



# EXPLORER EXPRESS

Antelope Hills Elementary  
36105 Murrieta Oaks Ave, Murrieta, CA 92562  
(951) 445-4110

## Character COUNTS

In April of 1980, I moved out to California with my family from Maryland. It was the end of my 8th grade year, and I was nervous and unsure of what lay ahead. I remember that first day at my new school and being surrounded by hundreds of kids in the halls that were complete strangers. After four periods, the thing I dreaded most was next...lunch. Now if you have ever been a new student at junior high or middle school, you can remember the empty feeling you had having to sit at lunch in unfamiliar surroundings alone for what seemed like an eternity.

As I was sitting there by myself eating, I noticed a guy walking over to me. He didn't look very imposing, but I figured he was probably sent over, or coming over, to cause me some grief. I remembered seeing this guy in my history class earlier and began to get a little more nervous wondering what was going to happen. He stopped right in front of me, introduced himself and asked me if I wanted to join him and his friends at their table. I was a little hesitant but took him up on his offer. He introduced me to his friends and from that day on, we all ate lunch together. That guy and I became classmates, teammates, and best friends. He was by Best Man at my wedding, and I was his. He became a teacher, as did I. I moved into administration and so did he. To top it all off, our wives are great friends and our kids call each other best friends.

Too often in life, we pass up opportunities to extend a hand or offer help to others. We hardly know our neighbors and we no longer try to make new friends, content to be happy with the ones we have. I always ask myself, what would have happened if my buddy had never had the guts to come over and speak to me that April day? How different would things have been? Caring is one of the six pillars of character that we all need to have to be a person of good character. Give it a try. You just might find that your life really could manage to squeeze in one more friend.

Remember...no matter where or when....character counts!



**No**  
School

**Friday, Feb 14th &  
Monday, Feb 17th**

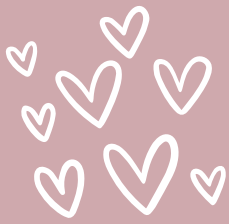
**HAPPY  
Presidents  
DAY**

*winter  
Wonderland  
School Dance*

**Feb 21**

**5-8pm in the MPR**





# COUNSELING CONNECTION

Ms. Richardson, School Counselor  
[Ir Richardson@murrieta.k12.ca.us](mailto:Ir Richardson@murrieta.k12.ca.us)  
 Antelope Hills Elementary School



## LINKS

Care Solace: Mental Health Concierge  
[Click here](#)

Crisis and Helpline Resources  
[Click here](#)

## BLACK HISTORY MONTH

February marks Black History Month, a time to recognize and honor the profound contributions and achievements of Black Americans throughout history. This observance began in 1926 and was founded by historian Carter G. Woodson and the Association for the Study of African American Life and History (ASALH). It was later expanded to a month in 1976, during the nation's bicentennial, to reflect on the integral role of Black Americans in shaping the story of our nation.

Black History Month encourages us to learn about the struggles, triumphs, and resilience of individuals who fought for equality and justice. It reminds us of the importance of embracing diversity, respecting cultural heritage, and striving for a more inclusive future.

### Learning Links...

[National Geographic Kids](#)  
[African American Heroes](#)

### Kid Friendly YouTube Links:

[ABCs of Black History Month](#)  
[PBS Kids](#)

## KINDNESS & EMPATHY: SECOND STEP CLASSROOM LESSONS

Your child is learning how empathy and kindness can help them strengthen friendships as well as make new friends. Students are learning the meaning of empathy -- feeling or understanding what someone else is feeling -- and how it can help them be kind in ways their friend will appreciate. Students practice empathy in action by asking questions to learn more about what someone might want or need and then following up with an act of kindness.

Why is this Important? Research shows that children who learn the skills in this unit are more likely to: Build stronger relationships, resolve conflicts more effectively, exhibit positive behaviors, and develop increased empathy!

**THANK YOU  
SO MUCH**

National School Counseling Week is celebrated each February to focus public attention on the unique contribution of our school counselors within U.S. school systems. We would like to thank our schools and community for all of their continued support for the Elementary Counseling Program.



# February 2025 Important Dates

**Feb 3**

**Feb 4**


**Feb 5**

**Early Release  
Day @ 1:20pm.**  
Grades 1-5

**Feb 6**

**Feb 7**

**Flag  
Salute  
8:00am**



**Feb 10**

**Feb 11**

**Feb 12**

**NO EARLY  
RELEASE**

**Feb 13**

**Feb 14**

Happy Valentine's Day

**No  
school**



**Feb 17**

**No  
school**

**PRESIDENT'S  
DAY**



**Feb 18**

**Feb 19**

**NO EARLY  
RELEASE**

**Feb 20**



**Feb 21**

**Flag Salute  
8:00am**

WINTER  
WONDERLAND  
**Dance**  
5-8pm



**Feb 24**

**Feb 25**

**Feb 26**

**Early Release  
Day @ 1:20pm.**  
Grades 1-5

**Feb 27**

**Feb 28**

**Flag Salute  
8:00am**





## Parenting with Purpose



# Navigating Appropriate Media Usage for Kids



Ms. Richardson  
School Counselor

In today's digital age, children have access to an abundance of media, from video games and movies to social media platforms and streaming services. While media can be a valuable educational and entertainment tool, it is important for parents to guide their children toward appropriate content that aligns with their developmental stage. Here are some essential tips to help parents make informed decisions about media usage.

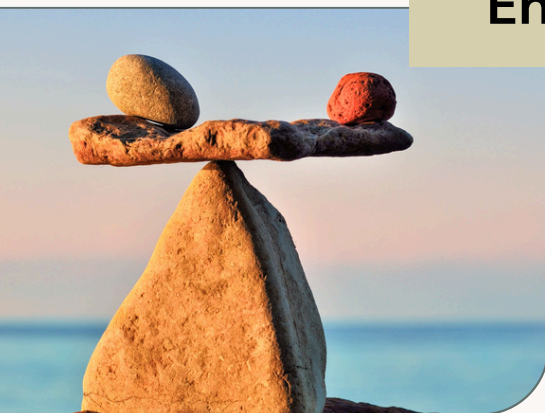
## Set Age-Appropriate Boundaries

Not all media is suitable for all age groups. Parents should check ratings and content descriptions before allowing their children to engage with games, movies, shows, or social media. A great resource for this is Common Sense Media, where parents can search for books, games, movies, and shows to determine their appropriateness for specific age groups.



## Encourage Balanced Media Consumption

While media can be engaging, excessive screen time can impact a child's physical and mental well-being. Encourage a healthy balance by setting screen time limits, promoting outdoor play, reading, and family activities. The American Academy of Pediatrics recommends consistent limits on media use and prioritizing activities such as sleep, schoolwork, and social interactions.

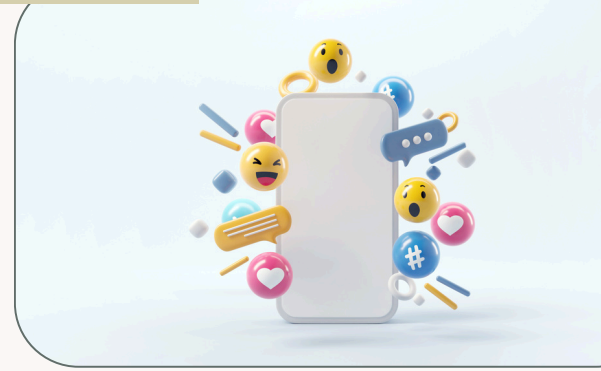




# Monitor Social Media Usage

Social media platforms can expose children to various risks, including cyberbullying, inappropriate content, and privacy concerns. Parents should:

- Set privacy settings to the highest level.
- Educate children on safe online behavior.
- Monitor their interactions and friends list.
- Establish rules about sharing personal information.



## Use Parental Controls and Filters

Most devices, streaming services, and gaming consoles have parental control settings to filter content and restrict access. Utilize these tools to create a safer digital environment for your child.



## Stay Informed About Trends

New games, apps, and social media platforms emerge frequently. Stay updated on the latest digital trends and potential risks by using resources like Common Sense Media, which provides expert reviews and parental guidance on popular media.



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Create a safe space for children to talk about their online experiences. Encourage them to come to you with concerns about inappropriate content, online interactions, or peer pressure related to media usage.



# CAPTURE YOUR MEMORIES IN THIS YEAR'S ANTELOPE HILLS ELEMENTARY SCHOOL YEARBOOK!

## Customize Your 2 Free Pages

Add photos from your computer, Facebook, Instagram, Google Drive & more.

Answer fun Memory Questions to help remember the year.

The 2 Custom Pages are FREE and are printed ONLY in your book. Want more pages? Each additional 2 pages is just \$1.99.

**treering**

## To Purchase & Customize Your Yearbook, Use The QR Code Below, or:

Must be a parent or student 13 years or older.

1 Go to: [www.treering.com/validate](http://www.treering.com/validate)

2 Enter your school's passcode:

**10173698298113**

Regular price: **\$24.30**

\*Does not include sales tax, if applicable

Create Custom Pages by: **Apr 16**





# FEBRUARY

## ELEMENTARY LUNCH MENU

1- FREE LUNCH PER STUDENT PER DAY.

Salad Bar Entrée

Includes choice of Protein & Grain

\*Hard Boiled Eggs w/crackers

\*Hummus Cup w/pita chips

\*String Cheese w/crackers

Monday

Tuesday

Wednesday

Thursday

Friday

### Lunch Includes

Unlimited Daily Salad Bar

100% Fruit Juice &

1% White Milk or

Non-Fat Chocolate Milk

### Offered Daily

\*PB&J Snack Pack

\*Turkey & Cheese

Sub Sandwich

5

**Cheesy  
Bread Bites  
w/ marinara**

6

**Cheeseburger  
Sliders**

12

**Mac  
&  
Cheese**

13

**Beef & Cheese  
Taco Stick**

19



**No-School**

26

**Bean & Cheese  
Burrito**

27

**Turkey Pepperoni  
Calzone**

28

**Chicken  
Drumstick  
& Texas Toast**

29

**Teriyaki  
Chicken Bowl**

1

**Teriyaki  
Chicken Bowl**

8

**Rotini  
w/ meat sauce  
& Texas Toast**

15

**Orange  
Chicken  
w/ brown rice**

16

**No-School**

9

**National Pizza Day!**

**Galaxy  
Cheese Pizza**

2

**Turkey Pepperoni  
Calzone**  
**\*Cookie Day**

23

**Mozzarella  
Cheese Sticks**



This Institution is an equal opportunity provider.

Menu subject to change without notice.



# *Career Day*

## **Presenters Needed**

We are in the process of planning our 1st Career Day at Antelope on March 20th! We are looking for presenters in our school community who would be willing to participate on this day to share about their careers. This is a fantastic opportunity to inspire and educate our students about various career paths.

If you are interested in becoming a presenter, please complete the form using the following link [Career Day Parent/Guardian Interest Form](#) by February 21, 2025.

Murrieta Valley Unified School District

# Start your day with TK!

## All Four-Year-Olds

### We are Now Enrolling for Transitional Kindergarten.

Students who turn 4 by **9/1/25**  
can enroll in TK for the  
'25-'26 school year.



Scan to Enroll Today!



Come meet our team!

