



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. We thank everyone who contributed to the AES United Way campaign.

Lisa Perrin
Principal

MISSION

Allemands Elementary School is committed to all students obtaining the knowledge and skills to build a strong foundation and become productive citizens.

VISION

Our students are engaged, well-rounded learners who accept others and work as a team.

Allemands Elementary School, we believe...

all students can learn to their utmost potential.
all students will engage in quality experiences.
a student's success is a collaborative effort among school, students, family, and community.
a physically and psychologically safe environment is essential to promote student learning.
excellence is worth the cost

UPCOMING EVENTS

November

1st	No School Fall Break
2nd	Family Center Parent Session: Dangers of Vaping Cake BINGO for United Way @ 6:00 in cafeteria
3rd	Saints shirt day
6th	100 Year Celebration
7th	Fall Fest Work Day 4-6 in Family Center
8th	Playgroup @ 10:00 PTA Board Meeting @ 1:00
9th	Stakeholder Mtg. @ 9:00 Volunteer Day @ 10:00
10th	Red, White, and Blue Shirt Day
15th	Playgroup @ 10:00
16th	ELL Families and Friends 9:30-10:30 in Family Center Santa Pictures Progress Reports sent home
17th	Fall Fest 12:30-2:30 Fall colors, Fall Fest t-shirt or Saints shirt
20th-24th	Thanksgiving Break- No school
29th	Playgroup @ 10:00
30th	Teddy Cares Dress Down for \$1



OUR LEARNING



pre-k

Pre-K students are continuing to learn and grow each day! This month we will sort by shape and size. We will have fun using different size pumpkins and pumpkins of different colors. In literacy, we will point out new words such as enormous, gigantic, and colossal. Lastly, we will have discussions about thanksgiving traditions with families.



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 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. We will wrap up our Greek myths domain and begin The War of 1812 domain. Have a discussion about the new knowledge learned. We're most grateful for your continued interest and support in your child's education. Enjoy your Thanksgiving!



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.

All visitors must follow the new safety protocols for bags at events.

- Allowed bags include bags smaller than 4 x 6 1/2 inches.
- Allowed bags include clear bags between 4 x 6 1/2 inches and 12 x 12 inches.
- Any bag larger than 12 x 12 inches is not allowed.
- Exceptions may be allowed for diaper and/or medical bags.
- All bags are subject to search.

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

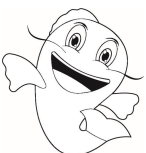
When our school has an Early Dismissal schedule, it is imperative to talk to your child about what will be different for that day. If you need to have a child picked up from carpool instead of riding the bus, a note or email must be written and submitted to the office by 10:30. Emails must be sent to aesbus@stcharles.k12.la.us. Please call school if you have any questions about our Early Dismissal procedures. Our next early dismissal will be on DEcember 21.

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, the 100 Year Celebration, parent teacher conferences 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 the teacher!



We'll stand
BAYOU

Trunk or Treat

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

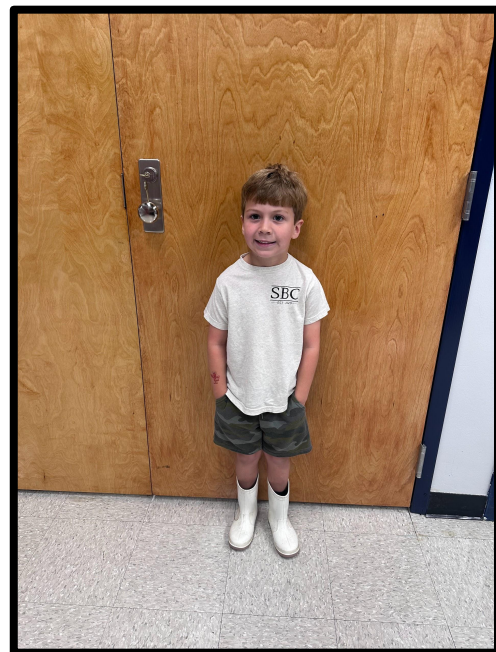
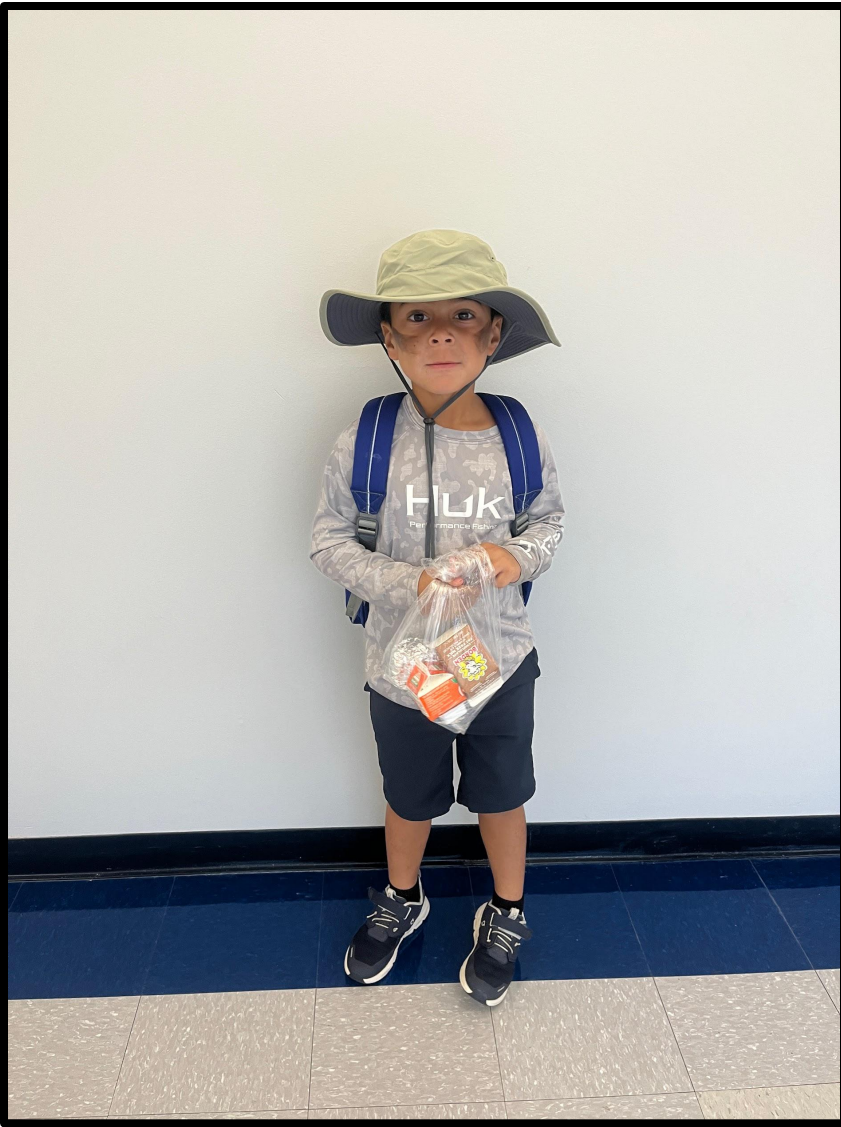


Visit from our local Fire Department

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



Red Ribbon Week



Thank You

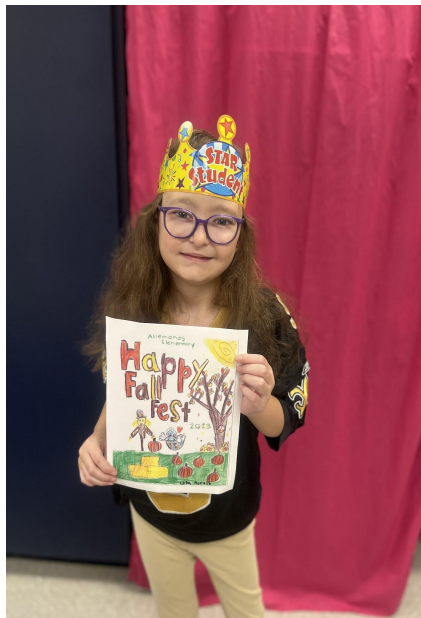
In our next newsletter, we will share the final AES monies raised for United Way. Thank you for all of your support!



LIVE UNITED

FALL FEST T-SHIRT WINNER

Congratulations to Lyla Morel. She won the Fall Fest t-shirt design contest.



PTA News

Dear Catfish Families,

Our Trunk or Treat was a creep-tastic success! Thank you to all of the families who participated. You all really outdid yourselves this year!

Next up is Fall Fest! Please keep your eyes on your child's folder as lots of information will be coming your way soon. For all of the important information in one place or if you would like to volunteer your time with setup or teardown of the event, please visit our "Get Involved" page on our website!

www.allemandspta.org

While there, please take a moment to visit and look around. On our NEW website you can sign up for PTA and PTA hosted events, order spiritwear, find volunteer opportunities, learn more about PTA, our Board Members and available positions, find our faculty/staff information sheets and so much more!

As always, thank you for your support, and please reach out if you need anything - president@allemandspta.org. Together we will make this another memorable year for our students, faculty and staff!

Erica Dufrene
AES PTA President

Membership Reminder - PTA is a 100% volunteer organization and we cannot do this alone. We need YOU!

We would like to encourage you to join our PTA and get involved (if you can - a PTA membership does NOT mean you have to volunteer or serve as a board member). By joining and supporting AES PTA, you have a voice/vote in the decisions that PTA makes. Our goal is to have at least one PTA member per child in our school. We are currently only at 50% of that goal so grab your family and friends and join us by visiting the QR Code below!

Our PTA Board meets once a month and would love to have you join us! Our next meeting is Nov. 8 at 1:00PM in the Family Center.



Scan QR Code for:
PTA Membership,
Spirit Shirts, Magnets
and/or Winter Wear

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?



AES PTA PRESENTS **FALL FEST** 2023



**SAVE
THE
DATE**

Fall Fest is an annual fundraiser to help raise money to fund educational supplies and activities for our students, faculty and staff 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. Tickets will be sold prior to the event. Check your child's folder for updates in the coming weeks.

**NOVEMBER
17**

12:30PM - 2:30PM

*Due to new Safe Schools Procedures, entry will be limited.
More information to follow.

AES PTA PRESENTA **FESTIVAL DE OTOÑO** 2023



**GUARDA
LA FECHA**

Fall Fest es una recaudación de fondos anual para ayudar a recaudar dinero para financiar actividades y suministros educativos para nuestros estudiantes, profesores y personal durante todo el año. Este evento está abierto* a familias y amigos de los estudiantes de Allemands e incluye un divertido evento tipo carnaval lleno de juegos y comida para entretener a todos. Los boletos se venderán antes del evento. Consulte la carpeta de su hijo para obtener actualizaciones en las próximas semanas.

**NOVIEMBRE
17**

12:30 - 14:30

*Debido a los nuevos Procedimientos de Escuelas Seguras, la entrada será limitada. Más información a seguir.



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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/contrapoints

FDA Exchange Lab: dtolizme@fda.gov, www.fda.gov/oc/ohrt



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



11-12

**Allemands is celebrating 100 years!
Inviting all former employees!**

Come celebrate with us

Allemands
Elementary



6 Nov / 2:15-3:20 pm

1471 WPA Road,
Des Allemands, LA 70030
(985) 758-7427

RSVP here



Elementary Menus November 2023

ST. CHARLES
PARISH
PUBLIC SCHOOLS

This institution is an
equal opportunity
provider and employer.

Menus are subject to change.



YOU'RE GOOD

ALL STUDENTS EAT ALL MEALS @ NO COST ALL YEAR LONG

Wednesday, November 1

Fall Break No School Today

Thursday, November 2

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Pork Stew
Steamed Rice
Carrot Souffle
Steamed Cabbage
Pineapple Tidbits

Friday, November 3

Breakfast
Fresh Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Fresh Hot Pizza
Marinara Sauce
Garden Salad
Fruit of the Month
Brownie w/Icing

Wednesday, November 8

Breakfast
St. Charles Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Chicken/Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Banana

Thursday, November 9

Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Spaghetti & Meatsauce
Peas
Italian Salad
Garlic Bread
Pineapples

Friday, November 10

Breakfast
French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch
Mini Corn Dogs
Baked Beans
Celery & Carrot w/Ranch Dip
Orange Wedges
Jello w/Whipped Topping

DON'T GET! To make a lunch, choose at least one



and 3-5
items
total



Available Daily

With all meals
Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: **Chef Salad**
Weds.: Deli Turkey Sandwich
or Ham Sandwich
Thursday: **Charley Box**
Friday: Sunbutter Sandwich

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits,

veggies, and grains might need a daily vitamin. But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.



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

PLEASE JOIN US FOR OUR



WEDNESDAY, NOVEMBER 15

Center of Attention!

Turkey is the star attraction on many Thanksgiving tables — and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

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

Monday, November 13

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Popcorn Chicken
Mashed Potatoes w/Gravy
Broccoli Florets
Peach Slices

Tuesday, November 14

Breakfast

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

Lunch

Fish Sticks
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Apple Wedges

Wednesday, November 15

Breakfast

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

Thanksgiving Feast

Sliced Turkey & Gravy
Rice Dressing
Sweet Potato Souffle
Green Beans
Fruit Choice, Dinner Roll
Strawberry Shortcake

Thursday, November 16

Breakfast

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

Lunch

Chicken/Sausage Jambalaya
White Beans
Steamed Carrots
WW Roll
Pineapple

Friday, November 17

Breakfast

Muffin Choice w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Orange Wedges

HAPPY THANKSGIVING! SEE YOU MONDAY!



Monday, November 27

Breakfast

Confetti Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Red Beans w/Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Peaches

Tuesday, November 28

Breakfast

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

Lunch

Nachos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Apple Wedges

Wednesday, November 29

Breakfast

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

Lunch

Beef Pot Roast
Mashed Potatoes
Cal Blend Veggies
Dinner Roll
Banana

Thursday, November 30

Breakfast

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

Lunch

Pork Stew
Steamed Rice
Carrot Souffle
Steamed Cabbage
Pineapple Tidbits

Only 22 more school days 'til Winter Break!

