

Calendar of Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 Read Across America	3 State Battle of the Books	4 Native Youth Olympics	5
6	7 FREE School Breakfast	8	9	10 Raingear Round-up	11 Read-A-Thon Ends Friday Fun Night	12
13	14 Early Release Site Council PTO	15	16	17 Happy St. Patrick's Day	18 Sports Spirit Day Rad River Roper Performance	19
20	21 NO SCHOOL	22 NO SCHOOL	23 NO SCHOOL	24 NO SCHOOL	25 NO SCHOOL	26
SPRING BREAK						
27	28 Early Release	29	30	31	Visit our website at http://mrcs.juneauschools.org/	

- 3/2 Read Across America – 5:00- 7:00pm Juneau Arts & Cultural Center
- 3/4 Native Youth Olympics Celebration • 5:00 – 7:00pm @ MRCS Gym – *Riverbend & Auke Bay Students will attend.*
- 3/7 Try Breakfast at school for FREE, 7:30–7:50am – Start your day right with breakfast at school!
- 3/11 Friday Fun Night – Sponsored by Kindergarten
- 3/14 Early Release Monday – *School ends at 1:30 for ALL students including Kindergarten*
Site Council Meeting • 5:30pm @ MRCS Library – *Monthly meeting with Site Council, MRCS Staff, and Parents.*
PTO Meeting • 6:30pm @ MRCS Library – *Parent Teacher Organization meets the second Monday of every month.*
- 3/18 Rad River Ropers Performance = MRCS Gym 8:15am, parents ate welcome to attend.
- 3/21 – 3/25 Spring Break – Enjoy and have some fun! See you on Monday March 28.
- 3/28 Early Release Monday – *School ends at 1:30 for ALL students including Kindergarten.*



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."

SOARING EAGLE



March 2011

Breakfast for Free: Monday, March 7



Breakfast is the most important meal of the day so come try school breakfast for FREE on March 7 from 7:30 - 7:50am. Breakfast will include a Colby cheese omelet, fruit and milk.

School breakfast is available daily for only \$1.50 for students and \$2.75 for adults.

Nurse Notes: Cough and Cold Remedies

With the cold and flu season in full swing and children staying home to recover, it is tempting to go to the store and fill the cart with cough and cold remedies. Be cautious in using over the counter cough and cold remedies. Many contain multiple ingredients that, taken together, may cause your child to feel worse, not better. There is no scientific evidence that these products help and many have potentially serious side effects.

To relieve a cough, try 1 teaspoon of honey for children 6 to 11 years of age. You could also use a cool mist humidifier to relieve congestion or a cup of warm liquid. Rest is the most important remedy. And keep in mind that all colds last 7-10 days and the cough is usually the last symptom to fade.

Friday Fun Night

March 11th • 6:00-8:30
 \$10.00/student donation
 plus money for food
 Sponsored by Kindergarten
 MRCS Students Only

Read Across America

Wednesday, March 2,
 5:00-7:00pm
 Juneau Arts & Cultural Center



Join us to celebrate Dr. Suess' birthday with local professionals, authors, celebrities and cake! There will be Dr. Suess-related activities including face-painting, book-readings, magic shows, and more! PLUS a free book for each kid who attends. Sponsored by the Juneau Education Association.

Raingear Round-up

Centennial Hall
 Thursday, March 10
 5:30-8:30pm



FREE raingear exchange sponsored by AEYC-SEC. People are encouraged to attend this FREE exchange whether or not you have donated items.

You may donate at several locations:
 March 3, 4-7pm Super Bear parking lot
 March 4, 4-7pm A & P parking lot

Battle of the Books Winners

Congratulations to 5th graders Christopher Lujan, Garret Hermann, Sam Hall and Miguel Cordero for their 4th place finish in this year's district Battle of the Books. 4th graders Hannah Harvey, Maggie Brown, Kaia Quinto and Erin McBrien finished 1st in the district and will participate in the state BOB on March 3rd!

Lost & Found

Please have your student check the Lost & Found. It is filling up again! Unclaimed items will be donated.



Marathon Club

Look for information on this wonderful program after spring break from our GREAT gym teacher, Mr. Fagnant!

Going on an extended vacation and missing 3 or more days of school?

Absences of 3 or more days need to be reported. A long term absence form can be downloaded from our website under the parents tab or... stop by the office and pick up a form. We would be happy to help you! Completed forms should be turned into the office.

We will be sending our Newsletter via email soon, stay tuned...



In an effort to save on paper, money and time, we are moving forward with plans to send this monthly newsletter electronically. If you DO NOT want to have this publication

emailed, please contact Caro Rosier-Polley in the MRCS office.

Need your Child's Lunch Balance...

test scores, grades or attendance information? All of this information is located on-line in Powerschool. Contact Suzie Deakins at suzie_deakins@jksd.k12.ak.us for your individual login and a password.