

# MENDENHALL RIVER COMMUNITY SCHOOL

## Calendar of Events

# SEPTEMBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Visit our website at <a href="http://mrcs.juneauschools.org/">http://mrcs.juneauschools.org/</a>			1	2	3
4	5 <b>Labor Day</b> No Student Attendance	6	7 <b>Marathon Club Begins</b>	8	9	10
11	12 <b>Early Release</b> Site Council PTO MRCS Library	13	14	15 <b>Open House</b> <b>School Pictures: K, 1, 2</b> <b>Community Photos</b>	16 <b>School Pictures: 3, 4, 5</b> <b>Friday Fun Night</b>	17 <b>Parks &amp; Rec</b> <b>Day of Play</b>
18	19	20	21	22	23	24
25	26 <b>Early Release</b>	27	28	29	30	

9/5 Labor Day • *No Student Attendance*

9/7 Marathon Club Begins • 7:20 – 7:45am, Sept 7 – October 12, Monday – Friday

9/12 Early Release Monday • *School ends at 1:30pm 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.*

9/15 Open House • 6:00pm – 7:00pm  
School Pictures • *Kindergarten, 1st and 2nd*  
Community Photos • *Siblings & Families*

9/16 School Pictures • *Grades 3rd, 4th and 5th*  
Friday Fun Night • 6:00pm – 8:30pm, *Hosted by 3rd Grade, \$10 suggested donation*

9/17 Parks & Rec. Day of Play • *All Day, various locations, contact Juneau Parks & Rec. at 586-5226*

9/26 Early Release Monday • *School ends at 1:30pm 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."



## MRCS Open House

Come meet teachers, PTO and other staff at our annual open house.

Thursday, September 15 • 6:00pm - 7:00pm

Community Photos for siblings and families will be from 4:30 - 8:00pm • Room 164  
Forms will be available that evening. Questions on photos, please call Photography by David Gelotte 780-6255. Additional \$10 fee per person.

### MRCS Sweatshirts/T-shirts for Sale

Student Council will be selling MRCS t-shirts and sweatshirts from 6-7 during Open House. Be sure to get your MRCS shirt and show your school spirit!

Kids t-shirts - 12.50  
Adult t-shirts - 15.00  
Kids sweatshirt - 20.00  
Adult sweatshirt 25.00  
Kids long sleeve shirts 15.00  
Adult long sleeve - 20.00

Checks and cash only.

### Nurse Notes:

*Welcome to a new school year from the nurse's office. If there have been any changes in your child's health over the summer, please call or email me with the changes*

**MEDICATIONS:** If your child is on a prescription medication that needs to be taken at school, please bring it into my office in the original container with the prescribing information on the label. You will also need to fill out a medication consent form. If your child takes a regular prescription medication at home, please notify the nurses office so that information can be added to their health record. This way the nurse can be aware of potential adverse reactions and better care for your child.

**CLOTHING:** Every child is expected to participate in daily outdoor recess. Please dress your child for the weather and outdoor play. This means, hooded rain jackets for this time of the year and footwear that can hold up to puddles and running. Please save the high heels for dress occasions. Children need to be free to run and climb without risk of injury. Please label ALL your child's outerwear (hat, gloves, sweatshirts, coats, boots) with their name. The Nurse Office also welcomes donations of pants and a few T-shirts in all sizes for the loan closet.

### School Pictures

Thursday, September 15 • K, 1st, 2nd  
Friday, September 16 • 3rd, 4th, 5th

All students must have completed, prepaid order forms with them on Picture Day for a package to be printed.

Questions: please call Photography by David Gelotte 780-6255. (cash or checks only)



**HEALTHY HABITS:** Please help your child be prepared to learn when they come to school. Be sure they are getting proper rest every night (9 - 11 hours sleep), eating breakfast, and that they have an adequate nutritious lunch to carry them through the day. Consider eliminating screen time (TV and video games) during the school week. Plenty of fresh air and exercise will also help them focus in the classroom.



**CHANGE OF ADDRESS/PHONE NUMBERS:** Please notify the school office as soon as possible with work, home and cell phone changes, if you will be out of town and who to contact in an emergency.

**FOOD ALLERGIES:** There are students in most every class who have some sort of food allergy. Students are asked not to share food with others during the school day. Some allergies are life threatening. If you provide a group snack for a special event, it is important to check with your child's teacher on whether any classmates have allergies. Peanut products, tree nuts as well as dairy products are the biggest allergens, but not the only ones.

**HEAD LICE:** Are often found on children in the fall and spring as families and friends have traveled and spent time together. Be on the alert to itchy heads, tiny yellow-white eggs (nits) that attach to the hair near the scalp and are not easily removed like dandruff that flakes off. Call if you have questions, concerns or need consulting or education on home treatment.

Nurse Maureen 463-1781 • maureen\_hall@jsd.k12.ak.us