





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
visit our website at http://mres.juneauschools.org/				1	2 Safe Routes to School Audit	3
4 	5	6	7	8	9 Friday Fun Night 6 – 8:30pm	10
11	12 Early Release Site Council – 5:30pm PTO – 6:30pm MRCS Library	13 Geography Bee 12:45 Library	14 Coupon Books Due Primary Concert 6:00pm Gym	15	16 Spirit Day Ugly Sweater Day	17
18	19	20	21	22	23	24 
WINTER BREAK • HAVE FUN!						
				Winter begins		
25	26	27	28	29	30	31
WINTER BREAK • ENJOY!						

Coupon Books:
Due back December 14th

Coupon sales are fantastic! Just a reminder that all books or money are due back by Wednesday, December 14th. If you have sold your books, please return the money to your child's teacher. If you are not participating, please return your two books to your child's teacher ASAP so other students may sell them and win prizes. If your child would like to sell additional books, please contact Misti Neville at 957-2316. We still

have 6 prizes for the first 10 students who sell ten books!



Geography Bee

The 2012 MRCS Geography Bee will be held Tuesday, December 13th, at 12:45 in the library. This is open to all 4th and 5th grade students. Families are invited to attend.

Friday Fun Night
Friday, December 9th
6:00 - 8:30pm

\$10.00 suggested donation
Open to all MRCS students. Hosted by 1st grade and Ms. Carriker. Holiday themed, spaghetti and lots of fun activities!



Eagle Pledge

*"Today I have a chance to change our lives by making this day the best for you and me.
I am kind in what I say and do.
I respect myself and others.
At Mendenhall River we are safe."*



Student Council News

Student Council is very excited about their December community service activity! They would like to adopt a few MRCS families during this holiday season and provide them with a food box and gifts. If your family could use a little extra support this December, please contact Mrs. Berkey at 463-1799 or e-mail tristan_berkey@jsd.k12.ak.us. All information will be kept confidential and Mrs. Berkey will work directly with your family to get the gifts and food boxes to you before the students leave for winter break.

Counseling News

Greetings! Big Brothers Big Sisters have BIGS available for the school-based program. This is an opportunity for a student to meet with their BIG once a week during the school day. Bigs and Littles often meet during lunchtime and play a game together or just chat. If your child is interested in having a BIG, have them see Mrs. Berkey for an application.



Primary Concert

Wednesday, December 14
6:00pm • MRCS Gym

The primary students will perform books and sing songs at their concert at 6pm December 14th. PTO will have a bake sale in the lobby.

Performers should arrive at 5:50 and the concert will start at 6:00. Holiday attire is encouraged. Please do not wear apparel with writing.

There will be an intermediate concert in the spring.

Spelling Bee & Battle of the Books

The MRCS *Spelling Bee* will be held on January 12th, 2012. The spelling bee is open to students in 3rd, 4th and 5th grade. Practice words are available from your student's teacher or you can email kris_coffee@jsd.k12.ak.us and she will send you the lists via email. The winners of the school bee will then participate in the district wide spelling bee on February 8th.



The MRCS *Battle of the Books* will be held on January 27th in the MRCS Library. Winners of the school BOB will then participate in the district wide BOB on February 9th. The BOB is open to students in 3rd, 4th and 5th grade. If you have any questions please contact Kris Coffee @ kris_coffee@jsd.k12.ak.us.

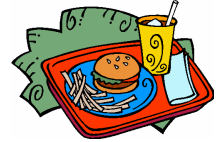
Yearbook Committee NEEDS YOU!!!

We are in desperate need of help with the yearbook. Please contact Ursula Jones at jonesurs@yahoo.com or 321-2940. Last year every student received a yearbook and it would be great if that could happen again. The yearbook is a wonderful memento so let's make it happen! No Experience Necessary!



Did you know?

The school district is focused on serving meals that are healthy and low in fat.



Our Wellness Policy is available on the school district website at www.juneauschools.org. Follow the "Board" tab link at the top of the district home page > click Policies and Regulations on the drop down menu> select School Board Policy #8500 and #8541.

In part...

Nutrition Standards - 8541R-1A (PreK-8)

The following specific nutrition standards pertain to all foods and beverages served or made available in school meals, a la carte, competitive foods and snacks to Juneau pre K-8 students during the school day.

Food Standards

- Have 30% or less of total calories from fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
- Have 10% or less of total calories from saturated and/or trans fat (excluding fat that occurs naturally in tofu, nuts, nut butters, seeds, eggs, legumes, fruits and vegetables, cream cheese, low-fat salad dressings, cheese and butter);
- Have no more than 1% of total calories from trans fat;
- Have no more than 35% total sugar by weight including naturally occurring and added sugars (except for sugars that occur naturally in a dairy product, fruit or vegetables).