



October 3, 2023

Roadrunners Are Character Strong!

Central Point Elementary families, we are so lucky to be a Character Strong School! Every teacher at CPE is providing your student with activities and instruction using Character Strong traits. **This month's trait is RESPONSIBILITY.**



Family Focus: Responsibility

Students can show responsibility by taking action and understanding the impact of our actions. Taking action can mean doing something you are asked to do or completing a task.

A question to ask your students at home to help them understand responsibility is, "What strategies do you use to



Upcoming Events

Jog A Thon and Crazy Sock Day: Friday, October 6

No School October 13 State Inservice Day

School Pictures: Tuesday, October 24

Parent Conferences: October 19 and 20.



Hot Lunch is Soooooo Good!

Please know that D6 is one of the last districts to provide homemade hot lunches in our cafeterias! If you would like your student to try a hot lunch and save you a morning of making a lunch, look over the menu each week provided in the link below, and ask your student to select a day or two to try something they typically



Mini Marathon: Tuesday,
October 31

and pizza! Their friends love
chicken nuggets! CPE students
eat hot lunch for free, so take
advantage of these tasty
meals!



Central Point School District 6 - School Nutrition And Fitness

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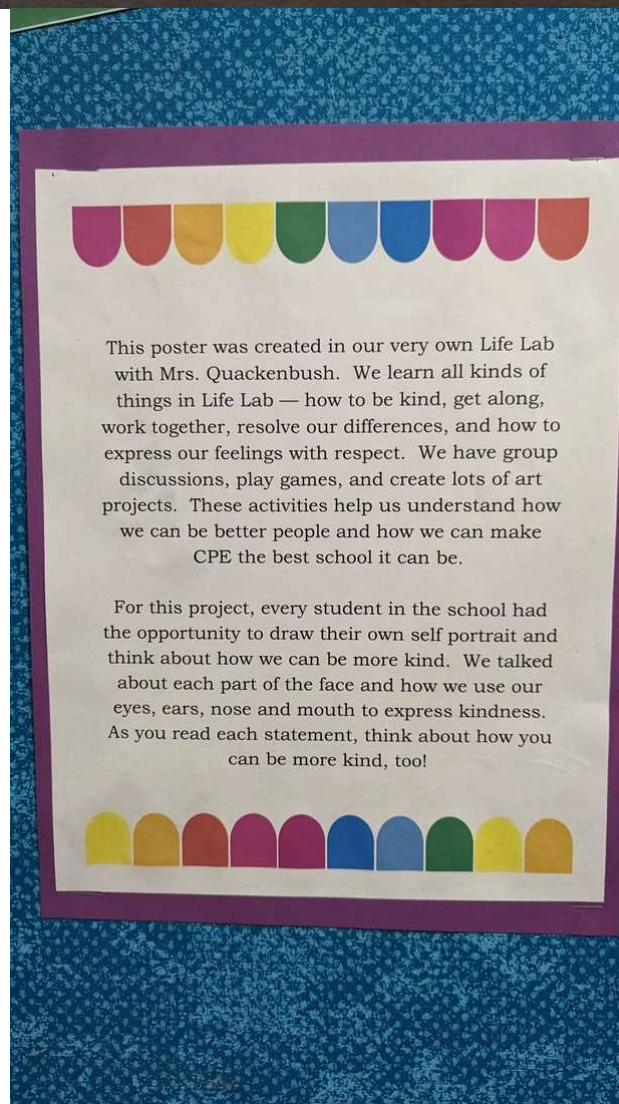
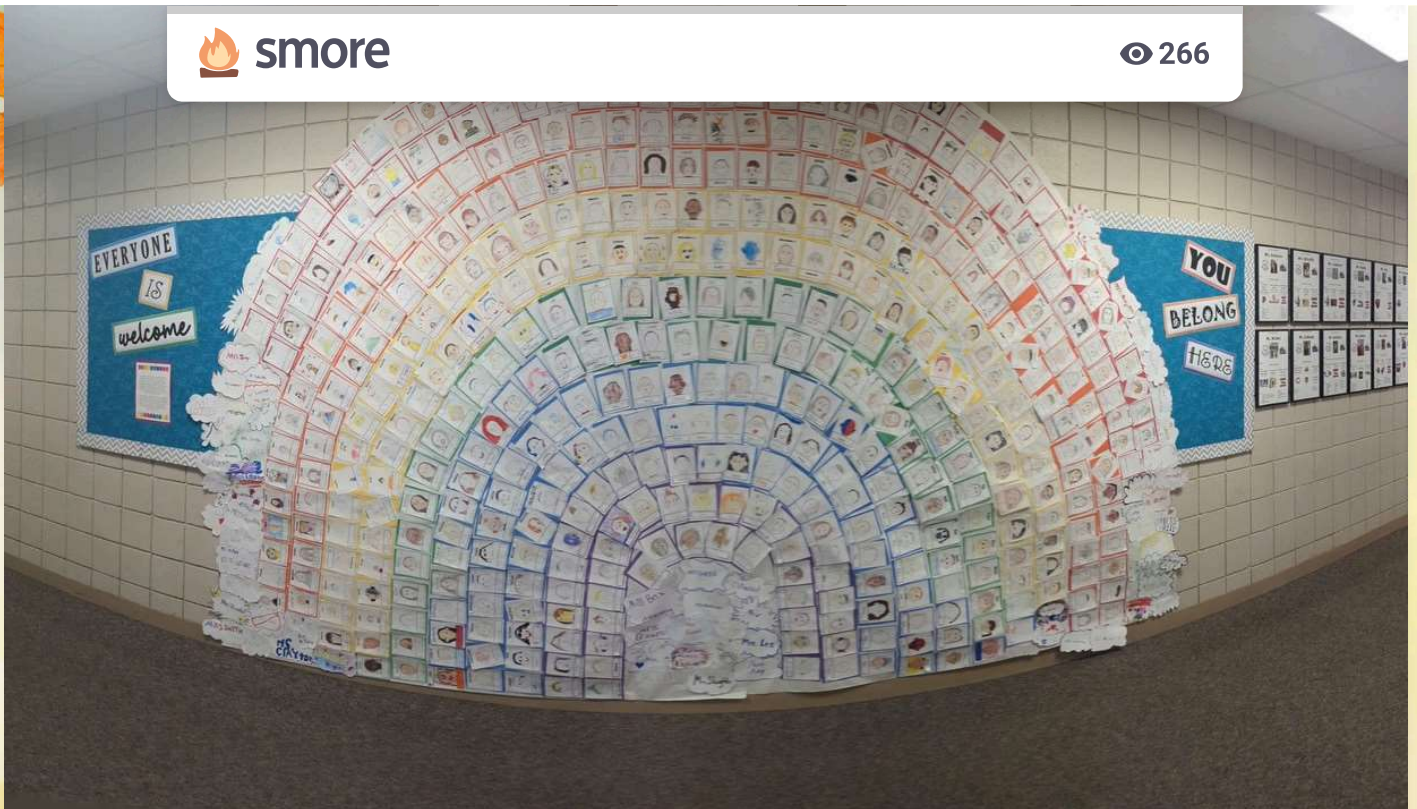
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Technology Tips From Principal Slaughter

Parents,

Almost all of us ask our kids about their day as soon as we see them. Most students are still stimulated from the tempo of school when they first see their parents. It is completely healthy and natural for kids to want to be alone for 45 minutes to an hour when they get home from school. Give them this time to be alone, play in their rooms, decompress and even use their devices a little. They will decompress, and then after 45 minutes or so, ask them about their day. Ask them one thing they learned and one thing they liked about their day. You are likely to get better responses, and kids should be a little more calm after taking time alone. If older kids have homework, they are more likely to do it if they've have some time to decompress. Please do not ask kids to do their homework and their reading immediately after getting home. They will thank you for this!





Hello from,

It was so wonderful to see most of you at the "Back to School" nights! I hope you enjoyed it also. It is always a good time for me to match the faces to the voices of parents.

School is running towards fall, and with that we have the colds, flu, and possible Covid challenges. Luckily, the same precautions help with all three of these sicknesses. Please remind your students to wash their hands often, before meals, and after bathroom breaks. Hand sanitizer is available throughout the schools, but it is not a substitute to washing. Also, remind each other to cough or sneeze into your arms not your hands as we used to do. Hands touch everything so it spreads diseases when we cough or sneeze into our hands.

Many of you have been asking about current Covid guidelines. Since we know this disease better and we have methods to treat it, the recommendations are the same as other sicknesses. If you have symptoms stay home. When the symptoms are getting better for 24 hours and your child is fever free (without meds) for 24 hours, you can send your child back to school. Please consider that if your children are getting better, but still unable to participate fully in class then keep them home. If there is a question, you are welcome to call the office and they can forward your call to me. If you or your child test positive for Covid, Oregon Health Authority strongly encourages mask wearing for 10 days.

I am available in person at Central Point Elementary every Monday and Tuesday. I am at Sams Valley on Wednesday and Thursday and at Patrick on Friday.

The nurse visits are a service La Clinica provides and there is no charge. If the visit requires labs or vaccines, there may be a charge depending on your insurance, but you will have the option to decline.

I hope you all stay well and enjoy this beautiful fall weather.

To Better Health,

Nurse Angie

To Better Health,

Angela Parker RN BSN

School Based Health Center

aparker@[laclinicahealth.org](mailto:aparker@laclinicahealth.org)

What if Everybody did That? is our RESPONSIBILITY book of the month!

If you visit one of our public libraries, check out *What if Everybody did That?* by Ellen Javernick

Central Point Elementary School



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