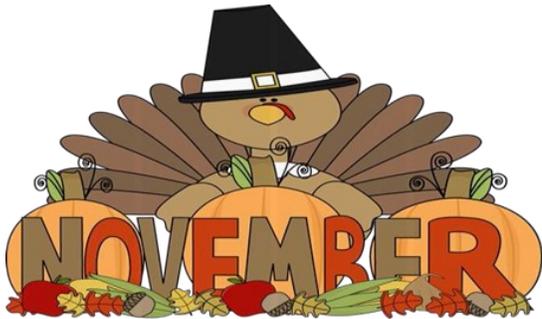


Perry Press

November 16, 2018

Matthew C. Perry Elementary School
Mr. Arturo Rivera, Principal
Mrs. Anita Clayton, Registrar
Office hours 07:30-15:30 M-Thurs
0730-1500 Friday



***All absences must be reported.**
To report your student's absence please do one of the following:

1. Call : 253-4160 (voicemail is OK)
2. Email: anita.clayton@dodea.edu
3. Email the teacher or send note

Volunteers are always needed. If you would like to volunteer at the school please make sure you fill out a volunteer packet. You can get a packet from the front office. Once you are cleared, you will be able to volunteer. To find out if you are cleared , please call Mrs. Clayton at 253-4160 or email anita.clayton@dodea.edu.

M.C. Perry ES Vision Statement

The vision of our school is to empower students to achieve excellence in scholarship, character, and citizenship as independent lifelong learners.

Upcoming Dates to Remember

Saturday, November 17
Fall Festival (12-3)
Iwakuni Loop

Monday, November 19
Duct Tape Principal

Thursday, November 22 &
Friday, November 23
No School-Thanksgiving Break

Thursday, November 29 Q2 CCRS
Training -No School



THIS ISSUE INCLUDES

PRINCIPAL'S CORNER
NURSE'S NOTES
INFORMATIONAL SEMINAR
BECOMING A MATH FAMILY
MATHTIVITIES MATH FLYER
NOVEMBER LUNCH MENU

Perry Press

Principal's Corner



Dear Parents,

Lately, there have been quite a few students who purchase lunch from the cafeteria and end up throwing everything away. Today, while monitoring the cafeteria, I asked several students why they were not eating their lunch. The common answer was that they did not like either of the choices the cafeteria had to offer.

We want to ensure that all students have something to eat during lunch; therefore, I would like to suggest to you the following:

- Print a copy of the lunch menu that is attached to this newsletter and tape it to your refrigerator.
- Each evening let your child know what the lunch will be the following school day.
- If your child indicates that he/she does not like either choice, plan on sending a sack lunch with him/her.

This will ensure that your child eats something during lunch time and it may save you money.

Arturo Rivera Jr.

Principal

M.C. Perry Elementary School

DSN 253-4673



November Nurse's Notes

The American Cancer Society marked the **Great American Smokeout** on November 15, 2018. For 42 years, the ACS has set aside the third Thursday in November to encourage smokers to quit smoking. Smoking remains the single largest preventable cause of death and illness in the world. Smoking causes an estimated 480,000 deaths every year, or about 1 in 5 deaths. And more than 16 million Americans live with a smoking-related disease.

Did you know that most smokers started smoking when they were young? The ACS states that nearly all first time tobacco use occurs in youth before high school graduation! According to a 2012 survey by the National Survey on Drug Use and Health (NSDUH), the prevalence of current cigarette smoking among youth 12–17 years of age was 6.6%. This same study reported 2.1 percent of this group as using some form of tobacco – e-cigarettes, cigars, flavored cigarettes, chew or spit tobacco.

What can concerned parents do to keep their children tobacco-free? The American Cancer Society offers these tips:

- Educate your children about the dangers of tobacco use. Talk with them about how tobacco use can damage the heart and lungs, and can cause cancer.
- Talk with your children about the dangers of spit and chew tobacco. Both can cause tooth decay, tooth loss, stained teeth and can lead to oral cancers.
- The ACS recommends you begin talking with your children as early as age 5 and continue throughout their teenage years.
- Find out if your child's friends use tobacco. Teach your children how to say 'no' to tobacco if their friend pressures them to try smoking or chewing tobacco.
- Talk with your child about the way cigarettes and other tobacco use are falsely idealized in movies and on TV.
- If you smoke, the best way to influence your children is to stop smoking. Even if you do smoke, you can still make a difference. Don't smoke around your children. Don't offer tobacco to your children and do not leave tobacco products where your children can find them.
- If at all possible, keep your house smoke-free.

For tips to keep your child smoke-free, please follow this link:

<https://www.cancer.org/healthy/stay-away-from-tobacco/keeping-your-kids-tobacco-free.html>

Have a Happy Thanksgiving!

Nurse McCoy



Gifted Education



Informational Seminar

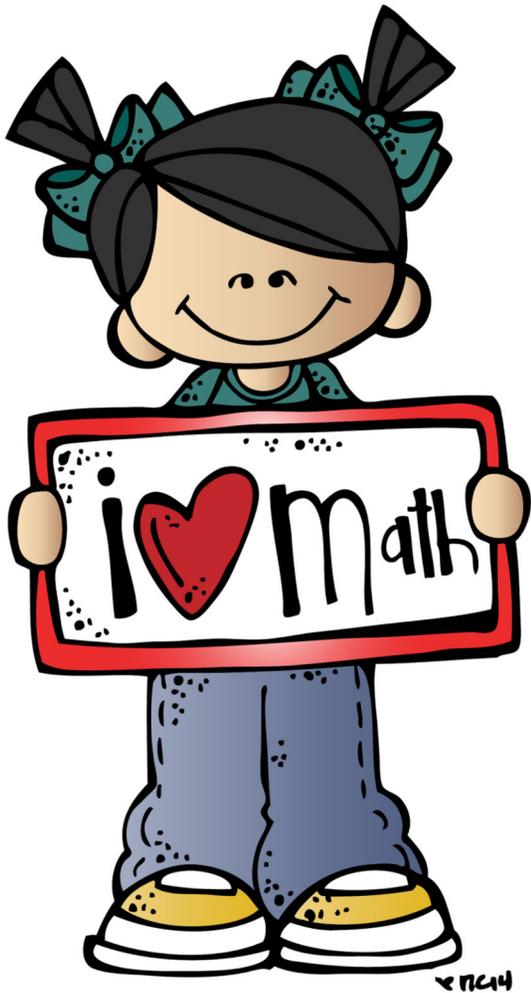
When: November 20, 2018

Where: Iwakuni Elementary School's Library

Time: 1400

Topic: Elementary Gifted Education
Advanced Academic Program

Mathtivities



Who: Students and Parents

Where: M.C. Perry Elementary School

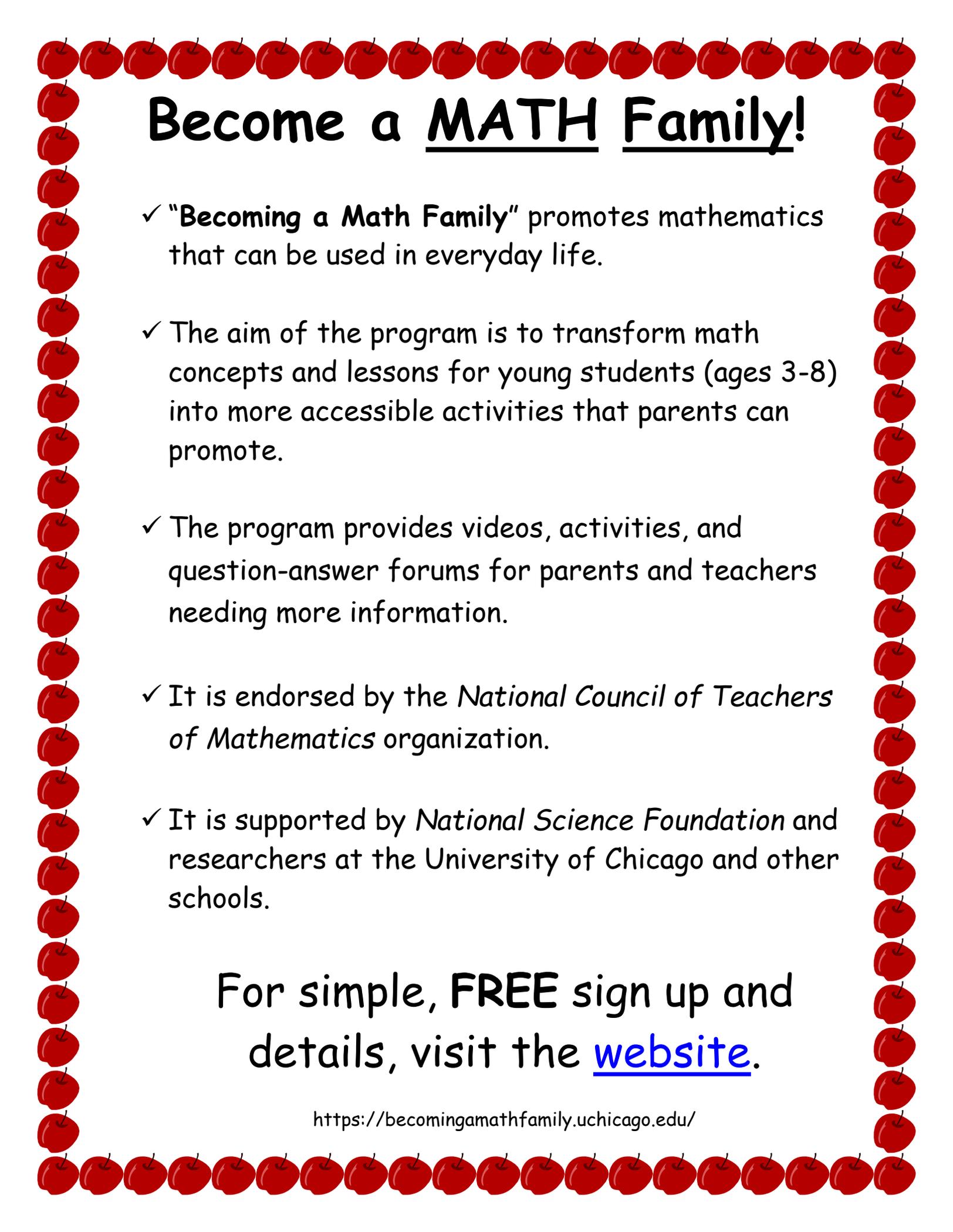
When: December 6, 2018

Kindergarten: 11:25-12:50pm

First Grade: 12:05-13:30pm

Second Grade: 8:15-9:15am

What: Come build a take home math tool kit with your student and learn about some fun math activities to do at home using the take home tool kit!



Become a MATH Family!

- ✓ "Becoming a Math Family" promotes mathematics that can be used in everyday life.
- ✓ The aim of the program is to transform math concepts and lessons for young students (ages 3-8) into more accessible activities that parents can promote.
- ✓ The program provides videos, activities, and question-answer forums for parents and teachers needing more information.
- ✓ It is endorsed by the *National Council of Teachers of Mathematics* organization.
- ✓ It is supported by *National Science Foundation* and researchers at the University of Chicago and other schools.

For simple, **FREE** sign up and details, visit the [website](https://becomingamathfamily.uchicago.edu/).

<https://becomingamathfamily.uchicago.edu/>



NOVEMBER 2018 ELEMENTARY/SECONDARY LUNCH MENU

JAPAN- 10/4/2018

SURE START (BOLD & UNDERLINED)

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| -5- Chicken Drumstick/ Garlic Baguette Mediterranean Chicken Wrap (Grilled Chkn) Greek Entree Salad (V) Garlic Baguette <u>Chopped Salad (Lettuce/Tomato)</u> <u>Mashed Potatoes</u> <u>Fresh Grapes</u> Asst. Milk | -6- Lasagna Roll w/Meat Sauce <u>Lasagna Roll w/Pizza Sauce (V)</u> Grilled Ham & Cheese Sandwich <u>Seasoned Green Beans</u> <u>Carrot/Celery Dippers/FF Ranch Dressing</u> <u>Rainbow Fruit Cup</u> Asst. Milk | -7- <u>Pepperoni Pizza</u> or Beef Steak Pizza Cheese Pizza (V) Chicken Caesar Salad (Grilled Ckn) / Dinner Roll Garden Side Salad <u>Seasoned Corn</u> <u>Emoji Fruit Cup</u> Asst. Milk | -8- Hunan Chicken Nuggets w/Rice <u>Grilled Cheese Sandwich (V)</u> SW Crispy Nuggets Salad w/Salsa & Chips <u>Kyoto Vegetables</u> <u>Cinnamon Apple Slices</u> <u>WG CC Cookie (Treat- Optional)</u> Asst. Milk | -9- <u>Beef Street Taco (Seasoned Beef)</u> <u>Pico de Gallo Sauce</u> Fish Burger/Tartar Sauce Greek Salad w/Garlic Baguette (V) <u>Tex-Mex Style Beans/Cilantro-Lime Rice</u> <u>Chopped Salad (Lettuce/Tomato)</u> <u>Mandarin Oranges</u> Asst. Milk |
| -12-  Remember Our VETERANS | NO SCHOOL -13- <u>Chicken Alfredo Pasta/Garlic Baguette</u> Cheese Nachos Cobb Entrée Salad (Sliced Ham/Egg/Chs) Garlic Baguette Cucumber-Tom Side Salad Seasoned Broccoli Florets Pineapple Tidbits / Asst. Milk | NO SCHOOL -14- Chicken & Fresh Veggie Pho/Noodles <u>Cheese Breadsticks/Marinara (V)</u> Chicken Salad Croissant Cucumber-Tom Side Salad <u>Kyoto Vegetables</u> <u>Peach Smiles & Granola (Optional)</u> Asst. Milk | -15- <u>Chicken Tenders/ Dinner Roll</u> <u>Grilled Cheese Sandwich (V)</u> Chicken Caesar Salad (Grilled Chkn) Dinner Roll <u>Mashed Potatoes/ Brown Gravy</u> <u>Carrot/Celery Dippers/ FF Ranch Drsg</u> <u>Cinnamon Applesauce</u> Asst. Milk | -16- Fish Patty & Tartar Sc / Mac & Chs Side <u>Macaroni & Cheese Pasta (V)</u> Chef Entree Salad (Sliced Ham/Egg/Chs) Dinner Roll <u>Seasoned Corn</u> Zesty Coleslaw Salad <u>Farm Fresh Fruit in Season</u> Asst. Milk |
| -19- Adobo Chicken <u>Breaded Chicken Burger</u> Greek Entree Salad (Grilled Ckn) Dinner Roll (V) <u>Burger Side Salad (Greens/Tom/Dills/Mayo)</u> <u>Cilantro Rice</u> <u>Cinnamon Applesauce</u> Asst. Milk | -20- Lasagna Roll w/Meat Sauce Lasagna Roll w/Pizza Sauce (V) <u>Grilled Ham & Cheese Sandwich</u> House Side Salad/Dressing (Opt) <u>Seasoned Peas & Carrots</u> <u>Rainbow Fruit Cups</u> Asst. Milk | -21- <u>THANKSGIVING MEAL SPECIAL</u> <u>Roast Turkey/Gravy</u> <u>Mashed Potatoes/</u> <u>Garden Side Salad / Vinaigrette Dressing</u> <u>Seasoned Green Beans</u> <u>Pumpkin Delight Dessert</u> Fresh Fruit- Tangerines Milk, Asst. | -22-  | -23- |
| -26- <u>Beef-Cheese Burger (Cheese-Opt)</u> Breaded Chicken Burger Three Bean Chili Cheese Nachos (V) Oven Baked Fries <u>Burger Side Salad (Green/Tom/Dills/Mayo)</u> <u>Peach/Fresh Grape Cup</u> Asst. Milk | -27- <u>Egg & Cheese Croissant (V)</u> OR Chicken Sausage (2) Mini-Pancakes Yogurt-Fruit Parfait/Granola <u>Deli-Roasters</u> Dinner Roll <u>Garden Side Salad/ Dressing (Opt)</u> <u>Pineapple Tidbits</u> Asst. Milk | -28- <u>Spaghetti & Meatsauce / Garlic Baguette</u> Spaghetti & Marinara (V/ Garlic Baguette Chicken Salad Croissant Cucumber-Tom Sld/ <u>Honey-Glazed Carrots</u> <u>Cinnamon Apple Slices</u> <u>& Granola (Optional)</u> Asst. Milk | -29- No School | -30- <u>Fish Patty/Tartar Sc & Mac-Chs Side</u> Macaroni & Cheese Pasta (V) Chef Entree Salad (Sliced Ham/Egg/Chs) Dinner Roll Greens-Cherry Tomato Side Salad <u>Seasoned Green Peas</u> <u>Harvest Fruit Cup</u> Asst. Milk |

SPECIAL ANNOUNCEMENTS:

Menu Subject To Change Due To Product Availability

NUTRITIOUS OPTIONS:

Whole Grains and Fresh Fruit Served Daily

Milk (Non-Fat Flavored Milk and 1% Unflavored Milk)

DAILY VEGETARIAN OPTION (V)

FOOD ALLERGIES/SPECIAL

DIETS:

Modifications Made To Safeguard The Well-Being Of Our Students. See Cafeteria Supervisor.