

MC Perry Elementary

January 26, 2018

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



M.C. Perry ES Purpose Statement

I will pursue excellence I am responsible
for my actions I am a lifelong learner
Success begins with ME!

This Issue Includes:

- Principal's Corner
- Nurse's Notes
- Kindergarten Stem Night
- February Lunch Menu
- Read a Thon Campout
- After School Clubs
- Military & Family Life Counselor
- Read Across America

MC Perry Elementary



Principal to Parents



Parents,



The weather has been quite cold lately. Please ensure that your child dresses in layers. We still have students who show up to school without coats.



If your child is sick, please keep him/her at home. We ask that students who are sick remain at home until 24 hours after symptoms are gone.



Thank you,



Arturo Rivera Jr.



Principal



M.C. Perry Elementary School



DSN 253-3327



Arturo.Rivera@pac.dodea.edu





Nurse's Notes February, 2018



February celebrates **National Children's Dental Health Month**. This month, the Branch Medical Clinic dental staff will again come into many of the Elementary School classrooms to share dental health tips with our students.

Here are some tips that will not only reinforce your child's classroom learning but also help you and your family develop good dental habits for a lifetime of healthy teeth:

- ❖ Encourage your child to brush his/her teeth for 2 minutes at least twice per day.
- ❖ After brushing, your child should also floss their teeth twice a day. Brushing and flossing help to remove cavity-causing plaque.
- ❖ Limit the amount of sugared drinks and carbohydrates your child ingests daily. Any foods that are sweet, starchy, or sticky promote cavities.
- ❖ Offer nutritious snacks such as vegetables, fruits or cheese.
- ❖ Schedule a dental exam and cleaning for your child 2 times per year.
- ❖ When your child loses a tooth, explain to them the importance of caring for the new tooth.
- ❖ If your child plays sports, have them wear a mouthguard!
- ❖ Discourage your child from chewing on pencils or other hard objects that could damage a tooth.
- ❖ Change your child's toothbrush every 3 months and more frequently if your child has been sick. Toothbrush bristles break down and lose their effectiveness. In addition, worn bristles can become a breeding ground for germs.
- ❖ Visit this excellent site by the American Dental Association and click on the links for fun, printable activity sheets, printable 2018 brushing calendar, Tooth Fairy door signs, etc.

<https://www.mouthhealthykids.org/en>

Have a February filled with **love!**



Nurse McCoy

*Deborah E McCoy RN CES
MC Perry/Iwakuni Elementary School Nurse
253-5903/253-4532*

Kindergarten Family STEM Night



February 21, 2018

5:00-6:00 PM

MCPES Cafeteria

**Enter through
playground**

The three little pigs need your help.

Will you take on the challenge?

**Build a sturdy house for a little pig that will
withstand being blown down by the BIG bad
wolf.**



**Come out and enjoy the fun filled hands-
on and integrated science, technology,
engineering, and mathematics activity.**



FEBRUARY 2018

ELEMENTARY/SECONDARY LUNCH MENU

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

Monday	Tuesday	Wednesday	Thursday	Friday
			-1- Chicken Nuggets/Orange Sc Seasoned Brown Rice <u>Grilled Cheese Sandwich</u> SW Chicken Salad/Chips <u>Corn/Snap Peas/Carrots</u> <u>Carrot/Celery Dippers</u> <u>Cinnamon Apple Slices</u> <u>Apple Crisp</u> <u>Milk</u>	-2- Philly-Chs Stk Sandwich <u>Crunchy Fish Patty/Tartar Sc</u> Greek Salad w/Garlic Toast <u>Candied Sweet Potatoes</u> <u>Coleslaw</u> <u>Dinner Roll</u> <u>Fruit Cup</u> <u>Milk</u>
-5- Spicy Beef-Potato Wrap <u>Cheese Breadsticks/Marinara Sc</u> Chicken Caesar Salad/Dinner Roll <u>Lettuce/Tomato Salad</u> <u>Ranchero Beans</u> <u>Peach Smiles</u> <u>Peach Crisp</u> <u>Milk</u>	-6- Lasagna Roll w/ Meatsauce Sc <u>Lasagna Roll w/ Pizza Sc (V)</u> Chef Salad w/Zucchini Bd <u>Seasoned Green Peas</u> <u>Garden Side Salad</u> <u>Rainbow Fruit Salad</u> <u>Milk</u>	-7- Breaded Chicken Burger <u>Three-Bean Chili/ Corn Chips</u> Cranberry-Chicken Salad/Zucchini Bd <u>Sugar Snap Peas</u> <u>Lettuce/Tomato Salad fresh</u> <u>mikan</u> <u>Milk</u>	-8- Spaghetti & Meatsauce <u>Spaghetti & Marinara Sc</u> Mandarin Chicken <u>Cucumber/Tomato Salad</u> <u>Roasted Vegetables</u> <u>Carrot Bread</u> <u>Farm Fresh Fruit</u> <u>Milk</u>	-9- Fish patty on WG Bun <u>Macaroni & Cheese Pasta (Bowtie Pasta)</u> Chef Salad-Gluten Free <u>Lettuce/Tomato Salad</u> <u>Honey Glazed Carrots</u> <u>Harvest Fruit Cup</u> Zucchini Bread (Treat) <u>Milk</u>
-12- Adobo Chicken/Stir Fry Rice/Veg Veg Stir-Fry Rice/Egg Roll w/Peanut Dipping Sc <u>Grilled Ham & Chs Croissant</u> <u>Lettuce&Tomato Salad</u> <u>Mandarin Oranges</u> <u>Milk</u>	-13- Fiesta Beef Nacho Bowl Fiesta Cheese Nacho Bowl <u>Tuna Salad Sandwich</u> <u>Lettuce/Tomato Salad, Chopped</u> <u>Ranchero Beans Pineapple</u> <u>Tidbits</u> <u>Milk</u>	-14- VALENTINE'S DAY Pepperoni Pizza <u>Cheese Pizza</u> Cobb Salad/Carrot Bread <u>Garden Side Salad</u> <u>Seasoned Corn</u> <u>Blushing Applesauce</u> <u>Milk</u>	-15- <u>Chicken Tenders/ Roll</u> Grilled Cheese Sandwiches SW Chicken Salad/Chips <u>Carrot/Celery Dippers</u> <u>Mashed Potatoes/ Gravy</u> <u>Fresh Fruit, Asst</u> <u>Milk</u>	-16- BBQ Beef Steak on WG Bun <u>Fish Sticks w/Sliced WG Bread</u> Greek Salad/Zucchini Bread <u>Seasoned Green Beans</u> <u>Coleslaw</u> <u>Fruit Cup</u> <u>Milk</u>
HOLIDAY	-20- Egg-Sausage Croissant <u>Egg-Cheese Croissant</u> Sausage Patties (2)/Mini Pancakes/Syrup <u>Cherry Tomatoes</u> <u>Deli Roasters</u> <u>Mandarin Oranges</u> <u>Milk</u>	-21- <u>Breaded Chicken Filet (Cheese-Opt)</u> Three Bean Chili/ Baked Corn Chips Cranberry Chicken Salad/Zucchini Bd <u>Oven Baked Fries</u> <u>Seasoned Broccoli</u> <u>Lettuce/Tomato Salad</u> <u>Peach/ Grape Fruit Cup</u> <u>Milk</u>	-22- <u>Spaghetti & Meatsauce</u> Spaghetti & Marinara Sc Mandarin Chicken/Garlic Toast <u>Cucumber/Tomato Salad</u> <u>Sugar Snap Peas</u> <u>Garlic Toast</u> <u>Farm Fresh Fruit</u> <u>Milk</u>	-23- Fish Tacos/Pico Salsa <u>Mac & Cheese Pasta</u> Chef Salad <u>Ranch-Style Beans</u> <u>Lettuce/Tomato Salad</u> <u>Harvest Fruit Cup</u> <u>Zucchini Bread</u> <u>Milk</u>
-26- Chicken Alfredo Pasta Cheesy Bowtie Pasta <u>Grilled Ham & Cheese Sandwich</u> <u>House Salad</u> <u>Seasoned Broccoli Florets</u> <u>Garlic Toast</u> <u>Mandarin Oranges</u> <u>Milk</u>	-27- <u>Cheese Breadsticks/Marinara Sauce</u> Chicken Salad Croissant <u>Ranchero Beans</u> <u>Lettuce/Tomato (Chopped)</u> <u>Mandarin Oranges</u> <u>Milk</u>	-28- Pepperoni Pizza <u>Cheese</u> <u>Pizza</u> Cobb Salad/Carrot Bread <u>Garden Side Salad</u> <u>Seasoned Corn</u> <u>Cinnamon Applesauce</u> <u>Milk</u>		

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.

Read-A-Thon Campout

Mrs. Stevens' class enjoyed some quite reading time during the PTO campout! The PTO supplied tents, sleeping bags, flashlights, and s'mores trail mix for the students to enjoy while logging some reading time for the Read-a-thon Fundraiser.



Happy
CAMPERS



PACIFIC

DEPARTMENT OF DEFENSE

Dependents Schools
Matthew C. Perry Elementary School
PSC 561 Box 1874
FPO AP 96310



Home of Sammy Samurai

After School Clubs
2nd Semester 2017-2018 SY

The following clubs are being offered 2nd semester for the 2017-2018 school year. Please mark a first, second, and third choice and return the whole form to the elementary school office no later than February 1, 2018. All clubs are filled on a first come, first serve basis and will be date and time stamped upon their arrival to the elementary school office.

Please fill out one form per student. A copy of this form will be returned to the students no later than February 2, 2018 with the club in which they have been placed (noted at the bottom of the form). Clubs will start on Monday, February 5, 2018 and be held from 2:35-3:30 pm and will end the week of June 6, 2018 * Kinder Running Parents need to be present at all practices.

Table with 6 columns: Club Name, Grade Level, Teacher, Day of the Week, Limit, Choice Number (1,2,3). Rows include Art Club, Computer Club, Osmo Club, Piano Club, Running Club, Science Club, and STEM.

Student Name: Contact Number(s):

Student's Grade and Teacher:

Parent's Email:

I understand attendance will be taken and my child will be dropped from a club if 3 meetings are missed. I will notify the After School Club teacher if my child will miss a class, either via note or phone call to the office at 253-3327.

Parent's Signature:

School Office Use Only

After school Club Assignment:

Date and Time Received:

MEMORANDUM:

FROM: _____
[Insert name of installation, school, camp, facility]

SUBJECT: Child and Youth Behavioral Military & Family Life Counselor

1. This letter is to inform you about the Child and Youth Behavioral Military and Family Life Counseling (CYB-MFLC) program services. Due to the unique challenges faced by military families, the Department of Defense is offering this private and confidential non-medical counseling service to military service members, military families, and military family service member's children in Child and Youth Programs, Department of Defense Education Activity schools, Local Education Agencies, DoDEA CYP summer programs, National Military Family Association Operation Purple Camps, Guard/Reserve camps, and Operation Military Kids Camps.
2. The CYB-MFLC counselors may support the centers, schools, summer programs and camps and work with military children and their families in the following ways:
 - Observe, participate and engage in activities with children and youth.
 - Provide direct interaction with military children.
 - Model behavioral techniques and provide feedback.
 - Suggest courses of age appropriate behavioral interventions to enhance coping and behavioral skills.
 - Provide outreach to military parents when they are available such as when they drop off or pick up their children or at family events.
 - Be available for military parents to contact for guidance and support.
 - Facilitate psycho-educational groups.
 - Conduct training for staff and parents.
 - Recommend referrals to military family programs and other resources as needed.
3. The counselor may assist military parents, military children and centers with the following type of issues:
 - Communication
 - Self-esteem/self-confidence
 - Resolving conflicts
 - Behavioral management techniques
 - Bullying
 - Helping children deal with angry feelings
 - Sibling/parental relationships
 - Deployment and reintegration issues
4. The counselor may also work with military children in settings such as field trips and other center, camp, or school sponsored activities.

5. The counselor is available to accommodate appointments and meetings/activities after hours and on weekends with advance notice.
6. At no time will the counselor meet individually with a child without being in line of sight of a CYP, DoDEA, LEA, or camp employee or a parent/guardian.
7. The counselor may use only OSD approved materials for trainings, groups, and any other activities.
8. **With the exception of mandatory state, federal, and military reporting requirements (i.e., domestic violence, child abuse, and duty-to-warn situations), as well as oversight review by DoD of the service you received should an adverse or harmful event occur, MFLC support is private and confidential to encourage the greatest level of participation.**

Print Name of Child: _____

Select only one check box below:

I understand the above CYB-MFLC program description and authorize my child to participate in CYB-MFLC services. This authorization is valid for the duration of my child's enrollment. I understand I can revoke this authorization at any time in writing.

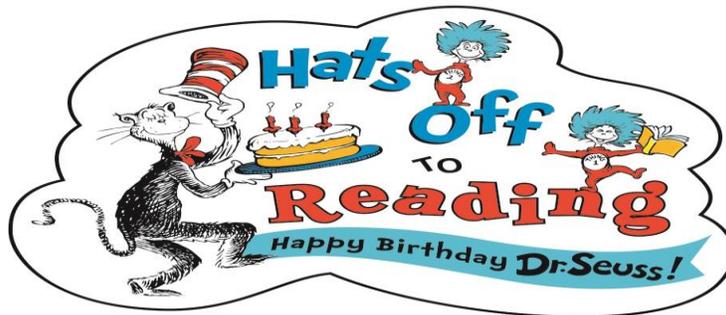
I do not authorize my child to participate in CYB-MFLC services.

PARENT OR GUARDIAN SIGNATURE

DATE

Read Across America Week at MC Perry

February 26th – March 2nd 2018



Week prior: (February 20-23): Door Decorating

Classrooms plan and execute the decoration of their doors to be ready for judging on Monday.
Look for photos of the classroom doors on our school Facebook page

Date	Dress Theme	Special Event
Monday, February 26 th	<u>Cat in the Hat</u> Wear your favorite hat You can wear red , black , and/or white !	Cat in the Hat will be our special guest and read his book to us! Doors will be judged today!
Tuesday, February 27 th	<u>Fox in Socks</u> Wear <i>Silly</i> and/or mismatched socks.	Bring a new pair of socks for children ages (2-18) to donate to a local orphanage. Drop off box in office or give them to the classroom teacher.
Wednesday, February 28 th	<u>Wacky Wednesday</u> WACKY Day! Hat, Hair, &/or Clothing	Special Guest Reader for the classroom
Thursday, March 1 st	No school for students, Professional Development Day	
Friday, March 2 nd	No school for students, Parent/Teacher Conferences	

ADD March 15th to your calendar!

**On March 15th from 5:30 -7:30, Come to "Seussville" at MC Perry Elementary!
It will be a fun evening for Perry Families to participate in literacy and math activities!
We are planning a dinner from 5:30 -6:00. More details soon!**