

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



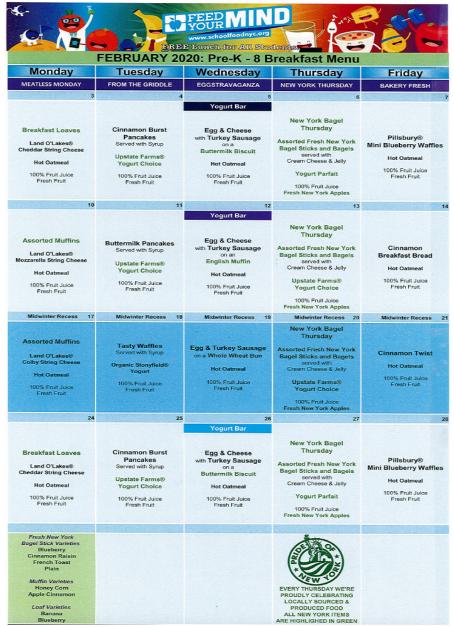


GUARDIANSHIP WORKSHOP 1/16/2020









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 Cal**



System to contact parents/guardians. We need to have correct phone and emergency contact numbers.





*** 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



FEED MIND FEBRUARY 2020: Pre-K - 8 Lunch Menu Tuesday Thursday Monday Wednesday Friday MEATLESS MONDAY CHICKEN CULINARY NEW YORK THURSDAY PIZZA Hamburgers & Cheeseburgers Served on Clabatta Bread Chicken Dumplings Mashed Potato Chicken Bowl (V) !!! PIZZA !!! Vegetable Rice (V) Cheesy Garlic Bread Assorted Toppings Teriyaki Green Beans Turkey Burgers Green Garden Salad Baked Broccoli Assorted Grab-n-Go Salads Baked French Fries Salad Bar Pizza Toppings Featuring Chickpea Salad Salad Bar Traditional Featuring Cilantro Healthy Colesiaw Salad Bar Garden Greens Assorted Grab-n-Go Salads Salad Bar Burger/Sandwich Fixin's Featuring Carrot Snackers Salad Bar New York Local Jamaican Beef Patty Hot Turkey Sandwiches on Clabatta Roasted Chicken (V) !!! PIZZA !!! (V) Baked Mac-n-Cheese Mozzarella Sticks h Marinara Dipping Sauce Baked Sweet Potato Waffle Fries Assorted Toppings Warm Dinner Roll New York Cookie Treat Cucumber Salad amed Spinach Curried Cauliflower Rold Gold® Heartzels Fresh New York Apples Salad Bar Pizza Toppings Featuring Chickpea Salad Salad Bar Traditional Salad Bar Traditional Midwinter Recess 17 Midwinter Recess 18 Midwinter Recess 19 Midwinter Recess 20 Midwinter Recess 21 New York Beef Hamburgers & Cheeseburgers Sweet and Sour Chicken Bowl with Vegetable Rice (V) !!! PIZZA !!! Fish & Cheese Sandwich Assorted Toppings aked New York French Fries Garlic Knot Salad Bar Pizza Toppings Featuring samic Chickpea Salad Salad Bar Barden Greens Fresh New York Apples Salad Bar Traditional Salad Bar Salad Bar Burger/Sandwich Fixin's 26 27 (V) !!! PIZZA !!! Hamburgers & Cheeseburgers Served on Clabatta Brea Chicken Dumplings Mashed Potato Chicken Bowl (V) Cheesy Garlic Bread Vegetable Rice Tuna Fish Sandwich Teriyaki Green Reans Fish & Cheese Sandwich Baked Broccoli Buttermilk Riscuit Baked French Fries York Cookie Treat ted Grab-n-Go Salads Apple Bake Assorted Grab-n-Go Salad Salad Bar Burger/Sandwich Fixin's Featuring Carrot Snackers Salad Bar Garden Greens Salad Bar Pizza Toppings Featuring Chickpea Salad Salad Bar New York Loca





SENIOR LUNAR NEW YEAR LUNCHEON 1/24/2020

SAVE THESE DATES



February 1, 2020 @ Main Site



10AM -2PM

February 11, 2020 @ Main Site

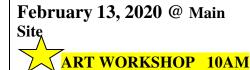


Meeting 10am

February 10-14, 2020 @ Main Site













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

February 14, 2020 @ Main Site





February 17 - 21, 2020 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