



EXPLORER EXPRESS

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

Character COUNTS

There is an old Chinese proverb that says, "A child's life is like a piece of paper on which every person leaves a mark." In talking with the many adults that I have met throughout my life, I have found that these marks have helped create the type of character that each person exhibits. The more positive interactions, or marks, that a person has experienced, the better the character. While this may seem obvious, many adults have a hard time understanding this concept. We hope, and even expect our kids to exhibit the characteristics that make up good character (Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship), but we don't talk to them about it, or even teach them for that matter. If we don't model good character for them daily, then we can't expect them to become a person of good character. Simple as that.

Parents, teachers, coaches, and even principals have an opportunity to leave a "mark" on the pages of children's lives. By the time they are adults, our combined marks will determine the type of character they will have. It's as if their pages will have become a book for everyone to read. I guess the question is, what type of book will it be and how will we be mentioned in the credits?

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

**NO
SCHOOL**

**FRIDAY,
NOVEMBER 1ST**

**FALL
festival**

**November
8th**



FOOD

Collection

October 21- November 18



BOX OF LOVE

Counseling Corner

Antelope Hills Elementary School
Ms. Richardson, School Counselor
lrichardson@murrieta.k12.ca.us
(951) 445-4110 Ext 3382

SUPPORT LINKS

Free Mental Health
Concierge
[CLICK HERE](#)
Community
Resources
[Click Here](#)

*Cultural
Spotlight*



*Celebrate
Italian American
Heritage Month*

Italian-American Heritage Month 2023 begins on Sunday, October 1st, and concludes on Tuesday, October 31st. Italian-American Heritage Month is a time dedicated to celebrating the history and culture of Italian-Americans. The month recognizes the contributions Italian American have made to American society. This month explore Italian culture like the art of pizza-making, embrace the melodious tunes of Italian music, and honor iconic figures like Leonardo da Vinci. Together, we learn that diversity is the essence of our great nation, and Italian American heritage shines as a brilliant thread in our colorful tapestry of unity and inclusivity.

OCTOBER IS NATIONAL BULLY PREVENTION MONTH

*click
here!*

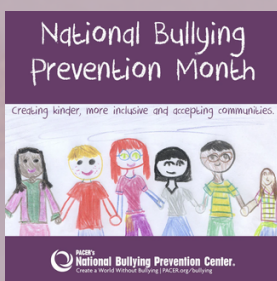


As you know, we are using the Second Step program in our school. The Second Step program teaches children important skills for getting along with others and doing well in school. It also helps our school be a safe, respectful place where everyone can learn. To further help our school be a safe and respectful place, we are also going to use the Second Step Bullying Prevention Unit. In the lessons, your child will learn specific skills to help stop bullying. Students will learn how to:

- Recognize when bullying is happening
- Report bullying to a caring adult
- Refuse to let bullying happen to themselves or others
- Be a bystander who stands up and is part of the solution to bullying

And we need your help, too! Get involved in making our school a safe and respectful place by letting us know if you hear about bullying at our school.

Make sure your child knows to tell you or someone at district website or contact the district office. Thank you for helping us make our school a safe, respectful place where everyone can learn.



Click here

Second Step classroom set

Students will begin a new unit in their classroom this month. The new unit teaches emotion management. Students learn foundational skills about how their brain works and processes emotions. In the emotion management unit children learn how to identify and label emotions and use emotion management strategies—including stress management for older students—to calm strong feelings.



Steps for calming down



1

Use a stop signal. Using a stop signal send a message to your brain to stop and tells it it's time to redirect one's thoughts.

Some stop words that a child can use are: Stop, chill out, hold on, let's take a minute, and relax

2

Name your feeling. Your child should out loud or using their "self-talk" state the specific feeling they're feeling. Such feeling like sad, mad, frustrated, jealous, frustrated, and/or lonely

3

Coping strategies such as long deep breaths, Counting to 10, positive self-talk. Children can self-motivate by telling themselves "I got this" or "I can do it." This could also be a good time to seek help from a trusted adult or just take a break.



October 2024 Important Dates

Happy
Fall
Y'all

Oct 1

Oct 2

Oct 3

Oct 4

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

Explorer
FUN RUN

8:15 TK-KDG-1st
9:15 2nd-3rd
10:15 4th-5th



Oct 7

Oct 8

Oct 9

Oct 10

Oct 11

**MAKE-UP
pictures**



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

**Flag Salute
8:00am**



Oct 14

Oct 15

Oct 16

Oct 17

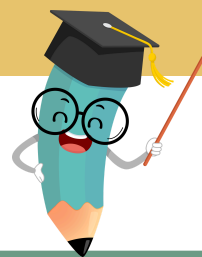
Oct 18

PARENT TEACHER CONFERENCES

**WE ALL
BELONG
WEEK**

Minimum Days All Week

TK Wednesday Early Out Schedule
ALL Kinder- 8:00am-12:00pm
Grades 1-5 8:00am-12:00pm



Oct 21

Oct 22

Oct 23

Oct 24

Oct 25

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

**Flag Salute
8:00am**



For more information

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



October 2024 Important Dates

Oct 28

Oct 29

Oct 30

Oct 31

Nov 1

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

**CHARACTER
DRESS-UP
DAY**

**NO
School**

OCTOBER

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 | 1 Beef & Cheese Taco Stick | 2 French Toast Sticks w/chicken sausage patty | 3 Orange Chicken w/brown rice | 4 Galaxy Cheese Pizza *Cookie Day  |
| 7 Mozzarella Cheese Sticks | 8 Corn Dog | 9 Chicken Nuggets | 10 Meatballs w/marinara & Texas Toast | 11 Hamburger |
| 14 Pizza Crunchers *Sour Raisins | 15 Cheesy Garlic Toast *Banana Cherry Sidekicks | 16 Beef & Cheese Taco Stick *Sour Raisins | 17 Corn Dog *Strawberry Grähamz | 18 Galaxy Cheese Pizza *Cookie Day *Sour Raisins |
| 21 Cheesy Bread Bites w/marinara | 22 Cheeseburger Sliders | 23 Chicken Nuggets | 24 Rotini w/meat sauce & Texas Toast | 25 Chicken Burger |
| 28 Mac & Cheese | 29 Beef & Cheese Taco Stick | 30 French Toast Sticks w/chicken sausage patty | 31 Holiday Chicken Nuggets *Rosati Icee  | Lunch Includes Unlimited Daily Salad Bar, String Cheese Goldfish Crackers, 100% Fruit Juice & 1% White Milk or Non-Fat Chocolate Milk |

National
School Lunch
Week!

This Institution is an equal opportunity provider.

Menu subject to change without notice.