



# Cub Update

Character Trait of the Week=  
**KINDNESS/CARING**

Social Skill of the Week =

**I CAN BE KIND**



## OCTOBER IS:



### Farm to School Month -

Our school is in the planning stages of starting a school garden to help students and families learn how to grow the food we eat!



### National Hispanic Heritage Month -

This celebration, which began on September 15th and ends on October 15th, is designed to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. To all our students and families of Hispanic heritage, we appreciate you and celebrate you!

## Weekly Calendar October 4-8

**Monday:** Normal Day

**Tuesday:** Normal Day

**Wednesday:** Normal Day

**Thursday:** Dental Screenings (all students)

**Friday:** Early Release @ 12:25



**October 11-15 = Scholastic Book Fair @ PES**

**October 22 = PHS Homecoming Parade**

**October 29 = Halloween Parade**

## Halloween Costumes

As you begin planning for costumes to wear during our Halloween parade, please be advised of the following school rules:  
**No Blood, No Weapons, No Masks**



## PE NEWS

Hello Clemens Families,

This week we jumped, landed and leaped, ran, skipped, and practiced self-tossing and catching with Beanie the bean bag. Students practiced turning and jumping short jump ropes as well. In class students practice fundamental movements, identify safe and unsafe behaviors, and interact with a number of different classmates through play. I look forward to another Fun-tastic week of Physical Education next week!

Hey Kids- Whole grain breads, pastas, cereals, is generally a better choice over processed (white) grains because whole grain has a lot more nutrients like fiber and also takes longer for your body to digest which gives you longer lasting energy. Whereas white grains have a lot of the nutrients taken out and your body uses it up quickly.

Until next time-Mr. Burnett