



## Family Folder - Wednesday, October 16, 2024

**Jackets!** The mornings are cold! The sun might be shining but it doesn't get high enough over the bluffs to warm up the playground very fast. The cold wind whips straight up the parking lot and through the playground. Please have your child bring a warm autumn/winter jacket along with mittens/gloves and hats for the colder recesses. They can always take off a layer if the weather warms up.

**Bake Sale:** Monday, October 21<sup>st</sup>, sponsored by the Student Council. Please see the attached flier for information

**Adventures in Reading Goal:** The adventure continues! The staff of St. Charles added their reading minutes to the students for the month of September. After some discussion, we've decided that a challenge might be in order: Who can read the most minutes for the month of October—students or staff???

**Parent-Teacher Conferences Reminder:** We'll see you on **October 17<sup>th</sup>**, at your scheduled time. This is your chance to sit down with your child's teacher, ask questions, find out your child's strengths, and areas that might need extra work. If you cannot make your scheduled time, please contact your child's teacher and make an alternative meeting time.

### **PTO (Jessie Cina):**

**Yearbooks** - If you have not yet, please send your \$18 (per book) this week and Carrol will send it home.

**Swing set** - getting closer! The area is dug and the swing set will be placed soon. Then, mulch will need to be spread! We are looking at a day the kids can help as well at the end of school. More to come as we know more. Anyone able to help set the swing set please reach out to Jessie ASAP.

**Fridge** - old yellow fridge has stopped working. It will be removed today and a new replaced Thursday/Friday this week. PTO is covering the cost.

**Pancake breakfast:** mark your calendar. We'll need baked goods and volunteers...**Sunday, Nov 10th**

Next **PTO meeting** Monday, **November 4th**, 5:3 PM (changed date so people can vote on 11/5).

**Concerns** - please text 608-780-1148 OR email me at (Jessie) at [jbutterfly12384@gmail.com](mailto:jbutterfly12384@gmail.com)

**Inclement Weather Reminder:** We will keep the children indoors at the end of the day if the weather is too rainy or cold. Please come into the school to pick up your child if you don't see anyone out on the playground. We will follow De Soto's announcement for any school closings. You can always check the news channels for closures (keep in mind that the announcement will be for De Soto schools, NOT St. Charles school), sign up for a text directly from De Soto schools, (**see instruction below to sign up for Message Alert**), or wait for an email from Mrs. Hytry. If school has to close early for any reason we will notify you through email and follow your emergency pick-up plan that you filled out in your school packet.

**Friday, October 18<sup>th</sup> Reminder:** Due to Michelle Rodgers attending a funeral for her Aunt, there won't be hot lunch on Friday. Pizza has been donated for the students as well as a veggie tray and milk will be available for students/staff. Thanks to all who have donated to make this happen for students/staff,

**Early Dismissal Phone Numbers:** The Early Dismissal Phone Numbers list is enclosed. This should be the FINAL copy; however, if you see some errors, please call the office (608) 689-2642. Thank you.

**My Plate Guide to School Lunch:** For our Health/Wellness and Food program at school, we need to continue to send flyers home to encourage healthy eating habits for our students so you will find another one on My Plate for

School Lunch. Also enclosed is the Unpaid Meal Charges policy we are required to have for the food program.

**Future Pirates:** Please note the handout Coach Ev Wick sent for students involved in Future Pirates!

**Account Statements:** The family account statements are included in the family folder. If you have questions/concerns, please call the office.

**De Soto Area Schools Message Alert Information per De Soto instructions for inclement weather and/or other school closures:**

**SchoolMessengerSetup** (SMS): We offer text message notification service to all the school families. Please email your cell phone number to: jkreuzer@desoto.k12.wi.us with **SchoolMessengerSetup** in the title. **Three days after you send your request, please text "YES" to 67587 to opt-in to receive SMS messages from De Soto Area Schools.**

**Snacks reminder:** We do have a student in the 4K-1<sup>st</sup> grade with an allergy to nuts and milk. The nut allergy is not severe but, to be safe, **any treats should be free from nuts or nut products and milk.** Please remember that any snacks brought to school should be on the more nutritious side, rather than more to the just-sweet side. If you are planning treats for the whole school, especially birthday treats, please check to see if the treats are made without nuts and nut products. Healthy snacks include fruit, vegetables, baked snack chips, low sugar granola bars, popcorn, graham crackers, whole grain cereal, or rice cake snacks, etc.

**The Second-Hand Shack (Ellen Michuta):** Questions and/or concerns, check the **September 18<sup>th</sup>** family folder for information from Ellen Michuta on the Second-Hand Shack – replacement for Thrifty Pickins'.

**RaiseRight (Megan Olson):** Questions or concerns, check with Megan at 608-385-7815.

**Taking care of the body God gave us:** A sweater, sweatshirt, or jacket might be needed for chilly morning recesses and can be kept at school just in case. Sweatshirts worn as jackets outside should be taken off and hung up instead of worn in the classroom.

**Hunger Knows No Season:** Please join us in collecting for the local food pantry! Bring in a nonperishable food item every Tuesday to help those in need. We will place the items in the food basket at the altar before Mass. The food items will support the St. Matthew's Food Pantry.

**St Charles Facebook Page:** Like" the St Charles Facebook Page for updates and events occurring at school.

**Handouts:**

Bake Sale flier  
Early Dismissal Phone Numbers  
My Plate Guide to School Lunch  
Account Statements for October  
Unpaid Meal Charles Policy  
Future Pirates Night (Homecoming)

**Dates to Remember:**

October 17: Parent-Teacher Conferences 3:00-6:00  
October 21: Bake Sale sponsored by Student Council  
October 25: No school, Teacher In-service  
October 31: Costume Day  
November 01: All Saint's Day, mass at 8:30; Adoration at 2:30, End of First Quarter, report cards go home  
Wednesday, November 6<sup>th</sup>  
November 04: Feast Day of St. Charles Borromeo  
November 27-November 29: Thanksgiving Break

**Birthdays:**

October 22: Ezio Olson

# Bake Sale

**When:** Monday, October 21 , after lunch

**Where:** St. Charles Lello Room

**Why:** to raise money for the 4<sup>th</sup> -6<sup>th</sup> grade  
retreat to Eagles Bluff

**Who:** brought to you by 4th-6<sup>th</sup> graders

**How Much:** treats will be available  
for \$.50 each





# MYPLATE GUIDE TO SCHOOL LUNCH

*for Families*



## GRAINS

Whole grains give kids B vitamins, minerals, and fiber to help them feel fuller longer so they stay alert to concentrate at school.

## VEGETABLES



A variety of vegetables helps kids get the nutrients and fiber they need for good health.

## MILK



Low-fat (1%) or Fat-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth and muscles.



## PROTEIN FOODS

Meat, poultry, fish, dry beans, peas, eggs, nuts, and seeds provide many nutrients including protein and iron. Portion sizes are based upon the nutrition needs of children in various grade groups. School meals also allow cheese, tofu, and yogurt to count as the meat/meat alternate in the school lunch.



## FRUITS

Every school lunch includes fruits as well as vegetables. Only 1/2 of the fruits offered may be 100% juice, since whole and cut-up fruits have more fiber.



Visit [teamnutrition.usda.gov](http://teamnutrition.usda.gov) for additional tips and activities.



# HOW DOES SCHOOL LUNCH HELP FAMILIES?



## Provides a balanced meal

It meets one-third of the nutrition needs of most children for the day.



## Helps kids learn where foods come from

Farm to school programs are in 42 percent of schools which increase kids access to locally produced foods and learning activities such as farmers' visits and school gardening.



## Saves time

If you spend 10 minutes a day packing lunch, that adds up to 30 hours (1,800 minutes) each school year.



## Supports learning at school

Research shows that kids with healthier eating patterns have better academic performance.



"We grow fruits and vegetables in our school greenhouse, which are harvested and given to the cafeteria to serve on the salad bar. It's great because the landscaping class gets involved, the leadership classes get involved, and even all the marketing plan classes get involved."



*Nebraska student*

## HOW CAN FAMILIES HELP THEIR CHILDREN ENJOY SCHOOL LUNCH?

- Try new foods at home. Kids need many opportunities to taste a new food to "get used to it."
- Talk with your child about what's on the menu. Make sure he or she knows about all the foods that are included in his or her school.
- Eat lunch at school with your child. Learn more about what's offered and meet school nutrition staff.
- Encourage your child or teen to join in taste-testing events or surveys about school lunch, when available.

Visit [Choosemyplate.gov/Families](http://Choosemyplate.gov/Families) for additional tips and activities for families.

*The National School Lunch Program is a federally assisted meal program operating in public and nonprofit private schools and residential child care institutions. It provides nutritionally balanced, low-cost or free lunches to children each school day.*

Learn more at: [www.fns.usda.gov/nslp/national-school-lunch-program-nslp](http://www.fns.usda.gov/nslp/national-school-lunch-program-nslp).

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## **St. Charles School Unpaid Meal Charges Policy**

The St. Charles School requires families to pay for school breakfast and lunch meals, as well as extra milk charges monthly. Monthly accounts must be paid in full prior to the first of the following month.

St. Charles School's student school nutrition unpaid meal charges policy is as follows:

1. Parents and/or guardians are responsible for the breakfast, lunch and/or extra milk charges each month for their students at St. Charles School. Payments are recorded on the family accounts which are provided to the families the first week of every month during the school year.
2. Accounts are reviewed prior to the end of the month and if the account isn't paid in full the parent(s) and/or guardian will receive a reminder that the account needs to be paid prior to the beginning of the following month.
3. Accounts not paid by the beginning of the following month will receive a formal letter from the parish parochial administrator that states that failure to respond MAY result in the affected student(s) receiving a lunch of milk and peanut butter sandwiches until the unpaid balance has been received. Parent(s)/guardians are reminded that free and reduced meal applications are available upon request.
4. Parent(s) and/or guardians not responding to the above mentioned letter will receive a second letter from the parish parochial administrator with specific dates to make payment or contact. Failure to respond to this letter WILL result in student(s) receiving a lunch of milk and peanut butter sandwiches, and the unpaid breakfast, lunch, and/or extra milk account balance WILL be submitted to a collection agency.
5. Any student paying cash for a meal, milk, or ala carte items (if available) will receive the meal and/or item they are paying for regardless of the status of their meal account.
6. Any unpaid breakfast, lunch, and/or extra milk account balance will be carried over to the next school year.
7. Graduating student(s) must have their breakfast, lunch, and/or extra milk account paid in full before participating in any graduation ceremonies at the school.

The parish parochial administrator will have the primary responsibility of overseeing the collection of unpaid breakfast, lunch and/or extra milk balances, and, every reasonable effort will be made to collect delinquent food service charges.

Free and Reduced Meal Applications are available in the office, and included in the back to school packet and at open house each August as well as sent to families via email.

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communications for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.) should contact the agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact United States Department of Agriculture (USDA) through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html). And at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

**(Unpaid Meal Charges Policy St Charles)**



## **Future Pirates Night @ Homecoming**

All students who have participated in Future Pirates this year will be introduced before the Homecoming football game this Friday night. (October 18th)

The game will begin at 7 PM.

All students will meet by the opening in the end zone with 2:00 remaining during pre-game warm-ups.

Students will be introduced by grade after the National Anthem and will stay on the field for the varsity introductions.

Free admission into the game for all fans!

Feel free to contact me with any questions.

Go Pirates!

Coach Ev  
ewick@desoto.k12.wi.us

