



### Franklin Elementary School

1501 Figuers Drive  
Franklin, TN 37064

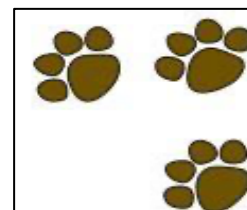
615-794-1187 phone  
615-591-2800 fax

<http://franklinelementary.fssd.org/>

**Dr. April Carrigan**, Principal  
**Lauren Simpson M.Ed.**, Assistant Principal

### Important Numbers

Front Office 615-794-1187  
FES MAC 615-591-2813  
Nurse 615-472-3808  
Cafeteria 615-472-3866



### BIRTHDAYS

- 10/9 Jennifer Ryan
- 10/14 John Jackson
- 10/14 Jessica Williams
- 10/19 Angela Darnell
- 10/24 Jennifer McCandless



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### CALENDAR

- 10/7-11 Fall Break
- 10/14-18 National School Lunch Week
- 10/16 Franklin Fire Department
- 10/17 PTO Meeting @ 8:45
- 10/18 Mile Run (Rain Date 10/21)
- 10/21 Bd. of Ed. Meeting @ 6:30/LES
- 10/22 Walk, Roll, Bike to School
- 10/23 First Grade Field Trip
- 10/24 Kdg. & 3rd Grade Field Trip
- 10/25 Cub Run Awards Assembly
- 10/25 4th Grade Field Trip
- 11/5 Districtwide Professional Learning,  
No Students

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## Principal's Message

By: Dr. April Carrigan

I hope your family and you had a wonderful week! Our Cub Run was a huge success! A special thank you to our PTO for volunteering to count laps, set up, and be present during the run. We also appreciate our families who joined our run, counted laps, and came to support our school. We appreciate you!

Mark your calendars! Our Walk, Bike, or Roll to School Day is Tuesday, October 22. A map and more information about our event will be coming after Fall Break.

As a reminder, I send a weekly communication on Sunday night to our families providing upcoming events and reminders for the week via ParentSquare. If you are not connected to ParentSquare, please do so.

We are looking forward to Fall Break next week. I hope your family and you are able to spend time together, rest, and relax. It has been a busy year so far! Have a wonderful break!



## Assistant Principal Post

By: Lauren Simpson

It has been an amazing first quarter of the school year. I'm looking forward to how much our students will continue to grow next quarter! I hope everyone has a wonderful and safe Fall Break! See you soon!

## Coordinated School Health News

By: Lisa Chatman, FSD School Health Coordinator



Did you know that October is Eat Better, Eat Together month? If you're concerned about what your child does (or doesn't) eat, the solution could be as close as your kitchen table. Gathering around the table to eat as a family has all kinds of benefits. Family meals allow parents to be role models who create a supportive environment that promotes healthy eating. Family meals don't just mean better nutrition. Children of families who regularly eat together also are more likely to have higher intakes of fruits and vegetables and have a healthy weight and are less likely to have behavior problems. Plus, they're closer to their parents. No wonder family meals are on the upswing!

Try these easy-to-follow tips to make family meals happen more often in your home:

- **Keep it simple:** Build a small collection of go-to recipes to help you get in and out of the kitchen in under 30 minutes.
- **Choose ingredients that multitask:** Ingredients you can use for more than one meal can be a major time saver.
- **Make it a habit:** When everyone expects to enjoy dinner at 5 p.m. on Sunday, they'll begin to look forward to this family time and will arrange their schedules around it.
- **It's OK to ask for help:** You have a little army of helpers right at your fingertips. Asking kids to set the table, pour drinks or help make a salad doesn't just make your job easier — it also teaches them that taking the time and effort to eat together as a family is important. Younger kids can practice counting skills by getting the correct number of forks and napkins for the table.

- **Make it fun:** Add some fun and excitement. Keep everyone involved in conversations by asking each person to share something that happened during the day or week that was funny, weird, scary, good or bad.

Start your new family meal tradition today by making a commitment to eating at least one meal together each week. Many families look forward to and love their Sunday dinner tradition. Before you know it, family dinner will be a time that everyone looks forward to!

## PTO Happenings

By: Callie Alexander, PTO President

What a successful Cub Run we had this week! Thank you to all the runners who put forth their best efforts and to their families who came and cheered them on. FES really has the best volunteers who make events like this one of a kind! While the run may be over, we haven't reached the finish line yet. Now is the time to reach out to friends and family who might want to sponsor you for laps completed or for a one-time donation. We have some great individual and classroom incentives, so let's dig deep and meet our school goal! As a reminder, all Cub Run money raised must be turned in by Thursday, October 24th to be considered for top prizes. Awards will be announced at the Cub Run Awards Assembly on Friday, October 25th. If you'd like to donate online, you can visit our Cub Run website here: <https://app.givebacks.gives/fescubrun2024>.



A big thanks as well to our sponsors: Puckett's, Rachel Oates Family Dentistry, Bristol Development, Kemp and Rice Orthodontics, Simply Living Life, Vulcan, Kiewit, Mitsubishi Motors, Five Points Roofing, Herald Co., SarahCares, Dodson Design, Ryan Brannigan, Twine, and Rock City Machine Co LLC.



We hope that everyone has a fun and safe Fall Break and hope to see you at our monthly PTO meeting when we return. Our next meeting is scheduled for Thursday, October 17th at 8:45 am at FES. See you then!

## Counselor's Corner

By: Andrea Gillette, School Counselor

Happy Friday! I hope you had a great week at school. The character word for the month of October is responsibility, and the students have been learning about responsible behaviors. The kindergarten and third grade students came to my class this week. The kindergarten students learned about working in groups, and the third-grade students learned about organization.

After break, the first, second, and fourth grades will come to my class. The first-grade students will learn about giving their best effort. The second-grade students will learn about being responsible with their homework, and the fourth-grade students will learn study skills. If you have questions or concerns, please feel free to contact me at 794-1187. I hope you have a wonderful weekend and break!

### Parenting Tip

Parenting is a very hard task. We can all feel defeated at times, even me. Just like most things in life, there are good days and bad days. Here are some tips to help with behavior in children.

-Give clear expectations and set boundaries



- Don't be afraid to say NO to your child (Children need to know the meaning of NO)
- Give consequences when needed (take away special items or privileges or what your child values)
- Partner with your child's teacher and let your child know you are on the same team as the teacher and support them
- Limit screen time and increase outdoor time or family time

## The Book Nook

By: Julie Bryant, Library Media Specialist

Happy Fall everyone! The library has been a busy place once again this year as students are excited to get new books.



Kindergarten students are doing a wonderful job in the library and are enjoying getting new books. First grade students are doing well and getting back into the swing of things in the library. Second grade students have enjoyed their "check out" days and learning how to look up books in our library catalog. It is difficult, but they have tried hard. Third grade students researched a famous Hispanic person using World Book online and will share what they learn. Fourth grade students are continuing to work on their research skills as they researched a country and had to learn about the culture, language, food, and music.

Book fair information is coming soon, and we are very excited about "digging" into some wonderful books this year!

Reminder to everyone, please return your library books on time so others may enjoy them too! Come and "fall" into a great book in the library! I hope everyone has a wonderful break. Happy reading everyone!

## Nurse's Note

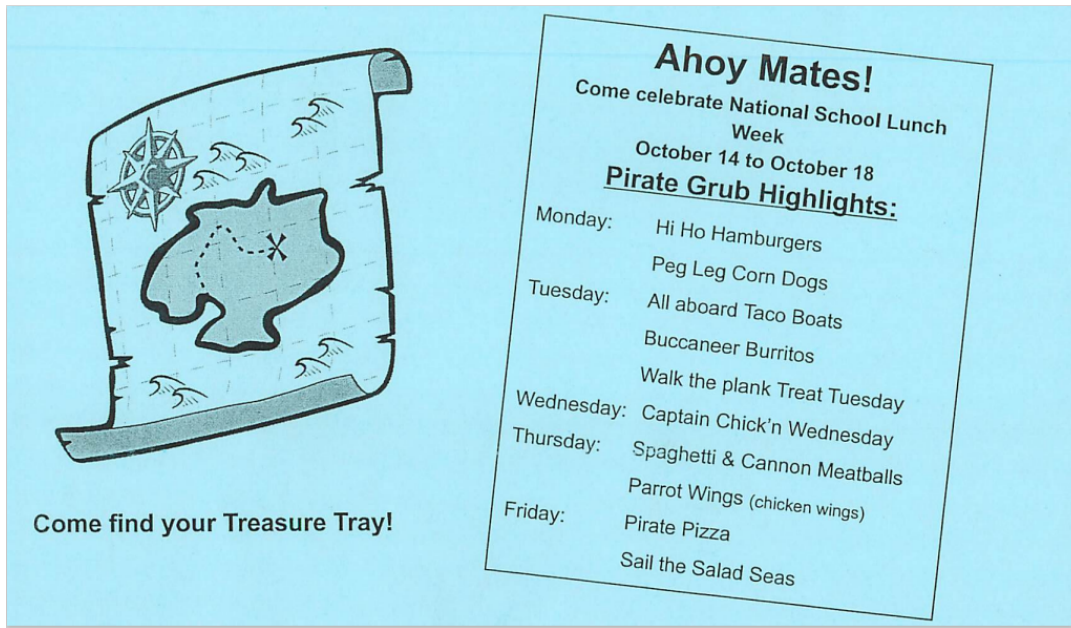
By: Sandra Deal, School Nurse

Flu Season is just around the corner, and it is not too late to get the flu vaccine! FES staff and student flu vaccine clinics have been completed, but your student can receive the vaccine from their physician or at the Williamson County Health Department located at 1324 Main Street in Franklin. You can call (615) 794-1542 to schedule an appointment. Mercy Community Healthcare, located at 143 SE Parkway Ct. in Franklin will have "Flu Shot Fridays" on 10/4, 10/11, 10/18, 10/25, & 11/01 from 2-4:30p. You can call (615) 790-0567 for more information. Please help us to keep our schools safe and healthy by making sure your child is free of vomiting, diarrhea, and/or fever (without the use of fever-reducing medication) for a full 24 hours before returning to school after an illness. If you are unsure if your child is well enough to attend school, contact Nurse Deal or drop by the clinic with your student prior to them going to class. At school, we will continue to monitor students for signs of illness, practice good hand washing, remind students to "catch" their coughs and sneezes in their elbow, and be diligent in cleaning frequently touched surfaces.



If you have been notified that your student failed vision or hearing screening it is very important to see a healthcare provider for a full evaluation. If you do not have insurance to cover an eye doctor or health insurance to see a physician, please contact Nurse Deal who can provide resources in this regard.

# Lunch Menu



## Franklin Elementary / Lunch

OCTOBER 2024

	Tue 1	Wed 2	Thu 3	Fri 4
	Cheese Quesadilla Chicken & Cheese Quesadilla Taco Pasta Salad Bar Black Beans & Corn Lettuce, Tomato, Salsa Assorted Fruit Treat Tuesday	Chicken Smackers Zesty Italian Chicken Salad Bar Green Beans Mashed Potatoes Roll Assorted Fruit	Bosco Sticks Chicken Drumstick Salad Bar Peas and Carrots Assorted Fruit	Cheese Pizza Pepperoni Pizza Romaine Tossed Salad Salad Bar Baby Carrots Assorted Fruit
Mon 7	Tue 8	Wed 9	Thu 10	Fri 11
NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY
Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
Hamburger/Cheeseburger Corn Dog Salad Bar Lettuce, Tomato, Pickles Waffle Fries Assorted Fruit	Walking Taco Burrito Salad Bar Refried Beans Assorted Fruit Treat Tuesday	Chicken Smackers BBQ Chicken Salad Bar Green Beans Mashed Potatoes Roll Assorted Fruit	Spaghetti with Meat Sauce Wings Oven Roasted Salad Bar Broccoli Breadsticks Assorted Fruit	Cheese Pizza Pepperoni Pizza Cheeseburger Pizza Caesar Salad Salad Bar Corn Assorted Fruit
Mon 21	Tue 22	Wed 23	Thu 24	Fri 25
Hamburger/Cheeseburger Grilled Cheese Tomato Soup Salad Bar Sweet Potato Fries Lettuce, Tomato, Pickles Assorted Fruit	Cheesy Chicken and Rice Casserole Fish Taco Chicken Sandwich Salad Bar Lettuce, Tomato, Salsa Corn Assorted Fruit Treat Tuesday	Chicken Smackers Baked Chicken Salad Bar Green Beans Mashed Potatoes Roll Assorted Fruit	Macaroni & Cheese BBQ Sandwich Salad Bar Coleslaw Peas Assorted Fruit	Cheese Pizza Pepperoni Pizza Three Meat Pizza Romaine Tossed Salad Salad Bar Baby Carrots Assorted Fruit
Mon 28	Tue 29	Wed 30	Thu 31	
Hamburger/Cheeseburger Meatball Sub Salad Bar Roasted Potatoes Lettuce, Tomato, Pickles Assorted Fruit	Chicken Fajita Cheese Nachos Salad Bar Lettuce, Tomato, Salsa Assorted Fruit Treat Tuesday	Chicken Smackers Ranch Chicken Salad Bar Green Beans Mashed Potatoes Roll Assorted Fruit	Wings Oven Roasted Wings of Fire Buttery Noodles Salad Bar Cheesy Broccoli Assorted Fruit	

Beverages Apple Juice - Orange Juice - Milk Chocolate Fat Free - Milk Fat Free - Milk 1%  
 Condiments Honey Mustard Dressing - Ketchup - Mayonnaise - Ranch Dressing - Tarter Sauce - Taco Sauce  
 Salad Bar  
 Breakfast(\$2.75) Breakfast Reduced(\$0.30) Breakfast- Adults(\$3.00) Lunch(\$3.75) Lunch- Reduced(\$0.40) Lunch- Adult(\$4.25)  
 Lunch- Child Visitors(\$3.75) Holiday Meals Visitors(\$5.00) Ice Cream(\$1.00) Milk(\$0.75)

View more: <http://schools.mealviewer.com/school/FranklinElementary>

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