# Killingly Intermediate Middle School

Welcome to our Lunch Cafe

11/23/2020 - 11/27/2020

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 glaten and allergen free foods and purchase locally when seasonally available. Check us out at www.Whitsons.com.

	Monday	Tuesday	Wednesday	Thursday	Friday
World T.	Homemade Pasta & Meatballs freshly baked meetballs with tomato sauce over pasta ( ) ( ) Steamed Italian Vegetables Homemade Garlic Bread	CHICKEN PARM ESAN SANDWICH Steamed Italian Vegetables Fresh Orange	Curbside Pick Up KHS Student Lot	HANKSGIVILIE DAVI	SCHOOL CLOSED TODAY
Great San American	Dagwood freshly made sandwich topped with thinly sliced turkey breast, ham, salami, and cheese with crisp lettuce and tomato Fresh Broccoli Ranch Dressing	BBQ Chicken Wrap chicken breast with BBQ sauce, lettuce and tomato In a wrap Hornemade Carrot & Raisin Slaw Fresh Apple	10:30am to 11:30am	THANK SGIVING	SCHOOL CLOSED TODAY
Coyote GRILL	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce (>>> Corn & Black Bean Salad Fresh Orange	Nachos Grande tortilla chips topped with freshly prepared mexi style meat and cheese sauce > Com & Black Bean Salad Fresh Orange	Check for Menu Details on Killingly	HANKSGIVING DAVING	SCHOOL CLOSED TODAY
Healthy	Shake 'Em Up Salads a delicious salad to go, made with lettuce, tomatoes, cucumbers, carrots, peas, com, turkey and mozzarella cheese, served with dinner rolis Cucumber Coins	Strawberry Field Spinach Salad fresh spinach tossed with strawberries, cucumbers and sunflower seeds  Romaine Lettuce Fresh Blueberries Feta Cheese Whole Wheat Club	Public Schools Website	жикейлие	SCHOOL CLOSED TODAY
	The kitchen ma			ny allergy concerns or vkozlowski@killi	nglyschools.org
		why you should take	_	Meals. ee school meals beir ne and prepping lun	_
	-lt's confide -Y	It's comforting & far ntial & not just for lo u're helping the loc u're helping the foo USDA is covering t	niliar to your kids to ow-income families, al food service progr d program use up fo ne cost for these me	nave food from scho all Killingly students am stay financially at od inventory = less w als during COVID-19 slse who needs it mo	ol are welcome loat aste
WHITSONS SIMP	PLY ROO	Meals are approved	to be served for in person and virtual les	of a market students for schools on the arners. Inquire with your schools district of thoice of fruit, choice of vegetable, choice of	fice to see If your school is participating

Made With Natural Ingredients

**W** Vegetarlan

Pork

**Diane T. Summa, PhD**Interim Superintendent of Schools dsumma@killinglyschools.org



Mr. Paul Brenton Assistant Superintendent pbrenton@killinglyschools.org

Dear Killingly Families,

Our school system follows the CT State Travel Advisory Executive Orders, which require quarantine in many travel circumstances.

#### Reporting Student Travel and Return from Travel Requirements

- Please notify your school nurse prior to travel to any state or country on the CT <u>Travel Advisory list</u>. The state list is updated every Tuesday, so be sure you are aware of the most updated information.
- 2. Students who return from spending more than 24 hours in a state/country on the Travel Advisory list are required by the current State of CT Order to guarantine for 14 days.
- You may choose to shorten the 14 day quarantine period by having a PCR COVID test with
  negative test results. If you choose this option, follow the process outlined below. A full explanation
  of state requirements follows as well.
  - The Rapid COVID-19 test is not allowed under state law in lieu of the 14 day travel quarantine. The State allows a PCR COVID test with negative results instead of the 14 day travel quarantine
  - You must send the written PCR test results to your school nurse.
  - You must also send a copy of the email notice you sent to the state requesting that your quarantine be shortened by your negative PCR test results. See state explanation below.
  - Your school nurse will inform you of your return to school and school activities date based on the documents (PCR test/email notice) you submit.

#### Excerpts from the CT Travel Advisory website: (subject to change)

Can travelers be tested for COVID-19 instead of self-quarantine?

Yes, an Affected Traveler is exempt from the self-quarantine requirement if the Affected Traveler:

- (1) has had a test for COVID-19 in the seventy-two (72) hours prior to arrival in Connecticut or at any time following arrival in Connecticut,
- (2) the result of such COVID-19 test is negative, and
- (3) he or she has provided written proof of such negative test result to the Commissioner via email to: DPH.COVID-Travel@ct.gov or via facsimile to: (860) 326-0529.

If a test was obtained in the seventy-two (72) hours prior to arrival in Connecticut, or following arrival in Connecticut, and such Affected Traveler has not yet received his or her test results, such traveler shall remain in self-quarantine in Connecticut until a negative test result is submitted to the Commissioner. If the test result is positive and the traveler is asymptomatic, he or she shall self-isolate for ten (10) days from the date of the test; if symptomatic, he or she should seek medical assistance.

Travelers who test positive for COVID-19 prior to traveling to Connecticut should delay such travel and consult with a medical professional. All Affected Travelers are required to complete the <u>Travel Health Form.</u>

What tests are acceptable for the testing option? Nucleic acid tests such as reverse transcriptase polymerase chain reaction (RT-PCR) tests are the only acceptable testing option. Neither rapid antigen tests nor antibody tests for COVID-19 satisfy the testing requirement for the testing exemption.

# Contact Free Fundraising REGISTER USING OUR APP OR VISIT

# www.meadowfarms.com

**SCHOOL NAME:** 

**SALE DATES:** 

Killingly Intermediate School

11/6/20-11/27/20



## Step 1:

Visit meadowfarms.com
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# Step 2:

**Enter School ID** 

MF1030665

## Step 3:

Follow on screen directions to build and share your online store



"helping our youth in fundraising"

700 Silver Street, Agawam, MA 01001 • 800.886.7895 • info@meadowfarms.com

# Think Pink store is still active and is now having a 25% off sale!















For more options, the "Killingly Strong No Matter the Distance" logo comes in Black, Pink & Maroon.

You have the ability, to change the color of apparel or the text on many of the logos!

https://apparelnow.com/think-pink-apparel

(Nike products not included in any sales)

(Offer valid through November 22, 2020)



Killingly Parks and Recreation, The Killingly—Brooklyn Rotar and the Killingly Public Library hope you can join us for;

# The Holly-Jolly Car Caravan



Come visit your Holiday Friends as they'll be spending an evening in Killingly and safely wishing everyone a great Holiday Season. Drive by the festive wagons and wave to Mr. and Mrs. Claus and their friends Frosty and Rudolph as the elves collect your letters to Santa and distribute a snack. There will also be an opportunity to drop off a gift for the Tommy Toy Fund. All of this right from the warmth and comfort of your own car.

WHEN: FRIDAY, DECEMBER 4TH
TIME: 5PM-7PM

WHERE: KILLINGLY INTERMEDIATE SCHOOL

Cars will enter, stay to the right and drive around the back of the building to get to the front lot where the characters will be along with the mailbox for letters and Tommy Toy drop off point. Everyone MUST stay in their cars and please follow any further instructions given that night for the safety of all.

Thanks to our friends at KillinglyBrooklyn Rotary for the snacks and the
Killingly Public Library with delivering

the letters to Santa.

## TOMMY TOY FUND

We are working with the CT Tommy Toy Fund to collect new toys as part of this event. Just watch for spot along the drive to hand off the toy to one of our elves.



Think of the days of old when variety shows ruled the airwaves and families gathered to listen and watch at the holidays.



A very different Cabaret this year but the annual family classic will still go on. Cast and Crew have done a marvelous job putting together a show which will be broadcast on WINY radio and on local television - channel 22.

WINY Broadcast Thursday, December 17th at 6PM

Please check the Killingly Parks and Recreation Facebook page for Channel 22 air dates as we get closer to mid-December.

From all of us have a wonderful holiday season and happy new year!

#### **COVID PROTOCOLS**

This is a friendly reminder for parents to monitor your child's health daily. We are coming upon flu season and monitoring symptoms is key to keeping our community healthy and safe. If any symptoms listed below are present, please keep your child home and notify the school nurse, Susan Spagnuolo, at 860-779-6725.

Symptoms may appear 2-14 days after exposure to COVID 19.

#### SYMPTOMS CAN INCLUDE:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body ache
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

If your child has had contact with a person who has COVID-19, keep your child home and notify the school nurse.

### WHAT COUNTS AS CLOSE CONTACT?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them
- You shared eating or drinking utensils
- You were sneezed or coughed upon, or somehow got respiratory droplets on you

Susan Spagnuolo, RN