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Mark Your Calendars

- 10/31-11/4 Book Fair
- 11/11 Veterans Day Celebration
8:15am
- 11/15 PTO Spirit Night at Raising Cane's,
4:30-8:30pm
- 11/17 Family Thanksgiving Feast (during
lunches)
- 11/17 Turkey Trot, 3:00-3:30pm, PES
track
- 11/18 Deserving Desserts
- 11/21-11/25 Thanksgiving Holidays
- 11/29 PTO Meeting, 6:30pm



Principal Antoine's Monthly Message

Our annual Veterans Day Program will take place on Friday, November 11, at 8:15am in the gym. Please join us for this time of reflection and gratitude for those men and women who serve our country. Feel free to invite any veterans that you know, or anyone else that would like to celebrate with us. You may also send a photo of family or friends who have served in the military. There will be a special musical performance by our 5th graders that you won't want to miss. Thank you to Mrs. Salaiz and Mrs. Lucero for all of their efforts in making this celebration so special!

Remember our No-Sale Fundraiser going on now through the end of this month. Our goal is to receive a \$20 donation from each child, but any amount that you are able to donate is greatly appreciated! Funds raised through these donations will be used to purchase much needed software licenses for the students, audio/visual supplies for the classrooms, and updated workroom equipment. We have some great incentives too - for every \$10 donation made on behalf of your child, your child's name will go in the drawing for an iPad mini; for every \$20 donation, your child will receive a fun light-up emoji keychain; and the 2 winning classrooms will get to participate in a super-exciting silly string battle with me and Mr. Ortiz! Thank you to all of our families who have already generously donated to this great cause!

We wish every one of our PES families a safe and happy Thanksgiving!

Genia Antoine

Children

F ollow directions

I nspire others

R espect others and self

S tay Safe

T ry their best

At Pflugerville Elementary School!

Student Council News

Student Council members are hard at work getting their service hours. They're busy helping their adopt-a-teacher, keeping our butterfly garden beautiful, and even helping with our free little library! We're gearing up for our Coats for Kids event. We are asking for donations of new or gently used winter coats to help Austin-area families stay warm this winter. Coats can be brought in starting after Thanksgiving through early December. Be on the lookout for details about other upcoming Student Council events!

PTO News

- PES PTO is thankful for all the support received from volunteers, parents, teachers and staff, because without their help, we can not succeed.
- Be sure to join us at our next PTO meeting on November 29, at 6:30pm in the cafeteria. We will be presenting information on how much funds have been raised at our various Spirit Nights, the Pfall Pfest, our Spirit Shop, and the Smelly Pencils Sale.
- PES PTO would like to thank our local Chipotle Mexican Grill, Menchie's Frozen Yogurt and Raising Cane's for supporting us during our Spirit Nights.
- Deserving Desserts is almost here. Be on the lookout for the flyer for more information.

November PTO events:

11/15 Raising Cane's Night, 4:30-8:30pm

11/18 Deserving Desserts

11/29 PTO Meeting, 6:30pm

Library News

Our *Pumpkin Patch Book Fair* is going on this week! To celebrate, we had our 2nd Annual Pumpkin Decorating Contest. Over 50 pumpkins were turned in, and they all came out amazing! The following students won the contest: Briana V, Noah C., Melody C., Brooklyn T., Sofie R., Bruno S., Violet S., Calliope E., Emma P., Natalie Z., Julianna H., & Maya T. We also participated in *All for Books*. *All for Books* is a coin collection drive to give books to kids in need. All money raised is matched by Scholastic, and this money is immediately spent back on the teachers and students of PES. So far we have raised over \$250 to be spent directly back on PES. 250 students in Texas will also get a free book.

Thanks for your generosity to support literacy. It's not too late to volunteer at our book fair, please call or email Mrs. Leu if you are interested.

Book Fair Hours:

Tuesday, 11/1: 8:00am-6:30pm (open late)

Wednesday, 11/2: 8:00am-3:00pm

Thursday, 11/3: 8:00am-3:00pm

Friday, 11/4: 8:00am-12:00pm

From the Nurse

Students are not permitted to have any medications including vitamins and other supplements in their possession during school hours. If your child requires medication prescribed by a doctor or over the counter medicine, please fill out the **Prescription Medication Administration** form or **Non-Prescription Medication Administration** form located in the nurse's office, and include it with the medication.

All medication brought to school must be in the original container and, if taking prescribed medicine, ask for two labeled containers - one for school and one for home.

Thanksgiving Feast

You are invited to join us for a Thanksgiving Feast on
Thursday, November 17 in the Cafeteria.

MENU

Roast Turkey with Traditional Stuffing & Gravy

OR

Hamburger/Cheeseburger

OR

Chicken Cheddar Wrap

Mashed Potatoes

Baby Carrots

Daily Fruit Selection

Adults & Child Visitors - \$3.75

Paid Student - \$2.75

Reduced Student - \$0.40

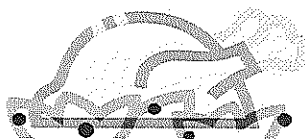
Free Student - \$0.00

Please reserve a spot in the Cafeteria! Return to the Cafeteria by **Friday, November 11!** Enter below the number of students, adults, and/or child visitors that will be attending!

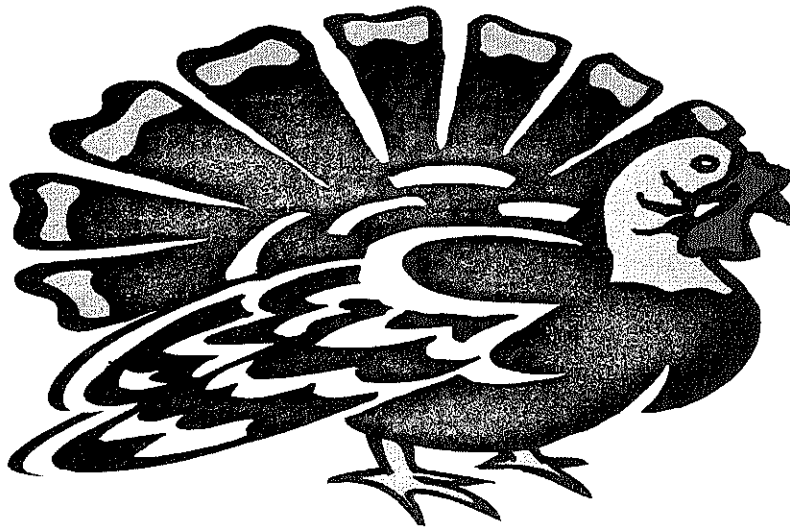
_____ # STUDENTS

_____ # ADULTS

_____ # CHILD VISITORS



Turkey Trot!



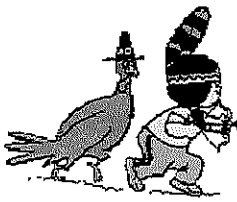
The Pflugerville Elementary P.E. Department would like to invite all students, their families, and neighbors to exercise on the track together for fitness and fun! We will also be walking in conjunction with our School Walk 4 Diabetes fundraiser. Bring your extra change to put in the SW4D bucket. Hope to see you there!

Where: Pflugerville Elementary Track

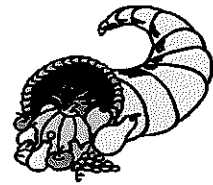
Date: Thursday, November 17th

Time: 3:00-3:30

*Please note the time change. We will be meeting right afterschool.



G.Y.M. Shorts



November

2016

Curriculum Overview

November is going to be a month to remember in physical education. Students will participate in a variety of activities aimed at increasing upper body strength, eye-hand and eye-foot coordination plus improving locomotor skills. Students will be engaged in camouflage fitness activities – they have so much fun that they don't realize they're working on getting stronger, quicker, and healthier.

Grades 2-5 will be learning some fundamental skills used in baseball. Students will be doing stations which include throwing, catching, and hitting.

They will also learn about the bones in the arm: humerus, ulna, and radius.

Students will be learning how to sign "God Bless America" and "God Bless the U.S.A." for our Veterans' Day Celebration on November 11.

We will celebrate Native American Month by learning about many tribes. We'll also pretend to be Pilgrims and Native Americans as we play Thanksgiving games. Our November Frisbee Families will be on Nov. 30th and Dec. 1st.

To conclude the month of November, students will learn about the health risks of smoking and about the propaganda tobacco companies use in advertising. We will all make a pledge to never smoke on Nov. 17th which is also the *Great American Smokeout*. If you or someone you love smokes, please join us on this day to "put out the smoke" if even just for one day.

School Walk for Diabetes

Our School Walk for Diabetes will take place on Nov. 14th. The fund-raiser portion will continue through Dec. 9th. This fund-raiser helps to fund essential programs aimed at curing diabetes, preventing its onset, and improving the lives of all those affected by both Type 1 and Type 2 diabetes. Students will learn about diabetes and the benefits of eating healthy and exercising.

Each student will receive an envelope to use for collecting donations and will earn prizes according to the amount of money raised. Last year \$2,487.97 was collected. Our goal this year is \$3,000. For more information, go to www.diabetes.org/schoolwalk.

Money will be due Friday, December 9th. Thank you for supporting such a worthy cause.

"These Shoes Are Made For Walking. : :"

To help students become more aware of diabetes in their lives, each student has received a die-cut shoe. Please take time to help your child write on the shoe the name(s) of people s/he knows who have diabetes. Return it to school. Shoes will be displayed in the gym.



Turkey Trot

Thank you to all who came out to the Goblin Gallop in October. It was so much fun to see your costumes. This month we will feature a Turkey Trot on Thurs. Nov. 17th. We will walk in conjunction to our School Walk 4 Diabetes. Come out and join us. Hope to see you there!

Marathon Kids Update

Congratulations to
Kimberly Trevino-Hernandez
For being our very first Marathon
Kids Finisher (1st Marathon)!
Good job and way to go!

Getting Kids Up and Moving!

November is a wonderful time to give thanks for good health! A sound body enhances a sound mind which improves a child's mental alertness, academic performance, readiness to learn and enthusiasm for learning.

According to Parents Magazine, Nov. 2010, studies indicate that regular exercise can cut the number of cold and flu episodes occurring over the course of a year by 25-50%, possibly by boosting the circulation of infection-fighting cells. "Exercise is better than any supposed cure or miracle product." says Dr. Harley Rotbart.

Are you reading this newsletter?

We will have a drawing for 10 physical activity-related prizes. Please sign this portion of the newsletter, cut it out, and return it to school. Thank you! Nov. 8th is the deadline.

Parent's signature

Student's name

Teacher's name

Mark Your Calendar

November 11

Veterans' Day Celebration, 8:15, in the gym

November 14

School Walk for Diabetes

November 17

Great American Smokeout Pledge &
Turkey Trot 3:00-3:30 on the track

November 21-25

Thanksgiving Holiday – No School

Healthy Observances

American Diabetes Month (www.diabetes.org)

Diabetic Eye Disease Month

(www.preventblindness.org)

National Alzheimer's Disease Awareness Month

(www.alz.org)

National Epilepsy Awareness Month

Nov. 17

Great American Smokeout (www.cancer.org)

Shout Outs!

A big shout out and a huge thank you goes out to Mrs. Rocio Luper who has provided PE with new Fitness Folders. Thank you Mrs. Luper! You rock! Other items that we are in need of in the gym include:

ITune gift cards

blue painter's tape

masking tape

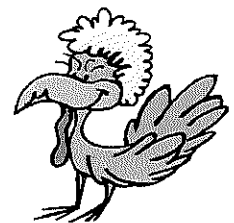
Crazy glue

*Thank you in advance for all donations.

Measure Your Neighborhood

Use this website to measure your walking/jogging route in your neighborhood. Thanks, Mrs. Shields, for sharing.

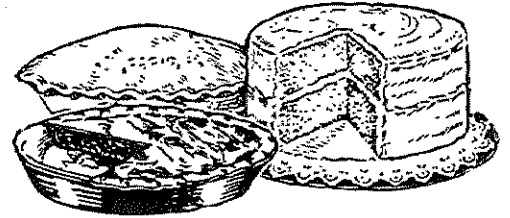
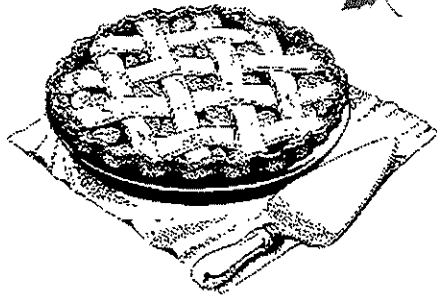
<http://www.usatf.org/routes/map/>





Deserving Desserts

Friday,
November
18



We have plenty for which to be thankful for at PES and we would like to express our thanks with *Sweet Treats* that the teachers and staff can take home to share with their families.

If you would like to bake or purchase desserts for delivery to the dynamic staff, please complete this form and return it to school. Recipes for the desserts you prepare are also welcomed!

Helpers will be out front during morning drop-off on Friday to carry donations inside. If you have questions before your commitment, please email PfireantPTO@gmail.com or (210) 823-6526.

Your support is appreciated!

Please email PfireantPTO@gmail.com if you are available Friday, November 20 to help carry in desserts (7:00-7:40 am) or cover teachers' classrooms while they pick out a dessert (8-10:00 am). Thank you for your support!

Student Name: _____ Teacher: _____

Phone or email address: _____

I will send in: 1 2 3 4 _____ desserts!

JOIN OUR FUNDRAISER AT RAISING CANE'S!

**Mention the fundraiser at the register
and Cane's will donate 15% of sales to:**

Pflugerville Elementary School PTO

DATE & TIME:

November 15th, 2016 from 4:30pm - 8:30pm

LOCATION:

2408 Farm to Market Road 685 Pflugerville, TX 78660
512-251-3673



raisingcanes.com

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