

## GENERAL ANNOUNCEMENTS

Make sure to check out the attached flyers below for more information on:

- Attendance Works
- Red Ribbon Week
- Picture Day Makeup
- Breaking the Silence



### Red Ribbon Week Events

Our kids are invited to participate in a week of spirit days to celebrate our healthy choices of being drug and bully free.

Monday, October 28<sup>th</sup> (Team together against drugs):

- Wear Your Favorite Sports Attire

Tuesday, October 29<sup>th</sup> (Live your dreams and live drug free):

- Wear Pajama's

Wednesday, October 30<sup>th</sup> (Unite against bullying):

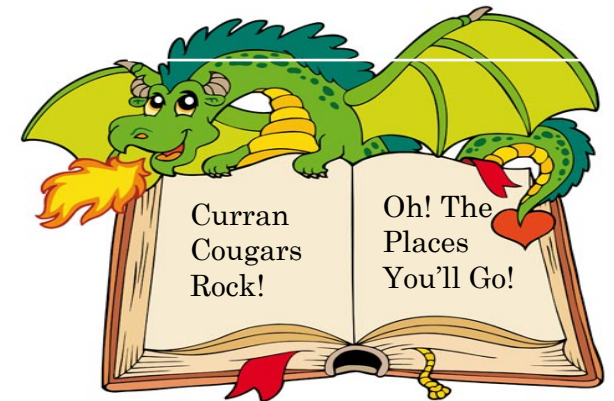
- Wear Orange

Thursday, October 31<sup>st</sup> (Live like your favorite character):

- Dress Like A Storybook Character (No masks, horror costumes or toy weapons)



E. HALE CURRAN  
"COUGAR COURIER"  
October 28<sup>th</sup> – November 1<sup>st</sup>



REMINDER:

**November 1<sup>st</sup>  
NO SCHOOL**

Please plan ahead!



**This Week (Oct. 28<sup>th</sup> – Nov. 1<sup>st</sup>)**

- Oct. 28 – Early Out for ALL Grades
- Oct. 29 – Running Club
- Oct. 29 – Band/Violin Practice
- Oct. 31 – Running Club
- Oct. 31 – Character Dress-Up Day
- Oct. 31 – Violin/Full Band Practice
- Nov. 1 – No School

**JOIN THE ALL PRO DAD'S**

All Pro Dad invites fathers, grandfathers, brothers, uncles or ANY positive male role model to bring your child/children for laughter fun and GREAT conversation! We hope to see you there.

**Our next All Pro event is:  
Nov. 14<sup>th</sup>: 5:30 pm – 6:30 pm**

**Next Week (Nov. 4<sup>th</sup> – Nov. 8<sup>th</sup>)**

- Nov. 4 – Early Out for ALL Grades
- Nov. 4 – Cougar Run Fundraiser Kickoff
- Nov. 5 – Running Club
- Nov. 5 – Band/Violin Practice
- Nov. 6 – Make-Up Picture Day
- Nov. 7 – Running Club
- Nov. 7 – Violin/Full Band Practice
- Nov. 8 – Coffee with the Principal

**Correction:**

Last week's newsletter indicated there was a minimum day on Oct. 29<sup>th</sup>. That was an error.

October 29<sup>th</sup> is a regular release day.



**Picture Day is:**

**Wednesday, November 06, 2019**

E Hale Curran Elementary School Retake Day!

**We will be retaking pictures for all those who missed our first picture day. Make sure to send them with their brightest smiles. More details will be coming soon.**

**November Events**

- Nov. 1<sup>st</sup> – No School
- Nov. 4<sup>th</sup> – Cougar Run Kickoff
- Nov. 6<sup>th</sup> – Make-up Picture Day
- Nov. 8<sup>th</sup> – Coffee w/the Principal
- Nov 8<sup>th</sup> – Red Ribbon Assembly
- Nov. 11<sup>th</sup> – Veteran's Day Holiday
- Nov. 13<sup>th</sup> – Field of Honor Field Trip (5<sup>th</sup> Grade)
- Nov. 14<sup>th</sup> – Cougar Run
- Nov. 14<sup>th</sup> – All Pro Dads
- Nov. 20<sup>th</sup> – Vision/Hearing Screening
- Nov. 21<sup>st</sup> – Santa Rosa Plateau Field Trip (5<sup>th</sup> Grade)
- Nov. 22<sup>nd</sup> – Movie Night
- Nov. 25<sup>th</sup> to 29<sup>th</sup> – Thanksgiving Break



## Help Your Child Succeed in School: Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

### DID YOU KNOW?

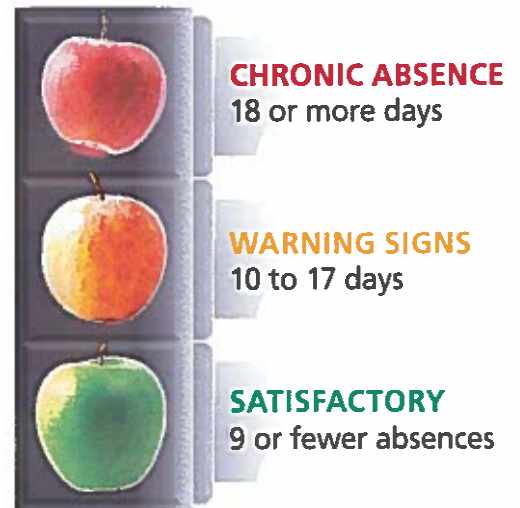
- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

**Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Good attendance will help children do well in high school, college, and at work.**

### WHAT YOU CAN DO

- Set a regular bed time and morning routine.
- Lay out clothes and pack backpacks the night before.
- Find out what day school starts and make sure your child has the required shots.
- Introduce your child to her teachers and classmates before school starts to help her transition.
- Don't let your child stay home unless she is truly sick. Keep in mind complaints of a stomach ache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make her feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.

### When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

For more on school readiness, visit [attendanceworks.org](http://attendanceworks.org) and [reachoutandread.org](http://reachoutandread.org)

**RED**

**RIBBON**

**WEEK**

**OCTOBER 28<sup>th</sup> -31<sup>st</sup>**

You are invited to participate in a week of spirit to celebrate our healthy choices of being drug and bully free. Please remember to follow the school's dress code.

**MONDAY**

**TEAM TOGETHER AGAINST DRUGS**  
WEAR YOUR FAVORITE SPORTS TEAM ATTIRE

**TUESDAY**

**LIVE YOUR DREAMS AND LIVE DRUG FREE**  
WEAR PAJAMAS

**WEDNESDAY**

**UNITY DAY**  
**TOGETHER AGAINST BULLYING**  
WEAR ORANGE

**THURSDAY**

**LIVE LIKE YOUR FAVORITE CHARACTER**  
DRESS LIKE A STORYBOOK CHARACTER

# Picture Day is Coming

Order before  
Picture Day at:

**mylifetouch.com**

**Picture Day is:**  
**Wednesday, November 06, 2019**  
E Hale Curran Elementary School Retake Day!

- ① Visit:  
[mylifetouch.com](http://mylifetouch.com)
- ② Enter  
your Picture Day ID  
**CK149036Y1**
- ③ Order  
your perfect package—and  
don't worry about returning  
anything on Picture Day!



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exclusive offers from  
Lifetouch Rewards.

Questions? Please contact Customer Service at 800-736-4753.

# Ya llega el Día de la Foto

Encarga antes del  
Día de la Foto en:

**mylifetouch.com**

**El Día de la Foto es el:**

**Wednesday, November 06, 2019 \ miércoles, 6 de noviembre, 2019**

**E Hale Curran Elementary School Retake Day!**

- ① Visita:  
[mylifetouch.com](http://mylifetouch.com)
- ② Ingresa  
tu identificación del Día de la Foto  
**CK149036Y1**
- ③ Encarga  
tu paquete perfecto, ¡y no  
te preocupes por devolver  
nada el Día de la Foto!



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¿Preguntas? Comunícate con el Servicio de Atención al Cliente, llamando al 800-736-4753.

# What We Wish You Knew

## **BREAKING THE SILENCE**

This session will provide students (ages 12+), staff and families with information about depression and suicide. Learn how to recognize the signs and how and where to get help. Discussion topics include identifying risk factors/warning signs, starting conversations, safe messaging, self-care and resources. This event will feature a variety of booths from community-based agencies, a panel discussion about “lived experiences” and opportunities for Q & A.

**Date: November 18, 2019**

**Time: 5:00 pm-8:00 pm**

**Location: Shivela Middle School 24515 Lincoln Ave. Murrieta, CA 92562**



Dinner will be provided  
Childcare will be available



**PLEASE RSVP BY 11/13/19**

[murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/](http://murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/)

Murrieta Valley USD, Project 99-Play for Life, Inc. & Riverside University Health System- Public Health



# Lo Que Deseamos Que Supieran

## ROMPIENDO EL SILENCIO

Esta sesión proporcionará a los estudiantes (mayores de 12 años), al personal y a las familias información sobre la depresión y el suicidio. Aprenda a reconocer los signos y cómo y dónde obtener ayuda. Los temas de discusión incluyen la identificación de factores de riesgo / señales de advertencia, conversaciones de inicio, mensajes seguros, autocuidado y recursos. Este evento contará con una variedad de puestos de agencias comunitarias, una mesa redonda sobre "experiencias vividas" y oportunidades para preguntas y respuestas.

**Fecha: 18 de Noviembre 2019**

**Horario: 5:00 pm - 8:00 pm**

**Ubicación: Shivela Middle School  
24515 Lincoln Ave. Murrieta, CA 92562**

**Se proporcionará la cena  
Cuidado de niños estará disponible**



**Por favor confirme su asistencia 13 de Noviembre 2019**  
[murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/](http://murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/)

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