

Flourishing at Federal Street

October 2025

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

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



"Be somebody who makes everybody feel like a somebody" - Kid President

October Happenings 🍂



Community Circles 🤝



Classroom Buddies 🤝
👤👤👤👤



Open House 🏠

FSS is a Restorative Practices pilot school. Five staff members attended training this summer. Mrs. Halpin started the year with a Community Circle with each grade level.

Buddy classrooms create powerful connections between older and younger students and build a sense of community. At FSS, buddy classrooms connect monthly for SEL activities connected to the social competency of the month. Here Kindergarten and fourth grade students come together to learn how to "fill someone's bucket."

On September 25th we welcomed students and families into the building. It was wonderful to see the pride and excitement students displayed as they showed off their school. Thank you to all who shared their evening with us.

Banking Days 💰

The second Thursday each month, FSS welcomes Freedom Credit Union for Banking Day. Students have the opportunity to make monthly banking deposits to a Freedom Credit Union account. What a great way to teach math and the importance of financial literacy.



October Dates to Remember 🎃

- October 2, **Picture Day**
- October 2, **Custodian Appreciation Day**
- October 9 & 10, **Caregiver Conferences**, Early Release 11:55
- October 13, **Indigenous Peoples' Day**, NO SCHOOL
- October 15, **Unity Day- Wear Orange**
- October 22, **PTO Fall Family Fun Night**, 5-6:30
- October 17, **All School Meeting**, 2:15
- October 27-31, **Literary Pumpkin Contest**

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Soft Pretzel w/ Fruit & Yogurt Parfait 29 Assorted Fruits & Vegetables	Walking Taco 30 Doritos w/ Beef, Cheese, & All the Fixings! Bean & Corn Salad Melon w/ Tajin	Chicken Caesar Wrap 1 Lay's Fun Size Chips Local Carrot Sticks w/ Dip Grapefruit Slices	Popcorn chicken bowl 2 w mashed potato. Gravy or BBQ sauce Apple Corn Apple slices	Pizza bites 3 Garden Salad Assorted Fruit
Mozzarella Sticks 6 w/ Marinara Sauce Peas Apple	Hamburger or cheeseburger 7 Broccoli salad Orange slices	French Toast Sticks 8 w/ Syrup Hashbrowns Sausage Patty Orange Juice	Half day 9 Deli wrap Apple Carrots	Half day 10 Deli sandwich Fresh fruit Broccoli
No School 13 Indigenous Peoples' Day	Beef Tacos 14 lettuce, tomato, salsa, cheese black beans, plantains	Chicken Tikka Masala 15 w/ Rice Assorted fruit	Fish & Chips Basket 16 w/ Red's Best Local Fish Sticks Tartar Sauce Coleslaw	Ramen Bowl 17 w/ Chicken and veggies Assorted fruit
Mini Ravioli w/ Marinara Sauce 20 Texas toast Buttered Peas Apple Sauce	Chicken Nugget Basket 21 Dinner roll Curly Fries Carrot Sticks Local Pear	Turkey Snack Sampler 22 w/ Crackers, Cabot Cheddar, Honey Mustard, Snap Peas, & Grapes	Teriyaki Chicken, Veggie Dumplings 23 Brown rice Broccoli assorted fruit	Pizza Crunchers 24 Garden Salad Assorted Fruit
Black Bean Burger 27 Onion Rings Celery Sticks w/ Dip Peaches	Chicken Fajitas 28 Grilled vegetables Harvest of the Month special-Pear parfait	Sloppy Joe 29 Edamame & green bean salad Fun chips Orange slices	Mummy Dog 30 (corn dog) Web Waffle Fries "Eeek!" Sidekick Frozen Treat	Pizza 31 Caesar Salad Assorted Fruit

DAILY ALTERNATES

Available Daily:
Sunbutter & Jelly or Cheese Sandwich

Monday
Nacho Kit

Tuesday
DIY Pizza Kit

Wednesday
Breakfast Sandwich

Thursday
Bagel & Yogurt

Friday
Chicken Patty

Harvest of the Month:
PEARS



Fun Fact:
Every pear in the U.S. is hand picked!



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

NATIONAL SCHOOL LUNCH WEEK 2025! TASTE THE WORLD!

This NSLW we're taking students on a culinary trip around the world! From Mexico to Japan, we're highlighting global cuisines to excite students' taste buds and spark conversation!



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.**

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

Social Competency of the Month- Self-Awareness

Self-Awareness Activities for Kids



www.thepathway2success.com
Clipart by Kate Hadfield & Sarah Pecorino



Make a vision board



Write in a journal



Read positive affirmations



Research future careers



Do an emotions check-in



Make a gratitude list



Host a show-and-tell



Write self-compliments



Draw emojis for emotions



Introduce new activities

FSS Families

We joined FSS family the year Asher started Kindergarten, she was so excited to start school and meet her new teacher Miss Kathryn Berelson! Asher and Olli have had wonderful and beautiful experiences, teachers, and friendships at FSS school. We love it here!

I love all of the family inclusion events, and it shows how much this school puts families and children first!

Thank you, FSS!!



October PTO Update

Mum Fundraiser-Thank you to all who supported our mum fundraiser.

Halloween Costume Swap- We are collecting clean, used costumes for a Halloween costume swap on Thursday, October 9. You don't need to bring a costume to take a costume.

Book Fair- We are hosting a book fair October 6-9. We are seeking volunteers.

Sign up here: https://docs.google.com/forms/d/1xpppVPvzZg-0XYrymbEA24egwHHEhaBMn-hxJ_jE7Uo/viewform?pli=1&edit_requested=true



Please join us for a virtual **PTO meeting on October 7, at 3:15**. All are welcome. All are welcome.

If you'd like to join our email list or have any questions please email federalstreetpto@gmail.com.

Follow Federal Street School PTO on Facebook and Instagram.

Elementary Library Newsletter 📖



October Behind The Shelves '25-'26.pdf

Download

274.4 KB

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. As always, please reach out with any other questions or concerns.



Rebecca S. Carlson RN, BSN
Federal Street School Nurse
RebCar1@gpsk12.org
(413) 772-1380

Staff Spotlight - Fourth Grade Team

Introducing our fabulous fourth grade team.

Patricia Marks-Sund- Mrs. Sund has taught fourth grade at FSS for 3 years. She has been a teacher for 27 years.



Alex Cerone -This is Mr. Cerone's first year at Federal Street. He joins us with prior experience teaching in Athol and Turner's Falls.

Just Roots at Federal Street School 🍅

Hello families!

Chef Kyle Zegel here. This September, I facilitated the first cafeteria taste test of the school year here at Federal! I will be here again once per month all school year serving up samples of delicious recipes featuring produce from local farms and food producers based on [Massachusetts Farm to School's Harvest of Month Program](#). Student's will vote on the sample recipe at the end of lunch and their feedback will determine if the recipe becomes part of the meal rotation, helping Greenfield increase procurement of local food products and healthy scratch cooked recipes and encouraging students to try new foods and learn about the local food system.



This month's taste test was roasted tomato soup served with grilled cheese! The tomatoes were sourced from Joe Czajkowski Farm in Hadley and roasted whole with onions and carrots before being blended with chicken broth and spices. Student feedback was positive with 63% reporting they "loved it" and 29% reporting they "liked it". Check out the recipe card below, so you can cook the recipe at home.

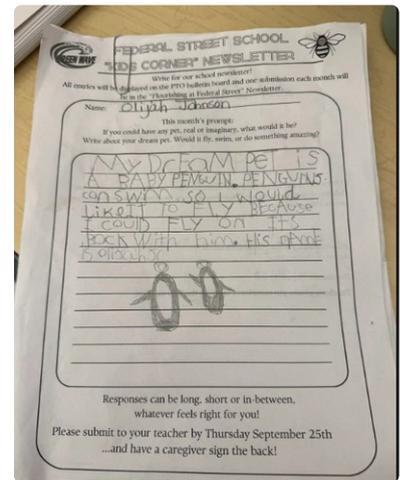
Happy cooking!

Chef Kyle

Kids' Corner ☒☒

"My dream pet is a baby penguin. Penguins can swim. So I would like it to fly because I could fly on its back with him. His name is Olijah Jr."

Submitted by second grade student, Olijah Johnson.



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