

PARENT NEWSLETTER



November 2022

Principal's Message

Meadow Lane Parents,

Thank you to everyone who came to the Halloween Carnival! It was so fun to see all of you with your children dressed up and enjoying the evening. I hope your children had fun!

Students in Kindergarten through fifth grade just completed their West Ed writing. West Ed writing is a time for students to show off all their hard work writing this trimester!! This month students are working on first trimester assessments, meeting Accelerated Reader goals, and learning about the Character Trait of the month "Gratitude." Gratitude is the quality of being thankful.

We will be having a lockdown drill this month. All staff were trained in the ALICE method where we will be practicing creating barriers in front of the doors and throwing things at an intruder should that situation ever arise.

Parents thank you for partnering with us to educate your children. If you have any questions or concerns please contact the school office or email me directly at tamra.kendall@cuesd.com. Have a wonderful month and Thanksgiving holiday!

Tamara Kendall
Principal



School Information

Begins at 8:00 am

Dismissal: TK/K at 1:45 pm, Minimum at 12:45 pm

Dismissal: 1st-5th at 2:00 pm, Minimum at 1:00 pm

School Holidays & Breaks

11/11 Veteran's Day

11/21-25 Thanksgiving Break

12/19-1/3 Winter Break

Please Arrive on Time to School

If your student arrives after 8:00 am, please have them check in at the office for a pass to class. The office is able to then mark them present and avoids autodialer calls stating your student is absent. Thank you for your cooperation, it is important to have accurate attendance for student safety. If your child is going to be **absent please call** the school office at (530) 378-7030.

JUST A LITTLE *Reminder*

11/1 Parent Booster Meeting 6:00pm

11/7-18 Penny Drive

11/9 Minimum Day Out at 1:00

11-11 NO SCHOOL Veteran's Day

**11/14-18 are Minimum Days
Students Dismissed at 1:00**

11/14-18 Parent Teacher Conferences

11/18 Report Cards Sent Home

11/21-25 NO SCHOOL Thanksgiving

11/30-12/2 (Tentative Dates)

Fundraiser Order Pick Up

NOVEMBER SCHOOL NEWS

Kindness Tuesday



Join us every Tuesday in wearing a shirt with a positive message to promote kindness all over our campus! Staff and students are encouraged to wear kindness shirts and to practice positivity throughout our school.

Every Penny Counts!

The Parent Booster Club invites students and staff to donate spare change to our Memorial Fund. The Memorial Fund is used to assist students at Meadow Lane who have lost a parent. The Penny Drive dates are November 7th through November 18th.

No donation is too small! Please see flyer for more information. The top 3 classrooms will win a popcorn party.



Parent Teacher Conferences

Conferences will be scheduled for every student and will be held Monday, November 14th through Friday, November 18th. All are **minimum days**, dismissing TK-K students at 12:45 pm and 1-5 grades at 1:00 pm. Please mark your calendars. During the conference, your child's teacher will be prepared to review your child's current academic progress with you. It is important that you attend this conference. Your child's teacher will be reaching out to you soon to schedule an appointment through Parent Square.

Report Cards

Student report cards for Trimester 1 will be sent home on Friday, November 18th or handed out at parent teacher conferences.

Catalog Fundraiser Item Pick Up

We expect orders to be delivered the week after Thanksgiving break. Parents will be notified the date, time, and details for pick up. Please watch for Parent Square posts, Facebook announcements and teacher communication.

AR Reading Goals

The 1st Trimester Reading Goal end on Friday, November 4th. The Trimester AR Reward Event is a field trip to Viking Skate Country. They must meet their goal by the end of the school day on Friday to be eligible to attend the field trip. Keep encouraging them to read!

Lockdown Drill

Parents we wanted to let you know that we have a Lockdown Drill coming up this month. It is important that our students and staff know how to be safe and what to do in an emergency.

Music at Meadow Lane

Welcome Mr. Martinez, he is teaching Music 3 days a week to our students. They have been learning about rhythm and how to keep a steady beat. TK- 2nd grade students are also learning how to play egg shakers and/or rhythm sticks, while 3rd graders are learning to create rhythm with body percussion. 4-5th grade students are learning two folk dances, how to identify notes and to play different percussion instruments.



Kindergarten Teacher Recognition

Our amazing kindergarten teaching team was recognize as Meadow Lane's Essential piece at our October board meeting. Kristina Armstrong, Erica Caldwell and Jeff Spencer are wonderful teachers and we are lucky to have them at Meadow Lane. Thank you to all three for being positive leaders on and off our campus!

NOVEMBER SCHOOL NEWS

Monthly Character Trait

This month's character trait is "**Gratitude**" Each month Meadow Lane teachers and staff focus on a character building trait with students.

Tips for Teaching Kids Gratitude:

- Teach them to say thank you to the people who do things for them.
- Tell your kids why you are grateful for them
- Talk about the things you are grateful for.
- Support a charitable event or organization.
- Be consistent



Coffee with The Principal

Our first **Coffee with the Principal** was a great success in October. Thank you to all who attended. Mrs. Kendall really enjoyed hearing your perspective, appreciated the positive comments about our school and staff and your support. Save the date! Friday, December 2nd, is our next scheduled **Coffee with the Principal**.

Join the Parent Booster Club

Please mark your calendar. They meet the first Tuesday of every month at 6:00 pm in room #4. If you attended the Halloween Carnival you were able to see first hand what a fabulous support they are to Meadow Lane staff and students. Come to the meeting to share your ideas and talents, we would love to see more parents involved.

Halloween Carnival Success

The Meadow Lane Parent Booster Club hosted our annual Halloween Carnival last Friday. We had a great turn out and the Haunted House was quite popular. Thank you to all our volunteers who helped make this event such a success, parents and

staff! Did you enjoy it? If you'd like to help with future events, please come to a Parent Booster Club meeting.

School Spirit Fridays

Show your school spirit every Friday! Wear your Meadow Lane Eagles t-shirts or school colors with pride. Let's turn the whole school blue and white.

Transportation Changes

Transportation changes must be in writing to ensure student's safety. You may send a note with your student to bring to the office, fax a note or email the transportation change by 12:30 pm to:

lanyon.schuster@cuesd.com and
lisa.zumalt@cuesd.com

More Food For Thought

The Anderson, Redding and Riverview Sunset Rotary Clubs have received a grant to help our families that have been hit hard by the fires and the pandemic, leaving some children homeless or at least "food insecure" on weekends and school holidays. They will be providing non-perishable food bags to Meadow Lane. These bags will be provided every two weeks and will include snack, breakfast and lunch items. If you are in need please contact the school office to request that your student be added to the distribution list. All requests will be confidential and bags will be given out discreetly.



NOVEMBER SCHOOL NEWS

October's **PERSEVERANCE** Character Award Recipients

Abigail Latchford
Abigail Clark
Anika Jennings
Atticus Goryushko
Aubrey Ruiz
Brielle Lanke
Brooklynn Olson
Brooklynn Smith
Cayson Herrera-Pearson Ferguson
Ciara Burton
Devin Coleman
Emilee Fuller
Forrest Jones
Gracie Pardee
Hope Jenkins
Isaac Jump
Isaac Shepherd
Jerold Gallegos
Jerry Edmonds
Jonathan Emerson
Julian Culver
Kai Yang
Keagan Heffner
Keegan Stith
Leilani Gallegos
Lilianna Renteria
Malachi Smith-Mitchell
Myla Wurch
Paisley Thomas
Rhonin Stevenson
Romell Garnes
Roselynn Kesner
Ryder Owens
Sadie Alleson
Sawyer Melton
Sofia Boyd
Tatum Stewart
Zelena Lewis

CHARACTER

Each month Meadow Lane spotlights a different Character trait.

October's character trait is **Gratitude**. *Gratitude is when you appreciate the person or thing that did something good for you or made you feel happy.*

Each teacher and all of our staff will be looking for students who are exhibiting this trait. Please talk to your child about what perseverance looks like for you and your family at home as well as ways they can demonstrate perseverance at school.

Each teacher nominates students from their class who have been "caught" often demonstrating the character trait of the month. These students will receive a award from our Principal and Vice Principal.

SOCIAL EMOTIONAL learning

Why is **gratitude** important for kids?

Showing gratitude is an important social skill because it is associated with the development of empathy. These benefits are desirable to have, not only for ourselves, but also for our children. As you make holiday plans, take this opportunity to rethink **gratitude**, what we're thankful for, and teach children to appreciate what they have.

- Gratitude builds self confidence
- Gratitude teaches coping skills building
- Gratitude helps children see the big picture

Please check out the link below for 20 fun ways to teach kids about **gratitude** and check out the free **21 Day Family Gratitude Challenge** provided. Make the challenge a part of you nightly routine for the next 21.

<https://go.biglifejournal.com/family-gratitude-challenge/>

Meadow Lane Elementary School New Administrative Offices and Multi-Purpose Gymnasium

Construction Update



The construction crew has been very busy this past month. Soil compacting and testing took quite a while to complete. They had to dig down to where they believe the river originally flowed through pull the dirt out and let it dry. It appeared that we were putting in a pool as they worked on drying and moving the dirt around. We also found that natural elements, like trees had been used to fill the area when the school was originally built. They had to refill the area with proper dirt fill.



The next step was to dig trenches and install rebar to create the buildings footings which will support it. It was such an exciting day to watch the concrete crew pour cement into the footing. Our students were very curious and wanted to watch. If you missed it, check out Meadow Lane Elementary School Facebook page. We have posted several fun videos including some close ups of the concrete pour.



Next step is preparing for the foundation to be poured. Currently you can see wooden forms and some ground plumbing.



Above: An amazing ariel photo from Muse Concrete's drone after the concrete footers were poured.

Left: stages in prepping for the concrete pour and the crew actually guiding the concrete into the footing forms.

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QUESTIONS TO ENCOURAGE GRATITUDE IN KIDS

1. What is one of your favorite gifts that someone gave you?
2. What's one kind or thoughtful thing someone did for you recently?
3. Who did you thank today? Who thanked you?
4. What's your favorite thing about living in our home?
5. What are you looking forward to this week?
6. How does technology make your life easier?
7. What's the best thing that happened today so far?
8. What about today has been better than yesterday?
9. What made you laugh or smile today?
10. How does it feel to do something nice for someone?
11. What's something about each of your siblings that you are grateful for?
12. What's one thing you do really well?
13. What place have you traveled to that you are most grateful for?
14. What's the most delicious thing you've eaten this week?
15. Who's someone who always listens when you talk?



KIDSGUIDE

Meadow Lane Penny Drive




The Meadow Lane Parent Booster Club invites our students, staff and visitors to donate spare change to grow our Memorial Fund to provide assistance to students who have lost a parent or guardian.

No donation is too small- every penny counts!

Send your donations to your child's classroom(s). The top 3 classes with the largest donations will win a popcorn party from the Parent Booster Club.

**Penny Drive will begin Monday,
November 7th and run through Friday,
November 18th**



Thank you for supporting our school community.

Congratulations to 1st grader Brielle Lankins for winning our recipe contest at Meadow Lane! This is the winning recipe and it will be served for lunch on November 10th. We are excited to see how our students like it.



November's Spotlight Recipe

Teriyaki Chicken & Rice Bowl w/ veggies

Hi families! This month's spotlight recipe is the winning recipe submitted by Brielle in 1st grade. Congratulations Brielle!

4 servings

Ingredients:

1 lb chicken, teriyaki sauce, 2 cups long grain rice, 1.5 cup broccoli florets, 1 cup baby carrots, oil, sugar & water

Instructions:

- Mix $\frac{1}{2}$ c teriyaki sauce with 1 tbsp sugar until dissolved, add 3 oz water. Set aside.
- Wash broccoli florets and baby carrots.
- Dice raw chicken into small pieces approx. 1"x1".
- Bring 4 cups of water to a boil, can add a pinch of salt. Add 2 cups rice, stir to break up any clumps. Cover pot with lid, reduce heat to lowest setting. Let cook for 20 minutes. Do not remove the lid while cooking or resting rice. Remove from heat and let rest for 5 minutes with the lid on. After 5 minutes rest, fluff rice with fork.
- While rice is cooking, cook chicken & steam veggies.
- In pan, add 1-2 tsp olive or vegetable oil & diced chicken. Add teriyaki mixture.
- Cook over medium heat until the internal temp is at least 165°.



BREAKFAST

All breakfast includes the following components:
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk. *Optional
breakfast is cereal, crackers, fruit & milk.

NOVEMBER 2022

Meadow Lane

LUNCH

All lunches include the following components:
1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz
Grains Fruit & vegetables

Monday

Tuesday

Wednesday

Thursday

Friday



7
BREAKFAST:
SAUSAGE PANCAKE ON A STICK
FRUIT

LUNCH:
CHICKEN TENDERS
BAKED BEANS
PEACHES

8
BREAKFAST:
STRING CHEESE & RAISINS

LUNCH:
SPAGHETTI
SALAD
PEARS

9
BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT

LUNCH:
FISH STICKS
GREEN BEANS
APPLE

10
BREAKFAST:
EGGS & TOAST
JUICE

LUNCH:
BRIELLE'S TERIYAKI CHICKEN BOWL
BROCCOLI, CARROTS & BANANA

4

BREAKFAST:
NUTRI GRAIN BAR
STRING CHEESE & FRESH FRUIT



14
BREAKFAST:
YOGURT, GRAHAM BEARS
FRUIT

LUNCH:
CORN DOG
BAKED BEANS
FRUIT COCKTAIL

15
BREAKFAST:
STRING CHEESE & RAISINS

LUNCH:
SLOPPY JOES
GREEN BEANS
ORANGES

16
BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT

LUNCH:
ROASTED CHICKEN
CARROTS
APPLE

17
BREAKFAST:
EGGS & TOAST
JUICE

LUNCH:
TURKEY GRAVY
MASHED POTATOES
DINNER ROLL & PEARS

18

BREAKFAST:
NUTRI GRAIN BAR
STRING CHEESE & FRESH FRUIT

LUNCH:
CHICKEN SANDWICH
BIRTHDAY TREAT
SALAD & FRUIT

21
NO SCHOOL
THANKSGIVING
BREAK



24
Thanksgiving Break
No School

25

NO SCHOOL
THANKSGIVING
BREAK

28
BREAKFAST:
YOGURT, GRAHAM BEARS
FRUIT

LUNCH:
CHICKEN TENDERS
BAKED BEANS
PEACHES

29
BREAKFAST:
STRING CHEESE & RAISINS

LUNCH:
MAC & CHEESE
GREEN BEANS
APPLE

30
BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT

LUNCH:
EGG MCMUFFIN
CARROTS
FRUIT COCKTAIL



Menus are subject to change

This institution is an equal opportunity provider.

November Spotlight Recipe is Brielle's Teriyaki
Chicken Bowl. Congratulations Brielle! Check
online for the recipe at CUESD.com

Happy Birthday to everyone with a birthday in November!
Birthday treat comes with hot lunch only.

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).