



Afton Elementary Newsletter

November 2023

Turkey Trot

Once again we will be having our virtual Turkey Trot. It will be on Nov. 21. It will be broadcast on Facebook and You Tube so parents can watch. Please make sure your students have good shoes to run in and a coat that day.



Parent Teacher Conference

Parent Teacher Conference is coming up on Nov. 7-8. We are using [PTCFast.com](https://ptcfast.com) for parents to sign up and make an appointment. We are only accepting scheduled appointments. To sign up enter the following address into your browser window: https://ptcfast.com/schools/Afton_elementary
If you do not have internet access, please contact us via phone at 307-885-8002.

Learning Update

Kindergarten - Kindergarteners have been working hard learning how to write letters the correct way based on letter stroke progression. We will continue to practice correct letter formation this month. In kindergarten, we will continue to strengthen our phonemic awareness skills using Heggerty. Heggerty is a program that uses auditory-based word play to strengthen students' understanding of the spoken language. An example of this is: say "cat", now say "cat" and change /c/ to /b/. Students substitute the beginning sound to change the word "cat" to the word "bat". This understanding of the spoken language will help students become stronger readers and writers. Kindergarteners will continue working on becoming excellent storytellers as they practice being authors and illustrators. Kindergarteners will work on adding more details to their pictures, labeling parts of their pictures, and adding more sounds to their words. Kindergarten mathematicians are working on sorting objects into common categories. We will review numbers 6-10 and focus on number recognition, number writing, counting, comparing quantities, and playing various number games.

Coming Events

- Nov. 3.....No School
- Nov. 7.....Parent Teacher Conference 4-7PM
- Nov. 8.....Parent Teacher Conference 4-7PM
- Nov. 9.....Veteran's Day Assembly 11:00
- Nov. 10.....No School
- Nov. 14.....PTO Meeting - 8 AM
- Nov. 16.....Picture Retakes
- Nov. 21.....Turkey Trot
- Nov. 22.....Early Release - 10:25 & 10:35
- Nov. 23.....Thanksgiving - No School
- Nov. 24.....No School

1st Grade - It is hard to believe that we are almost one-fourth of the way through the school year! In November the first grade students will continue to develop reading strategies to solve hard words. Students will be working to develop reading fluency as well as comprehension skills during reading mastery and reading workshop. In math students will be developing an understanding of subtraction and then honing their addition and subtraction skills by working on their math facts. For writing students will begin the “How To” writing unit in preparation for informational writing later in the year. We are looking forward to a great month of learning, and feel blessed to have the opportunity to work with our first grade students.

2nd Grade - We have been working hard on reading and writing over the past two months. Our efforts are paying off and we are reading more than ever! We just got REFLEX for our classes and we are excited to begin using it to practice our addition and subtraction facts both at home and at school! This month we will be helping some turkeys avoid being eaten for dinner by disguising them as something else. Look for some of these guys to come home in backpacks in the next week or so. Hopefully we won't know them when they return! We will also focus on being grateful as a grade level. Maybe this would be a great topic to talk about around the dinner table each day. Happy November!

3rd Grade - Third graders have been working hard at memorizing their math facts this month. We have introduced division and are learning how multiplication and division are related. The students spent two weeks in science classes learning about forces, weather, and natural selection. We have spent time in fiction articles learning about central messages and practicing retelling a story. Now we are reading interesting articles about things like termite mounds and tardigrades as we build our nonfiction reading skills. We are learning and growing daily! Keep reading at home and practicing those math facts!



We are seeing an increased number of students with conjunctivitis or “pink eye” in the county and school district. Pink eye is an inflammation of the inside of the eyelid (conjunctiva) and the white part of the eyeball. This inflammation makes blood vessels more visible and gives the eye a pink or reddish color.

Please watch your child for the following symptoms. If your child has the symptoms below, you should call your child's healthcare provider for guidance.

- Redness or swelling of the white of the eye or inside the eyelids
- An increased amount of tears
- Eye discharge which may be clear, yellow, white, or green
- Itchy, irritated, and/or burning eyes
- Gritty feeling in the eye
- Crusting of the eyelids or lashes
- Contact lenses that feel uncomfortable and/or do not stay in place on the eye

There are four main causes of pink eye. Sometimes it is hard to know the exact cause of pink eye because some signs and symptoms may be the same no matter the cause.

- Viruses (like the common cold).
- Bacteria
- Allergens (from pollen, pets, or dust mites)
- Irritants (like swimming pool chlorine)

Treatment depends on the reason for conjunctivitis (bacterial, viral or allergic). It is important to talk with your child's healthcare provider (doctor, physician's assistant, or nurse) so they can tell you if your child may need medicine or stay home from school.

Pink eye is spread from person to person in different ways. It is usually spread through:

- Contact from touching or shaking hands
- The air by coughing and sneezing
- Touching an object or surface with germs on it, then rubbing your eyes before washing your hands

Washing your hands, covering your mouth when you cough or sneeze, and not sharing food and drinks with others can help control the spread of pink eye.

Antibiotics do not help pink eye unless it is caused by bacteria. Whether or not your child needs medicine for pink eye is up to your doctor.

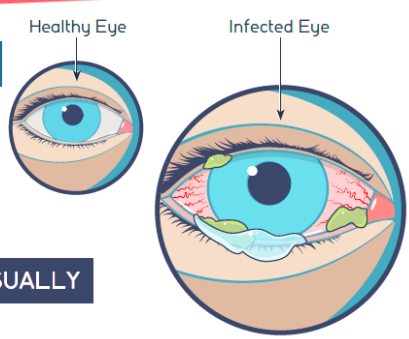
HELP PROTECT YOURSELF FROM GETTING & SPREADING

PINK EYE (CONJUNCTIVITIS)


PINK EYE IS OFTEN HIGHLY CONTAGIOUS.

IT CAN BE CAUSED BY

- 👁️ Viruses (very contagious)
- 👁️ Bacteria (very contagious)
- 👁️ Allergens, like pollen (not contagious)
- 👁️ Irritants, like smoke or dust (not contagious)



Healthy Eye Infected Eye




SYMPTOMS USUALLY INCLUDE:

- 👁️ Redness or swelling
- 👁️ Itchiness, irritation, or burning
- 👁️ Watery eyes
- 👁️ Discharge
- 👁️ A gritty feel
- 👁️ Crusting of the eyelids or eyelashes

SEE A DOCTOR IF YOU HAVE PINK EYE ALONG WITH ANY OF THE FOLLOWING:

- 👁️ Eye pain
- 👁️ Sensitivity to light or blurred vision
- 👁️ Intense eye redness
- 👁️ Symptoms that get worse or don't improve
- 👁️ A weakened immune system, for example from HIV or cancer treatment
- 👁️ Pre-existing eye conditions
- 👶 Newborns with symptoms of pink eye should see a doctor right away.


A doctor can usually diagnose the cause of pink eye based on symptoms and patient history.



PROTECT YOURSELF AND OTHERS FROM PINK EYE

- 👁️ Wash your hands often with soap and water, and help young children do the same. Wash hands especially well after touching someone with pink eye or their personal items.
- 👁️ Avoid touching or rubbing your eyes. This can worsen the condition or spread it to your other eye.
- 👁️ Avoid sharing personal items, such as makeup, eye drops, towels, bedding, contact lenses and containers, and eyeglasses.
- 👁️ Do not use the same eye products for your infected and non-infected eyes.
- 👁️ Stop wearing contact lenses until your eye doctor says it's okay.
- 👁️ Clean, store, and replace your contact lenses as instructed by your eye doctor.

[WWW.CDC.GOV/PINKEYE](http://www.cdc.gov/pinkeye)





Monday		Tuesday		Wednesday		Thursday		Friday			
 November Breakfast		Afton, Etna, Osmond, Thayne		1	Blueberry Muffin -or- Cocoa Cherry Bar Raspberry Yogurt --Served With-- Fresh Orange Zee Zee Dried Fruit	2	Mini Apple Bites -or- Cinnamon Toaster Cereal String Cheese --Served With-- Pineapple Tidbits Cup Fruit Blend Juice	3			
		6	Ham & Egg Bagel -or- Cocoa Cherry Bar Raspberry Yogurt --Served With-- Watermelon Craisins Applesauce Cup	7	Pumpkin Bread -or- Matey's Cereal String Cheese --Served With-- Cherry Mixed Fruit Cup Apple Juice	8	Yogurt Parfait -or- Campfire Smore's Bar Raspberry Yogurt --Served With-- Zee Zee Dried Fruit Diced Peach Cup	9	French Toast Stricks -or- Cinnamon Toaster Cereal String Cheese --Served With-- Mandarin Orange Cup Fruit Blend Juice	10	
13	Breakfast Pizza -or- Cocoa Cherry Bar Raspberry Yogurt --Served With-- Watermelon Craisins Diced Pear Cup	14	Vanilla Waffle -or- Matey's Cereal String Cheese --Served With-- Applesauce Cup Orange Juice	15	Biscuit and Gravy -or- Campfire Smore's Bar Raspberry Yogurt --Served With-- Zee Zee Dried Fruit Fresh Orange	16	Donut Holes -or- Cinnamon Toaster Cereal String Cheese --Served With-- Pineapple Tidbits Cup Apple Juice	17	Banana Bread -or- Campfire Smore's Bar Raspberry Yogurt --Served With-- Watermelon Craisins Red Variety Apple		
20	Breakfast Burrito -or- Campfire Smore's Bar Raspberry Yogurt --Served With-- Watermelon Craisins Applesauce Cup	21	Mini Ginnis -or- Matey's Cereal String Cheese --Served With-- Cherry Mixed Fruit Cup Orange Juice	22	Choco Chip Muffin -or- Cocoa Cherry Bar Raspberry Yogurt --Served With-- Zee Zee Dried Fruit Diced Peach Cup	23		24			
27	Apple Frudel -or- Cocoa Cherry Bar Raspberry Yogurt --Served With-- Watermelon Craisins Pineapple Tidbits Cup	28	Egg & Cheese Muffin -or- Matey's Cereal String Cheese --Served With-- Applesauce Cup Orange Juice	29	Mini Strawberry Bagel -or- Campfire Smore's Bar Raspberry Yogurt --Served With-- Zee Zee Dried Fruit Mandarin Orange Cup	30	Yogurt Parfait -or- Cinnamon Toaster Cereal String Cheese --Served With-- Diced Peach Cup Apple Juice			Milk Variety Served Daily! View Milk Nutritionals	

This institution is an equal opportunity provider

Menus are subject to change without notice

NOVEMBER

Milk Variety Served Daily:

[View Milk Nutritional](#)

Monday		Tuesday		Wednesday		Thursday		Friday			
Afton and Thayne Lunch											
6	Golden Crispy Chicken Fillet Hamburger Bun Fruit Cocktail California Blend Veggies Cucumbers	7	Spaghetti Sauce w/Meat Spaghetti Pasta Warm Breadstick Diced Peaches w/Juice Baby Carrots Green Peas	1	Pork Rib Pattie Hoagie Bun Fresh Pineapple Steamed Broccoli Fresh Cauliflower	2	Chicken Drumstick Warm Roll Fresh Orange Mashed Potatoes Chicken Gravy Baby Carrots	3			
13	Beef Patty Hamburger Bun Fresh Orange Seasoned Waffle Fries Fresh Cauliflower Lettuce	14	Pepperoni Ripper Diced Peaches w/Juice Romaine/Green Leaf Salad Grape Tomatoes Cucumbers Jeri's Chocolate Cake	8	Oven Baked Cheese Tomato Soup Strawberry Mango Sidekick Fresh Broccoli Fresh Cauliflower	9	Nacho Meat Tortilla Chips Nacho Cheese Sauce Fresh Strawberries Romaine/Green Leaf Salad Grape Tomatoes Black Beans	10			
20	Sloppy Joe Hamburger Bun Pineapple Tidbits Baby Carrots Fresh Broccoli Black Beans	21	Diced Turkey Gravy Warm Roll Diced Peaches w/Juice Mashed Potatoes Celery Sticks Pumpkin Dessert w/Topping	15	BBQ Chicken Teriyaki Brown Rice Warm Roll Golden Delicious Apple Fresh Broccoli Baby Carrots	16	Bean and Cheese Burrito Red Grapes Sweet Corn Celery Sticks	17	Pigs in a Blanket Mandarin Oranges Pork and Beans Cucumbers		
27	Egg Patty Sausage Patty Cinnamon Glaze French Toast Fresh Orange Power Punch Juice Hash Brown Patties	28	Beefy Rotini Bake Warm Breadstick Diced Peas Fresh Cauliflower Baby Carrots	22	Early Release No Lunch Served	23		24			
		29	Baked Chicken Chimi Strawberry Cup Sweet Corn Fresh Broccoli Black Beans	30	Cheese Pizza Rounds Pineapple Tidbits Romaine/Green Leaf Salad Grape Tomatoes Cucumbers Chocolate Chip Cookie						

This institution is an equal opportunity provider

Menus are subject to change without notice