

Counselor's Corner

October 2025

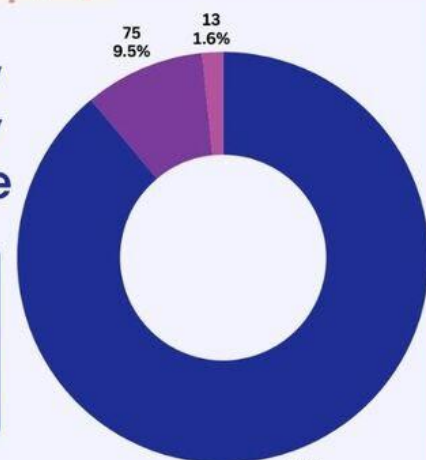


Kids Scared of Eating Fruits and Veggies?

Getting kids to eat fruits and veggies doesn't have to be such a fright when done in a fun and creative way! Find the eye sprinkles in the baking or seasonal aisle to ensure spooky fun for all!

Attendance Update

Valley View Elementary Attendance



Important Dates

October 3 - Career Fair
October 6 - 2-Hour Delay (Staff PD)
October 9 & 14 - Conferences
October 16-17 - Fall Break
October 23 -31 - Red Ribbon Week
October 24 - Kindergarten Donuts With Grown-Ups
October 31 - Fall Parties

September Attendance Data

88.9% of our students were at school 90% or more for the month of September! This is HUGE! Thank you, thank you, thank you for valuing your child's education and sending them to school as much as possible!

Grab some yarn and have some fun!

Materials:

Yarn - Paper Plate - Hole Punch - Pom
Poms - Black Paper and Scissors -
Markers

On a paper plate, draw or cut the face of
a jack-o-lantern and glue it on.

Hole punch along the edge of the
pumpkin, the goal is to have as many
holes possible.

Thread the string through the holes of
the pumpkin making sure to cross over
the plate from side to side. Add some
pom poms and have fun!



Spooky Dance Party

Students have been learning about major (happy)
and minor (sad) sounding songs in music!

1. The Monster Mash
2. Timewarp
3. Spooky Scary Skeletons
4. Knock, Knock, Trick or
Treat
5. Down by the Spooky Bay

MARK YOUR CALENDARS

DONUTS with GROWN UPS

OCT 24 - KINDERGARTEN
NOV 21 - 1ST GRADE
JAN 23 - 2ND GRADE
FEB 20 - 3RD GRADE
MAR 20 - 4TH GRADE
APR 24 - 5TH GRADE
9:15-10:00AM

Please check ParentSquare
for RSVP information

TO DO LIST

Check ParentSquare
Weekly for
Kindergarten Donuts
with Grown Ups RSVP

Have a Spook-Tacular & SAFE Halloween

10 Ways to Help Keep Trick-or-Treaters Safe this Halloween (American Red Cross)

1. Trick-or-Treaters Need to See and Be Seen

- Use face makeup instead of masks which make seeing difficult.
- Give trick-or-treaters a flashlight to light their way.
- Add reflective tape or glow sticks to costumes and trick-or-treat bags.
- Have everyone wear light-colored clothing



2. Use flame-resistant costumes

3. Make sure adults know where they kids are going. A parent or responsible adult should accompany young children door-to-door

4. Be cautious around animals, especially dogs

5. Walk, don't run.

6. Only visit homes that have a porch light on. Accept treats at the door - never go inside.

7. Walk only on the sidewalks, not in the street

- If no sidewalk is available, walk at the edge of the roadway, facing traffic
- Look both ways before crossing the street, and cross only at the corner.
- Don't cut across yard or use alleys.
- Don't cross between parked cars.
- Drivers - use extra caution. Young children may forget to look both ways before crossing.

8. A grown-up should check the goodies before eating

- Make sure to remove loose candy, open packages and choking hazards.
- Discard any items with brand names that you are not familiar with.

If you are planning to welcome trick-or-treaters to your home, follow these safety steps:

9. Light the area well so young visitors can see

10. Sweep leaves from your sidewalk and steps. Clear your porch or front yard of obstacles someone could trip over



Fire Safety



This week our students learned about fire safety with the Germantown Fire Department! Students learned about what to do if they smell smoke, hear the fire alarm, what a firefighter would look like in case of an emergency, and the importance of having a safety plan. Now is a great time of year to make sure your home is safe in case of an emergency!

When the smoke alarm sounds, **get outside and stay outside.**
Go to your **outside meeting place.** Call 9-1-1 from a mobile phone or a trusted neighbor's phone.
Stay outside until the fire department tells you it is safe to go back inside.

Smoke Alarms: Make Them Work For You!™



You could have as little as two minutes to get out safely once the smoke alarm sounds. Working smoke alarms give you early warning so you can get outside quickly.

Installation

- Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.
- When installing, follow the instructions that come with the smoke alarm.
- For the best protection, interconnect all smoke alarms. When one sounds, they all sound. It is important to have interconnected smoke alarms if you sleep with the bedroom doors closed.
- A smoke alarm should be on the ceiling or high on a wall.

Buying an Alarm

- When buying a smoke alarm, look for a stamp from a nationally recognized testing lab. This means the product meets important safety standards.
- Look for smoke alarms with new enhanced sensing technology. These alarms detect fires faster, work for both slow and fast fires, and help reduce false alarms often caused by cooking.

Testing and Maintenance

- Test smoke alarms at least once a month by pushing the test button.
- Follow the manufacturer's instructions for cleaning to keep smoke alarms working.

Replacement

- Smoke alarms with non-replaceable (long-life) batteries are designed to remain effective for up to 10 years. If the alarm chirps, warning that the battery is low, replace the entire smoke alarm right away.
- For smoke alarms that do not have non-replaceable (long-life) batteries, replace batteries at least once a year. If the alarm chirps, replace only the battery.



**NATIONAL FIRE
PROTECTION ASSOCIATION**
The Leading Information and Knowledge Resource on Fire,
Electrical, and Related Hazards

