



Newsletter

November 2019

Palmyra-Eagle Area School District

Volume 1

Colder days are here!



Dear Palmyra Elementary Families,

Students are expected to go outside for recess once a day and sometimes twice a day. Please make sure your children are properly dressed for the climates. When temperatures are in the 50's, students are expected to wear long pants or active wear a hooded sweatshirt or light jacket . No shorts. When the temps drop to the 30's , hats, mittens, winter jackets are to be worn . And when there is snow on the ground, boots and snow pants if your child wants to play in the snow. If your child is not properly clothed for the weather they will miss recess.



4K students are loving the Dramatic Play area in Mrs. B.'s classroom. For the month of October it is a dress up/Halloween area. The students get to go (pretend) Trick-or-Treating! The little ones are loving the many different costumes to try on. Dramatic play is very beneficial with developing their social skills. Students learn how to ask kindly for a treat and patiently wait for it. We love October in 4K!



Monster Mash

Students and Families had a great time at this years Monster Mash. There was games, dancing, food and a haunted room! A great way to celebrate Halloween early! Thank you Home & School for sponsoring such a fun evening!





Mrs. Muth is happy to offer Makerspace Club again this year at Palmyra Elementary School. Makerspace is an opportunity for students to experiment with Science and Technology in order to create models of different types of building and materials. Students will also use math and art concepts.

Maker Space class is offered at Powers Memorial Library on Tuesdays from 3:30-5pm. Students will meet in Mrs. Muth's classroom, Room 123 after school on scheduled dates and walk to the Library as a group. The school van will be used for transportation, in case of inclement weather. Students need to be picked up by parents or guardians at 5:00pm at the Library.

Each grade level (2-6) will participate in a 4 week session during the school year with a limit of 10 students per session. Parents will need to sign and return the permission slip to ensure a spot for their child in their grade level class session.

6th Grade: September 24- October 15th

5th Grade: November 5th-November 26th

4th Grade: January 7-January 28th

3rd Grade: February 4-February 25th

2nd Grade: April 7-April 28th

Notes will be sent home to confirm membership before each class session begins.

Looking forward to learning with a great group of kids!





Holiday Concerts:

Kindergarten through Third Grade: Monday December 2nd at 6:30 pm, Palmyra Elementary gym

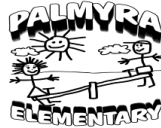
Fourth-Sixth Grade Concert with Band: Monday December 9th at 6:30 pm, Palmyra Elementary gym



Spring Concerts:

Kindergarten-Fourth Grade: Monday April 6th (K-2 at 6 pm and 3-4 at 7pm), Palmyra Elementary gym

Fifth-Sixth Grade Combined Concert with Band: Tuesday April 28th at 6:30 pm, PEMS north gym



Palmyra Elementary School
Veterans Day Program

Please join us as we honor our Veterans

Monday, November 11, 2019

At 9:30 AM

In the School Gymnasium



Home & School will once again sponsor a Holiday gift shop, December 2nd - December 9th. The shop will be open during school hours and during both of the Holiday concerts on Dec 2nd and Dec 9th. Students will be able to shop in small groups for their family and friends. Information packets will be going home with students prior to the event in December!



THE HOLIDAY GIFT SHOP
...is coming to our school

DATE: Dec 2- Dec 9
TIME: During school hours and concerts
PLACE: Conference room

Get that Special Gift for Everyone on your List

FUN SERVICES

THE HOLIDAY GIFT SHOP

Powered by
Quality Education
Great People
In Every Room
Creating Gift
Giving Traditions

The poster features a festive green background with pine needles, red and gold ornaments, and candy canes. A central photo shows a family (a man, a woman, and a young girl) smiling and looking at a gift. Below the photo is a circular illustration of a bear wearing a blue winter hat and holding a gift. A QR code is located in the bottom right corner of the poster.

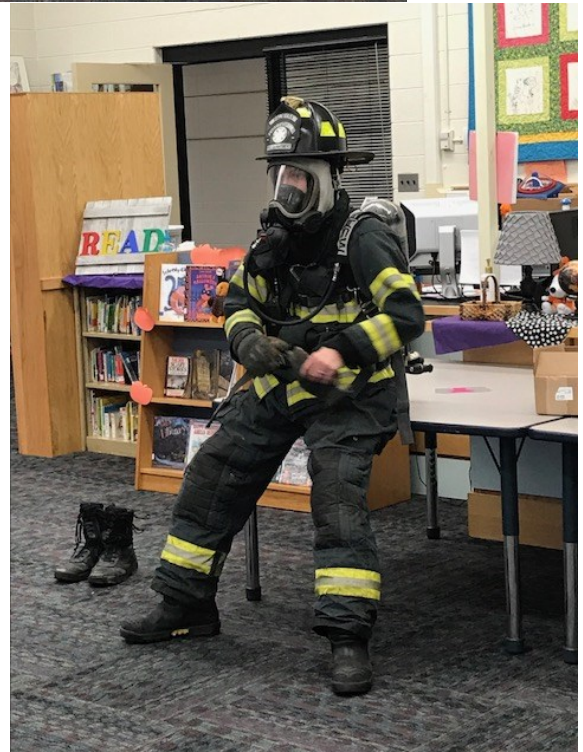
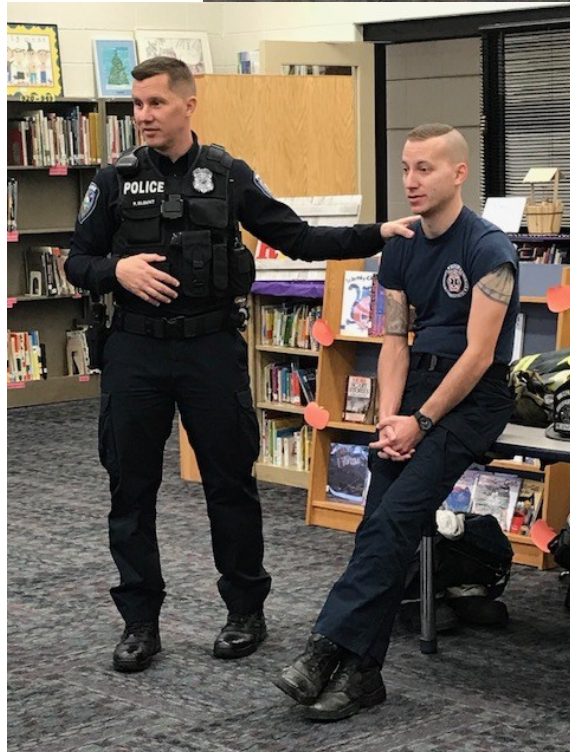
Homecoming Week Spirit Days

Always a fun time to celebrate Homecoming with our older peers!



Members of Palmyra Public Safety came to school in October to teach our students about fire safety. All classes 4K–6th got to hear the presentations and see the fire trucks! Thank you Palmyra Public Safety Department for keeping our community safe.

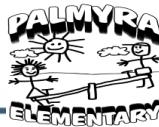
4K
and
5K
students



Retired Custodian takes an Honor Flight

Mr. Randy Martinson, retired Palmyra Elementary school custodian, recently took a Stars and Stripes Honor Flight to Washington, DC. Mr. Martinson served in the US Air Force. He was overwhelmed to have so many family and friends wish him a Welcome Home and Thank him for his service! Mr. Martinson along with a Representative from Stars and Stripes Honor Flight will be our keynote speakers at our Veterans Day Assembly on November 11th at 9:30 AM.





Backpack News

Kids

November 2019

Hand, Foot, Mouth Disease

Hand, Foot, and Mouth disease (HFM) is a viral infection that causes painful red blisters in the mouth, throat and on the hands, feet and diaper area. It is very contagious, and spreads to others through contact with unwashed hands, poop, saliva/spit, mucus from the nose or fluid from the blisters. Infections are common in childcare centers, preschools, schools, and other places where kids are in close quarters.

Signs and Symptoms

The blisters caused by HFM are red with a small bubble of fluid on top. The bottoms of the feet and palms of the hand may have a rash that looks like little red spots and/or red blisters.

Other signs may include:

- **Fever, muscle-aches or other flu-like symptoms**
 - Irritability or sleep more than usual
 - Drooling (due to painful swallowing)
 - Only wanting cold fluids

How is HFM treated?

Acetaminophen or ibuprofen may be recommended by your child's healthcare provider, and cold foods (smoothies, popsicles, etc.) may help soothe the mouth and throat area. If a child has blisters on their hands and feet, they should keep the area clean and uncovered.

Kids should drink plenty of fluids to stay hydrated, and your child's Health Provider should be contacted if your child seems to be getting worse, or if they are very irritable, sluggish or if you think they are dehydrated.

Preventing HFM

Handwashing is the best protection, and hands should be washed well and often. Shared toys and surfaces should be cleaned with a disinfectant to kill any germs.

To prevent the spread of HFM disease, keep kids home from school and daycare while they have a fever or open blisters.

Conjunctivitis/"Pinkeye"

Conjunctivitis, or pinkeye, is an eye infection that is very contagious and spreads easily, and is caused by bacteria and viruses that are responsible for colds and other infections.

Signs of pinkeye

- Red/pink color in the whites of the eye
 - Eye discomfort/itching
 - Discharge from the eye
 - Pain/swelling

Pinkeye treatment

A visit to your provider or E-Care/telemedicine visit can diagnose the problem, and you may be treated with antibiotic eye drops or ointment.

Preventing pinkeye

Handwashing can help to prevent the spread of pinkeye, and teens should not share eye drops, tissues, eye makeup, towels, or pillowcases.

Healthcare Provider Tip of the Month

From Katie Paul, School Nurse for the Cambridge School District:

"Did you know 1,000,000,000,000 germs can live on a gram of poop? (That's the weight of one paperclip!) Be sure to wash your hands with soap and water! When hand washing is done correctly, it is the most effective way to prevent communicable diseases."

Wellness

In the spirit of Thanksgiving, take a moment with your family to reflect on the people and experiences you have in your life that you are grateful and thankful for!

Corner

Frosty Rock Challenge

Join Fort HealthCare with the 7th annual Frosty Rock Challenge on Saturday November 10th. There is a kid's fun run, and for the adults, a 5k run/walk and a 12k run. More details can be found at www.forthhealthcare.com/frostyrocks. See Kid's fun run details below:

Kids Run: 8:30am
\$5

Starts/Finishes at the Fort Atkinson High School

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Noticias de Mochila

Noviembre 2019

niños

Enfermedad de Manos, Pies y Boca

La enfermedad de manos, pies y boca (HFM, por sus siglas en inglés) es una infección viral que causa ampollas rojas dolorosas en la boca, la garganta y las manos, los pies y el área del pañal. Es muy contagioso y se propaga a los demás a través del contacto con las manos sin lavar, caca, saliva, mucosidad de la nariz o líquido de las ampollas. Las infecciones son comunes en los centros de cuidado infantil, preescolares, escuelas y otros lugares donde los niños están en lugares cerrados.

Signos y Síntomas

Las ampollas causadas por HFM son rojas con una pequeña burbuja de líquido en la parte superior. Las plantas de los pies y las palmas de las manos pueden tener una erupción que se ve como pequeñas manchas rojas y/o ampollas rojas.

Otros signos pueden incluir:

- Fiebre, dolores musculares u otros síntomas similares a la gripe.
 - Irritabilidad o dormir más de lo habitual
 - Babeo (debido a dolor al tragar)
 - Sólo querer líquidos fríos

¿Cómo se Trata la HFM?

El proveedor de atención médica de su hijo puede recomendar acetaminofeno o ibuprofeno, y los alimentos fríos (batidos, paletas heladas, etc.) pueden ayudar a calmar el área de la boca y la garganta. Si un niño tiene ampollas en las manos y los pies, debe mantener el área limpia y descubierta.

Los niños deben beber muchos líquidos para mantenerse hidratados, y se debe contactar al proveedor de salud de su hijo si su hijo parece empeorar, o si está muy irritable, lento o si cree que está deshidratado.

La Prevención de HFM

El lavado de manos es la mejor protección, y las manos deben lavarse bien y con frecuencia. Los juguetes y las superficies compartidas deben limpiarse con un desinfectante para eliminar los gérmenes.

Para prevenir la propagación de la enfermedad de HFM, mantenga a los niños en casa fuera de la escuela y la guardería mientras tengan fiebre o ampollas abiertas.

Conjuntivitis / "Pinkeye"

La conjuntivitis, o pinkeye, es una infección ocular que es muy contagiosa y se propaga fácilmente, y es causada por bacterias y virus responsables de los resfriados y otras infecciones.

Los signos de conjuntivitis

- Color rojo / rosa en la parte blanca de los ojos
 - Molestia / picazón en los ojos
 - Secreción del ojo
 - Dolor / hinchazón

El tratamiento de conjuntivitis

Una visita a su proveedor o una visita de E-Care / telemedicina puede diagnosticar el problema y puede recibir tratamiento con antibiótico en gotas o en ungüento.

La prevención de la conjuntivitis

El lavado de manos puede ayudar a prevenir la propagación de la conjuntivitis, y los adolescentes no deben compartir gotas para los ojos, pañuelos, maquillaje, toallas o fundas de almohada.

Consejo del Mes del Proveedor de Atención Médica

De Katie Paul, Enfermera del Distrito Escolar de Cambridge:

"¿Sabías que 1,000,000,000,000 de gérmenes pueden vivir en un gramo de caca? (¡Ese es el peso de un clip sujetapapeles!) ¡Asegúrese de lavar las manos con agua y jabón! Cuando el lavado de manos se realiza correctamente, es la forma más efectiva de prevenir enfermedades transmisibles."

Rincón del

En el espíritu de Acción de Gracias, ¡tómate un momento con tu familia para reflexionar sobre las personas y las experiencias que tienes en tu vida por las que estás agradecido!

Bienestar

Desafío Frosty Rock Challenge

Únase a Fort HealthCare con el séptimo desafío anual Frosty Rock Challenge el sábado 10 de noviembre. Hay una carrera divertida para niños, y para los adultos, una carrera / caminata de 5k y una carrera de 12k. Se pueden encontrar más detalles en

www.forthhealthcare.com/frostyrocks. Vea los detalles de la carrera divertida de Niños a continuación:

Carrera para Niños: 8:30am

\$5

Comienza / Termina en la Preparatoria Fort Atkinson High School

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Backpack News

November 2019

TEENS

Vaping/Juuling

One of the newest hypes with teens and adults is using E-cigarettes, or 'vaping'. These are battery-powered devices that use cartridges filled with a liquid that contains nicotine, flavorings and other chemicals. The device converts the liquid into a vapor, which is inhaled. The latest e-cigarette device, the Juul, looks like a flash drive and can be charged in a computer's USB port. It makes less smoke than other devices, and delivers nicotine levels that are similar to a cigarette.

Because these devices do not burn tobacco, you don't inhale the same amounts of tar, carbon monoxide, and other chemicals that you would with a regular cigarette, which leads people to believe they are 'healthier', however, they still carry health risks.

These devices still contain nicotine, which is absorbed into your body through your lungs. This drug is highly addictive, and affects your brain, nervous system and heart. Over time, nicotine use can lead to serious medical conditions such as heart disease, blood clots, and stomach ulcers.

Kicking the Habit

If you are a smoker, going from cigarettes to e-cigarettes probably are not your best option because they still contain nicotine and they mimic the habit much more than other quitting options, like gum or patches. There are many helpful options available to you when you choose to quit (check out <https://smokefree.gov> or <http://www.lung.org> or talk to your Primary Care Provider), but you can also use these steps:

- **Make a specific plan**

Set a quit date, make a goal to decrease cigarette use daily

- **Stay busy**

Find activities that you enjoy, and be conscientious around times that you normally would smoke

- **Delay giving in to a craving**

It can be easier to say "wait" than to tell yourself no

- **Keep focused on why you want to quit**

Write down all of the reasons why it matters to you, and read the list often

- **Get support**

Turn to a family member or counselor for support and extra guidance

Conjunctivitis/"Pinkeye"

Conjunctivitis, or pinkeye, is an eye infection that is very contagious and spreads easily, and is caused by bacteria and viruses that are responsible for colds and other infections.

Signs of pinkeye

- Red/pink color in the whites of the eye
 - Eye discomfort/itching
 - Discharge from the eye
 - Pain/swelling

Pinkeye treatment

A visit to your provider or E-Care/telemedicine visit can diagnose the problem, and you may be treated with antibiotic eye drops or ointment.

Preventing pinkeye

Handwashing can help to prevent the spread of pinkeye, and teens should not share eye drops, tissues, eye makeup, towels, or pillowcases.

Healthcare Provider Tip of the Month

From Katie Paul, School Nurse at Cambridge School District:

"The use of any tobacco product – including e-cigarettes – is unsafe for young people. Using e-cigarettes or Juuling comes with many health risks. Did you know E-cigarettes contain harmful chemicals like formaldehyde, and acrolein? Formaldehyde is known to cause cancer, and acrolein is used as a weed killer and can cause irreversible lung damage."

Wellness

Because Thanksgiving occurs in November, make it a goal to come up with 3 things you are thankful for daily—you might be surprised by the end of the month that it gets easier as you train your brain to find the positives in your life!

Corner

5 Ways to Respectfully Disagree

1. Don't make it personal
2. Avoid putting down the other person's ideas or beliefs
3. Use "I" statements to communicate how you feel/think/want
4. Listen to the other point of view
5. Stay Calm

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Noticias de Mochila

Noviembre 2019

Adolescentes

Vaping/Juuling (Fumar Cigarrillos Electrónicos/Vapear)

Una de las modas más recientes entre adolescentes y adultos es usar cigarrillos electrónicos o "vapear". Estos son dispositivos que funcionan con baterías que usan cartuchos llenos de un líquido que contiene nicotina, saborizantes y otros productos químicos. El dispositivo convierte el líquido en vapor, que se inhala. El último dispositivo de cigarrillo electrónico, el Juul, parece una unidad flash y se puede cargar en el puerto USB de una computadora. Produce menos humo que otros dispositivos y proporciona niveles de nicotina similares a los de un cigarrillo.

Debido a que estos dispositivos no queman tabaco, no se inhalan las mismas cantidades de alquitrán, monóxido de carbono y otras sustancias químicas que se consumirían con un cigarrillo normal, lo que hace que las personas crean que son "más saludables", sin embargo, todavía son de riesgo a la salud.

Estos dispositivos aún contienen nicotina, que se absorbe en el cuerpo a través de los pulmones. Esta droga es altamente adictiva y afecta su cerebro, sistema nervioso y corazón. Con el tiempo, el uso de nicotina puede conducir a afecciones médicas graves, como enfermedades cardíacas, coágulos sanguíneos y úlceras estomacales.

Conquistar el Hábito

Si usted es fumador, pasar de los cigarrillos a los cigarrillos electrónicos probablemente no sea su mejor opción porque todavía contienen nicotina e imitan el hábito mucho más que otras opciones para dejar de fumar, como chicles o parches. Hay muchas opciones útiles disponibles para usted cuando decide dejar de fumar (consulte <https://smokefree.gov> o <http://www.lung.org> o hable con su proveedor de atención primaria), pero también puede seguir estos pasos:

- **Haga un plan específico**

Establezca una fecha para dejar de fumar, establezca una meta para disminuir el consumo diario de cigarrillos.

- **Manténgase ocupado**

Encuentre actividades que disfrute y sea consciente de los momentos en los que normalmente fumaría

- **Postergue ceder a un antojo**

Puede ser más fácil decirse a sí mismo "espera" que decirse no

- **Manténgase enfocado en por qué quieres dejar de fumar**

Anote todas las razones por las cuales es importante para usted y lea la lista a menudo

- **Consiga apoyo**

Acuda a un familiar o consejero para obtener apoyo y orientación adicional

Conjuntivitis / "Pinkeye"

La conjuntivitis, o pinkeye, es una infección ocular que es muy contagiosa y se propaga fácilmente, y es causada por bacterias y virus responsables de los resfriados y otras infecciones.

Los signos de conjuntivitis

- Color rojo / rosa en la parte blanca de los ojos
 - Molestia / picazón en los ojos
 - Secreción del ojo
 - Dolor / hinchazón

El tratamiento de conjuntivitis

Una visita a su proveedor o una visita de E-Care / telemedicina puede diagnosticar el problema y puede recibir tratamiento con antibiótico en gotas o en ungüento.

La prevención de la conjuntivitis

El lavado de manos puede ayudar a prevenir la propagación de la conjuntivitis, y los adolescentes no deben compartir gotas para los ojos, pañuelos, maquillaje, toallas o fundas de almohada.

Consejo del Mes del Proveedor de Atención Médica

**De Katie Paul, Enfermera del
Distrito Escolar de Cambridge:**

"El uso de cualquier producto de tabaco, incluidos los cigarrillos electrónicos, no es seguro para los jóvenes. Usar cigarrillos electrónicos o Juuling conlleva muchos riesgos para la salud. ¿Sabía que los cigarrillos electrónicos contienen productos químicos nocivos como el formaldehído y la acroleína? Se sabe que el formaldehído causa cáncer, y la acroleína se usa como herbicida y puede causar daño pulmonar irreversible."

Rincón del

Debido a que el Día de Acción de Gracias se celebra en noviembre, proponga 3 cosas por las que esté agradecido todos los días: puede que a finales de mes se sorprenda de que a medida que entrena su cerebro, se le hace más fácil encontrar los aspectos positivos de su vida.

Bienestar

5 Maneras de Estar en Desacuerdo Respetuosamente

1. No lo haga personal
2. Evite menospreciar las ideas o creencias de la otra persona.
3. Use declaraciones de "yo" para comunicar cómo se siente/piensa/quiere
4. Escucha el otro punto de vista
5. Mantén la calma

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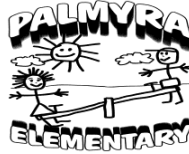


November Lunch Menu



Palmyra Eagle Area Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Elementary Lunches for November: 17 days x \$2.75=46.75</p> <p>MS & HS Lunches for November: 17 days x \$3.00=\$51.00</p>		<p>To the best of our knowledge, items containing peanuts are marked with an *.</p> <p>This institution is an equal opportunity provider</p>		<p>1</p> <p>WG Mini Waffles with Omelet OR Breakfast Pizza Potato Smiles </p> <p>Steamed Carrot Coins, Broccoli Applesauce with Cinnamon</p>
<p>4</p> <p>Hamburger or Cheeseburger OR BBQ Rib on a Whole Grain Bun Oven Baked French Fries Steamed Green Beans, Fresh Baby Carrots, Pineapple Tidbits </p>	<p>5</p> <p>Mini Corn Dogs OR Quesadilla Pizza Baked Potato Wedges Steamed Peas, Cucumber Slices Mixed Fruit</p>	<p>6</p> <p>Tony's Pepperoni Pizza OR Sweet and Sour Chicken over Brown Rice, Salad with Choice of Dressings, Cherry Tomatoes, Fresh Cauliflower, Strawberries & Bananas</p>	<p>7</p> <p>Soft Shell Tacos w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Beef and Bean Burrito Refried Beans, Corn Niblets Diced Pears </p>	<p>8</p> <p>Chicken Nuggets w/ Breadstick OR Sloppy Joe on a WG Bun Mashed Potatoes with Gravy Acorn Squash, Fresh Broccoli Chilled Peaches</p>
<p>11</p> <p>Cheese Stuffed Pizza Dippers OR Hot Dog or Chili Dog on WG Bun Salad with Choice of Dressings Cherry Tomatoes, Ital. Blend Veg. Diced Apricots</p>	<p>12</p> <p>Breaded Chicken Patty on Bun OR Fish Sticks with WG Breadstick Spicy Curly Fries Vegetarian Baked Beans, Baby Carrots, Blueberries</p>	<p>13</p> <p>Salisbury Steak w/ WG Roll OR Breaded Pork Chopette w/ Roll Mashed Potatoes with Gravy WI Blend Veggies(& Squash-HS Fresh Cauliflower, Mandarin Oranges</p>	<p>14</p> <p>WG French Toast Sticks w/Omelet OR Breakfast Pizza Crispy Tater Tots Steamed Carrot Coins, Broccoli Fruit Cocktail </p>	<p>15</p> <p>Gilardi's Cheese Pizza OR Spaghetti & Meatballs w/ WG Roll Salad with Choice of Dressings *Celery w/ PB, Mixed Veggies Chilled Pears</p>
<p>18</p> <p>Grilled Chicken Patty on WG Bun OR Hamburger or Cheeseburger Potato Rounds Steamed Broccoli, Tomato Slices Cinnamon Apple Slices</p>	<p>19</p> <p>Beef Ravioli with WG Roll OR Cheese Stuffed Pizza Dippers Spinach Salad w/ Dressings Celery Stix & Baby Carrots Pineapple Tidbits </p>	<p>20</p> <p>Chicken Fajitas w/ Lettuce, Salsa, Tomatoes, Cheese, Sour Cream OR Whole Grain Chili Cheese Wrap Spanish Rice, Refried Beans Corn Niblets, Strawberries</p>	<p>21</p> <p>State Fair Corn Dog OR *PB&J Uncrustables Cream of Potato Soup Fresh Baby Carrots, Green Beans Pasta Salad & Applesauce Cups</p>	<p>22</p> <p>All Lunches served with a choice of milk: Skim White, Skim Chocolate or 1% White Menu subject to change without notice.</p> <p>NO SCHOOL </p>
<p>25</p> <p>Pizza Burger on Whole Grain Bun OR Chicken Rings with WG Roll Crispy Tater Tots Baked Beans, Cherry Tomatoes Tropical Fruit Cup</p>	<p>26</p> <p>Creamy Chicken Alfredo over Whole Grain Pasta w/ Breadstick OR Mini Corn Dogs Steamed Broccoli, Three Bean Salad, Caulif. & Chilled Peaches</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>HAPPY THANKSGIVING! </p>	<p>29</p> <p>No School</p>



November Fun Facts



Palmyra Eagle Area Schools

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>Potatoes first appeared in Europe in 1586 and made their way to North America in 1719.</p> <p>The potatoes on today's menu are Potato Smiles.</p>
<p>4</p> <p>Baby carrots are one of the vegetable choices for today's lunch.</p> <p>Did you know that carrots are 88% water?</p>	<p>5</p> <p>Fresh cucumber slices are on the menu today. Cucumbers are a great source of B vitamins, Folic Acid and Vitamin C.</p>	<p>6</p> <p>Today we have strawberries on the menu.</p> <p>Did you know that an average strawberry has around 200 seeds?</p>	<p>7</p> <p>Corn is one of the vegetable choice for lunch today.</p> <p>Did you know that an average ear of corn has 800 kernels in 16 rows?</p>	<p>8</p> <p>There are 25 billion chickens in the world and only 7 billion people. We certainly are outnumbered by our feathered friends!</p>
<p>11</p> <p>What is King Kong's favorite fruit? Ape-ricots</p> <p>Have some with your lunch today. Maybe they'll be your favorite too!</p>	<p>12</p> <p>Q: Do fish go on vacation? A: No because they're always in school!</p> <p>We have fish on the menu today</p>	<p>13</p> <p>Cauliflower is well named because it really is a flower! The part that we eat is a cluster of flower heads.</p> <p>Have some flowers for lunch today.</p>	<p>14</p> <p>Steamed orange carrots are on the menu today. Did you know that carrots can also be purple, red, white and yellow?</p>	<p>15</p> <p>In Italian, spaghetti means "string". You can have string (! mean spaghetti) for lunch today.</p>
<p>18</p> <p>Today you can have apple slices with your lunch.</p> <p>Did you know that there are 7,000 different types of apples in the world?</p>	<p>19</p> <p>There are more than 2000 varieties of cheese available worldwide. Mozzarella is the cheese in our pizza dippers today. It's a favorite around the globe</p>	<p>20</p> <p>Pretty much all tomato varieties are red, although other colors are possible including green, black, brown, yellow, orange, pink, white and purple. We had red tomatoes on the menu today</p> <p>To go on your fajitas.</p>	<p>21</p> <p>November is National Peanut Butter Lovers Month. If you're a peanut butter lover, you can celebrate with a PB&J Uncrustable for lunch today.</p>	<p>22</p> <p>NO SCHOOL</p>
<p>25</p> <p>You can have baked beans as part of your lunch today. Did you know that baked beans contain Antioxidants? Antioxidants protect us from all sorts of diseases.</p>	<p>26</p> <p>The chicken alfredo for today's lunch is served with rotini shaped pasta. Did you know that there are more than 600 shapes of pasta worldwide?</p>	<p>27</p> <p>No School</p>	<p>28</p> <p>HAPPY THANKSGIVING!</p> <p>No School</p>	<p>29</p> <p>No School</p>

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Up Coming Events

November 5th- Home and School Meeting 3:10

*November 6th- **BLUE SHIRT DAY***

*November 8th-10th- Drama Club production of
Beauty and the Beast, PEMS stage*

November 11th- Veterans Day Assembly 9:30, gym

November 22nd- NO SCHOOL- Teacher Inservice

*November 27th-29th- NO SCHOOL,
Thanksgiving Break*