

Hudson JHS

May 2023 Newsletter



April Recap

- 2 Power of Peace Assemblies on 4/3 and 4/24.
- Quarter 3 Honor Roll/Perfect Attendance Assembly on 4/6.
- NYS ELA Assessment 6th-8th Paper Based 4/19-4/20.
- NYS ELA Assessment 6th-8th Computer Based 4/25-4/26.
- Health Assembly: The Dangers of Vaping on 4/27.
- 6th-8th Field trip to see a theatrical production by Camphill Hudson Players at Hudson Hall on 4/28.



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Awesome April

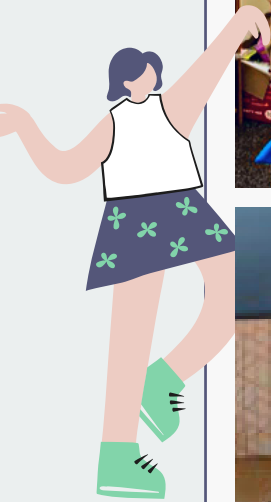
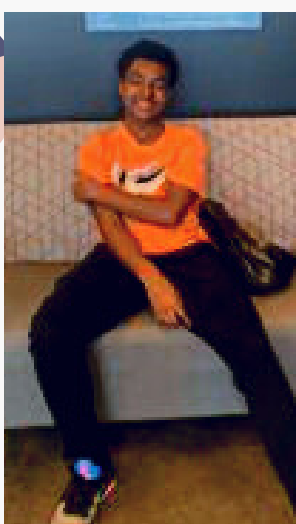
The month of April 2023 was a success at Hudson Junior High School!

Our amazing scholars in grades 6-8 recently took part in NYS ELA testing and are gearing up for state testing in Mathematics. The hard work of the students and staff does not go unnoticed!

Several field trips to locations such as Columbia Greene Community College have allowed our scholars to think about future career opportunities!

April 2023 also saw an assembly to recognize our Quarter 3 Honor Roll and Perfect Attendance recipients at Hudson JHS.

-Principal Rhode Octobre-Cooper





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Vaping Assembly Led by Stephanie Haigh of Department of Health

What is in vape liquids?

- ▶ Vape liquid: also called E-liquids
- ▶ Can contain: propylene glycol, vegetable glycerin, plus flavors and the option of nicotine.
- ▶ The liquid can contain different nicotine concentrations ranging from 0-12mg, with certain brands such as nicotine salts having higher concentrations.

*Flavors contain toxic chemicals such as Diacetyl: a known flavoring agent that has been linked to lung disease.

*Propylene glycol is known to cause irritation of the lungs and eyes.

*Glycerin: unknown information on inhaling large amounts.



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"Mean Girls - High School Version" The Musical!



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May 2023 Lunch Calendar

LUNCH					MAY 2023 Jr./Sr. High School					Alternative Entrees Available Daily Check Website for Link to Choices				
Monday		Tuesday		Wednesday		Thursday		Friday		School Lunch Superhero Day!				
1 French Toast Sticks Turkey Sausage Sweet Potato Home Fries Assorted Fruit NYS Milk		2 Taco Salad (Lettuce, Cheese, Black Beans) Tortilla Chips & Salsa Cup Assorted Fruit NYS Milk		3 Chicken Nuggets Tator Tots Fresh Pepper Sticks & Dip Assorted Fruit NYS Milk		4 Grilled Chicken Sandwich (BBQ, Plain or Hot) Groovy Green Beans Assorted Fruit NYS Milk		5 Cheese Pizza Salad Assorted Fruit NYS Milk						
8 Crispy Chicken Sandwich Seasoned Curly Fries Green Beans Assorted Fruit NYS Milk		9 Chili with beans Corn Bread Red/Green Pepper & Dip Corn Assorted Fruit NYS Milk		10 Breaded Mozzarella Sticks Marinara Sauce Sweet Potato Fries Assorted Fruit NYS Milk		11 Chicken Alfredo Pasta Garlic Breadstick Steamed Broccoli Assorted Fruit NYS Milk		12 Cheese Pizza Green Salad Assorted Fruit NYS Milk						
15 Sausage, Egg and Cheese Sandwich Home Fries Cucumber Slices Assorted Fruit NYS Milk		16 Chili Dog Sweet Potato Fries Fresh Spinach Assorted Fruit NYS Milk		17 Cheese Burger Lettuce & Tomato Potato Salad Assorted Fruit NYS Milk		18 Popcorn Chicken Buttery Mashed Potatoes Coleslaw Biscuit Assorted Fruit NYS Milk		19 Cheese Pizza Caesar Salad Assorted Fruit NYS Milk						
22 Chicken Tenders w/assorted dipping sauces Sweet Potato Wedges Assorted Fruit NYS Milk		23 Sweet & Sour Chicken Steamed Rice & Egg Roll Steamed Broccoli Assorted Fruit NYS Milk		24 Bosco Breadsticks Marinara Sauce Fresh Veggies Assorted Fruit NYS Milk		25 Buffalo Chicken Macaroni & Cheese Groovy Green Beans Assorted Fruit NYS Milk		26 Chef's Choice Green Salad Assorted Fruit NYS Milk						
29 Memorial Day (Observed) NO SCHOOL		30 Soft Shell Taco's Shredded Lettuce Salsa & Black Beans Corn Assorted Fruit NYS Milk		31 Pancakes Turkey Sausage Celery/Carrot & Dip Home Fries Assorted Fruit NYS Milk										



We are striving to support our New York State food producers. Items highlighted in green are NYS food products.

Pork Free Menu is Available Daily Upon Request (turkey alternatives)

Menu is subject to change, notice posted when available. The institution is an equal opportunity provider

In collaboration with





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May 2023 Alternative Lunch Calendar

May 2023

Jr/Sr High Breakfast and Alternate Lunch Options

Breakfast Options:

Tuesdays: Egg & Cheese Sandwich
Thursdays: French Toast or Pancakes

Bagel with Cream Cheese
Assorted Cereal
Whole Grain Muffin
Graham Crackers
Fruit: 100% Fruit Juice and Fruit of the Day
Choice of Milk

Alternate Lunch Options:

Hummus with Pita Chips & Vegetables (served with fruit, choice of milk)
Yogurt (served with a grain, choice of fruit/veg, choice of milk)
Sandwich of the Day (served with fruit/veg, choice of milk)
Pizza
Protein/Salad Bar

Sandwich of the Day:

Monday: Turkey & Cheese Sandwich
Tuesday: Ham & Cheese Sandwich & Halal Entree
Wednesday: Grilled Cheese & Halal entree
Thursday: Ham & Cheese Sandwich & Halal entree
Friday: Turkey & Cheese Sandwich entree
Sun butter & jelly sandwich available upon request

Turkey products used for sandwiches



<https://family.titank12.com/menu/PMYTXF>

**Halal Entrée available on Tues,
Wed and Thurs**



Our food service department wants to prevent food waste! If there are any items in your school lunch that are prepackaged, remember to pack them up and save them for later. Cheese sticks, apples, Craisins, or fruit cups would be great for an afternoon snack!

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What to Look for in May!

- 5/2-4: NYS Math Testing
- 5/6: Hudson Children's Book Festival (10 a.m. - 3 p.m.)
- 5/16: 2023-24 Budget Vote and Board of Education Election (11 a.m. - 8 p.m.)
- 5/18: National Honor Society Induction Ceremony (5:30 p.m.)
- 5/26: JHS Choir/Band Six Flags Field Trip
- 5/29: Memorial Day (No School)

