



McCORDSVILLE

ELEMENTARY SCHOOL

Engage, Educate, & Empower Today's Students



Pirate Pages 1

January 7, 2022



A message from the Principal

Dear MES Families,

Welcome back to 2022! I hope you all had a nice break!

We will go outside as much as possible for recess. Obviously, we will not go out in the rain, snow, or if the real feel temp is below 25 degrees. However, we want our kiddos to get as much fresh air as they can! Please make sure you send them with appropriate gear.

Our Covid isolation times have changed. If your child is sick, please keep them home. 5-day isolation begins when the symptoms do, which is half of the time we used in the past. This is all per CDC guidelines. If anything changes, we will share that information with you.

I hope you have a great weekend!

Stephanie

Attachments

TBRI Caregiver
Training flyer

January Lunch
Menu

Calendar Reminders

Jan 17th - No
School - MLK Jr.
Day

Feb 7th - No
School/No
eLearning for
students -
Teacher/Staff Day

News from the Library

Welcome back! Hopefully READING is in your 2022 New Year's Resolutions! To help motivate you, consider creating a goal through the [Goodreads](https://www.goodreads.com) app/website, the world's largest site for readers and book recommendations. It is a free service that allows you to discover books you'll love, scan books on the go, explore genres and curated lists, and even give and get book recommendations. You can organize the books you have read, want to read, and are reading. There's nothing more satisfying than marking a book as read when you've finished it!



Reminders

Please remember to send your child in with a mask, water bottle and snack everyday. We have a limited supply at school. Thank you.





TBRI® Caregiver Training

Presented by Amy Tucker, TBRI® Practitioner

MVCSC Alumni Room | 1806 W. State Road 234 Fortville, IN

Trust-Based Relational Intervention (TBRI®) is an attachment-based, trauma-informed intervention that is designed to meet the complex needs of vulnerable children. The TBRI® Empowering Principles include Physiological and Ecological Strategies to meet physical needs. Participants will learn to empower children by addressing nutrition, hydration, and sensory needs and also assess and alter a child's environment to promote felt-safety and learning. The TBRI® Connecting Principles include Engagement and Mindfulness Strategies to meet attachment needs. Participants will learn to create connections that disarm fear, gain trust, and enhance learning, all while developing the attachment relationship between caregiver and child. The TBRI® Correcting Principles include Proactive and Responsive Strategies to shape beliefs and behaviors by disarming fear. Participants will learn how to teach positive behaviors proactively and respond to fear-based behaviors while maintaining connection.

OPTION 1

1 Day Session INTRODUCTION & OVERVIEW

January 15, 2022
9 am - 3 pm

Follow Up
Consultation via
Zoom

February 3, 2022
7 pm - 8 pm

OPTION 2

Session 1 EMPOWERING PRINCIPLES

January 18, 2022
6 pm - 9 pm

Follow Up
Consultation via
Zoom

February 1, 2022
7 pm - 8 pm

Session 2 CONNECTING PRINCIPLES

February 8, 2022
6 pm - 9 pm

Follow Up
Consultation via
Zoom

February 22, 2022
7 pm - 8 pm

Session 3 CORRECTING PRINCIPLES

March 1, 2022
6 pm - 9 pm

Follow Up
Consultation via
Zoom

March 29, 2022
7 pm - 8 pm

For more information and to register: <http://bidpal.net/mvdfpu>

Questions? Contact Amy Tucker: amy.tucker@mvcsc.k12.in.us





JANUARY | 2022

Elementary School Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Tenders French Fries Assorted Fruit Choice of Milk	4 Tacos Refried Beans Assorted Fruit Choice of Milk	5 Bosco Sticks w/ Marinara Sauce Green Beans Assorted Fruit Choice of Milk	6 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk	7 Pizza Carrots Assorted Fruit Choice of Milk
10 Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	11 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Assorted Fruit Choice of Milk	12 Mini Corn Dogs Broccoli Assorted Fruit Choice of Milk	13 Chili and Corn Bread Carrots Assorted Fruits Fresh Veggies Choice of Milk	14 Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk
17 NO SCHOOL 	18 Macaroni and Cheese Baked Beans Assorted Fruit Choice of Milk	19 Chicken and Waffles Strawberry Topping Broccoli Assorted Fruit Choice of Milk	20 Rotini and Meat Sauce With Dinner Roll Cauliflower Assorted Fruits Fresh Veggies Choice of Milk	21 Hot Dogs French Fries Assorted Fruit Choice of Milk
24 Chicken Tenders French Fries Assorted Fruit Choice of Milk	25 Tacos Refried Beans Assorted Fruit Choice of Milk	26 Bosco Sticks w/ Marinara Sauce Green Beans Assorted Fruit Choice of Milk	27 Chicken Penne Alfredo Broccoli Assorted Fruits Fresh Veggies Choice of Milk	28 Pizza Carrots Assorted Fruit Choice of Milk
31 Breaded Chicken Sandwich Green Beans Assorted Fruit Choice of Milk	1 Nachos w/ Beef and Cheese Dipping Sauce Refried Beans Assorted Fruit Choice of Milk	2 Mini Corn Dogs Broccoli Assorted Fruit Choice of Milk	3 Chili and Corn Bread Carrots Assorted Fruits Fresh Veggies Choice of Milk	4 Hamburger/Cheeseburger French Fries Assorted Fruit Choice of Milk

Build a Meal

Chose 3-5 meal components to make a health, well-balanced meal:

- Protein-Whole Grain-Fruit- Vegetable- Milk
- One component must be a fruit or vegetable, may chose up to 2 of each

Daily Alternative Choices:

All alternative meals include choice of milk, fruit and/or vegetable

Mon/Wed/Fri:

- Lunch Kits (similar to lunchables):
 - Pizza
 - Turkey, Cheese and Crackers

Tues/Thurs:

- Peanut-Free Wowbutter and Jelly Sandwich^v
- Protein Power: yogurt, grain, string cheese^v

Under current USDA waivers, all complete student meals are free of charge. Additional entrees or a la carte items are an additional cost, charging is not allowed on these items, students must have sufficient funds to purchase.