

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2		4	5
	7	8	9 Picture Retakes 10:00-12:00	10	11 Veterans' Day Holiday No student attendance RALLY closed 	12
13	14 Early Release Site Council - 5:30pm PTO - 6:30pm MRCS Library	15	16 Book Fair 14th - 23rd		17	18 End of first Trimester
20	21 Teacher inservice No student attendance	22 Student Conferences No student attendance	23 Student Conferences No student attendance	24 Thanksgiving No student attendance RALLY closed	25 Holiday No student attendance RALLY closed	26
	20 Book Fair 14th - 23rd					
27	28 Early Release	29	30	visit our website at http://mrcs.juneauschools.org/		

School Picture Makeups & Retakes :

Wednesday, November 9
10:00am - 12:00pm

Did you miss picture day or need a retake? Makeups and retakes are scheduled for Wednesday, November 9th.

If your child needs a retake, remember to send in the old packet or you will have to pay another fee for more pictures. Family Photos can also be done again during this time.

If you need another picture form, please stop by the office and pick one up. Any questions, feel free to call Photography By David Gelotte, 780-6255.



5th Grade Rock Band

Volunteers and equipment wanted for 5th grade rock band!

Many of our 5th graders have signed up to learn a rock instrument (electric guitar, bass, keyboards, or drums). Practices are at lunch time. If you have any drums, guitars, basses, amps, etc. laying around gathering dust, please consider lending or donating them to the cause. Or come and help kids during practices! Contact Mr. Maas at 463-1799 or



michael_maas@jkd.k12.ak.us



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."



THANKS! Recycling Help...



Good News! Our School sponsored Webelos 1 Boy Scout Troop has volunteered to take care of our recycling through the end of the year. This is a HUGE help and we really appreciate it!

Scholastic Book Fair November 14 - 23



The Book Fair will be in the MRCS Library from 11/14 - 11/23. Come check out all the amazing books we'll have for sale! We'll be open during Parent/Teacher Conferences also.

For the first time MRCS will be having an on-line fair along with the books you can see in the library.

Online you will be able to:

- Send wish lists to family and friends
- Browse an expanded book selection
- All orders ship to school with no shipping fee

Beginning November 7th just visit <http://onlinebookfairs.scholastic.com> or our school fair homepage at <http://bookfairs.scholastic.com/homepage/jsdmracs>.

P.E. News by: Ms. Winn

I just wanted to throw out one last thank you to all of my parents who were amazing helpers during our marathon club. We never could have done it without you. Our run down the hall on Tuesday was the perfect way to end a great season!

Jump rope will be next and will either start before winter break or we will have a shortened season (due to the baby coming in late Feb). I will be looking for a lot of volunteers to help me run the program. If you have an opinion about the beginning date drop me a note or an e-mail at sunshine_winn@jsd.k12.ak.us

Not only is it important to keep active and stay fit, but we need to be aware of what we are eating. There is a new food pyramid out that is in the shape of a plate. If you are interested in looking up this cool new pyramid go to - http://kidshealth.org/kid/stay_healthy/food/pyramid.html

iPads at MRCS

Excitement is in the air in Ms. Canaday's kindergarten classroom! Ms. Canaday received a technology grant to purchase 4 iPads for the classroom. They will be used by the students to enhance their learning in reading, writing and math. The children are very excited about using the iPads!

Spelling Bee

Are you interested in the Spelling Bee? The lists of spelling words are available and can be obtained by sending Kris Coffee an email at:

kris_coffee@jsd.k12.ak.us

The Bee will be in January so stay tuned for the dates.

Nurse Notes: by Nurse Maureen

Each year, flu places a large burden on the health and well-being of children and families. An influenza vaccination is the best method for preventing flu and its potentially severe complications in children. The Center for Disease Control recommends that all children 6 months and older get the flu vaccine. This is especially important if your child has asthma, diabetes or other chronic health conditions. Please contact the Juneau Public Health Center at 463-3353 for vaccination at no cost or your family doctor.



Concerned About Your Child's Weight?

- Limit the time spent with TV and video games to no more than 2 hours total per day. Our bodies need to move to be healthy.
- Eliminate sweet drinks from your child's diet and the family shopping list. Sweet drinks include sport drinks, Capri Suns, juice (yes, even juice), soda....pretty much everything except milk and water.
- Avoid fast food.

We are recording heights and weights this week. If you would like to discuss your child's health, feel free to contact me at any time at 463-1799 or maureen_hall@jsd.k12.ak.us

Come join us on Thursday mornings at 7:45am for our Sing-a-long in the lobby/pit area. It is a really great way to start the day!!!!

