

SCOOP Newsletter

October 2, 2020



A/B Schedule:

- 10/5- Monday (B)
9 wk exams: ELA/SS/SPAN
- 10/6- Tuesday (A)
9 wk exams: Math/Science/Electives
- 10/7- Wednesday (B)
- 10/8- Thursday (A)
- 10/9- Friday (B)

ACA now has students on campus and are expecting more students after Fall Break. We are taking the appropriate measures on social distancing and keeping the virus at bay. Every student must wear a mask and social distance. Along with bringing a shield to every class including lunch.

Go Griffins!

Dress Code

When you send your child to school they need to have on:

- **ACA uniform from Mills, you may wear spirit shirts until after fall break**
- **Black, hunter green, gray, and navy blue jackets, hair, accessories, and socks**
- **No logos on jackets**
- **Belt required if wearing pants/shorts**
- **Hair natural colors (if dyed)**
- **Shorts or pants must have belt loops, all clothes have to be from mills.**

Upcoming events!

By: Erin Schneider

Upcoming events:

Popcorn fundraiser ends

Grand parent day photos due
for yearbook

FALL BREAK



Popcorn fundraiser!

The popcorn fundraiser ends

October 2nd, The student with

the most sells get 100 dollars

cash. The homeroom teacher

whose class sells the most

popcorn gets a \$100

Amazon gift card!

Dates for events:



October 2nd

October 10th

October 12th to October 16th

**Deadlines for letting ACA
know if your child is coming
back or not.**

2nd nine weeks: **October 2-8**
(11:59 p.m.)

3rd nine weeks: **December
11-17** (11:59 p.m.)

4th nine weeks: **March 5-11**
(11:59 p.m.)

The weekly recipe

This week's recipe is based on cozy fall times!
Next week's recipe will be a fall cozy drink.

Mini Pumpkin Spice Latte Cakes

By: Brooklyn Coles



Cake recipe

1 2/3 cups all purpose flour

1 1/2 teaspoons baking powder

1 1/2 teaspoons pumpkin pie spice

1/2 teaspoon salt

2 large eggs

8 tablespoons unsalted butter (melted)

2 tablespoons espresso powder

1/2 cup granulated sugar

2/3 cup packed light brown sugar

1 cup canned unsweetened pumpkin puree

Buttercream icing recipe

INGREDIENTS

1 cup (230 grams) unsalted butter, softened to room temperature

3 cups (360 grams) powdered sugar

2-3 tablespoons heavy cream or heavy whipping cream

1 teaspoon vanilla extract

pinch of salt adjust to taste



How to do

1. Preheat oven to 350
2. Get a medium size bowl mix in dry ingredients
3. Get another bowl and add your melted butter, espresso powder, light brown sugar, unsweetened pumpkin puree, mix together, add your eggs, mix,
4. Slowly add your wet mixer to you dray mixer make sure to not over mix
5. Get a mini bundt cake pan if you don't have on us a muffin pan
6. But mixer in pan and then bake at 350 for 10 minutes
7. Take you cake out the oven follow the icing recipes and you get to decorate



Parent Tips:

By: Reese Letson



This week's topic is how to help your middle schooler's sleep habits.

- **Monitor their school work.**

Middle schoolers get a heavy amount of work. Try to help them manage it by setting time intervals for certain subjects. Make sure that they are not working too late at night.

- **Monitor their screen time**

Middle schoolers are known for being so obsessed with technology. Everyone says we have our noses stuck in our phones. To have a healthy sleep schedule, teens should be off screens 2 hours before they go to sleep to help their body's melatonin kick in.

- **Talk to them about school or sports**

Everyone gets a little stressed right? Talk to them about school or extracurricular activities. This might relieve some stress and help them sleep better. This doesn't always work but it can help them feel heard and cared for.

https://www.cdc.gov/healthyschools/features/students-sleep.htm?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Ffeatures%2Fstudents-sleep%2Findex.htm



Back to School with COVID

By: Valencia Cu

We all know that the virus going around has delayed some events. It's been hard for everyone, mostly teachers, students, and parents. Since the month of September schools have invited students to come back on the school campus. Some students would rather stay at home which is fine but other students would like to go to school to improve grades or just hang out with friends. But you should know that in school we have to be aware that there is still a dangerous virus around and I'm about to tell you everything our school does to avoid COVID.

In school we always stay six feet apart if not more (lunch, classes, and recess). We also always wear a mask unless we have a mask break (which is when we go outside for a minute or 2 and spread out) because we all know wearing a mask isn't as comfortable when wearing it everyday all day. There are also shields, which is something we bring everywhere too. After school a group comes in and sprays disinfectant in the air so no germs are left behind. It's not the best but it looks like it's working. Now this may seem like a lot of requirements but us Griffins will get through it!

CDC's Guidelines to a Safe Halloween

By: Makayla Luecke

The CDC has released what may put you and your loved ones at risk during the celebration of Halloween. The standard way of trick-or-treating where children go door to door receiving candy and participating in indoor haunted houses is a high risk activity to avoid this year. Crowded costume parties, hayrides or tractor rides with people other than your household, and trunk-or-treats with parked cars handing out candy in a parking lot are more high risk activities that can lead to the coronavirus in your home. Some low risk activities provided by the CDC include: pumpkin carving in your home or outside with others at a safe distance, decorating your home with spooky decorations, virtual costume contests, and enjoying movies with people in your household.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html#halloween>



Just for Laughs

By: Kylie Vaughn and Valencia Cu

It's a beautiful fall day they said..

go outside, sleep under the tree they said

Me on September 1st

READY

Photo: Jada

“

Autumn shows us how beautiful it is to let things go.

Unknown

FRIENDS: IT'S STILL 85 DEGREES OUTSIDE...

ME:

