

# Matthew C. Perry Elementary

May 9, 2019

Matthew C. Perry Elementary School  
Mr. Arturo Rivera, Principal



## M.C. Perry ES Purpose Statement

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

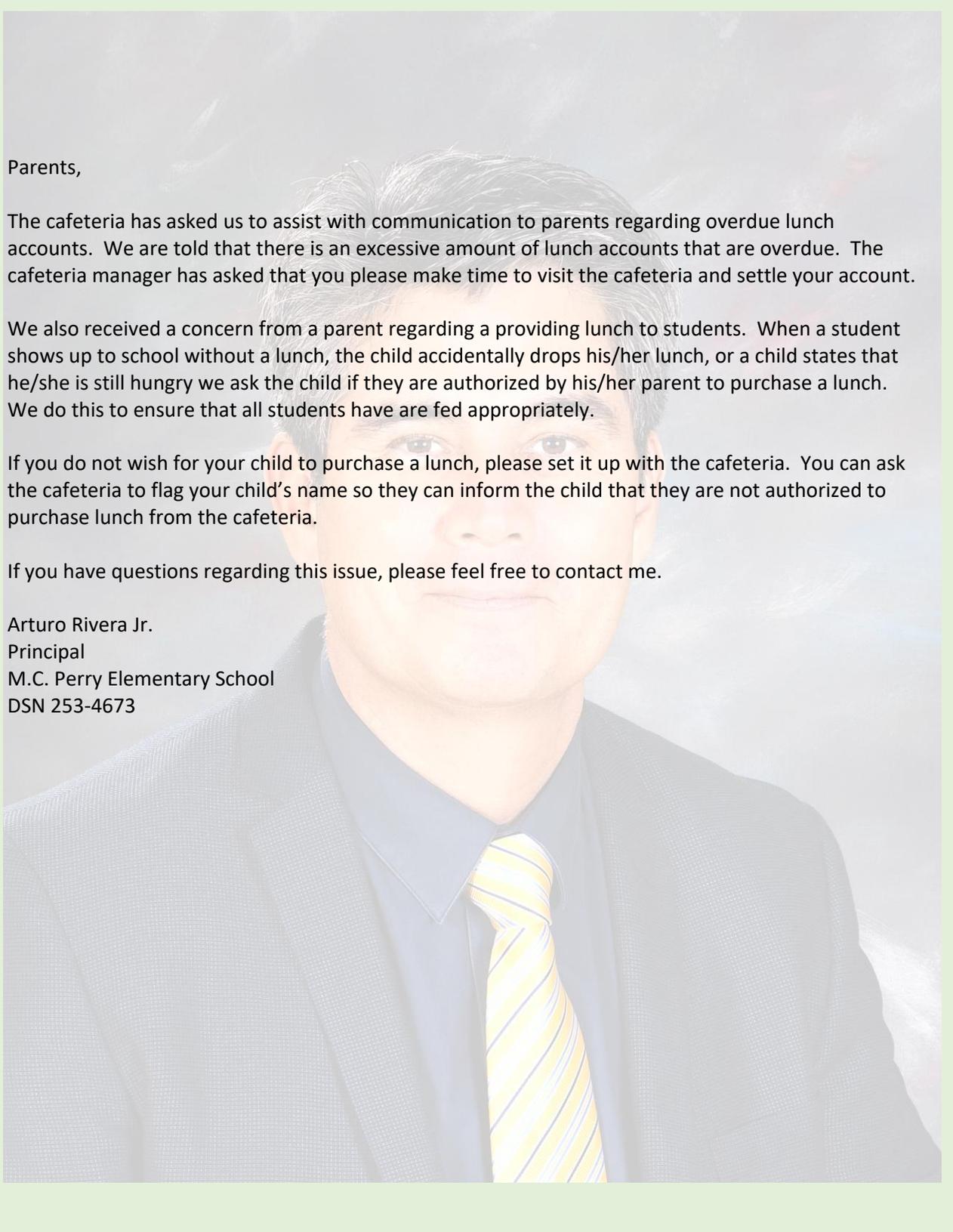
How to Contact Us:  
[Arturo.Rivera@pac.dodea.edu](mailto:Arturo.Rivera@pac.dodea.edu)  
Phone: 253-3327  
Office Hours: 7:30—1530



⇒ **Monday, May 27 -No School**

## In this Edition

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Parents,

The cafeteria has asked us to assist with communication to parents regarding overdue lunch accounts. We are told that there is an excessive amount of lunch accounts that are overdue. The cafeteria manager has asked that you please make time to visit the cafeteria and settle your account.

We also received a concern from a parent regarding a providing lunch to students. When a student shows up to school without a lunch, the child accidentally drops his/her lunch, or a child states that he/she is still hungry we ask the child if they are authorized by his/her parent to purchase a lunch. We do this to ensure that all students have are fed appropriately.

If you do not wish for your child to purchase a lunch, please set it up with the cafeteria. You can ask the cafeteria to flag your child's name so they can inform the child that they are not authorized to purchase lunch from the cafeteria.

If you have questions regarding this issue, please feel free to contact me.

Arturo Rivera Jr.  
Principal  
M.C. Perry Elementary School  
DSN 253-4673



## M.C. Perry Elementary Field Day- May 31<sup>st</sup>

Parents,  
Students may wear their swimsuits **under** their shirts and shorts, but dress code must be upheld. They will need to bring a dry set of clothes to change into after the events. Please bring a plastic bag for wet clothes. However, if 1<sup>st</sup> and 2<sup>nd</sup> grade students are going straight home after school at 2:30, they may not mind staying in wet clothes.

All students need to wear water shoes or tennis shoes (that can get wet), appropriate for running. Each classroom will stay together at their station, for the duration of their activity, until a signal is given to move to the next area. **Parents are welcome to come out and watch the events. Please sign in at the office before joining us on the field.** Marine and Sailor volunteers will be assisting to ensure a safe and fun filled day!

### Helpful Field Day Tips:

**Sunscreen** –Please apply in the morning before school.

**Water Bottle** – Bring a LABELED water bottle. A water station will be available to refill bottles.

**Hat** – Not required, but they are allowed.

**Dry Clothes and dry shoes** –Place them in your backpack with a **plastic bag** for the wet items.

**Towel- optional**

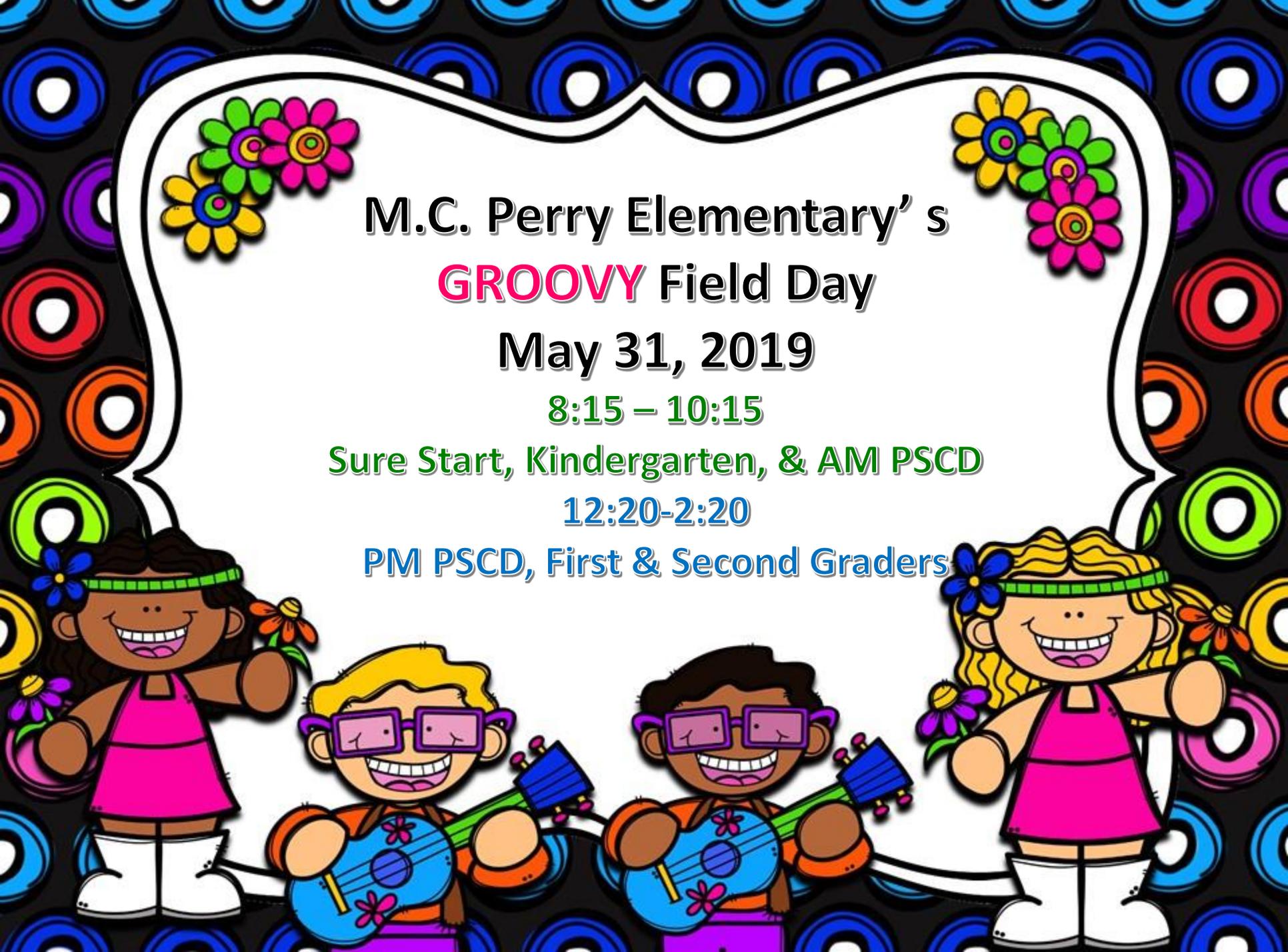
**\*\*Please label all items with your child's name.**

## Let's have a GROOVY time!

### SPECIAL THANKS TO

Marine, Sailor, and Parent Volunteers,  
Administration, Teachers and Staff, and  
MC Perry Elementary PTO





M.C. Perry Elementary' s

**GROOVY** Field Day

May 31, 2019

8:15 – 10:15

Sure Start, Kindergarten, & AM PSCD

12:20-2:20

PM PSCD, First & Second Graders



The illustration at the bottom shows four children holding hands in a circle. On the left is a girl with dark skin, black hair, a pink headband with a blue flower, a pink tank top, and white pants. Next to her is a boy with light skin, blonde hair, purple glasses, an orange shirt, and purple pants, playing a blue ukulele. In the center is a boy with dark skin, black hair, purple glasses, an orange shirt, and purple pants, also playing a blue ukulele. On the right is a girl with light skin, blonde hair, a pink headband with a blue flower, a pink tank top, and white pants. All children are smiling and holding small flowers.

# Japanese Culture Summer School 2019

Mayumi Nishikawa - Culture Teacher



Applications are being accepted for an Intercultural Program which will be offered to the current K through 2<sup>nd</sup> grader students during the summer. The program will be composed of two four-week sessions.

**Session 1** Grade level: Current K, 1<sup>st</sup> and 2<sup>nd</sup> graders  
Date/Time: June 17- July 12 (Mon.-Fri.) -Except July 4<sup>th</sup>  
9:00 - 10:15  
Participants: 15 students

**Session 2** Grade level: Current K, 1<sup>st</sup> and 2<sup>nd</sup> graders  
Date/Time: June 17 - July 12 (Mon.-Fri.)-Except July 4<sup>th</sup>  
10:30 - 11:45  
Participants: 15 students

Plans for this class include various hands-on activities, such as origami, calligraphy, games, cooking, field trips, introduction of Hiragana letters, trying on Kimono & Hakama, etc. Duplicated lesson will be taught each day.



### Field trips

Two field trips are planned for our Japanese summer program. Permission slips will be sent to parents with more details.

### How to apply

If your child is interested in this program, please turn in the application to the office by May 24<sup>th</sup>. Each session has a limited number of participants and the enrollment will be on a first-come-first-served basis. When the class is filled, we will close the list.

When your application is accepted at the office, it means your child is enrolled in the class. No confirmation letter will be sent to you.

### In case of cancellation

Please call the office ASAP in case you need to cancel your child's participation.

### Classroom expectations

They remain the same as during the regular school year. If a student has any behavior problems, she/he will be required to discontinue the program.

### Pick up / Drop off

For student safety, students can come in 5 minutes before the class starts, but not earlier as there will be no supervision before that time. Host Nation teacher can't pick up/drop off SAC students.

For further information, please contact Ms.Nishikawa

[mayumi.nishikawa@pac.dodea.edu](mailto:mayumi.nishikawa@pac.dodea.edu)

Mayumi Nishikawa

Host Nation Teacher

M. C. Perry Elementary School



# CULTURE SUMMER SCHOOL APPLICATION FORM

I would like my child to attend the summer culture school.

Child's name: \_\_\_\_\_ Date: \_\_\_\_\_

Classroom teacher's name: \_\_\_\_\_

Parent's name: \_\_\_\_\_ Home phone: \_\_\_\_\_

Duty phone: \_\_\_\_\_ Emergency phone: \_\_\_\_\_

Parent's signature: \_\_\_\_\_

\_\_\_\_\_ My child has no food allergy.

\_\_\_\_\_ My child is allergic to ( \_\_\_\_\_ ).

-----For Office Use Only -----

Date: \_\_\_\_\_

Your child's application has been received by \_\_\_\_\_.  
He/She is in the following class.

Check	Class	Date	Time
	Session 1	June 17 - July 12	9:00 - 10:15
	Session 2	June 17 - July 12	10:30 - 11:45



## Nurse's Notes May, 2018

**April 29-May 5, 2019, has been designated SCREEN-FREE WEEK.** Research shows that excessive screen time (time spent on TV, computers, tablets, e-readers, hand-held games, cell phones, etc.) interferes with activities that are good for children, such as creative play, interacting with caring adults, and exercising. In addition, this week is also **Children's Book Week**, a great time to turn off the screen and open a book!

CCFC or Campaign for a Commercial-Free Childhood has compiled a list of parent-tested tips to help your family “unplug” from screens and play. Some tips are geared toward very young children but many are geared towards the family.

Tip #1: Rearrange the furniture

Turn your living room into a place for family interaction and play by arranging the furniture so the TV is not the focus of the room.

Tip #2: Start the day screen-free Create a morning routine that doesn't involve screens.

Tip #3: Enjoy screen-free meals

Make meals a time for your family to talk about the day without distraction from TV, smartphones, and other screens.

Tip #4: Encourage sensory play Provide easy play options, like sensory play, which gives children the chance to explore using sight, touch, and other senses.

Tip #5: Explore the outdoors Make memories by planning outdoor activities the entire family can enjoy together.

Tip #6: Limit your own screen time Take a break from your smartphone and other screens during the day to give your children your uninterrupted attention.

I have included the list “**101 Screen-Free Activities**” to this newsletter.

For more information on Screen-Free Week, please go to:

<https://www.screenfree.org/>

For information on Children's Book Week, “Every Child a Reader,” please visit:

<https://everychildareader.net/cbw/>

*Nurse McCoy*



# MAY 2019 LUNCH CALENDAR



JAPAN – 04/11/2019

Monday	Tuesday	Wednesday	Thursday	Friday
		-1- <b>Chicken &amp; Fresh Veggie Pho/Noodles</b> Cheese Breadsticks/Marinara (V) Chicken Salad Croissant <b>Zesty Coleslaw</b> <b>Seasoned Green Beans</b> <b>Peach Smiles / Peach Crisp</b> <b>Asst. Milk</b>	-2- <b>Chicken Tenders w/Dinner Roll</b> Grilled Cheese Sandwich (V) Grilled Chicken Caesar Salad w/Dinner Roll <b>Mashed Potatoes/Brown Gravy</b> <b>Carrot/Celery Dippers/FF Ranch Dressing</b> <b>Cinnamon Applesauce &amp; Granola</b> <b>Asst. Milk</b>	-3- <b>Fish Sticks &amp; Tartar Sc/Mac &amp; Chs Side</b> Macaroni & Cheese Pasta (V) Chef Entree Salad (Sliced Ham/Egg/Cheese) Dinner Roll <b>Seasoned Whole Kernel Corn</b> <b>Greens-Cherry Tomato Side Salad</b> <b>Farm Fresh Fruit in Season</b> <b>Asst. Milk</b>
6- <b>Parmesan Chicken Burger</b> Breaded Chicken Burger Greek Entree Salad Dinner Roll (V) <b>Burger Side Salad</b> (Greens/Tom/Dills/Mayo) Honey Glazed Carrots <b>Cinnamon Applesauce</b> <b>Asst. Milk</b>	-7- <b>Chicken Alfredo Pasta/Garlic Baguette (Pulled Chicken &amp; Pasta)</b> Broccoli-Cheese Soup w/Garlic Baguette (V) Grilled Ham & Cheese Sandwich <b>House Side Salad w/Dressing (Opt)</b> <b>Seasoned Peas &amp; Carrots</b> <b>Rainbow Fruit Cups</b> <b>Asst. Milk</b>	-8- <b>Pepperoni</b> or Hamburger Pizza (Beef) Cheese Pizza (V) Grilled Chicken Caesar Salad w/Garlic Baguette Caesar Side Salad/Vinaigrette Dressing <b>Seasoned Green Beans</b> <b>Fresh Grapes</b> <b>Asst. Milk</b>	-9- <b>Chicken Drumstick/Dinner Roll</b> Grilled Cheese Sandwich (V) SW Crispy Chicken Salad w/Salsa & Chips Seasoned Whole Kernel Corn <b>Carrot/Celery Dippers/FF Ranch Dressing</b> <b>Peach Smiles</b> <b>Asst. Milk</b>	-10- <b>Beef Nacho Bowl</b> Fish Stick Burger/Tartar Sauce Cheese Nacho Bowl (V) <b>Ranchero-Style Beans</b> <b>Mandarin Oranges</b> <b>Asst. Milk</b>
-13- <b>Philly Cheese Steak</b> Breaded Chicken Burger Three Bean Chili Cheese Nachos (V) <b>Oven Baked Fries/3-Bean Side Veg</b> <b>Burger Side Salad</b> (Greens/Tom/Dills/Mayo) <b>Peach / Fresh Grape Cup</b> <b>Asst. Milk</b>	-14- <b>Mini Blueberry Pancakes / Sausage</b> Chicken Sausage on Slider Buns (2) Chef Entree Salad (Sliced Ham/Egg/Cheese) Dinner Roll / Deli-Roasters <b>Garden Side Salad/Dressing (Opt)</b> <b>Pineapple Tidbits</b> <b>Asst. Milk</b>	-15- <b>Spaghetti &amp; Meatsauce w/Garlic Baguette</b> Spaghetti & Marinara w/Garlic Baguette (V) Chicken Salad Croissant <b>Cucumber-Tomato Salad</b> Honey-Glazed Carrots <b>Farm Fresh Fruit in Season</b> <b>Asst. Milk</b>	-16- <b>Chicken Tenders/Dinner Roll</b> Cheese Breadsticks/Marinara Sauce (V) Grilled Chicken Caesar Salad w/Dinner Roll <b>Mashed Potatoes</b> <b>Caesar Side Salad w/Vinaigrette Dressing</b> <b>Cinnamon Apple Slices / Apple Crisp</b> <b>Asst. Milk</b>	-17- <b>Fish Sticks &amp; Tartar Sc/Mac &amp; Chs Side</b> Macaroni & Cheese Pasta (V) Chef Salad Entree (Sliced Ham/Egg/Cheese) Dinner Roll Seasoned Green Peas <b>Greens-Cherry Tomato Side Salad</b> <b>Farm Fresh Fruit in Season</b> <b>Asst. Milk</b>
-20- <b>Grilled Orange Chicken w/Broccoli &amp; Rice</b> Mediterranean Grilled Chicken Wrap Greek Entree Salad w/Garlic Baguette (V) <b>Chopped Salad (Lettuce/Tomato)</b> <b>Seasoned Corn</b> <b>Fresh Grapes</b> <b>Asst. Milk</b>	-21- <b>Chicken Alfredo Pasta (Pulled Chicken &amp; Pasta)</b> Broccoli-Cheese Soup/Garlic Baguette (V) Grilled Ham & Cheese Croissant <b>Seasoned Green Beans</b> <b>Carrot/Celery Dippers/FF Ranch Dressing</b> <b>Rainbow Fruit Cup</b> <b>Asst. Milk</b>	-22- <b>Pepperoni</b> or Hawaiian Pizza (Ham/PA) Cheese Pizza (V) Grilled Chicken Caesar Salad w/Dinner Roll <b>Garden Side Salad</b> <b>Ranchero Beans</b> <b>Emoji Fruit Cup</b> <b>Asst. Milk</b>	-23- <b>Chicken Drumstick w/Roll</b> Grilled Cheese Sandwich (V) SW Crispy Chicken Salad w/Salsa & Chips <b>Kyoto Vegetable Blend</b> <b>Cinnamon Apple Slices / Apple Crisp</b> <b>Asst. Milk</b>	-24- <b>Beef Street Taco (Seasoned Beef)</b> Fish Stick Taco Greek Salad w/Garlic Baguette (V) Zesty Coleslaw <b>Chopped Salad (Lettuce/Tomato)</b> <b>Mandarin Oranges</b> <b>Asst. Milk</b>
	-28- <b>Lasagna Roll w/Meat Sauce</b> Lasagna Roll w/Pizza Sauce (V) Chef Entree Salad (Sliced Ham/Egg/Cheese) Garlic Baguette <b>Cucumber-Tomato Salad</b> <b>Seasoned Broccoli Florets</b> <b>Pineapple Tidbits</b> <b>Asst. Milk</b>	-29- <b>Chicken &amp; Fresh Veggie Pho/Noodles</b> Cheese Breadsticks/Marinara (V) Chicken Salad Croissant Zesty Coleslaw <b>Seasoned Green Peas</b> <b>Peach Smiles / Peach Crisp</b> <b>Asst. Milk</b>	-30- <b>Chicken Tenders/ Dinner Roll</b> Grilled Cheese Sandwich (V) Grilled Chicken Caesar Salad Dinner Roll <b>Mashed Potatoes/ Brown Gravy</b> <b>Carrot/Celery Dippers/FF Ranch Dressing</b> <b>Cinnamon Applesauce &amp; Granola</b> <b>Asst. Milk</b>	-31- <b>Fish Sticks &amp; Tartar Sc/Mac &amp; Chs Side</b> Macaroni & Cheese Pasta (V) Chef Entree Salad (Sliced Ham/Egg/Cheese) Dinner Roll <b>Seasoned Green Peas</b> <b>Greens-Cherry Tomato Side Salad</b> <b>Farm Fresh Fruit in Season</b> <b>Asst. Milk</b>

**SPECIAL ANNOUNCEMENTS:**

Menu Subject To Change Due To Product Availability

DAILY VEGETARIAN OPTION (V)

**SURE START ITEMS (BOLD & UNDERLINED)**

**NUTRITIOUS OPTIONS:**

Whole Grains and Fresh Fruit Served Daily  
Milk (Non-Fat Flavored Milk and 1% Unflavored Milk)

**FOOD ALLERGIES/SPECIAL DIETS:**

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

# 101 SCREEN-FREE ACTIVITIES

## At Home

1. Listen to the radio.
  2. Write an article or story.
  3. Paint a picture, a mural or a room.
  4. Write to the President, your Representative, or Senators.
  5. Read a book. Read to someone else.
  6. Learn to change the oil or tire on a car. Fix something.
  7. Write a letter to a friend or relative.
  8. Make cookies, bread or jam and share with a neighbor.
  9. Read magazines or newspapers. Swap them with friends.
  10. Go through your closets and donate items to Goodwill, the Salvation Army, or a local rummage sale. Have a garage sale.
  11. Start a diary/journal.
  12. Play cards.
  13. Make crafts to give as gifts. Try a new craft.
  14. Do a crossword puzzle or play Sudoku.
  15. Save money: cancel your cable TV!
  16. Learn about a different culture. Have an international dinner.
  17. Teach a child some of your favorite childhood games.
  18. Study sign language.
  19. Write a letter to your favorite author.
  20. Cook dinner with friends or family.
  21. Make cards for holidays or birthdays.
  22. Play chess, bridge, or checkers.
  23. Play charades.
  24. Have a cup of coffee and a conversation.
  25. Repair or refinish a piece of furniture.
  26. Make a wooden flower box.
  27. Wake up early and make pancakes.
  28. Read a favorite poem. Read poems by poets new to you
- ## Outdoors
29. Learn about native trees and flowers in your area.
  30. Plan a picnic or barbecue.
  31. Go bird watching. Learn the names of local birds.
  32. Walk the dog. Wash the dog.
  33. Plant a garden. Work in your garden.
  34. Take a nature hike.
  35. Feed fish or birds.
  36. Watch the night sky through binoculars and identify different constellations. Observe the moon.
  37. Learn to use a compass.
  38. Take photographs and then organize them into an album.
  39. Do yard work.
  40. Go camping.
  41. Take an early morning walk.
  42. Climb a tree.
  43. Watch a sunset; watch the sunrise with a friend.
- ## Around Town
44. Attend a community concert. Listen to a local band.
  45. Visit the library. Borrow some books.
  46. Visit a local bookstore.
  47. Visit the zoo.
  48. Visit the countryside or town. Travel by bus or train.
  49. Attend a religious service.
  50. Go to a museum.

- 51. Walk to work or school.
- 52. Attend a live sports event.
- 53. Look for treasures at a yard sale.
- 54. Try out for a play. Attend a play.
- 55. Collect recycling and drop it off at a recycling center.
- 56. Learn to play a musical instrument.

### **On the Move**

- 57. Go roller skating or ice skating.
- 58. Go swimming. Join a community swim team.
- 59. Start a community group that walks, runs or bikes.
- 60. Organize a game of touch football, baseball, or softball in the local park.
- 61. Go for a bicycle ride.
- 62. Learn yoga.
- 63. Play soccer, softball or volleyball.
- 64. Play Frisbee.
- 65. Workout.
- 66. Go dancing. Take a dance class.

### **In Your Community**

- 67. Organize a community clean-up or volunteer for charity.
- 68. Become a tutor.

- 69. Join a choir. Sing!
- 70. Start a bowling team.
- 71. Visit and get to know your neighbors.
- 72. Start a fiction or public policy book group.

### **With the Kids**

- 73. Make paper bag costumes and have a parade.
- 74. Design a poster for Screen- Free Week.
- 75. Discover your community center or local park activities.
- 76. Blow bubbles.
- 77. Draw family portraits.
- 78. Build a fort in the living room and camp out.
- 79. Research your family history. Make a family tree.
- 80. Invent a new game and teach it to your friends.
- 81. Make a sign to tape across the TV during Screen-Free Week.
- 82. Play hopscotch, hide & seek, or freeze-tag.
- 83. Organize a neighborhood scavenger hunt.
- 84. Play board games with family and friends.
- 85. Clean up or redecorate your room.

- 86. Make puppets out of old socks and have a puppet show.
- 87. Write a play with friends. Perform it at a nursing home.
- 88. Construct a kite. Fly it.
- 89. Go on a family trip or historical excursion.
- 90. If it's snowing, go sledding or make a snowman.
- 91. Create a collage out of old magazine pictures.
- 92. Shoot hoops with friends. Play a round of H.O.R.S.E.
- 93. Make a friendship bracelet.
- 94. Create a cookbook with all your favorite recipes.
- 95. Tell stories around a campfire.
- 96. Plan a slumber party.
- 97. Bake cakes or cookies and invite friends for a tea party.
- 98. Construct a miniature boat and float it on water.
- 99. Write a letter to your grandparents. Make a special card.
- 100. Create sidewalk art with chalk.
- 101. Everyone! Have a huge party to celebrate a Screen-Free Week!