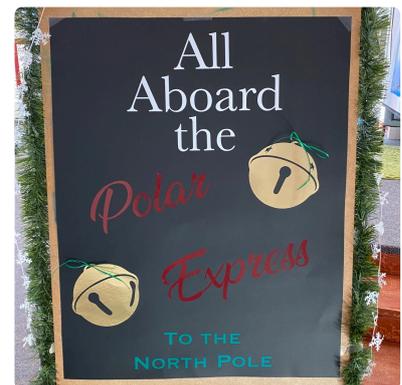


Flourishing at Federal Street

December 2025

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

- November Highlights
- December Dates to Remember
- Winter Concert
- December Lunch Menu
- Social Competency of the Month- Relationship Skills
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"December reminds us that the greatest gifts are the ones we from the heart, wrapped in kindness and love."

November Highlights 🦃



All School Fun 🍁

In November third grade classes at FSS hosted the All School Meeting. They lead the whole school and our guests in the Turkey Hokey Pokey.



Growing our Mindset 🧠

This month classroom buddies came together to explore self-management skills. Here are first and third grade buddies creating Growth Mindset Turkeys.



4th Annual Turkey Trot 🦃

On November 26, FSS participated in our annual Turkey Trot. Students ran laps around the building while being cheered on by staff. This year FSS students ran a total of 456 miles!

December Dates to Remember 🔔

- December 11, **Winter Concert, 1:45**
- December 11, 12, & 15, **PTO Holiday Shop**
- December 12, **Wreath Walks**
- December 16, **School Council Meeting**
- December 23, **Early Release Day- 11:55 Dismissal**
- December 24- January 5- **Holiday Break**

Winter Concert 🧊



FSS Winter Concert.pdf

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December Lunch Menu 🍕

DECEMBER 2025 MENU - ELEMENTARY

MON	TUE	WED	THU	FRI
1 Fiesta Kickin' Vegetarian Chili Cornbread assorted vegetables orange slices	2 RODEO BURGER Ranchero beans, onion rings assorted fruit and vegetables	3 Chicken pot pie topped with biscuit assorted fruit and vegetables	4 Burrito Bowl with chicken, black beans, rice salsa, sour cream, street corn salad, pineapple	5 Pizza garden salad, assorted fruit 
8 Mozzarella sticks veggie chicken nuggets smiley fries, fruit	9 Chicken Tikka Masala Curry naan bread Basmati rice fruit, assorted veg	10 Ham and Cheese Melt on Croissant local carrots, fruit	11 Shepherd's Pie with beef, mashed potato, corn, roll, mixed vegetables	12 Pizza salad, assorted fruit 
15 French Toast egg omelet, vegetarian sausage hash browns strawberries, local carrots	16 Chicken Parm cauliflower, kiwi Try-it Tuesday: Field Pea Fritter & tzatziki sauce	17 Pasta with meat sauce assorted fruits and vegetables	18 Enchiladas with butternut squash & black beans	19 Pizza assorted vegetables, fruit
22 Mac n Cheese broccoli, fruit	23 DELI SANDWICH Carrots, Apple Grins Fun chips	24 NO SCHOOL WINTER VACATION	25 NO SCHOOL WINTER VACATION	26 NO SCHOOL WINTER VACATION

Free Breakfast & Lunch, available for all students every day!

Available every day:
 Sunbutter & Jelly Sandwich, Cheese sandwich
Daily Alternates
 Monday: Nacho Kit
 Tues: DIY Pizza Kit
 Wed: Breakfast Sandwich
 Thurs: Bagel and Yogurt
 Friday: Chicken Patty
Meals are served with assorted fruit, vegetables, milk

-A milk with no meal: \$0.60

Project Bread Food Resource
 hotline: 1-800-645-8333

Harvest of the Month



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER. MENUS MAY CONTAIN ALLERGENS. MENU SUBJECT TO CHANGE

Click here if you are having trouble seeing this menu.

Social Competency of the Month- Relationship Skills



FSS Families

The Doel family joined FSS in 2023. Jonathan is in fourth grade. Patrick is in first grade.

We like going on family adventures- like exploring Boston. What makes FSS special to us is how much love staff puts into the kids, making everyday a great experience for them!



December PTO Update

- MeadowFarms Fundraiser ends 12/1.
- PTO purchasing a basketball drop hoop extender for recess.

- Holiday Shop coming up Dec 11, 12, 15th! Be on the lookout for flyers coming home. We still volunteers! Sign-up [here](#). Reminder, in-school volunteers must be CORI checked and fingerprinted.
- Thank you to Kristy and GreenFields Market for bread donations for Soup for Staff!
- PTO purchased wreaths from GMS fundraiser for FSS "Wreath Walk" happening in December.
- Welcome new PTO member Leanne!
- Kara Bennett was voted in as treasurer this month and we have a nominee (Taylor Wiggin!) for VP.



Follow Federal Street School PTO on Facebook and Instagram.

Elementary Library Newsletter



Behind The Shelves: December

[Download](#)

638.3 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. 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



Of the 137 students who tried the sample, 42% reported they "loved it" and 36% reported they "liked it". We asked students for direct feedback and received some great suggestions like substituting beans for grilled chicken. This program's primary goal is to get more local farm produce and scratch cooking into school meals guided by student voice, so this is a great example of trying something and listening to students feedback in order to improve the recipe. Check out the recipe card below, so you can cook these quesadillas at home and let us know what you think!

Happy cooking!

Chef Kyle

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

Chef Kyle



November

HARVEST OF THE MONTH

KALE

KALE QUESADILLA RECIPE

Serves: 4 Prep/Cook Time: 20 min

INGREDIENTS:

- 4 whole grain tortillas - 10 inch
- 1 cup black beans - drained
- 2 cups packed kale - rinsed, stemmed, and finely chopped
- 1 ½ cup shredded cheddar
- Neutral cooking oil
- Kosher salt and black pepper to taste
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ⅛ tsp chili powder
- ⅛ tsp ground cumin
- 1 TBSP fresh lime juice



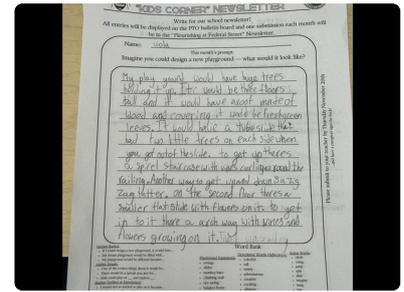
DIRECTIONS:

- Preheat the oven to 375F.
- In a large frying pan over medium heat, cook the kale in a TBSP of oil. Once it's wilted down to half its size, add in all of the spices and stir, cooking for 1 minute.
- Add the drained beans to the pan and cook for about 3-5 minutes. If you like a refried bean consistency, you can use a potato masher to break the filling down more.
- Add lime juice, cook for 2 minutes and then remove from heat.
- On a sheet pan, fill one half of each tortilla with ½ cup of filling and 3 oz of cheddar cheese. Fold in half, press down, lightly coat with oil, and bake in the oven for 6-8 minutes. Enjoy!

Kid's Corner

Imagine you could design a new playground. What would it look like?

My playground would have huge trees holding it up. It would be three floors tall and it would have a roof made of wood and covering it would be fresh green leaves. It would have a tube slide that had two little trees on each side when you go out of the slide. To get up, there's a spiral staircase with vines curling around the railing. Another way to get up and down is a zig zag ladder. On the second floor there's a smaller flat side with flowers on it. To get into it there is an archway with vines and flowers growing on it.



Written by Viola Walker- 4th Grade Mr. Cerone

The FSS Way: Friendly - Safe - Successful

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