



An Interview With Brian Lies

By: Ava DiGiammo & Alana Gurney



Photo Credit: Mrs. Flanders

Have you ever wanted to learn cool and interesting facts about anyone famous or more specifically an author? Well, have you ever heard of the author Brian Lies? He is a best selling children's book author. He has written the books "The Rough Patch" and "Bats at the Beach".

What inspired you to become an author?

One thing that inspired Brian Lies to become an author was competing with his older sister. His older sister was smarter and he wanted to be better than her at something. Another thing that inspired Lies to become an author was just boredom. When he had nothing to do he would write. Also, when he was in 5th grade, an author visited his school and he thought it was a cool job for someone to have.

Who would you say is your mentor?

Brian said that his only mentors were his editors. He stated, "They try to pull the very best work out of me." He says that some mentors are better than others because they don't focus on the right tasks. Brian's inspiration for some of his books is the author Avi. Avi has written the books, "Sophia's War" and "The Player King".

Where and how do you come up with the ideas for your stories?

Brian Lies says that "ideas are everywhere." Lies also says that he gets some of his ideas from some life experiences. For example, his bat book is about a story with his daughter. Brian also says that ideas can be found anywhere in even the craziest places.

What is the first book you wrote and illustrated?

The first book that Brian illustrated was the book "Flatfoot Fox and the Case of the Missing Eye." The first book that Brian wrote and illustrated was "Hamlet and the Enormous Chinese Dragon Kite."

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Continued from Interview with Brian Lies

What is your favorite book you have ever published?

Brian's favorite book he has ever published is "The Rough Patch." He did not approve of the ending. He thought that the book should face reality. The book went through 7 editor rejections because the end part of the story would not be accepted.

What is your most successful selling book?

Brian's most successful book is "Bats At the Beach." As of last quarter, Brian has sold approximately 333,000 copies.

Do you have any books that you are working on right now?

Yes, Lies does have two books that he is currently working on right now. He states that they will be published around the year 2021. The topics of the books he is working on currently are about his great grandfather being a field medic and bats in yellow floaties.

Do you have a message to send to us students at Freetown Lakeville schools?

Lies quotes, "Start small then work your way up."

APRIL FOOL'S DAY

By: Joslyn Mota

If you have anything important to tell me, tell me tomorrow cause I won't believe you today.

Happy April Fools Day!!



Have you ever wondered how April Fools Day started out or maybe why there are some really funny pranks on this day? Read this article to find out.

April Fools Day started in 1582. People believe April Fools Day got its start because of the adoption of a new calendar in 1582. Many ancient cultures celebrated New Year's Day around April 1st. In 1582, Pope Gregory XIII ordered the use of a new calendar, known as the Gregorian calendar,

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Continued from April Fool's Day

which celebrated New Year's Day on January 1st. Some people were slow to get the news of this and still celebrated the new year during the last week of March through April 1st. They became the butt of jokes *and* pranks, leading many to believe this is how April Fools Day began. It spread through Britain during the 18th century as a two day event. Can you imagine two days of pranks?

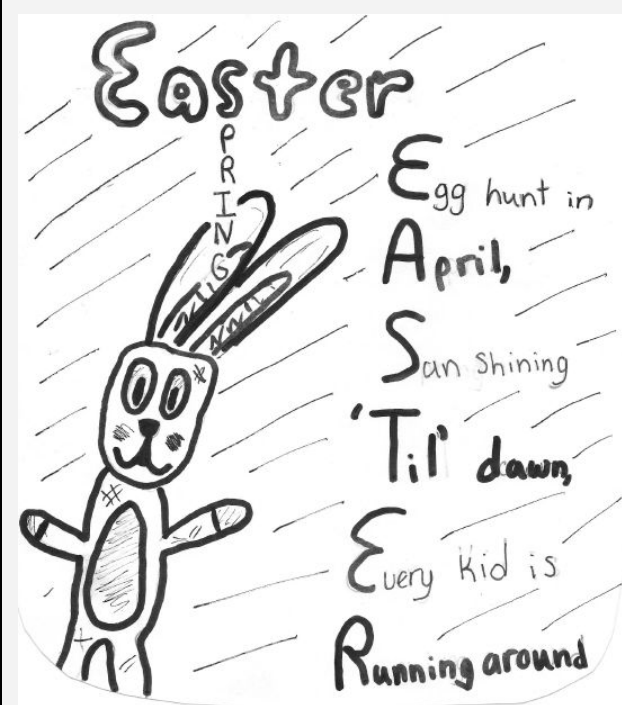
Some really funny and quality pranks are insect lamps. An insect lamp is when you cut out any type of bug from construction paper and tape it to the inside of the lamp. Then watch people jump when they turn on the light!

Air Horn seat is another good one. An Air Horn seat is when you attach an air horn to the base of an office chair and tape it really good. Then sit back and wait for someone to sit and set off the horn!

Mentos Ice Bombs is a super cool prank. For this one you take Mentos and stick them in an ice tray and cover with water. Then stick it in the freezer. When someone takes one of your "special" ice cubes in their soda watch the Mento explode out of the glass!

BONUS PRANK: Penny in the water bottle. For this one all you have to do is take a water bottle and say that you are going to make the penny appear in the bottle. Then put a towel over it and say "Abracadabra." Take the towel off and tell them to look inside. Then when their face is above the bottle squeeze the bottle and watch them get their face all wet!

Happy pranking and joking!



Artwork By: Cameron Poirier

xavier's wish part 2: in the underworld

An Original by: Patrick Erwin

Xavier looked up at Olivia. “Are you serious? Are we actually in the underworld?” “Yes. Yes we are. And you are now my prisoner.” Olivia pulled him up and shoved him into a pair of armored, transparent, horned men. “Take him to Satan. He’ll know what to do.”

The armored men nodded and lead him up a rough, stone staircase to meet the King of Devils. When Xavier and the guards had reached the top of the staircase, he was thrown into a long, narrow, cave with torches lit on the walls. At the end of the coridder, a single man sat in a high backed quartz chair. “A mortal,” said one of the guards. “Leave him to me,” said the man who had now walked over to Xavier. He stood, towering in front of him, giving him a look of disappointment. A black cloak covered most of his body, but his horns reached about a foot higher than any of the other residents in the underworld Xavier had had time to look at. He had bloodshot eyes and teeth as sharp as daggers. His skin was blood red and strained every time he moved his head. “So,” boomed Satan in a menacing voice. “What brings a mortal like you down here into the depths of my kingdom?” ‘Nothing sir. It was just a demon named Olivia Ollivander who pulled me down here. I had wished for a date for my school dance, so she came up from the ground to be my date for the dance. But when I had said that I didn’t ask for a zombie, she went berserk and pulled me down here,” said Xavier in a rush, taking a gulp of breath at the end. “Hmm,” said Satan. “That girl. Guard, bring her to the dungeon. I should have done that many years ago. Always bringing down mortals into my kingdom.” Satan paused for a moment, staring into Xavier’s eyes. “Do you happen to have a chapel of some sort? A priest of some kind?” asked Satan.“ Yes sir. Father Mike lives right down the road from my house,” said Xavier. “Very well then,” Satan mumbled. “Then you can not leave. We can’t have a holy person knowing that my kingdom is under their feet. We would not want exposure to the world. *Throw him in the dungeon!*”Satan shouted.“ No!” shouted Xavier. “No!” The guards took hold of him and started pulling him away, out of the throne room. “NO!” Xavier broke free from the guards and ran in the opposite direction towards The King of Devils. But before he could reach him, a heavy object was cleaved through his head and all the voices around Xavier were muffled. Everything was a fuzzy blur. “Just drag him to the dungeon if you have to,” said a demon with a club in his hand. That was the last thing he heard before closing his eyes....

Xavier’s eyes fluttered open for the second time that night and found himself in a small cave. This one, however, did not have torches lit on the walls. This was not a warm cave. The cave he had awoken to was filled to the brim with darkness. It was damp, and the sound of squeaking rats filled the dark air of the prison cell. Xavier turned around and looked out of a set of cell bars and saw Olivia Ollivander in a cell opposite to his. The only thing separating their cells was a dirt walkway, leading to the next cell, and the next. The pathway seemed endless. Across from him Olivia was screaming to be let out. “*LET ME OUT! LET ME OUT!*” she screamed. “*LET ME OUT!*”Xavier crouched down, thinking up an escape route. But nothing came to his mind. He sat there, silent. Thinking hard. Until, he couldn’t stand it anymore. He shot up and charged at the metal bars. But instead of crashing into them, he plunged right through them. In fact, he ran so fast, that he didn’t have enough time to stop before soaring through Olivia’s cell bars. “*AAAAAAAAAAAAAAAAHHH!*” he yelled, colliding with Olivia Ollivander. They fell to the floor, panting. “What just happened?” Xavier demanded. “You’re a mortal. These bars are made for our kind, not yours. So instead of them acting as solid bars, they act like thin air for your kind,” explained Olivia. A plan of escape was accumulating in Xavier’s head. “You brought me down here, right?” inquired Xavier. “Yes,” said Olivia, with a hint of irritation in her voice. “How *did* you bring me down here?” asked Xavier once more. Olivia looked around for possible eavesdroppers. “I’m not supposed to tell mortals this, but there’s a secret tunnel that starts here and leads up to the graveyard in your neighborhood. That’s where you found me,” said Olivia. “Hmmm.... Since I can get through bars and you know the escape tunnel back home, why don’t you and me plan a little escape route?” asked Xavier with a sly grin on his face. “I’ll find the guard, and lay low until he falls asleep. Then, I’ll carefully take his keys and get you out of this cell. Then, you can lead me to the escape tunnel. When we climb out, we split. You’ll free from the underworld and I’ll be home. It’s a win-win,” said Xavier, slowly, and carefully. “It’s a deal,” said Olivia. “By the way,” asked Xavier, “How did you - um - get down here and not in heaven?” “Oh, I was just a pickpocket. You should have seen them. They towered to the roof of my room,” said Olivia, looking dreamily up in the air. “Alright. I’m just going to pretend that didn’t happen,” said Xavier. And then, their plan of action, had begun....

See *Xavier’s Wish Part 3: The Escape* in the next issue of the *G.R.A.I.S. Rising Star* newspaper!

NICKELODEON VS. DISNEY CHANNEL

By: Madison Nunes



Nickelodeon vs. Disney Channel is a big debate on which is better. So, I asked kids in our school which they like best. Both channels have similar shows. For example, Disney Channel has Cooper and Cami, Ravens Home, Ducktails, Big City Greens, Andi Mack, Big Hero 6, and many more! Nickelodeon on the other hand, has Henry Danger, The Loud House, Knight Squad, and many more! In my survey, 68% of the students like Disney Channel, while 32% prefer Nickelodeon. One student said, “I like Nickelodeon better because there are more shows I like that are funny.” Another student said, “I like Disney Channel more because there are more realistic shows like for Raven’s Home. The debate continues. Which channel do you prefer?

FRENCH BULLDOGS

By: Madison Bowlby

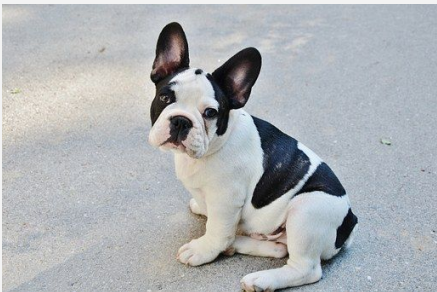


Photo Credit: Madison Bowlby

If you want to know alot about one of the most popular dogs, read this article! French Bulldogs cost from \$1,000 to \$8,000. That’s a lot of money! French Bulldogs are expensive because it costs a lot of money to breed them. The bulldogs originated in England. These dogs are one of the types of dogs that CAN’T SWIM! French Bulldogs can’t swim because of breathing issues. If you take them for a walk everyday it is supposed to be better for their airways. Always use a harness rather than a collar. French Bulldogs are friendly dogs around almost anyone. They love their owners very much. They are very kind and caring dogs. They are also surprisingly good watch dogs. They are not usually excessive barkers, so if your “frenchie” is barking you may want to pay attention because someone might be there.

In my opinion, I think French Bulldogs are one of the cutest dogs. The bulldogs grow about 11 to 12 inches tall. Females normally weigh between 16 and 24 pounds. Male French Bulldogs are normally 20 to 28 pounds. They also have many heat strokes. French Bulldogs come in many different colors such as brindle, white, fawn and tan. I think fawn or white are the best. French Bulldogs can live from 10 to 12 years old. Would you buy a French Bulldog? When I have my own house, I will own two French Bulldogs.



HOW TO HAVE FUN AND STAY ACTIVE OVER APRIL VACATION!

By: Emma Cusson & Alexis Read

- April vacation is right around the corner. It is a great opportunity to get outside and enjoy the sunshine and spring weather. Instead of staying inside we wanted to give you some great ideas for April vacation. Here are some fabulous outdoor ideas:
1. **Hiking in Dartmouth** - check out www.dnrt.org to view a listing and explanation of the many different trails. Two of our favorites are Frank Knowles (which features three boardwalks) and Parson's Reserve (where you can view hundreds of beautiful daffodils each spring).
 2. **Fishing at the lakes in Middleboro.** Grab a fishing rod, dig up some worms and maybe you will get lucky! Fishing is a great way to spend time outdoors with friends or family. There are many ponds nearby to fish.
 3. **Bike riding at Massasoit State Park or Cape Cod Shining Sea Bikeway.** Massasoit State Park has several biking paths, including dirt paths in the woods, or you can stay on the paved road. The park also has a brand new playground for you to enjoy! The Shining Sea Bikeway is a 10 mile paved path along the coast in Falmouth.



4. **Explore the Plymouth Waterfront** -The options here are endless including; shopping, dining, walking along the jetty, grabbing ice cream and watching the boats pass by.
5. **Start a garden by planting seeds.** Anyone can start a garden, you just need some seeds and an area of land or a pot to plant in. All you need to do is get some soil, plant the seeds in the soil and make sure to add plenty of water.



6. **Franklin Park Zoo** - Franklin Park Rd, Boston. Hours are 10-4 daily. This zoo is close by and features many amazing animals. The gorilla exhibit is especially exciting. This zoo also has a large playground to enjoy.



7. **A Day in Boston** - go explore Faneuil Hall and shop! Boston is such an exciting, bustling city. You can take the T in which is an adventure in itself. Once you are in the city, there are many outdoor activities to enjoy. The Boston Duck Tour is one option, and be sure to visit the Boston Common and Boston Public Garden.
8. **Annual Herring Run Festival** - this takes place each April at the Oliver Mill Park in Middleboro. This year it is on April 13th. There will be lots of herring to watch swim as well as food, games and music.

Those are some fun activities to do outdoors. But if there are any rainy days, here are a few fun things to do inside!

1. **Carabiners** - located at 328 Parker Street, New Bedford. Carabiners is an indoor rock climbing facility. You get a quick lesson and then get to climb all different rock walls and go up really high to the ceiling. If you make it to the top, you get to ring the bell!
2. **Roller Skating at Forest Family Fun Center**- 1R Lawton Ave, Taunton, MA. Check their website for vacation hours. You can bring your own skates or rent their roller skates or rollerblades.



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Continued from How to Have Fun and Stay Active

3. **Bowling at Wonderbowl** - 66 Hathaway Rd., New Bedford. This is a great place to bowl and there are lots of yummy restaurants nearby to have lunch or dinner after. Get a strike!



4. **A sleepover with your friends** - Grab your best buds, some popcorn and watch a movie that you've been wanting to see.
5. **Museum Of Science in Boston** - If you enjoy science, you have to check this museum out. The exhibits are amazing. You can even get discount passes from the Lakeville Library.

Hopefully you liked our ideas and you can stay active and have a great time over April vacation!

FUN THINGS TO DO ON EASTER

By: Olivia Mank



Photo Credit: Olivia Mank

- 1 Hiding eggs: My Grandma always has a Golden Egg with \$5 in it and with toys and candy. Try it out!
2. Egg Painting - paint them gold, blue, purple, silver and more! They are super easy to do and super fun!
3. Print out coloring sheets - these will keep you busy for hours and you can use any kind of coloring tool.
4. Dress up - maybe for dinner or a party! Lots of kids get dressed up in nice clothes during this holiday.
5. Sunrise/Prayer - get up early and check out some of the sunset masses that are offered all around the area.
6. Spend time with family and enjoy their company!



HOW TO HELP save animals!

By: Ayla Benner



Photo Credit: Ayla Benner

Animals are a huge part of our life. There’s a whole bunch of them some still waiting to be discovered! We sadly hurt these animals by polluting and littering.

One way to help is to go to a beach and help pick up all the trash. That might sound weird and boring, but some people are lazy and leave trash. Even if it’s far away from the water at that time, later high tide will come and wash into the ocean. A dolphin will come along looking for food and go hey I’m hungry; look there’s food! But that little dolphin doesn’t know that the “food” he’s eating is an empty bottle cap. Sadly, the dolphin will die. So when you pick up that trash that little dolphin won’t get hurt! Or, the seagulls will find trash and go “MINE! MINE! MINE!” over it and whoever wins again will sadly die.

Another way to help is to try to reuse things. For example if you have a Coke bottle, you can reuse that for water. The animals need trees for hiding and for food. Also, there is a brand called Lily Bloom that makes bags out of plastic bottles and you can’t even notice it.

Land animals need help too, like the Giant Panda which will be caged at any sign of decline. The pollution and bad conditions make the panda sick and they too sadly die. You can help by donating money to a charity that helps them. The gray wolf is another endangered animal because people hunt them. There are only a few left in the lower 48 states. You can help these animals by donating, just like for the pandas.

One question to face is are pounds good for animals? The answer is tricky. If you ever see one in a movie, it’s usually horrible and dirty and all the animals are sad. There are some like that, but most of the time they are clean and animals are well taken care of.

I hope these ideas will lead to people helping out. Keep the Earth clean! Technically we are animals as well so we should take of the Earth so all animals can have a good home and food. We are hurting the Earth and its ecosystems, so it’s up to us to help out the world and do it a favor. After all, we created this problem so now we are responsible to fix it!

CHEETAHS

By: Katie Abreau



Have you ever heard about the fastest land animal on earth! I love cheetahs and I’m going to tell you a little bit about them.

The first fact I’m going to tell about them is what they eat. They eat gazelles and other types of grassland animals such as zebras.

The second fact I’m going to tell you about cheetahs is what their environment is like. Their environment has lots of grass, trees and of course there is lots of sun.

And finally I’m going to tell you fun facts about cheetahs. Did you know unlike leopards, cheetahs have spots? Everyone knows they are fast, but did you know they can only run for a short distance before they get tired? They can only run for as long as a football field.

So as you can see I love cheetahs and know just about everything about them. I hope you learned a lot about them so maybe you will like them almost as much as me!

Pranks

By: Leah McGee



1. Give someone a frozen home screen (when they tap the apps, nothing will happen).	2. Block a mouse sensor with a piece of paper and some tape.	3. Hide a toy snake around the house or the grocery store.
4. Make your family believe that your house has suddenly become infested with giant bugs.	5. Squirt a few drops of food coloring onto someone's toothpaste to temporarily recolor their pearly whites.	6. Wrap a rubber band around a sink spray hose for a wet surprise.
7. Turn someone's water blue or red, for a more horrifying effect.	8. Take a needle and poke a bunch of holes in the cups by the water cooler at work.	9. Put a glow stick in a toilet paper roll and hide it in someone's closet.

COMING SOON
our newest ADVICE
COLUMN FEATURING:
MISS Q & A!



If you are having problems at school, home or other, ask me with or without a pen name in my “Miss Q & A” letterbox that will be on the table outside of the cafeteria. Look out to see if your question was picked with my reply in the next issue of the GRAIS RISING STAR!

IS BLOOD REALLY BLUE OR RED?

By: Hailey Botelho

What do you think? Would you believe me if I told you that blood is, in fact blue without it hitting oxygen? As we all know when we go for blood work we see red blood. So your brain assumes that blood is red. Why wouldn't you? But you cannot always believe what you see. Blood only appears red because when blood hits oxygen, a chemical reaction occurs which makes this sticky substance turn the color you see.

Now, have you ever gone and asked a doctor that works in this type of business? I know I have. There's only one response that you should get when you ask this question, "So is blood really blue or red inside your veins before it hits air?" The correct response for this is "blue." The blood around our lungs are somewhat dark red. Not saying that this is the true color because its not, but this is only true because we use our lungs to breath. We also have oxygen in our body. This will mean that oxygen-filled blood is a form of red. But, if the blood is filled with oxygen than it is not the true color blood. The oxygen changes the color. This is what everyone gets confused about. On the web we get results about the blood near our lungs after you breath. So you don't get the true color of blood that has 0% oxygen.

Everyone loves the internet, so I decided to look in it a little further. It took some time to get all the right information and now I have proof that the true color of blood is really blue. What would be a better way to show this than real life examples!

"Once you die, the heart isn't working to move the blood around anymore, and you're not drawing in any oxygen. But if someone cuts a dead man's hand off, the blood will be red from reacting with the air. "Red" blood cells only look red when they have oxygen. Without any, they're a dark purple. Because it runs out of oxygen, which reacts with the hemoglobin in your blood, it makes it red. That's why the veins going up your wrist toward your heart are blue even when you're alive. They're out of oxygen. You can bleed from anywhere and it will come out red because it's reacting with the oxygen in the air." - Courtney Schumacher, been teaching biology for 35+ years

Q. How does the oxygen convert the color of blood into bright red?

- A. The coloring matter of the blood is formed by very minute globules floating in it; the oxygen makes them milky and the dark coloring matter of the blood seen through this milky coat appears of a bright red.

Q. How does the oxygen we inhale mingle with the blood?

- A. The oxygen of the air mingles with the blood in the lungs, and converts it into a bright red color.

Q. What color is blood before it is oxidized in the lungs?

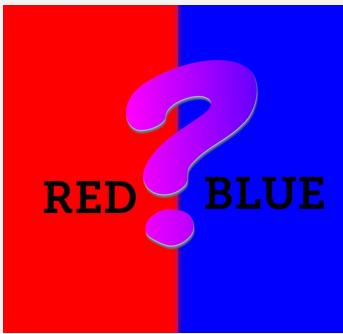
- A. A dark purple. The oxygen turns it to a bright red. " - A Guide To The Scientific Knowledge Of Things Familiar

"Hemoglobin contains iron. The iron reacts with oxygen, giving blood its red color." - Medical News Today

These show that when we die, our blood turns blue. If our blood turns blue when we die because of the no oxygen being inhaled, than that means, that bloods true color deoxygenated is **BLUE**.

THE MYSTERY OF OUR BLOOD

By: Mia Furtado



Artwork By: Mia Furtado

A question topic of what color our blood actually is has been pulled up recently. Is it red? Is it blue? People who believe it is blue might want to change their mind. Now, you will finally know the truth.

Continued from The Mystery of our Blood

(we still have oxygen in our veins but very little). When covered by our skin, it appears to be blue.

Still don't believe that it is red? Many people who believe it is blue say that because of the lack of oxygen it is blue. This is also wrong. Deoxygenated blood is still, and always will be, in fact red. If you were to take a flashlight and shine it on your skin, it will glow red, not blue. Most people who think this false information is true say that when blood hits oxygen is instantly turns red for their evidence. This is also a myth.

This is scientifically explained and it is true facts. Evidence comes from Google, Mr. Ireland, and a trained paramedic. If you were confused about this topic, hopefully this helped. If you still don't believe these facts, it's your own opinion but this is actual information. What do you believe now?

HOW TO HELP ANIMALS IN POUNDS OR SHELTERS

By: Ava Richmond

Thousands of animals are in pounds and shelters. There is tons of animal cruelty out in the world today. Have you ever wanted to help them? Read on to find out how you can help.

You can volunteer. I'm sure lots of shelters would love an extra hand. You can help clean and groom the animals. You can feed them, or just give them the attention they deserve. Usually, there are many animals, and people need help taking care of them. Before starting, you need to make sure you know the rules. If one animal is allergic to a certain type of soap, you have to make sure not to wash it using that soap.

You can donate. You can donate money to shelters. Shelters need money to buy things, like food or blankets. Also, you can donate toys and brushes, and so much more. You don't have to go to the store either. For example, you may want to donate that chew toy your dog never plays with, or maybe even donate the old doll blanket you never use anymore. If you do decide to donate, I'm positive the shelter will thank you. The animals will too!

Finally, you can adopt. Usually, at shelters, people don't have enough time to give every animal attention. By adopting an animal, you could give it the love and attention that it has always deserved. You need to be careful before adopting, though. If you are away at school with no parents home, it isn't fair for you to have a puppy or cat that needs attention throughout the day. If a parent is there though, be sure to adopt. If no one is constantly home, you can think about getting a smaller pet such as a hamster or fish.

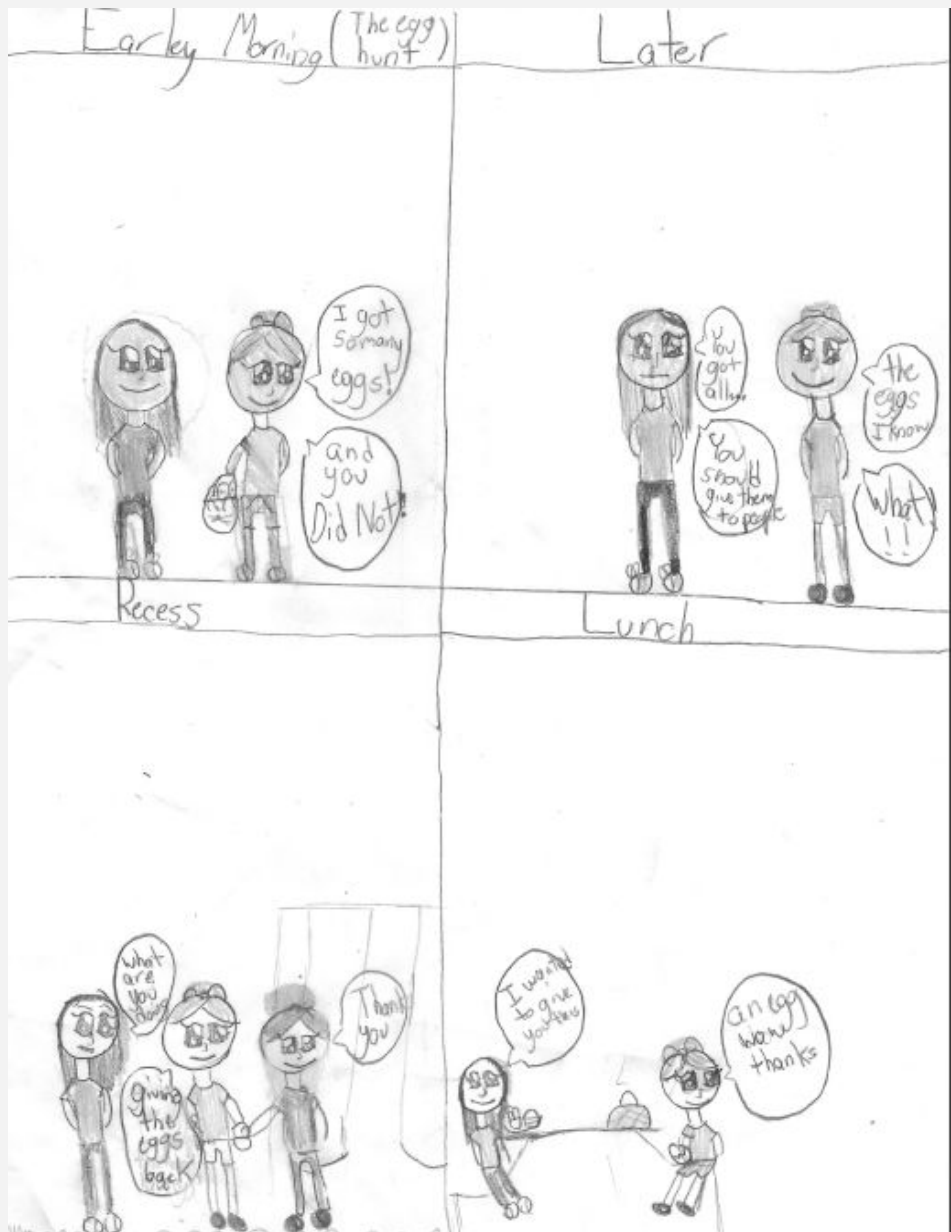
Now, you know all the ways that you can help. You can stop at the store and buy some blankets or just help out. You could go to the shelter and choose a furry (or slimy) pet to take home with you. Next time you see an animal in need, try to help. After all, animals have feelings, too!



Some say that when you see your veins visually it seems to have the color blue so we have blue blood. This is incorrect. We have dark red blood in our veins due to lack of oxygen

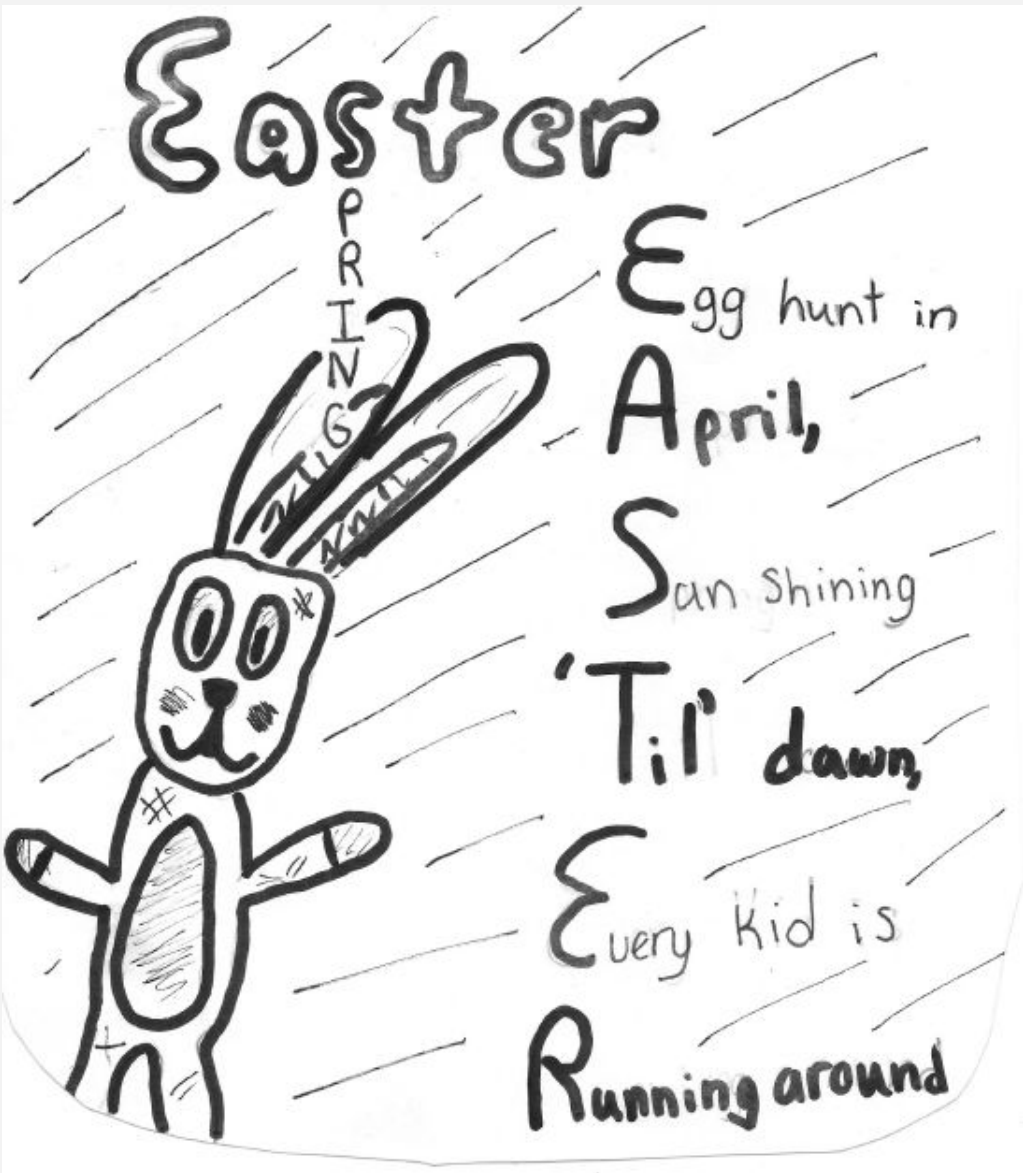
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original comics/artwork




COMIC BY: claire Lucey

COMIC BY: claire Lucey



ORIGINAL ARTWORK: cameron Poirier

UP COMING EVENTS

Thursday, April 4th	GRADE 4 ELA MCAS
Friday, April 5th	GRADE 4 ELA MCAS
Friday, April 5th	STORYTELLING FESTIVAL (6:30-8:00PM)
Monday, April 8th	GRADE 5 ELA MCAS
Monday, April 8th	GRADE 4 DODGEBALL w/ Mr. Lestage
Tuesday, April 9th	GRADE 5 ELA MCAS
Wednesday, April 10th	GRADE 5 DODGEBALL w/ Mr. Lestage
Friday, April 12th	NO SCHOOL!
Week of Monday, April 15th - Friday, April 19th	APRIL VACATION - NO SCHOOL! 
Monday, April 22nd	GRADE 4 DODGEBALL w/ Mr. Lestage (make-up day from snow day)
Thursday, April 25th	GRADE 5 MATH MCAS
Friday, April 26th	GRADE 5 MATH MCAS
Monday, April 29th	GRADE 4 MATH MCAS
Tuesday, April 30th	GRADE 4 MATH MCAS

Freetown Lakeville Campus Programs Department

2019 GRAIS Indoor Soccer Program with Mr. Lestage – Fee: \$40

(First 22 registration forms received along with payment for each grade will be able to participate in program)



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 22 students
Dates: Mondays – 4/29, 5/6, 5/13, and 5/20

WEDNESDAYS - Grade 5 (boys and girls GRAIS students) – Limit of 22 students
Dates: Wednesdays – 5/1, 5/8, 5/15, and 5/22

The Campus Programs Department will be sponsoring a GRAIS indoor soccer program under the direction of Mr. Lestage.

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 Parents & Community Tab, Click Campus Programs Link for upcoming programs

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



Campus Programs Department
www.freelake.org
Parents & Community Tab
Aquatics Program Link

- *The cost is \$60 per participant.
- *Minimum of 10 and maximum of 25 swimmers to run each program.
- *To guarantee enrollment register early. Email for availability.
- *All Participants will meet in the cafeteria at dismissal time. The pickup time will be 4:00 outside the main entrance. We will walk participants outside.
- *This program will focus on strengthening child’s water skills and learning water safety. We will end each session with a fun water activity.

GRAIS After School Swim Lessons

April 8 – May 22 **2:30-4:00 p.m.**

Mondays – 5th Grade (Girls and Boys)
*Will run: 4/8, 4/22, 4/29, 5/6, 5/13, and 5/20
Wednesdays – 4th Grade (Girls and Boys)
*Will run: 4/10, 4/24, 5/1, 5/8, 5/15, and 5/22

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



Freetown-Lakeville Elementary Schools
April 2019

1 ½ Day No Food Served	2 Hamburger or Cheeseburger Baked Beans Mixed Fruit Cucumber Coins	3 Breakfast for Lunch WG Waffles Sausage Hash Brown Mixed Fruit Cucumber Coins	4 New Entrée! Breaded Chicken Drumstick Sweet Potato Fries Mixed Fruit Cucumber Coins	5 Pepperoni or Cheese Pizza Tossed Salad Mixed Fruit Cucumber Coins
8 Chicken Tenders Soft Pretzel Butternut Squash Blueberry Parfait Fresh Apples	9 Opening Day at Fenway Hot Dog on a Bun Baked Beans Blueberry Parfait Fresh Apples Italian Ice	10 Breakfast for Lunch French toast Sticks Sausage Hash Brown Blueberry Parfait Fresh Apples	11 Lucky Tray Day Individual Pan Pizza Roasted Broccoli Blueberry Parfait Fresh Apples	12 No School
15 No School	16 No School	17 No School	18 No School	19 No School
22 Chicken Nuggets Dinner Roll Baked Beans Dried Crasins Diced Peaches	23 New Entrée! Cheese Filled Breadstick Diced Carrots Dried Crasins Diced Peaches	24 Breakfast for Lunch BEC Bagel Sandwich Crinkle Fries Dried Crasins Diced Peaches	25 Lucky Tray Day Oven Roasted Turkey and Gravy Dinner Roll Mashed Potatoes Dried Crasins Diced Peaches	26 French Bread Pizza Tossed Salad Dried Crasins Diced Peaches
29 Popcorn Chicken Dinner Roll Steamed Sweet Peas Baby Carrots Diced Pears	30 Soft Beef Taco Black Bean Salsa Baby Carrots Diced Pears	1 Breakfast for Lunch WG Pancakes Sausage Potato Tots Baby Carrots Diced Pears	2 Grilled Cheese with Chicken Noodle Soup Baby Carrots Diced Pears	3 Pepperoni or Cheese Pizza Tossed Salad Baby Carrots Diced Pears

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@Freelake.org, 508-947-2660 Extension 1146

More info...

- Celebrate the start of baseball season and the Red Sox home opener April 8th- 11th with all of your ballpark favorites!

Lucky Tray Days:
April 11th Mini Slinky's, April 25th Smencils



THE GRAIS RISING Star



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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!

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