

# Green Bank School

## October 2019

### Newsletter

#### School Pictures

School/Yearbook pictures will take place on Tuesday, October 8<sup>th</sup>. More information will be sent home about the background color as it becomes available.

#### PTO Truck Show

The Green Bank PTO would like to thank the community for supporting our 3rd annual PTO Truck/Antique Car show. We would like to thank the vendors for setting up their booths, the businesses who donated money and entered their trucks in the truck show, to the owners of the antique vehicles who entered their vehicles in the antique car show, and to all of the people who came out and supported this fun event. A special thank you goes to our business partner, the Green Bank Observatory, for hosting this fun day.

#### Harvest Day

The annual Green Bank School Harvest Day will be held on Friday, October 25<sup>th</sup>. Please make plans to visit the school and join in on this fun, educational day. The lunch menu for this day is:

Hot Dog on bun w/ chili  
Broccoli  
French Fries  
Fruit  
Milk

If you plan to eat lunch with us, please send a note with your child to school, on or before the 24<sup>th</sup>, or call the office to sign up. Price is \$4.25, per person.

#### Parent/Teacher Conferences

Parent/Teacher conferences will be on Tuesday, October 29, 4:30-6:30pm. All parents/caregivers are encouraged to attend these meeting and discuss your child's progress.

#### National School Lunch Week

National School Lunch Week (NSLW) is the week of October 14 – 18<sup>th</sup>. All across our nation during NSLW, parents are encouraged to eat school lunch with their students.

School lunches must meet strict nutrition standards, including limits on calories, sodium and unhealthy fats. Our school cooks follow these strict guidelines and serve delicious, tasty meals to all of our students. Most days, our cooks serve over 200 lunch and breakfast meals, and both meals are free to ALL students!

Green Bank School would like to invite you to come and eat with your child during NSLW, and experience for yourself what delicious meals our cooks serve. (In keeping with the spirit of celebrating NSLW, we ask that parents refrain from bringing in outside food, and purchase a school lunch instead.) In order to seat everyone, we have dedicated grades to certain days. Please see the recommendations below. If this does not fit in your schedule, please come when you can.

Monday, October 14: Preschool, 2<sup>nd</sup> and 3<sup>rd</sup> Grade

Tuesday, Oct. 15: 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade (Please be here by 11:30 as this is an early out day for students)

Wednesday, Oct. 16: No School

Thursday, Oct. 17: Kindergarten & 4<sup>th</sup>

Friday, Oct. 18<sup>th</sup>, 5<sup>th</sup>, and Make up day

Students always look forward to eating lunch with their parents and we hope all parents can participate in this yearly tradition. Please send a note with your child if you plan to eat lunch so the cooks will have enough food prepared. As stated above, students' meals are free, but siblings and parents must pay \$4.25

If you have any questions, please call the school and ask for the kitchen.

#### Red Ribbon Week

October 23-31: This week celebrates the nationwide commitment to raising drug awareness in our schools.

#### RADA Fundraiser

The 8<sup>th</sup> grade students will be taking orders for RADA items during the month of October. If you would like to order any of the RADA products, please see one of our eighth grade students. Proceeds from this fundraiser will go towards their Virginia Beach Trip.

## News from the Library

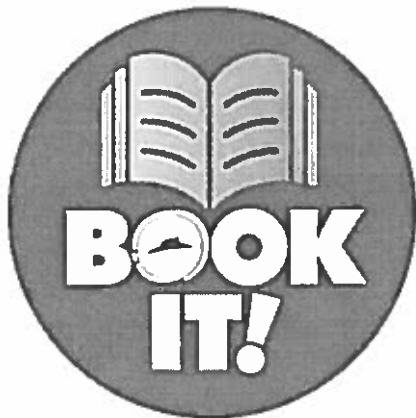
Dear Parent/Caregiver,

This year our school is participating in the **BOOK IT!** Program for **grades K-6** to encourage your child to find the joy in reading. The mission of the program is to turn "have to read" into "want to read" and the only way to get better at reading is to take the time to do it!

From **October through March** your child will have a **monthly reading goal**. When your child meets their reading goal, they will celebrate with a Reading Award Certificate they can redeem at a Pizza Hut location for a **free personal pan one topping pizza** and a reading journal!

To celebrate **BOOK IT!**'s 35th birthday, Pizza Hut is awarding a chance to win a **\$35,000 College Plan!** Kids who earn a Reading Award Certificate will also receive an official Reading Journal when they visit Pizza Hut. Complete all six months to collect all six official sticker, and enter for a chance to win! For complete details and rules, please visit: [bookitprogram.com/readinggiveaway](http://bookitprogram.com/readinggiveaway).

Happy Reading!  
Mrs. L. Shinaberry



## Message from Nurse Jenny

### Tips for preventing the spread of germs!

Hand washing is the number one way to prevent infection. While sanitizing hand lotions have become increasingly popular, studies show that a good hand washing with soap and water is still more effective if you have visibly soiled hands. Hand washing can even prevent you from catching the common cold! If you don't have access to a sink, use antibacterial hand sanitizer. Make sure it is at least 60% alcohol and use plenty of it. It won't remove obvious dirt, but it will help to prevent spreading germs.



### CDC Issues Health Advisory for Lung Disease Associated with Vaping

You may have heard the news, but the CDC recently released an advisory warning of a new, severe pulmonary disease associated with the use of e-cigarette products. Over 200 cases across 25 states have been reported, with patients experiencing respiratory and/or other symptoms, such as cough, shortness of breath, chest pain, nausea, vomiting, fatigue, and fever.

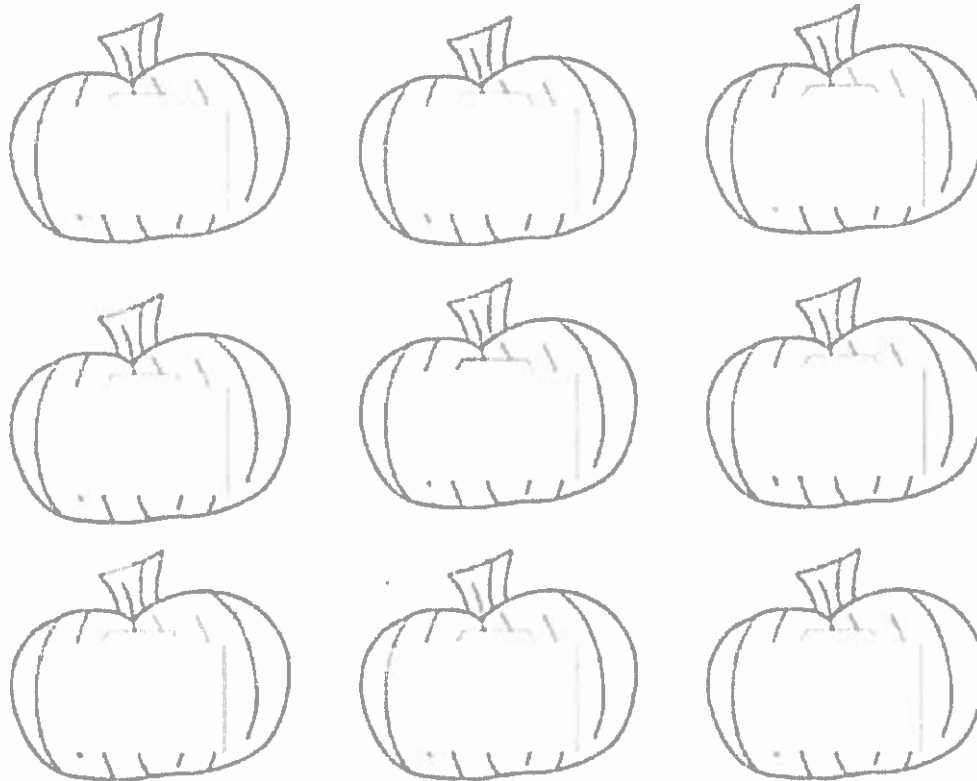
"Vaping" (or e-cigarette usage) is especially harmful to young people, yet it's on the rise among children and teenagers. In 2018, use of e-cigarettes rose 80% among high school students and 50% among middle school students from the year prior, with 3.6 million teenagers reporting use of the devices.

This dangerous new lung disease isn't the only reason to prevent vaping among adolescents—vaping also increases potential harm to brain development and the likelihood of future cigarette smoking.

# OCTOBER 2019

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY |
|---|--|---|--|--|---|----------|
|   |  | 1<br>Board of Ed. Meeting @ GBEMS 3:00pm<br>8 <sup>th</sup> Grade RADA Sale starts today!                                   | 2<br>Mobile Dentist  | 3<br>Mobile Dentist  | 4<br>Mobile Dentist<br>8 <sup>th</sup> Grade to Huntersville  | 5        |
| 6   | 7<br>School Pictures   | 8<br>Fire Safety Prevention 2:00<br>7 <sup>th</sup> & 8 <sup>th</sup> Grade Football vs Tygarts Valley Home 6:00            | 9<br>PL Day<br>No school for students 7 <sup>th</sup> & 8 <sup>th</sup> Grade Football vs Braxton County Home 6:00 | 10<br>Literacy Fair  | 11<br>Pay \$1.00 & wear your "Favorite Sports Team" hat to school! (8 <sup>th</sup> Grade Fundraiser) | 12       |
| 13<br>National School Lunch Week<br>Lunch Times<br>PK-2 <sup>nd</sup> -11:15<br>3 <sup>rd</sup> -5 <sup>th</sup> -12:00<br>*6 <sup>th</sup> -8 <sup>th</sup> -12:30<br>*(11:30 only on Tuesday) | 14<br>Parents of PK, 2 <sup>nd</sup> (11:15) & 3 <sup>rd</sup> (12:00) Graders eat lunch | 15<br>Parents of 6,7, & 8 <sup>th</sup> Graders eat lunch (11:30)<br>3 Hour Early Out Students dismissed from GBEMS @ 12:40 | 16<br>Parents of Kindergarten(11:15) & 4 <sup>th</sup> (12:00)<br>Graders eat lunch<br>County Literature Fair      | 17<br>Parents of 1 <sup>st</sup> (11:15) & 5 <sup>th</sup> (12:00)<br>Graders eat lunch<br>End of 1 <sup>st</sup> Nine Weeks | 18  | 19       |
| 20  | 21<br>PTO Meeting 3:45<br>RADA Orders & Money Due  | 22<br>Red Ribbon Week Begins  | 23<br>PCHS Band Concert 2:00<br>7 <sup>th</sup> & 8 <sup>th</sup> Grade Football @ Summersville 6:30               | 24<br>Red Ribbon Week<br>7 <sup>th</sup> & 8 <sup>th</sup> Grade Football vs Richwood Home 6:00                              | 25<br>Harvest Day!<br>Report Cards Go Home  | 26       |
| 27  | 28<br>Parent/Teacher Conferences 4:30-6:30   | 29  | 30<br>Red Ribbon Week Ends   | 31   |   |          |

# BOX TOPS ARE GREAT FOR OUR SCHOOL.



\_\_\_\_\_

**NAME**

\_\_\_\_\_

**GRADE**                      **TEACHER**

Thank you for your support! For more collection sheets, go to [www.bkte.com/collectmore](http://www.bkte.com/collectmore). Remember, Bonus Box Tops must be submitted separately. Please do not attach them to this form.

**POCAHONTAS COUNTY SCHOOLS**  
**October Breakfast and Lunch Menu 2019**  
**National School Lunch Week – October 14-18**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  |
|---|---|---|---|---|
|   | <u>1</u>  | <u>2</u>  | <u>3</u>  | <u>4</u>  |
|   | *Egg Omelet<br>*Cereal<br>*Fruit<br><br>Beef Taco***<br>Tomato/Lettuce/Sour Cream<br>Refried Beans***<br>Corn***<br>Fruit***                                    | *French Toast<br>*Cereal<br>*Fruit<br><br>Fish***<br>Diced Potatoes***<br>Broccoli***<br>Roll***<br>Fruit***                  | *Biscuit & Gravy<br>*Cereal<br>*Oranges<br><br>Pizza***<br>Tossed Salad***<br>Corn***<br>Fresh Carrots***<br>Fruit***   | *Breakfast Pizza<br>*Cereal<br>*Applesauce<br><br>Popcorn Chicken***<br>Peas***<br>Macaroni & Cheese***<br>Fresh Spinach Salad***<br>Fruit***   |
| <u>7</u>  | <u>8</u>  | <u>9</u>  | <u>10</u>   | <u>11</u>   |
| *Pancake Sausage on a Stick<br>*Cereal<br>*Apple<br><br>Turkey/Cheese Sub***<br>Lettuce/Tomato/Onion<br>Pork-N-Beans***<br>Sweet Potato Fries***<br>Fruit***  | *Homemade Cinnamon Roll<br>*Cereal<br>*Blueberries<br><br>Sausage patty***<br>Eggs***<br>Hash Brown***<br>Biscuit***<br>Apple Crisp                             | *Apple Stick<br>*Cereal<br>*Craisins<br><br>Meatloaf ***<br>Mashed Potatoes***<br>Green Beans ***<br>Roll***<br>Fruit ***     | *Pretzel w/Cheese Sauce<br>*Cereal<br>*Fruit<br><br>Chicken***<br>Caesar/Romaine Salad***<br>Quick Bake Potato***<br>Roll***<br>Fruit***                                | *Chocolate Chip Bar<br>*Cereal<br>*Orange<br><br>Bacon Cheeseburger***<br>Lettuce/Tomato/Onion<br>Ketchup/Mayo/Mustard<br>Bun***<br>Broccoli***<br>French Fries***<br>Fruit***            |
| <u>14</u>   | <u>15</u>   | <u>16</u>   | <u>17</u>   | <u>18</u>   |
| *French Toast<br>*Cereal<br>*Fruit<br><br>Chickent Sandwich***<br>Bun***<br>Tomato/Lettuce/Onion<br>Ketchup/Mayo/Mustard<br>Great Northern Beans***<br>Broccoli***<br>Fruit***<br><br><i>PK - 2nd 11:15<br/>3rd - 12:00</i> | *Pop tart<br>*Cereal<br>*Fruit<br><br>Salisbury Steak***<br>Mashed Potatoes***<br>Green Beans***<br>Roll***<br>Fruit***<br><br><i>6, 7, 8th 11:30</i>           | Professional Learning Day<br>No school for students   | *Egg Omelet<br>*Cereal<br>*Fruit<br><br>Chicken Tenders***<br>French Fries***<br>Baked Beans***<br>Roll***<br>Fruit***<br><br><i>Kindergarten 11:15<br/>4th - 12:00</i> | *Bagel w/Cream Cheese<br>*Cereal<br>*Strawberry Cup<br><br>Spaghetti w/Meat Sauce***<br>Romaine Tossed Salad***<br>Corn***<br>Roll***<br>Fruit***<br><br><i>1st. 11:15<br/>5th. 12:00</i> |
| <u>21</u>   | <u>22</u>   | <u>23</u>   | <u>24</u>   | <u>25</u>   |
| *Egg/Sausage Biscuit<br>*Cereal<br>*Orange<br><br>Chicken Wrap***<br>Black Beans***<br>Salsa/Sour Cream<br>Corn***<br>Peaches***  | *Homemade Blueberry Square<br>*Cereal<br>*Fruit<br><br>Chili***<br>Grilled Cheese Sandwich***<br>California Blend***<br>Fresh Carrots***<br>Fruit***            | *Parfait/Smoothie<br>*Cereal<br>*Fruit<br><br>Lasagna***<br>Romaine Salad***<br>Corn***<br>Garlic Bread***<br>Fruit***        | *Breakfast Burrito<br>*Cereal<br>*Fruit<br><br>Chicken***<br>Diced Potatoes***<br>Fresh Carrots***<br>Birthday Cake<br>Fruit***   | *Apple Muffin<br>*Cereal<br>*Fruit<br><br>Hot Dog***<br>Hot Dog Chili***<br>Bun***<br>Broccoli***<br>French Fries***<br>Fruit***  |
| <u>28</u>   | <u>29</u>   | <u>30</u>   | <u>31</u>   |   |
| *Pumpkin Bread<br>*Cereal<br>*Fruit<br><br>Meatball Sub***<br>Glazed Carrots***<br>Macaroni Salad***<br>Fruit***  | *Homemade Cinnamon Roll<br>*Cereal<br>*Fruit<br><br>Sloppy Joe***<br>Baked Beans ***<br>Homemade Coleslaw ***<br>Tatar Tots***<br>Fresh Broccoli***<br>Fruit*** | *Zucchini Bread<br>*Cereal<br>*Fruit<br><br>Salisbury Steak***<br>Mashed Potatoes***<br>Green Beans***<br>Roll***<br>Fruit*** | *Apple Stick<br>*Cereal<br>*Craisins<br><br>Chicken Nuggets***<br>Fresh Carrots***<br>Oven Fries***<br>Breadstick***<br>Fresh/Mixed Fruit ***                           |   |


Students must take a \*Fruit or Juice and two other items\* for breakfast! Milk and Yogurt offered daily.  
 Students must take a Fruit or Vegetable\*\*\* and two other items\*\*\* for lunch! Milk and fresh fruit offered daily.




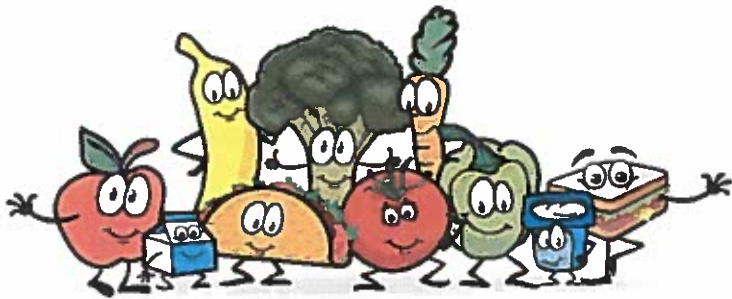
October 1<sup>st</sup> School Board Meeting  
3:00 p.m. in the school library  
**meeting**


October 10  
School Literacy Fair  
**LITERACY**

October 14-18  
National School Lunch Week

October 8  
School Pictures  


October 24  
PCHS Marching Band  
2:00 p.m.  




October 25 Harvest Day!  
**Harvest**  
  
Downloaded from Dreamstime.com

  
Parent Teacher/  
Conferences  
October 29  
4:30-6:30