



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

Character COUNTS

Respect. This word seems to pop up all over the place. People tell us that we need to respect our elders, our teachers, and even nature. People have even sung songs about it. We tell our kids to treat others the way that they want to be treated. You know, the Golden Rule.

I remember as a teacher dreading having to take a day off work. While that sounds strange, it was the truth. I knew that when I returned the following day, the note that the substitute would leave on my desk would probably have a list of kids' names on it that were disrespectful towards him or her that day. However, I also knew that there would be a few kids' names listed on that note who had been helpful and tried to make the substitute's day a little brighter. Those students usually got rewarded for being respectful to an adult, regardless if it was their "real" teacher or not.

After a few years of teaching, I realized that some kids would pick and choose when they were respectful and when they weren't. It also convinced me that the development of good character is just as important as sharpening those math and reading skills. All the adults in kid's lives need to help them develop those good character traits. Trustworthiness, Respect, Responsibility, Fairness, Caring, and Citizenship make up the six pillars of character that we should expect from our kids each day. We know that they are still "in training," but the expectations are still there regardless.

So tonight, after you have asked your son or daughter what they have for homework, ask them what they did to help strengthen their character today. Spend a few extra minutes discussing the importance of showing good character each day and how they will respect themselves in the process. Challenge them to be a better person than they were the day before, and you know what?

They'll do it.

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





Growth Mindset & Goal
Setting: In classrooms,
children are learning how to
pay attention and manage
distractions, develop a
growth mindset, and apply
goal-setting strategies to
their social and academic
lives.





Counseling Corner

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

SUPPORT LINKS

OPERATION SCHOOL BELL

<u>Community</u> <u>Resources</u>

Patriot Bay

Patriot Day occurs on September
11th in remembrance and honor
of those who died September
11th, 2001. Our school will observe
this day on September 13th. We
will wear red, white, & blue!

Hispanic Heritage Month



National Hispanic Heritage Month is annually celebrated from September 15 to October 15 in the United States for recognizing the contributions and influence of Hispanic Americans to the history, culture, and achievements of the United States.



"At the end of the day, we can endure much more than we think we can."

- Frida Kahlo

CELEBIZATING HISPANIC HETZITAGE MONTH

why sel?

Social Emotional Learning (SEL) often leads to more positive and inclusive school cultures. When students and educators alike are focused on building strong relationships and fostering a sense of belonging, it can create an environment conducive to learning and personal growth.

September 2024 Important Pates





Sept 3



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

Sept 5

Sept 6



Sept 9

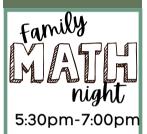


Sept 10

Sept 11

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

Sept 12



Sept 13



Sept 16



Sept 17

Sept 18

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

Sept 19



Sept 23



Sept 24

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

Sept 25

Sept 26







COMING SOON EXPLORER FUN RUN

We are excited to kick off our Antelope Hills Explorer Fun Run!

Our goal is to raise \$45,000 for student support. Our school has always relied on fundraising to provide exceptional opportunities to enhance student learning and we need YOUR HELP registering your student(s) and sharing with friends and family.

Mark your calendars for the Antelope Hills Explorer Fun Run fundraiser kicking off soon!

Key dates to remember:

- Registration Opens 09/26/2024
- Register on <u>www.mybooster.com</u>
- Antelope Hills Explorer Fun Run Kick Off -09/30/2024
- Event Day 10/04/2024

WE ARE GRATEFUL FOR OUR EXPLORER FAMILY! THANK YOU FOR YOUR SUPPORT THIS YEAR.



Antelope Hills Elementary

SEPTEMBER IS ATTENDANCE AWARENESS MONTH

DID YOU KNOW?

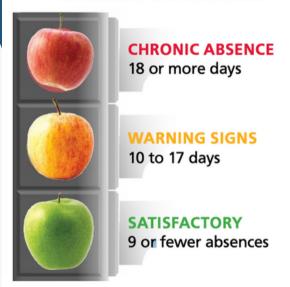
Starting in preschool and kindergarten, too many absences can cause children to fall behind in school. Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to

- Students can still fall behind if they miss just 1 or 2 days
 - Being late to school may lead to poor attendance.
 - Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children

Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

More info visit: www.attendanceworks.org

When Do Absences Become a Problem?



AHES Attendance Info Click Here

Greetings Antelope Elementary Parents!

My name is Ms. Machingo, and I am excited to introduce myself as your student's VAPA Dance Teacher for the 2024 Fall Semester.

It is my pleasure to guide your student through their new artistic journey and integrate Dance Education into the Elementary School Curriculum. I am eager to help your student learn and grow as they explore their creativity and self-expression through movement, while we implement Visual and Performing Arts Education into their learning.

As a Dance Teacher, my goal is to create a safe and welcoming environment where all students can grow and learn. I believe every student has the potential to be successful in dance, regardless of their skill level or experience. In addition to learning dance techniques and genres such as Intro to Movement, Ballet, Jazz, Hip-Hop, cultural dance, and dance in film, students will also learn about the history and cultural significance of dance.

To ensure that all students have a fantastic Dance experience, please dress your student appropriately on their dance days. We will be stretching, jumping, kicking, and turning, so it's important that all students are comfortable and safe in their clothing and footwear. Dance shoes (ballet or jazz) are not required, but socks can be worn during our Jazz and Ballet unit.

Meaningful exposure to the arts is a great way to provide students with a high-quality learning experience. Although Dance Education is new to MVUSD for Elementary Schools, I assure you that your students will receive instruction aligned with our National and State VAPA standards, as well as the mission and vision of our school district. I will strive to help your child develop confidence and a growth mindset that extends beyond the classroom while providing a safe and encouraging learning environment.

I am excited to work with your child and see what this year brings with the new Elementary Dance Program. Thank you for entrusting me with your child's education. Let's make this a great year!



Ms. Machingo

MVUSD VAPA Teacher kmachingo@murrieta.k12.ca.us



SEPTEMBER

1- FREE LUNCH PER STUDENT PER DAY. **ELEMENTARY LUNCH MENU**

Monday

Tuesday

Wednesday

*Hummus Cup w/pita chips *String Cheese w/crackers Thursday

Includes choice of Protein & Grain

Salad Bar Entrée

Hard Boiled Eggs w/crackers

Friday

☆☆☆ □ ■ ☆☆☆ *LABOR*

NO SCHOOL

Beef & Cheese Taco Stick

French Toast sausage patty w/chicken Sticks

w/brown rice Chicken Orange

Cheese Pizza *Cookie Day

Galaxy

Cheese Sticks Mozzarella

Nuggets Chicken

Corn Dog

& Texas Toast w/marinara Meatballs

Hamburger

9

Crunchers Pizza

Garlic Toast Cheesy

w/Texas Toast Drumstick Chicken

Chicken Bowl Teriyaki

Nachos Beef

*Cookie Day 🖭

Bread Bites w/marinara Cheesy 23

Mac 30

Cheese

Lunch Includes

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

w/meat sauce & Texas Toast Rotini **5**6

Nuggets

Chicken

Cheeseburger

Sliders

25

24

Chicken

Burger

Offered Daily

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

This Institution is an equal opportunity provider.