

January
2022



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Fax
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Attendance
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Laurel
Website



Laurel Elementary

SCHOOL OF ARTS & TECHNOLOGY

A Letter From the Principal...

Dear Parents/Guardians

Happy New Year! I hope you all had a wonderful winter break. I'm looking forward to welcoming your students back to school January 4, 2022. **Remember students may be dropped off at school beginning at 7:30AM and breakfast is served from 7:30AM – 7:45AM.** For your safety and the safety of your children, please do not use the circle drive in the morning between 7:30 – 7:45. It is also unsafe to access the circle drive in front of Laurel at the end of the school day between 2:00 – 2:30. We appreciate your help to keep everyone safe.

Please be aware of this important deadline approaching.

The deadline for first consideration for elementary and secondary schools is **noon (MST) on January 22, 2022.** To apply to attend a school other than your neighborhood school, you must complete the online school choice application on the PSD website. Please use this link to complete the application:

<https://psdschoolchoiceapplication.com/site.php> Once the application period closes, applications will be processed and parents will be notified by email of their status. This process can take up to two weeks once the deadline has closed.

continued on next page

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A Letter from the Principal, continued...

Other information regarding School Choice:

If you have already been accepted as a School Choice student at Laurel, you do not need to complete another application. Your student will continue their school of choice status throughout his/her schooling at Laurel.

If you are moving out of the Laurel attendance area and want to continue to attend Laurel, you must complete a School Choice application for the 2022-23 school year.

If you live outside the Laurel attendance area and have children entering Kindergarten, you must register at your neighborhood school *in addition* to completing a School Choice application.

Please help us get the word out to your neighbors who may have a 5-year-old child ready to enter school. The Kindergarten 2022-23 Information meeting is scheduled for Tuesday, January 11 at 6:00pm. The meeting will be held in the Laurel Media Center.

Parents of children entering Kindergarten in 2022-23 will need to register their child online at <https://www.psdschools.org/kinder> between January 3 - January 20. Registration is required for a child to attend any PSD elementary school.

As we start the New Year, I want to be certain you all know I count it a privilege to be the principal of your school. I am incredibly excited about welcoming all our students to in-person learning in a few weeks and I'm looking forward to seeing you at parent drop-off/pick-up every morning!

Take care & stay healthy,

Tommi Sue Cox, Principal



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Message from the Principal

enero de 2022

Estimados padres / tutores,

¡Feliz año nuevo! Espero que hayan tenido unas maravillosas vacaciones de invierno. Espero darles la bienvenida a sus estudiantes a la escuela el 4 de enero de 2022. **Recuerde que se puede dejar a los estudiantes en la escuela a partir de las 7:30 a. M. Y el desayuno se sirve de 7:30 a. M. A 7:45 a. M.** Por su seguridad y la seguridad de sus hijos, por favor no use el circuito circular en la mañana entre las 7:30 y las 7:45. Tampoco es seguro acceder a la unidad circular frente a Laurel al final del día escolar entre las 2:00 y las 2:30. Agradecemos su ayuda para mantener a todos a salvo.

Tenga en cuenta que se acerca esta importante fecha límite.

La fecha límite para la primera consideración para las escuelas primarias y secundarias es **mediodía (MST) del 22 de enero de 2022**. Para postularse para asistir a una escuela que no sea la escuela de su vecindario, debe completar la solicitud de elección de escuela en línea en el sitio web de PSD. Utilice este enlace para completar la solicitud:

<https://psdschoolchoiceapplication.com/site.php> Una vez que se cierra el período de solicitud, las solicitudes se procesarán y los padres serán notificados por correo electrónico sobre su estado. Este proceso puede tardar hasta dos semanas una vez finalizado el plazo.

Otra información sobre la elección de escuela:

Si ya ha sido aceptado como estudiante de Opción Escolar en Laurel, no es necesario que complete otra solicitud. Su estudiante continuará con el estatus de escuela de su elección a lo largo de su educación en Laurel.

Si se muda fuera del área de asistencia de Laurel y desea continuar asistiendo a Laurel, debe completar una solicitud de Opción de escuela para el año escolar 2022-23.

Si vive fuera del área de asistencia de Laurel y tiene niños que ingresan al jardín de infantes, debe registrarse en la escuela de su vecindario. *además* para completar una solicitud de Opción de escuela.

Por favor ayúdenos a hacer correr la voz a sus vecinos que pueden tener un niño de 5 años listo para ingresar a la escuela. El Kindergarten 2022-23 La reunión de información está programada para el martes 11 de enero a las 6:00 pm. La reunión se llevará a cabo en el Laurel Media Center.

Los padres de niños que ingresen al jardín de infantes en 2022-23 necesitarán para registrar a su hijo en línea en <https://www.psdschools.org/kinder> entre el 3 de enero y el 20 de enero. Se requiere inscripción para que un niño asista a cualquier escuela primaria PSD.

Al comenzar el Año Nuevo, quiero estar seguro de que todos sepan que considero un privilegio ser el director de su escuela. ¡Estoy increíblemente emocionado de darles la bienvenida a todos nuestros estudiantes al aprendizaje en persona en unas pocas semanas y espero verlos en el lugar donde los padres los dejan / recogen todas las mañanas!

Cuídate y mantente saludable,

Tommi Sue Cox, directora



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2022

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joe.mivshek@km.com



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A Message from the Assistant Principal

Dear Laurel Families,

Happy New Year!! Welcome, 2022!

I'm looking forward to seeing everyone back at school and to all that awaits us this semester!

As a reminder, if you would like to support our school, one way to get involved is through our Parent Teacher Organization (PTO) – this group of parents helps in many ways around Laurel from planning treats for teachers, to welcoming new families at the beginning of each school year, to helping decide how fundraising will look and how that funding will be spent, to planning fun events for our community! If you are interested in getting involved in this way, please contact Dana Knight, PTO President, at laurellynxpto@gmail.com. ALL are welcome.



Later this month, some students in Grades 2-5 will participate in our Winter MAP assessment. Winter MAP scores are used, at times, to exit a READ plan, to obtain a GT designation, for accurate placement in a middle school math class, or as part of a body of evidence in other areas. Rest assured, testing will be kept to a minimum during this round. Only students who may require this data point will participate. The vast majority of students will not.

January also marks the beginning of our ACCESS testing window for students who participate in English language development programming. This test is designed to test students' linguistic performance in all four receptive and productive literacy areas: listening, reading, speaking, and writing. Within each literacy area, students are asked to demonstrate their linguistic performance across academic content areas. Grammar is additionally embedded within each area. This test is extensive. Please cheer on and celebrate our students who will be taking the ACCESS assessment! They are each linguistic **CHAMPIONS!**

Our Lynx in the Spotlight for the month of January are Abelino Archibeque and Keegan Kahookele. Be sure to read our Lynx in the Spotlight feature to find out why we think Abelino and Keegan are PAW-some Laurel Lynx!

Happy 2022! May it be filled with joy, growth, and friendship!

Yours,

Amanda Pawelski
Assistant Principal/MTSS Coordinator



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Estimadas familias de Laurel,

¡Feliz año nuevo!! ¡Bienvenido 2022!

¡Espero ver a todos de regreso en la escuela y a todo lo que nos espera este semestre!

Como recordatorio, si desea apoyar a nuestra escuela, una forma de participar es a través de nuestra Organización de Padres y Maestros (PTO): este grupo de padres ayuda de muchas maneras con Laurel, desde la planificación de golosinas para los maestros hasta la bienvenida a nuevas familias en el al comienzo de cada año escolar, para ayudar a decidir cómo se verá la recaudación de fondos y cómo se gastarán esos fondos, para planificar eventos divertidos para nuestra comunidad. Si está interesado en participar de esta manera, comuníquese con Dana Knight, presidente de la PTO, al laurellynxpto@gmail.com . Todos son bienvenidos.

A finales de este mes, algunos estudiantes de los grados 2-5 participarán en nuestra evaluación MAP de invierno. Los puntajes de Winter MAP se utilizan, a veces, para salir de un plan READ, para obtener una designación GT, para una ubicación precisa en una clase de matemáticas de la escuela intermedia o como parte de un conjunto de pruebas en otras áreas. Tenga la seguridad de que las pruebas se mantendrán al mínimo durante esta ronda. Solo participarán los estudiantes que puedan requerir este punto de datos. La gran mayoría de estudiantes no lo hará.

Enero también marca el comienzo de nuestra ventana de prueba ACCESS para los estudiantes que participan en la programación de desarrollo del idioma inglés. Esta prueba está diseñada para evaluar el desempeño lingüístico de los estudiantes en las cuatro áreas de alfabetización receptiva y productiva: escuchar, leer, hablar y escribir. Dentro de cada área de alfabetización, se les pide a los estudiantes que demuestren su desempeño lingüístico en todas las áreas de contenido académico. La gramática también está incrustada dentro de cada área. Esta prueba es extensa. ¡Anime y celebre a nuestros estudiantes que tomarán la evaluación ACCESS! Son cada uno lingüístico **Campeones** !

Nuestros lince en el centro de atención para el mes de enero son Abelino Archibeque y Keegan Kahookele. ¡Asegúrese de leer nuestra función Lynx in the Spotlight para descubrir por qué creemos que Abelino y Keegan son Laurel Lynx de PAW!

¡Feliz 2022! ¡Que se llene de alegría, crecimiento y amistad!

Tuya,

Amanda Pawelski

Subdirector / Coordinador de MTSS

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Lynx in the Spotlight, January 2022

**Abelino Archibeque
and
Keegan Kahookele**



When they first met, Abelino and Keegan quickly became friends, and they have continued to strengthen their friendship over the course of this school year. Both Abelino and Keegan have benefitted greatly from this connection. One of the best things about Abelino and Keegan is that they frequently make each other laugh. They cooperate with and support one another to be successful during class, and they play together at recess. One day, they even collaborated to dress up as matching twins, and it wasn't even a Spirit Day! Abelino and Keegan are PAW-some Lynx!



Cuando se conocieron, Abelino y Keegan rápidamente se hicieron amigos y han continuado fortaleciendo su amistad

durante el transcurso de este año escolar. Tanto Abelino como Keegan se han beneficiado enormemente de esta conexión. Una de las mejores cosas de Abelino y Keegan es que con frecuencia se hacen reír. Cooperan y se apoyan mutuamente para tener éxito durante la clase y juegan juntos en el recreo. Un día, incluso colaboraron para vestirse como gemelos iguales, ¡y ni siquiera fue un día espiritual! ¡Abelino y Keegan son lince de PAW!



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New Strings Teacher

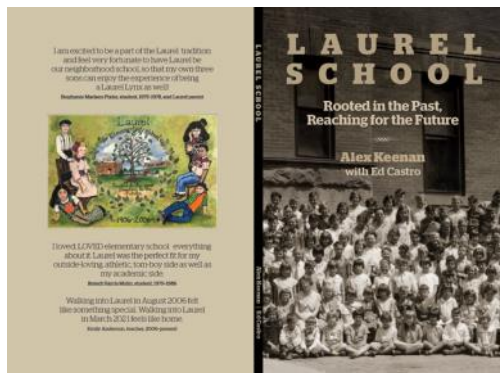
Welcome Mrs. Warner!

I am very excited to start my new position as Strings Coordinator at Laurel Elementary School this coming January! I have worked as a musician and educator for the past 20 years in various forms- from playing in orchestras, to teaching, to coordinating music outreach. I am truly excited to give these children a space where their creativity and curiosity will be embraced and nurtured. I hope to be in touch with all of you in the upcoming months- to share what your talented children are accomplishing, and to give you tools to help them on their creative journey! I wish you all the best, and please feel free to reach out at any time!



Laurel History Book

Laurel Lynx...we have good news! The history of our beloved school's 100+ year contribution in education has been completed! *Laurel School: Rooted in the Past, Reaching for the Future* has been printed, and we are planning how best to distribute it to those families and staff that would like one. We will be rolling out a website presence in January as well, located on Laurel's webpage. Stay tuned for further news!



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Laurel Wellness News

5210+ Is Coming Soon!

What is the 5210+ Challenge?

This challenge put on by the Healthy Kids Club is an opportunity for students, staff, and families to practice healthy habits during the month of February, earn a t-shirt, and win prize money (up to \$1500) for PE equipment at their school. Last year we won \$500 for Laurel. Mrs. Rittner purchased another new mat, a balance beam, and gymnastics equipment. This year we are working on getting climbing ropes installed.

What are the 5 Healthy Habits?

5 servings of fruits and veggies

2 hours or less of screen time

1 hour or more of physical activity

0 sugary drinks

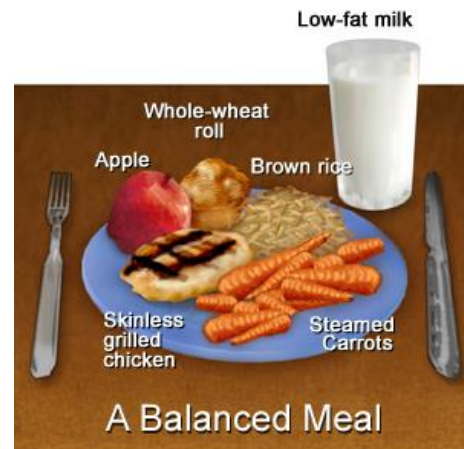
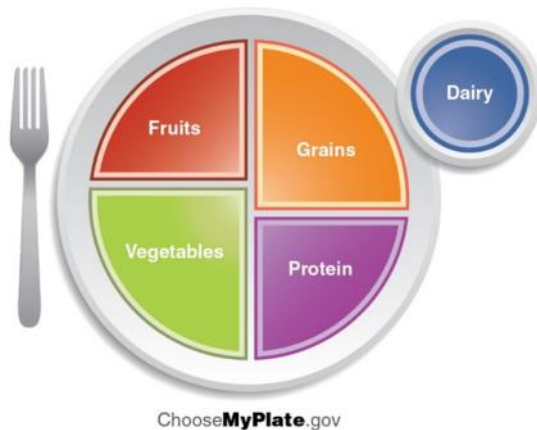
+ 9 or more hours of sleep (kids) 7-8 hours of sleep (adults)



Please be on the lookout for information about how to participate in this school wide healthy challenge. We will be sending home paper copies again this year with the option to turn in your information online. Feel free to contact Mrs. Rittner with any questions.

What's on Your Plate?

In November, students learned about the 5 food groups and having a balanced plate. Snap a photo of your balanced plate and email to srittner@psdschools.org to be shared on our Wellness bulletin board or the morning news. Students may also draw their plate and display their drawings. Check out <https://www.myplate.gov/> for more information!



Laurel Wellness News, continued...

Alternative Birthday Celebrations:

At Laurel we like to encourage birthday celebrations to include physical activities in place of sweet treats. We have a celebration box that includes many different activities that students can check out for free to use to celebrate their birthday in the classroom. Ask your child’s teacher for a form and pick out some fun activities with your child. Please allow at least a week for the request to be processed!

Birthday Celebrations at Laurel made FUN, EASY & ACTIVE!

Laurel Parents!

Great News!! The Laurel Wellness Team has a “Party in a Box” available for your kiddo’s classroom birthday celebration!! Almost all of the activities are completely FREE* and provide a true celebration that is a whole lot of fun- playing games and listening to music with their friends. The “Party in a Box” is an option *instead* of a treat (which can save you time and money!).

PARTY IN A BOX CHECK OUT FORM

Students are invited to check-out any one of the following items to be used to celebrate their birthday in their classroom:

- Karaoke Machine
- Bluetooth Speaker (allow time to charge)
- Velcro Mitt & Balls
- Fit Deck Exercise Cards
- Giant Foam Dice
- Bean Bag Toss
- Badminton Rackets and Birdies (4 rackets total)
- Egg & Spoon Game
- Hopscotch Rug

Name: _____ Date Needed: _____

Form must be received ONE WEEK prior to check-out.

Parent Signature: _____

Teacher Signature: _____

Enjoy your celebration and let us know if you have any questions or suggestions!

Contact: Emily Anderson at emilya@psdschools.org

Return this form to Emily Anderson via email or place it in her mailbox in the teacher’s lounge.

Laurel received a grant from Action ~~Fox~~ Healthy Kids and the Colorado PTA in the form of a “Party in a Box”. It contains lots of ways to have fun and get active. The Laurel Wellness Team invites students and staff to check-out any of these items to be used to celebrate a birthday, reward for achieving a class PAW target, making indoor recess more active or just to have fun with their classmates. This increases physical activity, decreases sugar intake and promotes fun, healthy engagement amongst students and their school community.

Laurel Wellness News, continued...

3, 2, 1!

3 Ways to stay healthy:

- **Add extra movement into your day:** Take the dog for a walk. Park farther away from school. Head to a trail or park.
- **Play a family game:** Invest in some time with your kids with a board game, a puzzle, or family hide and seek or a nerf war! This will help your children to cut out some screen time and invest quality time and connection with them.
- **Sit down to dinner together:** Involve the kids in cooking, setting the table, etc. During dinner have discussions that go beyond how was your day. Have each family member name one thing they like about each other. Or play a dinner game such as naming as many foods that start with a certain letter or are the color green.

2 Ways to Be Mindful:

- **Practice a clear bedtime routine.** This could involve calm music, reading a book, or singing a song before getting on pajamas and brushing teeth. If you practice the same routine every night, your body receives a signal that it is time to go to bed and you will be more likely to have a restful night's sleep. Stick to the same bedtime and wake time each night.
- **Choose a New Year's Word instead of a resolution:** You could pick a family word or each family member could choose their own word for the year. Ask what does this word mean to you? Create a poster to display this word somewhere you will see it often.

1 Healthy Holiday Recipe: Slow Cooker Harvest Beef Stew

Servings: 6 Serving Size :2 cups

Ingredients

1 pound bottom round beef roast (cut into 1-inch cubes)
1 large russet potato, cut into 1/2-inch dice (about 2 cups)
1/4 cup all-purpose flour
1 medium sweet potato, cut into 1/2-inch dice (about 2 cups)
2 cups peeled, thinly sliced carrots
1 10-ounce package frozen pearl onions
1 14.5-ounce can no-salt-added diced tomatoes
1 14.5-ounce can fat-free, low-sodium beef broth
1 cup water
3/4 teaspoon dried thyme
1/2 teaspoon ground pepper
1 10-ounce package frozen peas
2 tablespoons dried parsley

Directions:

Add the beef, russet potato, and flour to a 4- to 6-quart slow cooker, stirring well to combine.

Add the sweet potato and carrots to the slow cooker. Top with the onions, tomatoes, broth, water, thyme, and pepper.

Cook, covered, for 10 to 12 hours on low heat or 5 to 6 hours on high heat. Just before serving, quickly stir in the peas and parsley. Re-cover. Cook for 5 to 10 minutes.

Cooking Tip: When using your slow cooker, make sure the food that takes the longest time to cook, such as the beef, potatoes, and carrots in this recipe, are on the bottom, which is closest to the heat source.

Keep it Healthy: If you can't find bottom round beef roast for this beef stew, go for another lean cut of beef like bottom eye roast or top round. You can also use stew meat, but be sure it's lean.

Tip: To save time in the morning, do some of the prep work the evening before, such as cutting up the beef and carrots. Wait to chop the potato until right before adding it to the slow cooker; it will discolor if cut in advance.



This month's highlight:

Creative Endeavors Art Show

The [Creative Endeavors Art Show](#) will be coming to the Foothills Mall. The show will feature artwork from numerous schools within Poudre School District, including Laurel Elementary School of Arts and Technology. The show will be available for viewing at the Foothills Mall from **November 19, 2021 until January 11, 2022**. Please stop by if you can and enjoy seeing the variety of creativity our community brings together for this wonderful show!"



Special's Corner, continued...



Media: <https://sites.google.com/psdschools.org/laulearningmediagallahanreed/home>

Students in grades 3 – 5 can access their projects via Google Classroom.



Music: www.laumusic.weebly.com

Check out the music website to find out what your child has been doing in music class and to access Quaver!



P.E: <https://sites.google.com/psdschools.org/laulearningpe>

Check out this month's focus in PE on Mrs. Rittner's learning page and under the Wellness Section of this newsletter.

Intern

Hello Laurel Families!

As some of you may know, I have been serving as an Administrative Intern at Laurel for the past four and half months. I have enjoyed getting to know your children immensely! It has been inspiring to see so much growth and learning among Laurel students, both in the classrooms and also on the playground. :) I will be moving to intern at area secondary schools following the Winter Break and will miss the students at Laurel very much. Your children are in such good hands at Laurel. I feel fortunate to have been part of Laurel's close, caring community of Administrators and Staff Members, who show such tireless dedication to every child at the school.

Sincerest wishes,
Bonnie Jacobi



Counselor's Corner

Welcome back families! We hope you were able to unwind and spend some quality time with those you love.

Social Emotional Learning through Second Step:

Our school will continue with teaching Second Step lessons to all classes, grades K-5. Classrooms will be starting Unit 3 which will focus on Emotion Management. This unit helps kids recognize their feelings and provides strategies to use to help manage emotions. One saying (or song) you might here your child say is "Stop, Name your feeling, Calm Down." We've got to be able to "name it before we tame it."

Our counseling team has been with grades K-3 to teach Bully Prevention and will start with 4th and 5th grade in January.

- Recognize if it's truly bullying.
- Refuse to let it happen to you and others.
- Report to a trusted adult.
- Bystander Power-stand up for others, don't just stand by.

Safety Smarts: A curriculum around safety

Presenters from *Voices Carry* have wrapped up their lessons with Kindergarten and will begin in the Second grade classrooms. A letter about the program will be sent out through individual classrooms. Weekly communication will then be sent home talking about the focus of each lesson. Please reach out if you have any further questions about this program.

Spring Intern :

The counseling team is excited to have another incredible intern join our team for the rest of the school year. Please help us welcome Ellie Payant! She is currently working on earning her Master of Social Work degree from Colorado State University and she comes to us with a wealth of knowledge and a desire to learn.

5th grade Transitions to Middle School:

It is so hard to believe that it is time to start thinking about this. We wanted to share a few important bits of information and dates with you all.

- School Of Choice Deadline is set for Jan. 21, 2022 by noon. Students who live outside of a school's boundaries must apply and be accepted to attend a school of their choosing. You will then receive information of whether your student has been accepted or not later in the year. If you are considering a different Middle School other than your neighborhood school, please complete the on-line School of Choice (SOC) application. Click here for the application link: <https://psdschoolchoiceapplication.com/apply/>

To see what PSD Middle School is considered your neighborhood/next school, click here to view the boundaries: <https://www.psdschools.org/schools/school-registration/school-boundaries>

Middle School visits to Laurel: Leshar and Lincoln will be at Laurel on Feb. 1, 2022 at 9:30 to talk 5th grade students about the registration process. If your child will be attending another school other than the two listed, please contact your next school directly for information.

- PSD Middle School Transition Day is set for May 13 from 9:30-11:30. All 5th graders in PSD will take a field trip to their Middle School. Laurel students will be visiting Lincoln and Leshar. If your child is going to a school other than Lincoln or Leshar, you are more than welcome to take them to their next school during this time. More information to come.

Please reach out if you have any further questions or need support. Thanks for your continued love and support for our entire community!

Laurel's Counseling Team,

Mrs. Roberts
488-5935
roberts@psdschools.org

Mrs. Jones
488-5982
leahj@psdschools.org

Community Resources: <https://healthinfosource.com/>

Please explore our counseling website for more resources and activities: <https://padlet.com/laurelcounselors/laurelcounseling>

Columna del consejero

¡Bienvenidos de nuevo familias! Esperamos que hayas podido relajarte y pasar un tiempo de calidad con tus seres queridos.

Aprendizaje socioemocional a través del segundo paso:

Nuestra escuela continuará enseñando lecciones de Segundo Paso a todas las clases, grados K-5. Las aulas comenzarán la Unidad 3 que se centrará en la Gestión de las Emociones. Esta unidad ayuda a los niños a reconocer sus sentimientos y proporciona estrategias para ayudar a manejar las emociones. Un dicho (o canción) que podría decir aquí su hijo es "Detente, nombra tu sentimiento, cálmate". Tenemos que ser capaces de "nombrarlo antes de domesticarlo".

Nuestro equipo de consejería ha estado con los grados K-3 para enseñar Prevención de Acosadores y comenzará con 4º y 5º grado en enero.

- Reconozca si realmente es intimidación.
- Rehúsa dejar que te suceda a ti y a los demás.
- Informe a un adulto de confianza.
- Espectador Power-stand por los demás, no te quedes de pie.

Safety Smarts: Un plan de estudios sobre seguridad

Los presentadores de Voices Carry han concluido sus lecciones con Kindergarten y comenzarán en las aulas de segundo grado. Se enviará una carta sobre el programa a través de aulas individuales. La comunicación semanal se enviará a casa hablando sobre el enfoque de cada lección. Por favor, póngase en contacto si tiene más preguntas sobre este programa.

Pasante de primavera:

El equipo de consejería está emocionado de que otro pasante increíble se una a nuestro equipo por el resto del año escolar. ¡Por favor, ayúdanos a dar la bienvenida a Ellie Payant! Actualmente está trabajando para obtener su Maestría en Trabajo Social de la Universidad Estatal de Colorado y viene a nosotros con una gran cantidad de conocimientos y un deseo de aprender.

Transiciones^{de 5º} grado a la escuela intermedia:

Es tan difícil de creer que es hora de empezar a pensar en esto. Queríamos compartir algunos fragmentos importantes de información y fechas con todos ustedes.

La fecha límite de School Of Choice está programada para el 21 de enero de 2022 al mediodía. Los estudiantes que viven fuera de los límites de una escuela deben solicitar y ser aceptados para asistir a una escuela de su elección. A continuación, recibirá información de si su estudiante ha sido aceptado o no más adelante en el año. Si está considerando una escuela intermedia diferente a la escuela de su vecindario, complete la solicitud en línea de school of Choice (SOC). Haga clic aquí para ver el enlace de la aplicación: <https://psdschoolchoiceapplication.com/apply/>

Para ver qué escuela intermedia PSD se considera su vecindario / próxima escuela, haga clic aquí para ver los límites: <https://www.psdschools.org/schools/school-registration/school-boundaries>

- Visitas de la escuela intermedia a Laurel: Lesher y Lincoln estarán en Laurel el 1 de febrero de 2022 a las 9:30 para hablar con los estudiantes^{de 5º} grado sobre el proceso de inscripción. Si su hijo asistirá a otra escuela que no sean las dos enumeradas, comuníquese directamente con su próxima escuela para obtener información.
- El Día de Transición de la Escuela Intermedia de PSD está programado para el 13 de mayo de 9:30 a 11:30. Todos los estudiantes^{de 5º} grado en PSD harán una excursión a su escuela secundaria. Los estudiantes de Laurel visitarán Lincoln y Lesher. Si su hijo va a una escuela que no sea Lincoln o Lesher, usted es más que bienvenido a llevarlo a su próxima escuela durante este tiempo. Más información por venir.

Póngase en contacto con nosotros si tiene más preguntas o necesita ayuda. ¡Gracias por su continuo amor y apoyo a toda nuestra comunidad!

Equipo de Consejería de Laurel,

Sra. Roberts
488-5935
lroberts@psdschools.org

Sra. Jones
488-5982
leahj@psdschools.org

Recursos de la comunidad: <https://healthinfosource.com/>

Por favor, explore nuestro sitio web de consejería para más recursos y actividades: <https://padlet.com/laurelcounselors/laurelcounseling>

Lunch Menu

January 2022

Laurel Elementary

Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3



4

- Mac & Cheese
- Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Carrots
- Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk Variety
- Assorted Condiments

5

- Chicken Patty Sandwich
- Chef Salad with Goldfish Crackers
- Pb&J Sandwich
- Salad with dressing
- Whole Fruit, or Substitute
- Fresh Strawberries, or Substitute
- Milk Variety
- Assorted Condiments

6

- Beef & Bean Burrito
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Watermelon or Substitute
- Milk Variety
- Assorted Condiments

7

- Cheese Pizza
- Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Pear
- Milk Variety
- Assorted Condiments

10

- Chicken Drumstick with Goldfish
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Celery Sticks, or Substitute
- Whole Fruit, or Substitute
- Fresh Blueberries, or Substitute
- Milk Variety
- Assorted Condiments

11

- Cheese Calzone & Marinara
- Ham or Turkey & Cheese Sandwich
- Pb&J Sandwich with Pretzels or Goldfish
- Bell Peppers, or Substitute
- Whole Fruit, or Substitute
- Orange Wedges
- Milk Variety
- Assorted Condiments

12

- Asian Meatballs & Rice
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Kiwi, or Substitute
- Milk Variety
- Assorted Condiments

13

- Chicken Burrito
- Ham or Turkey & Cheese Sandwich
- Pb&J Sandwich with Pretzels or Goldfish
- Salad with dressing
- Whole Fruit, or Substitute
- Fresh Cantaloupe, or Substitute
- Milk Variety
- Assorted Condiments

14

- Pepperoni Pizza
- Hummus & Veggie Box
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Cuties, or Substitute
- Milk Variety
- Assorted Condiments

17



18

- Cheese Lasagna Rollup
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Carrots
- Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk Variety
- Assorted Condiments

19

- Chicken Patty Sandwich
- Chicken Caesar Wrap
- Pb&J Sandwich
- Salad with dressing
- Whole Fruit, or Substitute
- Fresh Raspberries or Substitute
- Milk Variety
- Assorted Condiments

20

- Beef & Bean Burrito
- Turkey or Ham & Cheese Sandwich
- Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Watermelon or Substitute
- Milk Variety
- Assorted Condiments

21

- Cheese Pizza
- Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Pear
- Milk Variety
- Assorted Condiments

24

- Hamburger & Cheeseburger
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Celery Sticks, or Substitute
- Whole Fruit, or Substitute
- Fresh Blackberries or Substitute
- Milk Variety
- Assorted Condiments

25

- Cheese Calzone & Marinara
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Bell Peppers, or Substitute
- Whole Fruit, or Substitute
- Orange Wedges
- Milk Variety
- Assorted Condiments

26

- Asian Meatballs & Rice
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Kiwi, or Substitute
- Milk Variety
- Assorted Condiments

27

- Chicken Burrito
- Ham or Turkey & Cheese Sandwich
- Pb&J Sandwich with Pretzels or Goldfish
- Salad with dressing
- Whole Fruit, or Substitute
- Honeydew Melon or Substitute
- Milk Variety
- Assorted Condiments

28

- Pepperoni Pizza
- Cold Deli Yogurt with Granola
- PB&J Sandwich with Pretzels or Goldfish
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Cuties, or Substitute
- Milk Variety
- Assorted Condiments