Parent Newsletter

November 2026

Principal's Message

Dear Meadow Lane Families,

October was a busy and exciting month at Meadow Lane! We celebrated Anti-Bullying Week, Red Ribbon Week, and Halloween, creating many opportunities for learning, school spirit, and community connection.

During Anti-Bullying Week, students participated in school spirit dress-up days—my favorite was Superhero Day! We also held an anti-bullying poster contest, and the entries were amazing. Red Ribbon Week wrapped up with a door-decorating contest that showcased our students' creativity and teamwork.

Throughout these special weeks, students learned about online safety, what bullying is and isn't, and the importance of healthy living and staying drug-free. We also held an assembly to kick off our focus weeks and introduce our new school cheer. We can't wait to share it with you!

These events do more than bring real-world learning into our school; they bring us together as a community. Families, you are an important part of that community! Thank you for supporting your students and helping them participate in these activities. When school and home work together, we create meaningful experiences for our children.

Looking ahead to November, we have award assemblies, Veterans Day, and Thanksgiving to look forward to. Each provides another opportunity to celebrate accomplishments, honor others, express gratitude, and find common ground as a community.

Thank you for being part of the Meadow Lane family. Together, we continue to create a school where every student feels a sense of belonging and has the opportunity to SOAR (strive, overcome, achieve, respect)!

With appreciation,
Mrs. Stone

When is sick too sick for school?



A regular attendance routine is important for your child's well-being and learning. These tips can help you decide when to keep your child home when they don't feel well.

SEND ME TO SCHOOL IF...

- I have **a runny nose** or just **a little cough**, but no other symptoms.
- I have **NOT had a fever overnight** and **have NOT taken fever reducing medicine** during that time.
- I have **a mild stomach ache**.
- I have **not thrown up** overnight and can drink liquids without throwing up.
- I have **a mild rash** and no other symptoms.
- I have **eye drainage WITHOUT fever**, eye pain or eyelid redness.

KEEP ME AT HOME IF...

- I have a **temperature higher than 100.4**
- I have **thrown up two or more times** in the past 24 hours.
- My **stool is watery** and I may not make it to the bathroom in time.

SEEK MEDICAL CARE IF...

- I have a **temperature higher than 100.4 AND any of the following:** ear pain, sore throat, rash, stomachache, headache or tooth pain.
- I have **stomach pain and fever**, I have **bloody or black stool**, or I am **dehydrated** (tired and sleepy, dry mouth) and/or I have **not urinated** in the last 8 hours.
- I have a **persistent cough** or **trouble breathing**, or have a fever with the cough.
- I have **eye swelling, eye pain** or an **eye injury**.
- I have a **rash that has blisters**, is draining, is painful, looks like bruises, and/or I have a fever with the rash.

If you don't know whether to send your child to school, have specific concerns regarding your child's physical or mental health, or are worried your child will spread illness, contact your child's health care provider, a local urgent care or the school nurse. These tips are not meant to take the place of local health department/school district health guidance including about contagious illnesses such as Covid-19 and the flu.

Attendance Works

KAISER PERMANENTE

NASN

For more information visit **attendance works.org/resources**

November School News

Minimum Day Mondays

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

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. November 3rd. We help raise money for every child through events and fundraisers! Please come see what we are about!

Thanksgiving Food Drive

Please see the attached flyer for our yearly Thanksgiving Food Drive. Thank you to Miss Kolbi for setting this up for our families!

Holiday Giving Tree

Please stop by the office to grab a tag from the tree, if you are able to donate. All gifts will be accepted unwrapped by Friday, December 11th. We will also be accepting wrapping paper donations. Please see attached flyer for more details.

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 November our character trait is **Teamwork**!

Just a Few Reminders

11/3- Parent Booster Club at 6pm
11/11- Veterans Day NO SCHOOL
11/13- Trimester 1 Awards Assembly
11/16-20- Minimum Days, Parent Conferences
11/23-27- Thanksgiving Break, NO SCHOOL

Meadow Lane Elementary

THANKS GIVING

Food Drive



Requested Items:
Stuffing, canned vegetables, pie filling, cake mix, instant mashed potatoes, gravy packets, etc.

November 2nd- 13th

DROP-OFF:
Your Child's Classroom

The classroom that collects the most will win a special surprise!

For more information
CALL (530) 782-0987
Kolbi Kershner - Community Coordinator

November School News

October's Self- Direct Award Recipients

Brodie Bounds
Bailey Burgess
Yukon Thao
Korra Lankins
Taver Thengvall
Cayde Thengvall
Chanel Moffett
Bailey Hill
Doahi Wolfin
Jerry Key Escobar
Paxton Mooneyham
Khalondre Haskins
Yislev Pena
Paisley Harper
Shane O'Brien
Scarlett Duckett
Apollo Hang
Everleigh Ransom
Kiki Ramos
Colton Stahle
Leon Bivins
Delilah Ennis
Nathaniel Babcock
Jonathan Posada



Parent Teacher Conferences

Conferences will be held for every student Monday, November 16th through Friday, November 20th. All are ***minimum days***, dismissing TK/K students at 12:45pm, grades 1-3 at 1:00pm and grades 4 and 5 at 1:06pm. Please mark your calendars. During conferences, your child's teacher will be prepared to review your their current academic progress with you. It is important that you attend this conference. Your child's teacher will be reaching out soon to schedule an appointment through Parent Square.

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 is November 2nd through November 18th.

MENU

NOVEMBER

Cascade Union Elementary School District

02 **BREAKFAST:** CHICKEN BISCUIT SLIDER FRUIT **LUNCH:** FRENCH TOAST & SAUSAGE HASHBROWN, FRUIT, CARROTS	**03** **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** LOADED BAKED POTATO SOUP GARLIC BREADSTICK SALAD, FRUIT	**04** **BREAKFAST:** HOMEMADE MUFFIN FRUIT **LUNCH:** CHICKEN QUESADILLA REFRIED BEANS, FRUIT	**05** **BREAKFAST:** BREAKFAST TACO FRUIT **LUNCH:** BEEF STROGANOFF PEAS, FRUIT	**06** **BREAKFAST:** PANCAKES FRUIT **LUNCH:** PAPA MURPHY'S PIZZA SALAD, FRUIT
09 **BREAKFAST:** SAUSAGE CROISSANT & GRAVY FRUIT **LUNCH:** POPCORN CHICKEN MAC & CHEESE GREEN BEANS, FRUIT	**10** **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** SWEET & SOUR CHICKEN CHOW MEIN, BROCCOLI, FRUIT	**11** VETERAN'S DAY NO SCHOOL	**12** **BREAKFAST:** BREAKFAST SCRAMBLE & TOAST FRUIT **LUNCH:** HAM & CHEESE MELT TOMATO SOUP, SALAD, FRUIT	**13** **BREAKFAST:** PANCAKES FRUIT **LUNCH:** BBQ RING BURGER FRIES, CORN ON THE COB, FRUIT
16 **BREAKFAST:** CHICKEN BISCUIT SLIDER FRUIT **LUNCH:** WALKING TACO TACO BAR VEGGIES, REFRIED BEANS, FRUIT	**17** **BREAKFAST:** FRUIT & YOGURT PARFAIT **LUNCH:** CHICKEN NUGGETS CARROTS FRUIT	**18** **BREAKFAST:** HOMEMADE MUFFIN FRUIT **LUNCH:** COOK'S CHOICE	**19** **BREAKFAST:** COOK'S CHOICE **LUNCH:** TURKEY GRAVY & MASHED POTATOES ROLL, GREEN BEANS, FRUIT SALAD PUMPKIN PUDDING	**20** **BREAKFAST:** PANCAKES FRUIT **LUNCH:** PAPA MURPHY'S PIZZA & SALAD FRUIT, HAPPY BIRTHDAY TREAT
23 Thanksgiving Break – No School	**24**	**25**	**26**	**27**
30 **BREAKFAST:** SAUSAGE CROISSANT & GRAVY FRUIT **LUNCH:** FRENCH TOAST & SAUSAGE HASHBROWN, FRUIT, CARROTS				

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

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

= NEW ON THE MENU!



This institution is an equal opportunity provider.

Meadow Lane Elementary's

holiday

GIVING TREE

Meadow Lane is hosting a giving tree this holiday season! We will have a Christmas tree in the foyer of our office with tags that include the children's wish lists and clothing sizes of the students participating.

TAKE A TAG FROM THE TREE AND BLESS A CHILD FOR THE HOLIDAYS

Return unwrapped gifts to the Meadow Lane office with the tag by Friday, December 11th. Gifts will be delivered to families before Christmas break.

Thank you for your continued generosity to our school community!

We are also accepting wrapping paper donations

For more information contact our Community Schools Coordinator,
Kolbi Kershner
(530) 782-0987



Meadow Lane COIN 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!

All forms of US currency is accepted, including cash!

Send your donations to your child's classroom(s).

The top 3 classes with the largest donations will win a reward party from the Parent Booster Club.

Coin Drive will begin Monday, November 2nd and run through Wednesday, November 18th



Thank you for supporting our school community.

Checks can be made payable to Meadow Lane Boosters