Parent Newsletter

October 2026

Principal's Message

Dear Meadow Lane Families,

Children are learning social rules and expectations every day. They are learning how to make friends, solve problems, handle frustration, respect boundaries, and respond when they disagree with someone. **Mistakes are part of that learning.** Some mistakes are small, and some are more serious.

No parent wants to hear that their child was hurt by another student, and no parent wants to hear that their child made a poor choice that hurt someone else. Unfortunately, both happen as children learn and grow.

Our goal is not simply to **correct behavior—it is to teach behavior.** When something goes wrong, we want to help students understand what happened, take responsibility, repair harm when appropriate, and learn a better way to handle the situation next time.

There are different levels of problem behavior, and **not every unkind or physical interaction is bullying.** Bullying has a specific definition and involves a pattern of behavior and a power imbalance. A single argument, mean comment, or physical incident does not automatically mean bullying.

What matters most is that we **teach the skill that is missing**—whether that is how to solve a disagreement, respect someone's space, use kind words, manage frustration, or ask an adult for help.

Discipline and punishment are not the same thing. Punishment focuses primarily on a consequence, while discipline is about teaching, correcting, and helping a student learn from their choices. **Schools discipline students**, and consequences may be part of that process, but the goal is always to help students learn and make better choices moving forward.

Our goal is for every student to leave a difficult situation having learned something that will help them make a better choice the next time.

Attendance Matters



Attending school regularly helps children feel better about school. Good attendance helps kids academically and socially. Start building this good habit early!



If your child has to miss school consider getting independent study work for them to make up for absences and always contact the office to let them know if your child will be absent.

Attendance Breakdown based on CA Education Code

- 3 unexcused absences = 1st truancy letter
- 5 unexcused absences = 2nd truancy letter(possible SART meeting)
- 7 unexcused absences = 3rd truancy letter (possible SARB meeting)

Unexcused absences: not contacting the school regarding absence, out of town, appointments for someone other than the student.

- 10 excused absences = 1st excessive absence letter
- 12 excused absences = 2nd excessive absence letter (possible SART meeting)
- 15 excused absences = 3rd excessive absence letter (possible SARB meeting)

Excused absences: illness, appointments for the student, Dr. notes, family funerals.

The purpose of meetings is to offer support and work together to reduce absences.



For questions or concerns regarding your child's attendance contact :
Kolbi Kershner, Community Schools Coordinator at (530) 782-0987.

Minimum Day Mondays

Don't forget that EVERY MONDAY is a MINIMUM day. Please mark your calendars and plan accordingly.



Picture Day Makeup

Picture day makeups/retakes will be Thursday, October 22nd. If you missed the original picture day we will send home a new form. If you are unhappy with your child's picture you will need to return the originals and let the teacher know you would like retakes.

Join Parent Boosters!

Welcome to the parent booster club! Please join us the first Tuesday of every month at 6:00 pm in Room 4. October 6th. We help raise money for every child through events and fundraisers! Please come see what we are about!

Just a Few Reminders

10/2- Custodian Appreciation Day
10/6- Parent Booster Club meeting room 4
10/7- National Walk to School Day
10/19-21- Bully Awareness Dress Up Week
10/22- Picture Day Makeups
10/23- Fall Carnival
10/26-30- Red Ribbon Week
10/30- Halloween Costume Parade

School Spirit Days

Kindness Tuesday

We encourage all students to join us every Tuesday wearing a kindness t-shirt or message!

College T-Shirt Wednesday

Please join us in representing your favorite college or university! You can participate by wearing logo gear or even their colors!

School Spirit Fridays

Let's go Eagles! Let's see your Eagle pride every Friday by wearing school t-shirts, hoodies, hats or even blue, gold and white! Order forms are available in the office for official school gear.

Monthly Character Trait

Character Counts is something that strives Meadow Lane's character building. Each month we focus on a new character trait. For August and October our character trait is Self Direct!

Dutch Bros Fundraiser

Our booster club is doing the Dutch Bros Fundraiser again this year! Please see attached flyer for more information!

Think, Choose, Act

Lead yourself to who you want to be.

This month, we're challenging students to envision future goals and take intentional steps toward who they want to be. We are partnering with you to grow and develop your child's ability to self-direct. We can model self-direction by celebrating the positive in each day, seeking the good in others, and emphasizing our responsibility to make positive choices.



1 ENGAGE: Find the Good!

Self-direct your thoughts and share Good Things as a family each day. After school, around the dinner table, or before bed, ask each family member to share something good from the day. We often see what we seek! Let's focus on finding the good.



2 EMPOWER: Make a Plan

If your student doesn't already use a planner, empower them to start using one to manage their time better. Have a weekly meeting with your student to share what they have added to their planners. You can help them add family gatherings, school events, and due dates.



3 EXCEL: Affirm Daily

Practice growing as a family through positive affirmations. At dinner or some point during the day, give affirmations to each other and share the good things you see. Take it to the next level and think of someone you could affirm outside your family. Challenge each family member to affirm or thank a different person every day this month for something they do or who they are. You can even handwrite a note to thank that person and send them the note in the mail.

Conversation Starters

- What is one way you can be more responsible at home or school?
- What is an activity you want to continue to improve?
- How do you feel when you finish a project?
- What is something you want to learn to do?

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October School News

September's Empathy Award Recipients

Vincent Alcala
Zayden Alido
Anais Alvarez
Theanna Anderson-Smith
Leiland Bennett
Brodie Brunet
Emily Calhoun
Sparrow Chavez
Jack Dixon
Maya Fotovat
Ivy Fromm
Winnie Ginger
Renata Gonzales Marin
Aurora Gibson
Harfateh Grewal
Melanie Her
Madison Hoekstra
Odin McLain
Melanie McCoy
Emmett Moore
Layla O'Connor
Arianna Renteria
Natalia Robles-Zavala
Ari Singh
Makai Spangrude-Celemens
Justin Wallace
Alistair White-Demartini
Carson Williams



October Events

Cake Decorating Contest

Your student has the opportunity to win game tickets for Meadow Lane's Annual Fall Carnival! Create and decorate a Halloween-themed cake with your student doing as much of the work/decorating as possible. Send the Booster Club a Facebook message with a photo of your child with their cake and include the child's name, grade, and teacher's name. **All entries must be submitted by 8:00 p.m. on October 16!**

Fall Carnival

The Meadow Lane Parent Booster Club will be hosting our annual Fall Carnival on Friday, October 23, from 6:00–8:00 p.m. Join us for a fun and spooky evening! Candy donations for this event are greatly appreciated. Please see the attached flyer to pre-order game tickets and food. We strongly encourage you to order your food and game tickets in advance to avoid waiting in a long line.

Halloween Costume Parade

On Friday, October 30, after lunch is finished, we will have a costume parade on campus for all of our students to enjoy! Please make sure students bring an appropriate costume to change into after lunch. Costumes should be easy for students to put on and allow them to use the restroom independently. **No masks, weapons, blood, or gore are allowed.**

ANTI BULLYING!

SPIRIT WEEK

OCTOBER 19TH-23RD



MONDAY

Wear your favorite sports team gear to show we're stronger together



TUESDAY

Wear your favorite crazy socks to show everyone how unique you are!



WEDNESDAY

Wear orange to unite for kindness and bullying prevention



THURSDAY

Dress as a superhero or wear a superhero shirt to show that kindness is powerful.



FRIDAY

Dream about kindness, pajama day!

MENU

Cascade Union Elementary School District

OCTOBER

			01 **BREAKFAST:** BREAKFAST SCRAMBLE & TOAST FRUIT **LUNCH:** GRILLED CHEESE & TOMATO SOUP SALAD, FRUIT	02 **BREAKFAST:** FRENCH TOAST FRUIT **LUNCH:** CHCKEN PATTY SANDWICH BROCCOLI & RANCH, FRUIT
05 **BREAKFAST:** CHICKEN BISCUIT SLIDER FRUIT **LUNCH:** HOMEMADE BEAN BURRITO CORN, FRUIT	06 **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** BBQ RING BURGER BAKED BEANS FRUIT	07 **BREAKFAST:** HOMEMADE MUFFIN FRUIT **LUNCH:** WALKING TACO TACO BAR VEGGIES, FRUIT	08 **BREAKFAST:** BREAKFAST TACO FRUIT **LUNCH:** LOADED DELI SANDWICH CARROTS, FRUIT	09 **BREAKFAST:** CINNAMON ROLL FRUIT **LUNCH:** PAPA MURPHY'S PIZZA SALAD, FRUIT
12 **BREAKFAST:** WAFFLES FRUIT **LUNCH:** ORANGE CHICKEN & EGG ROLL BROCCOLI, FRUIT	13 **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** CAPRESE CHICKEN WRAP CELERY FRUIT	14 **BREAKFAST:** HOMEMADE MUFFIN & FRUIT **LUNCH:** CHICKEN NACHOS REFRIED BEANS, TACO BAR VEGGIES, FRUIT	15 **BREAKFAST:** BREAKFAST SCRAMBLE & TOAST FRUIT **LUNCH:** EGG MCMUFFIN HASHBROWN, CARROTS & FRUIT	16 **BREAKFAST:** FRENCH TOAST FRUIT **LUNCH:** CHICKEN NUGGETS FRIES, CORN ON THE COB, FRUIT
19 **BREAKFAST:** CHICKEN BISCUIT SLIDER FRUIT **LUNCH:** MAC & CHEESE FRIES, SALAD, FRUIT	20 **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** CHICKEN, RICE & BEAN BURRITO CARROTS FRUIT	21 **BREAKFAST:** HOMEMADE MUFFIN FRUIT **LUNCH:** SLOPPY JOES BAKED BEANS, FRUIT	22 **BREAKFAST:** BREAKFAST TACO FRUIT **LUNCH:** GRILLED CHEESE & TOMATO SOUP SALAD, FRUIT	23 **BREAKFAST:** CINNAMON ROLL FRUIT **LUNCH:** PAPA MURPHY'S PIZZA FRESH VEGGIES & RANCH, FRUIT
26 **BREAKFAST:** WAFFLES FRUIT **LUNCH:** HOMEMADE BEAN BURRITO CARROTS, FRUIT	27 **BREAKFAST:** COOK'S CHOICE **LUNCH:** COOK'S CHOICE	28 **BREAKFAST:** HOMEMADE MUFFIN FRUIT **LUNCH:** LOADED DELI SANDWICH CARROTS, FRUIT	29 **BREAKFAST:** BREAKFAST SCRAMBLE & TOAST FRUIT **LUNCH:** WALKING TACO TACO BAR VEGGIES, REFRIED BEANS, FRUIT	30 **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** BAT NUGGETS & FRIES SALAD, FRUIT HAPPY BIRTHDAY TREAT

Menus are subject to change
This institution is an equal opportunity provider.
Student meals provided at no charge

Breakfast: *Optional breakfast is cereal & crackers* All breakfasts include the following components: 2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk

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

= New on the menu!

Give it a try, then scan the QR code to tell us what you think!

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



MENU TEMPLATES CREATED BY CHEF ANN FOUNDATION *This institution is an equal opportunity provider.*


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RIBBON
CAMPAIGN
MAKE A DIFFERENCE.
BE A HERO.
STAY DRUG FREE.™
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NATIONAL FAMILY PARTNERSHIP
2026 National Red Ribbon Theme
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Halloween Cake Decorating Contest

Your student has the chance to win some game tickets for Meadow Lane's Annual Fall Carnival! Create and decorate a Halloween themed cake with your student doing as much of the work/decorating as possible.

Send a Facebook message to the Booster Club with a photo of your child with their cake, and tell us the child's name, grade, and who their teacher is.

All submissions mut be sent by **8:00pm on October 16, 2026**

Winners will be announced on **Thursday October 22, 2026**

Facebook.com/MeadowLaneParentBoosterClub



Meadow Lane's Parent Booster Club



Is putting on our annual Fall Carnival

Help make Meadow Lane's Fall Carnival Spook-tacular!

Please consider purchasing & donating a bag of candy to help kick off one of our biggest events of the year. Donations should still be new and sealed. All donation should be delivered to the office no later than **Monday, October 19th** to give our Parent Booster Club enough time to plan and prep for the Fall Carnival.

Parents- an Amazon Wish List has been set up for convenience. Please check it out at the link below. Orders will be delivered directly to the Booster Club. Please remember to include student & teacher name in the message to help your child's class win a reward party.

https://www.amazon.com/hz/wishlist/ls/1I2MQDGT3HJQU?ref_=wl_share

Thank you for your generosity! This is such a fun annual event for our students and families!

The top 3 classes that brings in the most donations will receive a party!





