









# DUNDEE HIGHLANDS NEWSLETTER

## OCTOBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>National Bullying Awareness Month</b>			<b>B</b> 1	<b>C</b> 2	3
4	<b>D</b> 5 Bullying Awareness Day Wear Blue Picture Retakes	 <b>E</b> 6 Wear two different shoes and or crazy socks	<b>A</b> 7 Wear your favorite sports team clothing	 <b>B</b> 8 Crazy Hair or Crazy Hat day	 <b>C</b> 9 Pajama Day Early Release 12:30pm Bingo Night 6:30-8:30	10	
11	12 <b>Columbus Day</b> No School 	<b>D</b> 13 PTC Meeting 6:30pm	<b>E</b> 14	<b>A</b> 15	<b>B</b> 16 1st Quarter Ends Read-A-Thon Assembly	17	
18	<b>C</b> 19	<b>D</b> 20	<b>E</b> 21	<b>A</b> 22	<b>B</b> 23 Early Release 12:30pm	24	
25	<b>C</b> 26 	<b>D</b> 27 1st Grade Music Program School Assembly 1:30 Evening Performance 7:00pm 2nd Grade to Dundee Library	<b>E</b> 28	<b>A</b> 29	<b>B</b> 30 Halloween Parties 1:30-2:30	31 	

## OCTOBER IS BULLYING AWARENESS MONTH

Dundee Highlands students and staff will be showing our support to "Stomp Out Bullying" by participating in a fun filled week of events!

**Monday, October 5<sup>th</sup>** -- schools across the country are participating in the "*Blue Shirt Day - World Day of Bullying Prevention*". All students and staff are encouraged to wear a blue shirt to show they're taking a stand against bullying.

**Tuesday, October 6<sup>th</sup>** -- students are encouraged to wear two different shoes and/or crazy socks to show we are committed to "stomping out bullying".

**Wednesday, October 7<sup>th</sup>** -- students are encouraged to wear their favorite sports team's jersey or T-shirt to show at Dundee Highlands, we're "teaming up to stop bullying".

**Thursday, October 8<sup>th</sup>** -- students are encouraged to come to school with crazy hair or a crazy hat to show that "bullying is just plain crazy".

**Friday, October 9<sup>th</sup>** -- students are encouraged to wear Pajamas to school to show that they are "tired of bullying"!

### **Early Release Dates for October 12:30pm**

**Friday, October 9th  
Friday October 23rd**



### **Lunch Times for Early Release**

**4th & 5th Grade – 10:45-11:05  
Kdg. & 2nd Grade – 11:15 – 11:35  
1st & 3rd Grade – 11:45-12:05**



### **First Grade News**

First graders will be busy during the month of October! We will complete our science unit of patterns all around us. The class will conduct shared research on the moon and create an informational piece of writing. We will begin the third unit with a social studies focus of communities, specifically Native Americans, and how they work together towards a common goal. In math we will conclude unit 2 on addition and subtraction strategies, and move into learning about unknown numbers in both addition and subtraction situations. Our Second Step lessons will give students the tools to use self-talk for learning, be assertive and identify feelings.



### **Halloween Parties**

**Friday, October 31st  
1:30-2:30**

We ask that costumes represent positive, fun themes. Please no violent or scary costumes or accessories.





# Elementary School Lunch Menu

October 2015

<b>28</b> Meatball Pizza Sub Chicken Patty Sandwich Turkey Chef Salad Ham & Cheese Sandwich <i>side items</i> Tater Tots Fresh Tomato Wedges Tossed Salad Fresh Apple Wedges Pineapple Tidbits Fruit Juice	<b>29</b> Country Popcorn Chicken Bowl Cheeseburger Italian Salad with Ham & Pepperoni Cheese Sandwich <i>side items</i> Golden Corn Cucumber & Tomato Salad Tossed Salad Fresh Orange Wedges Fresh Apple Wedges Mixed Fruit	<b>30</b> Macaroni & Cheese Chicken Nuggets Tossed Salad with Cheese Deli Chicken & Cheese Sandwich <i>side items</i> Campfire Beans Celery Sticks Tossed Salad Fresh Banana Fresh Apple Wedges Diced Peaches	<b>1</b> Grilled Cheese Sandwich Hot Dog on Bun All American Salad Ham Sandwich <i>side items</i> Seasoned Green Beans Baby Carrots Tossed Salad Fresh Orange Wedges Applesauce Orange Juice	<b>2</b> Cheese Pizza Pepperoni Pizza Egg Chef Salad Turkey & Cheese Sandwich <i>side items</i> Steamed Broccoli Red Pepper Strips Tossed Salad Fresh Fruit Cup Fresh Apple Wedges Diced Pears
<b>5</b> Pizza Sticks with Sauce Chicken Nuggets Ham Chef Salad Deli Chicken & Cheese Sandwich <i>side items</i> French Fries Fresh Broccoli Tossed Salad Fresh Apple Wedges Pineapple Tidbits Fruit Juice	<b>6</b> Salisbury Steak with Parsley Noodles & Gravy Chicken Patty Sandwich Chicken Nacho Salad Turkey & Cheese Sandwich <i>side items</i> Mashed Potatoes Baby Carrots Tossed Salad Fresh Orange Wedges Fresh Apple Wedges Mixed Fruit	<b>7</b> Chicken Pizza Quesadilla Cheeseburger Egg Chef Salad Ham Sandwich <i>side items</i> Vegetarian Baked Beans Fresh Zucchini Tossed Salad Fresh Banana Fresh Apple Wedges Diced Peaches	<b>8</b> Chicken & Noodles Hot Dog on Bun Summer Fruit & Cheese Plate Ham & Turkey Club <i>side items</i> Cinnamon Sweet Potatoes Celery Sticks Tossed Salad Fresh Orange Wedges Applesauce Orange Juice	<b>9</b> Cheese Pizza Popcorn Chicken Salad Deli Chicken & Cheese Wrap <i>side items</i> Steamed Broccoli Baby Carrots Tossed Salad Fresh Fruit Cup Fresh Apple Wedges Diced Pears
<b>12</b> No School	<b>13</b> <b>NATIONAL</b> Popcorn Chicken Bowl Hot Dog on Bun Italian Salad with Ham & Pepperoni Cheese Sandwich <i>side items</i> Sweet Golden Corn Tomato & Cucumber Salad Tossed Salad Fresh Orange Wedges Mixed Fruit Apple Juice	<b>14</b> <b>SCHOOL</b> Beef & Bean Nachos Chicken Nuggets Tossed Salad with Cheese Deli Chicken & Cheese Sandwich <i>side items</i> Campfire Beans Celery Sticks Tossed Salad Fresh Banana Fresh Apple Wedges Diced Peaches	<b>15</b> <b>LUNCH</b> Ranch Chicken Flatbread Cheeseburger All-American Salad Ham Sandwich <i>side items</i> Seasoned Green Beans Baby Carrots Tossed Salad Fresh Orange Wedges Applesauce Orange Juice	<b>16</b> <b>WEEK!!!</b> Cheese Pizza Pepperoni Pizza Egg Chef Salad Turkey & Cheese Sandwich <i>side items</i> Steamed Broccoli Baby Carrots Tossed Salad Fresh Fruit Cup Fresh Apple Wedges Diced Pears
<b>19</b> Pancakes with Sausage Patty & Maple Syrup Cheeseburger Ham Chef Salad Deli Chicken & Cheese Sandwich <i>side items</i> Tater Tots Fresh Broccoli Tossed Salad Fresh Apple Wedges Pineapple Tidbits Fruit Juice	<b>20</b> Corn Dog Chicken Patty Sandwich Chicken Nacho Salad Turkey & Cheese Sandwich <i>side items</i> Vegetarian Baked Beans Baby Carrots Tossed Salad Fresh Orange Wedges Fresh Apple Wedges Mixed Fruit	<b>21</b> Chicken Pot Pie Hot Dog on Bun Egg Chef Salad Ham Sandwich <i>side items</i> Cinnamon Sweet Potatoes Fresh Zucchini Tossed Salad Fresh Banana Fresh Apple Wedges Diced Peaches	<b>22</b> Spaghetti & Meat Sauce Popcorn Chicken Summer Fruit & Cheese Plate Ham & Turkey Club <i>side items</i> Seasoned Green Beans Celery Sticks Tossed Salad Fresh Orange Wedges Applesauce Orange Juice	<b>23</b> Cheese Pizza Popcorn Chicken Salad Deli Chicken & Cheese Wrap <i>side items</i> Steamed Broccoli Baby Carrots Tossed Salad Fresh Fruit Cup Fresh Apple Wedges Diced Pears
<b>26</b> Chili Cheese Max Snax Chicken Patty Sandwich Ham Chef Salad Deli Chicken & Cheese Sandwich <i>side items</i> Golden Corn Fresh Broccoli Tossed Salad Fresh Apple Wedges Pineapple Tidbits Fruit Juice	<b>27</b> Rotini with Italian Meat Sauce Breaded Fish Melt Chicken Nacho Salad Turkey & Cheese Sandwich <i>side items</i> Seasoned Green Beans Baby Carrots Tossed Salad Fresh Apple Wedges Fresh Orange Wedges Mixed Fruit	<b>28</b> Chicken Parmesan Sandwich Cheeseburger Egg Chef Salad Ham Sandwich <i>side items</i> Orange Glazed Carrots Fresh Zucchini Tossed Salad Fresh Banana Fresh Apple Wedges Diced Peaches	<b>29</b> Beef Soft Tacos Chicken Nuggets Summer Fruit & Cheese Plate Ham & Turkey Club <i>side items</i> Vegetarian Baked Beans Celery Sticks Tossed Salad Fresh Orange Wedges Applesauce Orange Juice	<b>30</b> Cheese Pizza Pepperoni Pizza Popcorn Chicken Salad Deli Chicken & Cheese Wrap <i>side items</i> Steamed Broccoli Baby Carrots Tossed Salad Fresh Fruit Cup Fresh Apple Wedges Diced Pears



Lunch Meal: \$2.75  
 Reduced: \$4.00  
 Adult Meal: \$3.25  
 Milk Alone: \$.50  
 A la Carte Side: \$6.00

\*If your student has any dietary needs or restrictions please contact your school's kitchen supervisor or call 847.551.8485

To make a meal, students must select at least 1 serving of fruit or vegetable

Available Daily  
 Ace's Fit For You  
 Sun Butter & Jelly Dippers  
 Sun Butter & Jelly Sandwich

Milk Choices:  
 1% White  
 Fat Free White  
 Fat Free Chocolate



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