

Hopkins Bee Line

www.mentorschools.net/hopkins



Volume 21, Issue 1
August 24th, 2018

Hello Hopkins Families!

Welcome to the 2018-2019 school year! We've had a great start and the students are quickly learning routines and procedures for their new grade and teacher and for many new school! The students have been participating in many team building and getting to know you activities to meet new classmates and future friends.

There are some new faces at Hopkins this year. Please join us welcoming the following;

- Mrs. Kampman, School Psychologist
- Mrs. Pettinger, 5th grade long term substitute for Mrs. Kastor
- Miss Yopko, building substitute
- Mrs. Kirby, Gifted Intervention Specialist
- Mrs. Schellentrager, Long Term Substitute for Mrs. Kirby
- Mrs. Jeschelnic, Music/Band Teacher

This year we continue to encourage bucket filling with kindness together with the students. This year they listened to the story, Have You Filled a Bucket Today? discussed ways to be kind and respectful to our classmates. The students were also reminded about the purpose of our buddy benches on the playground. We also are continuing our membership in the "Choose to Be Nice" program. Each month we will highlight positive themes with the students which will include specific lessons and practice with respect, kindness, acceptance, teamwork, honesty, responsibility, friendship, patience, and courage. We continue to build our Hopkins community of kindness!

We continue our partnership with Crossroads this year and welcome back Mrs. Katie Podboy, Counselor from Crossroads. Mrs. Podboy will be here Tuesdays and Fridays and is available for individual and small group services with students during the school day. Also Mrs. Brown, School Counselor at Hopkins on Wednesdays. Mrs. Podboy and Mrs. Brown will also be conducting whole group lessons with all the students on kindness, respect and acceptance. If you would not like your child to participate in the whole group lessons, please contact me.

One safety reminder for parent drop-off in the morning, please pull up all the way to the stop sign and remain in a single file line. Please be patient in the line, backing up and going around another vehicle is a serious safety issue! We appreciate your cooperation in keeping our Hopkins community safe!

Please be sure to complete the annual update in the parent portal of Infinite Campus. Because it contains all emergency contact information, it is critical we have this updated for the safety of your child. If you have questions, please call Hopkins (440)255-6179.

Don't forget to check out the Hopkins Web page for continuous updates and information.

Looking forward to a fantastic year with our Hopkins Community!
Enjoy your weekend and hope to see you at City Fest!

Christine Miley

Hopkins Elementary School

7565 Hopkins Road
Office: (440) 255-6179
Fax: (440) 974-5419
We Care: (440) 974-5269

Principal: [Christine Miley](mailto:Miley@mentorschools.org)
Miley@mentorschools.org

Secretary: [Linzy Duncan](mailto:Duncanl@mentorschools.org)
Duncanl@mentorschools.org

Office Asst: [Rose Beller](#)

Committed to creating a safe, respectful and responsive environment where each student will meet or exceed academic standards and develop strategies for success.

Hopkins Calendar

August

- ♦ 8/29 5th grade instrument recruitment night at the Fine Arts Center 7:00
- ♦ 8/30 PTA Meeting 6:30

September

- ♦ 9/3 NO SCHOOL-Labor Day
- ♦ 9/6 Meet the Teacher:
1st, 2nd & 3rd grades 6:00-6:45
4th & 5th grades 7:00-7:45
- ♦ 9/9 PTA Sunday Funday
2:00-4:00
- ♦ 9/20 Picture Day
- ♦ 9/27 Skating Party 6:00-8:30



School Reminders

Attendance Guidelines

Student Time: 9:00-3:10

If your child will be absent or late, please contact the school office no later than 9:15. School lunches must be ordered by that time. We have a voicemail system that comes on at 4 p.m. to report absent or late students.

Early Pick-up

Student must have a note from parents when being picked up early for a medical, dental or other appointment. Please include the time of the pickup.

After School Change in Dismissal

For your child's safety, students must have a note for any change in their after school dismissal. This includes any after school activities. For parents convenience please use the "Note to Hopkins" pad has been supplied to all parents. Do NOT email changes to teachers as they may be absent or unavailable to access their email. Do not hesitate to call the office with any changes.

Bus Passes

Bus passes will only be issued for emergency child care. They will not be given for play dates.

Student Car Drop-off

Please DO NOT drop off students in the front U-shaped parking lot during arrival times. This is a severe safety risk due to the numerous afternoon and morning busses stopping at Hopkins. When dropping off students before school from 8:45 a.m. to 9 a.m. parents are directed to use the side parking lot entrance and exit for this purpose. To ensure the safety of students, a staff member is on duty from 8:45 a.m. to 9 a.m. at the side entrance. Please pull as far forward as possible in the drop off zone to allow at least 5 cars to empty. **Please follow the right turn only sign when exiting for safety and to ease congestion on Hopkins Road.** If a student needs assistance with any items, please park in the parking lot and escort him or her into school.

Students should always exit the vehicle on the school side of the car.

Free and Reduced Price Meals are available to families who believe they may qualify.

If your family chooses to apply please complete a "Free and Reduced Meal Price Application Form." The forms can be obtained and returned (completed) to any school office. You will be notified by mail of your child's status. Until notification, you must provide your child with a lunch or lunch money.

Only complete one application per family. The information you give remains confidential and will be used to determine or prove your child's eligibility for free or reduced-priced meals. This information may also be used for other state or federally funded school benefits.

Click [here](#) for "Meal Application" information.

Applications that were approved for the 2017-2018 school year will expire on September 30th. A new application must be submitted each school year.

Thank you Student Council for making such a large donation to 68 Hours of Hunger from the car-nation sales from the 17-18 school year!!



Notes from the Clinic:

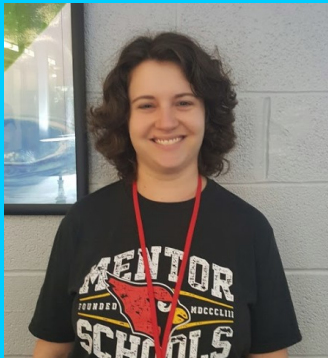
- ◆ Please be sure as your student/s receive immunizations you update your records with Mrs. Sweeney.
- ◆ Feel free to keep an extra set of clothes in your student/s book bag in the case of an accident or possibly getting muddy at recess. Accidents happen and the clinic has a limited amount of extra clothing.
- ◆ If your student/s have a cast or brace of any kind they are not permitted to participate in P.E. or recess until a note is received from their **doctor** releasing them of **ALL** restrictions.

Join us in welcoming new staff members to the Hopkins family!



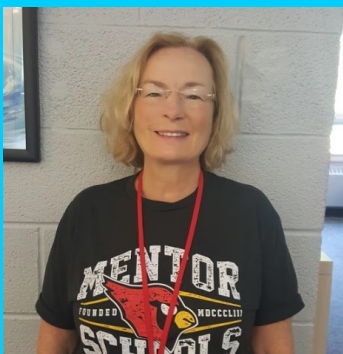
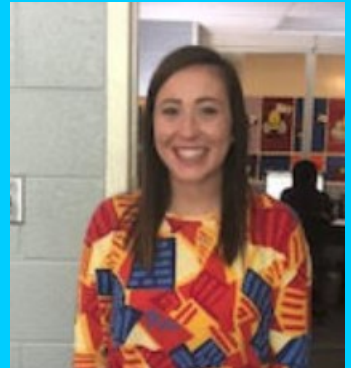
Mrs. Kampman
Psychologist

Mrs. Kirby
Gifted



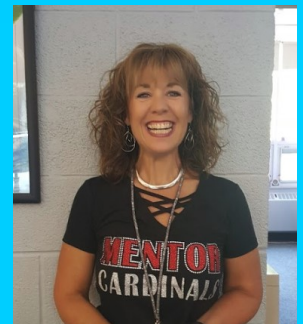
Mrs. Jeschelnic
Music

Miss Yopko
Building Sub



Mrs. Schellentrager
Gifted Sub

Mrs. Pettinger
Building Sub



Mark Your Calendar

Sunday Funday Welcome Event on Sunday, September 9th from 2pm-4pm. Families can park at Krueger Park and walk over to Hopkins. Be sure to stop at our Welcome tent.



PTA Meeting: August 30th @ 6:30pm, A.L.I.C.E Drill. We will be raffling off a \$5 Five Below, \$5 Starbucks, \$5 Dunkin Donuts gift card to those attending. Babysitting is available.

Membership

Sign-up now through October 31st and be entered into our raffle of either a \$25 Giant Eagle Gift Card or \$25 Atlas Cinema. Join only today at

<https://pta-membership-2018-2019-8188.cheddarup.com/>

Visit our **NEW PTA website:**

<http://hopkinspta.org/>

August 24th



@ptahopkins



HokinsPTA



Hokinspta@gmail.com

Together **WE ARE** Stronger

Report to PARENTS

Boost Bus Safety

Get your child on board with school bus safety! To avoid dangerous situations and accidents, students must follow bus safety rules and procedures. First, review your school's specific bus rules and procedures with your children. Then, make sure they understand these general bus safety principles.

Board the bus safely. Students should walk, not run, to the bus stop. While waiting for the bus, children should stay in a safe spot away from the road. Remind your child never to never speak to strangers at the bus stop. When the bus arrives, students should wait their turn to board and never push or shove on the stairs. Students should ask the driver for help if they drop something while getting on or off the school bus.

Follow the driver's rules. Explain to your child that drivers have to focus on the road to keep students safe. Distracting the driver, even for a second, could put all the riders in danger. Remind students to treat drivers with respect, and always follow printed rules or the driver's procedures—especially in case of an emergency.

Keep the bus calm and quiet. Students should find a seat quickly and stay in it. Many schools have a code of conduct for the bus—go over it with your child to make sure he or she understands the behaviors that are acceptable and unacceptable. Behaviors that might seem "cool" (waving one's arms out the window, for instance) can put your child's, and other children's, safety at risk. Enforce tough punishment if your child exhibits bad bus behavior. Students should never throw things on the bus or out the windows, or play with emergency exits. Make sure students know to use their "inside voices," and never play loud music on the bus.

Watch for bullying behavior. Alert the bus driver if students on the bus are harassing your child. School bus drivers are not counselors, but they are there to transport students safely. You can work with them to find a solution to problems.

Avoid the "danger zone." Children should wait for the bus to come to a complete stop before getting off, and use the handrails. When crossing in front of the bus, children should take five giant steps away from the bus, make eye contact with the driver, and cross when the driver indicates that it's safe. Teach your child to look both ways before crossing, and to stay away from the wheels of the bus.

Listen and report. Remind your child to tell you if they notice something odd or unsafe on the bus, such as the driver seeming impaired or students bullying one another. If your child tells you about any inappropriate behavior, speak to your principal.



Web Resources

The **National Highway Traffic Safety Administration** has a bus safety pledge students can take.
www.nhtsa.gov/parents/parents-bus.html

Visit **SafeKids.org** for factsheets on bus accidents and safety statistics.
www.safekids.org/safetytips/field_risks/school-bus-safety

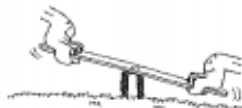
Your state's **Department of Transportation** website may have state-specific guidelines or activities related to bus safety.

Home & School

Working Together for School Success

CONNECTION[®]

Hopkins Elementary School
Christine Miley, Principal



SHORT NOTES

Excellent attendance

Being in school every day means your child won't miss out on learning. Try to schedule appointments and family trips outside of school hours. If he asks to stay home "just because," remind him of what he'll miss, such as his reading group or PE class. Explain that he can be absent only if he's sick or if there's a family emergency.

DID YOU KNOW?

Children who regularly eat meals with their families tend to do better in school and avoid risky behavior. Eating dinner together is great, but other meals count, too. If you work at night, maybe you could make time for a family breakfast. Or on a weekend, try a picnic lunch.

Celebrate progress

Suggest that your youngster create a fun reminder of all the things she has accomplished. Let her cover a box with construction paper and label it "I did it!" Then, she can write each success ("I learned to add fractions") on a slip of paper and put it in the box. If she's feeling discouraged, have her read the slips.

Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: Can a kangaroo jump higher than the Empire State Building?

A: Of course. The Empire State Building can't jump!



Conversations about school

When you think of parent involvement, do you picture moms and dads volunteering in classrooms? That's one way to help—but research shows that supporting your child's education at home is even more important. Here are conversations starters that will help you stay involved.

"Let's see what you brought home."

Look at completed work to find out what your youngster is learning and how well she's doing. You could comment on her math work or social studies project, for instance. ("You know a lot about our state's history!") Also, respond to notes from her teacher, and sign her weekly folder or daily planner if required.

"Show me what you have for homework."

It's your child's job to do her homework, but you play a role, too. Make sure she knows what she's supposed to do by having her explain the assignments to you. After she finishes her homework, glance over the work to see that it's complete.

"Describe a book you enjoyed today."

This gives you an idea of what your youngster prefers to read. Then, build a daily reading habit by asking what she'd like to read tonight. Encourage her reading and listening skills by reading aloud to her and letting her read to you.

"Tell me what you learned that you'd like to know more about."

Use her interests as jumping-off points for activities to share. If she likes geometry, you might hunt for



shapes together. If she's fascinated by how animals adapt to winter, take her to the library to research the subject or to the zoo to see live animals.♥

After-school questions

Asking "How was school today?" might not get you far. Instead, ask questions like these for a better picture of your youngster's day:

- "What's the coolest thing that happened? What wasn't so cool?"
- "Pretend you're the teacher. How would you describe the day?"
- "What made you laugh?"
- "What was the most creative thing you did?"
- "How were you kind or helpful today? Was anyone kind or helpful to you?" ♥



What does respect look like?

Your youngster's daily dealings with adults and kids alike will be more pleasant if he speaks and acts respectfully. Try these tips for helping him learn about respect.

Respectful replies. Think about something that you and your youngster disagree on (say, whether his video game time should be limited). Model having a respectful discussion about it. You might say that his brain and body are growing and that he needs to run and play to stay healthy. Then, suggest a respectful response, such



as, "I want to be healthy, but I love video games." Have him brainstorm other situations where people have different opinions but still speak to each other with respect.

Everyday acts. When you mow the lawn or clean up after your dog, you can teach your child about respect for neighbors.

Explain that keeping your neighborhood clean and neat makes it nice for everyone. Ask him to think of other respectful things neighbors should do. If you share an apartment laundry room, he might say that you respect neighbors' time by removing your clothes when they're done so others get to use the washers and dryers.♥

A reading challenge

By reading more complex books, your child can learn new words, facts, and ideas. He'll also be exposed to more complicated plots and will grow as a reader. Share these suggestions:

- Knowing something about the topic or setting makes a tougher book easier to comprehend. If your youngster is reading a novel set in China, he could talk to someone who has been there or look up the country online (try a children's site like kids.nationalgeographic.com).

- Encourage your child to look at a simpler book on the same subject. A picture-book biography about Harriet Tubman may help your youngster better understand a textbook chapter on the civil rights movement, for instance.

- Suggest that your child read complicated material with pencil and paper in hand. He can jot down questions, words to look up, or facts he wants to learn more about.♥



Q & A

Strong study habits

Q: My third grader has to spend more time studying this year. How can I make sure she studies effectively?

A: Set your daughter up for success by helping her find a distraction-free study spot. Also, have her come up with a study routine. For instance, she could reserve time each evening to review her textbook and notes in the days leading up to a test.

Also, many students find it helpful to jot down a purpose each time they study. Your child might write: "I will learn the definitions of all the boldfaced words in chapter 7, section 1."

Finally, encourage her to experiment with study strategies to find what works best. She could close his eyes and imagine how a word is spelled or draw a grid with 9 squares to solve 3×3 . Or she might find it helpful to spell or recite math facts aloud in rhythm or to a familiar tune.♥



PARENT TO PARENT

Talking to kids about money

My children were always asking to buy things like dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep a record of what they spent money on. I listed items like my

subway fare, the electric bill, and food at the grocery store. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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MENTOR BASKETBALL ASSOCIATION TRAVEL TEAMS- 2018-19
4TH, 5TH AND 6TH GRADE GIRLS TEAMS

Travel basketball is for the girl who loves playing basketball and has the desire to play in middle school as well as at the high school level.

TRAVEL TEAMS ARE INTENDED FOR THE PLAYER THAT IS INTERESTED IN TAKING HER GAME TO A HIGHER LEVEL BY ACQUIRING ADVANCED BASKETBALL TRAINING. PLAYERS WILL GET EXPOSURE IN; MULTIPLE OFFENSIVE PLAYS, MAN TO MAN DEFENSES, PRESS DEFENSES, TO NAME A FEW, THAT ARE NOT AVAILABLE IN THE REC LEAGUE.

INTERESTED PLAYERS WILL BE REQUIRED TO ATTEND A TRYOUT SESSION FOR THEIR RESPECTIVE TEAM. TIME AND LOCATION WILL BE ANNOUNCED ON THE MENTOR BASKETBALL WEB SITE IN SEPTEMBER, PLAYERS HAVE THE OPTION TO TRY OUT FOR ONE TEAM ONLY, THEIR GRADE LEVEL OR HIGHER.

4TH, 5TH AND 6TH GRADE GIRLS TEAMS WILL PARTICIPATE IN A TRAVEL LEAGUE, A MINIMUM TEN GAME SCHEDULE WITH GAMES BEING PLAYED ON SATURDAY OR SUNDAY. CURRENTLY, THE GIRL TEAMS ARE PLAYING IN THE KENSTON TRAVEL LEAGUE. THE TEAMS WILL ALSO PARTICIPATE IN 4-5 TOURNAMENTS THAT WILL BE HELD THROUGHOUT THE BASKETBALL SEASON. THE TRAVEL LEAGUE RUNS FROM DECEMBER THRU JANUARY AND THE TOURNAMENTS ARE HELD IN FEBRUARY AND MARCH. 3RD GRADE GIRLS ARE WELCOME TO TRYOUT FOR THE 4TH GRADE TEAM.

ALL TOURNAMENTS ARE LOCATED IN NORTHEAST OHIO – NO OVERNIGHT TRIPS.

TIME COMMITMENT FOR TRAVEL:

Two practices a week – 1 to 1 ½ hour per session

Game in Kenston (including travel time) – approx. 2 hours per game on a Sat or Sun

Tournament games – 3 to 5 games over weekend

ALL PLAYERS SELECTED WILL BE ASSESSED A FEE WHICH WILL COVER FULL UNIFORM, TRAVEL LEAGUE PARTICIPATION PLUS 3 TOURNAMENTS. TRAVEL TEAM REGISTRATION FEE - \$270.00.

Players who do not make the travel team will be assigned to a rec team. Those players that make travel will not play rec.

Tryouts: Mon Sept 10th Shore Middle School

6:30-7:30 – 4th and 5th graders

7:30-8:45 – 6th graders

Any questions, please call John DeNoewer – 440-479-9609.



Mentor Basketball Association

Mail to:
M.B.A.
PO Box 745
Mentor, OH 44061

2018-19 Registration

Please **print** all information.

First Name _____ **Last Name** _____ **Grade** _____ **Boy or Girl** _____

Registration fee: \$95.00 per player, \$180 for 2 players. Check payable to M.B.A. **\$20 late fee for applications received after Oct 6th.**

A fee of \$10 will be assessed for any refund and on all returned checks. No refunds will be issued after December 1, 2018.

Uniform sizes: Adult: SM, MED, LG, XL Youth: M, L
Please circle the appropriate shirt size. Sample shirts are available at signups.

Grade: Should be the grade level for the 2018-19 school year. **Player must reside in the Mentor School District and are able to attend Mentor Schools (Mentor, Concord, Kirtland Hills)**

Address: _____
City: _____ Zip: _____
Phone: _____ Cell/pager: _____
Email: _____ School: _____
Mother/Guardian: _____ Father/Guardian: _____

Did the child play in the Mentor Basketball League last year? Yes No (Circle One) If no, your child should attend the ratings night for all new players. Refer to our web site on 9/20/18 for date.

Are the parents or Guardians willing to participate in the M.B.A. as volunteers?
(Please circle) COACH ASST. COACH** SCORER

**Please indicate coach's name if you are the assistant: _____

I hereby give my permission and assume full responsibility for my child or children named above to participate in the Mentor Basketball Association, and hereby release the Mentor Basketball Association, its volunteers, or members from any liability whatsoever.

Due to the process utilized by the Mentor Basketball Assn. for drafting teams, player requests to be on a particular team or with another player cannot be honored.

Parent or Guardian Signature _____ Date _____

Do you know of an area business that might be interested in sponsoring a team? (\$175.00 per team) For M.B.A. Use only
Reg# _____

Business Name/contact info _____ Amount _____

Last Revised 7/2/2018

Community News

www.mentorschools.net



Learn to twirl this year with **ROCKOLA TWIRLERS**, the baton group with a 50's theme! We are Lake County twirlers, ages 3-17 years old, with poodle skirts and ponytails, twirling to the nostalgic oldies for the past 20 years! **FREE OPEN HOUSE Tuesday, August 28th, at Mentor Beach Park (7779 Lakeshore Blvd.) at 7:30 p.m.** Please call instructor **Michelle Moyer at 440-567-0663** to request more information and to pre-register. No experience/equipment needed at the open house. Come in tennis shoes and shorts and meet the teachers. See us in the Cityfest parade and at the Community Games Tent!



Interested in
Cub Scouting?



**JOIN
TODAY**

Does your son like camping, fishing, and the great outdoors? We do all that and much more! ...and the best part is that Scouting can be done along with other activities throughout the year!

Mentor Pack 79 will be having an information & registration night at Ridge Elementary
Wednesday, August 29th from 6:30-8:30pm

Feel free to stop by during this time to learn more about our program and sign up for the year! Any questions? Reach us at MentorPack79@outlook.com.



Mentor Heisley Soccer Club






An exciting NEW club that builds teamwork, trust, friendships, and a LOVE for the game of soccer!!!

We offer REC programs for children ages 2 and up! Registration includes 20 weeks of INDOOR, weather-proof soccer!! 20 games and 20 practices for ONE LOW PRICE!! All indoor soccer will be held at Heisley Indoor Soccer Complex.

Have questions? Email MentorHeisleySoccerClub@gmail.com Visit our Facebook page for details on how to register.



www.mentorschools.net

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 Try Savasana again. Fully relax & clear your mind.</p> 	<p>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury.</p> <p>National Health Observances:</p> <ul style="list-style-type: none"> • Fruit and Veggies – More Matters Month • National Childhood Obesity Awareness Month • National Yoga Awareness Month • Whole Grains Month <p>Yoga Images from www.fortevyoga.com</p>					
<p>2 Underhand Toss Target Practice</p> <p>Using an empty laundry basket or bucket, practice tossing a small object inside. Each time you make it take a step back.</p>	<p>3 Balloon Bounce</p> <p>Blow up a balloon. Can you keep the balloon in the air? For a challenge add another balloon. Try it with a partner.</p>	<p>4 High Knees & Stretch</p> <p>High knees for 30 seconds then stretch a body part. Repeat stretching a new body part each time.</p>	<p>5 Play Simon Says</p> <p>Someone is "Simon" and everyone else has to do what Simon says, but only when he/she says "Simon says" first.</p>	<p>6 Skaters</p> <p>Hop to your right bringing your left foot behind you with knees bent & body low. Repeat the movement to the left. Do for 30 seconds.</p>	<p>7 Crazy 8's</p> <p>8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>1 Yoga is a great way to relieve stress. Try Savasana, considered to be the hardest yoga pose! Fully relax & clear your mind.</p> 
<p>9 Locomotor Sidewalk</p> <p>Along the sidewalks alternate between skipping, speed walking, and jogging.</p>	<p>10 Hands & Knees Balance Pose</p> <p>Hold for 30-60 seconds, switch sides and repeat.</p> 	<p>11 Long Jump</p> <p>Pick a starting point and jump as far as you can. Try 3 different times to see how far you can go.</p>	<p>12 Army Crawl</p> <p>Lay on your stomach resting on your forearms. Crawl across the room dragging your body as if you're moving under barbed wire.</p>	<p>13 Do this:</p> <ul style="list-style-type: none"> -Hop on one leg 30 times, switch legs -Take 10 giant steps -Walk on your knees -Do a silly dance -Sprint for 10 seconds 	<p>14 Set the Menu</p> <p>Talk with who takes care of you about choosing the dinner menu. Pick whole grains and veggies.</p>	<p>15 Play Catch</p> <p>Grab any kind of ball and play catch with a family member or friend. Keep your eyes on the ball and catch it with your hands not your body.</p> 
<p>16 Family Adventure</p> <p>Go for a walk with your family on a trail you've never traveled before</p>	<p>17 Cardio and Stretch</p> <p>Run in place for 30 seconds then stretch your legs for 10 seconds each. Repeat 3 times. Try the Low Lunge pose.</p>	<p>18 Crazy 8's</p> <p>8 jumping jacks 8 silly shakes (just shake as silly as you can) 8 high knees 8 scissor jumps</p>	<p>19 Parachute</p> <p>With friend or family member use a bed sheet like a parachute in P.E. Lift up and down to move air underneath the sheet.</p>	<p>20 Low Lunge Pose</p> <p>Hold for 30-60 seconds, breathing deeply. Switch legs and repeat.</p> 	<p>21 Star Jumps</p> <p>Jump up with your arms and legs spread out like a star. Do 10 then rest and repeat.</p>	<p>22 Create a Game</p> <p>Use your imagination and make up a game using a ball, a sock, and a jump rope.</p>
<p>23 After a healthy dinner, go outside for walk with your family. You can play I Spy or have a walking race to make it fun.</p>	<p>24 Try and sprint from one end of your street to the other. Have a family member time you.</p>	<p>25 Vertical Jump</p> <p>Jump as high as you can for 30 seconds. Repeat.</p>	<p>26 Walking Race</p> <p>Pick a distance and challenge a friend to a speed walking race. No running!</p>	<p>27 Arm and Leg Tag</p> <p>A regular game of tag, but if someone touches your arm/leg you can no longer use that body part. If both legs are tagged start a new round.</p>	<p>28 Commercial Stroll</p> <p>During a commercial break take a walk around your entire house. Still a commercial? Go again this time speed walking so you don't miss a thing!</p>	<p>29 Pretend to:</p> <ul style="list-style-type: none"> -Sit in a chair for 10 seconds -Shoot a basketball 10 times -Ride a horse -Be a frog -Lift a car

August 2018 Mentor Elementary Lunch

Monday

Tuesday

Wednesday

Thursday

Friday

Lunch With Milk \$2.90
Milk Only \$.50

*subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Harvest of the Month

Apples



Reasons to Eat Apples

A 1/2 cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar. * Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy. Apples can be eaten in a variety of forms — as whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice.

AVAILABLE DAILY IN ADDITION TO THE FEATURED ENTREE OF EACH DAY
Daily Available Entree Alternative

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER



September 2018

Lunch With Milk \$2.90
Milk Only \$.50

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 LABOR DAY NO SCHOOL</p>	<p>4 *BONUS* POPCORN CHICKEN with -Or- HASH BROWN TRIANGLES CRISPY CHICKEN PATTY SANDWICH Sides Available: SIDEKICKS FROZEN FRUIT CUP Carrot Snack Pack Fresh Fruit Variety Milk Variety Kellogg's Rice Krispies Treats Chocolatey Chip</p>	<p>5 MINI PANCAKES, SAUSAGE LINKS, AND HASH BROWN POTATO TRIANGLES -Or- ROUND CHEESE PIZZA Sides Available: Carrot/Celery Sticks Buttermilk Ranch Dressing Apple Slices Milk Variety</p>	<p>6 SUPER NACHOS W/ BAKED TOSTITOS -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Black Bean and Corn Tomatio Salsa Diced Peats Applesauce or 100% Juice Cup Milk Variety</p>	<p>7 *BONUS* FOOTLONG HOT DOG on BUN -Or- CRISPY CHICKEN PATTY SANDWICH Sides Available: BBQ Baked Beans TATOR TOTS Peach Cup Apple Slices SIDEKICKS FROZEN FRUIT CUP Milk Variety *SUGAR COOKIE</p>
<p>10 MINI CORN DOGS with GOLDEN CORN -Or- ROUND CHEESE PIZZA Sides Available: Broccoli w/ Dip Packet Carrot Snack Pack Dragon Juice Applesauce or 100% Juice Cup Milk Variety</p>	<p>11 *BONUS* CHICKEN TENDERS with SEASONED RICE -Or- CRISPY CHICKEN PATTY SANDWICH Sides Available: Romaine Salad Cucumber Slices Carrot Snack Pack Fresh Fruit Variety Milk Variety CHEETOS OVEN BAKED CHEESE</p>	<p>12 EGGO BITES MINI FRENCH TOAST CHOC CHIP/SAUSAGE LINKS/CRISPY POTATOES -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Cucumber Slices Carrot Snack Pack Fresh Fruit Variety Milk Variety</p>	<p>13 SUPER NACHOS W/ BAKED TOSTITOS -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Black Bean and Corn Tomatio Salsa Diced Peats Applesauce or 100% Juice Cup Milk Variety</p>	<p>14 *BONUS* CHEESE FILLED PRETZEL STICK W/ CHEESE SAUCE -Or- CRISPY CHICKEN PATTY SANDWICH Sides Available: BBQ Baked Beans Peach Cup Apple Slices SIDEKICKS FROZEN FRUIT CUP Milk Variety *CHOCOLATE CHIP COOKIE</p>
<p>17 2 TWIN CHEESEBURGER SLIDERS -Or- ROUND CHEESE PIZZA Sides Available: Broccoli w/ Dip Packet Dragon Juice Applesauce or 100% Juice Cup SIDEKICKS FROZEN FRUIT CUP Milk Variety</p>	<p>18 *BONUS* HAMBURGER ON BUN -Or- CRISPY CHICKEN PATTY SANDWICH with BBQ Baked Beans TATOR TOTS With Choice of One Peach Cup Apple Slices 100% Orange Juice Cup Milk Variety Scooby-Doo Graham Cracker Sticks</p>	<p>19 EGGO BITES MINI FRENCH TOAST CHOC CHIP/SAUSAGE LINKS/CRISPY POTATOES -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Cucumber Slices Carrot Snack Pack Fresh Fruit Variety Milk Variety</p>	<p>20 SUPER NACHOS W/ BAKED TOSTITOS -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Black Bean and Corn Tomatio Salsa Diced Peats Applesauce or 100% Juice Cup Milk Variety</p>	<p>21 *BONUS* MINI CORN DOGS with GOLDEN CORN -Or- CRISPY CHICKEN PATTY SANDWICH Sides Available: Carrot/Celery Sticks 100% Orange Juice Cup Apple Slices Milk Variety *CHOCOLATE CHIP COOKIE</p>
<p>24 BOSCO BREADSTICK W/ MARINARA SAUCE -Or- ROUND CHEESE PIZZA Sides Available: Broccoli w/ Dip Packet Carrot Snack Pack Dragon Juice Applesauce or 100% Juice Cup Milk Variety</p>	<p>25 *BONUS* POPCORN CHICKEN with -Or- HASH BROWN TRIANGLES CRISPY CHICKEN PATTY SANDWICH Sides Available: Romaine Salad Cucumber Slices Carrot Snack Pack Fresh Fruit Variety Milk Variety Kellogg's Rice Krispies Treats Chocolatey Chip</p>	<p>26 MINI PANCAKES, SAUSAGE LINKS, AND HASH BROWN POTATO TRIANGLES -Or- ROUND CHEESE PIZZA Sides Available: Carrot/Celery Sticks Buttermilk Ranch Dressing Apple Slices Milk Variety</p>	<p>27 SUPER NACHOS W/ BAKED TOSTITOS -Or- ROUND CHEESE PIZZA Sides Available: Romaine Salad Black Bean and Corn Tomatio Salsa Diced Peats Applesauce or 100% Juice Cup Milk Variety</p>	<p>28 *BONUS* FOOTLONG HOT DOG on BUN -Or- CRISPY CHICKEN PATTY SANDWICH Sides Available: BBQ Baked Beans TATOR TOTS Peach Cup Apple Slices SIDEKICKS FROZEN FRUIT CUP Milk Variety *SUGAR COOKIE</p>

AVAILABLE DAILY IN ADDITION

- Yogurt Lunch
- Yogurt Cup
- String Cheese
- Choice of 2 Grain Options:
- 2 Packages of Snack Crackers
- Or
- 1 Muffin

Sides of the Day

And
Milk

OPTION 2

- Hummus Lunch
- Scoop of Hummus
- Carrot and Celery Sticks
- Package of Snack Crackers
- Choice of Fruit
- Milk

THE USDA IS AN EQUAL OPPORTUNITY PROVIDER

2018-2019 CALENDAR MENTOR PUBLIC SCHOOLS

August 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

November 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

December 2018

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28
31				

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

2018

- August 13, 14, 15 Staff Professional Development Days (no school)
- August 16 Students' First Day
- September 3 Labor Day (no school)
- October 12 NEOEA Day (no school)
- October 19 All Staff Report (no school)
- November 21 Compensatory Day (no school)
- November 22 - 23 Thanksgiving Break (no school)
- November 26 Classified Staff Report Only (no school)
- Dec. 24- Jan. 1 Winter Break (no school)

2019

- January 2 Staff Professional Development Day (no school)
- January 3 Classes Resume
- January 21 Martin Luther King Day (no school)
- February 18 Presidents' Day (no school)
- March 8 All Staff Report (no school)
- March 11 - 15 Spring Break (no school)
- April 19 No School
- April 22 Compensatory Day (no school)
- May 22 Students' Last Day
- May 23 Records Day (no school)

**Building principals will communicate fall/winter parent-teacher conferences.

**In compliance with the state regulations on required hours of school attendance, the Superintendent will determine if make-up days are needed when multiple calamity days occur in a school year.

Staff Professional Developmental Days -
Aug. 13, 14, 15 2018; Nov. 26, 2018; Jan. 2, 2019

= BREAKS / HOLIDAYS

= CERTIFIED AND/OR CLASSIFIED INSERVICE/RECORDS DAY

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	

March 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

May 2019

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

GRADING PERIODS

- 1st Qtr.
August 16 – October 19
- 2nd Qtr.
October 22 – December 21
- 3rd Qtr.
January 3 – March 8
- 4th Qtr.
March 18 – May 22

JULY 2018



2019-2020 CALENDAR MENTOR PUBLIC SCHOOLS

August 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

September 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

October 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

November 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

December 2019				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

January 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

February 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

March 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

April 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

May 2020				
Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

2019

- August 14, 15, 16 Staff Professional Development Days (no school)
- August 19 Students' First Day
- September 2 Labor Day (no school)
- October 11 NEOEA Day (no school)
- October 18 All Staff Report (no school)
- November 27 Compensatory Day (no school)
- November 28 - 19 Thanksgiving Break (no school)
- December 2 Classified Staff Report Only (no school)
- Dec. 23- Jan. 3 Winter Break (no school)

2020

- January 6 Staff Professional Development Day (no school)
- January 7 Classes Resume
- January 20 Martin Luther King Day (no school)
- February 17 Presidents' Day (no school)
- March 13 All Staff Report (no school)
- March 16 - 20 Spring Break (no school)
- April 10 No School
- April 13 Compensatory Day (no school)
- May 25 Memorial Day (no school)
- May 28 Students' Last Day
- May 29 Records Day (no school)

**Building principals will communicate fall/winter parent-teacher conferences.

**In compliance with the state regulations on required hours of school attendance, the Superintendent will determine if make-up days are needed when multiple calamity days occur in a school year.

Staff Professional Developmental Days -
Aug. 14, 15, 16 2019; Dec. 2, 2019; Jan. 6, 2020

 = BREAKS / HOLIDAYS

 = CERTIFIED AND/OR CLASSIFIED
INSERVICE/RECORDS DAY

GRADING PERIODS

- 1st Qtr.
August 19 – October 18
- 2nd Qtr.
October 21 – December 20
- 3rd Qtr.
January 7 – March 13
- 4th Qtr.
March 23 – May 28

JULY 2018