



January 19, 2023

In this week's Bird's Word:

- Falcon Families for Equity and Justice
- Shout Out to Student Leaders
- Girls on the Run
- From the Health Office
- Flyers
- January lunch menu

NO SCHOOL Monday, January 30 -- Teacher workshop day



FALCON FAMILIES FOR EQUITY AND JUSTICE

FFEJ Updates

We would love to have you join our next meeting!

We will host our next meeting on **Wednesday, February 1st at 7:00 pm**. This will be in-person at school with child care! We will also send out a Zoom option.

This meeting will be with Deion Smith, our district Director of Equity and Innovation. He is joining us to provide updates regarding equity work in the district. He will also lead a discussion on how to have productive conversations, which we hope will provide a common framework for discussions about supporting equity and antiracism in our school.

We hope that many of you will join to learn more!

For more information feel free to email us at falconfamiliesforequityjustice@gmail.com.

Family Service Night was again a HUGE success!

Thank you to the many volunteers, community members, parents, teachers, and of course students who attended!

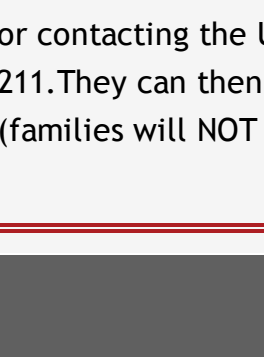
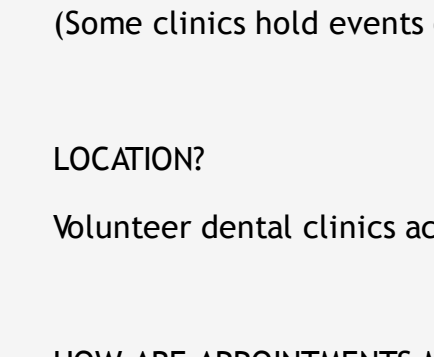
A special shout out to our sponsors for their generous donations, the Student Leader Group for collecting items for the event, and Girl Scout Troop #57534 for helping lead an activity.

We had over 150 attendees and were able to complete snack packs for MatterBox, bird houses for Twin Cities Habitat for Humanities, blankets for My Very Own Bed, Pre-K kits and laundry cups for People Serving People, snuffle mats for Pet Haven, lunch bags for Meals on Wheels, and a beautiful community art project!

Thank you for making this year's event so fun and we look forward to seeing everyone in 2024!

Shout Out to Falcon Heights Student Leaders

Thank you Falcon community for supporting the Pre-School Activities drive! The student leaders learned about how groups of people decide which organizations to support. They also learned how to promote a donation drive by making a video, creating posters, and giving daily morning announcements to the school. The student leaders also sorted and inventoried the donations. All in all, we collected 29 games, 86 boxes of markers/crayons, and 73 coloring books. Thanks for your help in making our donation drive a success!



GIRLS ON THE RUN

Falcon Heights Elementary will once again be hosting a Spring season of Girls on the Run for 4th-6th grade girls!

Details:

- Registration opens Feb. 1 at www.gotrnn.org
- Program Dates: March 27 - June 5
- Final 5k will be during the first weekend in June
- GOTR meets Monday AND Wednesday, 3:30 - 5:00pm at the school
- Girls must be able to attend both days each week during the 10 week session
- SCHOLARSHIPS AVAILABLE!!

Find more about the program and registration: <https://www.gotrnn.org/3rd-5th-grade-program-details>Please contact Nicole Fleming (651-276-2640 or at nicmfleming@gmail.com) with questions or for assistance signing up!

From the Health Office

Winter Gear

The health office has a very limited number of extra snow pants and winter gear. Please ensure your student has snow pants, mittens/gloves, a hat, and jacket each day. If you need help accessing our district community resource room for winter gear, please contact our school social worker, Natalee Tangen, NATALEE.TANGEN@isd623.org or 651-724-6335.

FREE DENTAL CARE for underserved children

APPOINTMENTS ARE OPEN!

Friday, Feb. 3 & Saturday, Feb. 4, 2023

Give Kids a Smile is a charitable outreach program that provides free dental care to underserved children (typically ages 3-18). Dental clinics throughout the state volunteer to provide these services during Children's Dental Health Month.

FIND A CLINIC

WHEN IS IT?

February 3 and 4, 2023

(Some clinics hold events on alternative dates.)

LOCATION?

Volunteer dental clinics across the state.

HOW ARE APPOINTMENTS MADE?

Families can locate a participating clinic by visiting www.mndental.org/gkas or contacting the United Way by dialing 2-1-1 or texting the zip code to 898-211. They can then contact the clinic directly to schedule an appointment. (families will NOT be asked any eligibility questions).

Flyers

Nov/Dec KIDS EVENTS

Textile Workshop
Crocheted Creations
Thursday, January 19, 3:30 p.m.
RCL-New Brighton
Appropriate for ages 7-12.

Learn how to crochet, starting with the basic stitches! Then follow a pattern or go freeform to design your own accessories, like a scarf or decorative wall hanging and try out different yarns as you go! Register on the Library's online calendar. [Link](#)

Kumihimo Bracelets
Friday, February 10, 10:30 a.m.
RCL-Roseville
Appropriate for ages 7-12.
Kumihimo is a Japanese art form of braiding that was used to lace up protective armor. Now Kumihimo is used as an art form used to decorate just about anything. Register on the Library's online calendar. [Link](#)

Kindergarten Party with V.T. Bidania
Saturday, January 28
10 a.m. - Noon, 1:30 p.m.
RCL-Shoreview
Ramsey County Library is hosting its annual Kindergarten Card Party! All kindergartners in suburban Ramsey County will receive an invitation to this event through their school, but everyone is welcome to attend. Local Minnesota author, V.T. Bidania, will be giving three presentations to young readers about how she creates her stories and pictures; and how important the library and having a library card will be in their school careers. She will also be available for autographs. [Link](#)

Jan. 2 - April 1
Join Ramsey County Library and Parks & Recreation for a Book Hunt at Battle Creek Regional Park!
Appropriate for ages 6 and older.
Head to Battle Creek Regional Park for a book scavenger hunt! Solve the clues to find the name of a popular book series by using the park environment, then be entered to win an autographed copy of the first book in the series!

To get started, download the Beanstack app and visit Battle Creek Regional Park. Sponsored by Ramsey County Library Friends and Parks & Recreation.

Teens 100 Books Before Challenge
Join one of our multi-year reading challenges to get special perks like monthly raffles, prizes for reaching milestones and a grand prize when you finish.

- To sign up:
- Visit rclreads.beanstack.org.
- Choose the challenge for your age group.
- Log your books.
- Earn badges and prizes.

MakerTeen
Tuesdays, 3-5 p.m.
RCL-Roseville
Tuesdays, 4-6 p.m.
RCL-Shoreview
MakerTeen is all about being creative, making new things, using high-tech and low-tech tools to change your world. Join us for weekly hangouts where we will chat, make together and share creations. What will you make?

Teens 100 Books Before Challenge
Join us for a safe, welcoming place to hang out, have fun and talk about issues related to sexual orientation and gender identity and expression.

Atomic Cosmic Wednesdays
Wednesdays, 4-6 p.m.
RCL-Shoreview
Come talk about your favorite comics and learn about different styles of comics. We'll focus on a different theme each month, such as silent comics, superheroes, Manga, and more.

Cosmic Gaming Wednesdays
Wednesdays, 4-6 p.m.
February 5
RCL-Shoreview
Join us to play video games on systems like the Nintendo Switch and Xbox One, eat snacks, and hang out.

MAKER TEEN EVENTS
bit.ly/RCL-MakerTeen
Teen events and virtual programs are funded with money from Ramsey County Library Friends, unless otherwise noted.

RAMSEY COUNTY Library
rclreads.org/teens

JOIN BOYS AND GIRLS LACROSSE
YOUTH - MIDDLE SCHOOL AGE
rosevilhelacrosse.org

2023 REGISTRATION IS OPEN FEB 1 - MAR 31, 2023

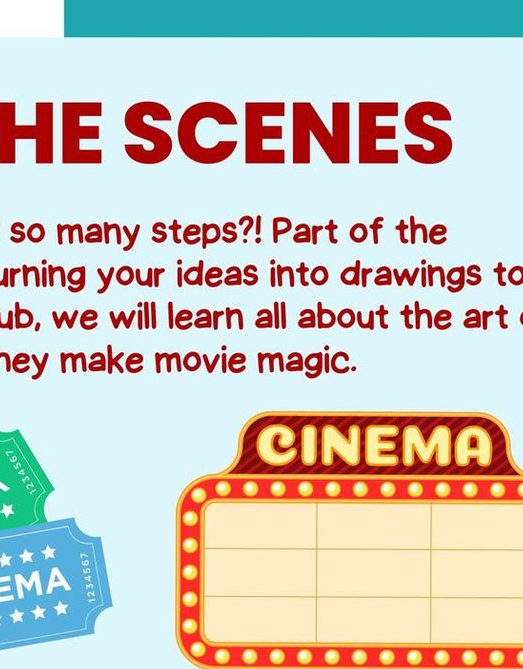
YOUTH TEAMS FOR BOYS & GIRLS AGES 6-14

WE WELCOME PLAYERS OF ALL EXPERIENCE LEVELS

TRY LAX FOR FREE EVENTS
BOYS: FEB 19 1-3 pm
MIXED: FEB 20 1-3 pm
GIRLS: MAR 19 1-3 pm
AT ACCELERATION NORTH
MORE INFO ON OUR WEBSITE
rosevilhelacrosse.org

RYALA LACROSSE SEASON RUNS APRIL-JULY
ROSEVILLE AREA YOUTH LACROSSE ASSOCIATION
IS AN AFFILIATION OF ROSEVILLE PARKS AND RECREATION

Roseville Area Youth Baseball
youth teams for all kids ages 6-19

2023 REGISTRATION IS OPEN
Season runs from April to JulyREGISTER TODAY!
AT RAYB.ORG

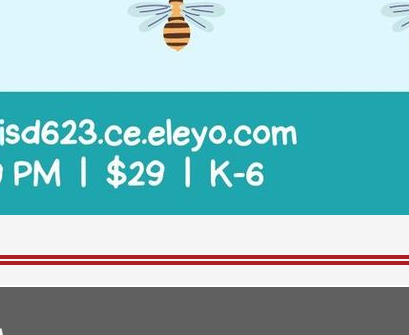
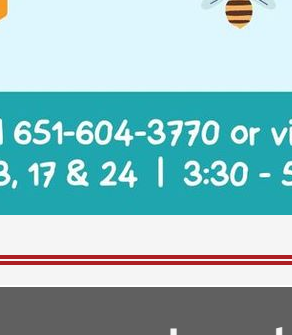
Sign up by 2/28 for Early Registration Pricing

RAYB is an affiliation of
Roseville Parks and Recreation

ROSEVILLE COMMUNITY EDUCATION Youth Enrichment Opportunity!

BEHIND THE SCENES

Who knew making a movie had so many steps?! Part of the process of making a movie is turning your ideas into drawings to create a masterpiece. In this club, we will learn all about the art of making storyboards and how they make movie magic.



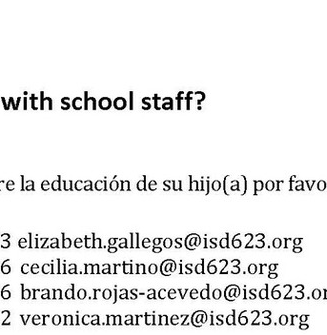
To register, call 651-604-3770 or visit isd623.ce.eleyo.com
Tuesdays, Feb 7 - Feb 28 | 3:30 - 5:00 PM | \$39 | 3-6

Parents: prioritize your education this winter! Go back to school for your diploma, learn to speak and write English, or advance your career skills at the

ROSEVILLE ADULT LEARNING CENTER

Second semester begins on Monday, January 30th. Now is a great time to join for a fresh start!

- Online Classes and/or In-Person Classes
- Morning, Afternoon, and/or Evening Sessions
- English Classes - Speaking, Reading, Writing
- Computer Skill Classes and Certifications
- U.S. Citizenship Test Preparation
- Certified Nursing Assistant Career Pathway
- Translating and Interpreting Career Pathway
- Apprenticeship and Manufacturing Pathway
- Career Readiness



There is NO COST to take classes with us! Join today!

To register, call 651-604-3553, email alc-info@isd623.org or scan this QR code!



ROSEVILLE COMMUNITY EDUCATION Youth Enrichment Opportunity!

SAVE THE BEES

Did you know, we as humans cannot live without honeybees? In this club, we will be learning about the importance of bees in our everyday life. From the shape of their body, to the pollination of flowers, come learn about why bees are so important!

To register, call 651-604-3770 or visit isd623.ce.eleyo.com
Fridays, Feb 3, 17 & 24 | 3:30 - 5:00 PM | \$29 | K-6

January Lunch Menu

JANUARY LUNCH MENU					
2 NO SCHOOL	3 Chicken Alfredo Penne Pasta Garlic Toast Green Peas	4 Egg Roll Vegetables Fried Rice Shrimp Edamame Clementine	5 Beef Hotdog Whole Grain Bun Vegetarian Baked Beans Banana	6 Cheeseburger Whole Grain Bun Coleslaw	
7 Cheesy Macaroni & Bites Marinara Sauce Apple Wedges Italian Roasted Broccoli	8 Pasta Portillo's Baked Taco Tortilla Cherry Tomato Strawberries	9 Bistro Box	10 Bistro Box	11 Bistro Box	
12 Build Your Own Parfait	13 Build Your Own Parfait	14 Build Your Own Parfait	15 Build Your Own Parfait	16 Build Your Own Parfait	
17 NO SCHOOL	18 Beef Barbecue Baked Beans Steamed Green Beans Fresh Fruit	19 Crispy Chicken Fillet Mashed Potatoes Crispy String Cut Fries Kiel	20 Cheesy Chicken Enchilada Soup Russet Potatoes Steamed Broccoli	21 Macaroni and Cheese Coleslaw Blueberries	
22 Cheesy Bread Dunker Marinara Sauce Apple Wedges Roasted Broccoli & Cauliflower	23 French Toast Strips Chicken Struggle Party Baked Potatoes Clementine	24 Mandarin Orange Chicken Steamed Brown Rice Honey Sriracha Cakes Assorted Fresh Fruit	25 Turkey Balm M Sandwich Peanut Butter Warm Cinnamon Manges	26 Bolognese Meat Sauce Whole Grain Pasta Garlic Toast Steamed Green Beans Fresh Fruit	
27 Bagel and Chocolate Hummus	28 Bagel and Chocolate Hummus	29 Bagel and Chocolate Hummus	30 Bagel and Chocolate Hummus	31 Bagel and Chocolate Hummus	
32 Stuffed Crab Cheese Pizza Steamed Carrots Grapes	33 Chicken Alfredo Whole Grain Penne Pasta Garlic Toast Green Peas				
Bistro Box	Bistro Box				

