

## GENERAL ANNOUNCEMENTS

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

- Cougar Run
- Breaking the Silence

### Cougar Run – Nov. 14<sup>th</sup>

The Cougar Run will be held on the small track on the field next to the playground. Parents are welcome to come and cheer on their students.

***Please check-in at the front office with your photo ID.***

#### Run Times:

##### ➤ **Preschool, Kinder, and 1<sup>st</sup> Grade**

➤ 8:35am – 9:15am

##### ➤ **2<sup>nd</sup> Grade and 4<sup>th</sup> Grade**

➤ 9:15am – 9:55am

##### ➤ **3<sup>rd</sup> Grade and 5<sup>th</sup> Grade**

➤ 9:55am – 10:35am

#### Mega Party Times:

##### ➤ **Kinder and 1<sup>st</sup> Grade**

➤ 11:15am-12:00pm

##### ➤ **5<sup>th</sup> Grade**

➤ 12:10pm – 12:50pm

##### ➤ **4<sup>th</sup> Grade**

➤ 1:00pm – 1:45 pm

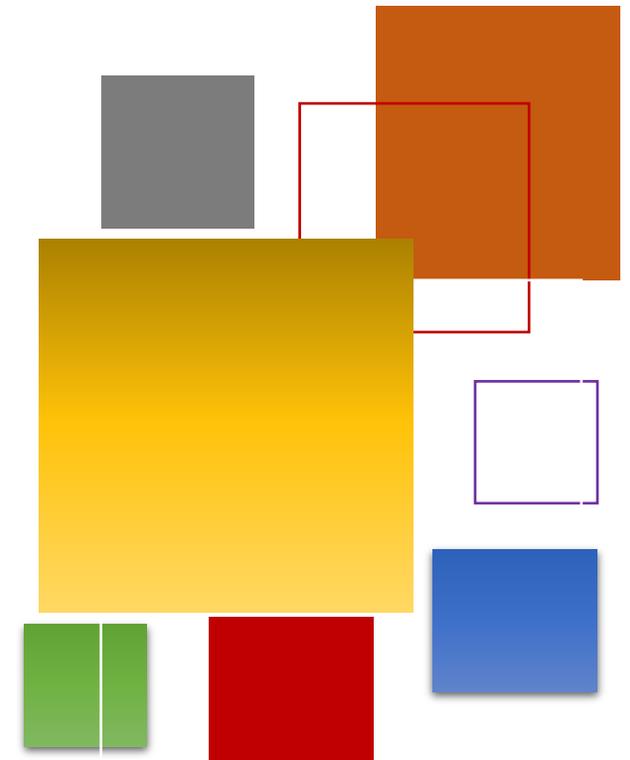
##### ➤ **2<sup>nd</sup> Grade and 3<sup>rd</sup> Grade**

➤ 1:55pm – 2:40pm



## E. HALE CURRAN “COUGAR COURIER”

November 11<sup>th</sup> – November 15<sup>th</sup>



VETERANS DAY  
HOLIDAY  
NOVEMBER 11<sup>TH</sup>  
NO SCHOOL



**All Pro Dads wants to invite dads, granddads, and other male role models to our next event: Nov 14<sup>th</sup> at 5pm**

**This Week (Nov. 11<sup>th</sup> – Nov. 15<sup>th</sup>)**

- Nov. 11 – Veterans Day – No School
- Nov. 12 – Running Club
- Nov. 12 – Band/Violin Practice
- Nov. 13 – Field of Honor Field Trip (5<sup>th</sup> Grade Only)
- Nov. 14 – Running Club
- Nov. 14 – Cougar Run
- Nov. 14 – Cougar Run Mega Party
- Nov. 14 – Violin/Full Band Practice
- Nov. 14 – All Pro Dads Event
- Nov. 15 – Friday Flag
- Nov. 15 – Jamba Juice



**Next Week (Nov. 18<sup>th</sup> – Nov. 22<sup>nd</sup>)**

- Nov. 18 – Early Out for All Grades
- Nov. 19 – Running Club
- Nov. 19 – Band/Violin Practice
- Nov. 20 – Vision and Hearing Screening
- Nov. 21 – Running Club
- Nov. 21 – Santa Rosa Plateau (5<sup>th</sup> Grade Only)
- Nov. 21 – Violin/Full Band Practice
- Nov. 22 – Friday Flag
- Nov. 22 – Jamba Juice Day
- Nov. 22 – PTA Movie Night



**Thanksgiving Break is  
November 25<sup>th</sup> – 29<sup>th</sup>**



The Latino Parent Advisory Council will meet at the District Office on Nov. 13<sup>th</sup> at 6pm

**November Events**

- Nov. 11<sup>th</sup> – Veterans Day Holiday – NO SCHOOL
- Nov. 13<sup>th</sup> – Field of Honor Field Trip (5<sup>th</sup> Grade)
- Nov. 13<sup>th</sup> – Latino Parent Advisory Council Meeting at the District Office
- 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**





# E. Hale Curran Elementary

Dear Parents and Students,

Today we started our annual **Cougar Run** fundraiser. Register online to send Pledge Requests to Family and Friends. Students collect pledges from family and friends and earn prizes. The program will culminate with their Ultra Fun Run **Cougar Run** activity. We greatly appreciate your participation in this program which will help fund field trips and assemblies.

## FOLLOW THESE 4 EASY STEPS TO HELP OUR SCHOOL AND WIN PRIZES!

**STEP 1**

**Get Signed UP! Get on the Internet** - Go to the **WWW.ULTRAFUNRUN.COM** website Enter the school's Student Access Code – **COUGARS**, Select **"Go"**

**STEP 2**

**Register Online** - Prizes for Registering and sending Pledge Requests (See back page) On the Registration Page select "First Time? Register Here" Enter parent information, then, add ALL students participating in this event from your family. Next, upload a photo of your child that will appear on all pledge emails. Grandma and Grandpa love to see your picture, so pick a good one!

**STEP 3**

**Send Pledge Requests (Emails and Texts) to Family and Friends**

Enter their information individually or import addresses from your address book.

Email lists are never shared or sold – one-time use only and deleted after this event.



**STEP 4**

**Use Social Media - Share Your Pledge Page**

Social Media is the key that unlocks the door to a flood of pledges! Each new pledge will earn additional prizes for the student. That's it. Easy!

### How to Earn Points for Prizes

- Prizes are awarded based on a student's Total Points earned
- Students earn ONE Point for each \$25 in Flat Donations
- Students earn ONE Point for each \$1 in Per-lap Pledges
- **Points Examples: \$50 in Flat Donations = 2 Points**  
**3 people make a \$1 Per-lap Pledge = 3 Points**  
\*Students are NOT awarded points for each lap they run



### More Information

- **All REGISTERED** students receive a digital lap tracker. **Registration is FREE!**
- **Online Pledging Closes at 12:01AM Thursday, 11/14/2019**
- Cougar Run Date – **Thursday, 11/14/2019**
- All Students will be credited a minimum of 25 laps and a maximum of 35 laps. So, a \$1 Per-lap pledge will be charged a minimum of \$25 and a maximum of \$35
- **Per-lap Pledges are done Online Only**. Flat Donations are done by Cash, Check, or Online
- Make checks payable to – **E. Hale Curran PTA**

**IF YOU DO THIS!**

**YOU WIN THIS!**

**Complete the Registration Process  
AND Send out 5 Pledge Requests (emails or  
texts) by Tuesday, November 05, 2019**

**Funny Mustache Set +  
Disappearing Ink +  
Dried Scorpion Prank +  
2 Disney Scented Stickers**

**Send at least 10 Pledge Requests by Wednesday, 11/6/2019**

**Room-A-Rang (Indoor Fun!)**

**Send at least 15 Pledge Requests by Thursday, 11/7/2019**

**Disco Light Bulb**

**Send at least 20 Pledge Requests by Friday, 11/8/2019**

**Bubble Blaster !**

## CUMULATIVE PRIZE PROGRAM

Points Earned Example: \$1 in Per-lap Pledges = 1 Point  
\$25 in Flat Donations = 1 Point

**Earn 1 Point ... GO TO THE MEGA PARTY**

**Plus, Jog-A-Thon T-Shirt + 2 Disney Scented Stickers**

**Earn 2 Points and add ... STICKY PIG SPLAT BALL**

**Plus, 2 More Disney Scented Stickers**

**Earn 4 Points and add ... FLYING SCREAMING MONKEY**

**Plus, 2 More Disney Scented Stickers**

**Earn 6 Points and add ... GIANT BALLOON BALL**

**Plus, 2 More Disney Scented Stickers**

**Earn 8 Points and add ... INTRUDER ALERT**

**Plus, 2 More Disney Scented Stickers**

**Earn 10 Points and add ... HAND-CONTROLLED LIGHT-UP UFO**

**Plus, 2 More Disney Scented Stickers**

**Earn 15 Points and add ... SMILLOWS - SCENTED PILLOW!**

**Plus, 2 More Disney Scented Stickers**

**Earn 20 Points and add ... TORNADO MUG**

**Plus, 2 More Disney Scented Stickers**

**Earn 30 Points and add ...  
WHEEL OF FORTUNE  
OR CYCLONE OF CASH**



**Earn 50 Points and add ... 2-INFLATABLE BUMPER BALLS**

**Earn 75 Points and add ... NINTENDO SWITCH**

**Earn 100 Points and add ... IPHONE X!**



# 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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