

Killingly Intermediate Middle School

Welcome to our
Lunch Cafe

2/10/2020 - 2/14/2020

MEATLESS MONDAY

	Monday	Tuesday	Wednesday	Thursday	Friday
World MARKET	Cheesy Stuffed Bread Sticks <i>baked bread sticks filled with melted cheese</i> 🌱 Chickpea Marinara 🌱 Steamed Broccoli	Famous Chili Cheese Fries <i>golden baked potato wedges topped with chili and cheese</i> 🌱 Roasted Vegetables	Roasted Turkey Cuban Melt <i>freshly prepared grilled sandwich with ham, roasted turkey and melted Swiss cheese</i> P Balsamic Glazed Vegetable Salad	General Tso's Chicken Rice Bowl <i>General Tso's chicken bowl with brown rice, broccoli, and scallions</i> 🌱 Sautéed Bok Choy	Homemade Salami Ham & Cheese Stromboli <i>ham, salami and melted cheese wrapped in a pizza dough</i> P 🌱 Steamed Italian Vegetables
Coyote GRILL	Bean & Veggie Burrito <i>a whole wheat burrito, stuffed with fiesta rice, veggies, beans and cheddar cheese, served with salsa and sour cream</i> 🌱	Crispy Tacos <i>homemade spicy taco meat inside a crispy taco shell topped with cheese</i> 🌱	Nachos with Cheese <i>creamy cheese layered over a bed of nachos</i> 🌱	Chicken Fajita Wrap <i>freshly made tortilla stuffed with mexi style meat, rice, onions, peppers and cheese</i> 🌱	BBQ Chicken Nachos <i>crispy nacho tortilla chips with chicken, carrots, tomatoes and cabbage</i> 🌱 IT'S STUDENT APPRECIATION DAY
Available Daily: Nachos, Crispy and Soft Tacos, Mexi-Rice with your choice of Mexi Beef, Mexi Chicken, Mexi Veg, Refried					
Miss RUBY'S GRILL	Chicken Parmesan Sandwich <i>warm chicken patty smothered in tomato sauce, topped with melted cheese assembled in-house on a roll</i> 🌱	Beef Hot Dog on Bun <i>juicy beef hot dog on a soft bun</i>	Meatball Hero <i>freshly baked meatballs mixed in a rich tomato sauce inside a soft roll topped with melted mozzarella</i> 🌱	Grilled Chicken Teriyaki Sandwich <i>grilled chicken breast marinated in teriyaki sauce, topped with lettuce & tomato prepared in-house</i> 🌱	Whole Grain Fish Sticks Oven Baked Fries
Available Daily: Hamburgers, Cheeseburgers, Veggie Burgers, Chicken Patties and Spicy Chicken Sandwiches					
La CUCINA	Spinach Bianco Pizza <i>fresh whole grain dough brushed with garlic and oil, topped with low fat mozzarella, fresh basil and spinach, baked to perfection</i> 🌱	Sausage Pizza <i>traditional pizza slice topped with sausage</i> 🌱	Crispy Bacon Pizza <i>pizza dough topped with tomato sauce, cheese and crispy bacon</i> P 🌱	Hawaiian Pizza <i>ham and pineapple chunks over a cheese pizza slice</i> P 🌱	Hand Crafted Pepperoni Pizza <i>fresh dough layered with sauce, topped with cheese and pepperoni and baked until crisp</i> P 🌱
Available Daily: Cheese Pizza, Pepperoni Pizza and Vegetable Pizza all featuring whole grain rich pizza dough. All Pizza					
Fruit EXPRESS	Romeo Sandwich <i>salami, ham and fresh mozzarella with lettuce and tomato</i> P 🌱	Fruity Granola Parfait <i>Low fat vanilla yogurt layered with fruit and granola</i> 🌱	Simply Boxed Meat and Cheese Protein Pack <i>freshly made meal with diced meat and cheese, fruit medley and crisp bread</i> 🌱	Chef Salad <i>fresh lettuce topped with sliced deli meats and cheeses</i> P 🌱	Chicken Caesar Salad <i>fresh romaine topped with parmesan cheese, chicken, and croutons with dinner rolls</i> 🌱
Available Daily: Garden Salad, Chef Salad, Caesar Salad. Includes whole wheat dinner roll and your choice of fruit and milk					
Healthy HARVEST	Available Daily on Our Salad Bars: Mixed Dark Leafy Greens, Tomatoes, Cucumbers, Carrots, Broccoli Florets, Cauliflower Florets, Beans, Corn Niblets, Hummus, Dinner Rolls, Local Apples, Oranges, Bananas and a variety of canned fruit.				

WHITSON'S
School Nutrition

SIMPLY ROOTED
in food & family

We are Simply Rooted™ in food and family. Our menus are healthy, nutritious and flavorful, made from wholesome ingredients. We are phasing out processed foods and instead, offering more natural, organic and non GMO options. We also offer gluten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

Meal price includes: protein choice, fresh veggie choice, fresh fruit choice & bread choice.
At least two types of milk available daily: 1% low fat unflavored, fat free flavored, fat free unflavored.
Available daily with salad lunch: protein choice, whole grain item, fruit choice & milk choice

***Consuming raw or under cooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director. This institution is an equal opportunity provider.

Vegetarian

Made With Natural Ingredients

P Pork

Smart Choice

Made With Organic Ingredients

KIS AD WEEKLY UPDATE

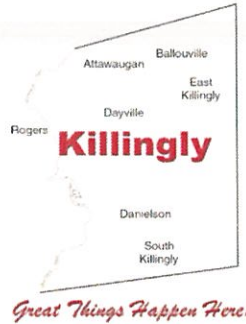
- Congratulations to the Girls Basketball Team on their 37-32 victory over Woodstock for the QVJC Tournament Championship.
- Family ID will open 10 Jan for Baseball, Softball, and Track and Field Registration. Please make sure Sports Physicals are up to date.
- Spring Sports are:
 - Baseball & Softball for grade 6-8
 - Track and field for grades 5-8
- See the website for finals game information.
- Unified Sports for Basketball is now underway. Practices are Tuesdays at 2:30. Game Schedule TBD.
- Students are expected to take the bus to and from KIS for all *away* athletic events.

Any questions contact the Athletic Director (AD).

- Check the KIS Athletic Website to find
 - Schedules of games and meets
 - Directions to games and meets
 - Changes or cancellations
- **Athletics are a parent pick-up. Please be on time to pick up your student-athlete.**

Killingly Intermediate School

Heather Taylor
Principal



Kenneth Daniewicz
Kristin LaLima
Assistant Principals

February 3, 2020

Dear KIS Families,

This year, Student-Led Conferences will be held on Thursday, April 2nd. At Killingly Intermediate School, we place tremendous value on building strong relationships with parents and families. This will be our 3rd annual Student-Led Conferences and we are so excited for your children to share the growth they have made throughout the school year! Student-Led Conferences are a way to empower students as experts in their own learning, and highlights their voices and insights to drive a rich discussion. Throughout the year, students have been adding artifacts to their electronic portfolio from each of their courses and will use these artifacts to lead a conversation with you.

April 2nd is a day dedicated to Student-Led Conferences. Students are only required to attend their scheduled 20-minute conference time with parents or caregivers. Classes will not be held that day, as all staff will be facilitating conferences.

Sign-ups for Student-Led Conferences will take place through next Friday, February 14th, using *Sign-Up Genius*. Please use the attached instructions to sign up for your child's Conference. If you need assistance using *Sign-Up Genius* to schedule a conference, please do not hesitate to contact your child's homeroom teacher or our main office at 860-779-6700.

In partnership,

Heather Taylor

Student-Led Conferences at Killingly Intermediate School

Student-Led Conferences are a way to empower students as experts in their own learning, and highlights their voices and insights to drive a rich discussion.

Objectives of Student-Led Conferences:

- Promote the mission of KIS by providing the opportunity for students to engage in authentic ways of thinking, ways of working, tools for working and skills for living in the world
- Students assume greater responsibility and accountability of academic progress and habits of work
- Parents, teachers, and students engage in open dialogue
- Increased parent attendance at conferences
- Increased opportunity for student self-reflection and self-evaluation
- To emphasize our student-centered philosophy
- To build open relationships with families

Role of Student:

- The student is the center of the Student-Led Conferences. Teachers guide the students through the conference process and help the students prepare, but they are responsible for leading the conversation with parents and teachers during their conference time.
- Each student maintains a portfolio to showcase progress in all content areas throughout the year.
- Students complete the Student Reflection Form for each content area, along with the Student SLC script. The Student SLC script allows students to reflect on their strengths, weaknesses, pieces of work, and future goals.

Role of Teacher:

- The teacher guides the student through the conference and helps the student prepare.
- Each homeroom teacher supports students creating a portfolio of student work. Selected assignments are included in the portfolio.
- Teachers are responsible for helping students select assignments to highlight at the conference and for providing class time for this purpose.

Role of Parent:

- The parent/guardian is the second most essential attendee to the conference.
- Parents/guardians should be briefed about the format and objectives of the SLC so that the conference runs smoothly.

Schedule your child's Student-Led Conference using:



SignUpGenius

Conferences are scheduled in 20-minute blocks on Thursday, April 2nd. All conferences must be scheduled in advance.

- Go to: www.signupgenius.com
- Click on: Find a Sign-Up in the upper right corner of the page
- Search for your child's homeroom teacher using their email address: (i.e.: htaylor@killinglyschools.org)
- Select an available conference time.

Please contact your child's teacher if you need assistance scheduling a conference time.

KIS 2020 FULL COLOR HARD COVER YEARBOOK



CLASS OF 2020 8TH GRADE PARENTS/GUARDIANS

Time flies by and deadlines pass.

Please email me or send in your child's baby photo
for the 8th grade baby picture photo section.

(there is **no charge**). photos will be returned

Also, don't forget about those parent ads.

email avasbinder@killinglyschools.org

to reserve a spot.

Yearbook Questions?

Contact Mrs. Vasbinder: avasbinder@killinglyschools.org

CLASS OF 2020

8TH GRADERS

Send in your baby picture for the
... 2020 KIS Yearbook
"baby picture" photo section

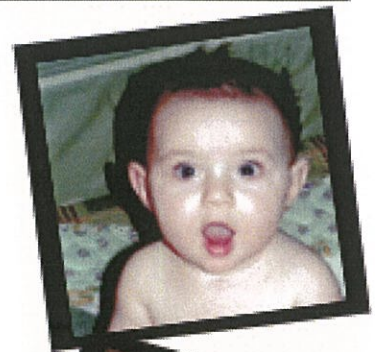
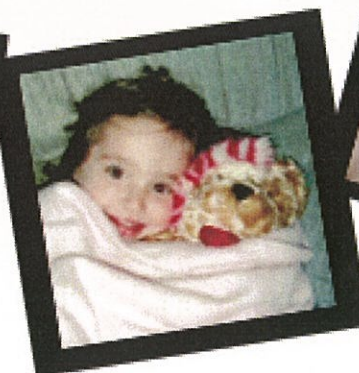
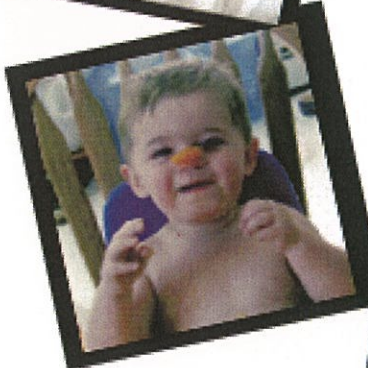
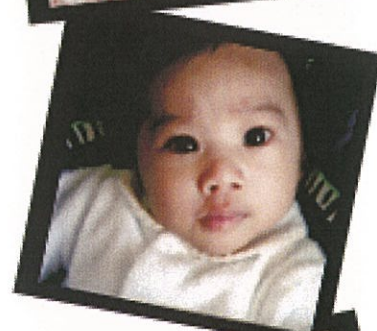
NO CHARGE for this section!

Pictures must be submitted by March 31st, 2020.

drop off in the front office
or

email your photo to: avasbinder@killinglyschools.org

(please print your name & homeroom on the back of your pic for return)



2020 KIS YEARBOOK STUDENT ADS

8th grade Parents/Guardians

"Personalize" the yearbook in a very special way with a Congratulatory Ad!
This is your chance to put your thoughts, well wishes and feelings into words & pictures to let your graduating student know just how special they are!

◆ ◆ ◆ **March 31st, 2020 deadline** ◆ ◆ ◆

online payment ends 3.31.20

AD SIZES / PRICES:

FULL COLOR ads are available
in the following sizes and prices.

1/8 page:	30.00	1 photo
1/4 page:	50.00	up to 3 photos
1/2 page:	85.00	up to 6 photos
Full page:	150.00	up to 10 photos

◆ Send this form in with your student,

◆ Drop it off in the office

or

◆ Do it ALL by email!

email to: avasbinder@killinglyschools.org

☐ (Check here if you would like a proof)

Student Name & Homeroom or Teacher (please print)

Purchaser's Name (please print)

Purchaser's Email (please print)

AD INFORMATION {please check one box below}

Size — ☐ Full Page \$150 ☐ 1/2 Page \$85 ☐ 1/4 Page \$50 ☐ 1/8 Page \$30

Message Copy — Please Print Clearly or Type your message & email or send in with this form.

Photo Instructions — Please put the student's name & homeroom # on photo back (for safe return)
(refer to ad size box above for number of allowable photos.)

☐ # of photos
sent in

☐ # of photos
emailed

Please make Checks payable to K.I.S.

PAY FOR YOUR AD OR ORDER YOUR YEARBOOK ONLINE

YBPay.lifetouch.com, Yearbook ID code: 13213020

QUESTIONS? Contact Mrs. Vasbinder rm#231 avasbinder@killinglyschools.org

KIS 2020 FULL COLOR HARD COVER YEARBOOK



Dear Parents and Guardians,

CAPTURE THE MEMORIES

Now is the time to purchase your student's hard cover, color yearbook. Featured in our yearbook will be your student's portrait, along with activities, sports and special events.

ORDER NOW

\$25.00

PUT YOUR NAME ON THE COVER

\$5.00

PERSONALIZATION COST- \$5.00 Use the boxes below to personalize your cover.

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Personalization Order Deadline – April 15th, 2020

TO ORDER YOUR 2020 KIS YEARBOOK

STUDENT NAME (PLEASE PRINT) _____

GRADE _____

HOMEROOM TEACHER'S NAME _____

HOMEROOM NUMBER _____

TOTAL YOUR ORDER

Yearbook	\$25.00
Personalization: ordering deadline April 15th add \$5.00	
TOTAL	

Return this order form with payment to your homeroom teacher or room #231. MAKE CHECKS OUT TO K.I.S.

Want to shop or pay online instead?

YBPay.lifetouch.com

Yearbook ID code: 13213020

Questions?

Contact Mrs. Vasbinder rm#231 avasbinder@killinglyschools.org