

# Killingly Intermediate Middle School

Welcome to our  
Lunch Cafe

11/30/2020 - 11/30/2020

Monday

Tuesday

Wednesday

Thursday

Friday

World  
MARKET

Chicken Corn Dog  
juicy chicken hot dog  
surrounded with a corn  
dog crust  
Mixed Vegetables  
Oven Baked Fries  
Fresh Orange

Great  
AMERICAN  
SANDWICH CO.

Buffalo Chicken Wrap  
warm chicken marinated  
in Buffalo sauce wrapped  
in a tortilla with lettuce  
and tomato 🍌  
Cucumber Coins  
Ranch Dressing  
Fresh Apple

Coyote  
GRILL

Nachos with Cheese  
creamy cheese layered  
over a bed of nachos 🌶️  
Spicy Black Bean  
Salad  
Salsa

Healthy  
HARVEST

Garden Salad Entree  
fresh garden salad  
topped with meat 🍌  
Mixed Berry Cup  
Potato Salad

World  
MARKET

Curbside  
Pick Up  
KHS  
Student Lot

10:30am  
to  
11:30am  
Check  
for  
Menu  
Details  
on  
Killingly  
Public  
Schools  
Website

Please contact the school nurse with any allergy concerns.

The kitchen manager can be reached at 860 779 6735 or vkozlowski@killinglyschools.org

## No. Really. Take the Meals.

Reasons why you should take advantage of the free school meals being offered:

- It extends your food budget & saves you time and prepping lunches
  - It's comforting & familiar to your kids to have food from school
  - It's confidential & not just for low-income families, all Killingly students are welcome
  - You're helping the local food service program stay financially afloat
  - You're helping the food program use up food inventory = less waste
- USDA is covering the cost for these meals during COVID-19  
You're not taking it away from someone else who needs it more

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](http://www.Whitsons.com).

The USDA has approved FREE breakfast and lunch for all students for schools on the NSLP/SBP for the 2020-2021 school year. Meals are approved to be served for in person and virtual learners. Inquire with your schools district office to see if your school is participating. All lunches include a meat or meat alternate, choice of fruit, choice of vegetable, choice of 1%, fat free or flavored milk & a grain.

\*\*\*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

Pork

Smart  
Choice

Made With  
Organic Ingredients



# Contact Free Fundraising

REGISTER USING OUR APP OR VISIT

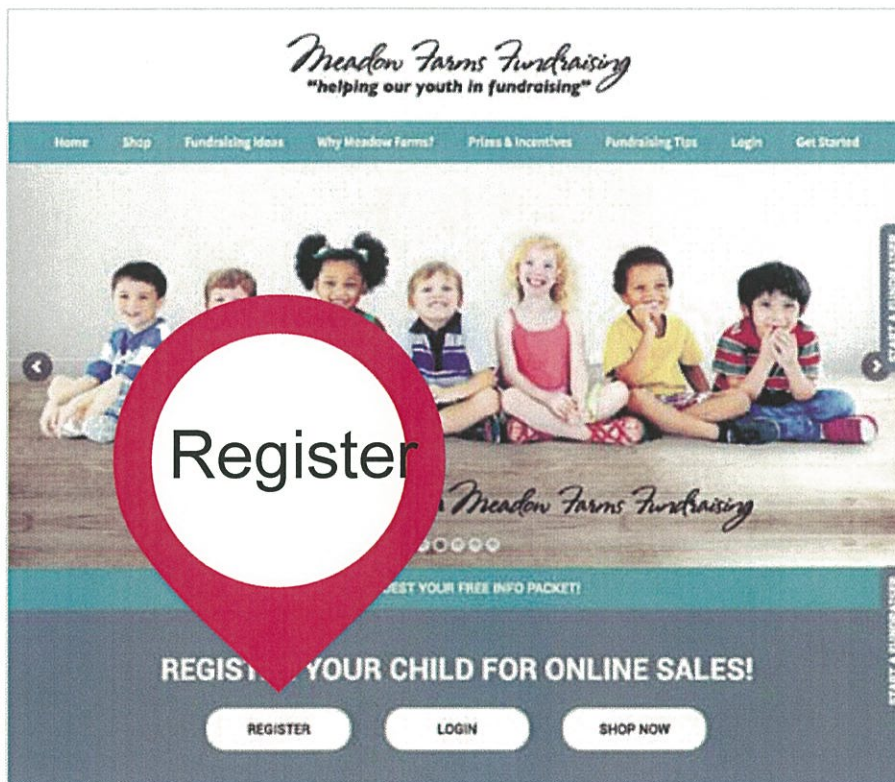
**www.meadowfarms.com**

**SCHOOL NAME:**

**Killingly  
Intermediate School**

**SALE DATES:**

**11/6/20-11/27/20**



**Step 1:**

Visit meadowfarms.com

**CLICK REGISTER**

**Step 2:**

Enter **School ID**

**MF1030665**

**Step 3:**

Follow on screen  
directions to build and  
share your online store



**Meadow Farms**

"helping our youth in fundraising"

700 Silver Street, Agawam, MA 01001 • **800.886.7895** • [info@meadowfarms.com](mailto:info@meadowfarms.com)

**SPREAD THE WORD ON SOCIAL MEDIA USING OUR APP**



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**FALL PICTURES ARE HERE!**



**PACKETS HAVE BEEN DELIVERED TO  
COHORT A IN PERSON STUDENTS.**

**+ COHORT B AND DISTANCE LEARNING  
STUDENTS  
MAY CONTACT THE KILLINGLY INTERMEDIATE  
SCHOOL MAIN OFFICE AT**

**[kisoffice@killinglyschools.org](mailto:kisoffice@killinglyschools.org)**

**TO ARRANGEMENTS FOR PICK UP  
ON WEDNESDAY, DECEMBER 2, 2020**

**7:00AM – 3:00PM**

**PLEASE CONTACT **LIFETOUCH** DIRECTLY WITH  
ANY QUESTIONS OR CONCERNS**

**203.937.2365**



## Registration

### **Sorry, No In-Person Registration**

Please contact the  
Killingly Family Resource Center  
to register

860-779-6773

**Mondays November 23<sup>rd</sup>, 30<sup>th</sup> and December 7<sup>th</sup>  
9:00am-3:00pm**

All applying families must be approved and pre-registered to receive toys.  
Confirmation page will be mailed or emailed separately.





## **2020-2021 KIS PTO Meeting Schedule**

**Meetings are held on the first Thursday of every month at 6:30 PM.**

**October 1, 2020**

**November 5, 2020**

**December 3, 2020**

**January 7, 2021**

**February 4, 2021**

**March 4, 2021**

**April 1, 2021**

**May 6, 2021**

**June 3, 2021**

Join Zoom Meeting

<https://us04web.zoom.us/j/71683810400?pwd=RFIsVk9lWCt6aXczajhOZ29lcm85Zz09>

Meeting ID: 716 8381 0400

Passcode: KISPTO



# *Knights of Columbus*



## **"Coats for Kids"**

**Free, New, Warm Winter Coats for  
Needy Local Children**

**Friday, November 27, 2020 (the day after  
Thanksgiving), 9:00 a. m. until 12:00 p. m.**

**Town of Brooklyn Recreation Department  
69 South Main Street  
Brooklyn, Connecticut**

**ALL NEEDY LOCAL CHILDREN ARE INVITED, WITH  
THEIR PARENTS OR GUARDIANS, TO BE FITTED  
FOR A BRAND NEW, FREE, WARM WINTER COAT  
THEY CAN WEAR HOME RIGHT AWAY.**

*No charge, no obligation...for all needy, local  
children, ages 3 to 17*

*Children's Sizes: Small to Extra Large, in styles for  
Boys and Girls, with various colors to choose from*

**THE SUPREME COUNCIL OF THE KNIGHTS OF COLUMBUS AND THE AREA'S  
LOCAL K OF C COUNCILS HAVE DONATED NEW, WARM WINTER COATS FOR  
NEEDY LOCAL CHILDREN, REGARDLESS OF RACE, RELIGION, ETHNICITY  
OR ANY CRITERIA OTHER THAN NEED. IF YOU HAVE A CHILD IN NEED, YOU  
ARE WELCOME TO BRING HIM OR HER FOR A NEW COAT.**

For information, please call Former District Deputy John D. Ryan, at (860) 928-7241.

*Hosted by the Brooklyn Recreation Dept. and Mystical Rose Council 49, Knights of Columbus, Brooklyn*

**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**

1. Please notify your school nurse prior to travel to any state or country on the CT [Travel Advisory list](#). 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 quarantine for 14 days.
3. 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 [Travel Health Form](#).

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.

## 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