



EXPLORER EXPRESS

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

Character COUNTS

Do you remember as a kid how you always wanted to be older? You couldn't wait to turn 10 (double digits), 16 (to drive), 18 (adult), and then 21. However, once those milestone birthdays were reached, the rest just seemed to be ordinary. What's even funnier is that each birthday after 21 started to make us think about things a little more and our wish of becoming older quickly changed to a "how-do-I-slow-down-this-ride?"

It's also interesting that with each birthday comes a greater amount of responsibility. It's almost like a special gift that you didn't expect or maybe even want. Our parents would tell us that since we were a certain age, they were expecting us to act a certain way. Had to do this, couldn't do that, better do this, etc.. All because of a date on the calendar.

Responsibility comes in all shapes and sizes. It comes from the 5th grader who must pick up his younger sister from kindergarten or the 1st grader who is the line leader for the class. It could come from turning in homework to the teacher or returning an overdue library book. Whatever the deed, it's another form of a test. As adults, we help prepare our kids for the various tests that they take at school. We don't expect them to know their spelling words or their math facts at first, but we work with them and teach them the information. As adults, do we teach our kids how to be responsible or do we expect them to know how just because we think they should be? Let's spend some time teaching our children good character (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship). It's the only subject they will use every single day for the rest of their lives.

Remember...no matter where or when....Character Counts!!

No School

November 1st &
November 11th

FOOD

Collection

Oct 21-
Nov 18



Coffee & CONVERSATION

12/6/24 After Friday
Flag Salute

Parenting with
Purpose: Raising
Resilient Kids

Counseling Connection

Antelope Hills Elementary School
Ms. Richardson, School Counselor
lrichardson@Murrieta.k12.ca.us
951-445-4110 ext 3382

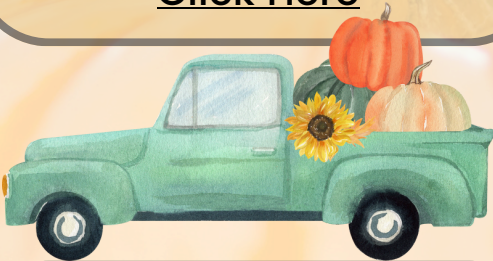


Support Links

Native American Library
[Click Here](#)

Free Mental Health
Concierge
[Click Here](#)

30 Days of Gratitude
[Click Here](#)



A SPECIAL THANK YOU
TO OUR VETERANS. YOU
ARE APPRECIATED!



CULTURAL spotlight



November marks National Native American Heritage Month, a time to honor the rich histories, diverse cultures, and significant contributions of Native peoples across the United States. This month offers an opportunity to learn about the traditions, achievements, and contemporary experiences of Native American communities, while also reflecting on their important role in shaping our nation's past and present.

Throughout November, we encourage everyone to take part in activities that deepen their understanding of Native American heritage.

Whether through reading books by Native authors, exploring cultural events, or engaging in meaningful conversations, there are many ways to celebrate and support Native voices and perspectives.

Let's take this time to recognize the resilience and vitality of Native cultures and histories, while fostering respect and awareness for these vibrant communities.

"The point it not to pay back kindness, but to pass it on."

Julia Alvarez, poet, novelist

Practice GRATITUDE

Gratitude is a powerful tool for building happiness, resilience, and positive relationships. Teaching our children to appreciate the people, experiences, and things around them can help them develop a positive outlook on life. In our fast-paced world, it's easy for kids (and adults!) to focus on what they don't have, but fostering a habit of gratitude can shift that mindset toward contentment and joy.

Why Gratitude Matters

Gratitude helps children:

- **Build stronger relationships:** When children express appreciation, they are more likely to develop meaningful connections with peers, teachers, and family members.
- **Improve mental health:** Studies show that practicing gratitude can reduce stress, increase happiness, and boost emotional resilience.
- **Strengthen empathy:** Gratitude helps children recognize the efforts of others, leading to more understanding and compassion.

Simple Ways to Encourage Gratitude at Home

1. **Gratitude Journals:** Encourage your child to write down one or two things they're thankful for each day. This practice helps them reflect on the positives and can be a calming way to end the day.
2. **Grateful Conversations:** Create a daily ritual, such as at dinner or bedtime, where each family member shares something they appreciated that day. This simple routine helps children learn to recognize the good in everyday moments.
3. **Model Gratitude:** Children learn by watching us. Take time to express your own gratitude in front of them. Whether it's thanking the cashier at the store or sharing what made your day special, your actions will set a positive example.

The Long-Term Benefits of Gratitude

By incorporating small, intentional practices of gratitude in our daily lives, we can help our children grow into more resilient, kind, and optimistic individuals. Not only will they feel more positive and secure, but they'll also be better equipped to navigate challenges with a sense of appreciation and empathy for others.



November 2024 Important Dates

Nov 4

NO
School

Nov 4

Nov 5

Nov 6

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

Nov 7

Nov 8

Flag Salute
8:00am



FALL
festival
5:00pm

Nov 11



Nov 12

Nov 13

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

Nov 14

Nov 15



Flag Salute
8:00am

Nov 18

Nov 19

Nov 20

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



Nov 21

Pathfinder Ranch
11/20-11/22
5th Grade

Nov 22

Flag Salute
8:00am

For more information

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



November 2024 Important Dates

Nov 25

Nov 26

Nov 27

Nov 28

Nov 29

Thanksgiving
BREAK



FALL
festival

November 8, 2024
5:00pm- 8:00pm



SWAT & FIRE DEPT VEHICLES - DJ - PHOTO BOOTH
CARNIVAL GAMES WITH PRIZES - INFLATABLE MAZE -
FACE PAINTING - CARICATURES - FOOD TRUCKS AND MORE!!!
(FOOD FOR PURCHASE)

**COSTUMES OPTIONAL- NO MASKS OR TOY WEAPONS
(WEAR APPROPRIATE FOOTWEAR)**





REDISTRICTING WORKSHOP CONCEPT MAPS REVIEW

Opportunity for Community Feedback & Q/A

PUBLIC REVIEW DATES

Wednesday - December 10, 2024

Vista Murrieta High School

6:00 p.m. to 8:00 p.m.

MPR

Thursday - December 11, 2024

Thompson Middle School

6:00 p.m. to 8:00 p.m.

MPR

Woolpert, the consultant leading the attendance boundaries redistricting committee, invites the community to review conceptual maps outlining proposed changes to school boundaries. These changes could impact the school assignments for various neighborhoods. This public unveiling of the map options is a community engagement opportunity before the final maps are presented to the Board of Education for approval in February.



www.murrieta.k12.ca.us/redistricting



NOVEMBER

ELEMENTARY LUNCH MENU

1- FREE LUNCH PER STUDENT PER DAY.

Monday

Offered Daily

- *PB&J Uncrustable
- *Turkey & Cheese Sub Sandwich
- *Turkey Sub Sandwich

4

**Mozzarella
Cheese Sticks**

Tuesday

Lunch Includes

- Unlimited Daily Salad Bar, String Cheese
- Goldfish Crackers, 100% Fruit Juice & 1% White Milk or Non-Fat Chocolate Milk

5

Corn Dog

Wednesday

6

**Chicken
Nuggets**

Thursday

7

**Meatballs
w/marinara
& Texas Toast**

Friday

1

**Non-Student
Day**

8

**Bean & Cheese
Pupusa**

11

**Veterans
Day** 

12

**Cheesy
Garlic Toast**

13

**Breaded Chicken
Drumstick
w/ Texas Toast**

14

**Teriyaki
Chicken Bowl**

15

**Beefy
Nachos**



***Cookie Day**

18

**Cheesy
Bread Bites
w/marinara**

19

**Cheeseburger
Sliders**

20

**Holiday Chicken
Nuggets**



***Rosafi Icee**

21

**Turkey & Gravy
w/Mashed Potatoes
Dinner Roll**

22

**Chicken
Burger**

25

**Fall Break
No School**

26

27

28

**happy
Thanksgiving**

29

