



# Robert Moton Elementary

1413 Washington Road; Westminster, MD 21157  
Phone: (410) 751-3610 \* Fax: (410) 751-3927

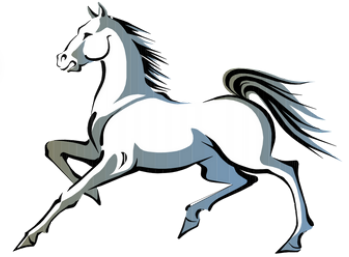
Justin Watts  
Principal

Kim DeShong  
Assistant Principal

Kelly May  
Assistant Principal

## Mustang Messenger

### September 19th, 2025



School starts at 8:30, doors open at 8, Dismissal is at 3pm  
If your student is absent or has a dismissal change, please email us at  
[rmeattendance@carrollk12.org](mailto:rmeattendance@carrollk12.org)

**Reminder:** You can **NOT** walk your student down to their classrooms for any reason,  
it is a **Security Risk**, all goodbyes should be said in the lobby

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## Important Links and Info



[Check out our website](#)



[Follow us on Facebook](#)



[Follow us on Instagram](#)

- **Please DO NOT park in the bus loop (along the front sidewalk),** we have buses throughout the day that need access to that area.
- You will need a photo ID to pick up your child from school **at any time**
- **Only live in guardians can pick up students without prior authorization** - this includes emergency contacts unless contacted by the nurse
- **Dismissal changes must be made by 1pm,** if not they will require administrator approval and may not be honored



# MARK YOUR CALENDAR – UPCOMING EVENTS

September 26– EARLY DISMISSAL (we will dismiss at 12:15)

October 14<sup>th</sup>– Fall Picture Day

October 15<sup>th</sup> – Read with Me Family Literacy Night

October 16 – EARLY DISMISSAL (we will dismiss at 12:15)

October 17 – NO SCHOOL for students

## Weekly Lunch Schedule

September 21-27 2025

Robert Moton Elementary  
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Entree Choices • Homestyle Chicken Tenders with Buttermilk Biscuit • Chicken & Cheese Quesadilla • Southwest Chicken Salad Grab and Go Combo Featured Sides • Baked Beans Fruit and Vegetable Bar	Entree Choices • French Toast Sticks with Sausage Patty • Hot Ham and Cheese • Southwest Chicken Salad Grab and Go Combo Featured Sides • Tater Tots • Corn Fruit and Vegetable Bar	Entree Choices • Popcorn Chicken with Dinner Roll • Sweet and Sour Chicken over Fried Rice • Southwest Chicken Salad Grab and Go Combo Featured Sides • Steamed Broccoli Fruit and Vegetable Bar	Entree Choices • Chicken Nuggets with Garlic Knot • Lasagna with Garlic Knot • Southwest Chicken Salad Featured Sides • Green Beans Fruit and Vegetable Bar	Entree Choices • Cheese Pizza • Pepperoni Pizza • Corn Dog Nuggets • Southwest Chicken Salad Grab and Go Combo Featured Sides • Mixed Vegetables Fruit and Vegetable Bar

**Fruit and Vegetable Bar:** Applesauce , Cinnamon Applesauce , Fresh Apples , Diced Pears , Fresh Pears , Chilled Peaches , Bananas , Fresh Grapes , Fresh Carrots , Cucumber Coins , Tossed Salad , Coleslaw , Green Peppers and Cherry Tomatoes , Red Pepper Hummus

**All menus are subject to change.** We make it our priority to serve the menu as planned, but sometimes situations arise where we need to make substitutions. We will make every attempt to substitute similar products when they are available. We appreciate your understanding.

**Milk Choices:** Nonfat Milk , Low Fat Milk , Nonfat Chocolate Milk





# READ WITH ME

## FAMILY LITERACY NIGHT

WEDNESDAY, OCTOBER 15

5:30 PM - 7:00 PM



**LEARN** about our new reading programs



Get **TOOLS** for reading at home



**AND** create your own **STUFFED**  
**READING BUDDY**

Robert Moton Elementary



Title I Family Engagement  
*Caring for the Children We Share*



**Pasta dinner**  
**will be served**

RSVP here  
by October 1



[HTTPS://BIT.LY/READWITHMENIGHT](https://bit.ly/readwithmenight)

or email Mrs. Custance at  
[mjcusta@carrollk12.org](mailto:mjcusta@carrollk12.org)

**“Project ACES- Active Children Excel in School”  
Be a “Project ACES” Family!**

September 22 – October 5, 2025



Your child’s school is participating in the 26<sup>th</sup> annual “Project ACES” challenge, an award-winning physical activity program developed in Carroll County by the Heart Health Action Team and Carroll County Public Schools. All 22 public elementary are taking part in this two-week challenge to increase physical activity and improve health.

Students will receive a white journal with a calendar for keeping track of **60 minutes of physical activity each day**. This amount meets the national physical activity guidelines for youth. Students should still turn in their forms with whatever amount they completed to get credit for doing the challenge.

Please encourage your child to mark the ACES journal each day with the type of activity and total active time. All types of physical activity count: at school, at home or recreational programs. Your child can count brisk walking, skating, bicycle riding, dancing, martial arts, Wii active games, sports, playing in the yard, or helping with yard work - anything active! Include Physical Education class and active recess. Small amounts can add up to 60 minutes.

**At the completion of the 2-week challenge, sign the white Project ACES journal and return it to school.** All students who complete the challenge will receive a certificate and a chance to win sports prizes, including Baltimore Ravens game tickets! Schools can earn money for their physical education and health programs.

For more information or if you would like to donate a student prize to your school, contact your school’s health or physical education teacher.

*Have fun and get moving!*

Robert Moton Elementary

# PTO NEWS



Our annual spirit wear sale is here!

[Order here](#) September 30.



Our PTO is gearing up for a busy and exciting season, and we need YOUR help to make it all happen! Whether you have 30 minutes or a few hours, your time makes a big difference for our students and staff. Check out some upcoming opportunities to get involved:

## **Annual Fun Run - Prize Patrol Needed!**

Our Fun Run is coming up quickly, and we need volunteers to help distribute prizes and bring the energy! Be part of the fun and help make the day special for our students.

## **Little Free Library - Keep It Looking Great!**

Our Little Free Library could use a little love. Just 30 minutes a month helps keep it clean, organized, and full of great books for our school community.

## **Spirit Wear - Quick & Easy Help Needed!**

When Spirit Wear orders arrive, we'll need a few extra hands to sort and deliver them. This is a one-time task that's fast, simple, and very appreciated!

## **Conference Night Snacks - Help Us Treat the Staff!**

We organize snacks for staff during conferences three times a year. Can you help gather donations or set up a snack table?

## **Holiday Shoppe - Let's Bring It Back!**

We'd love to bring The Holiday Shoppe back to RME this December, but it takes a team! If you're available during the school day and want to help make this event happen, we'd love to hear from you!

Interested in helping with any of the above? [Let us know here!](#) Every helping hand counts—thank you for supporting RME!



# Counselor's Corner Cont.

Next Friday, September 26th, 5th grade students who joined Safety Patrol at the end of 4th grade will have the opportunity to pick up their materials for Safety Patrol.

Duties will begin on Monday, September 29th.

If your 5th grader is interested in applying for a Safety Patrol position, applications will be distributed starting the week of October 6th. Applications include a writing portion for the 5th graders to complete and require a parent/guardian signature. Additionally, students must receive a letter of recommendation from an adult who can speak to the 5th grader's ability to participate in Safety Patrol. I have received letters from teachers, scout leaders, neighbors, coaches, and family friends. The due date for applications and recommendation letters is Tuesday, October 21st. There will be an envelope on the wall by my door where students can turn in their documents.

Take care,  
Ms. Napor



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## The PAX Post

We have had another fun week of learning new things about being a PAX School! This week, teachers introduced PAX Quiet, which included a very interesting instrument introduction: The Harmonica!



pax

Good  
Behavior  
Game

# PAX Quiet

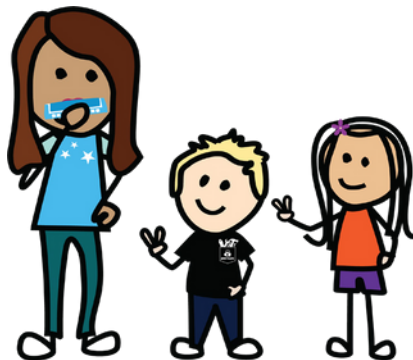
**PAX Quiet** is used to get students' attention safely and calmly. PAX Quiet helps children stop what they're doing and pay attention immediately. This keeps the teacher from having to raise their voice, or do things like clapping to get their attention.

## Right away, PAX Quiet will help students...

- Stop what they're doing and focus on the adult faster.
- "Switch gears" into the next activity more quickly and effectively.
- Listen and follow directions more closely in school.

## In the long run, PAX Quiet helps students...

- Use their own "brake pedal" to stop themselves before making impulsive decisions.
- Develop greater self-control in all aspects of their lives.



## Here are some questions you can ask your child about using PAX Quiet:

1. When did your teacher use PAX Quiet today? What did they need to tell everyone?
2. What are you supposed to do when you hear the harmonica?
3. Why do you think your teacher likes PAX Quiet so much? Why do you think kids like PAX Quiet?



**PAX Quiet** does NOT mean "Get quiet".

**PAX Quiet** means "Everyone provide me with your attention. I have something important to tell you all."

# PAX Quiet Story and Activity

“Guess what my teacher did today?”

“What’s that?”

“They played a harmonica in class!”

“Oh, was this in music class?”

“No! They played the harmonica when it was time for us to line up.”

“What does the harmonica have to do with lining up?”

“Well, we were at centers and our teacher played the harmonica to get our attention.”

“That’s a funny thing to do. What do you do when your teacher blows the harmonica?”

“Our teacher told us that when we hear the harmonica it means we need to press the brake pedal in our brain.”

“So, then what do you do?”

“When we hear the harmonica, we...”

**Instructions:** Fill in the blanks using the words below and then choose the symbol that goes with the word. You can draw the symbol or connect a line from the symbol to the sentence.

## Word Bank:

Eyes | Talking  
PAX | Doing

“Wow that is really neat. How do you remember all that?”

“Our teacher put up a poster to remind us of the steps.”

“Very cool! Is there a name for it?”


“Yeah! It’s called PAX Quiet.”

“Can you show me what you do for PAX Quiet?”

“You are very good at that. Is this another way to be a PAX Leader?”

“It sure is. You’re catching on!”

## PAX Quiet

 what you are \_\_\_\_\_

 \_\_\_\_\_

 raise hand in \_\_\_\_\_

 \_\_\_\_\_ on adult

*Way to go!*

