

All About AES

The (mostly) weekly newsletter from AES

Our mission: Exceptional instruction without exception

October 12, 2016

Calendar

Oct 13 Pre-K to Cider Hill 8:30 – 11:00

Oct 18 Kindergarten to Applecrest 9:30 – 12:00

Oct 20 4th grade to SEE Science Center 8:45 – 2:30

Oct 31 Costume Parade **9:30** am *note corrected time

Nov 8 Election Day – No School for students – Parent/Teacher Conferences

Book Fair runs from Oct 20 – Oct 27

Principally Speaking

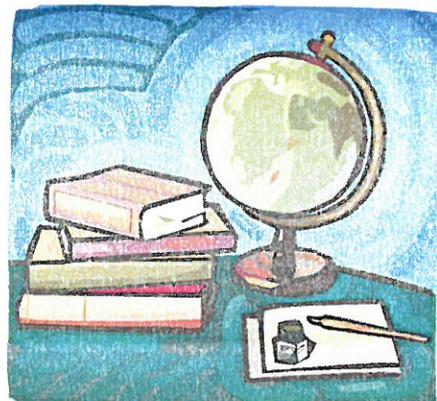
Last week I wrote about our District's new curriculum initiative. One of the unique twists that we are putting on it is including, directly in the curriculum, components of Social Emotional Learning or SEL. A great source of information on this can be found at www.casel.org. In short, we plan on integrating components of SEL in all areas. They focus on five key areas: self-management, self-awareness, social awareness, relationship skills, and responsible decision-making. At AES we have been doing work in this area for several years in our efforts to teach the whole child. Our school wide themes of Respect, Teamwork, Friendship, Perseverance, and Leadership tie in nicely with focus areas.

Why are we doing this? It doesn't matter how solid a lesson you've prepared if a child isn't emotionally able to access it. Many children are exposed to a variety of adverse childhood events which impact their ability to be open to learning. For example, knowing that testing can make you feel anxious and how you deal with it, comes under self-awareness and self-management. I will keep you posted on our progress on this initiative as our district continues to develop it. Part of our goal is to be able to publish the curriculum on our website so that you can easily access it and see what your child is learning at any grade level.

In the News – What has happened is happening and will happen around AES

Last Friday, was a busy Friday. We had a visit from the Fire Department and had a very successful first official fire drill. The firemen were very happy with the practice we had done, and how well we safely evacuated the entire building in less than three minutes. We hope we never have to really react to a fire here, but knowing we can get out quickly is important.

The Deputy Chief was back with two paramedics later in the day, but it was not for an emergency. They were here escorting a special guest, Slugger, the Portland Sea Dogs mascot! He was here as part of our annual "Be a Buddy not a Bully" assembly. Organized by Rosie Werner, the initiative reminds all of us that we need to be buddies, and that there are so many ways to do that. Slugger surprised everyone by tossing "Be a Buddy not a Bully" wrist bands into the excited arms of the students, which they loved. The bands are a daily reminder that there is no place for bullying at AES.



AMESBURY PTO

OUR FALL FUNDRAISER IS HAPPENING NOW!

Charleston Wrap[™]

ENDS: FRIDAY, OCTOBER 21st

ONLINE SHOPPING IS AVAILABLE-Invite family and friends
www.charlestonwrapstore.com

AES group code: 5785

CES group code: 5846



**Information on an additional prize program was
sent home with students last week.**

*Monies raised help support field trips, in-school
programs, fun family events and after-school enrichment
programs.*

The PTO will earn **40%** in profit from sales. Thank you!

**Please note: In lieu of orders,
the PTO gladly accepts tax-deductible donations.**

If you have any questions, please contact:

AES: Kathleen Aitken/Sue Wagner professional630@yahoo.com/sue.wagner@gmail.com

CES: Danielle Rodrigues dwald22@gmail.com



FEDERATION FOR CHILDREN
WITH SPECIAL NEEDS

The Federation for Children with Special Needs
presents

BASIC RIGHTS
In Special Education
A Workshop for Parents and Professionals

The Basic Rights workshop provides families with an introduction to their rights and responsibilities under:

- **Individuals with Disabilities Education Act (IDEA)**
- **Massachusetts Special Education Law**

This workshop is designed to help parents learn to be effective partners with their child's school to decide their child's eligibility for special education, and to plan, make decisions and monitor their child's progress in school.

Date: October 19, 2016

Location: Amesbury High School Library

Time: 6:00 pm

Contact: Mary Jepson mjwelch63@comcast.net

Questions regarding this workshop should be directed to the contact individual listed above. A presenter from the Federation for Children with Special Needs will conduct this workshop. Federation workshops are free and open to the public. You are welcome to attend any workshop in or outside of your immediate community.

Save the Date for FCSN's Annual Conference 2017!

The Federation's Visions of Community conference 2017 will take place on **Saturday, March 4, 2017** from 8am-5pm at the Seaport World Trade Center, Boston.

The Federation for Children with Special Needs
Schrafft Center, 529 Main Street, Suite 1M3 Boston, MA 02129
617-236-7210 or 800-331-0688, ext. 0 or <http://fcsn.org/pti/workshops/home.php>

The Federation for Children with Special Needs, supported in part by grant #H328M140014 from the U.S. Department of Education, Office of Special Education Programs and the Massachusetts Department of Education.

Amesbury Educational Foundation Inc.

AUTUMN EVENING OF GIVING

Come enjoy an autumn evening with friends and celebrate
the winners of:

The annual \$10,000 Jordan M. Shay Memorial Grant

An annual grant funds innovative programs in the Amesbury School System

A \$5,000 AEFI Educational Grant

Monday November 7th

6pm-9pm

The Ale House

33 Main Street Amesbury, MA

Tickets are \$25 and include a
Delicious 4 course buffet dinner featuring a seasonal menu

For information on this event or to purchase tickets in advance visit www.AEFOnline.com





AMESBURY SEPAC
(Special Education Parent Advisory Council)

**SENSORY FRIENDLY
FALL FAMILY DANCE**

**Friday, October 28
6:30 to 8:30 PM**

Amesbury Middle School Cafeteria

Family and Friends Welcome

COSTUMES ENCOURAGED

Contact Andrea Chase with questions at asabia1996@my.fit.edu



Hampton 2016 | Grassroots | Ages 4-5

Session 1 Options

Grassroots

- Monday's | 3:00 – 3:45pm | Ages 3-4 | \$100
- Monday's | 3:45 – 4:30pm | Ages 5-6 | \$100
- Friday's | 4:00 – 4:45pm | Ages 3-4 | \$100
- Friday's | 5:00 – 5:45pm | Ages 5-6 | \$100
- Saturday's | 8:00 – 8:45am | Ages 3-4 | \$100

Skills & Scrimmage

- Friday's | 4:00 – 5:00pm | Ages 7-8 | \$110
- Friday's | 5:00 – 6:00pm | Ages 9-10 | \$110
- Friday's | 6:00 – 7:00pm | Ages 11-13 | \$110

Play Soccer

- Saturday's | 9:00 – 10:00am | U6 | \$110
- Saturday's | 10:00 – 11:00am | U8 | \$110
- Saturday's | 11:00 – 12:00pm | U10 | \$110

Program Details

Dates

- Session I-8 Week Program Starting Oct 24th
- Session II-8 Week Program Starting Jan 2nd
- Session III-8 Week Program Starting Feb 27th

Address

Building #4, 16 South Hunt Rd, Amesbury, MA 01913

Contact Us

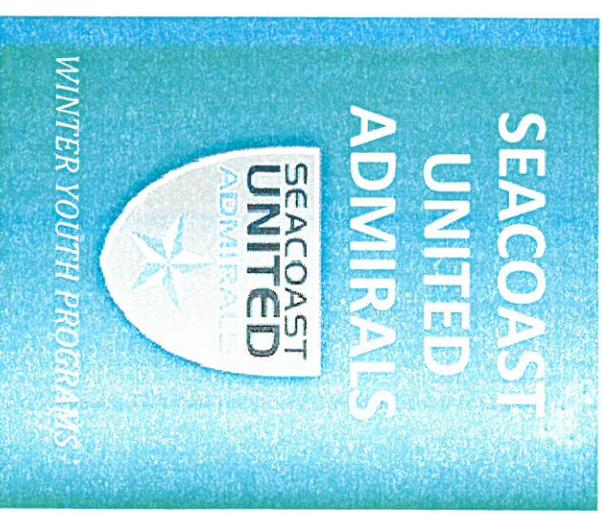
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Social

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 Facebook: @suscadmirals
 Instagram: @suscadmirals
 Twitter: @suscadmirals



SEACOAST UNITED ADMIRALS
 16 South Hunt Rd
 Amesbury, MA





**Appliance/Electronic Recycle Day
Bartlett Museum Fundraiser**

Saturday, October 15, 2016

9:00 am - 3:00 pm *Rain or Shine*

Bartlett Museum Parking Lot

270 Main Street, Amesbury, MA

Items should be emptied of fuel, gas, oil or water.

No Fee for: Cables, Keyboard, Car Battery, Cell Phone, Sewing Machine, Bicycles –will be reused and we can pick up.

\$5 fee for each: Computer tower, Scanner, VCR, Copier, DVD, Stereo Equipment, Lighting, Vacuum, Answering Machine, Fax, Speaker, Compact disc, Circuit Board, Radio, Modem, Word Processor, Fan, Video equipment, Game Console, Xbox etc., Tape Player, Typewriter with cord, Record Player, Sewing Machine

\$10 fee for each: Dishwasher, Dryer, Stove, Microwave, Exercise Equipment, Lawn Mower, Dehumidifier, Snow Blower, Small Engine Items, Glass Monitor, Flat Panel Monitor, etc.

\$15 fee for: AC

\$20 fee for: Refrigerators

TV fees:

Up to 18" ...\$15.00 ea / 19" - 26" ...\$20.00 ea

27"- 35" ...\$25.00 ea / Over 35" Projection TV...\$30.00 ea

Payment by cash or checks payable to: The Bartlett Museum

Questions: Please contact Dennis Wood 508-277-7513,

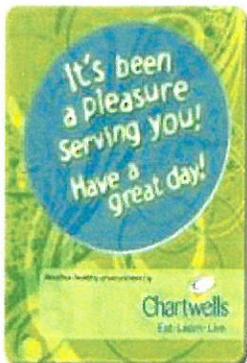
denwaynewood@yahoo.com

**October 2016
Breakfast Menu**



Monday	Tuesday	Wednesday	Thursday	Friday
Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice 3	Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice 4	Pancakes w/Syrup Chilled Fruit Assorted 100% Juice 5	Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice 6	Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice 7
Columbus Day Schools closed 10	Sausage, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice 11	Mini Cinni French Toast Chilled Fruit Assorted 100% Juice 12	Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice 13	Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice 14
Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice 17	Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice 18	Pancakes w/Syrup Chilled Fruit Assorted 100% Juice 19	Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice 20	Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice 21
Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice 24	Sausage, Egg & Cheese on a Biscuit Chilled Fruit Assorted 100% Juice 25	Mini Cinni French Toast Chilled Fruit Assorted 100% Juice 26	Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice 27	Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice 28
Bagel w/Cream Cheese Chilled Fruit Assorted 100% Juice 31	Ham, Egg & Cheese on a English Muffin Chilled Fruit Assorted 100% Juice 27	Pancakes w/Syrup Chilled Fruit Assorted 100% Juice 28	Yogurt w/ Choice of Cereal Chilled Fruit Assorted 100% Juice 29	Assorted Muffin w/Mozzarella Cheese Stick Chilled Fruit Assorted 100% Juice 30

This institution is an equal opportunity provider and employer



Alternate Breakfast Available Daily

Cereal Bowl & Mozzarella Cheese Stick

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

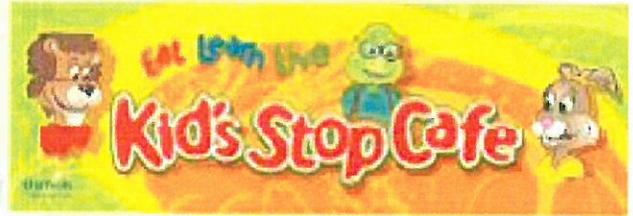
Offered w/ Featured Fruit or Juice Sides
AND Choice of Skim, 1% or Fat Free Flavored Milk

*All grain items made with whole grain

A full student breakfast includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate

Questions?
Please call Kevin Kish @
978-388-4800
X4339

October 2016
Elementary Lunch Menu
Amesbury Public Schools



	Monday	Tuesday	Wednesday	Thursday	Friday
	3 Chicken Patty on a bun w/Lettuce & Tomato Crunchy Oven Fries	4 Campbell's Tomato Soup Toasted Cheese Sandwich Fresh Veggie Sticks	5 Italian Meatball Sub Crinkle Cut Fries Seasoned Mixed Vegetables	6 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	7 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	10 Columbus Day Schools Closed	11 Macaroni and Cheese Hot Dog on Wheat Bun Seasoned Broccoli	12 Pasta with Italian Meat Sauce Seasoned Green Beans Wheat Roll	13 Breakfast for Lunch!!! Pancakes with Sausage Patties Hash Brown Potato Patty	14 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Turkey & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	17 Chicken Nuggets!!! Mashed Potatoes w/Gravy Seasoned Corn Wheat Roll	18 Spaghetti & Meatballs!!! Seasoned Broccoli Wheat Roll	19 Nachos!!! Seasoned Beef w/ Tortilla chips, Cheese Sauce, Lettuce Seasoned Corn, Salsa	20 Breakfast for Lunch!!! Waffles with Sausage Patties Hash Brown Potato Patty	21 Cheese or Pepperoni Pizza Seasoned Broccoli
Alternate Meals: Pepperoni Pizza Bagel Fun Lunch, Chicken Caesar Salad, Sun Butter & Jelly Sandwich					
	24 Italian Chicken Parm Sandwich Mixed Vegetables Crunchy Oven Fries	25 Turkey Tacos!!! Mild Salsa Lettuce, Cheese Seasoned Corn Brown Rice	26 Chicken Caesar Salad made to order Mixed Greens topped with Chicken Nuggets and choice of Tomatoes, Cucumbers, Cheese and Croutons w/ Dinner Roll & Caesar Dressing	27 Breakfast for Lunch!!! French Toast Sticks with Sausage Patties Tater Tots	28 Cheese Pizza Dunkers w/ Pizza Dipping Sauce Tossed Salad
Alternate Meals: Bagel Fun Lunch, Ham & Cheese Junior Sub w/ Lettuce & Tomato, Sun Butter & Jelly Sandwich					
	31 Classic Cheeseburger on Whole Grain Bun Oven Baked Fries Lettuce & Tomato Seasoned Carrots	HAPPY HALLOWEEN Free Dessert with meal purchase on Monday, October 31st!!!!			
Alternate Meals: Nacho Fun Lunch, Ham & Cheese on Whole Wheat Bread, Sun Butter & Jelly Sandwich					
	Choose with any Meal: Tossed Salad Broccoli Florets Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Fresh Cherry Tomatoes Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Cucumber Coins Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Caesar Salad Chick Peas Assorted Fresh Fruit Assorted Chilled Fruit	Choose with any Meal: Tossed Salad Carrot Sticks Assorted Fresh Fruit Assorted Chilled Fruit

This institution is an equal opportunity provider and employer



Questions? Please call:
Kevin Kish – Director of Dining Services
978-388-4800 X4339

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate