Dear Parents,

Breakfast of Champions was so much fun! Thanks to everyone that attended. A BIG THANKS to our football players and coaches for spending time with us.

It is hard to believe another month has flown by. As fall sets in, please send a jacket with your child each day. The weather changes from morning to afternoon and we want to take advantage of outdoor recess as much as possible.

Thursday, October 16 the Leet Center will sponsor Conscious Discipline Night—Adult Assertiveness and Encouragement from 6-8 p.m. One strategy that is very effective is STAR—Smile, Take a deep breath, And Relax. No matter how angry or upset you may be, smile, take a deep breath and relax will help calm us so we can handle any situation appropriately. We are helping our students learn this strategy so they are in control of their actions.

Homecoming week is October 13-17 with no school on the 17th. Theme: A Trip Down Bearcat Lane. We do not have school on Friday, October 17-NWMSU walk-out day. We voted on dress up days and here they are: Monday, October 13—Pajama Day Tuesday, October 14—Career Day, What do you want to be when you grow up? Wednesday, October 15—Crazy Hair Day Thursday, October 16—Spirit Day—Today it is all about BEARCATS!

Bearcat Choir will sing at the International Flag Raising Ceremony at Flag Plaza at 2 pm and you are all invited to attend.

BOX TOP CHALLENGE IS HERE! We have a goal of 3,000 box tops. Each box top is worth ten cents. We will chart our progress each week. Talk to family and friends and bring in the box tops. We will have another challenge in the spring.

Sandy Seipel
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CHECK THIS OUT PUT IT ON YOUR CALENDAR

CALENDAR OF EVENTS
October 9 Third–Sixth grades to the St. Joseph Student Symphony
October 5–19 BOXTOP CHALLENGE—bring in BOXTOPS—classrooms are competing to see who can bring in the most BOXTOPS
October 13–16 Homecoming Dress up Days
October 15–Fourth Grade participates in Missouri Day
October 14 Kindergarten to ARBOR DAY FARMS in Nebraska City
October 17 No School
October 17 Bearcat Choir performs at Flag Raising Ceremony; 2 pm Flag Plaza
October 20–25 Parent Teacher Conferences
October 27–Nov 1 Red Ribbon Week—more information to come
We are in the process of scheduling an October PAC meeting.

Every Friday we make popcorn for students at Leet Center and Horace Mann. The students bring a quarter for a bag of popcorn.

Thank you for completing the interest survey. Thanks to Second Grade GA Ciara Armstrong for compiling the results. We will discuss the results at our October meeting.

- 81.3% responded that EMAIL is where they get most information.
- 56.3% use the NEWSLETTER for school information
- Top Choices for workshops include: Reading skills, How to Promote School Success, Fitness and Food, Homework Help, and Arts & Sciences
- Providing supper at events: 50% yes and 50% no
- 78.6% responded with interest in Parent Breakfast events (Mrs. Seipel will have a Parent breakfast on Friday, November 7 from 7:00-8:00 a.m. in the Café)

We will contact you for volunteering opportunities. If you did not respond to the survey, but are interested in helping with various events and opportunities, please call Amy.

Katrina Even, Aramark Dietician, creates our menus. The menu choices come from a national database of recipes that have been tested in schools around the country and have a high acceptability rate. If you have suggestions for meal options, please let us know. Katrina is happy to work with us to make changes if needed.