



MONTE MEMO

August 14, 2023 - September 1st, 2023

Pamela Picchiottino, Principal

Michael Benecchi, Assistant Principal

Important Dates

Monday, August 14th
5th grade band Assembly
Wednesday, August 16th
Early out Day
Friday, August 18th
Friday Flag
Rita's Ice
After School

Wednesday, August 23rd

Early out Day
Friday, August 25th
Friday Flag
Rita's Ice -After School

Wednesday, August 30th

Early out Day
Friday, September 1st
Friday Flag
Rita's Ice After School

Upcoming Events

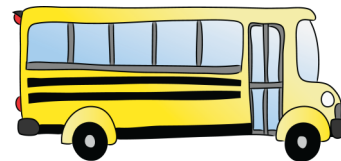
September 4th
Labor Day- No School
September 6th
Wednesday- Early out

MONTE'S VILLAGE

Thank you parents for all your support in getting kids here on time. In order to get the day started on time, we suggest that all parents remain within Monte's Village and exit the campus when the bell rings. At this time, students will go to their lines independently and walk to their class with their teachers to start their day. Thanks for your help with this.

Bus Loop

There is no parking or student pick up in the Bus Loop. Please pick your student up in the loop in the front of the school or the loop in the back of the school. Also please do not park on the red curbs in the parking lot, you are blocking traffic. Thanks for keeping our kids safe!



Attention 5th graders

Band Registration starts
August 11th -September 1st.

Don't forget to sign up!

LINK - <https://www.murrieta.k12.ca.us/Page/36796>



RITA'S ICE
IS BACK
STARTING 8/18
AFTER SCHOOL
\$5



Library

Library will be opening soon! Please make sure your student's have their books turned in from last year so they can check out a new book.!

Important Links

SCHOOL WEBSITE

MENUS

BAND

PTA


COUNSELOR'S CORNER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 Kinder Back To School Night	9 First day of school! Early out day	10 Grades 1-5 Back To School Night	11 FRIDAY FLAG	12
13	14 5 TH GRADE BAND MEETING	15 TK-2 ND SOCCER	16 Early out day	17 3 RD -5 TH SOCCER	18 FRIDAY FLAG RITAS ICE CHESS MASTERS	19
20	21	22 TK-2 ND SOCCER	23 Early out day	24 3 RD -5 TH SOCCER	25 FRIDAY FLAG RITAS ICE CHESS MASTERS	26
27	28	29 TK-2 ND SOCCER	30 Early out day	31 3 RD -5 TH SOCCER	FRIDAY FLAG RITAS ICE CHESS MASTERS	

WELCOME
BACK

August Breakfast Menu ~ K - 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Combos are free of charge (1 breakfast per student per day) for the 2023-2024 School Year Second Breakfast \$1.75		2	3	4
7	8	9 French Toast Sticks	10 Bagel & Cream Cheese	11 Biscuit & Sausage Patty
14 Cinnamon Apple Muffin Top NEW!	15 Cinnamon Roll	16 Breakfast Sausage Pizza	17 Mini Maple Pancakes	18 Breakfast Big Bite w/ Egg, Sausage & Cheese NEW!
21 Chocolate Muffin	22 Strawberry Cream Cheese Boli NEW!	23 French Toast Sticks	24 Bagel & Cream Cheese	25 Biscuit & Sausage Patty
28 Cinnamon Apple Muffin Top	29 Cinnamon Roll	30 Breakfast Sausage Pizza	31 Mini Maple Pancakes	

Harvest of the Month
Network for a Healthy California

The Harvest of the Month featured Vegetable is...

Salad

Fun Facts

- The darker the leaf, the more vitamins it contains.
- Cucumbers have the highest water content of any vegetable.
- Salad bars are a great way for kids to try new foods.
- Don't forget the salad dressing... look at the label to see the sugar and sodium content when picking a healthy salad dressing.

Breakfast Includes
-Assorted Fresh Fruit
-Assorted Fruit Juice
-1% White Milk or Non-Fat Chocolate Milk
Daily Alternate Entree
-Choice of Cereal w/ Yogurt
-Cereal Bar

Friendly Reminder
Meal Applications from 2022- 2023 school year expires Sept. 21st.
Fill out your **NEW 2023- 2024 meal application**
www.MurrietaSchoolNutrition.com

It's **More than a Free Meal!**
School meal applications can provide funding for your school and reduce costs for your family.
Apply today!

This institution is an equal opportunity provider. Menu Subject to change without notice. www.MurrietaSchoolNutrition.com

August Lunch Menu ~ K - 5th

- WELCOME -
BACK TO SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
✓ = Vegetarian Option 🐷 = Pork Free Menu	1 Lunch Combos are free of charge (1 lunch per student per day) Second Lunch \$2.75	2	3	4
7	8	9 Cheesy Pizza	10 Chicken Nuggets & Crackers	11 Steak Burger
14 Bean & Cheese Burrito	15 Cheesy Garlic Toast	16 Chicken Drumstick w/Texas Toast	17 Corn Dog	18 Pepperoni Calzone
21 Cheesy Bread Bites w/Marinara	22 Cheeseburger Sliders	23 Chicken Nuggets & Crackers	24 Rotini w/ meat sauce & Texas Toast	25 Chicken Burger
28 Mac & Cheese	29 Chicken Tacos	30 French Toast Sticks w/Sausage Patty Brunch for Lunch	31 Orange Chicken w/ brown rice	Menu Subject to change without notice.

This institution is an equal opportunity provider.

Lunch Includes

Unlimited Daily Salad Bar
100% Fruit Juice & Choice of
1% White or Non-Fat Chocolate Milk

Daily Entrée Options:

- Turkey & Cheese Sub Sandwich
- Peanut Butter & Jelly Uncrustable Snack Pack
- Salad Bar Entrée -Includes choice of Protein & Grain*
- *Hard Boiled Eggs w/Crackers
- *Hummus Cup w/Pita Chips
- *String Cheese w/Crackers

Power Up Your Salad Bar With A Protein.

Daily Salad Bar Options

- Apples
- Oranges
- Bananas
- Watermelon
- Grapes
- Chilled Pears
- Peaches
- Applesauce
- Strawberries
- Romaine Lettuce
- Baby Carrots
- Corn
- Kidney Beans
- Green Beans
- Cucumbers
- Selections vary seasonally and daily.

Additional entrée options are available for students with dietary restrictions.
Please visit www.MurrietaSchoolNutrition.com for further information on requesting a meal accommodation.

Counseling Connection

Monte Vista Elementary School
Temeca Green, School Counselor
tlgreen@murrieta.k12.ca.us
(951) 894-5085 ext. 2966

Welcome Back!!

SUPPORT LINKS



Hello Families!

Welcome to the 2023-2024 school year!

We are looking forward to an amazing school year! Be sure to check out the tips below to help set your student up for a successful school year.

Being on time and ready to go each day will give your student the opportunity to acclimate into the classroom.

Let's Have A Fantastic Year Together!

Mrs. Green



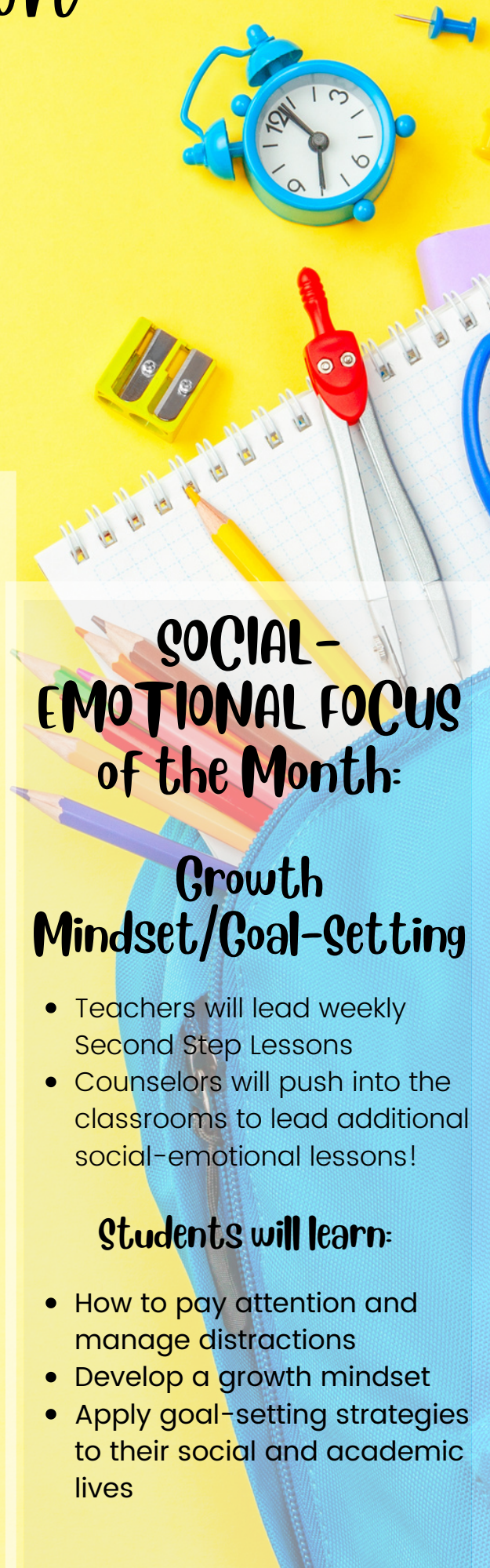
SOCIAL-EMOTIONAL FOCUS of the Month:

Growth Mindset/Goal-Setting

- Teachers will lead weekly Second Step Lessons
- Counselors will push into the classrooms to lead additional social-emotional lessons!

Students will learn:

- How to pay attention and manage distractions
- Develop a growth mindset
- Apply goal-setting strategies to their social and academic lives



BACK 2 SCHOOL

HELPFUL TIPS



CREATE A PLAN FOR SUCCESS

Develop a plan together with your student(s) to ensure a successful start to the school day! Include routines like: getting to bed on time, laying out clothes the night before, and having backpacks ready to go!



FOOD FOR THOUGHT

Did you know eating a healthy breakfast every morning can boost your student's brain power? Studies show students who eat a healthy breakfast have higher test scores, retain information better, and have increased focus!



SUPPORT CHANGE

Navigating change can feel overwhelming. Use these supports to help ease your way through transition:

- Listen to Each Other
- Reach Out. Your School Counselor can help or utilize our District's Mental Health Concierge: CareSolace (888-515-0595) or CAREspace (951- 276-2273)



PROMOTE TIME MANAGEMENT

Healthy time management provides structure and consistency, which helps reduce stress and anxiety. Using time effectively cultivates self-confidence, responsibility, and positive behaviors. Create a daily routine with your student(s) to ensure their success.



ENCOURAGE COPING SKILLS

Returning from summer break and adjusting to the new year can bring unexpected emotions. Start conversations about using healthy coping skills to support the return to school!

- Mindful Deep Breathing
- Exercise
- Journaling
- Stay Positive
- Call a Family Member
- Listen to Music