

Welcome to your Thursday
Flyers!!



This is a weekly communication
sent home to all families at
LAKE STREET SCHOOL!!

PTO MEETING



THUR. MAR 9TH

6:30

Get involved with
upcoming fun filled
activities!



SAVE THE DATES

LSS PTO

UPCOMING EVENTS:

March 13th - Munson's Fundraiser Due

April 5th- Red Robin Fundraiser

April 7th- Yearbook Money Due

April 22nd- Savers Fundraiser

April 27th- Book Fair and Ice Cream Social

May 26th- Family Fun Night

Vacation Week Zentangle for Children (Ages 7 - 13)

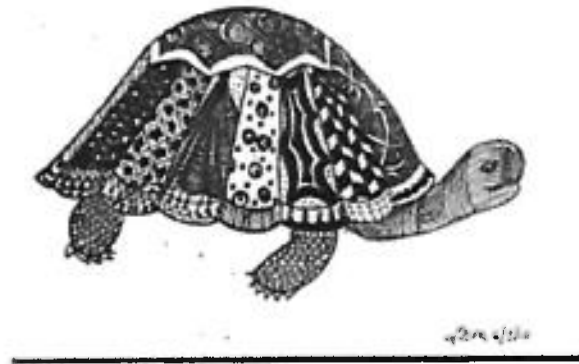
Zentangle is a fun and relaxing drawing activity for children. Tangling involves making short strokes that create intricate patterns that can be used to create all kinds of two- and three-dimensional art. Children take to it easily and will learn several tangles each day. They will use their new skills to make really cool art projects to bring home. Sign your child up for a fun-filled week!

Instructor Elizabeth Krall is a certified Zentangle teacher who received her BA from Trinity College and her M.A.L.S. with a concentration in studio arts from Wesleyan. Her work has been shown in galleries throughout Connecticut.

Dates: April 10 - 14

Time: 9 a.m. - noon

Fee: \$175 + \$20 for materials. Make checks payable to Arts Center East or pay online at artscentereast.org. 10% discount for family members



Vernon Public Schools Annual Exhibit

Elementary Schools Reception: Thursday, March 23, 5:00 pm - 6:30 pm

VCMS & RHS Reception: Thursday, March 23, 6:30 pm - 8:00 pm

Exhibit Dates: March 23 - April 15

Gallery Hours: Thursday - Sunday 1:00 pm - 5:00 pm

Support LAKE STREET SCHOOL PTO and enjoy a night out

JERSEY BOYS

Offering Two Nights with 10 or more people for each night.
At The Bushnell 166 Capitol Avenue Hartford, CT

Date: **Thursday March 23 7:30 pm**
Orchestra/Prime Mezzazine \$85.50 Middle Mezzazine \$ 68.50

Ticket money due on March 3, 2017 *Jersey Boys*

Print Name _____

Best Form of Contact _____

Number of Tickets _____

Check Number _____ Amount _____

Cash _____ Amount _____

Fundraising Event

with Psychic Medium

Rebecca Anne LoCicero

Friday March 24, 2017

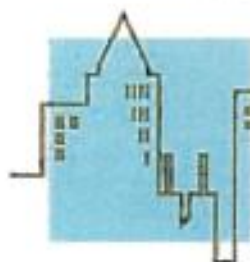
7:00-9:00pm (doors open 6:30)

\$20.00 Ticket

(must reserve spot, pay for tickets at door)

Email to Reserve Your Spot : Rsmith001@snet.net

**Featuring Internationally
Known, Locally Grown,
Vernon resident & LLS mom
Psychic Medium
Rebecca Anne LoCicero**



**Help Support the
5th Grade
Trip to Boston, MA**

**Host & Location of Event ~
Lake Street School 201 Lake St.
Vernon, CT 06066**



**for information about the Boston Event please call Lake
Street School (860) 870-6085. For More information on
Rebecca Anne LoCicero visit www.rebeccaanne.org**

READY-SET-SCHOOL! FAIR

Save the Date ~ April 29th 2017

10 AM to 1 PM ~ Center Road School

A Community Fair to Promote Connectivity
Families, Education, Services, for Families with Young
Children.

FREE!



Come Meet the People in Your
Community!

Health, Safety, Education, Live
Animals, Fire & Rescue Trucks,
Summer Activity Registration,
FUN For ALL!

Event Sponsored by:



&



HOW CAN YOU STAY UP TO DATE WITH THE LSS PTO?

JOIN US ON BLOOMZ
GO TO WWW.BLOOMZ.NET
USE THE CODE: C6JZZC

FIND US ON FACEBOOK!
LAKE STREET SCHOOL-PTO

TO BECOME PART OF OUR LISTSERV
SEND AN EMAIL TO:
LAKESTPTO@LSS-PTO.COM

CHECK OUT OUR WEBSITE!
[HTTP://LSS-PTO.COM/](http://LSS-PTO.COM/)

TO JOIN US, AND FIND UPCOMING MEETINGS,
FUNDRAISERS, AND EVENTS ALL SPONSORED BY THE
LSS PTO.



Send in those Box Tops!

Each one is worth 10 cents and this money helps fund Family Fun Nights, student socials and many school activities. They really add up and earn the PTO hundreds of dollars each year.

Continue to send in Box Tops that are not expired and clipped on the lines. That's it! Single box tops taped or glued to sheets of 50, 25, 20 or 10 are accepted OR any amounts in plastic bags are perfect.

This is my 10th and last year at Lake Street School, so we'll be looking for someone to take over the clipping, counting and submission of Box Tops in September. Please contact me at 860-794-6731 or wkboulette@sbcglobal.net if you're interested in helping out.

As always, thank you for your support and participation.

Kim Boulette, Box Tops Chairperson

Food, Fun & Fitness



Recipe

15-Minute Salmon

From Kidshealth.org

Prep time: 15 minutes

Ingredients:

- 2 6-oz. salmon steaks (a normal portion size for meat and fish is 3 oz.)
- butter or vegetable oil cooking spray or fat-free canola cooking spray

Directions:

1. Preheat the broiler. Cover the broiling pan with aluminum foil and lightly grease the foil with butter or vegetable oil cooking spray.
2. Place the steaks on the pan and broil the salmon for 5 minutes. Turn the steaks carefully and broil the other side for 4 to 5 minutes or until the fish is firm but still springy and a bit translucent in the center.
3. Serve immediately topped with the sauce of your choice.

Serves: 2

Serving size: 1 salmon steak

Nutritional analysis (per serving):

350 calories
34 g protein
20 g fat

Fun for the Whole Family

Put some "Spring" in your step as March arrives!

Daylight savings time begins on March 12th! This will give you more time to get outside and walk trails, hike, bike, or any other outdoor activity.

Exercise Tip

New England weather can be tricky in March. If you can't get outside to exercise, find other ways to increase your step count. Choose a parking spot far away, use the stairs, or visit a co-worker in person rather than call. Remember: try to attain 10,000 steps a day!

Physical Education Staff:

Mr. Timothy Gardiner, MSS

Mr. Peter Johnson, LSS

Mrs. Patricia Maxwell, NES

Mrs. Karen Plevyak, CRS

Mr. Eric Uthgenannt, SRS