



# P811K PARENT VOICE -- Nothing beats time .....

December 2019

PC: Donna Donegan

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



Dear Parents/Guardians/Caregivers,  
On Thursday, December 12, 2019, we will host a “Special Needs Planning/ Guardianship Parent Workshop,” at the Main Site.

## FREE PARENT WORKSHOP



**SPECIAL NEEDS PLANNING/ GUARDIANSHIP (PART 1)**  
**DECEMBER 12, 2019 @ 10:00AM**

P811K MAIN SITE  
2525 HARING STREET  
BROOKLYN, NY 11235  
(718) 769-6984 X 1421

## TALLER GRATIS PARA LOS PADRES



**PLANIFICACIÓN DE NECESIDADES ESPECIALES/TUTOR (PARTE 1)**  
**12 DE DICIEMBRE, 2019 A LAS 10:00AM**

P811K MAIN SITE  
2525 HARING STREET  
BROOKLYN, NY 11235  
(718) 769-6984 X 1421  
(TRADUCCIÓN DISPONIBLE)

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](mailto:DDonegan@schools.nyc.gov).

Thank you,  
Donna Donegan, P811K PC

**MIDDLE SCHOOL AFTERSCHOOL BEGINS**  
**TOMORROW, DECEMBER 4, 2019**



THANKSGIVING CELEBRATION 11/23/2019





## DECEMBER 2019: Pre-K - 8 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	EGG SANDWICH	FROM THE GRIDDLE	NEW YORK THURSDAY	BAKERY FRESH
2	3	4	New York Thursday 5	6
Assorted Loaves Land O'Lakes® Cheddar String Cheese 100% Fruit Juice Fresh Fruit	<b>Yogurt Bar</b>  Egg & Cheese with Turkey Sausage on a Buttermilk Biscuit Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup 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 100% Fruit Juice Fresh Fruit
9	10	11	New York Thursday 12	13
Assorted Muffins Land O'Lakes® Mozzarella String Cheese 100% Fruit Juice Fresh Fruit	<b>Yogurt Bar</b>  Egg & Cheese with Turkey Sausage on an English Muffin Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Buttermilk Pancakes Served with Syrup 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	Sweet Potato Oatmeal Muffin 100% Fruit Juice Fresh Fruit
16	17	18	New York Thursday 19	20
Assorted Muffins Land O'Lakes® Colby String Cheese 100% Fruit Juice Fresh Fruit	<b>Yogurt Bar</b>  Egg & Turkey Sausage on a Whole Wheat Bun Organic Stonyfield® Yogurt 100% Fruit Juice Fresh Fruit	Tasty Waffles Served with Syrup 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 Twist 100% Fruit Juice Fresh Fruit
Winter Recess 23	Winter Recess 24	Winter Recess 25	Winter Recess 26	Winter Recess 27
Assorted Loaves Land O'Lakes® Cheddar String Cheese 100% Fruit Juice Fresh Fruit	<b>Yogurt Bar</b>  Egg & Cheese with Turkey Sausage on a Buttermilk Biscuit Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit	Cinnamon Burst Pancakes Served with Syrup 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 100% Fruit Juice Fresh Fruit
Winter Recess 30	Winter Recess 31			
Assorted Muffins Land O'Lakes® Mozzarella String Cheese 100% Fruit Juice Fresh Fruit	<b>Yogurt Bar</b>  Egg & Cheese with Turkey Sausage on an English Muffin Upstate Farms® Yogurt Choice 100% Fruit Juice Fresh Fruit		EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	Fresh New York Bagel Stick Varieties Blueberry Cinnamon Raisin French Toast Plain  Muffin Varieties Honey Corn Apple Cinnamon  Loaf Varieties Banana

Menus can be viewed online by visiting [www.schoolfood.nyc.org](http://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**





				
DECEMBER 2019: Pre-K - 8 Lunch Menu				
Monday	Tuesday	Wednesday	Thursday	Friday
MEATLESS MONDAY	CHICKEN	CULINARY	NEW YORK THURSDAY	PIZZA
2	3	4	New York Thursday	5
Baked Mozzarella Sticks with Marinara Dipping Sauce  Roasted Fresh Broccoli & Cauliflower  Rold Gold® Heartzels  Salad Bar Garden Greens	Baked Chicken Bites  Garlicky Green Beans  Warm New York Dinner Roll  Salad Bar Traditional	100% Beef Hamburgers & Cheeseburgers  Turkey Burgers  Baked French Fries  Grab-n-Go Chopped Salad  Salad Bar Burger/Sandwich Fixin's	Teriyaki Chicken Dumplings*  Vegetable Rice  Orange Ginger Carrots  Fresh New York Apples  New York Cookie Treat  Grab-n-Go Chopped Salad  Salad Bar New York Local	!!! PIZZA !!!  Margherita Pizza  Green Garden Salad  Salad Bar Pizza Toppings Featuring Cranberry Chickpea Salad
9	10	11	New York Thursday	12
Mac-n-Cheese  Toasted Garlic Bread  Baked Broccoli  Salad Bar Garden Greens	Baked Chicken Tenders With Dipping Sauce  Baked Sweet Potato Waffle Fries  Baked! Tostitos® Scoops® Served with Salsa Cup  Salad Bar Traditional Featuring Mushroom Medley	<b>PROMO</b> Chicken & Cheese Quesadillas*  Confetti Corn  Grab-n-Go Asian Sesame Chicken Salad Salad Bar Taco Bar	New York Beef Hamburgers & Cheeseburgers*  Baked New York French Fries  Fresh New York Apples  Grab-n-Go Asian Sesame Chicken Salad Salad Bar Burger/Sandwich Fixin's	!!! PIZZA !!!  Chicken Ranch Pizza  Green Garden Salad  Salad Bar Pizza Toppings Featuring Cold Chickpea Salad
16	17	18	New York Thursday	19
Stuffed Shells* in Marinara Sauce  Fresh Broccoli with Garlic & Oil  Toasted Garlic Knot  Salad Bar Garden Greens	Peach BBQ Chicken Drumstick*  Honey Corn Muffin  Slow Roasted Carrots  Salad Bar Traditional	<b>BRUNCH</b> Specialty Breakfast Sandwich  Home Fries  Grab-n-Go Chicken Caesar Salad  Salad Bar Burger/Sandwich Fixin's	<b>GOLDEN KRUST®</b> Jamaican Beef Patty  Roasted Zucchini  New York Cookie Treat  Fresh New York Apples  Grab-n-Go Chicken Caesar Salad Salad Bar New York Local	!!! PIZZA !!!  Assorted Toppings  Green Garden Salad  Salad Bar Pizza Toppings Featuring Balsamic Chickpea Salad
Winter Recess	Winter Recess	Winter Recess	Winter Recess	Winter Recess
23	24	25	26	27
Baked Mozzarella Sticks with Marinara Dipping Sauce  Roasted Fresh Broccoli & Cauliflower  Rold Gold® Heartzels  Salad Bar Garden Greens	Baked Chicken Bites  Garlicky Green Beans  Warm New York Dinner Roll  Salad Bar Traditional	100% Beef Hamburgers & Cheeseburgers  Turkey Burgers  Baked French Fries  Grab-n-Go Chopped Salad  Salad Bar Burger/Sandwich Fixin's	Teriyaki Chicken Dumplings*  Vegetable Rice  Orange Ginger Carrots  Fresh New York Apples  New York Cookie Treat  Grab-n-Go Chopped Salad  Salad Bar New York Local	!!! PIZZA !!!  Margherita Pizza  Green Garden Salad  Salad Bar Pizza Toppings Featuring Cranberry Chickpea Salad
Winter Recess	Winter Recess			
30	31			
Mac-n-Cheese  Toasted Garlic Bread  Baked Broccoli  Salad Bar Garden Greens	Baked Chicken Tenders With Dipping Sauce  Baked Sweet Potato Waffle Fries  Baked! Tostitos® Scoops® Served with Salsa Cup  Salad Bar Traditional		EVERY THURSDAY WE'RE PROUDLY CELEBRATING LOCALLY SOURCED & PRODUCED FOOD ALL NEW YORK ITEMS ARE HIGHLIGHTED IN GREEN	<b>Daily Lunch Specials</b>  • Peanut Butter & Jelly • Sunbutter & Jelly • Cheese Sandwich • Hummus Grab & Go • Tuna or Turkey Sandwich (Not available on Monday)



## SAVE THESE DATES



December 7, 2019 @ Main Site



Movie Day/Parent PD

10AM – 2PM

December 10, 2019 @ Main Site



Meeting 10am



December 12, 2019 @ Main Site  
**SPECIAL NEEDS PLANNING/  
GUARDIANSHIP 10AM**

December 13, 2019 @ Main Site  
**UGLY SWEATER SOCIAL**

December 15, 2019 @ Main Site



**PARENT HOLIDAY  
CELEBRATION 11AM – 3PM**

DECEMBER 19, 2019 @ Main Site



10AM



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

DECEMBER 23 - 31, 2019



**SCHOOL CLOSED**





**SCHOOL REOPENS ON JANUARY 2, 2020**



**DID YOU KNOW?**

### LET'S DIA-BEAT THIS!

Diabetes is a condition where your blood sugar is too high. It can lead to blindness, kidney failure, nerve damage, lower limb loss, or early death from heart disease and stroke.

More than 1 in 10 adults in New York City have diabetes. **Over 80,000 City of New York employees are at risk for developing diabetes – and most don't know their level of risk.**

The good news? **You can cut the risk of getting type 2 diabetes with a combination of weight loss and regular exercise (see the free resource section below).** If you are already living with diabetes, discuss strategies to manage it with your healthcare provider. If you are unsure about your risk, get informed and take action, beginning with these steps:



#### KNOW YOUR RISK

Prediabetes is when blood sugar levels are higher than normal, but not high enough to be diagnosed as type 2 diabetes. Take this [risk test](#) to find out if you may have prediabetes, then discuss your results with your health care provider. Early action is the best act toward preventing type 2 diabetes.

You may be at risk for type 2 diabetes if you are [overweight](#) or [obese](#), are age 45 or older and have a family history of diabetes. Talk with your provider about getting tested for prediabetes and diabetes and review the results together.



SENATE STANDING COMMITTEE ON MENTAL HEALTH AND DEVELOPMENTAL DISABILITIES

#### NOTICE OF PUBLIC HEARING

**SUBJECT:** OPWDD Transition to Managed Care

**PURPOSE:** To hear testimony concerning OPWDD's transition to managed care for members by 2021.

Van Buren Hearing Room A, Legislative Office Building 2<sup>nd</sup> Floor,  
Monday  
December 2, 2019  
10am – 4pm  
198 State Street, Albany, New York, 12210

By 2021, the Office for People with Developmental Disabilities (OPWDD) will shift to a managed care model for all members.



***“It is my conviction that it is the intuitive, spiritual aspects of us humans – the inner voice – that gives us the ‘knowing,’ the peace and the direction to go through the windstorms of life, not shattered but whole, joining in love and understanding.”***

***Elisabeth Kübler-Ross (1926----***