

# MENDENHALL RIVER COMMUNITY SCHOOL

## Calendar of Events

# OCTOBER 2011

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Visit our website at <a href="http://mr.cs.juneauschools.org/">http://mr.cs.juneauschools.org/</a>					1
2	3	4	5	6	7	8
9	10 <b>Early Release</b> Site Council PTO MRCS Library	11	12 <b>Marathon Club Ends</b>	13	14 <b>Friday Fun Night</b> Hosted by: 4th Grade	15
16	17 <b>Teacher Inservice</b> No student attendance	18 <b>Alaska Day • Holiday</b> No student attendance	19 <b>Author Debbie Miller</b> Visits the Library	20	21	22
23 Red Ribbon Week	24 Early Release Red Ribbon Week	25 Red Ribbon Week	26 Red Ribbon Week	27 Red Ribbon Week	28 Fall Festival Hosted by: PTO Red Ribbon Week	29 Red Ribbon Week
30	31 Happy Halloween					

10/10 Early Release Monday • School ends at 1:30pm for ALL students  
 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.

10/12 Marathon Club Ends

10/14 Friday Fun Night • 6:00pm – 8:30pm, Hosted by 4th Grade, \$10 suggested donation

10/17 Teacher Inservice • No Student Attendance

10/18 Alaska Day • No Student Attendance

10/19 Author Debbie Miller visits 3rd – 5th Grades

10/24 Early Release Monday • School ends at 1:30pm for ALL students including Kindergarten

10/28 Fall Festival • 6:00pm – 8:30pm, Hosted by PTO, \$10 suggested donation



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."



## Fall Festival

Get ready for lots of fun at this year's Fall Festival, sponsored by the MRCS PTO!

There will be fun games, prizes, a costume contest, and lots of other great activities.

Friday, October 28th • 6:00 - 8:30 PM.

Recommended donations are \$10 per child and \$25 per family.

If you are a parent interested in volunteering, we can use all the help we can get, so email Aimee Versaw at

[asversaw@yahoo.com](mailto:asversaw@yahoo.com).



e-mail list so that I may send you up to date P.E. News, please either e-mail me at: [sunshine\\_winn@jsd.k12.ak.us](mailto:sunshine_winn@jsd.k12.ak.us) or send a note in with your child so that I can add you to my list. If you would prefer a paper copy please send me a note stating this.

I have e-mailed out the monthly Physical Activity Calendar. If you would like a hard copy, please let me know and I will send it home with your child.

Last but not least, there is a "Spotlight on Physical Fitness and Health Wall" in our hallway just outside of the gym. I plan to keep my eyes peeled for any pictures of our MRCS kids from the newspaper or any other active activity. If you have photos of your child that you would like me to post on the wall, doing some sort of physical activity by themselves or with friends, please send it in. If you would like the photo back please write a note either on the back or with it so I can get it back to you. Our nurse would also like to place photos inside of the nurse's office to continue to emphasis physical fitness and health. I will post pictures for at least a week (possibly more, depending on how many photos I end up receiving). We love to see the kids active and it will help to promote healthy lifestyles. Thank you so much for your help with our wall!

## School Picture Retakes



Did you miss picture day or need a retake? Retakes will be scheduled in mid to late October. An announcement will go out with students about 2 weeks before the scheduled date. Visit our website at

<http://mrcs.juneauschools.org> for updates.

## Counseling News by: Ms. Berkey



We've been having a great time in counseling! October 23<sup>rd</sup>-30th is Red Ribbon Week so we will be spending a lot of time talking about healthy choices this month.

The history of Red Ribbon Week goes back to 1985 when Drug Enforcement undercover agent Enrique "Kiki" Camarena Salazar was killed by drug traffickers in Mexico. Kiki's friends and family began wearing red ribbons in support of the work he did while he was alive. The trend spread, and in 1988 Congress proclaimed the last week in October as Red Ribbon Week.

Red Ribbon Week is simply another great opportunity to teach children about healthy life choices. Please take a few moments to talk with your children about staying safe, making healthy choices and resisting negative peer pressure!

Happy October!

## Free/Reduced Lunch Benefits

**Important Notice for Free/Reduced Lunch Benefits:** If your child(ren) qualified for school meal benefits for the 2010-2011 school year, those benefits will end on October 3, 2011. To continue receiving benefits, you will need to turn in a new application. Applications are available in the MRCS office. Please contact Carolyn at 463-1799 for more information. Or, you may contact Adrienne Schwartz at the Food Services Office at 780-1414.



## P.E. News

by: Ms. Winn

We are half way through the marathon club! I am so amazed to see all those excited runners every morning. Our last day is on October 12th. If your child needs to make up any days that they were unable to run, please do so then send me a note stating that your child has run a make-up mile. Remind your child to check the wall daily, to make sure that they don't have any make-ups. They also need to remember to check in with their adult counter daily. Keep it up marathon runners!

I also wanted to send out a last call for e-mail addresses. If you would like to be included on my



### Nurse Notes: by Nurse Maureen

Donations needed for the Nurse Loan Closet: children's pants in all sizes from 5 up to 14 for both boys and girls.

**Vision Screening:** This week, vision screening is taking place. If your child has any difficulty with the screening, expect a letter and a phone call from the nurse. If you have any concerns about your child's vision please call or email.



#### Rethinking Cup of Noodles:

Cup of Noodles are a popular lunch box staple for children but let's stop for a minute and look at what, exactly, goes into a cup of noodles. The first ingredient listed is white flour, which is lacking in the fiber and the nutrients of the whole grain. The second ingredient is

palm oil, which is a highly saturated fat.

One serving contains 22% of the total fat recommended in a day and 36% of our saturated fat allowance. One cup also contains 1170 mg of sodium, which is 49% of our daily allowance. Your child may not have heart disease, type 2 diabetes or high blood pressure in elementary school but they are building the body that will carry them through life. Please think "good nutrition" as you pack your child's lunch.

[maureen\\_hall@jsd.k12.ak.us](mailto:maureen_hall@jsd.k12.ak.us)  
463-1799

### Student absences, tardies and vacations...

Parents, if your student will be absent, please either call or email the school before 8:30 AM. If you know your child will be absent prior to the next school day think about using our easy to use Report An Absence feature on the front web page. It's a great convenience for parents.

Will your child be absent for 3 or more days? Please complete and turn into the office a Long Term Planned Absence form. This form is available under the Parent tab on this web page. This form gives your child's teacher information about their extended absence, and an opportunity to address any concerns they may have.

### Recycling Help...

Parents, if there are any families who could help take recyclables to the recycling center, MRCS staff would greatly appreciate it! Please email Kathleen Porterfield at [porterfieldk@jsd.k12.ak.us](mailto:porterfieldk@jsd.k12.ak.us) if you can help.



## Mendenhall River Community School and the City & Borough of Juneau are working on Safe Routes to School!

This district-wide program will "audit" conditions for our students as they get to and from school, and make school specific recommendations to improve safety and encourage more students to walk and bike to school.

- It's all about exercise, a healthy lifestyle, and safety!

### Parent Help Needed!

Your student will bring home a short survey on **Monday, October 10** to help us understand parents and caregiver opinions and concerns.

### What you think matters; we will get many insights from your answers.

- The classroom with the highest percentage of returned surveys will get a **Pizza Party**.

**Look for the Survey on October 10**, and send it back with your student.

