



BURLINGTON SCHOOL DISTRICT

DECEMBER 7, 2018

FLYNN FLYER

JOHN J. FLYNN ELEMENTARY 864-8478 WWW.BSDVT.ORG



Food Drive
December 10th-20th

Rocket Launch
December 14
1:15

Flynn Firefly Food Drive

When: December 10th- December 20th

Where: Collection Boxes are located outside of the kindergarten classrooms.

Encourage your children to make a donation that helps people in our community.

The Flynn Staff feels very fortunate to be a part of our generous community. In lieu of gifts to us, please consider donating a food item.

All donations will benefit the Chittenden County Emergency Food Shelf

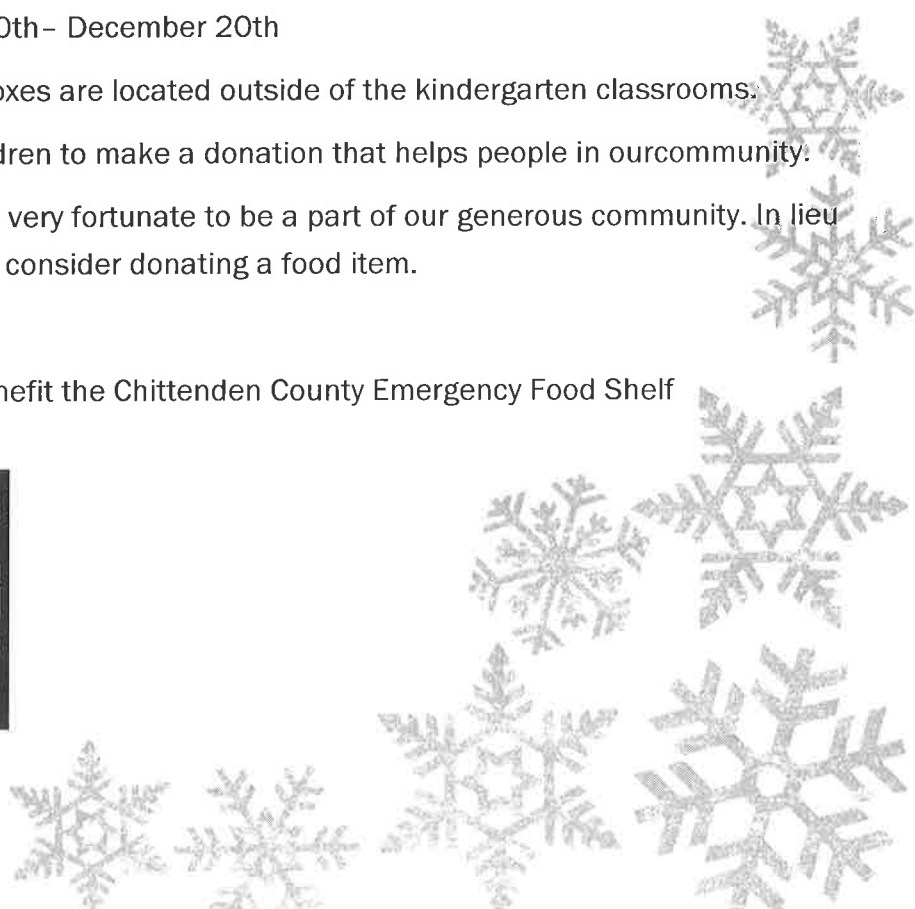


Assembly
Annual Sing Along
December 21st
1:00

Early Dismissal
November 13
11:30

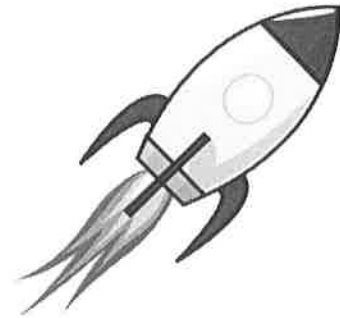
No School
December 24-January 2

PTO Meeting
January 10th
6:30



Fifth Grade Rocket Launch

The Fifth Graders will be launching rockets that they made at Starbase VT on Friday December 14th at 1:15. Parents are welcome to join them on the playground field. Please sign in at the office and pick up a visitors badge before heading to the playground.



Outerwear Swap



We have a selection of gently worn outerwear available in our lobby for those in need of winter coats, gloves, snow pants. If you are in need of a particular size or article of clothing please let us know.

We are taking donations of outerwear your family has out grown. Bring donations to the front office!



Recycle your old markers here at school

The ColorCycle program has repurposed more than 70 tons of expended markers in the United States and Canada since 2013, and uses the most advanced plastic conversion technologies available today to make wax compounds for asphalt and roofing shingles as well as to generate electricity that can be used to heat homes, cook food, and power vehicles

All around Flynn students and teachers will be collecting used markers that are ready to be discarded. Please help support our efforts by sending your kids in with any used markers you may have around the house- even non-Crayola brands! Highlighters and dry erase markers can also be included. Drop-off boxes will be located around the school for your child to deposit the markers.

Cooking Cart News

November's harvest vegetable was sweet potatoes.

Green Onion and Sweet Potato Fritters

Adapted from: <https://www.theendlessmeal.com/green-onion-and-sweet-potato-fritters/>

Makes: approximately 20 small fritters

Ingredients

- 1 medium red-skinned sweet potatoes
- 1 cup grated aged cheddar cheese
- ¼ cup chopped green onion
- 2 eggs
- ½ teaspoon sea salt
- ½ teaspoon fresh cracked pepper



Ingredient for the lemon yogurt

- ½ cup plain Greek yogurt
- 1 tablespoon fresh squeezed lemon juice

Instructions

1. Peel the sweet potatoes then grate them using the large holes on your cheese grater. Put them in a large bowl and add the cheddar cheese and chopped green onions. Whisk together the eggs with the sea salt and pepper and add them to the bowl with the sweet potatoes. Mix everything together well.
2. Heat a medium sized frying pan over medium-high heat. Once the pan is hot, add a splash of oil. Take a handful of the sweet potatoes and form it into a fritter - don't worry if it doesn't stick together well. Cook the fritters in the hot pan for 3-4 minutes per side. Press the tops of the fritters down gently, so they stick together better and adjust the heat if they start to get too brown.
3. While the sweet potato fritters are cooking, prepare the lemon yogurt. In a small bowl mix the yogurt, lemon zest, lemon juice and garlic.
4. Serve the sweet potato fritters with the lemon yogurt and some sliced green onions over top.

December's vegetable will be winter squash!

Talent Show Sign-up and Permission Slip

This year's talent show will be Friday, February 15th at 6:00 pm

Thank you for showing interest in this year's talent show.
We are including a list of possible talent choices.

Talent Show Ideas

Knock-Knock Jokes	Instrument Playing
Card Tricks	Name all the State Capitals
Poetry Reading	Juggling
How to...	Hula-Hooping
Dancing	Air Band
Ventriloquist	Balloon Animals
Jump-roping	Animal Noises
Jokes	Skits
Extreme Bubble Gum Blowing	Magic Tricks
Whistling	Gymnastics
Improv with props	Martial Arts
Mime	

Time Limits

Grades K-2- One minute or less

Grades 3-4- Two minutes or less

Grades 5- Three minutes or less

Student Name:

Teacher Name:

Talent:

I will need the following song for my talent:

I will be performing alone: yes or no

With others (please list names):

All performances need to be approved by school staff.

Parent Signature: _____

Phone: _____ **Email:** _____

_____ I am able to help out on February 15th

_____ I am able to help out with practices during lunch times in
January/February

All permission forms due in office by January 4TH!

Tell me 3 things about yourself you would like the audience to know. (Use the back if you need more room)

- 1.
- 2.
- 3.



Lost and Found

We have the best looking lost and found in the district! Thank you Mustafa Semic and Beth Dusa-blom for the build and organization,

The only thing that would make our lost and found better would be labeled clothes. Please be sure to label all of you child's clothing and if you child is missing a piece of clothing, come on in and look through our lost and found.

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BURLINGTON SCHOOL FOOD PROJECT**Elementary & Middle School Lunch Menu - December 2018**

Available at: C.P. Smith, J.J. Flynn, Champlain, The Sustainability Academy,
Integrated Arts Academy, Edmunds, Hunt, Baird, and King Street Youth Center

Monday	Tuesday	Wednesday	Thursday	Friday
12/03/2018 Crispy Chicken Sandwich Sweet Potato Fries Chef Choice Veggie Piece of Fruit	12/04/2018 Grilled Cheese Sandwich Grilled Ham & Cheese Tomato Soup Veggie Sticks Hummus Piece of Fruit	12/05/2018 Pizza Day Caesar Salad Chef Choice Veggie Piece of Fruit	12/06/2018 Chicken Taco Boat Shredded Cheddar CONFETTI CORN SALAD Chef Choice Veggie Piece of Fruit	12/07/2018 Goulash(Pasta w/VT Beef) Dinner Roll Roasted Broccoli Piece of Fruit
12/10/2018 VT Beef Burger W/ Cheese Roasted Roots Chef Choice Veggie Piece of Fruit Vegetarian Baked Beans	12/11/2018 Teriyaki Chicken Strips Vegetable Lo Mein Vegetable Egg Roll Chef Choice Veggie Piece of Fruit	12/12/2018 Pizza Day Caesar Salad Chef Choice Veggie Piece of Fruit	12/13/2018 EARLY RELEASE DAY Lunch on the Run! Fresh Veggies Piece of Fruit	12/14/2018 Baked Ziti Dinner Roll Garlic Kale Greens Chef Choice Veggie Piece of Fruit
12/17/2018 Crispy Chicken Nuggets Vegetarian Rice Pilaf Sweet Peas & Carrots Chef Choice Veggie Piece of Fruit	12/18/2018 WG Spaghetti Bove's Marinara Dinner Roll Cucumber Wheels Chef Choice Veggie Piece of Fruit	12/19/2018 Cheesy Breadsticks Bove's Marinara Caesar Salad Chef Choice Veggie Piece of Fruit	12/20/2018 Roast Turkey & Gravy Dinner Roll Mashed Potatoes Stuffing Chef Choice Veggie Cranberry Sauce Piece of Fruit	12/21/2018 Grilled Chicken Strips Roasted Corn Vegetarian Baked Beans Piece of Fruit

Menu items are subject to change without notice.

Offered Daily: Fat-Free Flavored, Fat-Free Unflavored, and 1% Unflavored Milk, Daily Salad Bar, & Asst. Fruits!

All grains offered are Whole Grain Rich!

For more information, please contact us at (802) 864-8415 or schoolfood@bsdvt.org.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

BURLINGTON SCHOOL FOOD PROJECT**December Lunch MENU-2018**

Available at all Pre-School Sites

Monday	Tuesday	Wednesday	Thursday	Friday
12/03/2018 Crispy Chicken Sandwich Sweet Potato Fries Chef Choice Veggie Piece of Fruit	12/04/2018 Grilled Cheese Sandwich Grilled Ham & Cheese Tomato Soup Veggie Sticks Hummus Piece of Fruit	12/05/2018 Pizza Day Caesar Salad Chef Choice Veggie Piece of Fruit	12/06/2018 Chicken Taco Boat Shredded Cheddar CONFETTI CORN SALAD Chef Choice Veggie Piece of Fruit	12/07/2018 Goulash(Pasta w/VT Beef) Dinner Roll Roasted Broccoli Piece of Fruit
12/10/2018 VT Beef Burger W/ Cheese Roasted Roots Chef Choice Veggie Piece of Fruit Vegetarian Baked Beans	12/11/2018 Teriyaki Chicken Strips Vegetable Lo Mein Vegetable Egg Roll Chef Choice Veggie Piece of Fruit	12/12/2018 Pizza Day Caesar Salad Chef Choice Veggie Piece of Fruit	12/13/2018 EARLY RELEASE DAY Lunch on the Run! Fresh Veggies Piece of Fruit	12/14/2018 Baked Ziti Dinner Roll Garlic Kale Greens Chef Choice Veggie Piece of Fruit
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Menu items are subject to change without notice.

Offered Daily: Fat-Free Unflavored, and 1% Unflavored Milk, Assorted Fruits and Vegetables**All Grain Items Served are Whole Grain Rich. Cereals Offered are Reduced in Sugar Content.**For more information, please contact us at (802) 864-8415 or schoolfood@bsdvt.org.**THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**