

**The Oxford Lassie League is doing ONLINE REGISTRATION  
for the Spring 2018 Season!!!!**

We have a new website and are now located at:  
<http://leagues.bluesombrero.com/Default.aspx?tabid=975041>

Please visit us and create a free account for your player (s) and register for the 2018 Season!!

**Online Registration Prices:**

7/8 & Peewee

\$75.00 Individual; \$ 55.00 each additional child

10U and Older

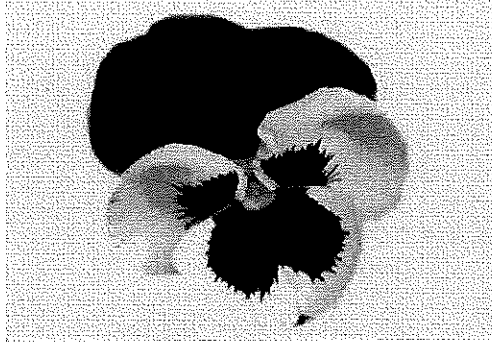
\$ 95.00 Individual; \$ 75.00 each additional child

We will also be able to send important league updates and reminders via email or text once you have registered for the site.

**Any sign-ups after March 15th will be charged a \$20.00 late fee!**

Any questions related to the website, please contact Beth Buchanan at  
[Oxfordlassieleague@yahoo.com](mailto:Oxfordlassieleague@yahoo.com)

Any questions related to registration, please contact us at  
[Oxfordlassieleague@yahoo.com](mailto:Oxfordlassieleague@yahoo.com)



**Help Fight Pancreatic Cancer.....Buy Pansies!**

- “Pancreatic cancer is the 3rd leading cause of cancer death in the United States.”
- “This year, it is estimated that 55,440 Americans will be diagnosed with pancreatic cancer (152 people a day) and that 44,330 will die from the disease.”

**Campaign runs March 2 – March 30. \*Delivery is Mon. April 9.**

- 5” inch pot of pansies      \$5 each

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**Please cut and return the bottom portion with a check made payable to: “Pancreatic Cancer Alliance.”**

Name \_\_\_\_\_ Homeroom # \_\_\_\_\_

**Quantity**

Please indicate: \_\_\_\_\_ 5” Pot of Pansies    Total: \$\_\_\_\_\_.

Please enclose a check made payable to: “Pancreatic Cancer Alliance” **No Cash. Please return to Mrs. Goulas in Room 125. Deadline for orders is March 30.** Questions please email [egoulas@oxps.org](mailto:egoulas@oxps.org).

## ***Oxford Middle School***

*497 Main Street  
Oxford, Massachusetts 01540*

*508-987-6075  
508-987-2588 - fax*

February 15, 2018

Dear Parent or Guardian,

This year all Massachusetts school districts are required to include a substance use preventive screening as part of their annual mandated universal health-screening program. Our district will use the Screening, Brief Intervention, and Referral to Treatment (SBIRT) protocol with students in grades 7 and 9. The SBIRT protocol facilitates a one-on-one conversation between each student and a school nurse or counselor in an effort to prevent or at least delay the start of using harmful substances, such as alcohol and marijuana. This program focuses on reinforcing healthy decisions and addressing concerning behaviors around substance use with the goal of improving health, safety and success in school.

We will use the CRAFFT II screening interview, which is the most commonly used substance use screening tool for adolescents in Massachusetts. All screenings will be conducted in a confidential setting in private one-on-one sessions with one of the nurses or counselors trained in SBIRT screening. Students who are not using substances will have their healthy choices reinforced. The screener will provide brief feedback to any student who reports using substances, or is determined to be at risk for future substance use. What your child tells the screener is confidential, and will not be shared with any other person without prior written consent of the student, parent or guardian, except in cases of immediate medical emergency or when disclosure is otherwise required by state law. No written record of the results of this verbal screening are kept with information that identifies any individual student. Screening results will not be included in your child's school record.

The student's parent or guardian may opt-out of the screening by written notification any time prior to or during the screening. Students may also opt out at the time of the screening. Please feel free to contact us should you have any questions or would like your child to opt-out of the screening. Screenings will be conducted during the month of March.

Together, schools and parents CAN make a difference for the youth in our community. One way to prevent youth substance use is to talk with your child about your thoughts and expectations regarding substance use. You can view the CRAFFT tool and other SBIRT resources on [www.masbirt.org/schools](http://www.masbirt.org/schools) website.

Regards,

Amy Belhumeur  
School Principal  
[abelhumeur@oxps.org](mailto:abelhumeur@oxps.org)

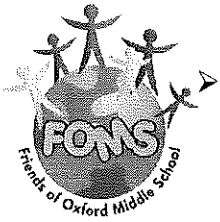
Kristie Boss  
School Counselor  
[kboss@oxps.org](mailto:kboss@oxps.org)

Amy Grniet  
School Nurse  
[agrniet@oxps.org](mailto:agrniet@oxps.org)

Marybeth Karsok  
School Counselor  
[mkarsok@oxps.org](mailto:mkarsok@oxps.org)

*"The Oxford School District does not discriminate on the basis of race, color, sex, religion, national origin, sexual orientation or disability."*

# The Road to Success Starts at OMS



## FOMS March News

### Important Dates

- **OMS Spirit Week:** Monday – Friday, Mar. 5-9
- **FOMS meeting – OMS Cafeteria:** Tuesday, Mar. 6; 6:30 pm
- **Rotation #5 begins ("Specials switch"):** Thursday, Mar. 8
- **Irish Spirit Dance – OMS Cafeteria** Friday, Mar. 9; 7:00-9:30 pm
- **Harlem Globetrotters:** Saturday, Mar. 10  
PREPURCHASED TICKETHOLDERS ONLY
- **NO SCHOOL:** Monday, Mar. 12
- **School Committee; OHS Community Room:** Monday, Mar. 12; 6 pm
- **6E/F Field Trip:** Tuesday, Mar. 13
- **Pi Day:** Wednesday, Mar. 14
- **OMSAC Meeting:** Thursday, Mar. 15
- **Grade 5 Field Trip:** Friday, Mar. 23
- **Braided Pastry pick-up:** Friday, Mar. 23
- **School Committee; OHS Community Room:** Monday, Mar. 26; 6 pm
- **Spring Picture Day:** Tuesday, Mar. 27
- **6A/B Field Trip:** Tuesday, Mar. 27
- **NJHS Induction:** Wednesday, Mar. 28; 7 pm
- **NO SCHOOL:** Friday, Mar. 30



- **Art Club**  
Mar. 5, 19: 2:25 pm – 3:25 pm
- **Babysitting Club**  
Mar. 7, 14, 21: 2:25 pm – 3:25 pm
- **Grades 6 & 7 Band**  
Mar. 7, 14, 21, 28: 2:25 pm – 3:25 pm
- **NJHS meetings**  
Mar. 19, 26
- **Ski Club**  
Mar. 5, 19
- **Student Council meetings**  
Mar. 1, 9, 22



### DON'T FORGET!!

Our Kansas Maid Braided Pastry and Cookie Dough orders will be in on Friday, March 23.

Orders need to be picked up between 2 and 6 pm that day. Unfortunately, **we cannot store orders not picked up.**

# OMS SPIRIT WEEK!

**Show your spirit  
March 5 – 9!**

Monday – *Meme Day*

Tuesday – *PJ Day*

Wednesday – *Wacky Wednesday*

Thursday – *Super Hero Day*

Friday – *Oxford Pride Day*

## Special thanks!

We would like to take a moment to offer a huge THANK YOU to both the XtraMart in North Oxford and the Honey Farms in Oxford.

They each nominated OMS for gifts through Mobil/Exxon and we won both of them!

We won two \$500 donations for our math/science programs!!

**Thank you so much for thinking of  
our students!**

## Ways to Stay Informed

There are several ways to stay informed of OMS and FOMS activities:

1. **Remind** – Text @eb9gdk to 81010 to receive text alerts from FOMS
2. **Facebook** – Search for Oxford Middle School FOMS or <https://www.facebook.com/OMSFOMS/>
3. **Our webpage** – Visit [oxps.org](http://oxps.org) and click on "Parent Groups"
4. **Email** [OxfordFOMS@gmail.com](mailto:OxfordFOMS@gmail.com)

Next Friends of Oxford Middle School  
(FOMS) meeting:

Tuesday, March 6

Each meeting begins at 6:30pm in the  
OMS cafeteria.

**Please join us and share your ideas!**

## National Junior Honor Society

Scholarship – Leadership –  
Service – Character – Citizenship

OMS is excited to welcome a new class of  
inductees to our chapter of the  
National Junior Honor Society (NJHS) on  
Wednesday, March 28, at 7 pm.

To be considered for membership,  
applicants must exemplify the five  
standards above.

**Congratulations to all the new  
members!**

## Can you help?

Our goal is to open **Cheapo Depot**, the  
school store, every Wednesday and Friday.

But without volunteers to help run it, the  
store can't open. If you can spare some time  
during lunches on those days, we would love  
to hear from you!

Email [OxfordFOMS@gmail.com](mailto:OxfordFOMS@gmail.com) to let us  
know you want to keep the store going!

**Thank you for supporting our efforts!**



oxford public schools  
MIDDLE SCHOOL

February 26 to March 23

Lunch \$3.25 Reduced .40 cents Breakfast \$1.50 Milk .50 cents



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 26 **GRAB AND GO SALAD MEAL MIDDLE** HAM SANDWICH BEEF STROGANOFF * MINI BURGER ROASTED BUTTERNUT SQUASH W/ CINNAMON HOMEMADE VEGETABLE SOUP W/CRACKERS PEACH SLICES MILK	Feb - 27 **GRAB AND GO SALAD MEAL MIDDLE** **TURKEY SALAD WRAP PASTA WITH MARINARA SAUCE **PERSONAL PIZZA HOT BROCCOLI TREES CHILLED PEARS MILK	Feb - 28 **GRAB AND GO SALAD MEAL MIDDLE** SANDWICH PINEAPPLE CHICKEN TENDERS **BEEF STEAK SMOKIE GRILL/BUN ITALIAN GREEN BEANS STRAWBERRIES IN A CLOUD MILK	Mar - 1 **GRAB AND GO SALAD MEAL MIDDLE** TUNA SALAD ROLL-UP CHICKEN QUESADILLA **RIB-B Q/BUN CHICKPEAS & TOMATOES BROCCOLI SOUP FRENCH FRIES APPLESAUCE MILK	Mar - 2 **GRAB AND GO SALAD MEAL MIDDLE** STUFFED CRUST PIZZA* FISH SANDWICH TUNA MACARONI SALAD ST. PATTY'S DAY CUP CAKE CHILLED MIXED FRUIT MILK	Avg Nutrients Target Cals... 675 107% Chol... 42* mg Sodium. 1126* mg Fiber... 8.4* g Iron... 9.0* mg 272% Calcium 567.9* mg 213% Vit A 2520* IU 252% Vit C 80.4* mg 536% Sugar 16.8*g 10.0%Cal Prot 31.4*g 18.6%Cal Carb 94.5*g 56.0%Cal T.Fat 19.9*g 26.5%Cal S.Fat 5.9*g 7.8%Cal
Mar - 5 **GRAB AND GO SALAD MEAL MIDDLE** ITALIAN COLD CUT/WRA ROASTED TURKEY **BEEF STEAK SMOKIE GRILL/BUN MASHED POTATO PEAS SOUP OF THE MOMENT PEACH SLICES MILK	Mar - 6 **GRAB AND GO SALAD MEAL MIDDLE** TURKEY SUB CHEESEBURGER **PERSONAL PIZZA FRENCH FRIES CHILLED PEARS MILK	Mar - 7 **GRAB AND GO SALAD MEAL MIDDLE** HAM & CHEESE SUB PASTA WITH MARINARA SAUCE **CHICKEN FAJITAS FIESTA CHICKEN SOUP VEGETABLE&HUMMUS BLUEBERRIES MILK	Mar - 8 **GRAB AND GO SALAD MEAL MIDDLE** EGG SALAD SANDWICH ROAST PORK & GRAVY RIB-B-Q/BUN PEAS & CARROTS APPLESAUCE MILK	Mar - 9 **GRAB AND GO SALAD MEAL MIDDLE** STUFFED CRUST PIZZA* FISH SANDWICH JERSEY FRESH TOMATO SOUP FRENCH FRIES CHILLED MIXED FRUIT MILK	Avg Nutrients Target Cals... 618 98% Chol... 41* mg Sodium. 1009* mg Fiber... 8.6* g Iron... 8.3* mg 250% Calcium 57.2* mg 134% Vit A 5826* IU 583% Vit C 26.0* mg 174% Sugar 17.9*g 11.6%Cal Prot 27.6*g 17.9%Cal Carb 94.5*g 61.2%Cal T.Fat 14.4*g 21.0%Cal S.Fat 4.9*g 7.1%Cal

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

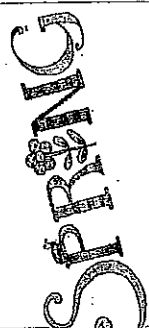

oxford public schools  
MIDDLE SCHOOL

February 26 to March 23

Lunch \$3.25 Reduced .40 cents Breakfast \$1.50 Milk .50 cents



**SPRING**

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mar - 12 NO SCHOOL 	Mar - 13 **GRAB AND GO SALAD MEAL MIDDLE** ITALIAN COLD CUT/WRA PINEAPPLE CHICKEN TENDERS **PERSONAL PIZZA HOT BROCCOLI TREES CHILLED PEARS MILK	Mar - 14 **GRAB AND GO SALAD MEAL MIDDLE** TURKEY SANDWICH PASTA WITH MARINARA SAUCE PULLED PORK SANDWICH COLE SLAW VEGETABLE&HUMMUS CHILLED MIXED FRUIT MILK	Mar - 15 **GRAB AND GO SALAD MEAL MIDDLE** CHICKEN SALAD/ CRANBERRIES ROASTED TURKEY **RIB-B Q/BUN CHICKEN VEGETABLE SOUP PEAS & CARROTS STRAWBERRIES IN A CLOUD MILK	Mar - 16 **GRAB AND GO SALAD MEAL MIDDLE** STUFFED CRUST PIZZA* FISH SANDWICH JERSEY FRESH TOMATO SOUP ST. PATTY'S DAY CUP CAKE CHILLED MIXED FRUIT MILK	Avg Nutrients Target Cals... 612 97% Chol... 44* mg Sodium. 1154* mg Fiber.. 10.9* g Iron... 9.8* mg 298% Calcium465.3* mg 174% Vit A 7670* IU 767% Vit C 176.9* mg1179% Sugar 23.3*g 15.2%Cal Prot 32.2*g 21.0%Cal Carb 91.5*g 59.8%Cal T.Fat 14.6*g 21.4%Cal S.Fat 4.3*g 6.4%Cal
Mar - 19 **GRAB AND GO SALAD MEAL MIDDLE** HAM SANDWICH ROAST BEEF WITH GRAVY * MINI BURGER BUTTERNUT CARROT SOUP PEAS PEACH SLICES MILK	Mar - 20 **GRAB AND GO SALAD MEAL MIDDLE** ITALIAN COLD CUT/WRA PINEAPPLE CHICKEN TENDERS **PERSONAL PIZZA HOT BROCCOLI TREES CHILLED PEARS MILK	Mar - 21 **GRAB AND GO SALAD MEAL MIDDLE** TURKEY CAESAR WRAP PASTA WITH MARINARA SAUCE CHICKEN QUESADILLA BUFFALO CHICKEN SOUP VEGETABLE&HUMMUS CHILLED MIXED FRUIT MILK	Mar - 22 **GRAB AND GO SALAD MEAL MIDDLE** CHICKEN SALAD/ CRANBERRIES ROASTED TURKEY CRISPY CHICKEN SANDWICH PEAS & CARROTS STRAWBERRIES IN A CLOUD MILK	Mar - 23 **GRAB AND GO SALAD MEAL MIDDLE** STUFFED CRUST PIZZA* FISH SANDWICH TUNA MACARONI SALAD APPLE CRISP MILK 	Avg Nutrients Target Cals... 694 110% Chol... 38* mg Sodium. 1224* mg Fiber.. 10.9* g Iron... 10.2* mg 310% Calcium580.0* mg 217% Vit A 7843* IU 784% Vit C 142.0* mg 946% Sugar 18.5*g 10.7%Cal Prot 33.3*g 19.2%Cal Carb 95.0*g 54.8%Cal T.Fat 20.9*g 27.1%Cal S.Fat 5.5*g 7.2%Cal

NO charging Breakfast--NO charging Milk

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