



PROS & CONS: CHRISTMAS GIFTS

By: Hailey Botelho & Mia Furtado



Photo Credit: Mia Furtado

Haven't you ever wondered which christmas present to ask for? Maybe you've thought about getting an Xbox or LEGOS, or maybe even a drone. Now think: Have you ever thought about the pros and cons of each? If so, read on!

How About a Drone?

A drone would be nice to play with, but not really for people that live near many trees or don't have the best management over the controls. If you were to get a drone for Christmas, you probably won't be able to fly it until the weather gets better as they might crash.

What About Legos?

There are different sets of LEGO bricks to build. The only trait wrong with them is that it takes a very long time to build the structure. You'll probably need a lot of patience and skilled fingers/hands. It's fun to build and play with but if you lose a piece, you can use another from another set. But if not, it would not be as fun. If the piece is small, most of the time they include doubles in the set. Overall, it's fun to break, build, play or to display it to make towns and cities.

Sports Equipment?

Sports equipment can be good Christmas gifts, but sometimes you have to wait to use them. Soccer balls, baseballs, and basketballs almost all need to have nice weather to be able to use them.

A Radio?

A radio is something most of us would like. One of the downsides of a radio is that sometimes a station can be full of static or not coming in well. Listening to music can calm you down or get you up and ready to go. The music or talking plays 24/7. There's many commercials and limitations of sound though.

Nerf-N-Strike Elite Strongarm Blaster

The Nerf gun shoots 6 darts at a time. Though, it only comes with 6 darts. Siblings? Good war breaker or shooting practice. Make sure it's ok with your parents on who or what you're shooting.

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Continued from Pros & Cons: Christmas Gifts

Harry Potter 3D Puzzle

Harry Potter 3D puzzle is time consuming and takes some skills. Become a wizard by building your own Hogwarts Academy. It's a unique piece of art and a great decor item to display. You can't lose a piece because there will be a hole with the missing spot.

These are just some items that might be on your Christmas list this year. (This entire article is based on one's opinion. Not all statements and items may apply to you.)

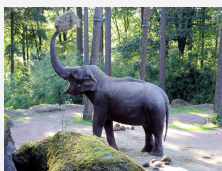


FUN FACTS ABOUT ANIMALS

By: Olivia Mank

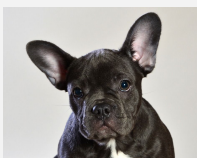
Rabbits

- A female rabbit is called a **doe**.
- A male rabbit is called **buck**.
- A young rabbit is called a **kitten**; shorter for **kit**.
- Rabbits live in groups.
- More than half of the world's rabbits live in North America.



Elephants

- Elephants are the largest land mammals.
- Elephant only eat plant, grass and fruit; they don't eat meat.
- Elephant love bananas!
- Elephants have the largest brain in the animal kingdom.



French Bulldog

- French Bulldogs can't swim.
- French Bulldogs are originally from England.
- English breeders prefer the shape of the dog, and America breeders prefer their unique ears.

BASKETBALL

By: Kaitlyn Abreau, Emma Cusson, & Alexis Read



Photo Credit: Kaitlyn Abreau, Emma Cusson, & Alexis Read

Do you like to watch the Boston Celtics on TV? Well, they have been winning lately and maybe that is because of the teams shooting techniques. It is now basketball season and if your team hasn't been winning lately maybe it's because you're not shooting correctly. We are going to tell you the best way to shoot: make a backwards L formation with your wrist and arm and put the ball in your hands and then extend your arm and flick your wrist while aiming at the backboard. This technique will help put the ball through the hoop.

Dribbling is an important part of basketball because that's the only way you can move around on the court with the ball. Once you stop dribbling the ball, you can no longer run because that is a traveling violation. Traveling is when you pick up the ball and walk without dribbling.

Passing is another important skill. There are two different ways that you can pass. One way is called a bounce pass and the other is called a chest pass. Passes are a way to get the ball to your teammates.

There are many different ways to improve your basketball skills. Practicing the skills we talked about helps improve your game. Another way that you can improve your skills is to attend a camp. There are many different summer camps offered at the local colleges such as Stonehill and Bridgewater State.

Basketball is a fun and serious sport (it's mostly fun) that teaches teamwork. It is also a great way to get exercise and stay fit. You should join a basketball team today!



HOW TO BE a BETTER STUDENT

by: Cameron Poirier



Photo Credit: <https://goo.gl/images/isajqx>

Do you want to make your brain bigger and healthier? If you do then here are some tips.

Recent studies suggest that exercise is one key to better thinking. One study shows that a person can come up with twice the amount of creative ideas while walking than they would while sitting. Exercise is important because it boosts the blood flow to the brain’s dendrites. Stress can be reduced with exercise, such as running or by playing a sport. It takes your mind off of the problem.

Kids should limit video games because screen time is taking time away from studying and other academic practice. Now, teens are watching or playing up to 8 hours on their phones and other electronics. Video games should only be played 30 minutes on a weeknight. This is not good for the brain because it is affecting concentration.

Did you know that more sleep can increase your good academic grades? In 2010, a study at Harvard Medical School “asked volunteers to learn to navigate a complex maze. During a break, some were allowed to nap for 90 minutes and others weren’t. When the volunteers tackled the maze again, only the few who dreamed about it during their naps did better.” Kids who get 10-11 hours of sleep tend to do about twenty five percent better on their test. So, if you have lower grades, try to study extra and go to bed much earlier! If you follow these tips you should see your grade average go up.

**FIRST
ATTEMPT
IN
LEARNING**

THE NEW IPHONE

By: Chaaron Rachel

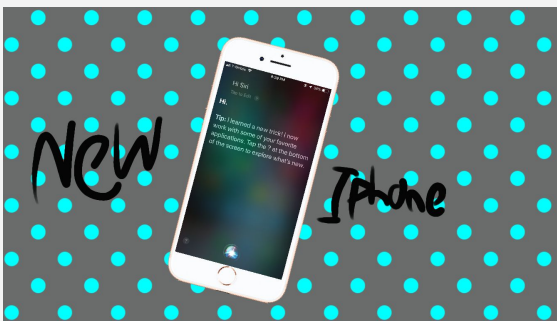


Photo Credit: Chaaron Rachel

You just got a new iPhone, which may be your first or second phone. You go ahead, you download your Snapchat, your Bitmoji, and whatever else people do. There are also some things you should do that haven’t been completed on your iPhone.

First, you’ll need an iCloud account to do things on iPhones these days, so just make an Outlook Email! Without this, you cannot download apps, Facetime and your iPhone becomes useless! It is very easy to do.

Next, you should connect to Wifi or Cellular Data. Wifi is something that can be connected if your inside the Router’s Radius. Use your home’s wifi password (these days it is found on your Wifi Router) for a much better private searching and signing in. Cellular data is from towers you might see blinking red or it’s dark and when you go near the tower it adds to your cellular data. Connecting to the tower to ask the server your connected to give it’s Wifi access! Finally, you need to add your contacts. Be sure to import contacts like your mom or your dad and family members, then add your Friends!

For an optional step, you can setup Find My Friends to find your family members when they might be missing or so that your always there to see where they’re heading to. Use Find

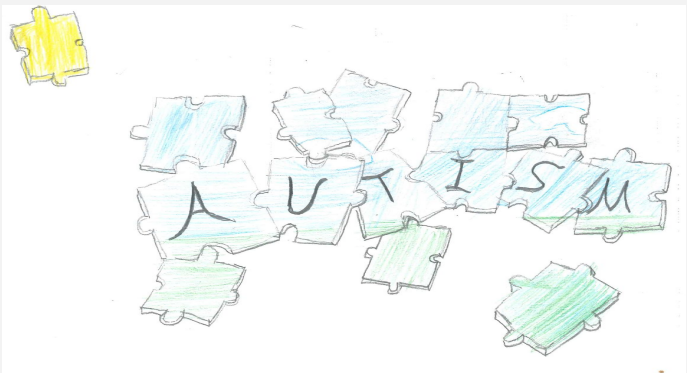
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Continued from New iPhone

My iPhone to find devices that have your iCloud account, like iPads and iPhones you own! Set up both of these apps by signing in with your iCloud Account and DONE! You must make sure however, to press “Share My Location” on the contact that has an iPhone and is on iCloud or it won’t work. In order to see theirs, THEY have to share their location and done! You both can see each other locations! If this helped you, thank Chaaron Rachel :D

AUTISM: An understanding

By: Joslyn Mota



Artwork By: Patrick Erwin

Have you ever wanted to know more about **autism**? The official definition is, “a variable development disorder that appears by age three and is characterized by impairment of the ability to form normal social relationships, by impairment of the ability to communicate with others, and by repetitive behavior patterns.” It affects 1 in 59 children. It usually appears by age 2 to 3, but can be diagnosed as early as 18 months. Boys are 4 times more likely to be diagnosed with autism than girls. One third are non-verbal. Sadly, nearly two-thirds between 6-15 have been bullied due to their autism. They see, hear and feel the world differently than people without autism. To some the world feels overwhelming and can they have considerable anxiety because of this. Sometimes a meltdown can occur and they may begin to shout, scream, cry, or just lose control. You may wonder what you can do to help! You can start by being patient, asking them calmly if they are okay , and giving them some space and time to recover.

I had the chance to interview my moms friend who has two children with autism. Her son who is 14 and her daughter is 18. He was diagnosed at 1 ½, while her daughter was 2. Their mom said some of their greatest challenges growing up have been communication, making friends and fitting in. To help with some of this she makes sure they get out to do fun things and to help them socialize with other people. Some of the activities they like to be involved in are basketball, bowling, going to Chuck E. Cheese, doing arts and crafts and going to the zoo. I asked her to suggest some ways kids could help other kids with autism. She said, “make sure you include them in activities in school as well as out of school and take the time to try and communicate with them.”

Just because kids with autism are may act different than us doesn’t mean that we should treat them any differently than we would anybody else. We should always show kindness and compassion to help them feel more comfortable in any environment. You could take some time to help them in class, keep them company at lunch or include them in an activity at recess. Just the simple act of making them feel important can be the greatest thing you could do for them!

SWIMMING AT GRAIS

By: Ava DiGiammo, Alana Gurney, Madison Nunes



Photo Credit: Cameron Poirier/Madison Nunes

It is gym today and you have swim class. You are so anxious because it is your first time going to swim instead of gym class. Well, that is what we are here for! We are going to be informing you with what you do in swim class, from beginning to end.

When you first get into the gym, you sit where you normally sit, but you do not do the warm up. Soon Mr. Ireland will do attendance. You will eventually go into the locker rooms and get changed. The boys and girls have different locker rooms. You should only take three to five minutes to change into your bathing suits. When you are done changing, you go directly to the pool area and wait on the bleachers until everyone is ready, waiting to get started.

When everyone is ready to go in the pool, you are chosen to be on one side. Then the side that you are on, is when you pick a partner. From here, one of you gets ready to jump in the pool. After you are in the pool, you get a kickboard to help you swim and to get the right structure in your stroke. You swim back and forth, and when you get back it is your partner's turn. After you and your partner swim two times; back and forth, it is time for your freestyle stroke. You and your partner only swim once for the freestyle stroke because you do not have a lot of time left until you have to get changed. After you are done with your freestyle stroke, you get out of the pool, grab your towel and put away the kickboard (if you are the last class.)

Eventually, you will go back into the locker rooms to change. You only have ten minutes to take a shower (this is optional), dry off, and get changed. If you are late getting back to class, your teachers might get a little mad. If you are finished before ten minutes is up, you will wait in a line until your whole class is ready.

Some tips are, that if you have it at the beginning of the day, you should shower so you don't have chlorine in your hair. Another tip is to bring 2 towels one for after swim and the chlorine and one for drying off after your shower (if you take one.) A tip for you and your classmates is to bring a watch so you can keep track of time so you're not late for class. Also, you could remind your classmates so they are also not late. What to wear is also important, and can also be awkward for some people. For boys, wear swim shirts and shorts. For girls, wear a one piece/tankini. Flip-flops for the pool area are also helpful so you don't slip, and also for the showers because it's gross! You can also get infections from community showers. Wear easy-fitting clothes so that after pool it is easy to put on. You don't want to be late for class. Lastly, bring a plastic bag to put your wet clothing in after swim class. Make sure you don't forget your swim bag to save your parents the drive!

WHICH IS BETTER? CATS OR DOGS

By: Ayla Benner & Ava Richmond



Do you prefer dogs or cats? You must choose! We asked 130 students at GRAIS. This article will tell you what students and staff at GRAIS prefer. Are you interested in the results? If so, please stick around.

If you think cats are better, this paragraph is for you. Cats come in all different

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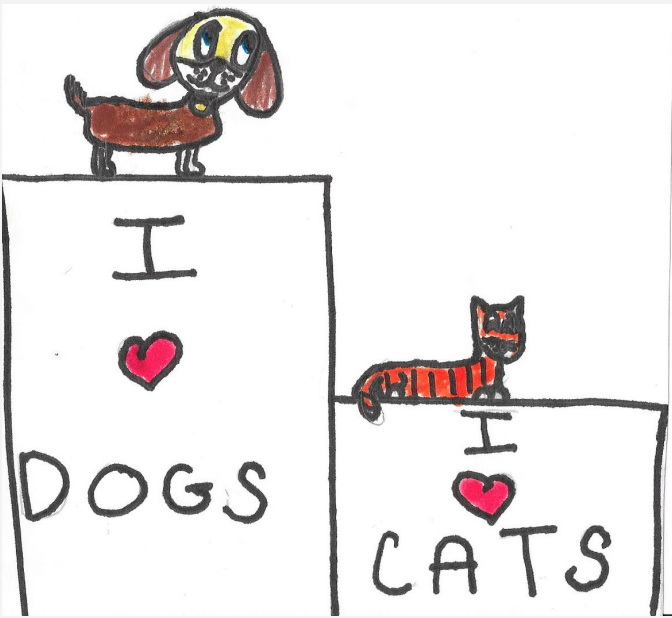
sizes and love to cuddle. Cats also love to play with yarn and can be fun to snuggle with, but be warned! If you startle or frighten your cat, it may bite or scratch you. Some people like their cats to be wild and roam free. Kittens can be super cute, but sometimes grow to be grumpy cats.

Are you in favor of dogs? Well, this paragraph is meant for you. Dogs make great companions. When you walk them, you also benefit from the exercise. Dogs also love to play and can be silly. When it's time to relax and sit down after a long day, a dog will snuggle with you. Dogs can come in a variety of sizes and colors. Dogs protect their family members and sometimes save lives.

Now it's time to hear some of the students' point of view. First, we asked Hailey S. what she thought. Hailey commented, "I chose dogs because they are cute and cuddly. They are more lovable and make great companions." Simone S. stated, "I chose dogs because they are cute and cuddly. Also, they are funny and they listen to you." Starr J. thought, "I chose dogs because they listen better and you can train them." Rachel F. said, "Dogs because they are cute, and I just like them." Mrs. Boissonneau is a cat person because she mentioned, "What's not to like about cats? Cats are very independent and very curious." She voiced that she likes the personality of cats. Audrey P. said, "I like both, but cats are better." We concluded that people do have different opinions about cats and dogs.

Let's compare dogs and cats now. Cats are not there to help you when you are blind or sick. Dogs, on the other hand, help many people through their life. Dogs are helpful, loving and sometimes are even used to help people who are suffering from PTSD (post-traumatic stress disorder). Cats are helpful at fire stations. Even though they might seem like they don't, they kill mice and rats for the firemen and woman. Cats are also sometimes seen in nursing homes. They can be less work than a dog at times because cats do not bark. There is one thing to think about with cats, though. Who really wants to clean a litter box, right?

Now the news you've been waiting for is finally here. We are happy to share the final results. The winner is...DOGS! Dogs took the lead with 101 votes. Sadly, it wasn't even a close race. Cats had a total of 29 votes. From these results, it is easy to see that more people in our school would prefer dogs over cats. That doesn't mean people don't like cats, it just means they prefer dogs. All animals on this planet were created for a reason, and we should love them all!



Artwork By: Claire Lucey

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BELUGA WHALES

By: Sarah Doherty



Photo Credit: Sarah Doherty (JUNO smiling for the camera)

Close your eyes. Imagine swimming through the cold Arctic seas with your family. You are a Beluga whale. You eat fish and are hunted by Polar bears and Killer whales. Now open your eyes. Think about your own life. Do you have to find your own food? Do others want to eat you? That is what it is like for most Beluga whales and actually most animals.

Beluga whales are a very friendly species of whale. They live mainly in the Arctic Coast so they don't stray too far from land. When I say friendly, I mean that they love to swim close to boats and press their melon up against the glass at aquariums. How many of you do not know what a “melon” is? It is a part of a Beluga’s head that is made out of liquid fat that they use to echolocate. Echolocate means that the Beluga uses their head to send out an echo in the water that can help them find food.

Beluga whales eat small fish that live in the Arctic waters. Their thick blubber protects them from the cold. In the summer when the ice melts and the water gets warmer they mate and migrate in pods of about 10 to 700!

This marine mammal is a grayish color when they are born but as they get older their skin gets paler. When they are fully grown their skin should be a solid white with gray streaks. They are not at all endangered. In fact there is a large population of this particular whale.


These whales are mammals which means they cannot breath underwater. They also drink milk from their mothers for the first 2 years of their life. They can live anywhere from 30 to 50 years.

If you want to see one of these marvelous creatures there is a beautiful aquarium nearby. It is called Mystic Aquarium in Connecticut. They have two Beluga whales, Kela and my favorite, Juno. When I went to Mystic on my birthday Juno was so friendly. He came right up to the glass!


These mystical marine mammals are awe inspiring and I really recommend going to Mystic Aquarium in Connecticut to see Juno and all the other amazing creatures!


CARING TOGETHER FOR BELUGA WHALES


• BELUGA WHALES 101 •



Aa Belugas are in the scientific suborder Odontoceti (toothed whales)

 Belugas are classified in the leucos species, a name from the Greek word for "white," leukos, referring to the color of adult belugas

 Average adult males are 12 – 15 feet in length, weighing 1,600-2,500 pounds

 Nicknamed the "sea canary," the beluga makes more than 11 different types of sounds, including chirps and whistles

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DUNKIN DONUTS VS. STARBUCKS

By: Madison Bowlby & Leah McGee



Photos By: Madison Bowlby

What is your favorite type of coffee, Dunkin Donuts or Starbucks? A lot of people have been to both but don't really think about which one really tastes better. In the next two paragraphs, you will learn a few different things about each coffee shop.

The few things about Dunkin Donuts is that the prices are very reasonable. They also have a lot of different flavors to choose from. They sell a lot of different varieties of breakfast food. The bad thing is every time we go to Dunkin Donuts, the line is so long and they usually mess my order up!

On to Starbucks! Starbucks has never messed my order up. They have different types of fancy coffees, which sometimes I don't even know how to pronounce them. There food is very healthy, but they only have a few options. There prices are very expensive and they are not conveniently located. They are usually in Target and only a few have drive throughs which isn't easy for people with children.

Now that you know the good qualities and bad qualities about both coffee shops, you can choose which one best fits you! If you are not sure go check out both and give it a try!



Merry Christmas...

An Original Story By: Patrick Erwin

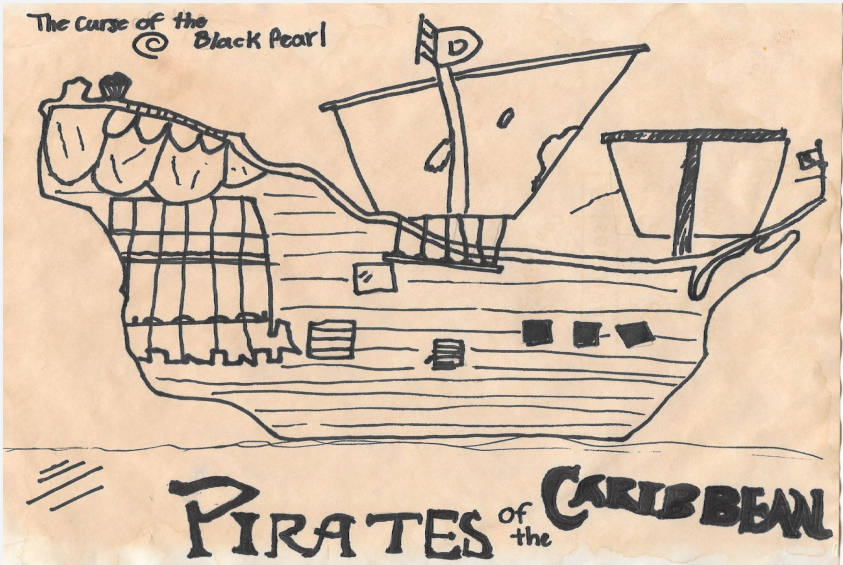
Mr. Dupe was driving in his car when he spotted a family on the crosswalk. He was texting, so he didn't see the family until they were literally ten feet ahead of him. He slammed his brakes. "GET OUT OF THE WAY!" he yelled at the top of his lungs. Three out of four people jumped out of the way. But the little girl who didn't jump, slipped on the ice instead. *Bump.* Mr. Dupe sped away, now that he knew he ran over someone.

ONE YEAR LATER

The Dupes were getting ready for the holidays when an ornament crunched beneath Nancy's foot. "Sorry," she said. "That's okay, mistakes happen, sweetheart," said Mr. Dupe. *Boy do they ever do,* he thought. He remembered that horrible accident that took place exactly a year ago. Another ornament crunched. "Okay Nancy, why don't you sit on the couch for a little bit," said Mrs. Dupe. "Okay," said her daughter. *Crunch. Crunch. Crunch.* "Nancy!" Mr. Dupe said. "It wasn't me! It wasn't me!" she protested. The trail of broken ornaments didn't lead to Nancy, but to the toys! "What the....." Mr. Dupe was cut off by a creaking noise. The toy soldiers stood up! The choo- choo train started rolling. The dolls blinked their eyes. All the toys moved all on their own. They all walked toward Nancy. She started shaking. Then, she went limp. Suddenly, her head shot up, her eyes unblinking. "Revenge," she said, "I want revenge." She pointed at Mr. Dupe. He ran, leaving his confused wife in the room. "REVENGE. I WANT REVENGE, REVENGE, I WANT REVENGE!" Nancy said, louder. But Mr. Dupe knew this was not his daughter speaking. The toys sped toward him, just like his speeding car. His wife screamed, like the little girl's family did when she got run over. Then, Mr. Dupe flung open his bedroom door and slammed it behind him. The possessed toys pounded on the door. *Now look what you've done,* he thought to himself. *I gotta find a way out of here.* Then, he heard the worst sound he could've heard. Not the door breaking. But climbing. No. No, no, no, no. Mr. Dupe heard pounding on the window that overlooked their backyard. Toys came bursting into the room. First through the glass. Mr. Dupe let go of the door he was holding and tried to stop the attacking toys in the window. But what he forgot was that HE was the only thing stopping the group of toys on the other side of the door from coming in. Then the door. Toys swarmed him, to his left, to his right, in every way you could imagine. Mr. Dupe screamed in horror as a plastic clown jumped on his face. *Why, Nancy, why did you ask Santa for so many toys?* Mr. Dupe thought. The toys eventually dragged him to the room where his possessed daughter was roaming. "Did you get the mean man?" the little girl asked. One of the toy soldiers nodded, and pointed to Mr. Dupe, on the floor, with toys guarding him. "Please don't hurt me," Mr. Dupe cried. "Please don't." "Why shouldn't I?" the girl asked. "I'm sorry, I'm really sorry!" Mr. Dupe pleaded. "I really am." "Okay..." she said. "I'll spare you, but for a price." "Anything!" Mr. Dupe confirmed.

THE NEXT DAY

Little Girl (who she was now known as) was having the time of her life. She had heaters installed, a big plate of cookies sat in front of her, and a personal butler. "Mr. Mean Man!" she called. "Get me a blanket. I'm cold." "Of course, Madam," said Mr. Dupe, quickly retrieving a warm, fuzzy blanket. Little Girl threw her plate of cookies, and complained, "these cookies are too cold, make me more." Mr. Dupe groaned. "What was that?!" Little Girl snapped. "Of course, Madam," Mr. Dupe said, firmly, like a soldier and walked quickly to the kitchen....



Artwork By: Cameron Poirier

MOVIE REVIEW: PIRATES OF THE CARIBBEAN - THE CURSE OF THE BLACK PEARL

By: Ronan Ramsay



The Curse of the Black Pearl is the first movie in Pirates of the Caribbean series. It is about a young teenage noble named Elizabeth who gets kidnapped by pirates and is held hostage on their horrifying ship called, The Black Pearl. Poor Elizabeth is in for the freaky surprise: THE CURSE OF THE BLACK PEARL!

Now let me give you some insider information on this great movie. If you don't like skeletons and zombies, I don't think you would like this movie. I personally think the special effects were pretty good. Johnny Depp was great! That guy can pretend he's British like it's no ones business! At first I actually thought he was from England! He's also a great person. Sometimes he visits Children's Hospitals dressed as Captain Jack Sparrow.

I hope after reading this review you watch this movie!



Photos By: Ronan Ramsay

GRAIS HaPPenings

Check here each month for updates on some of the important activities, events, and dates for 4th and 5th grade students at GRAIS!



UP COMING EVENTS

Wednesday, December 5th	5th Grade Field Trip to Providence Planetarium (Carreiro, Davis, Silva, DeCosta and Pereira)
Week of December 10th-14th	SCHOLASTIC BOOK FAIR
Tuesday, December 11th	Parent-Teacher Conferences (times vary)
Wednesday, December 12th	Winter Concert GRAIS BAND/CHORUS 6:30-7:30 at FLMS
Wednesday December 12th	5th Grade Field Trip to Providence Planetarium (Lister, Flanders, Deming, & Urban)
Thursday, December 13th	½ Day for Students - Parent/Teacher Conferences (times vary)
Friday, December 21st	½ Day - WINTER BREAK - School Reopens January 2nd

2019 GRAIS Handball Intramurals Program with Mr. Lestage – Fee: \$40

(Only 21 participants allowed in each grade)



Total Fee: \$40 (\$5 non-refundable registration fee + \$35 program fee = \$40)
Time: 2:15 p.m. – 3:30 p.m. with Program Leader Mr. Lestage
Dismissal Location: Meeting in cafeteria at dismissal time
Pick up time and location: 3:30 outside GRAIS main entrance



MONDAYS - Grade 4 (boys and girls GRAIS students) – Limit of 21 students
Dates: Mondays – 01/07, 01/14, 01/28, and 02/11 – **No handball on 01/21 (holiday) and 2/4 (half day)**

WEDNESDAYS - Grade 5 (boys and girls GRAIS students) – Limit of 21 students
Dates: Wednesdays – 01/09, 01/23, 01/30, and 02/06 – **No handball on 01/16 (Mr. Lestage has a meeting)**

(First 21 registration forms received along with payment for each grade will be able to participate in program).

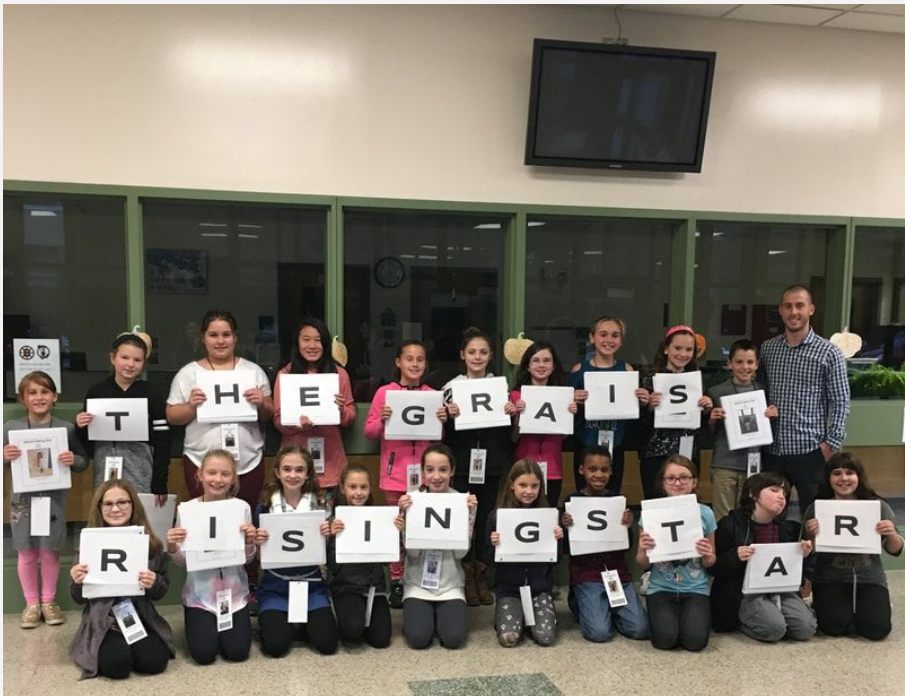
The Campus Programs Department will be sponsoring a GRAIS handball intramurals program under the direction of Mr. Lestage to introduce and develop fundamental handball skills. They will work on passing, catching, shooting, etc. and then they will play handball games. Most games have 7 on 7 (6 players and one goalie per team).

Any questions, call Diane Czapiga, Campus Programs Director, at (508) 923-2000, Ext. 1719 or e-mail: dczapiga@freelake.org.
Visit our website at www.freelake.org, click on Campus Programs Tab for upcoming programs

Online payment link: <https://unipaygold.unibank.com/Default.aspx?customerid=940> (under Comm Rec Campus Programs)

MEET OUR TEAM

We are a group of twenty, dedicated students from 4th and 5th grade at GRAIS. Our positions range from journalists and photographers, to cartoonists, editors, page designers and collaborators. We meet monthly to brainstorm the happenings in and around our school and report out on topics we feel our readers will be most interested in.



THE WHOLE TEAM.



Grade 5 (2018-2019)

Mia Furtado (2nd year)	Leah McGee
Sarah Doherty (2nd year)	Chauron Rachel
Ava Richmond (2nd year)	Madison Bowlby
Ava DiGiammo (2nd year)	Patrick Erwin
Cameron Poirier (2nd year)	Claire Lucey
Hailey Botelho (2nd year)	Alana Gurney
Josyln Mota (2nd year)	Ronan Ramsay
Madison Nunes (2nd year)	Ayla Benner

Grade 4 (2018-2019)

Kaitlyn Abreau
Emma Cusson
Olivia Mank
Alexis Read

CHECK US OUT ONLINE!
- [HTTP://Graisingstar.weebly.com/](http://Graisingstar.weebly.com/) -
SEND TIPS/IDEAS TO: TLESTAGE@FREELAKE.ORG

Cool Caf Food...Fun...Friends					Freetown-Lakeville Elementary Schools December 2018				
26	Hamburger or Cheeseburger Baked Beans Orange Smiles Applesauce	27	Chicken Nuggets Dinner Roll Steamed Sweet Corn Orange Smiles Applesauce	28	Breakfast for Lunch WG Pancakes Sausage Crinkle Fries Orange Smiles Applesauce	29	Lucky Tray Day Mac N Cheese Cherry Tomatoes Orange Smiles Applesauce	30	Individual Pan Pizza Roasted Broccoli Orange Smiles Applesauce
3	New Entrée! Breaded Chicken Dumstick Sweet Potato Tots Fresh Pears Diced Strawberries	4	Mini Corn Dogs Baked Beans Fresh Pears Diced Strawberries	5	Breakfast for Lunch Scrambled Eggs Bacon Potato Tots Fresh Pears Diced Strawberries	6	Oven Roasted Turkey and Gravy Dinner Roll Mashed Potatoes Fresh Pears Diced Strawberries	7	Pepperoni or Cheese Pizza Tossed Salad Fresh Pears Diced Strawberries
10	New Entrée! Cheese Filled Breadstick Diced Carrots Blueberry Parfait Diced Pears	11	Lucky Tray Day Chicken Patty Sandwich Baked Beans Blueberry Parfait Diced Pears	12	Breakfast for Lunch WG Waffles Sausage Hash Brown Blueberry Parfait Diced Pears	13	½ Day No Food Served	14	White Pizza Fingers with Dipping Sauce Tossed Salad Blueberry Parfait Diced Pears
17	Popcorn Chicken Dinner Roll Sweet Potato Fries Fresh Apples Diced Peaches	18	Mini Taco Dippers Black Bean Salsa Fresh Apples Diced Peaches	19	Breakfast for Lunch French toast Sticks Sausage Hash Brown Fresh Apples Diced Peaches	20	Pepperoni or Cheese Pizza Tossed Salad Fresh Apples Diced Peaches Holiday Wreath Cookie	21	½ Day No Food Served
24	No School	25	No School	26	No School	27	No School	28	No School
Available Daily: Turkey & Cheese Sandwich, Ham & Cheese Sandwich, Tuna Salad Sandwich, Toasted Bagel with Yogurt and String Cheese, Garden Salad with Yogurt and String cheese, Sun Butter & Jelly Sandwich Questions: Andrea Fay, Foodservice Director, Afay@Freetlake.org , 508-947-2650 Extension 1146					More info... Join us for lunch on December 20 th for a Whole Grain Sugar Cookie with each meal! Lucky Tray Days: November 29 th Smencils, December 11 th Snowman Bouncy Balls				



THE GRAIS RISING STAR



“Created by students, for students.”



TEACHERS, SPECIALISTS, PTO, ETC.

If you have an event or anything important you’d like to add to the paper each month, please contact us and we will gladly include it in future issues!

CHECK US OUT ONLINE!
- [HTTP://Graisingstar.weebly.com/](http://Graisingstar.weebly.com/) -
SEND TIPS/IDEAS TO: TLESTAGE@FREELAKE.ORG