

PARENT NEWSLETTER



August-September 2023

Principal's Message

Meadow Lane Families,

What a great start to the 2023-24 school year! My name is Karen Maki and I am the new principal at Meadow Lane Elementary. I am really enjoying getting to know you and your children.

Student Success: We believe that students should have the opportunity to learn and thrive in a safe, orderly, and caring environment. The staff at Meadow Lane is committed to encouraging and recognizing safe, responsible, respectful, and kind behavior from all of our students. Whether they are in the classroom, on the playground or in the hallways this month staff and students are really focusing on learning to follow these four expectations:

- We are Safe.
- We are Responsible.
- We are Kind & Respectful.
- We are Ready to Learn.

Students who demonstrate these expectations can be rewarded with Golden Eagle Tickets, Positive Referrals, Certificates and other positive forms of recognition.

As always, please reach out if you have questions or concerns. I am looking forward to a fantastic year!

Karen Maki
Principal



School Information

Begins at 8:00 am

Dismissal: TK/K at 1:45 pm, Minimum at 12:45 pm

Dismissal: 1st-5th at 2:00 pm, Minimum at 1:00 pm

School Holidays & Breaks

9/4 Labor Day

11/10 Veteran's Day

11/20-24 Thanksgiving Break

12/22-1/8 Winter Break

Please Arrive on Time to School

If your student arrives after 8:00 am, please have them check in at the office for a pass to class. The office is able to then mark them present and avoids autodialer calls stating your student is absent. Thank you for your cooperation, it is important to have accurate attendance for student safety. If your child is going to be **absent please call** the school office at (530) 378-7030.

JUST A LITTLE
Reminder

8/30 Back to School Night 5:30

9/1 Coffee with The Principal 8:00 am

9/4 Labor Day NO SCHOOL

9/5 Parent Booster Meeting 6:00pm

9/14 School Picture Day

10/3 Parent Booster Meeting 6:00 pm

10/3-4 Title 1 Parent Conferences

10/3-4 Minimum Days

AUGUST– SEPTEMBER SCHOOL NEWS

Please review school protocols and procedures to ensure a smooth transition to a new school year for students, families, and staff alike. We are looking forward to serving our Meadow Lane families this school year.

Attendance & Sick Students

Student attendance plays an important role in your child's academic success. Please do your best to schedule appointments at the beginning or end of the school day to avoid missing the entire day. If your child is sick the office must be notified for it to be considered excused. If your child has a dentist or doctor appointment it is good practice to request a note to give to the Attendance Clerk when your child returns to school.

Please see the enclosed Health Guidelines Flyer. Please follow the guidelines to help decide if you should send your child to school or keep them at home. Thank you.

Late Arrivals

If your student arrives after 8:00 am, please have them check in at the office for a pass to class. Students are tardy if they are not in their classroom by 8:05 am. The office is able to then mark them present and avoids autodialer calls stating your student is absent. Thank you for your cooperation, ***it is important to have accurate attendance for student safety.***

If your student will be eating breakfast on campus please ensure they arrive on campus with enough time to eat. Breakfast begins serving at 7:30 am.



Transportation Changes

Transportation changes must be in writing to ensure student's safety. You may send a note with your student to bring to the office, fax a note or email the transportation change before 12:30 pm to:

lanyon.schuster@cuesd.com and
lisa.zumalt@cuesd.com



Label, Label, Label

Our LOST & FOUND has been abundant in the past. Please label your child's clothing, water bottles and lunch boxes with their full name to make sure items are returned to their owners. Our LOST & FOUND is located in the front office or outside the door on a hanging rack. LOST & FOUND items not claimed are donated at every school break.

ML School Events Calendar

We have created a one page Event Calendar for the entire school year. It was placed in our 1st day of school folder, you can also find it on Facebook and our website. Please post it on your refrigerator to see Meadow Lane's scheduled events through June 2024. Each month has it's own square to easily find what's going on that month.

Kindness Tuesday

Join us every Tuesday in wearing a shirt with a positive message to promote kindness all over our campus! Staff and students are encouraged to wear kindness shirts and to practice positivity throughout our school.

School Spirit Fridays

Show your school spirit every Friday! Wear your Meadow Lane Eagles t-shirts or school colors with pride. Let's turn the whole school blue and white. Meadow Lane Eagle T-shirts can be purchased in the office from the Booster Club. Order forms were sent home in the blue Meadow Lane Folder, they can also be picked up in the office.

AUGUST-SEPTEMBER SCHOOL NEWS

BACK TO SCHOOL NIGHT

We are so excited for this school year all it promises. Back to School Night will be held on Wednesday, August 30th. Come and meet your child's teacher and learn how to help your child transition to a new grade, teacher and class.

We encourage you to drop your child at the supervised playground while you attend the teacher classroom session. We are hosting a Hot Dog BBQ dinner. Please see flyer for more information.

Coffee with The Principal

You are invited to have coffee and donuts and meet with Meadow Lane's Principal, Mrs. Maki. Her first meet and greet will be Friday, September 1st from 8:00-8:30 am. She is looking forward to the monthly opportunities to meet and discuss current school events and programs with you. Come and enjoy a cup. Meet Mrs. Maki in room #2 at 8:00 am.



Monthly Character Trait

Character Counts: This year we will be emphasizing different Character Traits each month. The monthly trait is listed on the School Event Calendar in Purple Ink next to the month. The character trait for August/September is Empathy. Empathy is the ability to understand and share the feelings of another. Classes will be exploring this trait through lessons and class discussions. You can help too by talking to your children about empathy.

School Picture Day

Lifetouch will be here on Thursday, September 14th to take student school pictures. Picture ordering packets will be sent home in a couple of weeks. Keep your eye out for them. You will also be able to order and purchase pictures online at mylifetouch.com. We will send our school code home as picture day



Join the Parent Booster Club

Please mark your calendar. They meet the first Tuesday of every month at 6:00 pm in room #4. September 5th is our first meeting and we are always looking for more volunteers. Many hands make light work! We would love to see new faces at our meeting. Voice your opinion, share your ideas and help plan upcoming fundraisers and events. They will begin planning the Halloween Carnival held in October. The Booster Club is an integral part of Meadow Lane. They plan, implement and host fun events for our students and families. Fundraisers support a memorial fund, teacher grants, snack gift cards, special events and so much more!



Have a Question? Need an Answer?

Did you know that most answers to your questions can be found on our website at cuesd.com, Parent Square or Facebook. On Meadow Lane's website you will find a School Events Calendar with links to flyers, School News Section and a link to our Facebook page near the bottom. The District Academic Calendar is also linked and a quick resource when you are needing to check when the next break is or if you're not sure if it's a minimum day. Please take a few minutes and explore our Students/Families section found under our logo at the top of the page. The current Breakfast & Lunch Menu, Monthly Parent Newsletters, Technology Help and so much more are located in this section.

Parent Square, Create An Account NOW!

Cascade Union Elementary School District, Meadow Lane and classroom teachers will be using Parent Square exclusively for communication. Please create an account today so you don't miss a thing! New this year, most Back to School forms and paperwork will be sent digitally for you to complete. We will have staff at Back to School Night to assist you and trouble shoot any issues you may be having. A couple quick tips are that you need to be signed into your account once you've created to complete the forms. A digital signature is required, you must type each letter of your name for it to be recognized. Do Not let Autofill complete your name it will not count as a completed signature. Feel free to stop into the office for help or give us a call.

Meadow Lane Elementary School

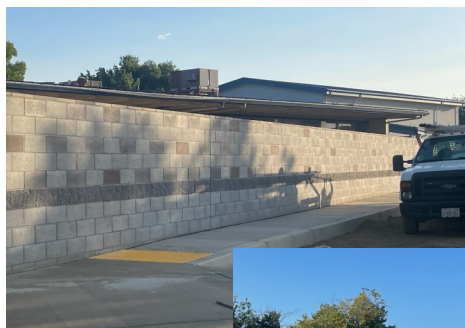
New Administrative Offices and Multi-Purpose Gymnasium



The construction crew has been busy working on our new building. Meadow Lane is resembling the architect's drawing (above) more every day. We love watching all the progress and will be excited when we are finally able to move in. We are hoping to be able to move in during the holidays this year. There have been some shipping delays on major components for the building.

We have seen so many contractors on site working. Painting contractors completed painting all of the interior areas. Windows, trim and all outside doors have been installed. A water main has been installed across the current bus loop lot. The gymnasium and cafeteria are coming together, all basketball hoops have been installed. The ventilation hood for the stove has been installed in the kitchen. Heating and air conditioning units were installed in June.

You can really see the changes outside. There was a big push to finish paving the parking area before school began which included pouring concrete curbs and sidewalk areas. The wrought iron fencing was re-installed at the front of the school and sprinkler lines were trenched and installed the last few days. Concrete walking paths have been installed as well as asphalt on campus behind the building. The office front desk area is framed and interior windows and door frames are installed. A beautiful wall was built to secure a classroom area from the parking area.



Meadow Lane School Events Calendar

2023-2024

UPDATED



August - Empathy

Welcome Back to School

8/16 - First Day of School
8/16- Preschool Orientation
8/16-18 - Minimum Days, Out at 1:00
8/30 - Back-to-School Night, 5:30 PM

September - Empathy

9/1- Coffee with The Principal, 8-8:30 AM
9/4- Labor Day Holiday NO SCHOOL
9/5- Parent Booster Club Meeting, 6:00 PM
9/14- School Pictures Lifetouch



October- Self-Direct

10/2- Custodian Appreciation Day
10/2-11- Holiday Catalogue Fundraiser
10/3 - Parent Booster Club Meeting, 6:00
10/3- 4 - Title 1 Parent Conferences
10/3-4 - Minimum Days, Out at 1:00 PM
10/6- Coffee with The Principal, 8-8:30 AM
10/19 - School Picture Make Up/Retakes
10/27- Wear your Halloween Costume
10/27- Halloween Carnival by Booster Club

November - Teamwork

11/1-9 - Booster Memorial Penny Drive
11/3- Coffee with The Principal, 8:00AM
11/7- Parent Booster Club Meeting, 6:00
11/13-17 - Parent Teacher Conferences
11/13-17- Minimum Days, Out at 1:00
11/17- Report Cards Sent Home
11/20-24- Thanksgiving Break NO SCHOOL

December - Responsibility

12/1- Coffee with The Principal, 8-8:30 AM
12/5- Parent Booster Club Meeting, 6:00
12/15- Booster Winter Event
12/18-21- Holiday Spirit Dress Up Week
12/21- Minimum Day, Out at 1:00 PM
12/22- Winter Break - NO SCHOOL

January - Respect

1/9 - School Resumes on Tuesday
1/9- Parent Booster Club Meeting, 6:00
1/12- Coffee with The Principal, 8-8:30 AM
1/15- MLK Holiday NO SCHOOL
1/30- 100th Day of School



February - Kindness

2/2- Coffee with The Principal, 8-8:30 AM
2/5-12- Booster Valentine Grams Sale
2/6 - Parent Booster Club Meeting, 6:00
2/19-23 - February Break NO SCHOOL



March - Courage

3/4 - Read Across America Day
3/4 -8 - Dr. Seuss Spirit Dress Up Week
3/5 - Parent Booster Club Meeting, 6:00
3/8 - 2nd Trimester Awards Ceremony
3/12 -13 - Title 1 Parent Conferences
3/12-13 - Minimum Days, Out at 1:00 PM
3/14 - Spring Pictures Lifetouch
3/15 - St. Patrick's Dress Up Day, Green
3/15 - Report Cards Go Home
3/20 - TK/Kindergarten Round Up, 5:30
3/29- Spring Break Begins NO SCHOOL

April - Perseverance

4/1-5 - Spring Break NO SCHOOL
4/9 - Parent Booster Club Meeting, 6:00
4/12 - Coffee with The Principal, 8:00AM
4/17 - Booster Book Swap
4/23 - School Bus Driver Appreciation Day
4/24 - School Secretary Appreciation Day
4/30 - State Testing Begins for 3rd-5th grades

May - Integrity

5/1- School Principal's Appreciation Day
5/3- School Lunch Hero Day
5/3 - Booster Club Color Run
5/4 - May the "4th" Be with You Dress Up Day
5/5-11 Teacher & Staff Appreciation Week
5/7 - Parent Booster Club Meeting, 6:00
5/8- School Nurse Appreciation Day
5/18 - School Speech Therapist Appreciation
5/22 - Meadow Lane Open House
5/27 - Memorial Holiday NO SCHOOL
5/30- 5th Grade Invasion at AMS
5/31 - Trimester 3 Awards Ceremony

June

6/3 - 5th Grade vrs. Staff Whiffle Ball Game
6/4-5 - Anderson River Park Splash Pad
6/6 - Fun in the Sun Day
6/6 - Report Cards Sent Home
6/6- Minimum Day, Out at 1:00
6/6 - Last Day of School



T-shirt Days

Wear a *Kindness* Shirt Every Tuesday
Wear a *Meadow Lane* Shirt or *Blue, & White* Every Friday

Holidays & School Breaks

Sept. 4th - Labor Day Holiday
Nov. 10th - Veteran's Day Holiday
Nov. 20th - 24th - Thanksgiving Break
Dec. 22nd - Jan. 8th - Winter Break
Jan. 15th - M.L. King Holiday
Feb. 19th - 23rd - February Break
March 29th - April 5th - Spring Break
May 27th - Memorial Day Holiday
June 6th - Last Day of School

CHARACTER

Each month Meadow Lane spotlights a different Character trait.

August and September's character trait is **Empathy**. *Empathy* is being able to know how someone else is feeling, even when you aren't in the same situation.

Each teacher and all of our staff will be looking for students who are exhibiting this trait. Please talk to your child about what empathy looks like for you and your family at home as well as ways they can demonstrate empathy at school.

Each teacher nominates students from their class who have been "caught" often demonstrating the character trait of the month. These students will receive an award from our Principal and Vice Principal.

All about Empathy for kids video: <https://youtu.be/ltp21tly8nM>

SOCIAL EMOTIONAL learning

Key strategies to teach CHILDREN EMPATHY

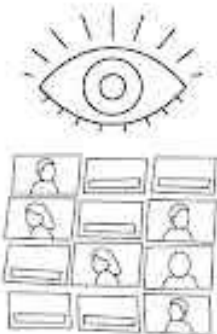


3-5 YEARS

- **DESCRIBE AND LABEL** - Help children recognize their emotions and body. "You're clenching your fists. You stomped your feet. You seem angry."
- **READ STORIES** and discuss the character's feelings.
- Make a **WE CARE CENTER**.
- Coach their **SOCIAL SKILLS**.

5-7 YEARS

- Use **PICTURES** - Cut out pictures from magazines or print pictures that show sad, angry, or happy faces.
- **EMBRACE DIVERSITY** - Help children understand what they have in common with others.
- **OBSERVE OTHERS** - Note the body language of others and guess how they might be feeling.
- Teach about **HEALTHY LIMITS** and their own boundaries.



7-9 YEARS

- Engage in high-level **DISCUSSIONS** about book characters.
- Try loving kindness **MEDITATION**.
- Engage in cooperative **BOARD GAMES**.

9-11 YEARS

- Sign up for **ACTING CLASSES**.
- Create **EMPATHY MAPS** - Choose an emotion, then brainstorm what you might say, think, and do when you feel that way.

12+ YEARS

- Discuss current **EVENTS**.
- Encourage your child to choose **VOLUNTEER WORK**.
- Try "**WALK THE LINE**" activity - perfect for classrooms, summer camps, or other places with a large group of older children/teens.

BACK TO SCHOOL NIGHT

August 30th

Teacher Session #1- 5:30 PM

Teacher Session #2- 6:00 PM

Meet in the Classroom

Please come and meet your child's teacher, see their classroom, learn what this school year will bring and how to help your child transition. Please drop your child at the supervised playground during your teacher classroom session. Please pick them up to enjoy the BBQ dinner provided afterwards.

Meadow Lane is hosting a BBQ dinner and your family is invited! Dinner is free and includes a hot dog, chips, and water.

2023-2024





Health Guidelines

If your child is sick, please follow these guidelines for when to keep your child home:

- A temperature of 100 degrees or above
- Students must be fever-free without fever-reducing medication (such as Tylenol or Motrin) for at least 24 hours before returning to school
- Vomiting and/or diarrhea. Student may return to school 24 hours after last episode
- Uncontrollable cough or wheezing or shortness of breath
- Suspected communicable disease (i.e. chicken pox)
- Suspected infections
- A rash of unknown origin – student may return to school when written authorization is received from the health care provider
- Students must stay home for the first 24 hours on antibiotic therapy

Centers for Disease Control and Prevention and OCHCA Guidance



Travelers who are sick should stay home and call health care providers.



Stay home when you are sick.



Avoid close contact.



Cover your mouth and nose.



Clean your hands.



Practice other good health habits.

FOLLOW US ON FACEBOOK

- Minimum Day reminders
- Fun pictures and videos of activities
- School Breaks & holidays
- Spirit and dress up day flyers
- and so much more



Meadow Lane Elementary School

249 likes • 304 followers



Facebook **LIKE,
COMMENT
AND SHARE**

BREAKFAST

All breakfast includes the following components:
2 Oz. Grains, 1 Cup Fruit & 1 Cup Milk.
*Optional breakfast is cereal, crackers, fruit & milk

LUNCH

All lunches include the following components:
1 Cup Milk, 1-2 Oz. Meat/Meat Alt., 1-2 Oz Grains Fruit & vegetables

AUGUST 2023

Meadow Lane Elementary School

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

8

9

10

11

15

16

17

18

22

23

24

25

29

30

31

31

BREAKFAST:
SAUSAGE & CHEESE BISCUIT
FRUIT
LUNCH:
CHICKEN TENDERS
MASHED POTATOES
FRUIT

BREAKFAST:
SAUSAGE & CHEESE BISCUIT
FRUIT
LUNCH:
LUNCHABLE & CHIPS
SALAD
FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
CHICKEN, RICE & BEAN BURRITO
VEGGIE JUICE
FRUIT

BREAKFAST:
FRUIT & YOGURT PARFAIT
LUNCH:
SOFT TACOS
REFRIED BEANS
FRUIT

BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT
LUNCH:
BBQ CHICKEN SLIDERS
SALAD
FRUIT

BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT
LUNCH:
CHICKEN ALFREDO W/ ROTINI
SALAD
FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
MAC & CHEESE
GREEN BEANS
FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
HOT DOG & CHIPS
GREEN BEANS
FRUIT

BREAKFAST:
WAFFLES
FRUIT
LUNCH:
CORN DOG & CHIPS
CORN
FRUIT

BREAKFAST:
WAFFLES
FRUIT
LUNCH:
CHICKEN PATTY SANDWICH
CORN & FRUIT
BIRTHDAY TREAT

BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT
LUNCH:
NACHOS
REFRIED BEANS
FRUIT

BREAKFAST:
A TO Z MUFFINS
STRING CHEESE & FRUIT
LUNCH:
NACHOS
REFRIED BEANS
FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
EGG McMUFFIN
VEGGIE JUICE
FRUIT

BREAKFAST:
EGGS & TOAST
FRUIT
LUNCH:
MAC & CHEESE
GREEN BEANS
FRUIT

BREAKFAST:
WAFFLES
FRUIT
LUNCH:
CORN DOG & CHIPS
CORN
FRUIT

Menus are subject to change

This institution is an equal opportunity provider.

Happy Birthday to everyone with a birthday in August!
Birthday treat comes with hot lunch only.

SCAN ME!



ParentSquare Tips for Parents

1 Activate Account

Click the link in your invitation email/text or sign up on ParentSquare.com or via the ParentSquare app.

2 Download App

It's easy to stay in the loop with the ParentSquare app. Download it now from the App store or Google Play.

3 Set Preferences

Click your name in the top right to visit your account page and set your notification and language preferences.

4 Get Photos & Files

Click 'Photos & Files' in sidebar to easily access pictures, forms and documents that have been shared with you.

5 Appreciate Posts

Click 'Appreciate' in your email/ app or website to thank a teacher or staff for a post. Teachers love the appreciation.

6 Comment or Reply

Click 'Comment' in app or website to privately ask a question about the post that your teacher or school sent.

7 Participate

Click 'Sign Ups & RSVPs' in the sidebar to see available opportunities. Click bell on top to check your commitments.

8 Join a Group

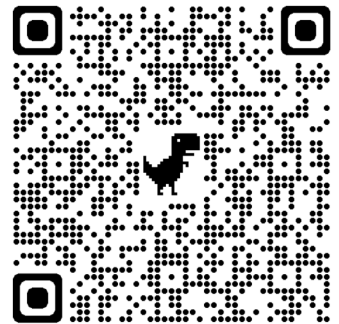
Click 'Groups' in the sidebar to join a group or committee at your school to participate or to stay up-to-date.

9 Find People

Click 'Directory' in the sidebar to find contact information for teachers and parents (not available at all schools).

10 Get in Touch

Click 'Messages' in the sidebar to privately get in touch with staff, teachers and parent leaders.



The Cascade Union Elementary School District office is excited to stay connected with our parents using a new communications tool -- **ParentSquare**. This will streamline communications from your school and teachers to keep you informed and connected during the year. ParentSquare provides a safe way for the school principal, teachers, staff and parents to receive important school and teacher communication -- all in one place. All school, grade level and classroom information will automatically be sent to your computer or phone via email, and/or text - you don't have to do anything.



Consejos Para Los Padres De ParentSquare

1 Activar Su Cuenta

Haga clic en el enlace de invitación en su correo electrónico / texto o inscribese en ParentSquare.com o a través de la aplicación ParentSquare.

2 Descargar la Aplicación

Es fácil mantenerse al tanto con la aplicación ParentSquare. Descargue la aplicación ahora desde la App Store o Google Play.

3 Establecer Preferencias

Haga clic en su nombre en la parte superior a la derecha para visitar su página de cuenta y configurar las preferencias para las notificaciones y el idioma.

4 Obtener Fotos y Archivos

Haga clic en "Fotos y Archivos" en la barra lateral para acceder fácilmente a las imágenes, formularios y documentos que han compartido con usted.

5 Apreciar Noticias

Haga clic en "Apreciar" en su correo electrónico / aplicación o sitio de web para agradecer a un maestro/a o personal por su noticias.

6 Comentar o Responder

Haga clic en "Responder" en la aplicación o sitio de web para enviar una pregunta privada sobre el mensaje que su maestro/a o escuela envió.

7 Participar

Haga clic en "Inscripciones y RSVP" para ver las oportunidades disponibles. Haga clic en la campana en la parte superior para revisar sus compromisos.

8 Únase a un Grupo

Haga clic en "Grupos" en la barra lateral para unirse a un grupo o comité en su escuela para participar o para estar al día.

9 Encontrar Personas

Haga clic en "Directorio" en la barra lateral para encontrar información de contacto para profesores y padres (no disponible en todas las escuelas).

10 Estar en Contacto

Haga clic en "Mensajes" en la barra lateral para enviar una nota privada para al personal, maestros/as y líderes de los padres.

La oficina del Distrito Escolar Primario Cascade Union se complace en mantenerse conectada con nuestros padres mediante una nueva herramienta de comunicación: ParentSquare. Esto agilizará las comunicaciones de su escuela y maestros para mantenerlo informado y conectado durante el año. ParentSquare proporciona una forma segura para que el director de la escuela, los maestros, el personal y los padres reciban comunicación importante entre la escuela y los maestros, todo en un solo lugar. Toda la información de la escuela, el nivel de grado y el salón de clases se enviará automáticamente a su computadora o teléfono por correo electrónico y/o mensaje de texto; no tiene que hacer nada.