



Flourishing at Federal Street

November 2025

In this edition of Flourishing at Federal Street you will find information about:

- November Dates to Remember
- November Lunch Menu
- October Highlights
- Staff Spotlight
- Social Competency of the Month- Relationship Skills
- FSS Families
- November PTO Update
- Library Newsletter
- Notes from the Nurse
- New Staff Spotlight
- Just Roots



"November is tied together with the heartstrings of gratitude" - J.A. MCintosh

October Highlights 🍂



Fall Family Fun Night 🍁

Our PTO hosted another fantastic Fall Family Fun Night. Families enjoyed an evening of fall themed games, crafts, custom buttons, tattoos, cider and cookies.



Unity Day ❤️

October 22, 2025 was Unity Day. Staff and students at FSS wore orange to unite for kindness, acceptance and inclusion to prevent students from being bullied. Classes participated in lessons that encouraged unity.



Literacy Pumpkin Contest 🎃

The love of literature was on full display during this year's contest. We received over 50 pumpkin submissions in grades K-4. It was wonderful to see so much creativity.

🐝 FSS Beeing Amazing 🐝



November Dates to Remember

November 4, Professional Development Day- NO SCHOOL

November 11, Veteran's Day- NO SCHOOL

November 12, Picture Retakes

November 21, All School Meeting, 2:15

November 26, Turkey Trot

November 26, Early Release Day- 11:55 Dismissal

November 27-30- Thanksgiving Break

November Lunch Menu

November 2025 GPS LUNCH MENU Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pancakes & syrup Egg Patty, home fries orange slices	Election Day- No School 4	Beef hot dog 5 oven fries Baked Beans watermelon	Grilled Chicken sandwich 6 honey glazed local carrot coins, grapes	Pizza 7 salad w local kale and romaine
Mozzarella Sticks 10 mixed vegetables	No School- Veterans Day 11	Chicken enchilada empanada 12 ranchero beans	Orange Chicken 13 w/ Rice, Broccoli, Fortune Cookie, Mandarin Oranges	Meatball Sub w/ Marinara & Mozzarella, 14 green salad
Ciabatta grilled cheese sandwich 17 tomato soup	Hamburger/ black bean burger 18 carrot sticks smiley fries	Chicken Patty Sandwich 19 Assorted vegetables	Turkey, Mashed 20 potatoes, gravy, stuffing, cranberry sauce, roll, local cider, apple crisp	French bread pizza 21 Salad and assorted vegetables
Black bean Quesadilla w/ local kale 24 assorted fruit & vegetables	Chicken nuggets, 25 whole grain dinner roll, curly fries, kale chips	Early release K-12 Deli wrap 26 apple, carrots & ranch, chocolate chip cookie	No School Thanksgiving Break 27	No School Thanksgiving Break 28
Dec 1	Dec 2	Dec 3	Dec 4	Dec 5

Daily Alternates

Sunbutter & Jelly and Cheese Sandwich available every day

- Monday**
- Nacho Kit**
- Tuesday**
- DIY Pizza Kit**
- Wednesday**
- Breakfast Sandwich**
- Thursday**
- Bagel & Yogurt**
- Friday**
- Chicken Patty Sandwich**



Fun Fact: Lacinto kale is also called "Dinosaur" kale, due to its lumpy leaves that resemble reptile skin!

If students do not take a meal, they may purchase milk separately for \$0.60

This institution is an equal opportunity provider and employer. **Menus may contain allergens.**



IMPORTANT REMINDERS:

- ALL GPS students qualify for FREE breakfast and lunch under CEP through School Year 2026-2027!
- All meals are served with milk and assorted fruits & vegetables
- Menu subject to change

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[Click here if you are having trouble seeing this menu.](#)

Social Competency of the Month- Self Management Skills



FSS Families

Melanie and Deleyza started at Federal Street School in kindergarten in 2022. Somethings we love to do is go to church, go to the beach together, and have dinner together when we can. Federal Street is special because of the teachers and the community all very loving.



November PTO Update

- **Thank you:** Thanks to all who participated in the book fair and to the volunteers who made it possible! Special thanks to Sandy for leading the way:)
- **Thank you:** Thank you Natty and Maggie (parent and Hope and Olive restaurateur) for volunteering for our monthly Soup for Staff.
- **Fall Family Fun Night:** Our Fall Fun Night was very FUN! Over 150 people showed up. Again, volunteers make these events possible, thank you all so much! Special thanks to new PTO volunteers, Kristy, Virginia, and Taylor who volunteered in the planning and full implementation of the event! Thank you Jillian Lizzotte for the amazing front door decor and door prize gifts! And, as always, we could not pull this off without Ms. Morrissey!
- **Next up: Meadow Farms Catalog/Online Fundraiser.** Look for flyers in the next several weeks.
- **Next up: HOLIDAY SHOPPE!** We are excited to be putting on this shoppe allowing kids the opportunity to purchase gifts independently during school hours. The PTO will be providing every child with "FSS Bucks" to spend for gifts. Will we DEFINITELY need a lot of volunteers to make this happen. Please email federalstreetpto@gmail.com or call/text Sarah (413-522-9015) if you're able and interested in helping.
- **Next Meeting: November 18th 3:15-4:15 in the Library.** Childcare provided. Special thanks to Amelia for that!



Follow Federal Street School PTO on Facebook and Instagram.



Notes from the Nurse 🤒💊

Dear Federal Street Families,
I hope everyone is doing well and staying healthy! As we move further into the school year I wanted to remind everyone of the guidelines to keep your child home from school. Your child should stay home from school with a fever of 100 or above, vomiting or diarrhea. They may return to school when they have been fever free for 24 hours without the use of fever reducing medications and/or 24 hours after the last episode of vomiting or diarrhea. If you ever have any questions as to whether or not your child should come to school please contact me. Oftentimes email is the best way to contact me with questions. As we head into the fall allergy/winter season if your child needs to have an inhaler at school please reach out to me so I can get you the appropriate paperwork. I also wanted to mention that I am working on scheduling our annual screenings. These will be contingent on having substitute nurse coverage for assistance so the dates will be flexible. These screenings include hearing and vision for all grades and then heights and weights for 1st and 4th grade. If you would like to opt your student out of some or all of the screenings please let me know in writing and they will be taken off the lists. As always, please reach out with any other questions or concerns.



Rebecca S. Carlson RN, BSN
Federal Street School Nurse
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Staff Spotlight - Third Grade Team

Introducing our thrilling third grade team.

Rebecca Powell- Mrs. Powell has been teaching at FSS since 2015. She has taught both fourth and third grades.

Liz Cyr-Silver- Ms. Silver has been at Federal Street since 2017. She has taught kindergarten and third grade.



Just Roots at Federal Street School 🍅

Hello families!

This October, Chef Kyle Zegel facilitated our second cafeteria taste test of the school year here at Federal! If you don't already know, during these taste tests Kyle serves up samples of delicious recipes featuring produce from local farms. Students vote on the sample and their feedback determines if the recipe becomes part of the meal rotation, helping Greenfield increase local purchasing, scratch cooking, and encouraging students to try new foods and learn about the local food system.



If you would like to volunteer to help out during these monthly taste tests, please reach out to the PTO for details!

This month's taste test was a pear parfait! The pears were sourced from Fix Brothers Fruit Farm in Hudson, NY and turned into a sweet and flavorful compote with ginger and cinnamon to give it some oomph. Of the 146 students who tried the sample, 74% reported they "loved it" and 20% reported they "liked it". I say that's a winner! Check out the recipe card below, so you can cook the recipe at home.

Happy cooking!
Chef Kyle



October

HARVEST OF THE MONTH

PEARS

"PEAR-FAIT" RECIPE

Serves: 4 Prep/Cook Time: 30 min

INGREDIENTS:

- 2 lbs fresh, local pears
- 1 cup water
- 3/4 tsp cinnamon
- 3/4 tsp ground ginger or 1 TBSP fresh ginger
- 1 TBSP fresh or bottled lemon juice
- 1 tsp lemon zest (optional but delish!)
- 2 TBSP maple syrup
- 2 cups plain yogurt
- 1 cup fresh or frozen berries of your choice
- 1 cup granola



DIRECTIONS:

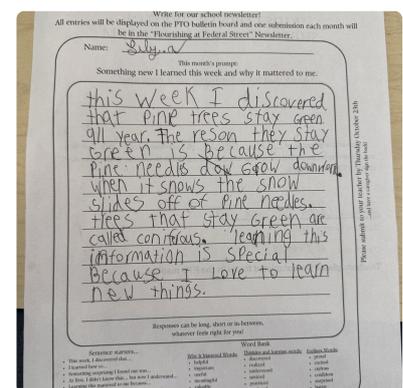
- Stem, core, and roughly chop pears.
- Add pears, water, maple syrup, lemon juice, cinnamon, and ginger to a stock pot. Bring to a light boil and simmer on medium heat for 20-30 minutes.
- Remove from heat and let cool. Once cool, puree with a blender or immersion blender.
- In 4 small bowls, assemble the parfaits layer by layer in the following order: 1/2 cup of yogurt, 2 tablespoons pear compote, 1/4 cup berries, and 1/4 cup granola. Enjoy!

Kids' Corner 🍌

The October prompt was: *Something new I learned this week and why it mattered to me.*

"This week I discovered that pine trees stay green all year. The reason they stay green is because the pine needles grow downward. When it snows the snow slides off the pine needles. Trees that stay green are called coniferous. Learning this information is special because I love to learn new things."

Submitted by second grade student, Lily Allis.



BEE Amazing!

FSS Family Handbook

Please review the school handbook and return the acknowledgement page. If you need a printed copy, please let Mrs. Halpin know.



Kelly Halpin

Kelly is using Smore to create beautiful newsletters

