books about an object's first day of school (based on the book *School's First Day of School*) and about something not so exciting about them. (This elicited information such as the fact that one student brushes his bottom teeth before his top teeth, while another peels their bananas from the bottom up. Sometimes the least exciting details are the most interesting!) Next we will start learning about how nonfiction books are sorted. Not sure when your child has library? Check out the table on the library website, which can be accessed from KES's website. While you are there, click the link to our Goodreads page to find out what books each grade has been reading. You can also search Destiny, the library catalog, if your child would like to pick some books to look for when they come in. Until next month, happy reading!

~ Mrs. Murphy & Mrs. Hosking



Welcome back! We are off to a great start in music! Kindergarten and first grade classes are filled with songs and games about fall. Second graders are starting their journey with dances from around the world. Our third grade student just received their recorders and they are super excited! It is a great opportunity for them this year to start learning an instrument and music notation. All their hard work will be showcased in June during their recorder concert.

~ Mrs. Rubalsky



Hello Preschool Families!

Over the past few weeks, we have been focusing a lot on getting to know our classroom and the rules and routines that make our classrooms a great place to explore. We focused on getting to know one another and have begun to form friendships with each other already. We are really enjoying our time together and have discovered that we have a lot of similarities amongst us! In the upcoming weeks we will begin to explore the seasonal changes that occur now that fall is upon us. We will begin our investigation around trees, observe the beautiful colors of the changing leaves, learn all about pumpkins and begin strengthening our pre-literacy skills! As the weather changes please keep in mind that we will be going outdoors daily and the weather can be chilly. Please pack your child with a light jacket or sweatshirt so that they can be more comfortable while exploring outside. We are looking forward to a great year together full of exploration and discovery!

~ Mrs. Golas & Mrs. Treubig



Our new students have done a good job getting used to being a kindergartner at KES! They have also been busy with reading, writing and math lessons. They have begun to study the five senses during our Wit & Wisdom Module 1 lessons. Both teachers and students in kindergarten are enjoying the cooler temperatures now that it is autumn. We are looking forward to our field trip

to Rose Orchards on October 16th!

~ Mrs. Isleib, Mrs. Jacobs & Mrs. Pommer



First graders have been busy learning routines and procedures and building classroom communities. We have also been productive diving into our curriculum!

In reading, we have started our Wit & Wisdom curriculum with the central theme that books can change lives. We are focusing on story elements (characters, setting, problem and resolution) as well as retelling stories. In word work, we are learning to spell cvc words. In math, we are learning how to apply strategies to help us add and subtract within 10. We are also working on strategies to develop our fact fluency skills within 10. In social studies, we are learning about different communities and the importance of following rules. For social emotional learning, we are learning strategies to help strengthen our listening skills to help us follow directions. It has been an excellent start to the school year, and we are looking forward to all the wonderful learning ahead.

~ Mrs. Lomazzo, Mrs. Roby & Mrs. Williams



We are so proud of our second graders for their hard work in the first month of school! We are looking forward to each of their many successes this year and are ready to make this a fun and learning-filled fall!

Second graders have begun to embark on a new learning journey with our Wit & Wisdom program, our Language Arts curriculum. Our first module that we are studying is called the Season of Change. In this

module, our focus is answering the essential question: How does change impact people and nature? Our Wit & Wisdom Newsletters that our team have crafted will help to give you more information about the important learning we are doing in this area. Be sure to keep an eye out for them each time we start a new mentor text!

Our first math unit this year is focused on extending students' understanding of adding and subtracting within 20. Students are learning and practicing efficient strategies for adding and subtracting such as counting on to add and subtract, using fact families, and making a ten.

During social studies this month, students will engage in the study of our local government and the various roles and responsibilities that are needed to make a community thrive. We also continue to build our classroom community through fun filled activities that help us to learn about each other.

Second graders are excited about our first unit study in science this year, Properties of Matter! Students are learning about a real-world problem of trying to help keep ice pops frozen through investigation and exploration. Students will learn to classify different kinds of materials by their observable properties, including color, texture, and heat conduction.

As you can see, second graders are working diligently to grow as learners! The second grade teachers thank you for your support as we strive to make this a wonderful year for our students!

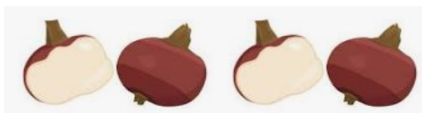
~ Mrs. Esposito, Mrs. Heil & Mrs. Munz



Welcome to third grade! We are so excited to be your child's teacher! Since school has started, we have spent time getting to know each other while learning new routines of third grade. In language arts, we started our first Wit & Wisdom module which is focused on the sea.

The first arc invites students to analyze poetry, art, and a fiction text, which present different images of the ocean and prepare students to consider the ocean as complex and compelling. Students develop a variety of skills, such as asking and answering questions, identifying main ideas and details, using domain-specific vocabulary to express ideas, and developing strong topic statements with supporting details. In math, our first unit focuses on understanding the concept of multiplication. Students are learning the foundational multiplication facts, which include $\times 10$, $\times 5$, $\times 2$, $\times 1$, and $\times 0$ facts. In science, our first unit is forces and interactions. Students are learning about the six simple machines and using our Vex Kits to build some of the simple machines. We look forward to meeting with you at the end of the month at parent-teacher conferences!

~ Mrs. Brustman, Mr. Cusson & Mrs. Rich

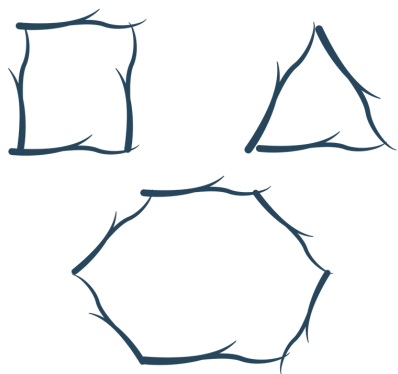


FALL MATH



SHAPELY STICKS

Twigs are a fabulous resource for making shapes and demonstrating what kids know about their attributes.

	<ul style="list-style-type: none">* Collect a large bunch of twigs* Give ideas for what to make<ul style="list-style-type: none">▶ Name a shape (triangle, square, etc)▶ Name a category<ul style="list-style-type: none">■ Quadrilaterals■ Pentagons■ Polygons■ Shapes with 4 angles
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Count The Chestnuts

Acorns or chestnuts are a great resource to practice place value.

You will need:

- Baskets or buckets (which will act as 100s, 10s, 1s columns and so on...).
- Chestnuts or acorns (to throw into the baskets/buckets).

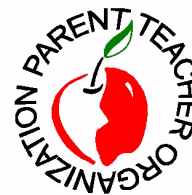
How to run the activity:

1. Collect 10 of 3 items from outside (Ex rocks, acorns, chestnuts).
2. Designate each item as representing 100s, 10s or 1s.
3. Set up and label baskets and assign them a place value 100s, 10s, 1s.
4. Shout out a number.
5. Child throws acorns or chestnuts into the respective baskets to make up the number.
6. Ex. If you shout out 684. Then the child would throw 6 chestnuts in the 100's bucket, 8 rocks in the 10s bucket and 4 acorns into the 1's bucket.
7. Adjust the place value for different ages (Ex. Use 2 buckets for younger children to practice two-digit numbers).

Our 1st Paws-itively Awesome Students of the School Year!



Killingworth Elementary School



The Charleston Wrap fundraiser has been extended until October 7th. There is still time to place your order if you have not done so already. Thank you to all who participated!



Water bottles and stickers are available year-round. The flyer sent home in September is now closed for purchase but will re-open November 1st with winter items in time for the holidays. The store will open approximately three to four times a year with flyers sent home announcing the open dates.



The Cultural Arts Committee seeks to find interesting, motivating and fun assemblies and programs for our students. We intend to host a variety of artists in the areas of theater, dance, STEM, music and more. Do you have anything in mind for our students? Please share it with us! Contact Alisha McNamara with any ideas or questions at alishajmac@yahoo.com.



Most room parents have been assigned. Thank you to all who volunteered their time to help with their child's classroom. **We still need room parents for Mrs. Pommer, Mrs. Jacobos, Mr. Cusson and Mrs. Rich.** Please contact Kristi LiDonni at klidonni@comcast.net if you are interested.



Please look out for the upcoming Bishop's pie fundraiser. This fundraiser will start October 21st and run until November 4th. Pie pick up will be on Thursday, November 21st. More information will be sent home soon.



Help support Killingworth Elementary School with Box Tops!! You can digitally download your labels to the Box Top App (scan at left). Scan your receipt within 14 days of purchase and KES will receive 10 cents for each Box Top. Shopping online or having groceries delivered? Forward your email receipt to RECEIPTS@BOXTOPS4EDUCATION.COM using the same email that is associated with your Box Tops account.



The Scholastic Book Fair will take place October 21st through Friday, October 25th. Information will be sent home shortly for this event. This information will contain the browsing and buying days for each classroom, as well as information on the Someone Special Lunch.



The Running Club takes place every Wednesday during recess (starting October 4th). As always, it will take place weather permitting. Please make sure to wear sneakers. If you have any questions, please reach out to Jeremy Merrell at jdmerrel@gmail.com.



Our next meeting will be on Tuesday, October 29th in the Library. Please join us.

HK Travel Basketball

We recommend all players attend both tryouts to be fully evaluated.
Tryouts held at HK MS Gym

Girls Tryouts:

Monday, 9/23
Gr. 3, 4, 5 6:00 - 7:00 pm
Gr. 6, 7, 8 7:00 - 8:00 pm

Tuesday, 10/1
Gr. 3, 4, 5 6:00 - 7:00 pm
Gr. 6, 7, 8 7:00 - 8:00 pm

Boys Tryouts:

Wednesday, 9/25
Gr. 3, 4, 5 6:00 - 7:00 pm
Gr. 6, 7, 8 7:00 - 8:00 pm

Thursday, 10/3
Gr. 3, 4, 5 6:00 - 7:00 pm
Gr. 6, 7, 8 7:00 - 8:00 pm

Please Register Prior to Tryouts at:
<http://www.hktravelbasketball.com/registration/>

For more information please contact:
Joe Giaccone jg@wjadvisors.com 203-671-4602



Adult/Child CPR, AED & First Aid

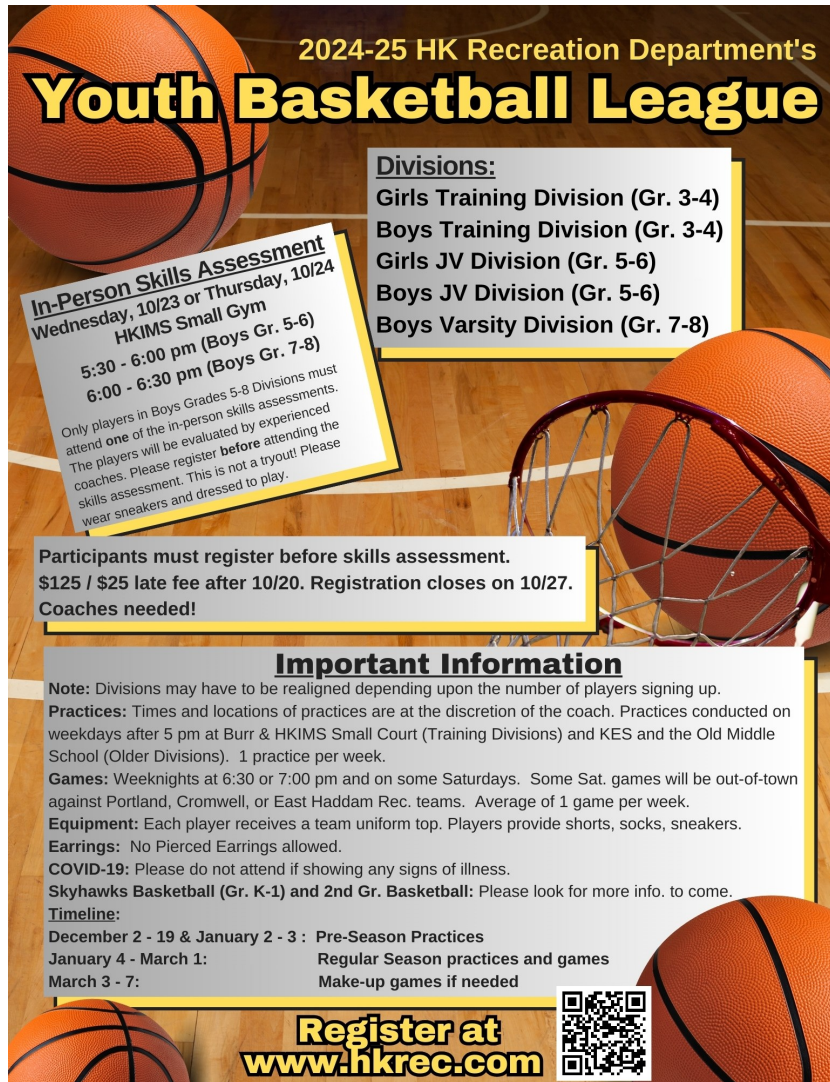
RECERT only

This American Red Cross Program will teach you how to respond to a breathing or cardiac emergency for an Adult or Child. Participants will become certified in Adult and Child CPR as well as AED and First Aid. This class also satisfies the requirements for CT Childcare providers.

**T 10/1 & Th 10/3
HK HS Lower Media
5:30 - 7:00 pm
\$68 (non-res. add \$10)**



**Register at
www.hkrec.com**



2024-25 HK Recreation Department's Youth Basketball League

Divisions:
 Girls Training Division (Gr. 3-4)
 Boys Training Division (Gr. 3-4)
 Girls JV Division (Gr. 5-6)
 Boys JV Division (Gr. 5-6)
 Boys Varsity Division (Gr. 7-8)


In-Person Skills Assessment
 Wednesday, 10/23 or Thursday, 10/24
 HKIMS Small Gym
 5:30 - 6:00 pm (Boys Gr. 5-6)
 6:00 - 6:30 pm (Boys Gr. 7-8)

Only players in Boys Grades 5-8 Divisions must attend **one** of the in-person skills assessments. The players will be evaluated by experienced coaches. Please register **before** attending the skills assessment. This is not a tryout! Please wear sneakers and dressed to play.

Participants must register before skills assessment.
 \$125 / \$25 late fee after 10/20. Registration closes on 10/27.
 Coaches needed!

Important Information
Note: Divisions may have to be realigned depending upon the number of players signing up.
Practices: Times and locations of practices are at the discretion of the coach. Practices conducted on weekdays after 5 pm at Burr & HKIMS Small Court (Training Divisions) and KES and the Old Middle School (Older Divisions). 1 practice per week.
Games: Weeknights at 6:30 or 7:00 pm and on some Saturdays. Some Sat. games will be out-of-town against Portland, Cromwell, or East Haddam Rec. teams. Average of 1 game per week.
Equipment: Each player receives a team uniform top. Players provide shorts, socks, sneakers.
Earrings: No Pierced Earrings allowed.
COVID-19: Please do not attend if showing any signs of illness.
Skyhawks Basketball (Gr. K-1) and 2nd Gr. Basketball: Please look for more info. to come.
Timeline:
 December 2 - 19 & January 2 - 3 : Pre-Season Practices
 January 4 - March 1: Regular Season practices and games
 March 3 - 7: Make-up games if needed

Register at
www.hkrec.com




HK RecCare 10/11

All-Day Childcare: **October FIESTA**

A safe, fun environment where kids can play games, socialize and hang with friends.
 Highlights include: Pumpkin Bowling, Pin the Hat on the Scarecrow, Sugar Skull Paper Plate Masks, Ghost Pudding Cups, Pumpkin Tic Tac Toe, Fall-themed Ring Toss, Candy Corn Guessing Game & a Pumpkin Pinata. Please do not send your child if showing signs of respiratory illness. Please bring a water bottle, lunch & snack. Limited space...register soon!

For Students in Gr. K - 6
Friday, October 11
8:00 - 4:30 pm \$50
Burr Elementary School

Register by 10/9
www.hkrec.com




Hip Hop Heat

Step into the world of hip hop with our Hip Hop for Beginners class! Perfect for those new to dance, this class will introduce you to the basics of hip hop in a fun and supportive environment. Learn foundational moves, grooves, and techniques while building your confidence and rhythm. Whether you're looking to master your first routine or just want to move to the beat, this class is the perfect way to start your hip hop journey. No experience required—just bring your energy, enthusiasm, and a love for music!

HIP HOP

Fridays at KES
10/4 - 11/1 (No 10/11)
3:30 - 4:30 pm
Gr. K-5 \$95 (NR add \$10)

Register at www.hkrec.com

