



EXPLORER EXPRESS

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
lrichardson@murrieta.k12.ca.us
(951) 445-4110 Ext 3382

SUPPORT LINKS

OPERATION
SCHOOL BELL

Community
Resources

Patriot Day



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

CELEBRATING HISPANIC HERITAGE 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 Dates

Sept 2



Sept 3

Sept 4

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

Sept 5

Sept 6

**Friday Flag
Assembly
8:00am**



Sept 9

Sept 10

Sept 11

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

Sept 12

Family
MATH
night
5:30pm-7:00pm

Sept 13

**Patriot Day
Assembly
8:00am**



Sept 16

Sept 17

Sept 18

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

Sept 19

Sept 20

**Friday Flag
Assembly
8:00am**



Sept 23

Sept 24

Sept 25

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

Sept 26

Sept 27

**Friday Flag
Assembly 8:30am**

**Reflections
Family Night
5:30pm**



For more information

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



September 2024 Important Dates

Sept 30

EXPLORER FUN RUN

COMING
SOON

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 www.mybooster.com
- 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.



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 read.
 - Students can still fall behind if they miss just 1 or 2 days every few weeks.
 - 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 catch up.

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?

	CHRONIC ABSENCE 18 or more days
	WARNING SIGNS 10 to 17 days
	SATISFACTORY 9 or fewer absences

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

ELEMENTARY LUNCH MENU

1- FREE LUNCH PER STUDENT PER DAY.

Monday

2 ☆ **LABOR** ☆
☆☆ **DAY** ☆☆☆
NO SCHOOL

Tuesday

3 Beef & Cheese
Taco Stick

Wednesday

4 French Toast
Sticks
w/chicken
sausage patty

Thursday

5 Orange
Chicken
w/brown rice

Friday

6 Galaxy
Cheese Pizza
*Cookie Day

Salad Bar Entrée

Includes choice of Protein & Grain

*Hard Boiled Eggs w/crackers

*Hummus Cup w/pita chips

*String Cheese w/crackers

9 Mozzarella
Cheese Sticks

10 Corn Dog

11 Chicken
Nuggets

12 Meatballs
w/marinara
& Texas Toast

9 Hamburger

16 Pizza
Crunchers

17 Cheesy
Garlic Toast

18 Chicken
Drumstick
w/Texas Toast

19 Teriyaki
Chicken Bowl

20 Beef
Nachos
*Cookie Day

23 Cheesy
Bread Bites
w/marinara

24 Cheeseburger
Sliders

25 Chicken
Nuggets

26 Rotini
w/meat sauce
& Texas Toast

27 Chicken
Burger

30 Mac
&
Cheese

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

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

This Institution is an equal opportunity provider.

Menu subject to change without notice.