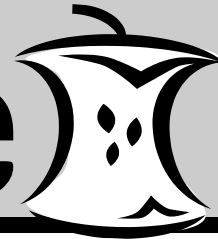


The Core



Orchard Elementary School ▪ 2 Baldwin Avenue, South Burlington, VT 05403 ▪ 802-652-7300

January 18, 2019
Volume 10, Issue 18

Important Dates

Martin Luther King Day

Monday, January 21
No School

Beauty & the Beast

Show Times:
January 24: Noon
January 25: 6:00pm
January 26: 5:30pm

Dear Parents & Guardians,

Today was a very positive day as we celebrated Martin Luther King Jr. A group of SB high school students from the Diversity Union came and gave workshops on MLK and his message, "Peace is more precious than diamonds or silver or gold." We ended the day with an All-School Meeting with songs of celebration and gratitude. It was a nice way to end our week and transition into a holiday weekend. Special thanks to the high school team for coming to each of the elementary schools.

The SBSB School Board has approved that the high school can wave the *Black Lives Matter* flag throughout February. Though we have not realized how this could impact the elementary schools, our staff recognizes the importance this has with the high school students and want to reach out and support their efforts. Please feel free to contact me with any questions.

~PTO News~

Save the date! Movie Night is coming February 15 at 7 pm!

Do you have PTO questions? Please find us online:
Facebook: www.facebook.com/orchardschoolpto
Website: www.orchardschoolpto.org
Email: orchardschoolvt@gmail.com
Konstella: <https://www.konstella.com>

Now that we are approximately at the half-way mark, I want to remind all families that your children might have access to the free lunch/breakfast programs. If your family income has been reduced, you might be eligible. Here is the link to the free lunch forms: <https://vt01819219.schoolwires.net/cms/lib/VT01819219/Centricity/Domain/40/2017%20Free%20and%20Reduced%20Application.pdf>. I would be happy to help with

any questions and everything is completely confidential.

Beauty & the Beast is next week! We're ready for the show, are you? Be sure to get your tickets—I recommend purchasing them ahead of time.

I hope you enjoy the snow and the holiday as a family.

Have a fun, thoughtful, pro-active MLK Weekend; take some time to read with your child. M. Trifilio

Farm to School

Looking for a healthy, plant-based alternative to that box of Spaghetti Pasta? Try Spaghetti Squash! Packed with nutrients, but for 170 less calories and 30 less grams of carbohydrates per serving. <http://www.commonroots.org/2019/01/09/farm-to-school-january-2019-spaghetti-squash/>

Megan Davidow, F2S Teacher

Lunch Menu from January 21—25

Monday	Tuesday	Wednesday	Thursday	Friday
MLK Holiday No School	Chicken Patty Sandwich Sweet Potato Fries or Tuna Salad Sandwich also: Fresh Fruit & Salad Bar	Maple Rosemary Chicken Rice Pilaf Garlicky Green Beans or Tuna Salad Sandwich also: Fresh Fruit & Salad Bar	Chicken Fajitas Vegetable Fajitas Spanish Rice Roasted Corn & Black Bean Salad or Tuna Salad Sandwich also: Fresh Fruit & Salad Bar	Cheesy Italian Dunkers Caesar Salad or Tuna Salad Sandwich also: Fresh Fruit & Salad Bar