



Each week at Afton Elementary, we focus on a new **Essential from Ron Clark's Essential 55**. These Essentials help our Little Chiefs develop important habits that build respect, responsibility, kindness, and strong communication skills.

So far this year, our students have been learning and practicing these Essentials, and they have done a fantastic job putting them into action throughout our school!

Here's what we've learned so far:

Essential #1 – Be Humble

Let your actions and accomplishments speak for themselves.

Essential #2 – Make Eye Contact

When someone is speaking to you, look at them and show that you are listening.

Essential #3 – Congratulate and Uplift a Classmate

Celebrate the successes of others and look for opportunities to encourage those around you.

Essential #4 – Respect Other Students' Comments, Opinions, and Ideas

Listen respectfully, even when someone has a different idea or opinion than you.

Essential #6 – If You Are Asked a Question in a Conversation, Ask a Question in Return

Good conversations go both ways. Show interest in others by asking questions, too!

Essential #7 – Cover Your Mouth When You Sneeze or Cough

Practice good manners and help keep those around you healthy.

Practice at Home!

We hope you'll encourage your child to practice these Essentials at home, too! Ask them about the **Essential of the Week** and look for opportunities to practice it together as a family.

Thank you for partnering with us as we help our Little Chiefs grow into respectful, responsible, and caring people!

Danny Robinson

Principal

Afton Elementary

[307-885-8002](tel:307-885-8002)

darobinson@lcsd2.org

Coming Events

Oct. 6.....Afton's Bus Safety

Oct. 9.....No School

Oct. 14.....PTO Meeting
@1:45

Oct. 16.....No School

Oct. 23.....No School

Oct. 29.....Halloween Virtual
Costume Parade

Oct. 291st Grade Care Center
Parade

Oct. 30.....No School

Oct. 31.....**HALLOWEEN!**

Alternate Bus Stop Reminder

Parents, if your child needs to go to an **alternate bus stop**, please send the request through the **school office rather than directly to the teacher**. Teachers may not always have time to check their phones/apps before they take their students to the bus. When requesting an alternate route, please:

- Check the bus app ahead of time to find the correct bus stop for where your child is going.
- Provide the address of where they will be riding and the bus they will be riding (fish, bear, giraffe, ect.)
 - Make sure all requests are sent to the **office before 2:00PM**.

Thank you for helping us make afternoon dismissal and transportation run as smoothly and safely as possible.

Learning Update

Kindergarten

Our favorite color is October!" — Unknown

We have almost made it through all 26 letters! As we wrap up our letter journey, we will loop back and focus on learning the correct way to form each letter. The sequence will be based on letter strokes, so we will not necessarily be working in alphabetical order. This will give us lots of opportunities to practice forming our letters correctly and building those important handwriting habits.

We will continue practicing name writing, with a focus on using uppercase and lowercase letters appropriately. Our kindergarteners are also becoming amazing illustrators! We are learning how pictures can help tell a story, and we are working hard to become exquisite storytellers by adding details and sharing our ideas.

In Math, we will continue working on number writing through 10. We will practice counting and comparing objects, making numbered sets, representing numbers in different ways, and playing lots of fun number games. We are building a strong foundation for our math skills while learning through hands-on practice and exploration!

1st Grade

First Graders have been working very hard this first month of school!

Reading: We will be working on making connections to characters, and asking and answering questions. Have fun reading at home with your child, and see what great readers they are already becoming. Writing: We will continue to work on the foundations of good writing-handwriting and sentences. We will also begin learning the parts of a narrative, and writing about fun experiences we have had as a class. Math: We have been working on numbers to 20, and we will begin practicing our addition, noticing pairs, and doubles. October is such a fun month in first grade, and we are looking forward to all the learning, growth, and fun we will have!

2nd Grade

Wow! The first month of school went by so fast! We had a great day at the park in September. We love how our tie dyed shirts turned out! Thanks to all the parents who helped make that happen. We sorted all of our new 2nd grade friends into their houses. Kids have been working hard to earn house points. We will have our first house meeting at the beginning of October. We encourage our students to all work at giving, being a good friend, having courage, and dreaming big! We finished up our Benchmark testing in September and were so pleased with how hard the students worked! Second grade is filled with some smart cookies!

We're beginning to learn about writing informational paragraphs this month. We've also been working with a new math curriculum this year, Jump Math, and have really been trying to work on the foundational skills of math. We've been learning different strategies to help us be successful as we move forward to harder concepts. Please set aside time each night for your student to practice their math facts and do some reading. Find a fun fall or spooky book to share together with your student. We will be celebrating Halloween on Thursday, October 29th and look forward to seeing all the students in their costumes. Thanks for all you do for your child. We appreciate your support!

3rd Grade

Third Grade has had a wonderful September filled with working hard and playing hard! We have been working hard on learning multiplication and math facts. We are expressing our opinion in writing and practicing spelling patterns. The students are showing us their reading skills and we are enjoying reading chapter books together. Third graders that have been reading at home and have met their AR goal will enjoy a snow cone and sports celebration (decided by the third grade student council)! Parent night was a success and well attended. There will be a note sent home for those of you that couldn't make it. The students enjoyed the Star Valley Days field trip later in the month with Wagon rides, stories, tie-dye, etc. The teachers have thoroughly enjoyed getting to know all 105 third graders and love them even more for all that they are! We are looking forward to a spooktacular October!

STAY HEALTHY & HAPPY AT SCHOOL!

1

WASH HANDS STEP-BY-STEP

1



WET

2



SOAP

Lather
Up!

3



Scrub
20
Seconds!



SCRUB

Sing the ABC Song!

4



RINSE

Rinse Well!

5



DRY

Dry with a clean towel

6



DONE!

GermS are GONE!

WASH YOUR HANDS TO STOP GERMS!



2

STAY HEALTHY!

(Other Good Habits)

A

EAT WELL



Eat fruits, vegetables,
& healthy snacks!

B

SLEEP TIGHT



Get plenty of rest
(9-11 hours!)

C

STAY ACTIVE



Play and exercise
every day!

COVER COUGHS

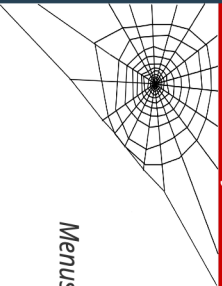


Cover sneezes & coughs!
Wash hands after!

HEALTHY HABITS FOR EVERYONE!

Afton, Etna, Osmond, Thayne Breakfast

October

Monday	Tuesday	Wednesday	Thursday	Friday
 Menus are subject to change without notice because of supply issues. Only approved items will be substituted.	<i>This institution is an equal opportunity provider, employer, and lender.</i>			
	1	2	3	4
	5	6	7	8
	9	10	11	12
	13	14	15	16
5	6	7	8	9
Big Daddy Biscuit & Gravy -or- Cocoa Cherry Bar Strawberry Yogurt --Served With-- Diced Pear Cup Cherry Craisins	Yogurt Parfait -or- Trix Cereal Mozzarella Cheese Stick --Served With-- Applesauce Cup Fruit Punch	Vanilla Waffle -or- Bug Bite Grahams Strawberry Yogurt --Served With-- Zee Zee Dried Fruit Fresh Orange	Breakfast Egg Roll -or- Cinnamon Chex Cereal Mozzarella Cheese Stick --Served With-- Fresh Strawberries Grape Juice	
12	13	14	15	16
Apple Frudel -or- Cocoa Cherry Bar Strawberry Yogurt --Served With-- Diced Pear Cup Cherry Craisins	Egg & Cheese Muffin -or- Trix Cereal Mozzarella Cheese Stick --Served With-- Applesauce Cup Fruit Punch	Mini Strawberry Bagel -or- Campfire Smore's Bar Strawberry Yogurt --Served With-- Zee Zee Dried Fruit Fresh Mandarins	Fluffy Golden Pancake Pancake Syrup -or- Cocoa Cherry Bar Mozzarella Cheese Stick --Served With-- Fresh Strawberries Grape Juice	
19	20	21	22	23
Banana Bread -or- Campfire Smore's Bar Mozzarella Cheese Stick --Served With-- Diced Pear Cup Cherry Craisins	Ham & Swiss Croissant -or- Trix Cereal Mozzarella Cheese Stick --Served With-- Diced Peach Cup Apple Juice	Blueberry Muffin -or- Bug Bite Grahams Mozzarella Cheese Stick --Served With-- Diced Cinnamon Apples Zee Zee Dried Fruit	Mini Apple Bites -or- Cinnamon Chex Cereal Mozzarella Cheese Stick --Served With-- Fresh Orange Very Berry Juice	
26	27	28	29	30
Ham & Egg Bagel -or- Cocoa Cherry Bar Mozzarella Cheese Stick --Served With-- Applesauce Cup Cherry Craisins	French Toast Sticks -or- Trix Cereal Mozzarella Cheese Stick --Served With-- Fresh Mandarins Fruit Punch	Choco Chip Muffin -or- Campfire Smore's Bar Mozzarella Cheese Stick --Served With-- Diced Peach Cup Zee Zee Dried Fruit	Pumpkin Bread -or- Cinnamon Chex Cereal Mozzarella Cheese Stick --Served With-- Mixed Fruit Cup Grape Juice	

Milk Variety Served Daily:

View Milk Nutritional

Fruits and Veggie Carbs

Afton and Thayne

Lunch

October 2026

Milk Variety Served Daily:
View Milk Nutritionals
Fruits and Veggie Carbs

Monday	Tuesday	Wednesday	Thursday	Friday
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5 Pepperoni Ripper --Served With-- Fresh Strawberries Romaine/Green Leaf Salad Tomatoes Cucumbers Black Beans Ranch Dressing	6 Mandarin Orange Chicken Brown Rice --Served With-- Fresh Mandarins Celery Sticks Steamed Broccoli Ranch Dressing	7 Hamburger, SV Block, Osmond --Served With-- Mixed Fruit WY CORN COB Baby Carrots Ranch Dressing Ketchup Packet Mustard Packet	1 Golden Crispy Chicken Tenders --Served With-- Diced Peaches w/Juice Emoji Fries Steamed Green Peas Red Pepper Strips Ketchup Packet BBQ Sauce	2 Corndog --Served With-- Fresh Strawberries Pork and Beans Broccoli Florettes Baby Carrots Ranch Dressing Ketchup Packet Mustard Packet
12 Chicken Zoo Nuggets --Served With-- Mixed Fruit Apple, Gala, Fresh California Blend Veggies Cucumbers Crinkle Fries Ranch Dressing Ketchup Packet BBQ Sauce	13 Hot Dog BUN, Hot Dog WG --Served With-- Diced Peaches w/Juice Baby Carrots Green Peas Seasoned Waffle Fries Ranch Dressing Ketchup Packet Mustard Packet	Farm to School Day 14 Pepperoni Pizza --Served With-- Red Grapes Raspberry/Lemon Siclekick Broccoli Florettes Cauliflower Florettes Ranch Dressing		
19 Egg Patty French Toast Sticks Sausage Patty --Served With-- Red Variety Apple Hash Brown Patties Juice, V8 Low Sodium Pancake Syrup Ketchup Packet	20 Chicken Zoo Nuggets --Served With-- Diced Peaches w/Juice Crinkle Fries Broccoli Florettes Grape Tomatoes Cucumbers Ketchup Packet Ranch Dressing BBQ Sauce	21 Beefy Rotini Bake --Served With-- Warm Breadstick Kiwi Cauliflower Florettes Broccoli Florettes Ranch Dressing	22 Cheese Pizza Rounds --Served With-- Fresh Strawberries Green Beans Romaine/Green Leaf Salad Grape Tomatoes Cucumbers Black Beans Ranch Dressing	23
26 Vanilla Waffle Scrambled Eggs --Served With-- Fresh Orange Cauliflower Florettes Emoji Fries Ranch Dressing Ketchup Packet Pancake Syrup	27 Boneless Chicken Wings --Served With-- Applesauce Cup Romaine/Green Leaf Salad Grape Tomatoes Ranch Dressing Ketchup Packet	28 BBQ Chicken Teriyaki --Served With-- Warm Roll Golden Delicious Apple Broccoli Florettes Baby Carrots Ranch Dressing	29 Spaghetti Sauce w/Meat Spaghetti Pasta --Served With-- Candy Corn Fruit Cup Celery Sticks Black Beans Green Peas	30

National School Lunch Week Oct. 12-16th: Cafeteria Circus