



PRINCIPAL'S MESSAGE

As the Thanksgiving Holidays draw near, we are thankful for the continued support from our school community. Our parents and community members contribute in many ways to the success of our school. Thank you to the parents who attended Parent/Teacher Conferences. The conferences were very informative and beneficial to those who attended. The research overwhelmingly demonstrates that parental involvement in children's learning is positively related to achievement. When parents are involved in their children's education, children do better in school. Thanks to the parents who supported our Book Fair. As a result, our library will receive much needed funding to continue to update books and support reading. As always, we appreciate the volunteers who assisted on Volunteer Day. We were able to get important tasks accomplished. We appreciate the help of the Fire Department to teach our students about fire safety this month. Countless parents participated in our Trunk-or-Treat. Our students enjoyed every minute of it! The Stakeholder Group is meeting each month to discuss events and safety in our school. We would love to have you join our group.

Lisa Perrin
Principal

MISSION

Allemands Elementary School is committed to providing high-quality educational opportunities to build the foundation for children to become enthusiastic life-long learners who are equitable, safe, empathetic, and respectful.

VISION

All stakeholders of Allemands Elementary School embrace the education of every student as our top priority by providing a positive foundation for success. Our school prepares students to meet the challenges within the changing global society while preserving our historical culture. There is a profound commitment from stakeholders to help all students become college and career ready, creating life-long learners. Our school provides a safe and inclusive atmosphere created through respect for self, others, and our environment. Actively engaged students aspire to reach their full potential, reflecting the high expectations among our faculty, families, and community.

UPCOMING EVENTS

November

1st	PTA work day 4pm-6pm in Family Center \$1.00 Dress Down for DeSoto (help with hurricane Ian recovery)
2nd	Playgroup @ 10:00 PTA Board Meeting, virtual @ 1:00 Zoom Meeting Link: https://us06web.zoom.us/j/93824317679?pwd=M3l0NDlCdXZaYTd3L3VXcGhvV2NUQT09
3rd	FC Volunteer Day
7th	Saints Shirt Day with uniform pants
8th	No School- Election Day
9th	Playgroup @ 10:00
10th	Community Morning Meeting @ 9:15 \$1.00 Teddy Cares Dress Down
11th	Red, white, blue or patriotic shirt day Early Dismissal @ 12:45
12th	Child Search
16th	Playgroup @ 10:00 SIP Stakeholder Meeting @ 2:00 School Board Meeting @ 6:30
17th	Progress Reports sent home Santa pictures: Sunday best
18th	Fall Fest 12:30-2:30 Fall colors, Fall Fest t-shirt or Saints shirt
21st-25th	Thanksgiving Break- No school
31st	Playgroup @ 10:00



Fall Fest is back!

Fall Fest will be held on November 18th from 12:30 to 2:30. All students will receive four wristbands for this event. All guests must wear their wristband on this day and show their photo ID when they enter school.

If a parent wants to check-out their child at the end of this event, a letter will be sent home to check-out the student. The parent will need to provide information stating that they would like to check-out the student early and the full name of the person checking out the student. The person listed on the form, must also be a person listed on the emergency contact and be allowed to check-out the student. When family members report on the day of Fall Fest they will be directed to the child's classroom. At this time, if they are signed up to check-out their student they will show their ID to the teacher to verify they are on the sign-out sheet. Once Fall Fest is over there will be a quick recheck that the students has be pre checked-out and will be allowed to leave. If you do not complete the form before Fall Fest you will need to wait until the end of the event and visit the front office to check out with Mrs. Sandra.

Outerwear Reminders

Outerwear must open the length of the front by snapping, buttoning, or zipping. No hooded sweatshirts may be worn on any school campus during the school day.

In addition, please make sure that all of your child's outerwear is labelled with their first and last name.

We have a lost and found area with many unclaimed jackets. If your child is missing a jacket, please make sure to have them come to the lost and found.



Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at lbutler@stcharles.k12.la.us and a copy will be sent home each month with your child. Thank you.

Early Dismissal

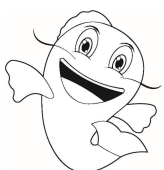
When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to gesbus@stcharles.k12.la.us. Please call school if you have any questions about our Early Dismissal procedures. Our Early Dismissal this month is November 11th.

SIP Stakeholder Group

We are looking for parents, grandparents, and community members to work with us! Our School Improvement Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives. These meetings will be in-person and will last 30-45 minutes. At our October meeting, we discussed Fall Fest, arm bands and trunk or Treat for events. If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@stcharles.k12.la.us.

Thank you for your support of our Book Fair! It was a huge success.

We are so excited with the participation at Parent Teacher Conferences. If you missed your child's conference, please call their teacher!



We'll stand
BAYOU

Trunk or Treat

Thank you for taking part in our Trunk or Treat. Our students had a great time!

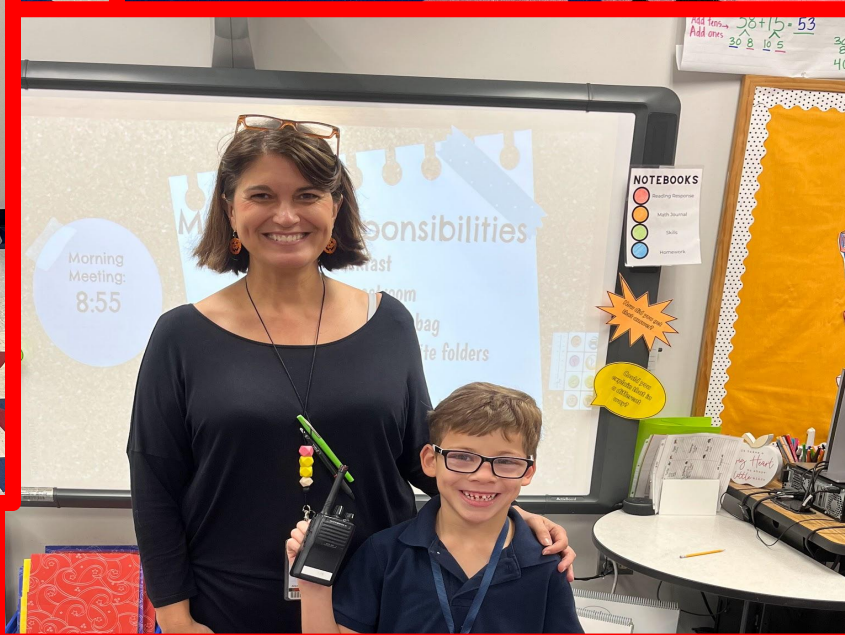


Visit from our local Fire Department

Our students loved having a visit from our local firemen. Thank you so much for spending the day with our students!



Red Ribbon Week





OUR LEARNING



pre-k

Pre-K students are continuing to learn and grow each day! This month we learned about many different community helpers. In math we have been working on sorting and categorizing. In literacy we have been focusing on rhyme, letter identification, and active listening skills. We had visits from a police officer and his K-9 partner as well as a dental hygienist. Our students enjoyed asking these community helpers questions and learning more about the importance of their jobs!



kindergarten

Kindergarteners are having a great Fall! We had a great time learning and playing outside in the beautiful weather. Trunk-or-Treat was lots of fun too! In math we are learning all about shapes. We are describing and identifying flat and solid shapes. We continue to review counting and writing numbers to 10. Next, we will begin measurement by comparing objects. We are learning phonemic awareness by segmenting sounds in words. That means the teacher says a word (mat) and the students say each sound in the word (/m/.../a/.../t/...). We are also working on phonics by learning letter sounds and practicing reading consonant vowel consonant words. We learned lots of nursery rhymes and answered questions about what we heard. Next, we will learn all about our 5 senses! We are so excited to continue learning and growing.





OUR LEARNING



first grade

Happy Fall, first grade families! Your student has started the year learning about CARES and classroom rules. We discuss the importance of taking care of ourselves, taking care of others, and taking care of Allemands. Your child has been working hard reviewing short vowel sounds in words and stories. We started a new reader, *Gran*. Have your child discuss the story read in class with you. You can help by asking your child about the characters, setting, and major events. In Knowledge, we have enjoyed learning about stories from different lands around the world. Your student is learning more about solving problems in math. We are focusing on understanding the equal sign, solving addition and subtraction word problems, and addition and subtraction strategies. Please complete nightly homework to support your child with these skills we are learning. We look forward to continuing a year where dreams come true at AES!

Happy Fall Y'all!

second grade

Second grade teachers would like to thank family members for attending parent/teacher conferences. We are thankful for the opportunity to teach and learn with our second graders and their families. Your support is essential to your child's success. In welcoming this fall season of giving thanks, it's a great time to read a good fall or Thanksgiving book! Check out a second grade favorite like Turkey Trouble by Wendi Salvano, The Ugly Pumpkin by Dave Horowitz, From Seed to Pumpkin by Wendy Pfeffer, or Counting Fall by Lizann Flatt. After reading, have your child retell what they read in sequential order. Have a discussion about the text. In math, students are adding and subtracting within 200. Knowing basic facts will help your child solve problems with larger numbers efficiently. Studying addition and subtraction math facts to 20 has been added to homework practice. We will wrap up our Greek myths domain and begin The War of 1812 domain. Have a discussion about the new knowledge they've gained. We're most grateful for your continued interest and support in your child's education. Enjoy your Thanksgiving!.

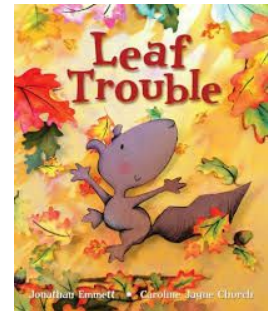
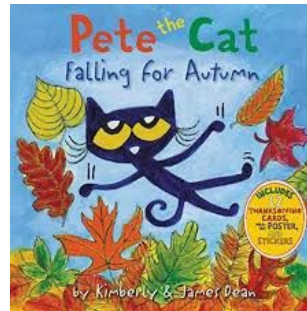
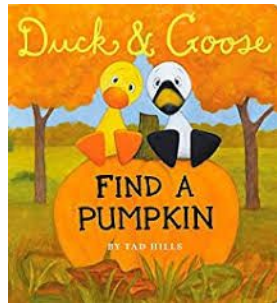


ENRICHMENT

Librarian's

Letter

Fall Into A Good Book



COUNSELOR'S corner

15

HEALTHY HABITS TO TEACH YOUR KIDS FOR A BETTER LIFE

- 1 KEEP A POSITIVE ENVIRONMENT 
- 2 ENCOURAGE YOUR KIDS 
- 3 LIMIT SCREEN TIME 
- 4 INTRODUCE READING HABIT IN YOUR KID FROM EARLY ON
- 5 EAT BREAKFAST IN THE MORNING 
- 6 ENCOURAGE OUTSIDE PLAY 
- 7 MAKE EATING COLORFUL 
- 8 PICK ENJOYABLE PHYSICAL HABITS
- 9 ENJOY A FAMILY DINNER
- 10 FOLLOW A GOOD ROUTINE
- 11 GIVE THEM HOUSEHOLD CHORES AND REWARD THEM 
- 12 MAINTAIN HYGIENE 
- 13 DRINK MORE WATER
- 14 MAINTAIN GOOD ORAL HYGIENE
- 15 MAKE FRIENDS 

TOTALLYMOMSENSE.COM

French FUN

Bonjour! Happy November and Happy Thanksgiving, or "Bonne Action de Graces!" All grade levels will be busy learning Fall and Thanksgiving themed vocabulary words, as well as learning some Thanksgiving finger rhymes and songs in French. Thanksgiving is an American holiday and not celebrated in France. However, there are many Americans who live in France who still celebrate the holiday by having a potluck meal where everyone brings a Thanksgiving related dish.

Allemands Elementary Family Center

Together We Can Make a Difference

Valerie Chiasson

vchiasson@stcharles.k12.la.us 985-758-7427

Wednesdays, Thursdays, and Fridays



How Can You Develop a Partnership With Your Child's Teachers and School Staff:

- **Meet your child's teacher.**

As soon as the school year starts, try to find a way to meet your child's teacher. Let the teacher know you want to help your child learn. Make it clear that you want the teacher to contact you if any problems develop with your child. Talk with your child's teacher offers some great tips for developing a partnership with your child's teacher.

If you feel uncomfortable speaking English, don't let a language barrier stop you. What you have to say is more important than the language you say it in! Ask the school to find someone who can interpret for you. There may be a teacher or parent liaison who can help. Or you can bring a bilingual friend or relative with you.

- **Get to know who's who at your child's school.**

There are many people at your child's school who are there to help your child learn, grow socially and emotionally, and navigate the school environment. Who's Who at Your Child's School describes the responsibilities of teachers, administrators, and district staff. Each school is different but this article will offer a general introduction to personnel of your child's school.

- **Attend parent-teacher conferences and keep in touch with your child's teacher.**

Schools usually have one or two parent-teacher conferences each year. You can bring a friend to interpret for you or ask the school to provide an interpreter. You can also ask to meet with your child's teacher at any time during the year. If you have a concern and can't meet face-to-face, send the teacher a short note or set up a time to talk on the phone. For more ideas about how to prepare for parent-teacher conferences, see Tips for Successful Parent-Teacher Conferences at Your Child's School.

Allemands Elementary Family Center Together We Can Make a Difference

Valerie Chiasson

vchiasson@stcharles.k12.la.us 985-758-7427

miércoles, jueves, y viernes



Desarrollar una colaboración fuerte con los maestros de su hijo y el personal docente

- **Reúnase con la maestra de su hijo.**

Tan pronto como comience el año escolar, busque la manera de reunirse con la maestra de su hijo e infórmele que desea ayudar a su hijo a aprender. Díglele con claridad que si percibe que surge algún problema, usted desea saberlo inmediatamente. [Hablar con la maestra de su hijo](#) ofrece muchas ideas para empezar una colaboración.

Si lo necesita, utilice un intérprete. Por favor, no permita que la barrera del idioma le detenga. ¡Lo que usted tiene que decir es mucho más importante que el idioma en que lo diga! Busque a alguien en la escuela que pueda servirle como intérprete. Por lo general, podrá encontrar alguna maestra o enlace de padres que hable español. También puede pedirle a algún amigo o pariente que interprete.

- **Aprende quién es quién en la escuela de su niño.** En la escuela de su niño hay muchas personas dedicadas a ayudarlo a aprender, crecer social y emocionalmente, y transitar por el ambiente escolar. [Quién es quién en la escuela de su niño](#) es una lista selecta sobre el personal docente y administrativo así como las organizaciones a nivel de distrito. Cada escuela es diferente, pero este artículo le ofrecerá una introducción general a las personas que trabajan en la escuela de su hijo.

- **Asista a las conferencias de padres y maestros, y manténgase en contacto durante el año escolar.** Las escuelas por lo regular ofrecen anualmente una o dos conferencias para los padres. Usted puede asistir con alguien que sirva como intérprete o puede pedirle a la escuela que se lo proporcione. Usted también puede solicitar reunirse con la maestra de su hijo en cualquier momento durante el año. Si algo le preocupa y no puede reunirse personalmente, envíe una nota corta o programe una charla breve por teléfono. [Sugerencias para el éxito de las reuniones entre padres y maestros en la escuela de su hijo](#) ofrece algunas ideas para preparar para estas reuniones.

Thank You

Penny Drive-\$841.00
Cake Bingo- \$1,317.00



United Way of St. Charles

LIVE UNITED



Don't forget to eat lunch with a child, the following must be in place.

- The parent must have the guest on the emergency card.
- Parents must sign up the guest on Sign-Up Genius.
- The guest must sign-in with an ID at the office.
- The guest and child will sit at the picnic tables outside.
- The guest will leave when the child's lunchtime is finished.

PTA News

AES PTA PRESENTS FALL FEST 2022



Fall Fest is an annual Fundraiser to help raise money to fund activities for our students, field trip buses and other educational supplies throughout the year. This event is open to families and friends of Allemands students and includes a fun carnival-type event full of games and food to entertain all.

NOVEMBER
18

12:30PM - 2:30PM

Please welcome our new PTA Board. We meet once a month and would love to have you join us! Our next meeting is Oct. 5 at 1:00PM in the Family Center.

President: Erica Dufrene
Vice President: Amanda Martin
Secretary: Celeste Matherne
Treasurer: Laura Brown
School Liaison: Valerie Chiasson & Vanessa Camarata
Faculty/Staff Morale, Social Media & Student Appreciation Week Chair: Jodie Matherne
Faculty/Staff Appreciation Week Chair: Kelly Madere
Pizza & Paint Chair: Latoya White-Paul
Grade Representative: Tongia Turner

We still have spaces to fill. Email us at allemandspta@gmail.com if you would like more information or are interested in the following opportunities: Fall Fest Committee Member, 2nd Grade Sendoff Chair



Scan QR Code for:
PTA Membership,
Spirit Shirts, Magnets
and all other PTA
related signups.

Catfish Character Traits

Our School Improvement Team has designated a character trait each month to teach the Essential 11 Traits each week. In addition, the PTA will support our school by sending home a family activity to practice this trait. In November, we will focus on **honesty**. Our teachers will read a grade-specific book and review the trait during the month. Please help us to reinforce these character traits at home and in the community.

Week of 11/7- Veterans Day
Week of 11/14 -Honesty
Week of 11/28- Hurt or Harm

Let us know if your child shows this character trait at home or the community by returning the information below. We will read it during the announcements to celebrate your child!

Student Name: _____

What did he/she do to show responsibility in your home or the community?



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(EOE)

Signs and Symptoms of Vaping Addiction

Nicotine is a highly addictive chemical that is found in the tobacco plant. Tobacco products—including cigarettes, cigars, smokeless tobacco, hookah, and most vapes—contain nicotine.

Answering yes to any of these questions means it's time to get help quitting.
Do you or someone you know...



Need to vape as soon as you wake up or during class



Feel anxious or irritable when you want to vape



Have trouble concentrating or sleeping



Keep vaping even though you know it's bad for you



Find yourself reaching for your vape without thinking about it



Get interrupted by thoughts about vaping throughout the day

Help for Teens: teen.smokefree.gov

Help for Teachers: scholastic.com/parents/parents

FDA Exchange Lab: dtolizme@fda.gov, www.fda.gov



Vaping Can Be Very Addictive

Nicotine can change the way your brain works, causing cravings for more of it. If you vape you might end up addicted to nicotine faster than if you smoked.^{1,2} Nicotine from vapes reaches your brain within 10 seconds.^{3,4}

Teen Brain Development

If you think that getting addicted could never happen to you, think again. You're actually more vulnerable than adults to addiction because your adolescent brain is still developing. Nicotine exposure during adolescence can disrupt normal brain development and may have long-lasting effects, such as increased impulsivity and mood disorders.⁵ Nicotine can also cause long-term changes to your brain, affecting memory and the ability to focus and learn—which all promote addiction.^{4,7,8,9}

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Last Updated May 2021



CT-102

Elementary Menu November 2022

ST. CHARLES PARISH
PUBLIC SCHOOLS



This institution is an equal opportunity provider.
Menus are subject to change

Supply and demand. And cost.

We're trying to continue to operate as close to our pre-pandemic level as possible. But, like the restaurant and food service sector generally, we're facing unprecedented supply chain challenges. Sometimes we may have to substitute an item at the last minute to give our customers the best, freshest options available that day. Plus our food costs are sky-high, as you probably understand from your own trips to the grocery store. We thank our parents and kids in advance for your on-going understanding of this situation!

School Meals
We serve education every day™

Word of the Month

char·i·ta·ble
adj. 1. full of love
for and goodwill
toward others 2.
Generous to those in
need
3. merciful or kind in

Tuesday, November 1

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

3 Bean Chili w/Cheese
Fritos
Steamed Corn
Salsa
Apple Wedges

Wed., November 2

Breakfast

St Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Turkey Stew
Steamed Rice
Carrot Soufflé
Steamed Cabbage
Banana

Thursday, November 3

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Shepherd's Pie
Peas
Garlic Dinner Roll
Pineapples w/Cherries

Friday, November 4

Breakfast

Chicken Waffle Bites
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Baked Beans
Orange Wedges

Tuesday, November 8

Election Day
Holiday



**NO SCHOOL
TODAY**

**Make sure your
family votes!**

Monday, November 7

Breakfast

Pop Tarts or Cereal Bars
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Sliced Peaches

Thursday, November 10

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Pineapple Tidbits w/Cherries

Friday, November 11

Breakfast

Donut Holes
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Bosco Sticks
Marinara Sauce Cup
Tomato & Cucumber Salad
Orange Wedges

DON'T GET SAUCY.

Filling half your plate with fruits and veggies?

Good for you! Just make sure you don't always

smother all that goodness in

cheese sauce or sugar or

syrup. A little olive oil on

some sauteed fresh

veggies is fine, but

drenching veggies

in butter? Not so much.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

AVAILABLE DAILY

With all meals:

Low Fat White Milk

Fat Free Flavored Milk

At Lunch:

Sandwich Choice



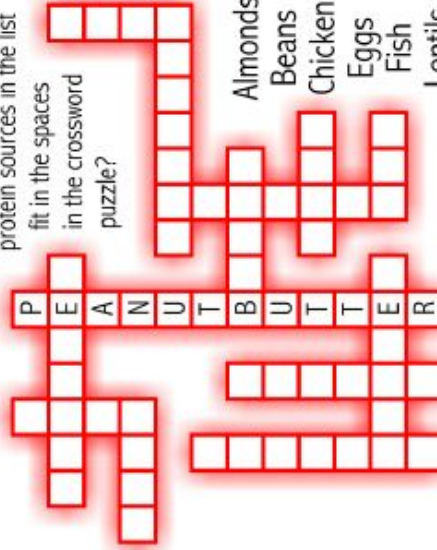
What's on YOUR plate?



Protein Power!

Steaks and hamburgers and other kinds of beef are loaded with protein. But a lot of red meat is also very high in fat and saturated fat. That's why experts tell us we should only eat beef once in awhile. Luckily, there are lots of other good sources of protein. Six ounces of salmon, for example, contains almost as much protein as a 6-ounce porterhouse steak -- but with less than 1/2 the fat and 1/4 of the saturated fat. Can you make all of the protein sources in the list

fit in the spaces in the crossword puzzle?



Almonds
Beans
Chicken
Eggs
Fish
Lentils
Milk
Pork
Soy
Turkey
Walnuts
Yogurt



Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 14

Breakfast

Pancake/Sausage on Stick
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Red Beans w/Ham
Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread Poppers
Applesauce

Tuesday, November 15

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Peaches

Wed., November 16

Breakfast

St. Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Chicken & Sausage
Jambalaya
Broccoli Florets
Garden Salad
Graham Bear, Banana

Thursday, November 17

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Thanksgiving Feast

Sliced Turkey Roast & Gravy
Cornbread Dressing
Carrot Souffle, Green Beans
WW Roll, Fruit
Strawberry Shortcake

Friday, November 18

Breakfast

Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Corn Dogs
Baked Beans
Celery & Carrot w/Ranch Dip
Orange Wedges



Thanksgiving ~~Beak~~ Break!

See you ~~beak~~ back here on Monday, November 28!

Wed., November 30

Breakfast

St Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Turkey Stew
Steamed Rice
Baby Carrots
Steamed Cabbage
Banana

Tuesday, November 29

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Stir Fry Veggies
Asian Chopped Salad
Tropical Fruit

Monday, November 28

Breakfast

Grits & Canadian Bacon
Cereal w/Graham Crackers
Yogurt w/Gripz
Fruit or Juice Choice

Lunch

Salisbury Steak
Mashed Potatoes
Steamed Broccoli Florets
Dinner Roll
Applesauce

AMERICAN COUGARS GROW UP

TO **8 FEET LONG** AND CAN WEIGH **200 POUNDS**, BUT THEY AREN'T CONSIDERED ONE OF THE "BIG CATS" BECAUSE

THEY CAN'T ROAR. THE SOUNDS THEY MAKE ARE THE SAME PURRS, SCREAMS, HISSES, AND LOW-PITCHED GROWLS THAT **THE FAMILY CAT** MAKES-- **ONLY LOUDER!**

STRANGE

BUT TRUE!

