



EXPLORER EXPRESS

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

Character COUNTS

Ever notice that whenever you plan on leaving the house to run an errand, visit a friend or go to the gym, you always check yourself out in the mirror to make sure that you look presentable? You look at your outfit and mess with your hair before heading out the door. You never know who you might meet on your little adventure and it would be horrible to not look your best. However, we never take the time to make sure our attitude is in check before leaving. We head out the door looking great, yet sometimes housing a storm inside.

The problem with feeling terrible or having a bad attitude is that it's very hard not to pass it on to someone else. Many times we take our frustration and anger out on a waitress or store clerk or even worse, our kids. Our bad attitude spills on to someone else, and then they pass it on to the next person, and so forth. Before you know it, the day is done and you've done nothing to make this world a better place. Instead, you have done just the opposite.

We as adults are responsible for helping build the character of our kids. Trustworthiness, respect, responsibility, fairness, caring, and citizenship make up the six pillars of character. Each and every day our kids are faced with tough choices to make. As they get older, friends become a very strong influence in their lives and without a strong character foundation, they may very well get caught up in a bad decision.

So the next time you look into that mirror before heading out of the house, look beyond the physical appearance and make sure the whole package is ready to go. Smile, relax, and make sure you leave the house with a plan to make someone's day a little brighter.

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



JANUARY 2025

Counseling Corner

Antelope Elementary School
Ms. Richardson, School Counselor
lrichardson@murrieta.k12.ca.us

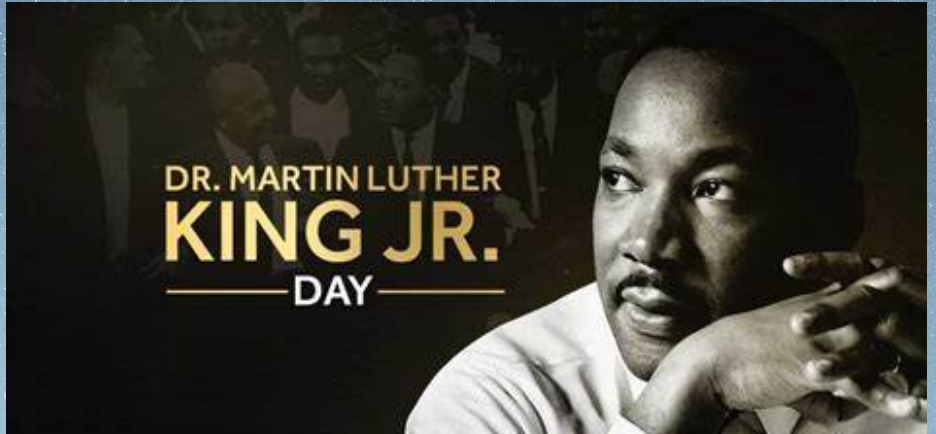


Happy New Year

SUPPORT & LINKS

Mental Health Concierge
[Click Here](#)

Community Resources
[Click Here](#)



This year we observe Martin Luther King Jr. Day of Service on January 20th.

Dr. King is known for his leadership during the American Civil Rights Movement. His "I Have a Dream" speech highlights a world he envisioned with equal justice for all people under the law.

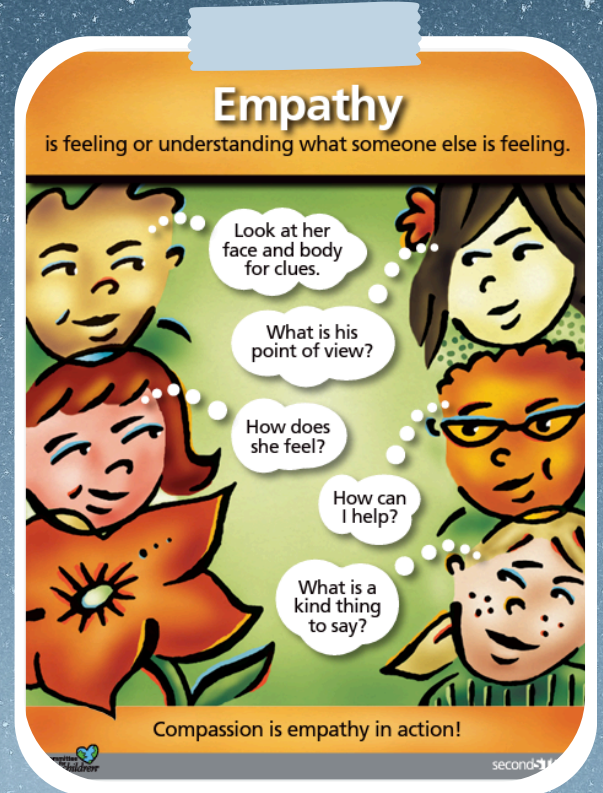
On this day we recognize Dr. King's legacy of services while inspiring us to serve in our own way.

According to the Corporation for National and Community Service (CNCS), MLK Day is the only federal holiday designated as a National Day of Service. Americans are encouraged to spend this day volunteering to improve their communities.



Second Step Lessons

Empathy & Kindness Unit:
Children learn how to recognize kindness and act kindly, have empathy for others and take others' perspectives, and recognize kind acts and empathy as important elements of building and maintaining relationships.



The Great Kindness Challenge

January 27-31

Our school is proudly participating in The Great Kindness Challenge, a week-long program dedicated to creating a culture of kindness and compassion in communities worldwide.

To help our students practice kindness and put their compassion into action, they will receive a Great Kindness Challenge checklist. We will encourage all students to complete as many acts of kindness as possible at school and hope they feel inspired to continue them at home.

At the heart of the Great Kindness Challenge is a simple belief that kindness is strength. During the Great Kindness Challenge, students have the opportunity to repeat kind act after kind act. As kindness becomes a habit, peace becomes possible. The Great Kindness Challenge is a grassroots movement that is making our schools, communities, and world a kinder and more compassionate place for all. Working together, we joyfully prove that **KINDNESS MATTERS!**



January 2025 Important Dates

2025

Jan 1

Jan 2

Jan 3

WINTER BREAK

Jan 6

Jan 7

Jan 8

Jan 9

Jan 10

WINTER BREAK

Jan 13

Jan 14

Jan 15

Jan 16

Jan 17

NO!
SCHOOL

Students
RETURN

NO EARLY
RELEASE



Jan 20

Jan 21

Jan 22

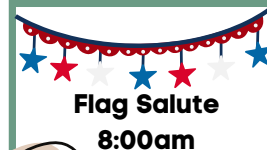
Jan 23

Jan 24

No
School



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



Coffee &
Conversation
After Friday
Flag in MPR



For more information

<https://www.murrieta.k12.ca.us/ANTELOPE>



January 2025 Important Dates

Jan 27

Jan 28

Jan 29

Jan 30

Jan 31

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

**Flag Salute
8:00am**



**MOVIE
NIGHT**
MPR @ 6:00pm



The Great Kindness Challenge®
January 27-31

JANUARY

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
<u>Offered Daily.</u> *PB&J Uncrustable *Turkey & Cheese Sub Sandwich *Turkey Sub Sandwich	<u>Lunch Includes</u> Unlimited Daily Salad Bar, String Cheese Goldfish Crackers, 100% Fruit Juice & 1% White Milk or Non-Fat Chocolate Milk	1 Winter Break No School	2 Holiday	3 Holiday
6 Holiday	7 Holiday	8 Holiday	9 Holiday	10 Holiday
13 Non-Student Day	14 Cheeseburger Sliders & Potato Smiles	15 Chicken Nuggets <i>*now with no added soy*</i> <i>*Rosati Icee</i>	16 Rotini w/meat sauce & Texas Toast	17 Chicken Burger
20 Holiday	21 Cheesy Chicken Burrito	22 French Toast Sticks w/chicken sausage patty	23 Orange Chicken w/ Brown Rice	24 Galaxy Cheese Pizza <i>*Cookie Day</i>
27 Mozzarella Cheese Sticks	28 Corn Dog	29 Chicken Nuggets	30 Meatballs w/marinara & Texas Toast	31 Hamburger

This Institution is an equal opportunity provider.

Menu subject to change without notice.