



P811K PARENT VOICE -- Nothing beats time

February 2020

PC: Donna Donegan

Principal: Antoinette Rose APs: Shelia Cook-Bey, Betricia Yarboi & Adunnola Waterman-French



Dear Parents/Guardians/Caregivers,

On Thursday, February 13, 2020, P811K will host a "Art Workshop for families, at the Main Site. Please come out and enjoy the different form of art than the norm, make your own valentine project.

If you have any information or ideas, please feel free to contact me so it can be shared with other parents via this "Parent Voice" newsletter. I can be reached at (718) 769-6984 ext. 1421 or DDonegan@schools.nyc.gov.

Thank you,

Donna Donegan, P811K PC



P811K'S

RED BALL

Please Join Us On
Friday, February 14, 2020

10:30 AM - 1:30 PM

D. J. - JEFF

You **MUST** wear **RED**

at
The Connie Lekas School, P811K
2525 Haring Street - Brooklyn, NY 11235

Tickets \$5.00/Raffle Drawing
All proceeds will be given to the
AMERICAN HEART ASSOCIATION



GUARDIANSHIP WORKSHOP 1/16/2020



 FEED YOUR MIND www.schoolfoodnyc.org FREE Lunch for All Students FEBRUARY 2020: Pre-K - 8 Breakfast Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	FROM THE GRIDDLE	EGGSTRAVAGANZA	NEW YORK THURSDAY	BAKERY FRESH
3	4	5	6	7
Breakfast Loaves Land O'Lakes® Cheddar String Cheese Hot Oatmeal 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Yogurt Bar Egg & Cheese with Turkey Sausage on a Buttermilk Biscuit Hot Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice Fresh New York Apples	Pillsbury® Mini Blueberry Waffles Hot Oatmeal 100% Fruit Juice Fresh Fruit
10	11	12	13	14
Assorted Muffins Land O'Lakes® Mozzarella String Cheese Hot Oatmeal 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Yogurt Bar Egg & Cheese with Turkey Sausage on an English Muffin Hot Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Cinnamon Breakfast Bread Hot Oatmeal 100% Fruit Juice Fresh Fruit
17	18	19	20	21
Midwinter Recess Assorted Muffins Land O'Lakes® Colby String Cheese Hot Oatmeal 100% Fruit Juice Fresh Fruit	Midwinter Recess Tasty Waffles Served with Syrup Organic Stonyfield® Yogurt 100% Fruit Juice Fresh Fruit	Midwinter Recess Egg & Turkey Sausage on a Whole Wheat Bun Hot Oatmeal 100% Fruit Juice Fresh Fruit	Midwinter Recess New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh New York Apples	Midwinter Recess Cinnamon Twist Hot Oatmeal 100% Fruit Juice Fresh Fruit
24	25	26	27	28
Breakfast Loaves Land O'Lakes® Cheddar String Cheese Hot Oatmeal 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Yogurt Bar Egg & Cheese with Turkey Sausage on a Buttermilk Biscuit Hot Oatmeal 100% Fruit Juice Fresh Fruit	New York Bagel Thursday Assorted Fresh New York Bagel Sticks and Bagels served with Cream Cheese & Jelly Yogurt Parfait 100% Fruit Juice Fresh New York Apples	Pillsbury® Mini Blueberry Waffles Hot Oatmeal 100% Fruit Juice Fresh Fruit
Fresh New York Bagel Stick Varieties Blueberry Cinnamon Raisin French Toast Plain Muffin Varieties Honey Corn Apple Cinnamon Loaf Varieties Banana Blueberry		 EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD. ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN.		

Menus can be viewed online by visiting www.schoolfood.nyc.org

REMINDER: Please **LABEL ALL** of your child's clothing. This will ensure that if they are misplaced, we will be able to identify the item and return them to the correct owner. (Caps, jackets and the extra clothing sent in).

Our school has been using the **Automated Phone Call** System to contact parents/guardians. We need to have correct phone and emergency contact numbers.



PARENTS MUST!!!
 *** Notify Ms. Jessica De Hoyas, when there is a change in your address or telephone number, please call (718) 769-6984 x1213 or fill out a blue card.



At the 811K Main Site
 School Begins at **8:00AM**
 School Ends at **2:20PM**

At Cavallaro (Off-Site)
 School Begins at **7:50AM**
 School Ends at **2:10PM**

At Shellbank (Off-Site)
 School Begins at **7:45AM**
 School Ends at **2:05PM**

At E.R. Murrow HS (Off-Site)
 School Begins at **8:05AM**
 School Ends at **2:45PM**



SAVE THESE DATES



February 1, 2020 @ Main Site



Movie Day/Parent PD

10AM – 2PM

February 11, 2020 @ Main Site



Meeting 10am

February 10-14, 2020 @ Main Site



February 12, 2020 @ Main Site



BLACK HISTORY SHOW 10AM

February 13, 2020 @ Main Site



ART WORKSHOP 10AM



SLT Meeting 3:30PM
(SCHOOL LEADERSHIP TEAM MEETING)

February 14, 2020 @ Main Site

P811K'S



February 17 - 21, 2020
Midwinter Recess

FREE Lunch for All Students				
FEBRUARY 2020: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	PIZZA
3	4	5	6	7
(V) Cheesy Garlic Bread with Marinara Dipping Sauce Baked Broccoli Salad Bar Garden Greens	Mashed Potato Chicken Bowl Buttermilk Biscuit Assorted Grab-n-Go Salads Salad Bar Traditional Featuring Cilantro Healthy Coleslaw	Hamburgers & Cheeseburgers Served on Ciabatta Bread Turkey Burgers Baked French Fries Salad Bar Burger/Sandwich Fixin's Featuring Carrot Snackers	Chicken Dumplings Vegetable Rice Teriyaki Green Beans Fresh New York Apples Assorted Grab-n-Go Salads Salad Bar New York Local	(V) !!! PIZZA !!! Assorted Toppings Green Garden Salad Salad Bar Pizza Toppings Featuring Chickpea Salad
10	11	12	13	14
(V) Baked Mozzarella Sticks with Marinara Dipping Sauce Creamed Spinach Salad Bar Garden Greens	Roasted Chicken Mac-n-Cheese Warm Dinner Roll Curried Cauliflower Assorted Grab-n-Go Salads Salad Bar Traditional	Hot Turkey Sandwiches on Ciabatta Baked Sweet Potato Waffle Fries Rold Gold® Heartzels Apple Bake Salad Bar Traditional	Jamaican Beef Patty Seasoned Roasted Potato Wedges New York Cookie Treat Fresh New York Apples Assorted Grab-n-Go Salads Salad Bar New York Local	(V) !!! PIZZA !!! Assorted Toppings Cucumber Salad Salad Bar Pizza Toppings Featuring Chickpea Salad
17	18	19	20	21
Midwinter Recess	Midwinter Recess	Midwinter Recess	Midwinter Recess	Midwinter Recess
BRUNCH (V) English Muffin Egg Sandwich Offered with or without cheese Home Fries Southwest Burrito Served with Salsa Cup Baked! Tostitos® Scoops® Salad Bar Garden Greens	Baked Chicken Tenders With Dipping Sauce Corn, Peas & Carrots Garlic Knot Assorted Grab-n-Go Salads Salad Bar Traditional	Sweet and Sour Chicken Bowl with Vegetable Rice Garlicky Green Beans Salad Bar Garden Greens Featuring Carrot Snackers	New York Beef Hamburgers & Cheeseburgers Fish & Cheese Sandwich Baked New York French Fries Fresh New York Apples Assorted Grab-n-Go Salads Salad Bar Burger/Sandwich Fixin's	(V) !!! PIZZA !!! Assorted Toppings Green Garden Salad Salad Bar Pizza Toppings Featuring Balsamic Chickpea Salad
24	25	26	27	28
(V) Cheesy Garlic Bread with Marinara Dipping Sauce Baked Broccoli New York Cookie Treat Salad Bar Garden Greens	Mashed Potato Chicken Bowl Buttermilk Biscuit Assorted Grab-n-Go Salads Salad Bar Traditional	Hamburgers & Cheeseburgers Served on Ciabatta Bread Fish & Cheese Sandwich Baked French Fries Salad Bar Burger/Sandwich Fixin's Featuring Carrot Snackers	Chicken Dumplings Vegetable Rice Teriyaki Green Beans Fresh New York Apples Assorted Grab-n-Go Salads Salad Bar New York Local	(V) !!! PIZZA !!! Assorted Toppings Tuna Fish Sandwich Green Garden Salad Apple Bake Salad Bar Pizza Toppings Featuring Chickpea Salad
			<p>EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN</p>	<p>Daily Lunch Specials</p> <ul style="list-style-type: none"> • (V) Peanut Butter & Jelly* • (V) Cheese Sandwich • (V) Hummus Grab & Go • Tuna or Turkey Sandwich (Not available on Monday)



SENIOR LUNAR NEW YEAR LUNCHEON 1/24/2020

School is Closed from
February 17th (Monday)
To
February 21st (Friday)
For Midwinter
Recess

February 25 & 26, 2020 @ Main Site

Picture Day

February 28, 2020 @ Main Site



SOCIAL STUDIES FAIR



DID YOU KNOW?



Our food fuels our health: eating healthy can help you have more energy, manage stress, maintain a healthy weight, and reduce your risk for chronic conditions like diabetes and heart disease.

WorkWell NYC knows that in today's busy world, making the healthiest choice is not always the easiest one! Our **Eat Well** program offers fun and practical tips, tools, and activities to take the mystery out of healthful eating.

Here are some tips to help you and your family eat well:

- ✓ Get colorful! Eat as many colorful fruits and vegetables as you can every day — make sure half of your plate is filled with fruits and vegetables. They are good to you and for you!
- ✓ Join a farm share or CSA (Community-Supported Agriculture) program to get fresh, local fruits and vegetables at affordable rates.

- ✓ Find ways to make the foods you enjoy healthier, like baking instead of frying, or swapping out salt for herbs and spices.
- ✓ Increase your water consumption. Start slow and increase gradually. Mix it up by adding fruit for flavor, or grab some sparkling water if you're craving bubbles
- ✓ Try to bring your lunch to work to save time and money. Double your dinner recipe to cook once, eat twice!



Aim to get at least 30 minutes of **physical activity**, five days a week



Manage stress and know where to go for mental health support when you need it.



Prevention is the best medicine. Get the preventive care you need to stay healthy all year long.



"Hold fast to dreams, for if dreams die, life is a broken winged bird that cannot fly."

—Langston Hughes

