October 27, 2022

 Message from Mrs. Behnke • Open house tonight

November breakfast & lunch menus

In this week's Bird's Word:

Flyers

Dear Falcon Families,

Reminder: No school November 8th, Teacher Workshop Day

Message from Mrs. Behnke

seriously and the safety and security of our staff and students is our top priority everyday. This week we experienced an unexpected local event that warranted our need to activate a lockout at school. This meant that no one was allowed in our out of the building during this event. Learning continued as normal in the classrooms. We do

recognize that this may have caused anxiety for some which is a very normal and expected reaction to trauma inducing events such as this. We are here to support if you have any questions or want to talk more please reach out to me or Julianne Larsen, school psychologist. On another note, we have navigated quite a bit over the past couple years and it is nice to have a sense of normalcy in our lives again. Some of the normalcy is noticeably back, such as, Open House, in person conferences, students moving to different classes, field trips, volunteers in classrooms, and now we will begin to welcome visitors in the lunchroom. If you are interested in coming in to have lunch with your child, we ask that you call the school office 651-646-0021 before 10:30am to inform us that you will be coming and upon arrival you will be asked to complete a COVID screener in the main office. The purpose is to maintain awareness and accountability to those entering

Thank you for trusting us with your precious children. We take this responsibility very

the building for all purposes, including lunch. We hope to see many you this evening at our first open house in two years!!! Open House tonight! Come to our open house from 5:00-7:00pm. The PTA will offer a pizza dinner for purchase from 5:00-

• Cheese, Pepperoni and Sausage Pizza slices: \$2 • Pop, Water and Milk: \$0.50

• Cookies: \$0.50

6:30pm in the cafeteria (cash or check):

Flyers

Scholastic Book Fair will be open during the Open House.

and



Open Swim

12:45pm-1:45pm

9:30am-10:45am

X

HOURS FOR OCTOBER 31 - DECEMBER 22 Day Monday **Tuesday** Wednesday

Lap Swim 11:00am-12:30pm 7:45am-9:00am 11:00am-12:30pm 7:45am-9:00am

OPEN SWIM!



using the regulations of emotions! We will have a short discussion framing the session before the painting begins, and a short reflection after our creative time together to debrief on the experience.



SATURDAY,

NOVEMBER 5

10:00 a.m. - 1:00 p.m.

FREE DRIVE-THROUGH

GROCERY EVENT



WINTER

Fresh Produce

Distribution

Address: (Student Center Room) 101 690 E 7th St, St Paul, MN 55106 2:30 - 4:00 p.m. November 9th, 2022 | December 7th, 2022 January 11th, 2023 | February 8th, 2023 March 8th, 2023 | April 12th, 2023

May 10th, 2023

Recommendations: You will want to bring your own bags and a cart if you

• Eligibility: Our Fresh Produce events are open to everyone! Requirements: Nothing, just yourself. ID is not required to attend.

State University

• Covid-19: This event is held indoors, masks are encouraged. Other: Please note, your fist visit will require an onsite registration process that will take 5-10 minutes to complete. • Parking: You can park in the Metro State ramp parking for \$5. Otherwise, street parking is available along 7th St. and Bates Ave. Weather Permitting If there is winter storm or severe winter weather warning, we may cancel the event. Please visit our website the day of the event to make sure the event is not cancelled before arriving.

www.neighb.org

Anpétu Téča Education Center Us! (1910 County Road B W. in Roseville) Enjoy a "super snack" from our Nutrition class of Services Department!

Dance to the

Teddy Bear Band

(and bring your

favorite teddy bear as a dance partner)!

or call 651-635-1605

Thursday, November 10

5:30-7:30 p.m.

Join

Be a star in our

Raider photo

booth!

Meet principals & teachers!

Climb aboard a real school bus!



November Breakfast/Lunch Menu Roseville Area Schools Nutrition Services

Monday 31

Mega Cereal Bowl

Choices

Stuffed Crust Pizza

Steamed Carrots Grapes

Bistro Box

Monday 7

Banana Bread

Cheesy Mozzarella Bites

Marinara Sauce

Steamed Broccoli

Orange Wedges

Tortellini Salad

Breakfast

Lunch

Grab N Go

Breakfast

Lunch

Grab N Go

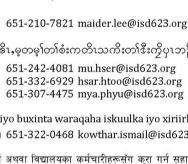
GRADES 4-6 | MONDAYS, NOV 7 - JAN 23, & WEDNESDAY, JAN 18 | 6:45-8 PM | \$185

GOTTÁ MAKE THEM ALL!

In this week-long camp, we will have the opportunity to create our own battle creatures, much like Pokémon! We'll develop their image, build them, and figure out their skills, weaknesses and unique traits. Then, the creatures can battle each other!

with String Cheese and Monday 21 Tuesday 22 Wednesday 23 Thursday 24 Friday 25 Mega Cereal Bowl Mini Maple Pancakes Cheddar Omelet Cinnamon Goldfish Graham NO SCHOOL NO SCHOOL Diced Chicken and Gravy Mashed Potatoes Mandarin Orange Plant Based Taco Tortilla Chicken Steamed Brown Rice Pico de Gallo Green Peas Orange Wedges Kiwi Shelled Edamame Orange Wedges

Roseville Area Schools Quality Teaching & Learning for All ..Equity in All We Do



651-503-9319 anthony.anderson@isd623.org 651-278-1897 levy.jones-iii@isd623.org 651-726-4215 james.hoskins@isd623.org 651-239-2826 shvonne.johnson@isd623.org 651-359-0572 gabriella.carroll@isd623.org

651-332-6513 guadalupe.thornhill@isd623.org

Baked Beans Assorted Fresh Fruit Squash Wild Rice Pilaf Cranberries Soybutter Sandwich Soybutter Sandwich Soybutter Sandwich with Soybutter Sandwich Soybutter Sandwich String Cheese and Crackers with String Cheese and Crackers with String Cheese with String Cheese Bagel and Chocolatey Chickpea Spread Bagel and Chocolatey Chickpea Spread Bagel and Chocolatey Chickpea Spread

Mini Cinnis

Grilled Cheese

Tomato Soup

Cucumber Slices Fresh Fruit

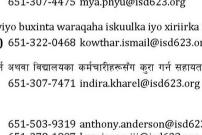
Tuesday 29

Turkey Sausage Breakfast Pizza

Grilled Cheese Tomato Soup Cucumber Slices

Blueberries

Bistro Box

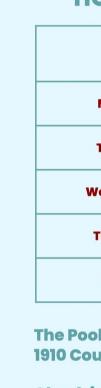


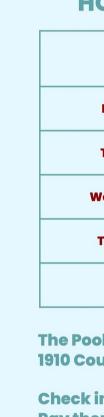
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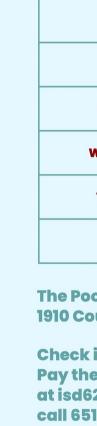
1393 Garden Ave. W. To continue receiving our emails, add us to your address book.

The Pool at Anpétu Téča Education Center 1910 County Rd B W in Roseville Check in at the front desk! Pay there, pay ahead online at isd623.ce.eleyo.com, or call 651-604-3770. \$6 per session or \$25 for 5 sessions PAINT IT OUT! Students will be welcomed to paint out how they feel in this class





















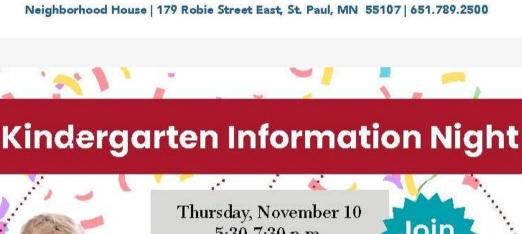














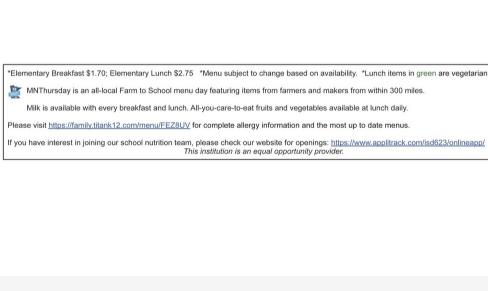












Roseville Area Schools Nutrition Services

Banana Bread

Stuffed Crust Pizza Steamed Carrots

Grapes

Bistro Box

Monday 28

Breakfast

Grab N Go

Lunch

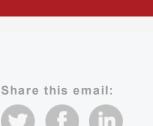


Liz Gallegos (RAHS, CP, EDW) Cecilia Martino (RAHS, RAMS)

Ginger Ayala (RAHS,ECSE, EC) Veronica Martinez (LC)

Contact one of our cultural liaisons.

llame a:



American Indian:

Gabriella Carroll Lupe Thornhill

Falcon Heights, MN | 55113 US This email was sent to .

Subscribe to our email list.

Elementary Breakfast and Lunch Menu November 2022 Tuesday 1 Wednesday 2 Thursday 3 Mini Maple Cheddar Omelet Oatmeal Breakfast Pancakes Cinnamon Goldfish Round Diced Chicken and MN THURSDAY Chicken Corn Dog Gravy Mashed Potatoes Steamed Broccoli Assorted Fresh Fruit Chicken Yassa Jollof Rice Green Peas Roasted Sweet Orange Wedges Potato Banana Bistro Box Bistro Box Bistro Box Tuesday 8 Wednesday 9 Thursday 10 NO SCHOOL Peach Pancake Turkey Ham and Bowl Cheese Croissant

Chicken Drumstick Whole Grain Biscuit

Mashed Sweet

Blueberries

Tortellini Salad

Wednesday 16

Yogurt and

Blueberry Muffin

Smoked Turkey Sub

Sandwich

Whole Grain

Sunchips

Beef Hotdog Whole Grain Bun

Steamed Carrots Local MN Apple

Tortellini Salad

Egg and Cheese

Breakfast Bagel

MN THURSDAY

Diced Turkey Gravy Mashed Potatoes Roasted Delicata

Friday 4 Strawberry Cream Cheese Mini Bagel

Beef Burger

On a Bun Baked Beans

Assorted Fresh Fruit

Bistro Box

Friday 11 Strawberry Cream Cheese Mini Bagel

Buttermilk Pancakes Colby Cheese Omelet

Seasoned Breakfast

Potatoes

Banana

Tortellini Salad

Sweet Cinnamon

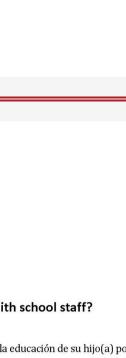
Waffle

Macaroni and Cheese

Steamed Green Beans

Apple Wedges

Wednesday 30 Peach Pancake Bowl Chicken Corn Dog Steamed Broccoli Assorted Fresh Fruit Bistro Box



Do you need help with school paperwork or communicating with school staff? Spanish: Si necesita ayuda con los formularios escolares, o tiene alguna pregunta sobre la educación de su hijo(a) por favor 651-703-4753 elizabeth.gallegos@isd623.org 651-235-3426 cecilia.martino@isd623.org 651-233-9126 ginger.ayala@isd623.org 651-724-6492 veronica.martinez@isd623.org Hmong: Yog nej xav tau kev pab txog cov ntaub ntawv tuaj ntawm tsev kawm los xav txuas lus nrog cov neeg ua haujlwm thov Karen: နမ့ဉ်လိဉ်တၢမၤစၢၤဘဉ်ဃးဇီးလံဉ်စိၤလဲ႞ၜိၤ,မ့တမ့ၢ်တၢ်စံးကတိၤသကိးတၢ်ငီးကိုပုၤဘဉ်မူဘဉ်ဇါဝံသးစူၤဆဲးကျာဘဉ် Somali: Hadii aad u bahantahay in laga caawiyo buxinta waraqaha iskuulka iyo xiriirka mamulka fadlan lasoo xiriix Bhutanese: यदि तपाई विद्यालयका कागजी काम गर्न अथवा विद्यालयका कर्मचारीहरूसँग कुरा गर्न सहायता चाहनुहुन्छ, भने कृपया संपर्क गर्नुहोस्