



### DID YOU KNOW?.....

Signing your child out of school early 5 min. everyday is equivalent to missing 900 minutes or 15 hours of school...10 minutes daily is equivalent to missing 1,800 minutes or 30 hours of school...15 minutes daily is equivalent to 2,700 minutes or 45 hours!

Even signing your child out early 5 minutes just once a week means your child is missing the equivalent of 190 minutes or 3.16 hours!

Please try to schedule doctor and dentist appointments during our school breaks or during non-school hours. We value your child's education!

### Golden Hills School Hours

Monday through Thursday – 8:35am to 2:45pm

Fridays – 8:35am to 1:45pm

### Please Note:

There will not be any supervision on our campus until 8:00am daily. If you need to drop off your child before then, he/she will be asked to wait in a designated area...unsupervised...until 8:00.

In addition...since we have a closed campus, we ask that parents and older siblings stay in the front of the school until school is dismissed at 2:45.

For the safety and security of all students at Golden Hills, the back gate by Golden Hills Road will be locked between 9:00 - 2:00 M-Th, and between 9:00 - 1:00 on Friday.

### RED RIBBON WEEK ACTIVITIES

**Tuesday 10/25:** Red Day—Wear Red to say No to Drugs!

**Wednesday 10/26:** Crazy Sock Day – Wear crazy socks to Sock it to Drugs!

**Thursday 10/27:** Hat Day – Wear hats to put a Cap on Drugs!

**Friday 10/28:** Shades Day – Wear sunglasses to state “I don’t see drugs in my future!”

**Monday 10/31:** Doing Drugs is Crazy – Wear your Halloween costumes or just dress CRAZY!!!!



### BOO GRAMS



The Parent/Teacher Group will be selling BOO Grams Oct. 25-Oct. 28 in the morning & during the 10:30 recess. You can wish your friends A Happy Halloween by sending them a special message & a festive pencil. Grams cost 50 cents each.

Please note: Halloween Candy is **NOT** allowed to be eaten at school.



- October 5 – 9: Intersession...NO SCHOOL!
- October 20: Great CA ShakeOut Drill at 10:20. We will be holding an Earthquake Drill.
- October 24: Lunch Switch...5<sup>th</sup> Grade goes first
- October 25: Make Up Pictures
- October 31: Halloween Parade at the Golden Hills Playground at 9:30am.
- November 4: End of 1<sup>st</sup> Trimester
- November 11: Veteran’s Day...No School!
- November 14-18: Parent Conference Week...**Early Dismissal at 1:15 every day!**
- November 21 – 25: Intersession and Thanksgiving Break...NO SCHOOL!!!

### SchoolStore.com

**SchoolStore.com** is an online shopping mall with over 200 merchants! When your family and friends make purchases from their favorite merchants, our school earns money! Check it out today!

### NutriKids

You can now pay for your child’s school meals online!

Here’s how to do it!

Go to: [www.mynutrikids.com/Login.aspx](http://www.mynutrikids.com/Login.aspx)

Here is what you need to sign up:

1. Your child’s student ID number. Call the school for this number.
2. The School’s zip code, 95966

Here is what you need to know:

A convenience fee of \$1.75 is charged for each transaction. The school district does not profit from this fee. To offset the convenience fee, the District will provide one FREE MEAL for your child every time you deposit \$35 or more in your child’s meal account.



### SCNAC (Sierra Cascade Nutrition & Activity Consortium)

Winter Squash is October’s **Harvest of the Month** featured produce. Here is a tip for a healthy side dish to any meal. Take any winter squash, such as butternut, scoop out the seeds, peel off the skin, and chop up into bite size pieces. Roast in the oven at 400 degrees for 20-30 minutes. To make it a sweet side dish, sprinkle cinnamon and a pinch of sugar over the squash before baking.

Healthy Halloween Tip: Help your children to limit the amount of Halloween candy they consume. Make sure they eat a healthy meal or snack before they go trick or treating. Be sure to brush teeth very well after eating sweet treats to help prevent dental cavities.