



Tiger Talk

Motto: Got GRIT?

Goal Setting; Resilience, Initiative; Tenacity

Important Dates:

- 10/2 Lifetouch Fall Pictures
- 10/3 Cross Country @ MT
- 10/7 Minimum Day
- 10/8 PTO Meeting @ 6:30 in Library
- 10/10 Cross Country at AM
- 10/17 Cross Country @ BC
- 10/17 Kinders and Room 5 to Nash Farms
- 10/21-10/25 Red Ribbon Week
- 10/25 PTO's Fall Carnival
- 10/28 Awards Assembly
3-5 @ 8:15-8:45
K-2 @ 12:05-12:30
- 11/12 PTO Meeting @ 6:30
- 11/13 Lifetouch Picture Re-takes

Shasta Meadows Elementary

October 2019

Principally Speaking

Dear Shasta Meadows Families,

This month's Tiger Talk and Principally Speaking is dedicated to all things fall. This is my favorite season (well, to be honest, so is spring...and summer...and I enjoy a bit of winter as well), but you must admit there is something to be said for pumpkin-chocolate-chip bread, cinnamon spiced lattes, jewel colored leaves and wearing flannels.

When it comes to school-related fall things we can look forward to some field trips to the pumpkin patch and our Fall Carnival sponsored by our Parent Club. The carnival will be on Friday, October 25th from 6-8 pm. As always, we would love it if you can come. We always have a great time dressing up, playing games, and eating together. All proceeds go directly back into classrooms. We need volunteers to make this happen, so if you can buy and donate candy, work for an hour at the game/booth for your child's classroom, sell tickets or help set up, please contact your child's teacher or the office.

October is also National Bullying Prevention Month, and our school is dedicated to making students aware of what bullying looks like and what to do about bullying

whether you are the bully, the victim or a bystander. I'll be addressing this in my daily morning message, and the week of October 14-18, our whole school will be participating in Digital Citizenship Week in which teachers engage students in lessons about cyberbullying and how to conduct yourself online. We will also post tips for parents on our website and Facebook. Here are two good resources for parents about bully prevention and online/cyber safety.

<https://smartsocial.com/>

<https://www.stompoutbullying.org/campaigns/national-bullying-prevention-awareness-month>

As always, if you have feedback for me about these or any other school-related issues, contact me through my email (sgleason@eesd.net) or the phone line (224-4180).

Enjoy the season,

Ms. Gleason

Check us out online!!

Shastameadows.eesd.net

Messages to Students

While we are happy to assist with delivering messages to students, we do ask that all messages be called in **NO LATER THAN 30 mins before school is out**. Often children will be on the track, in the gym or with their buddy class and it can take more time to track them down.

Absences and Tardies

Please remember to call in your student any time they are out of school. It is extremely important to report any absences **within 72 hours**.

Visiting our Campus

All parents and visitors **MUST** check in at the office. Thank you for your understanding and cooperation as we work to ensure the safety of our children.

Wellness Policy Reminder

Just a reminder that any child exhibiting the following symptoms will need to remain home:

Fever
Vomiting
Diarrhea

Lunch Bunch

Our club, Lunch Bunch, shares new foods with students during lunch time. Then students vote on whether they liked the food or not. One of our recent samplings was green and yellow squash. Votes have been tallied and the results are in!



Results: 36



27



Sports Corner

We have played ten games in the lunch soccer league and the competition is really getting fierce! The third, fourth and fifth graders are having a great time!

Cross Country is going great! We have 90 runners, grades K-5. That is 1/4 of the school! It is a fantastic thing to be a part of the team. Many of our runners place, but 100% of them have fun and never quit! Mr. K and Mrs. Weinstein are both pleased with how well the teams are doing this year.

After school soccer tryouts for the 4th and 5th graders will be held Tuesday, 10/22. Permissions slips will come home 10/7. Any 4th or 5th grade girl or boy can try out, but the team will be cut to 15 players.

Tshirts and Sweatshirts

Our first round of orders has been placed and all items will be delivered to the school in the next few weeks!

This year, they have extended our ability to order all year long through their online ordering system and not just during a promotional period!

You may access their online ordering through spiritandpride.com our school code is :586

Shasta Meadows
2825 Yana Ave
Redding, Ca 96002
530-224-4180 (ph)
530-224-4181 (fax)

Shout Outs!

As many of you will remember, our outstanding students that go above and beyond to be kind or practice their Bucket Filling skills have been given a "Caught Being Good" in the past.

This year, we made some changes and we have been involving our staff and students in Shout Outs. A Shout Out can be given to a student or staff member and Ms. Gleason reads them over our morning announcements. Each person who receives a Shout Out can come up and select a treasure from the office when they hear their name announced in the morning.



PTO Fall Carnival

Our Fall Carnival is coming up on 10/25

Lots of fun for all ages. More information will follow from our PTO so be sure to listen to the Sunday messages and check back packs for flyers with times and ticket prices.

If you can volunteer to work a booth, please let your teacher or the front office know.

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& follow us on Twitter @
Shasta Meadows



HOW SICK IS **TOO SICK?**



Send me to school if...

I have a runny nose or just a little cough, but no other symptoms.

I haven't taken any fever-reducing medicine for 24 hours, and I haven't had a fever during that time.

I haven't thrown up or had any diarrhea for 24 hours.



Keep me at home if...

I have a temperature higher than 100 degrees even after taking medicine.

I'm throwing up or have diarrhea.

My eyes are pink and crusty.



Call the doctor if...

I have a temperature higher than 100 degrees for more than two days.

I've been throwing up or have diarrhea for more than two days.

I've had sniffles for more than a week, and they aren't getting better.

I still have asthma symptoms after using my asthma medicine (and call 911 if I'm having trouble breathing after using an inhaler).

 **Attend to Achieve**

REACH HIGHER
shasta | EVERY STUDENT, EVERY OPTION

"EVERY STUDENT, EVERY OPTION"

BREAKFAST

All breakfasts include fresh fruit, cereal, Whole grain toast or English muffin and choice of milk

OCTOBER 2019

ENTERPRISE ELEMENTARY SCHOOL DISTRICT

LUNCH

All lunches include a salad bar with Vegetables and fresh fruits
Choice of milk

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: (Minimum Day) 7 Cereal Choice</p> <p>Lunch: Brunch for Lunch! French toast, Sausage, Hash Brown Patty</p>	<p>Breakfast: 1 Breakfast Muffin</p> <p>Lunch: Orange Chicken, Fried Rice, Veggie Roll, Broccoli</p>	<p>Breakfast: 2 Cook's Choice</p> <p>Lunch: Spaghetti & Garlic Bread or Cook's Choice</p>	<p>Breakfast: 3 Pancake & Sausage</p> <p>Lunch: Popcorn Chicken Mashed Potato Bowl w/Corn, Pan Bread</p>	<p>Breakfast: 4 Cook's Choice</p> <p>Lunch: Pizza or Cook's Choice Dessert</p>
<p>Breakfast: (Minimum Day) 7 Cereal Choice</p> <p>Lunch: Brunch for Lunch! French toast, Sausage, Hash Brown Patty</p>	<p>Breakfast: 8 Sausage Biscuit</p> <p>Lunch: Chicken Enchilada or Cheese Quesadilla, Spanish rice</p>	<p>Breakfast: 9 Cheese Omelet</p> <p>Lunch: Crispy Chicken Sandwich or BBQ Rib Sandwich, Dessert</p>	<p>Breakfast: 10 Bagel & Cream Cheese</p> <p>Lunch: Chili & Chips or Beef Hot Dog</p>	<p>Breakfast: 11 Breakfast Burrito</p> <p>Lunch: Pizza or Cook's Choice Dessert</p>
<p>Breakfast: (Minimum Day) 4 Cereal Choice</p> <p>Lunch: Whole Grain Turkey Corn Dog Barbeque Beans</p>	<p>Breakfast: 15 Ham & Cheese Croissant</p> <p>Lunch: Crispy Chicken Drumstick, Mac & Cheese, Green Beans</p>	<p>Breakfast: 16 WG French toast Sticks</p> <p>Lunch: Hamburger and Baked Fries or Cook's choice</p>	<p>Breakfast: 17 Egg & Cheese Muffin</p> <p>Lunch: Fish Treasures & Rice Pilaf or Sandwich Choice</p>	<p>Breakfast: 18 Yogurt Parfait</p> <p>Lunch: Pizza or Cook's Choice Dessert</p>
<p>Breakfast: (Minimum Day) 1 Cereal Choice</p> <p>Lunch: Bean & Cheese Burrito or Beef Taco</p>	<p>Breakfast: 22 Breakfast Muffin</p> <p>Lunch: Teriyaki Beef Fried Rice, Broccoli</p>	<p>Breakfast: 23 Cook's Choice</p> <p>Lunch: Spaghetti & Garlic Bread or Cook's Choice</p>	<p>Breakfast: 24 Pancake & Sausage</p> <p>Lunch: Popcorn Chicken Mashed Potato Bowl w/Corn, Pan Bread</p>	<p>Breakfast: 25 Cook's Choice</p> <p>Lunch: Pizza or Cook's Choice Dessert</p>
<p>Breakfast: (Minimum Day) 8 Cereal Choice</p> <p>Lunch: Brunch for Lunch! French toast, Sausage, Hash Brown Patty</p>	<p>Breakfast: 29 Sausage Biscuit</p> <p>Lunch: Chicken Enchilada or Cheese Quesadilla, Spanish</p>	<p>Breakfast: 30 Cheese Omelet</p> <p>Lunch: Crispy Chicken Sandwich or BBQ Rib Sandwich, Dessert</p>	<p>Breakfast: 31 Bagel & Cream Cheese</p> <p>Lunch: Chili & Chips or Beef Hot Dog</p>	


PAY FOR MEALS ONLINE
MYSchoolBucks.com

Menus are subject to change.
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