



NOVEMBER 2023

WHERE EVERY STUDENT EXCELS

Greetings Schoeffner Shark Families,

What a busy October we had at ESE! We celebrated National 4H month, Red Ribbon Week, welcomed guests Tess and Craig for National Down Syndrome Awareness Month, authors Emma Bland Smith and Chris Barton, had fifth graders visit Biztown, and held our Fall Book Fair and annual Trunk or Treat. We also welcomed families for the Quarter 1 award ceremonies and Parent/Teacher Conferences. Our PTO provided a Shark Attack snack to our students and lunch to our staff during Parent Teacher Conference days. Thank you to the many families who helped volunteer during our special events, made donations, and participated in Trunk or Treat.

Thirty-seven fifth grade students, whose third and fourth grade combined GPA was 3.1 or higher, were identified as student of the year candidates. After applications were submitted, writing samples scored, and interviews conducted, the ESE Student of the Year was named. Congratulations Miss Ryleigh Adams! Ryleigh will be representing ESE in the district Student of the Year competition. The SCPPS's student of the year will be announced on December 7<sup>th</sup>.

November provides many opportunities for us to share our blessings with others. During our Family Day Picnic, families will create cards for local veterans to show appreciation for their service to our country. Our 4H will be sponsoring a food drive the week of November 6-10. Food collected will be shared with the local food pantry, Matthew 25:35. We will have a Dress Down Day to support the United Way of St. Charles on Thursday, November 9. Thank you in advance for sharing well wishes and your generosity with our community.

Communication is very important for our students and you to be prepared. When passing by the office I'll often overhear our office staff on the phone with parents sharing dates and times for Schoeffner events. As a reminder, I send out a message every Sunday at 6:30 pm informing you of the week's events. Information is shared in a phone message and email. If you are not receiving this call / email, please let me know. Your contact information may need to be updated. In addition, teachers will share updates in their broadcasts to you, and our PTO has a Facebook page which includes important reminders. You can also refer to the calendar in this newsletter.

## ESE Daily Bell Schedule

<b>Arrival Window</b>	<b>Start Time</b>
7:40 AM - 7:50 AM	7:50 AM*
<b>Dismissal Window</b>	<b>Bus Departure</b>
2:50 PM - 3:00 PM	3:00 PM

**\*Students are tardy anytime after the 7:50 AM bell and must be walked in and signed in by a parent/guardian**

**Dismissal Time for  
ALL Early Dismissal Days:  
11:55 AM - 12:05 PM**

REMAINING EARLY DISMISSAL DAYS:

Thursday, December 21, 2023

Friday, January 19, 2024

Thursday & Friday, February 1 & 2, 2024\*

Friday, March 15, 2024

Thursday, May 23, 2024

*\*Parent/Teacher Conference Days*

# November Counselor Connection





## Fostering Healthy Friendships



I have been meeting with students during morning meeting to discuss healthy friendships. Navigating relationships with peers can be a challenge for some students. It is important for them to be able to recognize what characteristics make up a healthy friendship. Please encourage your child to be a "Flower Friend" and help them recognize when someone is being a "Cactus Friend." Let's all bloom together!

Mrs. Pethe

 Flower Friends...	Cactus Friends... 
Tell the truth	Don't tell the truth
Respect your feelings and opinions	Hurt your feelings on purpose
Apologize when they make a mistake	Blame others for their mistakes
Like you as you are	Pick on you or others
Talk to you directly if there is a problem	Say bad things about you behind your back
Understand if you want to play with other people	Don't want you to have other friends
Allow you to make your own choices	Try to control you

## Say No to the Flu in November!

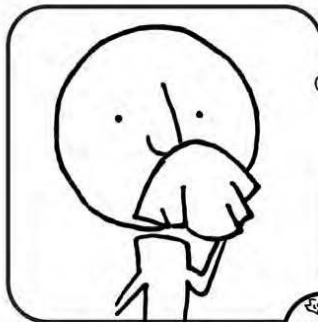
The flu vaccine will keep you healthy and ready to enjoy the fall and holiday seasons. Get your vaccine, wash your hands frequently, practice cough and sneeze etiquette and avoid touching your eyes, nose or mouth. Contact your health care provider within 48 hours if illness develops and stay home when ill.

Please do not hesitate to call or email me with any questions or concerns.

Your School Nurse, Jamie Byrd, RN, BSN  
[jbyrd1@stcharles.k12.la.us](mailto:jbyrd1@stcharles.k12.la.us)

**Stop the spread of germs that make you and others sick!**

# Cover your Cough



Cover your mouth  
and nose with a  
tissue when you  
cough or sneeze

or  
cough or sneeze into  
your upper sleeve,  
not your hands.

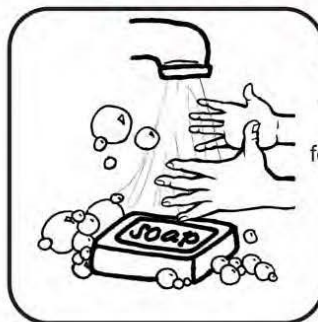


Put your used tissue in  
the waste basket.



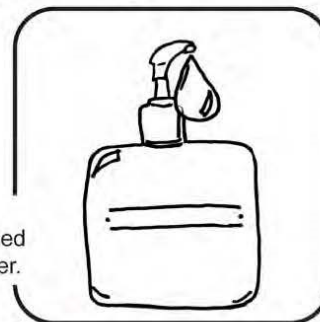
# Clean your Hands

after coughing or sneezing.



Wash hands  
with soap and  
warm water  
for 20 seconds

or  
clean with  
alcohol-based  
hand cleaner.



Minnesota Department of Health  
717 SE Delaware Street  
Minneapolis, MN 55414  
612-676-5414 or 1-877-676-5414  
[www.health.state.mn.us](http://www.health.state.mn.us)



Minnesota  
Antibiotic  
Resistance  
Collaborative



# E-cigarettes and Youth: What Parents Need to Know



## WHAT ARE E-CIGARETTES?

Electronic cigarettes (e-cigarettes) are battery-powered devices that deliver nicotine, flavorings, and other ingredients to the user. Using e-cigarettes is sometimes called “vaping.” E-cigarettes do not create harmless “water vapor” – they create an aerosol that can contain harmful chemicals.

## HOW MANY YOUTH ARE USING E-CIGARETTES?

- E-cigarettes have been the most commonly used tobacco product among U.S. youth since 2014.
- In 2020, CDC and FDA data showed that at least 3.6 million U.S. youth, including about 1 in 5 high school students and about 1 in 20 middle school students, used e-cigarettes in the past 30 days.

## WHAT ARE THE RISKS FOR YOUTH?

- Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure during adolescence can:
  - » Harm brain development, which continues until about age 25.
  - » Impact learning, memory, and attention.
  - » Increase risk for future addiction to other drugs.
- Young people who use e-cigarettes may be more likely to go on to use regular cigarettes.
- Many e-cigarettes come in kid-friendly flavors – including mango, fruit, and crème – which make e-cigarettes more appealing to young people.
- E-cigarette aerosol is not harmless. It can contain harmful substances, including:
  - » Nicotine
  - » Ultrafine particles
  - » Cancer-causing chemicals
  - » Flavorings that have been linked to lung disease
  - » Volatile organic compounds
  - » Heavy metals such as nickel, tin, and lead



[CDC.gov/e-cigarettes](https://www.cdc.gov/e-cigarettes)



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

# 3rd Grade

Our third graders are having a blast learning and making memories! We wrapped up our Cajun Folktales Guidebook unit in ELA last week as we learned all about why the rabbit is a good animal to play a trickster. Our amazing readers are moving right along as we kick off our Because of Winn Dixie Guidebook unit. Throughout this unit, students will discover the special friendships between people and animals, and why it is important to make an effort to really “see” other people. Students will participate in novel studies of classics such as Because of Winn Dixie, Charlotte’s Web, and The Miraculous Journey of Edward Tulane. In math, our scholars are working on subtracting measurements using the standard algorithm to decompose once then twice. Students are also practicing using the read, draw, write strategy to solve two step word problems. Students can reinforce these skills at home by completing their nightly assignments in their Apply workbook. Want to know more about plant and animal habitats? Ask our third graders! Our young scientists are discovering why plants and animals live in particular habitats. Our research is helping us to understand why some animals live in groups. Learning is so much fun when you are in third grade!!

# 4th Grade

We are doing exciting things in fourth grade! In ELA, we are beginning our new unit, The Lightning Thief. As readers and writers, we are focusing on text evidence, context clues, and expanding our writing to express our understanding. In Science, fourth graders have been learning about energy. They are focusing on making connections between energy and speed. In Social Studies, students have started a new unit: Pre-history and the Agriculture Revolution. They are learning about ancient civilizations. As mathematicians, students are focusing on division. We look forward to the new learning and challenges ahead of us!



# 5th Grade

Big things are happening in fifth grade! In ELA, students just finished reading *The Birchbark House*. They are now completing a culminating task about the main character, Omakayas. Students are excited to begin a new fantasy novel, *The Lion, the Witch, and the Wardrobe*. In Science, students are eager to learn where plants get the matter they need for growth by growing green onion plants. In Social Studies, students are stepping into medieval times. In Math, students are learning to multiply fractions by both whole numbers and other fractions. Students will also learn how to divide fractions.

## Tech Tips – Schexnayder

**Gesture with your touchpad**—There are several ways to move around a Chromebook, whether you use the touchpad, keyboard, or touchscreen if you have one. ChromeOS makes your touchpad more useful than a mouse by including gestures to make navigating your device easier.

- Tap the touchpad with two fingers simultaneously to right-click.
- Move two fingers up or down to scroll.
- Put two fingers on the touchpad and move them left or right to go forward and back in Chrome.
- Swipe up with three fingers to see your open windows. Swipe down with three fingers to go back to your last open window.
- Open a link by tapping it with three fingers.
- Close a Chrome tab by tapping it with three fingers.
- Put three fingers on the touchpad and swipe left and right to move through your Chrome tabs.
- Switch between your virtual desks by swiping left or right with four fingers.

**Control your Chromebook with your keyboard**—In addition to the gestures available using your touchpad, you can get a lot done with keyboard shortcuts. Your keyboard can do anything from refreshing the page to opening a new tab. To see the list of all available keyboard shortcuts, simultaneously press Ctrl + Alt + ?. Some commonly used ones are:

- Ctrl + Alt + ? : Keyboard for shortcuts.
  - Search + ctrl + h : Black Screen
  - Ctrl+Search+D : Magnifier
  - Ctrl+shift+Refresh : Screen Upside Down
  - Ctrl + T : Open a new tab.
  - Ctrl + Tab : Close the current tab.
  - Ctrl + Shift + Tab : Open the last tab you closed.
  - Ctrl + Tab and C trl + Shift + Tab : Move forward or backward through your tabs.
  - Alt + Tab : Cycle through your windows.
  - Search + l : Lock your Chromebook
- For more information

[15 ChromeOS tips and tricks for your new Chromebook](#)



JA BizTown combined in-class learning with a day-long visit to a simulated town. This learning experience allowed ESE students to operate banks, manage restaurants, write checks, and work in City Hall roles. Students were able to connect the dots between what they learn in school and the real world. They had a blast and ran their businesses with expertise!

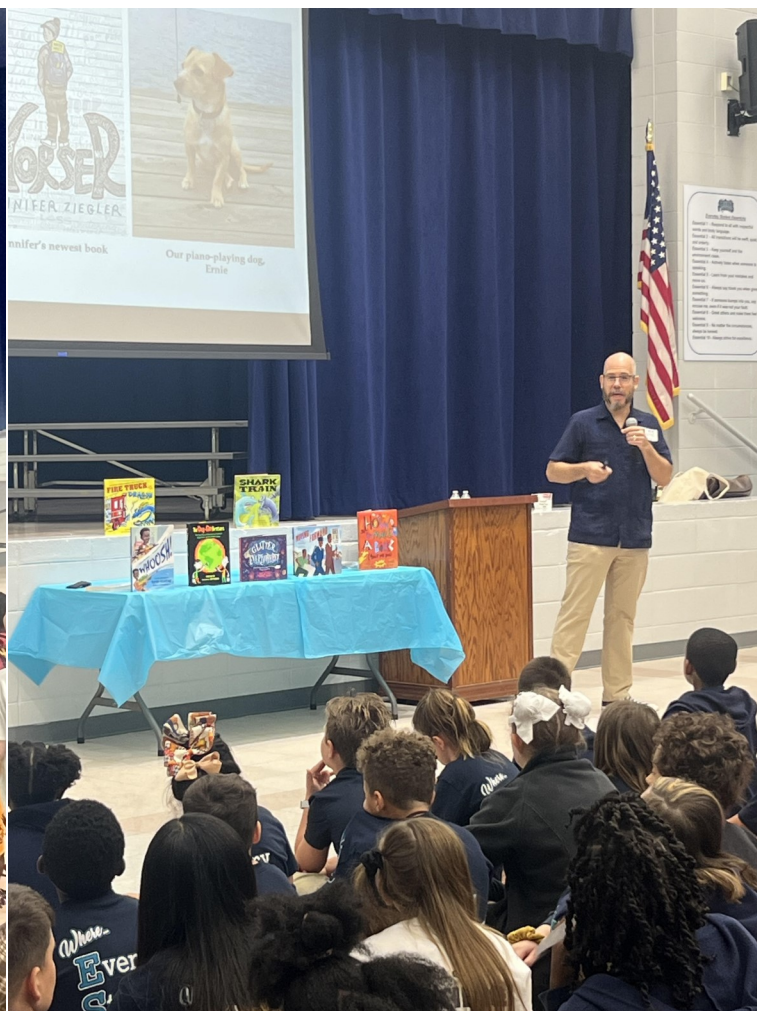


# Library News

Congratulations to all who participated in the Library Pumpkin Contest. Students were challenged to turn a pumpkin (drawn or real) into a book character. Overall winners were Grace McDonald and Maddox Melancon. Runner Ups were Matthew Bagwell, Micah Taliancich, Emery Perrilloux, Claudio Cruz, Vincent Burck, and Yvette Nicely.

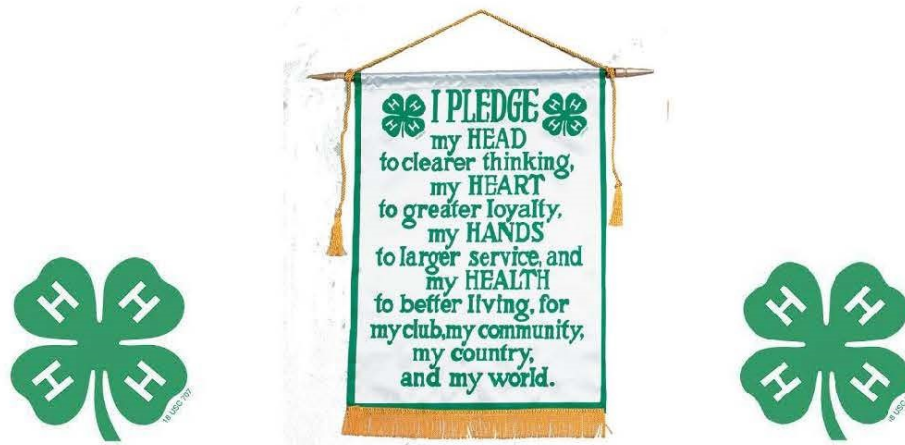


ESE celebrated reading in October with two very special author visits! Schoeffner Sharks visited with authors Emma Bland Smith, author of *Claude: The True Story of a White Alligator* and Chris Barton, author of *Whoosh! Lonnie Johnson's Super-Soaking Stream of Inventions*. Students enjoyed meeting successful children's authors and hearing how they get their ideas, research, write, and revise their books.



# October Students of the Month

Micah McNulty, Hazel Ferris, Alessandro Rosales, Zachary Michiels, Brayson Ficaro, Spencer Stewart, Gannon Bornholdt, Jackson Vasseur, Christiana Nunnery, Harlem Love, Morgan Howard, Blaize Gorman, Alexis Rivas, Tyler Le, Liliana Rodriguez, Lila Ragusa, Mason McVay, Landon Matherne, William Guzman



4-H members met October 25<sup>th</sup> for their monthly meeting. Dr. Kali Zammit, 4-H Youth Development Extension Agent, went over the October Newsletter and discussed the project clubs and activities members can take part in aside from attending monthly school meetings. Dr. Zammit also conducted a resume building activity exposing our youth to parts of a resume.

A big part of 4-H is learning to help our community. Once again we are hosting a food drive to help families have a wonderful Thanksgiving. We are asking those who can contribute to donate **gravy** and **macaroni and cheese** beginning Thursday, November 2 through Wednesday, November 15<sup>th</sup>.

Lastly, 4-H is asking that you help us by doing the following:

## SAVE

Save Proofs of Purchase from all Community® and Private Reserve® products available at the locations listed below:



### Grocery Stores, Supermarkets & Other Participating Retail Outlets

- All coffee products, tea products, creamer, sugar and coffee filters contain eligible Proofs of Purchase.



### Restaurants, Hotels, Offices & Businesses

- Boxes of coffee and coffee related products delivered to restaurants, hotels and other businesses contain high value Proofs of Purchase.



If you are able to help, have your child turn in the Proofs of Purchase to their homeroom teacher. Thank you.

# November 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  Fall Break NO SCHOOL	2	3	4
5  Daylight Saving Ends	6	7	8 4H Food Drive 11/6-11/10	9  Dress Down Day for United Way	10  Concessions @ lunch maximum \$2	11  Family Day Picnic 11 AM - 1 PM
12	13	14	15  2nd Quarter Progress Reports Go Home	16	17	18
19	20	21	22	23	24	25
<div>~ THANKSGIVING HOLIDAYS ~</div> <div>Happy Thanksgiving</div>						
26	27	28	29  4H Meeting 3:05-4:05 PM	30		

**Elementary Menus**  
**November 2023**  
ST. CHARLES PARISH PUBLIC SCHOOLS

*This institution is an equal opportunity provider and employer.*

*Menus are subject to change.*

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

**Fruit/Juice** OR **Veggie**

**Grains** **Milk** **Protein**

**Fruit/Juice** **and 3-5 items total** **Vegetables**

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

**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 Soufflé  
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

**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

**Monday, November 6**

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

**Lunch**  
Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Carrots  
Applesauce

**Tuesday, November 7**

**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

**Wednesday, November 8**

**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

**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

**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**

**THANKSGIVING FEAST!**

**GOBBLE AWAY!**

**WEDNESDAY, NOVEMBER 15**

**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 Soufflé  
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

**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.CHOOSMYPLATE.gov](http://www.CHOOSMYPLATE.gov) or <http://kidshealth.org/kid/stay-healthy/food/pyramid.html>

**HAPPY THANKSGIVING!**

**Thanksgiving Break:**  
**Mon. Nov. 20—Fri. Nov. 24**

**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 Soufflé  
Steamed Cabbage  
Pineapple Tidbits

Only 22 more school days 'til Winter Break!