Dear Sizer School Parents/ Guardians:

I hope that you are managing to stay warm in this January Arctic chill!

I have been asked about snow, and the possibility of snow, often this winter. While I do not make the snow day or delay decisions, I know that all decisions are based upon best projections, collaboration with our neighboring districts and most importantly, student safety. Please keep in mind if a delay is instituted, it is designed to allow city snow removal personnel time to make the roads as safe as possible and for our Sizer School grounds personnel to clear as much as possible on site. It is important not to arrive early and interrupt or crowd this important work. Thank you for your partnership!

This past week, our 10 grade students took part in a practice MCAS Next Gen English test using the computer based model. This type of practice is important for students so they are familiar with the mode in which the new testing is conducted. My greatest advice to all students on preparing for any standardized testing is to bring your perseverance with you! These tests take away points for incomplete or blank answers. All of us are bound to encounter questions or question types that challenge or even stump us. My message to all students is not to quit or given in: fight back and persevere! Give each question your best thinking and effort; in the end that will help you produce your best result.

Stay safe and warm; go Patriots!

Sincerely,

Frederick Randall
Sizer School Principal
School News

THE SILENT AUCTION IS COMING!

Get your bids ready, because the auction is LIVE

from February 4 through March 1, 2019

Sizer School Foundation is preparing to hold the first ever online Silent Auction to benefit access and equity at Sizer! Help level the playing field with your winning bids.

More items added this week, including:

Unique experiences like a private boat ride on a gorgeous lake (complete with lunch)

Photo session worth $250 with Robin Falk Photography

In-home haircut, provided by Sizer alum Liz Sargent!

Already Up for Grabs:

EIGHT tropical vacations worth over $23,000

An overnight stay for four at Great Wolf Lodge New England

A Bose Bluetooth Speaker

Gift certificates to nearly twenty local dining and entertainment destinations

Place Your Bids Online from February 4th through March 1st

Auction website preview coming soon!

Interested in learning more? Have an item you’d like to donate to the auction?

Contact Jill Connell at connellj@sizerschool.org
School News

There will be no school this Monday, January 21, in observance of Martin Luther King Jr. Day

Mid-Year Meetings Coming

This year’s mid-year family meetings will be held on Wednesday and Thursday February 6 and 7.
Please be sure to log in to the pickatime program to make your appointment.
An email letter was sent out last week with the information you need to log in.

Fashion Exchange at Mid-Year Meetings

Bring your gently used clothing and footwear and exchange it with others. Or, just come down and get yourself some fabulous new items for your wardrobe.
We will accept clothing items (in good condition) starting Monday Feb. 4th.
It would be wonderful if you could label the items with a piece of tape with the size (ex. Boys size 12) written on it. That saves LOTS of time for the volunteers sorting, and makes it easier to shop.

****We are also looking for:

- garment racks that we can borrow for that week (Feb. 4-7). Clothes are easier to look through, stay neater, and will be easier to store during the school day on Thursday if we can hang many of them on racks.
- Adults and students to help with the fashion exchange on the 6th and 7th.
- Please contact Mrs. Calcaterra if you’ll be able to lend us a rack or are able to help.
Open Mic Night Next **Thursday, January 24**

(this is a change in date from Friday, moved to Thursday)

Please join us for a **free** evening of performances from our students.

Did we mention that it’s free?

6:30-7:30/7:45

Sizer School
Sizer School Open Mic/Variety Night
Thursday, January 24, 2019  6:30 p.m.
Sizer School Cafeteria

Tell us about your song, poem, reflection, short story, short essay, musical performance or dance you’d like to share with the community.

Have a talent or type of performance not mentioned here? We probably want that too!
Fill out this form and return it to the library as soon as possible. You must sign up ahead of time. All acts must report to the Common at 5:30 p.m. the night of the show unless other arrangements are made.

"........................................................................................................................................

Name(s): _____________________________________________________

Title of what you will be performing: ____________________________

Type of performance (singing, reading, poetry, comedy, dancing, etc.):

Please tell us something about your performance so we can schedule the acts.
What type of music (classical, punk, etc.)?

What type of reading (serious, funny, etc.)?

About how long does it take to perform?

Will we need to set up equipment?

I understand that the Open Mic Night is a family event and I agree that my performance will be considerate of this. I will change any lyrics/wording so as to be appropriate for all ages and not offensive to members of our community.

Signature: __________________________ Date: _________________
School News

Carnation Sale for Valentine’s Day

Carnations: $1.50 apiece
( specials for multiple purchases!)

Orders will taken
Tuesday, Jan 22-Monday Feb 4.
In the library.

Pick up your carnations on Wednesday, Feb. 13th or Thursday the 14th (depending on weather).
See Mrs. Calcaterra for more info.

Sales benefit the Junior-Senior Prom

PARENT Prom

Dough Raiser At Uno Restaurant

The classes of 2019 and 2020 invite you to Uno restaurant on Friday, March 8 for the prom “Dough Raiser.” If you present a coupon when visiting Uno’s that day, whether it be dine-in or take-out, Sizer will get up to 20% back.

Did you notice it’s the same night as the parent prom? Make it Dinner and a Date, or a Party with Pals, by visiting Uno either before or after the parent prom!

To help Div. III students with their goal of making prom affordable for all eligible students, the PTSO is again helping them put on a parent prom. The Date is Friday, March 8, and it will be held right here at Sizer. Watch the Flash for more details!
This Offer For Parents and Family Only....

Show someone special how much you care with

Valentine Carnations!

You may order now or drop your order and payment off to Mrs. Calcaterra’s mailbox in the main office by T Monday, February 4.

We will deliver the carnation(s) to your student on Thursday, Feb. 14th (or Wednesday the 13th if weather looks iffy for the 14th.

Carnations are only $1.50 each, 4/$5, or 12/$12

Proceeds will benefit the Prom.

Thank you for your assistance!

Your Valentine Carnation Order

Your name:_________________________ Date:___________

Deliver to: ___________________________Advisor:___________

Number of Carnations:___________

Payment Amount:______________________ Cash:_____ Check:______
Massachusetts Amazing Emerging Artists Exhibit

Congratulations to Sizer senior, Olivia Wilkins whose artwork has been selected for the Massachusetts Amazing Emerging Artists Recognitions juried exhibit in Boston!

The Massachusetts Art Education Association has established a new competitive exhibit opportunity for high school students. This is a real world opportunity for art students to enter their artwork, along with accompanying artist statements, to be reviewed by a panel of judges. A select number of outstanding art students, grades 9-12, from public and private schools across Massachusetts have been chosen to have their artwork displayed in the "Massachusetts Amazing Emerging Artists Recognitions Exhibit at the State Transportation Building, 10 Park Plaza, Boston, MA.

The show will be on display and open to the public weekdays 9:00 a.m.- 5:00 p.m. from February 11 through March 27, 2019. More information is available at massarted.com/events/maea-recognitions

Sizer Food Pantry News

The food pantry “grab and go” table has changed locations: feel free to come check out a small selection of what we have available in the SST office. Students and families who are interested in using the larger pantry by appointment can make a confidential appointment to get what they need. Email or see Ms. Lavery to do so.

Vocal Gym

Vocal gym with Ms. Cordio will resume afterschool starting Monday, February 4.

Hear you then!
The PTSO is sponsoring it’s first *Souper Bowl* to benefit the Sizer Food Pantry on Wednesday, January 30.

For a donation of $5, you’ll be able to sample up to 8 soups, both homemade and donated by area restaurants.

For $10, you’ll get to sample the soups and take home a vintage bowl of your choosing.

Some of the soups you’ll be able to sample...

- Chicken Tortilla
- Italian Wedding
- Creamy Chicken and Wild Rice
- Gluten Free Squash

We’re still looking for more...let us know if you can help!

Please email PTSO@sizerschool.org,

Or call Mrs. Calcaterra at school.
## What’s For Lunch?

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BA-</strong></td>
<td><strong>GEL/YOGUR</strong></td>
<td><strong>T</strong></td>
<td><strong>MEAL</strong></td>
<td><strong>DAILY</strong></td>
<td><strong>SUNWISE</strong></td>
<td><strong>DAILY</strong></td>
</tr>
<tr>
<td><strong>WEEK ONE</strong></td>
<td><strong>WEEK TWO</strong></td>
<td><strong>WEEK THREE</strong></td>
<td><strong>WEEK FOUR</strong></td>
<td><strong>PLEASE CHECK YOUR</strong></td>
<td><strong>BALANCE AND PAY</strong></td>
<td><strong>ONLINE AT</strong></td>
</tr>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td><strong>RETURN TO SCHOOL</strong></td>
<td><strong>CHICKEN NACHOS</strong></td>
<td><strong>CHIC BACON RANCH</strong></td>
<td><strong>CHICKEN PIZZA</strong></td>
<td><strong>NACHOS</strong></td>
<td><strong>CHICKEN NUGGETS/ROLL</strong></td>
<td><strong>SUNRISE</strong></td>
</tr>
<tr>
<td><strong>OMELET/BISCUIT</strong></td>
<td><strong>CHEESEBURGER</strong></td>
<td><strong>TACO BOATS</strong></td>
<td><strong>PEPPERONI PIZZA</strong></td>
<td><strong>CHEESEBURGER</strong></td>
<td><strong>MEATBALL SUB</strong></td>
<td><strong>MARSHMALLOWS</strong></td>
</tr>
<tr>
<td><strong>CHEESE/TOM SOUP</strong></td>
<td><strong>VEGGIE BURGER</strong></td>
<td><strong>RIB BOATS</strong></td>
<td><strong>MUSHROOMS</strong></td>
<td><strong>VEGGIE BURGER</strong></td>
<td><strong>CHEESE PIZZA</strong></td>
<td><strong>PANCAS</strong></td>
</tr>
<tr>
<td><strong>SAND FRIES</strong></td>
<td><strong>BAKED</strong></td>
<td><strong>PEPP BREADSTICKS</strong></td>
<td><strong>HAM/CHEESE BAGEL</strong></td>
<td><strong>SAND FRIES</strong></td>
<td><strong>CHEESE PIZZA</strong></td>
<td><strong>FIBER</strong></td>
</tr>
<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
</tr>
<tr>
<td><strong>CHICKEN NACHOS</strong></td>
<td><strong>FRENCH TOAST/SAUSAGE HAM/CHEDDAR BAGEL MELT</strong></td>
<td><strong>TURKEY ALFREDO RIB Q BQ SAND</strong></td>
<td><strong>CHICKEN PATTY HAMBURGER</strong></td>
<td><strong>FRESH FRUITS AND VEGETABLES DAILY</strong></td>
<td><strong>CHICKEN NUGGETS/ROLL</strong></td>
<td><strong>MEATBALL SUB</strong></td>
</tr>
<tr>
<td><strong>CHEESE PIZZA</strong></td>
<td><strong>HAM/CHEESE BAGEL MELT</strong></td>
<td><strong>PEPP BREADSTICKS CHEESY BREADSTICKS BROCCOLI</strong></td>
<td><strong>CHEESE PIZZA</strong></td>
<td><strong>CHICKEN PATTY</strong></td>
<td><strong>RING</strong></td>
<td><strong>CHEESE NACHOS</strong></td>
</tr>
<tr>
<td><strong>BEEF NACHOS</strong></td>
<td><strong>VEGGIE BURGER</strong></td>
<td><strong>BUFF CHICKEN SALAD BROCCOLI</strong></td>
<td><strong>FISH STICKS</strong></td>
<td><strong>FISH STICKS</strong></td>
<td><strong>CHICKEN NACHOS</strong></td>
<td><strong>CHEESE NACHOS</strong></td>
</tr>
<tr>
<td><strong>CHEESE PIZZA</strong></td>
<td><strong>BUFF CHICKEN SALAD</strong></td>
<td><strong>BUFF CHICKEN SALAD BROCCOLI</strong></td>
<td><strong>BUFF CHICKEN SALAD BROCCOLI</strong></td>
<td><strong>BUFF CHICKEN SALAD BROCCOLI</strong></td>
<td><strong>LAMB</strong></td>
<td><strong>LAMB</strong></td>
</tr>
</tbody>
</table>

**PLEASE CHECK YOUR BALANCE AND PAY ONLINE AT Sizerschool.org**
Breakfast At School

Children who participate in school breakfast are more likely to consume diets that are adequate or exceed standards for important vitamins and minerals than those who do not eat school breakfast or who have breakfast at home. ...

School breakfast also helps build lifelong healthy eating habits.

WHOLE GRAIN MUFFINS, REDUCED SUGAR CEREAL, WHOLE GRAIN APPLE FRUDEL,
WG BANANA/CHOCOLATE BREAKFAST BAR

STUDENTS CAN HAVE BREAKFAST BEFORE SCHOOL,
STARTING AT 7:25am
B-FIT IS OUR SECOND CHANCE BREAKFAST AT 10:02am

FULL PRICE-$1.25
REDUCED-$ .30
FREE TO THOSE WHO QUALIFY

PLEASE CHECK YOUR BALANCE AND PAY ONLINE AT SIZERSCHOOL.ORG
SENIOR’S BALANCES MUST BE PAID IN FULL PRIOR TO GRADUATION
## BREAKFAST MENU

Rotates Weekly

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Benefit Bar, Choc/Ban</td>
<td>Apple Frudel</td>
<td>Mini-Cinni</td>
<td>Breakfast Pizza</td>
<td>Muffins</td>
</tr>
<tr>
<td>Reduced Sugar Cereal</td>
<td>Reduced Sugar Cereal</td>
<td>Reduced Sugar Cereal</td>
<td>Muffins</td>
<td>Reduced Sugar Cereal</td>
</tr>
<tr>
<td>Cheese, Mozz String</td>
<td>Cheese, Mozz String</td>
<td>Cheese, Mozz String</td>
<td>Reduced Sugar Cereal</td>
<td>Cheese, Mozz String</td>
</tr>
<tr>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Fresh Fruit</td>
<td>Cheese, Mozz String</td>
<td>Fresh Fruit</td>
</tr>
<tr>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Orange Juice</td>
<td>Fresh Fruit</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>Milk:</td>
<td>Milk:</td>
<td>Milk:</td>
<td>Orange Juice</td>
<td>Milk:</td>
</tr>
<tr>
<td>Nonfat Chocolate</td>
<td>Nonfat Chocolate</td>
<td>Nonfat Chocolate</td>
<td>Milk:</td>
<td>Nonfat Chocolate</td>
</tr>
<tr>
<td>1% White</td>
<td>1% White</td>
<td>1% White</td>
<td>Nonfat Chocolate</td>
<td>1% White</td>
</tr>
<tr>
<td>Lactaid, Nonfat</td>
<td>Lactaid, Nonfat</td>
<td>Lactaid, Nonfat</td>
<td>1% White</td>
<td>Lactaid, Nonfat</td>
</tr>
<tr>
<td></td>
<td></td>
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<td></td>
<td>Lactaid, Nonfat</td>
</tr>
<tr>
<td>Breakfast $1.25</td>
<td>Reduced .30</td>
<td>Free to those who qualify</td>
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<td></td>
</tr>
</tbody>
</table>

Please check your balance and pay online at sizerschool.org

FOR MENU MODIFICATION REQUESTS,
PLEASE CONTACT MRS. NELSON @ 978-345-2701 EXT 417

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PLEASE CHECK CAFETERIA BALANCES

AND

PAY ONLINE AT www.sizerschool.org
**It's a perfect time to apply for TRiO!**

See Miss Miriam, the front desk, or Mrs. Calcaterra for applications (in the library) to apply. All of field trips are offered free to participating members, transportation included, and always run during school hours or during school breaks.

Workshops are once a week and include the following:

**JANUARY WORKSHOP THEMES**

**7th - 11th Grade**

“The Price of Good Grades”

A critical look into the impact of high school transcripts on college and future careers.

What’s the point of getting good grades, and what can they save you (quite literally) in the future?

**12th Grade**

“Date with Destiny”

College Application workspace and/or FAFSA completion.

**Notify your Advisor before attending a workshop**

During Afternoon Advisories

New Comers are Welcome

Glass Conference Room

7th GRADE ——> Wednesday, January 23rd

8th GRADE ——> Tuesday, January 22nd

9th GRADE ——> Friday, January 25th

10th GRADE ——> Thursday, January 24th

11th GRADE ——> Tuesday, January 22nd

12th GRADE ——> Wednesday, January 23rd
UPCOMING FIELD TRIPS

**Harvard University**  
Thursday, January 31st  
7th - 12th Graders  
8:30am - 2:30pm  
Come visit Harvard University for an intimate and motivational sneak peek into the life of Marissa Compton, Masters of Theology, in Women's Studies at the Harvard Divinity School. On this all-girls trip, we will have an informal Q&A with Marissa to hear her story and get to walk around Harvard on our way to lunch. After that we’ll head back to sizer in time to catch the bus home!

**Worcester Polytechnic Institute**  
Tuesday, February 5th  
7th graders  
Students will receive a middle school specific WPI college presentation. They will then participate in a hands-on engineering activity and college tour followed by lunch in the WPI dining hall.

**FAFSA Day**  
Wednesday, February 6th  
11th - 12th Graders  
Mount Wachusett Community College  
Information and professional help from college administrators explaining the ins and outs of the Financial Aid Federal Student Application.

**Basketball Hall of Fame**  
Wednesday, February 20th  
9th - 12th Graders  
9:30am - 4:00pm  
Students will be able to learn more about the different careers in the sports industry and tour the Basketball Hall of Fame. Green screens, news casting, and bball time will be included.

**Berklee College of Music**  
Friday, February 22nd  
7th - 12th Graders  
8:30am - 6:30pm  
Campus tour, lunch, personal tour by student and musician Brandon Crichfield (in the ensemble rooms), and finally a live performance to end with!

**ECOTARIUM**  
Tuesday, February 19th  
7th Graders  
A combined all-day event with Gardner Middle School going to explore the Worcester, MA Ecotarium.

**BECKER COLLEGE**  
March 28th  
9th - 12th Graders  
Becker College Tour with Athol high school. Free lunch and financial literacy workshop included.
## SAT Dates

<table>
<thead>
<tr>
<th>2018-19 SAT TEST DATE</th>
<th>REGISTRATION DATE</th>
<th>SCORES BACK DATE**</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday, March 9, 2019</td>
<td>February 8, 2019</td>
<td>March 22, 2019</td>
</tr>
<tr>
<td>Saturday, May 4, 2019</td>
<td>April 5, 2019</td>
<td>May 17, 2019</td>
</tr>
<tr>
<td>Saturday, June 1, 2019</td>
<td>May 3, 2019</td>
<td>July 10, 2019</td>
</tr>
</tbody>
</table>

*Not all SAT Subject Tests are offered on each test date.

## ACT Dates

<table>
<thead>
<tr>
<th>Test Date</th>
<th>Deadline</th>
<th>Late Deadline</th>
<th>Score Release*</th>
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<tbody>
<tr>
<td>Feb 9, 2019</td>
<td>Jan 4, 2019</td>
<td>Jan 18, 2019</td>
<td>Feb 19; Mar 5, 2019</td>
</tr>
<tr>
<td>Apr 13, 2019</td>
<td>Mar 8, 2019</td>
<td>Mar 22, 2019</td>
<td>Apr 23; May 7, 2019</td>
</tr>
<tr>
<td>June 8, 2019</td>
<td>May 3, 2019</td>
<td>May 17, 2019</td>
<td>June 18; July 2, 2019</td>
</tr>
<tr>
<td>July 13, 2019</td>
<td>June 14, 2019</td>
<td>June 21, 2019</td>
<td>July 23; Aug 6, 2019</td>
</tr>
</tbody>
</table>

* = Refers to online score release. The first date is when multiple choice scores come out, and the second one is when complete scores are available.
Athletics News

Game Schedule

Girls' Varsity Basketball

Monday, January 21st, 2019 - **Away Game**
- Sizer @ Cristo Rey Lawrence at 2:00
- Notre Dame Cristo Rey High School, 303 Haverhill St, Lawrence, MA 01841
  -- The bus leaves at 12:30 and returns at 4:30

Friday, January 25th, 2019 - **Home Game**
- Salem Academy @ Sizer at 6:30
- Sizer School, 500 Rindge Rd., Fitchburg, MA 01420

Girls' Junior Varsity Basketball

Tuesday, January 22nd, 2019 - **Home Game**
- Thomas Prince Middle School @ Sizer at 3:30
- Sizer School, 500 Rindge Road, Fitchburg MA 01420

Friday, January 25th, 2019 - **Home Game**
- Salem Academy @ Sizer at 6:30
- Sizer School, 500 Rindge Rd., Fitchburg, MA 01420

Boys' Varsity Basketball

Friday, January 25th, 2019 - **Away Game**
- Sizer @ Salem Academy at 6:00
- Salem Academy Charter School, 45 Congress St, Salem, MA 01970
  -- The bus leaves at 1:00 and returns at 10:20

Boys' Junior Varsity Basketball

Tuesday, January 22nd, 2019 - **Home Game**
- Thomas Prince Middle School @ Sizer at 4:30
- Sizer School, 500 Rindge Road, Fitchburg MA 01420

Friday, January 25th, 2019 - **Away Game**
- Sizer @ Salem Academy at 4:30
- Salem Academy Charter School, 45 Congress St, Salem, MA 01970
  -- The bus leaves at 1:00 and returns at 10:20
Super Sparkly Fitness, Sundays 5:30-6:30 pm with Maria Milagros, ACE Certified Personal Trainer. Take care of your body. It's the only place you have to live in. Stretching, dancing, HIIT Training, fun, laughs, meditation, affirmations, empowerment, encouragement, connection, self-love, self-care. Drop-in is $15, 4 class package is $40, Sizer staff or parents save an additional $3 per class. Pictures show a plain butterfly and a colorful butterfly.
The Sizer Six

The core values we expect all community members—students, teachers, parents, families—to live by everyday.

Community

Purpose

Responsibility

Integrity

Voice

Safety

FRIDAY FLASH!