



Excellence  
Everyday, That's  
The Panther Way!



August 24, 2018  
Volume 4

# The Pride

Pleasant Run Elementary School  
1800 N. Franklin Road  
Indianapolis, IN 46219  
Phone: 532-3800 Fax: 532-3842

Principal - Travis Koomler Administrative Assistant - Courtney Smith

## Important Dates

SEPTEMBER 2018	
Labor Day/NO SCHOOL	9/4
Late Start 9:40 am	9/12
Fall Pictures	9/17
School Board Meeting	9/19
PTA-Salsa/Salsa Night	9/20
4th Grade Flat Rock trip	9/24-25

## BIRTHDAY TREATS

While we love to celebrate, please remember there is a "no birthday treats" guideline. To access fun and helpful resources for healthy celebration ideas, please visit: [#wellnesswarriors](http://www.warren.k12.in.us/wellness) [#WEaretheKey](http://www.warren.k12.in.us/wellness)

Dear Pleasant Run Families -

It is hard to believe we just finished our 4<sup>th</sup> week of school. I am very proud of our students and staff for the work they have accomplished.

NWEA testing reports will be sent home with your student next Friday, August 31st I strongly encourage you to take 15 minutes to discuss your student's progress with him/her. If your child is struggling and you have not had contact with the teacher, please do so immediately. If there is a concern, the sooner we can address it the better.

Finally, this will be our last printed newsletter. After today, all future newsletters will be sent out electronically. If you haven't completed a request form and would like to be added to the mailing list, please send an e-mail to me at the following address:

[tkoomler@warren.k12.in.us](mailto:tkoomler@warren.k12.in.us)

Have a great weekend!

Mr. Koomler - Principal



**Photographs:** Occasionally we will have articles or stories in the media that will include pictures of students. This could also include our Web pages. If you do not want your child photographed for publication, please send a note to the office or call the office at 532-3800.

## BREAKFAST & LUNCH MENUS 8/27-8/31

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b> Universal Breakfast	Blueberry Muffin Apple Juice Raisins	Mini Pancakes Apple	Cinnamon Toast Crunch Cereal Bar Banana Raisins	Mini Cnnis Apple Slices Fruit Punch	Strawberry Cream Cheese Bagel Peach Cup Raisins
<b>LUNCH</b> <b>FOOD BAR</b> <b>DAILY</b>	<b>Choice of:</b> A. Chicken Nuggets B. Sloppy Joe Mixed Veggies Fruit & Veggie Bar	<b>Choice of:</b> A Beef Hot Dog B. BBQ Riblet Sandwich Corn Fruit & Veggie Bar	<b>Choice of:</b> A. Spaghetti & Meatballs B. Ham & Swiss Pretzel roll sandwich Broccoli Spiced Peaches	<b>Choice of:</b> A. Salisbury Steak/ gravy B. Chicken Biscuit Green Peas Fruit & Veggie Bar	<b>Choice of:</b> A. Cheese Pizza Turkey Sausage, Egg & Cheese Bagel Green Beans Fruit & Veggie Bar

### Effective immediately:

For the safety of all students, parents are not permitted to visit students during recess times.

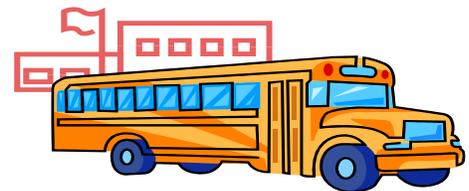


# Bus Conduct & Safety Rules

Bus conduct and safety rules are designed to promote safety on the buses at all times because the safety of all students is our top priority.

School bus transportation  
is a privilege.

If transportation privileges are denied, parents or guardians are responsible for getting the child to and from school. To promote a safe, orderly, efficient and enjoyable bus ride to and from school, all students must follow the rules listed in the **Student Rights and Responsibilities Handbook** each family received at the start of the school year.



## Flu Prevention Steps

1. **Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it. If you don't have a tissue, cough into your elbow.
2. **Wash your hands often with soap and water, especially after you cough or sneeze.** Alcohol-based hand sanitizers are also effective.
3. **Avoid touching your eyes, nose or mouth.** Germs can spread that way.
4. **Stay home if you get sick.** The CDC recommends that you stay home from work or school, and limit contact with others to keep from infecting them.
5. **Use disinfectants on surfaces, as directed, to help prevent the spread of influenza virus.** Germs can spread when a person touches an infected surface and then touches their own eyes, mouth, or nose.

## Ready to Learn: Setting up Routine

Consider the routines below to make your child feel more:

**Relaxed.** Music can help your child avoid the morning rush. Play a soothing tape and ask him to be dressed and ready by the time it's over.

**Energized.** A good breakfast increases concentration. Offer your youngster healthy choices. *Examples:* a whole-wheat bagel with peanut butter; orange juice blended with fruit and yogurt; instant oatmeal.

**Connected.** Talking about the school day lets your child know you care. Ask him to share two good things that happened during the day. Prompt him with specific questions, such as "Which multiplication tables did you practice?"

**Prepared.** Studying a little every day is the best way to learn new material. Help your youngster choose a time for homework when he is most alert - and try not to change it.

**Rested.** A set bedtime helps kids fall asleep more quickly. Suggest that your child get in bed 15 minutes early to read, make up stories, or talk quietly with you.