



# In Our School

University Preparatory Academy - Mark Murray Campus - October 2016

Dear Families,

Happy Fall! We are off to a great start and everyone is to be congratulated for the smooth opening of our school year..... **“THANK YOU”**

As I walk through the hallways and listen in on conversations in the morning it seems everyone is truly excited about being back and getting into the routine of the school year. A **BIG** thank you goes out to all our staff who worked hard over the summer months in professional development workshops perfecting their craft of teaching to make this the best school year possible. Another **THANKS** to the families who have worked hard with their children over the summer months with reading, practicing math and writing. We can see the efforts that were made and know that the long term benefits of your work will be revealed throughout the school year.

Our **COMMITMENT** to you and your child is only as good as the communication we keep between our school and our families. Our main source of communication is the weekly newsletter you should be receiving from your child's teacher. This weekly update keeps you informed of the happenings within the classroom. It is also a place for teachers to spotlight the many successes our students experience on a daily basis.



Another source of communication is our family newsletter and monthly calendar called **IN OUR SCHOOL**.

Welcome to the first edition of this school year. General information for all families is included in this newsletter. Please look for it on the first day of each month. If by chance your copy never makes it home, there are always extra copies in the office.

Once again, welcome back to school.

Sincerely,

Kim Llorens

## UPCOMING EVENTS

### October 2016

- 5 - Count Day in Michigan
- 11 - Banking Day at Mark Murray
- 12 - Early Release Day. **Students will be dismissed at 1:30**
- 12 - All School Morning Crew @ 8:30 in the gym
- 19 - Parent Teacher Conferences and Student Led Conferences-**No school for students**. Please make arrangements to speak with your child's teacher about the beginning of year academic data they have collected on your child
- 20 - Mark Murray Parent Meeting at 6:00pm in the school gym
- 25 - Banking Day at Mark Murray
- 26 - Early Release Day. **Students will be dismissed at 1:30**
- 26 - All School Morning Crew @ 8:30 in the gym
- 26 - Student Led Conferences Continue from 2:00 to 5:00
- 28 - Dress for a Dollar Day
- 31 - "Dress to Rep Your Future College Self" ....wear your favorite college gear to school today
- 31 - Interim Assessment 1 administered to all students



## **SCHOOL UNIFORM**

JUST AS A REMINDER OUR SCHOOL UNIFORM COLORS ARE BLACK, RED, WHITE AND KHAKI. TOPS SHOULD BE SOLID RED, WHITE OR BLACK AND SHOULD INCLUDE A COLLAR. PANTS SHOULD BE SOLID BLACK OR KHAKI. GIRLS MAY WEAR THE APPROVED PLAID THAT CAN BE PURCHASED FROM SCHOOL BELLS. NO OTHER PLAIDS ARE ALLOWED. SOCKS SHOULD BE SOLID WHITE, BLACK, RED OR BEIGE. SHOES SHOULD BE SOLID BLACK OR BROWN. PLEASE MAKE SURE YOUR CHILD IS IN COMPLETE UNIFORM EACH DAY AS YOU DROP THEM OFF. OPEN TOE SHOES AND SANDALS ARE NOT PERMITTED AT SCHOOL AT ANY TIME.

STUDENTS WHO ARE OUT OF UNIFORM WILL BE GIVEN A CLEAN UNIFORM OR SHOES TO WEAR DURING SCHOOL HOURS.

**TARDY STUDENTS – IF YOUR CHILD ARRIVES AT SCHOOL AFTER 8:45 YOU MUST ACCOMPANY THEM INTO THE BUILDING TO SIGN THEM IN. STUDENTS WHO ARE NOT SIGNED IN BY AN ADULT WILL REMAIN IN THE OFFICE AREA UNTIL AN ADULT IS AVAILABLE TO COME AND SIGN THEM IN AND BE ADMITTED TO CLASS.**

**CAR COURTESY – PLEASE BE AWARE THAT EVERY PARENT WHO WAITS IN LINE AT DISMISSAL, WHETHER IN THEIR CAR OR IN THE FRONT HALLWAY, TO PICK UP THEIR CHILD WANTS THE SAME THINGS AS YOU.....FOR THEIR CHILD TO BE SAFELY AND QUICKLY PICKED UP SO THAT THEY CAN GO ABOUT THEIR FAMILY LIFE. CUTTING PEOPLE OFF IN THE LINE, CROSSING THE STREET IN THE MIDDLE OF THE STREET, YELLING, CURSING, AND HONKING THE HORN DO ABSOLUTELY NO GOOD FOR ANYONE IN OUR SCHOOL COMMUNITY. LET'S ALL LEAD BY EXAMPLE.**



## **Is your child a car-rider?**

Please make sure you pick up a car plaque from Ms. King. This is the system we use at UPREP Mark Murray to identify your car at dismissal time. By placing the car plaque in your dashboard, Mrs. Wojtowicz, who works our dismissal line, will be able to load students in cars quickly and safely.



**EDIBLES REX**  
 YORK CATERING COMPANY

# October 2016

## U Prep - Elementary - Breakfast

MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY

Wednesday, September 21, 2016  
 10:10:50 AM  
 7021

3 * Closed *	4 Vanilla Goldfish WG (19) Fresh Fruit (22) Yogurt 4 oz - Danimals (19) Juice 100%-4oz (15) Milk Choice (19)	5 Maple Wafer Snack (35) Banana 1 ea (34) Juice 100%-4oz (15) Milk Choice (19)	6 Cinn Bun WG Apple Slices 1pkg 1/2c (7) Juice 100%-4oz (15) Milk Choice (19)	7 Mini Cris - cold (46) Fresh Fruit (22) Juice 100%-4oz (15) Milk Choice (19)
10 Cinn Chick Cereal (23) Applesauce Cup 4oz (22) Juice 100%-4oz (15) Milk Choice (19)	11 Grahams Minis WG Fresh Fruit (22) Yogurt 4 oz - Danimals (19) Juice 100%-4oz (15) Milk Choice (19)	12 Cinnamania - French Toast (37) Banana 1 ea (34) Juice 100%-4oz (15) Milk Choice (19)	13 Trix Cereal Bar (20) Apple Slices 1pkg 1/2c (7) Juice 100%-4oz (15) Milk Choice (19)	14 Bagel WG IW (29) Cream Cheese (1) Fresh Fruit (22) Juice 100%-4oz (15) Milk Choice (19)
17 Cinn. Toast Crunch Cereal (22) Applesauce Cup 4oz (22) Juice 100%-4oz (15) Milk Choice (19)	18 Corn Bread Loaf WG IW (28) Cheese Stick 1 oz (1) Mandarin Orange Cup 4 oz IW (20) Juice 100%-4oz (15) Milk Choice (19)	19 UBR Cinnamon (44) Banana 1 ea (34) Juice 100%-4oz (15) Milk Choice (19)	20 Oatmeal Chocolate Chip Bar (24) Apple Slices 1pkg 1/2c (7) Juice 100%-4oz (15) Milk Choice (19)	21 Lemon Crunch Bar (41) Fresh Fruit (22) Juice 100%-4oz (15) Milk Choice (19)
24 Trix Cereal (24) Applesauce Cup 4oz (22) Juice 100%-4oz (15) Milk Choice (19)	25 Backpacker S'Mores Fresh Fruit (22) Yogurt 4 oz - Danimals (19) Juice 100%-4oz (15) Milk Choice (19)	26 Strawberry Bagel Minis (41) Banana 1 ea (34) Juice 100%-4oz (15) Milk Choice (19)	27 French Toast Mini Choc Chip (35) Apple Slices 1pkg 1/2c (7) Juice 100%-4oz (15) Milk Choice (19)	28 Grahams Minis WG Sun Butter 2oz IW Fresh Fruit (22) Juice 100%-4oz (15) Milk Choice (19)
31 Cinn. Toast Crunch Cereal (22) Applesauce Cup 4oz (22) Juice 100%-4oz (15) Milk Choice (19)				

**New: Carb Counts included in parenthesis ( ) for each item**

\* Carb counts are estimated based on nutrition labels from the manufacturer and USDA data

**Milk Choice Carbs:**

Chocolate Fat Free (24)  
 White Fat Free (12)

All meals include: Milk, fruits and vegetables, bread or bread equivalent, meat or meat equivalent

This institution is an equal opportunity provider.



**EDIBLES REX**  
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# October 2016

## U Prep - Elementary - Lunch

Wednesday, September 21, 2016

10:09:44 AM

7049

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 * Closed * 4 French Tst. Sk. WG (8) w/syrup (55) Turkey Sausage Patty (1 ea) (1) Diced Potatoes 3/4 c w/keal (24) Orange Juice 4 oz Milk Choice (18) Milk Strawberry	5 Peppercorn(Tty) & Moz Roll (21) Pizza Sauce 1/2 c (4) Carrot Coins 1/2 c w/dip (10) Doritos Cool Ranch (RF) Fresh Fruit Mix Milk Choice (18)	6 Chicken Patty w/Chz WG bun (42) Diced Potatoes 1/2 c w/keal (18) Celery Sticks 1/4 c (1) Orange (21) Milk Choice (18)	7 Tty Nachos 2 oz w/cheese (20) Refried Beans & Cheese 1/2c (22) Fresh Fruit Mix Salsa 2 oz (4) Milk Choice (18)	
10 Cheese Pizza WG (V) (32) Caesar Salad 1 c (4) Grape Tomatoes 1/4 c (3) Juice 100%-4oz (15) Milk Choice (18)	11 Cheeseburger on WG Bun (33) Potato Wedge 1/2 c w/ketchup (17) Baked Beans 1/3 c (15) Fresh Fruit Mix Milk Choice (18)	12 Chicken Salad w/whit hrs 4 oz (16) Carrot Coins 1/2 c w/dip (10) Mandarin Oranges 1/2 c (13) Dinner Roll WG (V) (16) Pretzel Rod (9) Milk Choice (18)	13 Lasagna w/hamana (V) (28) Green Peppers 1/2 c (4) Garden Salad 1 c (17) Tropical Fruit Salad 1/2 c (22) Milk Choice (18)	14 Asian Chicken Bowl 2 oz (13) Soy Sauce (9) Stir Fry Veggies 3/4 c (6) Fresh Fruit Mix Fortune Cookie (8) Milk Choice (18)
17 Cheese Pizza WG (V) (32) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Juice 100%-4oz (15) Milk Choice (18)	18 Pancake & Tty Sausage Wrap (21) Diced Potatoes 1/2 c w/keal (18) Banana 1 ea (34) Vegetable Juice 4 oz (13) Milk Choice (18) Milk Strawberry	19 Chicken 2 oz Caesar Salad 1 c (9) Carrots 1/4 c (V) (3) Fresh Fruit Mix Fritos (12) Dinner Roll WG (V) (16) Milk Choice (18)	20 Chicken Patty w/Chz WG bun (42) Dill Pickle Spear 1/4 c (2) Apple (19) Doritos Cool Ranch (RF) Vegetable Juice 4 oz (13) Milk Choice (18)	21 Tty Nachos 2 oz w/cheese (20) Refried Beans & Cheese 1/2c (22) Fresh Fruit Mix Salsa 2 oz (4) Milk Choice (18)
24 Cheese Pizza WG (V) (32) Garden Salad 1 c (17) Grape Tomatoes 1/4 c (3) Juice 100%-4oz (15) Milk Choice (18)	25 Swedish Meatballs (8) (8) Mashed Potatoes 1/2 c (16) Buttered Carrots 1/2 c (9) Wheat Bread Slice WG Grapes 1/2 c (14) Milk Choice (18)	26 Tty Ham & Cheese Pita w/keal (30) Michigan Bean Soup 1/2 cup Broccoli 1/4 c (2) Ranch Dip 1 Pk (9) Banana 1 ea (34) Doritos (RF) Milk Choice (18)	27 BBQ Chicken Piece 1 ea (20) Baked Beans 1/2 c (22) Greens 1/4 c (2) Apple (19) Banana 1 ea (34) Wheat Bread Slice WG Milk Choice (18)	28 Turkey Pot Pie 6 oz (62) Mashed Potatoes 1/2 c (16) Mandarin Oranges 1/2 c (13) Dinner Roll WG (V) (16) Milk Choice (18)
31 Cheese Pizza WG (V) (32) Spinach Blend Salad 1 c (8) Grape Tomatoes 1/4 c (3) Chick Peas 1/4 c (20) Juice 100%-4oz (15) Milk Choice (18)				

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