



PRINCIPAL'S MESSAGE

The holidays are rapidly approaching. This is a perfect time to enjoy our families and friends and reflect upon the first semester of school. So many great things have happened at AES, and we are truly standing by our students as they learn and grow.

Our teachers have been actively involved in a continuous effort to provide a quality learning environment for all students. They are developing our students into life-long learners and are constantly seeking out creative and exciting ways to structure rigorous lessons and assessments which will increase our students' achievement in reading and math. Our children are engaged in reading, problem solving, exciting and motivating enrichment classes, and a variety of other unique and valuable learning experiences each and every day.

Please take time during the holidays to support our efforts to continue to increase our students' achievement. Consider setting aside a time each day to read to and with your children. Talk about the stories, characters, and events and have your child retell you the story orally and in writing. Make time for a review of math facts and practice with flashcards. We would also like to encourage our students to write a daily journal focusing on the special times during the holidays. They could also write about plans for the new year and set goals for the next semester.

On behalf of the faculty and staff of Allemands Elementary, we would like to wish all of our families a joyous and peaceful holiday season. We appreciate your continued help and support of our many activities. Your cooperation truly makes a difference in our school. It is only through a true partnership that we create positive conditions for learning in our school.

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.

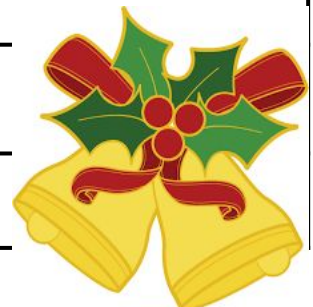
VISION

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

UPCOMING EVENTS

December

1st	Saints shirt day 1st & 2nd grade Artsperience @ LPAC
4th	2nd Grade Holiday Play @ LPAC @ 6:00pm
6th	Playgroup @ 10:00 PTA Board Meeting @ 1:00 Rotary Lighting @ Community Center- Traveling Cajun Dancers Perform TBD
7th	Stakeholder Meeting @ 9:00 Volunteer Day @ 10:0
8th	Saints Shirt Day
12th	Red, green or holiday shirt Literacy Night @ 6:00pm
13th	Santa pictures Playgroup @ 10:00 School Board Meeting @ 6:30
15th	Saints shirt day
20th	Playgroup @ 10:00
21st	Community Morning Meeting @ 9:15 Pajama Day Early Dismissal @ 12:45
22nd- Jan. 5th	Christmas Break- No school
Jan. 8th	Students return





We'll Stand **BAYOU** at AES!



Fall Fest was a success!

Thank you for all of your support for Fall Fest. The PTA was amazing, and everyone had a great time. We appreciate your support for this fundraiser.



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 labeled 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.

Don't
Forget!

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.

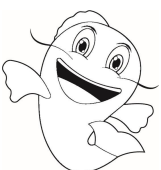
Early Dismissal

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 Early Dismissal this month is December 21st

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 November meeting, we discussed upcoming events and reflected on Fall Fest. If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@stcharles.k12.la.us.

Ms. Montelaro's class shows off their Cajun dancing skills



We'll stand
BAYOU

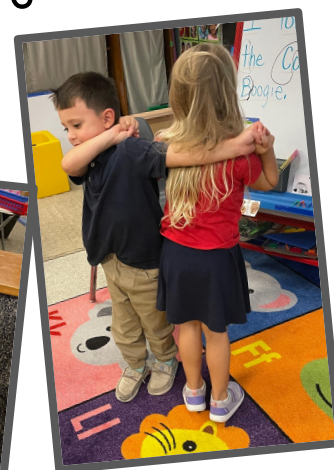
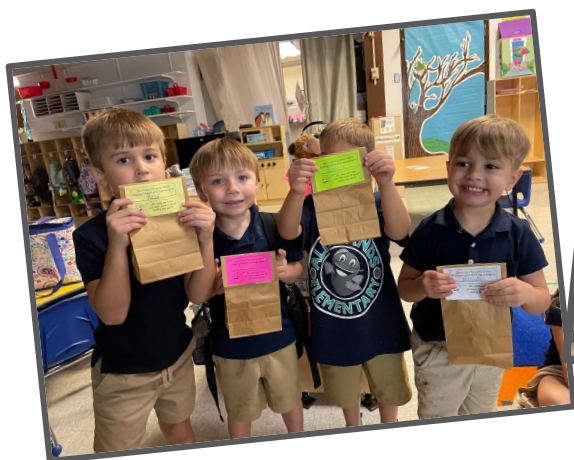


OUR LEARNING



pre-k

December is a very exciting month of learning and celebrating as we look forward to learning more about families' holiday traditions. We will also be comparing and contrasting living and nonliving things, stories, real and make-believe and also opposites. Our Pre-K students are beginning to track their progress in math, literacy, and social-emotional learning by using individual goal cards. These last few weeks of 2023 will be busy, fun, meaningful, and memorable as we make every moment count!



kindergarten

Kindergarteners are working so hard! In math, we learned all about shapes. Now, we are working on measurement by comparing objects by length, height, weight, and volume. We continue to review counting and writing numbers to 10. We continue to practice 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 are learning all about our 5 senses by listening to nonfiction read alouds! Let's have a great winter!



OUR LEARNING



first grade

In the month of December, our first graders are continuing to build their learning in all subjects. In Skills, we are learning to read and write words with vowel digraphs. Have your child discuss the story read in class with you. You can help by asking about the characters, setting, and major events in the story. In Knowledge, we are enjoying learning about Early World Civilizations. We will move to learning about Early American Civilizations at the end of the month. Your student is learning more about solving problems in math. We are focusing on making a ten to solve addition and subtraction problems within 20, understanding place value within teen numbers, and solving word problems within 20. Please complete nightly homework to support your child with these skills we are learning. We look forward to a wonderful holiday season, and we hope you have a happy holiday!

'Tis the season to celebrate the joy of learning. You may want to check out The Legend of the Poinsettia by Tomie dePaola or a timeless classic like How the Grinch Stole Christmas by Dr. Seuss. Second graders are making reading more enjoyable by analyzing the plot in stories. When reading, students should use a variety of reading strategies and should retell what is read in sequential order. Second graders are writing personal and fictional narratives. Imaginations are soaring!

In math, students will continue solving word problems and using place value strategies to add and subtract within 1,000. Knowing basic facts will help your child solve problems with larger numbers efficiently. Please have your child continue practicing these skills and memorizing math facts to 20. Have a safe and happy holiday season! See you next year!

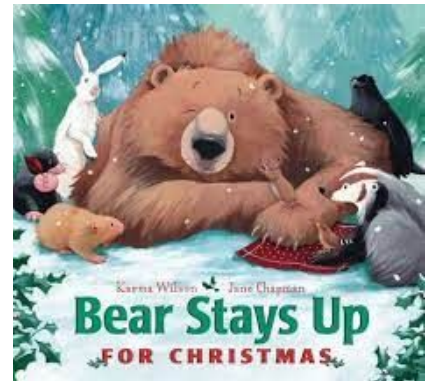
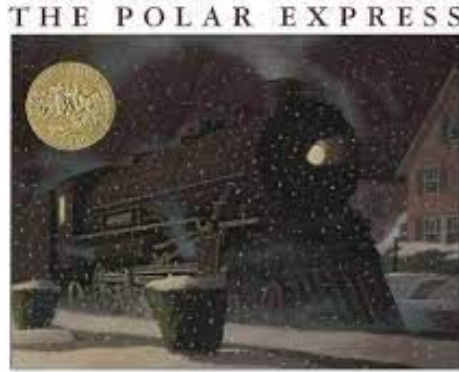
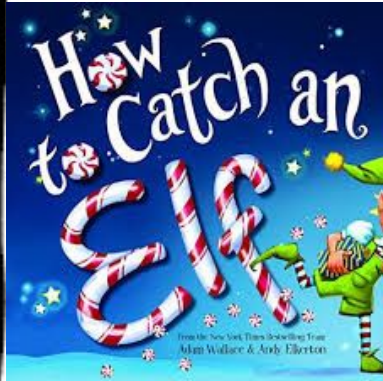
second grade

Thank you to Sonny Savoie for getting an American flag that was flown over the U.S. capital donated to Allemands Elementary. He presented it to our students at the Community Morning Meeting.



ENRICHMENT

Librarian's Letter Holiday Books



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

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 Support Your Child Academically:

Find out how your child is doing.

Ask the teacher how well your child is doing in class compared to other students. If your child is not keeping up, especially when it comes to reading, ask what you or the school can do to help. It's important to act early before your child gets too far behind. Also be sure to review your child's report card each time it comes out.

Apply for special services if you think your child may need it.

If your child is having problems with learning, ask the school to evaluate your child in his or her strongest language. The teacher might be able to provide accommodations for your child in class. If the school finds out your child has a learning disability, he can receive extra help at no cost.

Make sure that your child gets homework done.

Let your child know that you think education is important and that homework needs to be done each day. You can help your child with homework by setting aside a special place to study, establishing a regular time for homework, and removing distractions such as the television and social phone calls during homework time.

Find homework help for your child if needed.

If it is difficult for you to help your child with homework or school projects, see if you can find someone else who can help. Contact the school, tutoring groups, after school programs, churches, and libraries. Or see if an older student, neighbor, or friend can help.

Help your child prepare for tests.

Tests play an important role in determining a student's grade. Your child may also take one or more standardized tests during the school year, and your child's teacher may spend class time on test preparation throughout the year. As a parent, there are a number of ways that you can support your child before and after taking a standardized test, as well as a number of ways you can support your child's learning habits on a daily basis that will help her be more prepared when it's time to be tested.

Allemands Elementary Family Center

Together We Can Make a Difference

Valerie Chiasson hablo español

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

miércoles, jueves, y viernes

Apoye los esfuerzos académicos de su hijo



Averigua cómo le va a su hijo en sus cursos. Pregúntele a la maestra cómo le está yendo a su hijo en comparación con los demás estudiantes. Si su hijo se está rezagando, especialmente en la lectura, consulte qué puede hacer usted o la escuela para ayudar. Es importante actuar oportunamente antes de que su hijo se retrase demasiado. Lea los reportes o informes escolares de su rendimiento académico. Para obtener más información, consulte la página [Cómo saber si su hijo necesita ayuda adicional](#).

Solicite servicios especiales si cree que su hijo los necesita. Si su hijo está teniendo problemas de aprendizaje, solicite que la escuela lo evalúe en el idioma que más domina. Es probable que la maestra pueda hacer "adaptaciones" en la clase para su hijo. Si la escuela concluye que su hijo tiene una discapacidad de aprendizaje, usted podrá recibir ayuda adicional libre de costo. Para recibir más información consulte la página

Supervise la tarea. Haga a su niño comprender que usted piensa que la educación es algo importante y que hay que cumplir con la tarea escolar. Usted le puede ayudar a su niño con la tarea en las maneras siguientes: aparte un lugar especial para que su niño estudie, fije una hora para hacer la tarea, y elimine las distracciones como el televisor y llamadas sociales. También hay muchas maneras en que usted puede ayudar si no conoce la materia a fondo o porque no domina el inglés tan bien como su hijo.

Busque quién le ayude a su hijo con las tareas. Si se le dificulta ayudarle a su hijo con las tareas o los proyectos escolares, consulte para encontrar a alguien más que pueda ayudarle. Comuníquese con la escuela, los grupos de tutoría, los programas después de la escuela, las iglesias y las bibliotecas o busque la ayuda de un estudiante mayor, vecino o amigo.

Ayude a su hijo preparar para las pruebas. Las pruebas estandarizadas cumplen en la actualidad un papel fundamental en las escuelas públicas de los Estados Unidos. Su hijo puede dar una o más pruebas estandarizadas durante el año escolar y es posible que el maestro de su hijo dedique tiempo de clase a la preparación para el examen a lo largo del año. Como padre o madre, hay muchas formas de apoyar a su hijo antes y después de dar una prueba estandarizada, así como también hay muchas formas de apoyar los hábitos de estudio de su hijo a diario, que lo ayudará a estar mejor preparado cuando llegue el momento de la prueba.

100TH CELEBRATION

On November 6, 2023 we had our 100 year celebration; it was such a wonderful turnout! We would like to thank everyone who made it out to celebrate with us. The dedication to our school and students was appreciated by all!

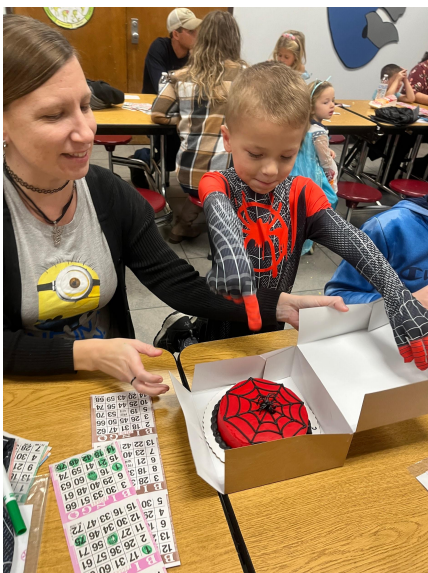




Our first annual Pre Kindergarten Thanksgiving Celebration was a success! Thank you for everyone who supported our PK program and PTA for their generous donation.



Thank you for supporting our United Way Cake BINGO!



PTA News



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

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

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 December, we will focus on **Acceptance**. 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.

12/ 5-Celebrate the Success of Others

12/12- Family Holiday Traditions

12/19- Holidays Around the World

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 acceptance in your home or the community?

Holiday Health and Safety Tips

1 Wash your hands often.

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.



2 Stay warm.

Cold temperatures can cause serious health problems, especially in infants and older adults. Stay dry, and dress warmly in several layers of loose-fitting, tightly woven clothing. Check on children, the elderly and pets.



3 Manage stress.

The holidays don't need to take a toll on your health. Keep a check on over-commitment and over-spending. Balance work, home, and play. Get support from family and friends. Keep a relaxed and positive outlook. Get enough sleep.



4 Travel safely.

Whether you're traveling across town or around the world, help ensure your trip is safe. Don't drink and drive, and don't let someone else drink and drive. Wear a seat belt every time you drive or ride in a motor vehicle. Always buckle your child in the car using a child safety seat, booster seat, or seat belt according to his/her height, weight, and age. Get vaccinations if traveling out of the country.



The holidays are a time to celebrate, give thanks, and reflect. They are also a time to pay special attention to your health. Give the gift of health and safety to yourself and others by following these holiday tips.



5 Be smoke-free.

Avoid smoking and breathing other people's smoke. If you smoke, quit today! Call 1-800-QUIT-NOW, or talk to your health care provider for help.



6 Get check-ups and vaccinations.

Exams and screenings can help find problems early or before they start. Vaccinations help prevent diseases and save lives. Schedule a visit with your health care provider for a yearly exam. Ask what vaccinations and tests you should get based on your age, lifestyle, travel plans, medical history, and family health history.



7 Watch the kids.

Children are at high risk for injuries. Keep a watchful eye on your kids. Keep potentially dangerous toys, food, drinks, household items, choking hazards (like coins and hard candy), and other objects out of kids' reach. Learn how to provide early treatment for children who are choking. Develop and reinforce rules about acceptable and safe behaviors for all electronic media.



8 Prevent injuries.

Injuries from falls and fireworks often occur around the holidays. Use step stools instead of furniture when hanging decorations. Leave the fireworks to the professionals.

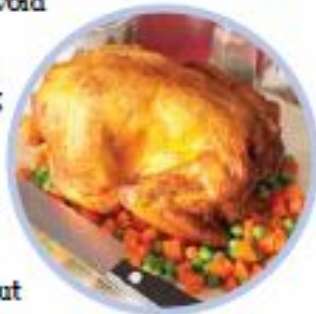
Most residential fires occur during the winter months. Keep candles away from children, pets, walkways, trees, and curtains. Never leave fireplaces, stoves, or candles unattended. Don't use generators, grills, or other gasoline- or charcoal-burning devices



inside your home or garage. Install a smoke detector and carbon monoxide detector in your home. Test and change the batteries regularly.

9 Handle and prepare food safely.

As you prepare holiday meals, keep you and your family safe from food-related illness. Wash hands and surfaces often. Avoid cross-contamination by keeping raw meat, poultry, seafood, and eggs (including their juices) away from ready-to-eat foods and eating surfaces. Cook foods to the proper temperature. Refrigerate promptly. Do not leave perishable foods out for more than two hours.



10 Eat healthy, and be active.

With balance and moderation, you can enjoy the holidays the healthy way. Choose more vegetables and fruit. Select just one or two of your favorites from the host of tempting foods. Find fun ways to stay active, such as dancing to your favorite holiday music. Be active for at least 2½ hours a week. Help kids and teens be active for at least 1 hour a day.



To learn more, including the holiday song *The 12 Ways to Health*, visit www.cdc.gov/family/holiday



Centers for Disease Control and Prevention
Office of Women's Health



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ELEMENTARY MENUS DECEMBER 2023



ST. CHARLES PARISH PUBLIC SCHOOLS

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

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

or Ham Sandwich

Thursday: **Charley Box**

Friday: Sunbutter Sandwich

Brain

What do you call
a snowman in
the summer
time?

(Hold the page upside
down and read it in a
mirror for the answer!)

by braggisj



★ OUR NATION'S HISTORY ★

Cranberries are considered a very American food. Native Americans made cranberry sauce by sweetening the tart berries with maple syrup. When it was discovered that cranberries grew very well in "bogs" of shallow water, cultivation of the fruit spread from New England to Wisconsin to the Pacific Northwest – and even to Europe! When an American ship loaded with cranberries sank along the Dutch coast, crates of the berries washed ashore and broke up. Some of the berries took root, and cranberries have been cultivated on certain Dutch islands ever since!



★ WITH LIBERTY & JUSTICE FOR ALL ★



YOU'RE GOOD
ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

Friday, December 1

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

Friday, December 8

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

Thursday, December 7

Breakfast

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

Lunch

Italian Beef & Cheese Mac
Peas
Italian Salad
Garlic Bread
Pineapples

Wednesday, December 6

Breakfast

St. Charley 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

Tuesday, December 5

Breakfast

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

Lunch

Orange Chicken
Fried Rice
Broccoli Florets
Asian Chopped Salad
Tropical Fruit

Monday, December 4

Breakfast

Parfait Bowl or
Breakfast Burrito
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Applesauce

HAPPIER HOLIDAYS.

Want to avoid over-eating during the holidays? Make sure you eat breakfast every morning.

Missing that first meal of the day can cause you to feel intense cravings and extreme hunger, making it difficult to avoid high fat, high sugar temptations.



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

Reindeer

In some parts of the world, reindeer are harnessed to pull sleds, so you might guess that their name comes from the "reins" they wear. And you'd be wrong! The name actually comes from a very ancient Norse word that simply means "horned animal." The North American name for the reindeer, "caribou," comes from a Native American word, "qalipu." Roughly translated, that word means "snow shoveler," which is a description of the way the reindeer paws the ground free of snow to find food!

Word play



Here's wishing you a bright and happy holiday season!



The entire
Child Nutrition
Staff at St. Charles
Parish Public Schools

What's on
YOUR
plate?



Get crackin'!



There might not be another snack that's as good for you — and as fun — as whole walnuts that you crack yourself! The nuts are filling and tasty, and the process of breaking them open involves more effort than mindlessly stuffing yourself with chips. Plus walnuts are loaded with stuff that's good for you — for instance, walnuts are one of the few non-fat sources of super-healthy omega-3 fatty acids.

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

Friday, December 15

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
Cookie

Thursday, December 14

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

Thursday, December 21

Breakfast

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

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Pineapple Tidbits

Wednesday, December 13

Breakfast

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

Lunch

Chili
Fritos
Shredded Cheese
Corn, Garden Salad
Banana

Wednesday, December 20

Breakfast

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

Christmas Brunch

Scrambled Eggs
Sausage Pattie, Grits
Biscuit, Potato Coins
Fruit Juice

Tuesday, December 12

Breakfast

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

Lunch

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

Tuesday, December 19

Breakfast

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

Lunch

Roasted Chicken
Mashed Potatoes
Corn
WW Roll
Pear Halves

Monday, December 11

Breakfast

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

Lunch

Dill Chicken Chunks
Mashed Potatoes
Broccoli Florets
Garlic Knot
Peach Slices

Monday, December 18

Breakfast

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

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce



Last day of school:
Thursday, December 21

Classes Resume
Monday, January 8