

Happenings

	October 5, 2023	
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DOES IT ALL ADD UP?

The value of instruction at school and support at home equals a winning combination.

Math instruction has a long history of differing opinions about priorities. Should an emphasis be placed on computation--the step-by-step process by which we add, subtract, multiply and divide with accuracy OR should instruction focus on conceptual understanding--why the operations work as they do and how concepts in math are related, like area and multiplication? As is the case in so many of life's examples, the answer we seek is in the balance of these approaches.

Research over time has proven that knowing how to compute can only advance a person so far when it comes to mathematics.

Understanding why a process works or the deeper learning that comes from recognizing patterns and relationships between, let's say, fractions and decimals, ensures that students can advance beyond basic application to true understanding.

We need YOU! While we can teach, explore and manipulate the conceptual understandings in our instruction **there is simply not enough time to practice basic math facts to reach a fluent command of these facts. There IS home practice needed nightly. (NOT an option!)** Together, we can build strong math skills in our children. Next week, we'll explore fun ways to practice!



What a turn-out! Thanks to all of the students and staff who took advantage of today's terrific weather to participate in our first i-Walk event of the year. Watch for our winter walk in February.

BOOTS ON!

The HoeDown is just around the corner (Oct 20 @ 6pm). Time to practice the dances! While students practice in school, we're sharing this link with you to remind you of the steps and dances for the evening. Move the rug, take a look, and plan on joining us for the evening!



[Review the dances here!](#)

Your voice

SCHOOL COUNCIL SURVEY

With an eye on continuous improvement, the School Council respectfully requests your feedback on a short survey regarding communication, connection and building programming for our youth.

Please take this 5 minute survey. The survey results will be shared and used to set goals, direction for our work, and initiatives in the year ahead.

Thanks in advance!

[Survey Link](#)



Monday, Oct 9: NO School Columbus/Indigenous Peoples' Day

Wednesday, Oct 11: The Cape Ann Museum visits our Kindergarten Art classes

Thursday, Oct 12: Parent Education Series -Managing Social Media and the Adolescent Brain-6pm

Tuesday, Oct 17: School Picture Day!

Thursday, Oct 19: Book Fair

Friday, Oct 20: 5:30-7:30pm Book Fair
6-7pm Hoe Down

Be sure to check out Family Calendar for the most up-to-date events:
<https://www.mersd.org/Page/16#calendar3050/20230907/month!>

Upcoming EVENTS



October 2023

Essex Elementary School

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Lunch • Turkey Hot Dog Wrap • Vegetarian Baked Beans • Sunbutter & Grape Jelly Sandwich • Muffin, Yogurt & Cheese Fun • Fresh Fuji Apple • Carrot & Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	3 Lunch • Twisted Mozzarella Stuffed Breadstick • Pizza Sauce • Marinated Tomato & Cucumber Salad • Hummus Dip with Veggies & Bread • Muffin, Yogurt & Cheese Fun • Chilled Peaches • Fresh Fuji Apple • Corn & Pepper Salad • Carrot & Celery Sticks • Fresh Chopped Romaine • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	4 Lunch • Buttermilk Pancakes • Tater Tots • Turkey Sausage Link • Apple Topping • Breakfast Syrup • Turkey & Cheese Wrap • Muffin, Yogurt & Cheese Fun • Fresh Orange • Fresh Baby Carrots • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	5 Lunch • Shepherd's Pie • Dinner Roll • Green Beans • Ham & American Cheese Sandwich • Southwest Corn & Black Bean Wrap • Chilled Peaches • Fresh Fuji Apple • Baby Carrots & Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	6 Lunch • Cheese Pizza • Small Caesar Salad • Popcorn Chicken Salad • Whole Grain Dinner Roll • Southwest Corn & Black Bean Wrap • Fresh Orange Wedges • Fresh Granny Smith Apple • Fresh Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz
9 Lunch • Cheese Pizza • Small Caesar Salad • Popcorn Chicken Salad • Whole Grain Dinner Roll • Southwest Corn & Black Bean Wrap • Fresh Orange Wedges • Fresh Granny Smith Apple • Fresh Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	10 Lunch • Cheese Pizza • Small Caesar Salad • Popcorn Chicken Salad • Whole Grain Dinner Roll • Southwest Corn & Black Bean Wrap • Fresh Orange Wedges • Fresh Granny Smith Apple • Fresh Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	11 Lunch • Soft Beef Taco • Corn • Ham, Cheese, and Lettuce Wrap • Baby Carrots & Celery Sticks • Creamy Ranch Dressing • Green Salad with Turkey • Dinner Roll • Fresh Orange Wedges • Applesauce • Tossed Side Salad • 1% Low-fat Milk • Chocolate Fat Free Milk • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	12 Lunch • Whole Grain Waffle • Turkey Sausage Link • Blueberries • Tater Tots • Turkey & Cheese Wrap • Breadstick • Creamy Ranch Dressing • Green Salad with Turkey • Dinner Roll • Fresh Orange Wedges • Fresh Granny Smith Apple • Mixed Greens Salad • 1% Low-fat Milk • Chocolate Fat Free Milk • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz	13 Lunch • Cheese Pizza • Tomato, Green Bean & Chickpea Salad • Roasted Italian Vegetable Wrap • Marinated Tomato & Cucumber Salad • Green Salad with Turkey • Dinner Roll • Fresh Orange Wedges • Fresh Granny Smith Apple • Mixed Greens Salad • 1% Low-fat Milk • Chocolate Fat Free Milk • Ranch Dressing, 0.4375 oz • Mayonnaise Light, 0.437 oz
16 Lunch • Italian Chicken Meatball Sub • Small Caesar Salad • Sunbutter & Grape Jelly Sandwich • Green Salad with Turkey • Whole Grain Dinner Roll • Fresh Orange Wedges • Mixed Fruit Cocktail • Marinated Tomato & Cucumber Salad • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Mayonnaise Light, 0.437 oz • Light Ranch Dressing	17 Lunch • Cheese Pizza • Tossed Side Salad • Hummus & Veggie Bento Box • Green Salad with Turkey • Whole Grain Dinner Roll • Fresh Orange Wedges • Mixed Fruit Cocktail • Small Caesar Salad • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Mayonnaise Light, 0.437 oz • Light Ranch Dressing	18 Lunch • Classic Cheeseburger in Bun • Corn & Black Bean Salsa Salad • Penne with Roasted Vegetable Sauce • Beef Taco Salad • Tortilla Chips • Fresh Apple Cinnamon Slices • Chilled Peaches • Carrot & Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Mayonnaise Light, 0.437 oz • Light Ranch Dressing	19 Lunch • Whole Grain French Toast Sticks • Apple Slices • Tater Tots • Turkey Sausage Link • Breakfast Syrup • Turkey, Cheese, Flatbread & Cucumber Bento Box • Sliced Cucumbers • Beef Taco Salad • Tortilla Chips • Fresh Orange Wedges • Chilled Diced Peaches • Carrot & Celery Sticks • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Mayonnaise Light, 0.437 oz • Light Ranch Dressing	20 Lunch • Twisted Mozzarella Stuffed Breadstick • Tossed Side Salad • Turkey & Cheese Wrap • Carrot & Celery Sticks • Beef Taco Salad • Tortilla Chips • Fresh Apple Cinnamon Slices • Chilled Peaches • 1% Low-fat Milk • Chocolate Fat Free Milk • Ketchup Packet • Mustard Packet • Mayonnaise Light, 0.437 oz • Light Ranch Dressing

LUNCH
TIME



23	24	25	26	27
Lunch	Lunch	Lunch	Lunch	Lunch
<ul style="list-style-type: none">• Toasty Cheese Sandwich• Smile Potatoes• Campbell's Tomato Soup• Penne with Roasted Vegetable Sauce• Carrot & Celery Sticks• Beef Taco Salad• Tortilla Chips• Assorted Fresh Fruit Halved• Fresh Grape Tomatoes• Fresh Broccoli Florets• Fresh Chopped Romaine• 1% Low-fat Milk• Chocolate Fat Free Milk• Ketchup Packet• Mustard Packet• Mayonnaise• Ranch Dressing, 0.4375 oz	<ul style="list-style-type: none">• Twisted Mozzarella Stuffed Breadstick• Pizza Sauce• Tossed Side Salad• Buffalo Chicken Wrap• Marinated Tomato & Cucumber Salad• Beef Taco Salad• Tortilla Chips• Assorted Fresh Fruit Halved• Fresh Grape Tomatoes• Fresh Broccoli Florets• Fresh Chopped Romaine• 1% Low-fat Milk• Chocolate Fat Free Milk• Ketchup Packet• Mustard Packet• Mayonnaise• Ranch Dressing, 0.4375 oz	<ul style="list-style-type: none">• Mini Chicken Corn Dogs• Baked Shoestring Fries• SunButter, Veggies & Bread Fun Lunch• Turkey, Cheese, Flatbread & Cucumber Bento Box• Assorted Chilled Fruit• Three Bean Salad• Carrot & Celery Sticks• Fresh Chopped Romaine• 1% Low-fat Milk• Chocolate Fat Free Milk• Ketchup Packet• Mustard Packet• Mayonnaise• Ranch Dressing, 0.4375 oz	<ul style="list-style-type: none">• Buttermilk Pancakes• Apple Topping• Turkey Sausage Link• Breakfast Syrup• Tater Tots• Chicken Caesar Salad Wrap• Turkey, Cheese, Flatbread & Cucumber Bento Box• Assorted Fresh Fruit Halved• Carrot & Celery Sticks• Fresh Chopped Romaine• Fresh Steamed Broccoli Florets• 1% Low-fat Milk• Chocolate Fat Free Milk• Ketchup Packet• Mustard Packet• Mayonnaise• Ranch Dressing, 0.4375 oz	<ul style="list-style-type: none">• Cheese Pizza• Lettuce & Tomato Side Salad• Hummus with Veggies & Flatbread• Carrot & Celery Sticks• Turkey, Cheese, Flatbread & Cucumber Bento Box• Assorted Chilled Fruit• Three Bean Salad• Fresh Chopped Romaine• 1% Low-fat Milk• Chocolate Fat Free Milk• Ketchup Packet• Mustard Packet• Mayonnaise• Ranch Dressing, 0.4375 oz
30	31			
Lunch	Lunch			
<ul style="list-style-type: none">• Rotini with Italian Meat Sauce• Whole Grain Dinner Roll• Roasted Italian Vegetable Wrap• Turkey, Cheese, Flatbread & Cucumber Bento Box• Fresh Whole Fruit• Carrot & Celery Sticks• 1% Low-fat Milk• Chocolate Fat Free Milk	<ul style="list-style-type: none">• Homemade Cheese Pizza Bagels• Seasoned Broccoli• Garden Salad, Bread Stick & Rice Krispie Fun Lunch• Breadstick• Turkey, Cheese, Flatbread & Cucumber Bento Box• Fresh Whole Apple Gala• Fresh Baby Carrots• 1% Low-fat Milk• Chocolate Fat Free Milk	 <p>If you have a food allergy, please notify us.</p> <p>Allergic reactions may occur at any time during your visit. Please notify us if you have a food allergy so we can help keep you safe.</p>		



Menus Subject to Change We try our best to serve our menus as posted; however, sometimes last minute changes occur. Please check with the cafe manager prior to the meal if you have any concerns.

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Save the Date!

EES will host the Scholastic Book Fair **October 19-20.**

Details can be found here:

<https://bookfairs.scholastic.com/bf/essex>

Each class will visit the book fair and there will also be family shopping hours during the Hoedown!

There will also be teacher "wish-list" bins filled with books if you would like to purchase a book for your child's teacher.

All proceeds go to books for the library and classrooms!

Scan here to set-up e-wallet, an easy online payment account for the book fair.

