

## L.K. MOSS ELEMENTARY SCHOOL

OUR MISSION IS FOR EVERY CHILD TO SUCCEED IN SCHOOL AND LATER IN LIFE.

Dr. Leigh Medders, Principal \* Mr. Jason Reese, Asst. Principal \* Mrs. Lindi Wright, Asst. Principal

229-649-5567 August 9, 2019

[www.marion.k12.ga.us](http://www.marion.k12.ga.us)

**Item I:** Si Ud. Quiere la traducción en español de alguna información recibida de la Escuela L. K. Moss, por favor comuníquese con Leigh Medders al teléfono 229-649-5567. If you would like to request a Spanish translation of any information received from L. K. Moss Elementary, please contact Leigh Medders at 229-649-5567.

**Item II:** Due to safety purposes, all transportation changes have to be a written note. If you forget to send a note by the student, you can email or fax us at [brown.sherry@marion.k12.ga.us](mailto:brown.sherry@marion.k12.ga.us) or [morgan.kelly@marion.k12.ga.us](mailto:morgan.kelly@marion.k12.ga.us). The fax number is (229) 649-5565.

**Item III:** The Character Education Word for the week is "RESPECT FOR SELF."

**Item IV:** Nutrition Tip: Fruits and veggies add color, flavor, and texture plus vitamins, minerals, and fiber to your plate.

**Item V:** Counselor's Spotlight: Simple tips get your family back into the school 'groove'

**WELCOME BACK!!!** I hope that all of my "little friends" have had a great first week of school. As we all know, the start of a fresh school year brings new routines, schedules and priorities. Because I want you to have an awesome 2019-2020 school year, here are some Practical ideas to help you and your family get back into the school 'groove': **1.) Make a plan for after-school activities.** Schedule adequate time for homework, play, sports, clubs and family time. **2.) Scale back screen time.** Set a weekly maximum for time spent watching television, playing electronic games and surfing the Internet. Maintain a firm rule that homework and chores come first. **3.) Establish a family reading time.** **4.) Reestablish bedtimes** for school nights. **5.) Keep a family calendar.** Mark each family member's activities in a different color. **6.) Start a change jar** so you'll have spare money on hand. **7.) Collect important phone numbers,** such as numbers for the school office, after-school program and a neighbor. Update work, doctor and other emergency contact numbers. **8.) Have a backup plan.** Find another parent who will exchange school pickup favors--in case you get sick or delayed by work or traffic. **9.) Spruce up a study space for your child.** Provide paper, pencils, a dictionary and other needed supplies. **10.) Set up a file for school papers.** Place all school notices in it so you don't misplace them. **11.) Get ready the night before school.** Have your child set out his/her clothes, pack book bag and put it by the door. **\*\*Again, I say WELCOME BACK and Have an Awesome 2019-2020 School Year!!!** (Revised and reprinted with permission from *Parents make the difference!*® Elementary School Edition newsletter.

**Item VI:** See back of newsletter for information on: •BOX TOPS for EDUCATION •BUENA VISTA RECREATION DEPARTMENT  
•MARION COUNTY EAGLE FOOTBALL PUNT, PASS, and KICK •Marion County Football Booster Club - Forms are available @ school.

**Item VII:** Scrimmage Football tonight: 08/16 - MCHS @Taylor Co. @ 7:30 pm. **BE THERE, WEAR RED!!!!!!!!!!!!!!**

*Due to circumstances beyond our control, menus are subject to change. This institution is an equal opportunity provider.*

### BREAKFAST MENU

<u>Monday, August 12</u>	<u>Tuesday, Aug. 13</u>	<u>Wednesday, Aug. 14</u>	<u>Thursday, Aug. 15</u>	<u>Friday, Aug. 16</u>
Mini Pancakes	Muffin w/Yogurt	Mini Cinnis	Blueberry Waffles	Assorted Cereal
Fruit and Milk	Fruit and Milk	Fruit and Milk	Fruit and Milk	Fruit and Milk

### LUNCH MENU

<u>Monday, August 12</u>	<u>Tuesday, Aug. 13</u>	<u>Wednesday, Aug. 14</u>	<u>Thursday, Aug. 15</u>	<u>Friday, Aug. 16</u>
Chicken Nuggets	Beef Nachos	Chicken Tenders	Mini Corn Dogs	BBQ Sandwich
Honey Glazed Carrots	Salsa	Macaroni & Cheese	Oven Baked Fries	Corn on a Cob
Mashed Potatoes	Seasoned Corn	Seasoned Green Beans	Steamed Broccoli	Garden Salad
Breadstick	Black Beans	Roll	Fruit and Milk	w/dressing
Fruit and Milk	Fruit and Milk	Fruit and Milk		Fruit and Milk