

# Perry Elementary Perryodical

March 17, 2016  
Volume 5, Issue 5

Matthew C. Perry Elementary School  
Mr. Arturo Rivera, Principal  
Ms. Jenny Reese, Assistant 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:

[principal.perryes@pac.dodea.edu](mailto:principal.perryes@pac.dodea.edu)

Phone: 253-3327



### Attachments:

- ⇒ PTO News
- ⇒ Principals' Letters
- ⇒ Registrar's Corner
- ⇒ Nurse's Notes
- ⇒ Kinder Round-Up Flyer
- ⇒ Withdrawal Form
- ⇒ Yearbook Order Form
- ⇒ 7th Grade Orientation
- ⇒ Updated Lunch Menus (updates in blue)

- ◆ Friday, April 1st — Professional Development: NO SCHOOL
- ◆ Thursday, April 7th — Last Day of the 3rd Marking Period
- ◆ Friday, April 8th — Teacher Work Day: NO SCHOOL
- ◆ Monday — Friday, April 11th—15th — Spring Break: NO SCHOOL
- ◆ Friday, April 29th — Professional Development & Parent/Teacher Conferences: \* NO SCHOOL \* By teacher or parent request only

## PTO NEWS



**PTO GARAGE SALE AT MC PERRY ELEMENTARY  
PARKING LOT  
FROM 9:00AM ~ 12:00PM  
COME AND SHOP!!**

**FREE MOVIE DAY APRIL 1ST AT  
SAKURA THEATER FROM 1:00PM ~ 3:00PM**



# Perry Elementary Perryodical

## Principal's Post to Parents

Parents,

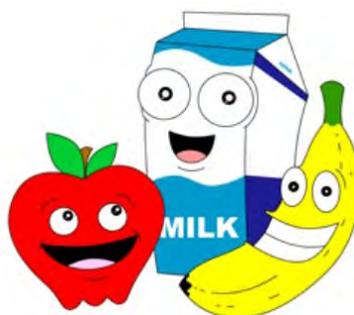
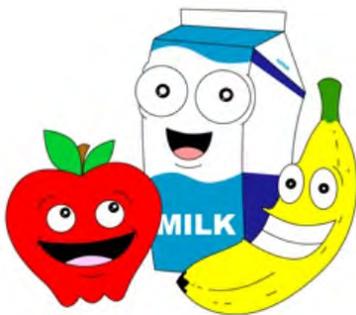
This year, DoDEA is partnering with the Office of the Secretary of Defense during March regarding National Nutrition Month. The initiative is military-wide plan to improve child health. The following is an outline of four healthy behaviors children should achieve each day:

- ⇒ Eat 5 or more servings of fruits and vegetables
- ⇒ Spend only 2 or fewer hours of screen time (television, computer, video games, ect.)
- ⇒ Do 1 or more hours of physical activity during the day
- ⇒ Consume 0 sweetened beverages

We will be actively promoting this initiative throughout DoDEA in collaboration with the Defense Commissary Agency (DeCA). The intent of the initiative is to increase awareness of the 5-2-1-0 message among military and local communities, influence behavioral choices for better health and increase parent/guardian awareness of daily behavioral choices.

Help us promote this initiative with your child/children and in turn, help your child/children live a healthier life.

Arturo Rivera Jr.  
Principal  
M. C. Perry Elementary School  
DSN 253-3327



# Perry Elementary Perryodical

## Assistant Principal's Post to Parents

Dear Parents and Sponsors,

With spring right around the corner, students will begin to dress for the warmer weather. With this in mind, please ensure that your student follows the school dress code.

### **MC Perry Elementary School DRESS CODE**

School is our business and students are expected to dress accordingly. M.C. Perry Elementary School supports parents in their responsibility for ensuring appropriate student dress. We encourage our students to dress comfortably, follow good grooming practices, and select clothes that are appropriate. Dress and grooming standards should not be disruptive to the learning process nor create an unsafe condition for the student or others.

Specifically, the student dress code is as follows:

- ⇒ No excessively baggy pants.
- ⇒ No undergarments showing.
- ⇒ No uncovered spaghetti straps for upper grade (4th – 6th) girls.
- ⇒ No short skirts/shorts – as a rule of thumb the hem should reach the tip of the middle finger when the arm is extended.
- ⇒ Do not wear any clothing that restricts activity or movement.
- ⇒ No clothing that depicts alcohol, tobacco products, drugs or drug use.
- ⇒ No clothing that has violent, obscene, or racial symbols, graphics or words.
- ⇒ No head coverings or hats worn inside any building.
- ⇒ No shoes with wheels
- ⇒ No flip-flops
- ⇒ For student safety, it is strongly recommended that students not wear any open-toe shoes to school – but is not specifically prohibited. When choosing students footwear, please consider that students climb stairs, play on playground equipment, run, and participate in physical education activities while at school.

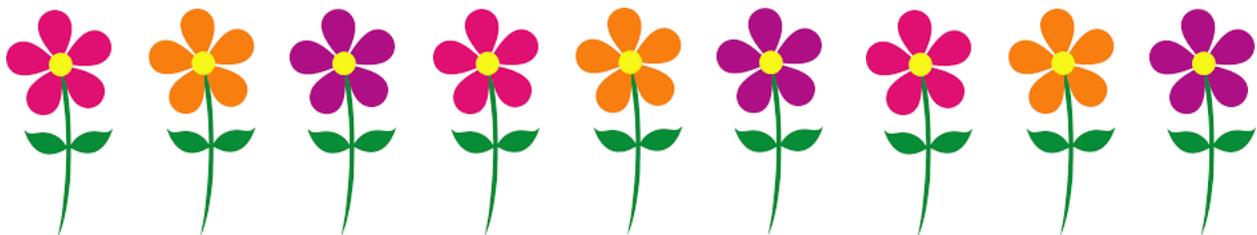
Sincerely,

Jenny Reese

Assistant Principal

M.C. Perry Elementary School

DSN 315-253-3327



# Perry Elementary Perryodical

## Registrar's Corner

### Kindergarten Round-up:

It's that time of the year again for Kindergarten Round-Up!!! It will be held on March 29th in the Elementary School Gym. This will be a great opportunity to come in and register your Kindergarteners for the SY 16-17. The only requirement is that they are 5yrs old by September 1, 2016. Attached is the flyer for your convenience. Please spread the word, and we look forward to seeing you there. Please share with anyone who may not yet receive our emails or school newsletters.

### Re-registration 2016:

Beginning March 28th, 2016, re-registration for returning students for SY 16-17 will begin. Families are required to update mandatory registration forms, make changes when necessary, provide an updated copy of your orders, if the sponsor's tour has been altered. Even if no information has changed parents must come to the school and complete annually renewed forms.

1. The Re-Registration timeline for RETURNING students for School Year 2016-2017:

\*March 28th- April 1st-(Kindergarten-2nd grade) (between 1pm-3:30 pm)

\*April 4th- 8th (3rd-6th) times are (8 am-12:00) - (1 pm-3:30 pm)

I am aware that your schedule may not afford you the opportunity to fully meet the terms of this time schedule, so please feel free to contact me for an alternate time or date to re-register your child (ren).

2. If your child WILL NOT BE RETURNING to MC Perry ES in August 2016, I am requesting an email to [anita.clayton@pac.dodea.edu](mailto:anita.clayton@pac.dodea.edu), so that I can properly prepare for your child's withdrawal.

Please see the attached Withdrawal Request form that will need to be completed and returned to the Main Office at least two weeks prior to your departure.

Please note that the approved Early withdrawal date is May 19, 2016. This date has been set to ensure that your child receives full academic credit for the school year. Please bring web orders, for early withdrawal.

~ Ms. Anita Clayton, Registrar

[Anita.Clayton@pac.dodea.edu](mailto:Anita.Clayton@pac.dodea.edu)

253-3327

# Perry Elementary Perryodical

## Nurse's Notes **March** 2016

March is **National Nutrition Month**. In addition, **National School Breakfast Week** is celebrated March 7-11, 2016.

**Why eat breakfast and what does breakfast have to do with academics?** Breakfast refuels the body with nutrients. It “breaks” the “fast” the body experiences while sleeping. Breakfast also provides energy for morning activities. Breakfast helps control the urge to nibble frequently or eat too large a lunch. Breakfast also helps children feel good. Often, children can experience a mid-morning stomachache if they skip breakfast. These are usually hunger pangs.

According to the ADA (American Dietetic Association), children and adolescents who eat a healthy breakfast can concentrate better in the classroom, have better problem-solving skills, better eye-hand coordination and tend to be more alert, creative, and less likely to miss school. ***I want to encourage you to serve your children a healthy breakfast daily, especially during the Terra Nova testing dates of March 13 – 18, 2016.***

Many studies, in both children and adults, have shown that breakfast eaters tend to weigh less than breakfast skippers. Why? Well, studies show that eating a healthy breakfast can decrease hunger throughout the day, and help you make better food choices at other meals. Skipping breakfast to save calories is not a good practice. In fact, hunger gets the best of those who skip breakfast, and they tend to eat more at lunch and throughout the day.

Another theory behind the breakfast and weight control link suggests that eating breakfast is part of a healthy lifestyle that includes making good food choices and balancing calories with exercise.

If you want to learn more about National Nutrition Month and the importance of breakfast, visit these informative websites:

<http://www.eatright.org> The 2016 theme is “Savor the Flavor of Eating Right.”  
[http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/breakfast.html](http://kidshealth.org/parent/nutrition_center/healthy_eating/breakfast.html)

In addition, there are assorted nutritional pamphlets available in the nurse's office.

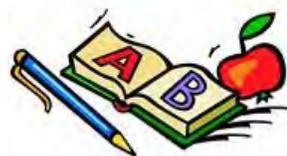
Have a nutritious month!

*Nurse McCoy*

Deborah E. McCoy BA RN CES  
***“Healthy Children Learn Better”***



# KINDERGARTEN REGISTRATION ROUND-UP



**Date:** Tuesday, March 29, 2016

**Time:** 0800 -1130 AND 1230 -1430

**Location:** Elementary School Gym



REGISTER YOUR CHILD(REN) FOR KINDERGARTEN FOR SY 16-17  
**CHILDREN MUST BE 5 ON OR  
BEFORE SEPTEMBER 1, 2016.**

Sponsors must bring a copy of their orders and area clearance,  
immunization records, and child's passport for eligibility determination.

Registration packets will be provided by the school. Join us for a kindergarten  
walkthrough, a bus tour, a visit with the School Nurse, School Liaison Officer, PTO, EDIS  
and School Age Care.

Sponsors can pick up the registration packets in advance at the elementary school front office.



**Contact person:** Anita Clayton Registrar, MC Perry Elementary, DSN: 253-3327  
Email: [anita.clayton@pac.dodea.edu](mailto:anita.clayton@pac.dodea.edu)



PACIFIC

DEPARTMENT OF DEFENSE

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

Math Matters



Home of Sammy Samurai

Student Withdrawal Form/Request for Sealed Records

I request records to be prepared for:

Table with 3 columns: Student Name, Grade, Teacher. Includes four rows of blank lines for entry.

Purpose of request:

- PCS
Early Return of Dependents
Other

Last date of attendance:

RECORDS CAN BE PICKED UP AFTER 2:00PM ON THE LAST DAY OF ATTENDANCE.

Forwarding Address:

Today's Date:

Parent signature:

Email address:

Office Use Only:

Records Picked up on:

Parent Initials:

Complete

Still Need:

Report Card Eligible (22+ days)

Library Book or Fee Due:

Cafeteria Money Owed

Amount:

Aspen Withdrawal

Registrar Initials: Date:

**MC PERRY ES 2015-16  
YEARBOOK PRE-ORDER FORM**

**It's time to order your 2015-16 YEARBOOK!  
There are too many memories to let it slip away.**

**\$30.00 for pre-orders up to May 1, 2016  
\$35.00 for orders on or after May 2, 2016**

**Don't wait, supplies are limited!**

To pre-order your yearbook, please return this portion of the form to your child's teacher or the main office by May 1, 2016. The yearbooks arrive in early June and will be dispersed to your child's classroom. Remaining yearbooks will be on sale in the front office for \$35.00.

Please pay with American dollars or check only.

Make checks payable to: MC Perry ES PTO and Memo: Yearbook

Parent Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Student Name: \_\_\_\_\_

Teacher: \_\_\_\_\_ Grade: \_\_\_\_\_

Number of books ordered \_\_\_\_\_ (at \$30.00 each)

Shipping & Handling fee, this is only to be paid if you are PCSing before June 2016

Cost: \$10 stateside address/\$3 MPS address \_\_\_\_\_

Total amount enclosed: \_\_\_\_\_

Please circle your payment Method: Check  Cash

\*\*Shipping address if PCSing prior to June 2016 (print clearly): \_\_\_\_\_  
\_\_\_\_\_

I can't wait to see  
my pictures in the  
yearbook!



# 7th Grade Orientation Night

**Tuesday April 5, 2016 @ 1700  
School Cafeteria**

Information about High School  
Questions and Answers  
Course Selection for next year  
Re-Registration completion



**This is mandatory to attend to get a class selection sheet. Contact Mrs. Kehoe in advance at 253-4958 or [deb.kehoe@pac.dodea.edu](mailto:deb.kehoe@pac.dodea.edu) if you will be unable to attend.**

\* **BOLD & UNDERLINED**

## MONDAY

**FEB 29<sup>TH</sup>**  
Peppery Chicken Pasta  
 Meatball Sub  
 ABC Salad (Apple, Berry, Cheese Salad)  
Green Beans  
Sweet Pepper Veggie Dipper  
Fresh Apple  
 Orange PA Cherry Swirl  
Milk

## 7

Chicken Drumsticks  
 Beef Nachos  
 Veggie-Cheese Burger  
 Cheese Slice (opt)  
Whole Kernal Corn  
Garden Salad  
Dinner Roll  
Red Delicious Apple  
Milk

## 14

Beef Yakisoba  
Chicken Egg Roll  
Vegetable Fried Rice  
 Mixed Green Side Salad  
Steamed Carrots  
Cinnamon Applesauce  
Orange-PA Cherry Swirl  
Milk

## 21

Fish Sticks  
Macaroni & Cheese/ (side)  
 Spice Italian Sub  
Sesasoned Broccoli Spears  
 Sweet Pepper Veggie Dippers  
 Dinner Roll  
 Peach slices  
Farm Fresh Fruit  
Milk

## 28

Peppery Chicken Pasta  
 Meatball Sub  
 ABC Salad (Apple, Berry, Cheese Salad)  
Green Beans  
Sweet Pepper Veggie Dipper  
Fresh Apple  
 Orange PA Cherry Swirl  
Milk

## TUESDAY

**1**  
Hamburger on a Bun  
 Chicken Tenders  
 Tuna Salad Bowl  
Crinkle Cut Fries  
Lettuce & Tom Burger Salad  
Mandarin Oranges  
Milk

## 8

Pepperoni Pizza  
 Cheese Pizza  
 Mandarin Chicken Salad  
Steamed Peas & Carrots  
 Fruit Cup  
Fresh Banana  
 Banana Bread  
Milk

## 15

Hot Dog  
 Creamy Italian Pasta  
 Ham & Veggie Salad  
Celery & Carrot Sticks  
Crinkle Cut Fries  
 Banana Bread  
Fresh Grapes  
Milk

## 22

Honey BBQ Pork Riblets  
 Veggie Burger  
 Cheese Slices (Opt)  
 Chef Salad  
Tossed Salad  
Whole Kernal Corn  
Grapes  
 Apple Cinnamon Bread  
Milk

## 29

Vegetable Alfredo  
 Beef Toronado  
 Tomato & Cucumber Salad  
Steamed Carrots  
 Green peas  
 Pineapple Tidbits & Grapes  
Milk

## WEDNESDAY

**Dr SEUSS' BIRTHDAY!!** **2**  
Green Eggs & Ham (Stir-fry)!  
 Chicken Maple Sausage Patty  
 Chef Salad  
French Toast  
Deli-Roasters  
Seasoned Green Peas  
Sliced Peaches w/Grapes  
Milk

## 9

Chicken Fajita Taco Bowl  
Ham & Cheese Sandwich  
 ABC Salad  
Lettuce & Tomato Salad  
Celery & Carrot Sticks  
 Cinnamon Applesauce  
Fresh Peas  
Milk

## 16

Taco Bowl  
 Beef Quesadilla  
 Garden Salad Bowl  
Snap Green Peas  
 Baked Beans  
Sliced Peaches  
Chocolate Chip Cookie  
Milk

## 23

Orange Chicken  
 Meatball Sub  
 ABC Salad  
Seasoned Steamed Rice  
Lettuce & Tomato Salad  
WG Bread  
Pineapple & Grapes  
Milk

## 30

Taco Bowl  
 Beef Quesadilla  
 Garden Salad Bowl  
Snap Peas  
 Baked Beans  
Sliced Peaches  
 Fresh Banana  
Milk

## THURSDAY

**3**  
Chicken Fingers  
 Honey BBQ Pork Riblets  
 Rainbow Salad Bowl  
Green Beans  
Garden Side Salad  
Orange Wedges  
 Berry-Lemon Fruit Treat  
Milk

## 10

Beef Toronado  
Pulled Pork Tacos  
 Vegetable Alfredo  
Mixed Salad Greens  
Green Peas  
 Pineapple Chunks & Grapes  
Fruit Cup  
Milk

## 17

Honey BBQ Riblets  
Meat Lasagna  
 Lettuce Rice Wraps  
Garden Salad  
Green Beans  
 Bell Pepper & Veggie Dippers  
 WG Dinner Roll  
Fresh Banana  
Milk

## 24

Beef Toronado  
Pulled Pork Tacos  
 Italian Pasta Salad  
Mixed Salad Greens  
Peas & Carrots  
Orange Wedges  
Milk

## 31

Chicken Fingers  
 Honey BBQ Pork Riblets  
 Rainbow Salad Bowl  
Green Beans  
Sweet Pepper Veggie Dipper  
Orange Wedges  
 Berry-Lemon Fruit Treat  
Milk

## FRIDAY

**4**  
 NO LUNCH (ES&HS)  
 early dismissal

## 11

Fish Sticks  
Macaroni & Cheese/ (side)  
 Spice Italian Sub  
Sesasoned Broccoli Spears  
 Sweet Pepper Veggie Dippers  
 Dinner Roll  
 Peach slices  
Farm Fresh Friday Fruit  
Milk

## 18

Citrus Orange Fish Fillet  
Spaghetti & Meatballs  
 Spicy Black Bean Salad  
Tomato & Cucumber Salad  
Garlic Toast  
Pineapple Chunks  
 Farm Fresh Fruit  
Oatmeal Raisin Cookie  
Milk

## 25

Citrus Orange Fish Fillet  
Beef Steak Sub  
 Spicy Black Bean Salad  
Mash Potatoes  
Cherry Tomato & Broccoli  
 Dinner Roll  
Pineapple Chunks & Grapes  
 Farm Fresh Fruit  
Milk

**APRIL 1**  
Citrus Orange Fish Fillet  
 Chicken Tenders  
 Spicy Black Bean Salad  
Seasoned Steamed Rice  
Cherry Tomato & Broccoli  
 Dinner Roll  
Pineapple chunks & Grages  
 Farm Fresh Fruit  
Milk

## SCHOOL NEWS!



Come have Green Eggs & Ham on Dr Seuss's Birthday!!! (all natural food colors)

## MARCH FUN!

**Breakfast Week-** Come have breakfast for lunch!

**National Reading Month!** Celebrate Dr. Seuss's Birthday & dress up as your favorit book character!

**National Nutrition Month!** Promote good nutrition and exercise all month

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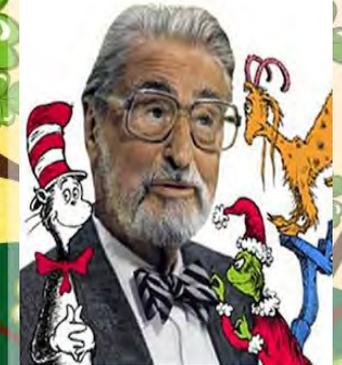
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Keep track of your child's School lunch account by using the online payment and account monitoring service available at [mypaymentsplus.com](http://mypaymentsplus.com). It is free to create an account! Funding transactions incur a small processing fee.