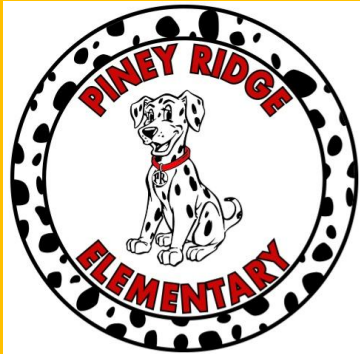


April 2026  
Newsletter

# *Piney Ridge Elementary School*

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The latest news, views, and announcements



Dear Piney Ridge Families,

April is an exciting time of the school year. Spring Break is April 2<sup>nd</sup> through April 7<sup>th</sup>. Students return on April 8<sup>th</sup>. Quarter 3 ends on April 9<sup>th</sup>, with report cards coming home one-week later April 16<sup>th</sup>. We encourage parents to review their child's progress and set goals for a strong finish to the school year.

In March, many students were enrolled for Kindergarten during our Kindergarten Registration Week. We suspect there are still more students out in the community who are yet to be registered. Parents of students who will be 5 years old on/before September 1, 2026, should contact the school as soon as possible to make an appointment to register. Please spread the word. Early registration will help us to make accurate enrollment projections as we plan staffing and classroom space for next school year.

The Maryland Comprehensive Assessment Program (MCAP) testing for ELA and Math begins for students in grades 3 through 5 this month. Please help your students to get a good night's sleep and eat a healthy breakfast so they can show their best work on the test.

Check out the April calendar in this newsletter for noteworthy dates. We wish our students, families, and staff a safe and healthy month in April!

John Code  
Principal

Morgan Pratt  
Assistant Principal

## **KEEP IN TOUCH**

6315 Freedom Ave Sykesville, MD 21784 (410)751-3535 Fax (410)751-3539

School Hours: 9:15 – 3:45

[preattendance@carrollk12.org](mailto:preattendance@carrollk12.org)

Need to contact an administrator? A teacher? Check the Staff Directory!

## A Note from Nurse Yetman

### The **BUZZ** on ENERGY DRINKS

Up to **50%** of adolescents report consuming energy drinks

Schools can help students make healthier choices about energy drink use

#### What is in an energy drink?

A beverage that may contain large amounts of:

- Caffeine
- Added sugars
- Other stimulants such as guarana, taurine, and l-carnitine

Energy drinks can contain large amounts of sugar, sometimes as much as **27 teaspoons** in one can.

**Dangers include:**

- Dehydration
- Irregular heartbeat & heart failure
- Anxiety
- Insomnia

Nationwide, **75%** of school districts do not have a policy in place governing caffeinated beverages for sale in vending machines, schools stores, or a la carte lines.

#### Recommended caffeine consumption

American Academy of Pediatrics recommends

Adolescents aged 12–18 should not exceed **100 mg/day** or an average cup of coffee

#### What can schools do?

- Teachers can educate students about the potential harms of consuming too much caffeine
- Coaches can educate athletes about the difference between energy drinks and sports drinks, and potential dangers of consuming highly caffeinated beverages
- School nutrition staff can ensure that only healthy beverages such as fat-free/low-fat milk, water, and 100% juice are sold

[www.cdc.gov/healthyschools/nutrition](http://www.cdc.gov/healthyschools/nutrition)

Energy drinks are very popular with middle- and high-school students. **And while some are clearly labeled as unsuitable for children, others are marketed to kids as young as 4,** promising boosts in energy and nutrition and enhanced athletic performance.

Most energy drinks have lots of sugar and caffeine — sometimes as much caffeine as in 1 to 3 cups of coffee. Too much sugar can put kids in the fast lane to the **dentist's office** and also contribute to weight gain.

Excessive caffeine can have damaging effects to the kidneys, heart and gastrointestinal tract. It may cause immediate effects of headaches and behavior “crashes”.

More information can be found at <https://KidsHealth.org>

### Popular Energy Drinks and amount of caffeine include:

- Alani-200mg a can
- Celsius 200mg a can
- Red Bull 80mg-198mg a can, 27grams sugar
- Monster 160mg a can, 54 grams sugar
- Rockstar 160mg a can, 63 grams sugar

As you can see, Energy drinks are not appropriate for the Elementary level age.

Soda and ice tea should only be given as a treat at home as well.

Water is always the best choice, especially during the school day.

## **UPCOMING IMPORTANT DATES**

**April 1 - World Autism Awareness Day - Wear Blue in Support  
(Actual day is April 2<sup>nd</sup>)**

**April 2 - 7 School & Offices closed for Spring Break**

**April 6 - 10 National Assistant Principals Week**

**April 9 - Marking period ends /Two hours and forty-five minutes early dismissal**

**April 15 - Meeting of the Board of Education of Carroll County at 4pm**

**April 19 - 25 National Library week**

**April 20 - 24 School Volunteer week**

**April 27 - Two hours and forty-five minutes early dismissal**

**April 29 - Annual PTA Science Fair 6 - 8pm**

The Board of Education of Carroll County does not engage in discrimination that is unlawful or contrary to Maryland State Department of Education guidance on the basis of age, color, genetic information, marital status, mental or physical disability, ancestry or national origin, race, religion, sex, sexual orientation, gender identity, or gender expression. The Board of Education of Carroll County is firmly committed to creating equal employment and educational opportunities for all persons by providing an environment that supports optimal academic achievement and productive work and is free from any form of unlawful discrimination, including access to school facilities, educational programs, and extracurricular activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Director of Human Resources, 125 North Court Street, Westminster, Maryland 21157, (410) 751-3070.

Carroll County Public Schools (CCPS) does not discriminate on the basis of disability in employment or the provision of services, programs or activities. Persons needing auxiliary aids and services for communication should contact the Communications Office at 410-751-3020 or [publicinfo@carrollk12.org](mailto:publicinfo@carrollk12.org), or write to Carroll County Public Schools, 125 North Court Street, Westminster, Maryland 21157. Persons who are deaf, hard of hearing, or have a speech disability, may use Relay or 7-1-1. Please contact the school system at least one (1) week in advance of the date the special accommodation is needed. The following person has been designated to handle inquiries regarding the American with Disabilities Act: Director of Facilities Management, 125 North Court Street, Westminster, Maryland 21157, (410) 751-3177, OR, Communications Officer, 125 North Court Street, Westminster, Maryland 21157, (410) 751-3020

**Piney Ridge Elementary School Presents:**

# **THE ANNUAL SCIENCE FAIR**

April 29, 2026 6-8 PM



**OPEN TO ALL STUDENTS PRE-K-5TH**

Use the QR code or link to register

🌐 Piney Ridge Elementary School Science Fair Registration

<https://tinyurl.com/RegisterPRE>



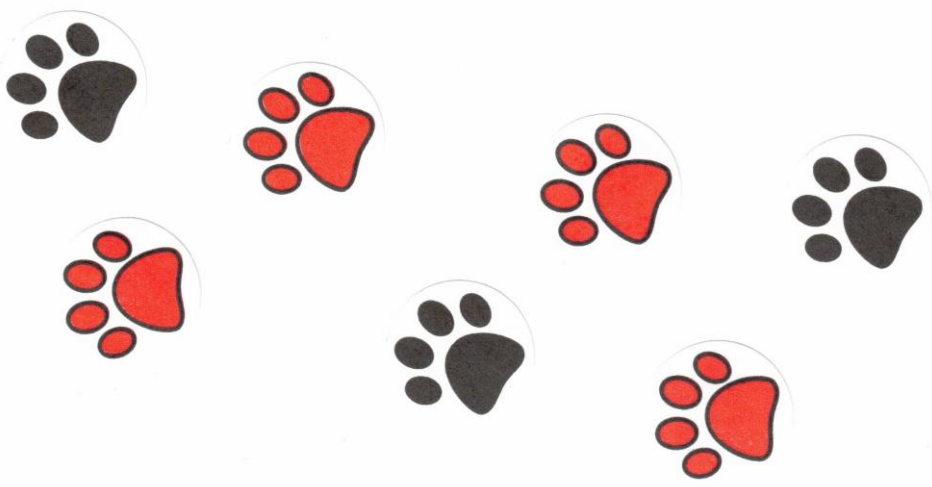
Registration for scientists ends April 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Condiments:</b> <ul style="list-style-type: none"> <li>Syrup</li> <li>Cream Cheese</li> <li>Grape Jelly</li> <li>Margarine</li> </ul>	<b>Milk Choices:</b> <ul style="list-style-type: none"> <li>Nonfat Milk</li> <li>Low Fat Milk</li> <li>Nonfat Chocolate Milk</li> </ul>	<b>1</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>2</b>	<b>3</b>
<b>6</b>	<b>7</b>	<b>8</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>9</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>10</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit
<b>13</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>14</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>15</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>16</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>17</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit
<b>20</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>21</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>22</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>23</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>24</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit
<b>27</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>28</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>29</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	<b>30</b> Hot Breakfast Entree Variety of Breakfast Breads Variety of Cereal 100% Fruit Juice Variety of Fruit	

**Assorted Breakfast Cereals:** Apple Cinnamon Cheerios , Cheerios , Cinnamon Toast Crunch , Cocoa Puffs , Rice Chex , Trix

**All menus are subject to change.** We make it our priority to serve the menu as planned, but sometimes situations arise where we need to make substitutions. We will make every attempt to substitute similar products when they are available. We appreciate your understanding.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b>	<b>2</b>	<b>3</b>
	<p><b>Milk Choices:</b></p> <ul style="list-style-type: none"> <li>• Nonfat Milk</li> <li>• Low Fat Milk</li> <li>• Nonfat Chocolate Milk</li> </ul>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Grilled Cheese Sandwich</li> <li>• Chicken Patty on a Roll</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Tomato Soup</li> </ul> <p>Fruit and Vegetable Bar</p>		
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
		<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Cheese Tortellini with Marinara Sauce with Garlic Cheesy Twiz-Stik</li> <li>• Pizza Crunchers</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Green Beans</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• French Toast Sticks with Sausage Patty</li> <li>• Chicken Nuggets with Dinner Roll</li> <li>• Chef Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pepperoni Pizza</li> <li>• Popcorn Chicken with Dinner Roll</li> <li>• Chef Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Carrot Coins</li> </ul> <p>Fruit and Vegetable Bar</p>
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Homestyle Chicken Tenders with Dinner Roll</li> <li>• Cheeseburger on a Roll</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Baked Beans</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Walking Taco</li> <li>• Deep Dish Cheese Pizza</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Corn</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Pizza Crunchers</li> <li>• Chicken Patty on a Roll</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Crinkle Cut French Fries</li> <li>• Steamed Broccoli</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Popcorn Chicken with Soft Pretzel Rod</li> <li>• Macaroni and Cheese with Soft Pretzel Rod</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Green Beans</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pepperoni Pizza</li> <li>• Pretzel Bites &amp; Cheese</li> <li>• Chicken Caesar Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Carrot Coins</li> </ul> <p>Fruit and Vegetable Bar</p>
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Orange Chicken over Rice</li> <li>• Garlic Cheese Pizza</li> <li>• Crispy Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Nachos Grande</li> <li>• Popcorn Chicken with Dinner Roll</li> <li>• Crispy Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Corn</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Earth Day Chicken Nuggets with Dinner Roll</li> <li>• Hamburger on a Roll</li> <li>• Cheeseburger on a Roll</li> <li>• Crispy Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Crispy French Fries</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Pizza Crunchers</li> <li>• Chicken and Vegetable Dumplings with Chicken Egg Roll</li> <li>• Crispy Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pepperoni Pizza</li> <li>• Hot Dog</li> <li>• Corn Dog</li> <li>• Crispy Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Green Beans</li> </ul> <p>Fruit and Vegetable Bar</p>
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• French Toast Sticks with Sausage Patty</li> <li>• Mini Pizza Bagels</li> <li>• Southwest Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Tater Tots</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Walking Taco</li> <li>• Chicken Patty on a Roll</li> <li>• Southwest Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Corn</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Pizza Crunchers</li> <li>• Popcorn Chicken with Dinner Roll</li> <li>• Southwest Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Steamed Broccoli</li> </ul> <p>Fruit and Vegetable Bar</p>	<p>Entree Choices</p> <ul style="list-style-type: none"> <li>• Chicken Nuggets with Garlic Knot</li> <li>• Spaghetti with Meatsauce with Garlic Knot</li> <li>• Southwest Chicken Salad</li> </ul> <p>Grab and Go Combo</p> <p>Featured Sides</p> <ul style="list-style-type: none"> <li>• Green Beans</li> </ul> <p>Fruit and Vegetable Bar</p>	

**Assorted Breakfast Cereals:** Applesauce , Blueberries , Cinnamon Applesauce , Fresh Apples , Diced Pears , Fresh Pears Chilled Peaches , Bananas , Fresh Grapes , Fresh Carrots , Cucumber Coins , Tossed Salad , Coleslaw , Spicy Coleslaw , Green Peppers and Cherry Tomatoes , Red Pepper Hummus

**All menus are subject to change.** We make it our priority to serve the menu as planned, but sometimes situations arise where we need to make substitutions. We will make every attempt to substitute similar products when they are available. We appreciate your understanding.

