

Smedley School News

Newsletter for Parents

OCTOBER 2025, ISSUE 2
~MRS. PIZER, SMEDLEY STREET SCHOOL~



High Ticket Earners!

September 12: (first grade only) Renesme F.
September 19: Elaina H., Avary W.
September 26: Avary G., Lorenzo D.



Punch-It Board Winners!

September 12: (first grade only) Maverick K.
September 19: Mikey S., Rikki A.
September 26: Lorenzo G.

The excitement has begun on Fridays at lunch! We take time to acknowledge the student in each grade level who earned the most FLOW tickets. This student gets a certificate and a little fish which is displayed in the lobby. And, every student who earned a FLOW ticket during that week is entered into a drawing to get a chance to "Punch-it!"



Principal News

Dear Families,

Happy October! The school year is off to a wonderful start, and it has been such a joy to watch our kindergarten and first grade students grow in confidence, routine, and friendships over the past few weeks. Thank you for your continued support as we work together to make these first years of school a positive and successful experience for your child.

A few reminders for this month:

Thursday, October 3 – Vacation Day (no school for students or staff)

Monday, October 6 – Act 80 Day (no school for students; staff will participate in professional development)

October is an exciting month for our young learners! Our classes will be talking about the change of seasons, noticing the signs of fall, and exploring themes of community and friendship. It's also a good time to review routines with your child at home—such as putting on jackets, zipping up coats, and practicing responsibility with personal belongings.

As Halloween approaches, we will share details soon about classroom celebrations and any school-wide activities. Thank you in advance for helping us make this a safe and enjoyable time for all children.

We are so proud of the progress our students are making already. Please don't hesitate to reach out with any questions, and thank you for being such an important part of our school community.

Warmly,

Mrs. Pizer
Principal





Dates to Remember...

October 3-No School (Vacation day)

October 6-No school for students (Act 80 day)

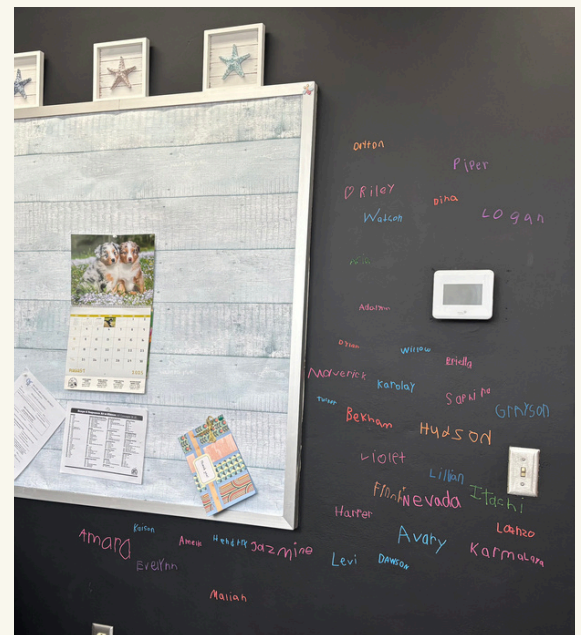
October 7--First Grade to OC Fire Department

October 9-Blue & White spirit day (Homecoming parade)

October 10-Kindergarten Fire prevention assembly

October 13-Home & School meeting at Smedley (5:30)

October 26--Red Ribbon Week begins



Welcome October

NOTES FROM THE NURSE

~Nurse Kait

Hello Smedley Families,

As the school year continues, I want to remind you about the importance of sending an extra set of clothes with your child each day. Accidents, spills, muddy playground adventures, and even sudden weather changes can leave a student in need of a fresh outfit.

Why Extra Clothes Matter:

- Keeps your child comfortable throughout the day.
- Prevents missed class time while waiting for new clothes.
- Helps your child feel more confident if an accident happens.

What to Pack:

- A shirt and pair of pants/shorts.
- Socks and underwear.
- Seasonal items (sweatshirt, leggings, etc. as the weather cools).

Please place the extra clothes in a labeled bag and keep them in your child's backpack or cubby. Having these items on hand makes the school day smoother for both students and staff.

Thank you for helping us keep our students happy, comfortable, and ready to learn!



GUIDANCE CORNER



Resources

Red Ribbon Week

Red Ribbon week is held yearly to encourage our students to choose to be drug free through awareness, advocacy and resources. Red Ribbon week will be at the end of October and the theme is “Life is a puzzle, solve it drug free”. There will be dress up days to support awareness- more information to come on. The link below provides information and resources for parents.

<https://www.redribbon.org/activities/parents/>



Self- Regulation

We are working on increasing FLOW expectations (listed later in the newsletter). One way to help your student practice being a FLOW student is to help support self-regulation (calming down) skills. Helping your student learn to manage big feelings helps them be able to regain focus and engage in more academic activities. Practicing deep breathing is a great way to support self-regulation.

Practice:

Buddy breathing- Have your child pick out their favorite stuffed animal and have them place that stuffed animal on their belly while they are laying down. Encourage your child to take breaths big enough to see their stuffed animal moving. This will help visualize deep breathing skills.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

OCTOBER

	29	30	1	2	3	4
					 NO SCHOOL APPLE FEST!	
5  Fire Prevention Week	6  NO SCHOOL AGT 80 Day	7  1st Grade Trip to Oil City Fire Department 		9  Blue & White Spirit Day	10  Kindergarten Fire Prevention Presentation by Oil City Fire Department	11
12	13  Home and School Meeting @ Smedley 5:30pm	14  	15 	16	17	18
19	20 	21	22	23	24	25
26 	27  Superhero Day	28  Sports Day Wear your favorite team	29  Team Day Wear your team color 	30 	31  Trunk or Treat 2-3Pm	
		Upcoming Events: November 11th-Veterans' Day Parade More information to follow				
						



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Monday	Tuesday	Wednesday	Thursday	Friday
Principal Month What's your Halloween costume? Hope it's spooktacular.		1 Cherry Frudel	2 Mini Blueberry Pancakes	3 
6 	7 Birthday Cake Zee Zee Bar	8 Mini Powdered Donut	9 Mini Cinnamon Waffles	10 Pull-A-Part Donut
13 Apple Frudel	14 Banana Muffin	15 Cinnamon Mini	16 Mini Choc Chip French Toast	17 Fun N Fruitti Cereat Waffle Blast
20 Goody RIng	21 Birthday Cake Zee Zee Bar	22 Mini Powdered Donut	23 Mini Maple Waffles	24 Strawberry Cream Cheese Bagel
27 Dutch Waffles	28 Cinnamon Roll	29 Mini Chocolate Donuts	30 Cinnamon Mini	31 Cocoa Chip Benefit Bar

WHAT MAKES A BREAKFAST?

You must choose at least 3 of the 4 components
 Choice of 2 whole grains or 1 whole grain and a meat/meat alternate
 Choice of 2 fruits and Choice of low-fat milk.
 *½ c serving of fruits or vegetables must be one of the 3 components

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate,
 Fat Free Strawberry

FRUIT OPTIONS

May choose 2-½ cup servings
 Crisp Apple, Banana, Fresh Orange, Fresh
 Apple Slices, Applesauce, Raisins, Craisins, Sliced
 Peaches, Mixed Fruit, Pineapple Tidbits, Mandarin
 Oranges, Diced Pears, 100% Juice

ALTERNATE MENU OPTIONS

Assorted Cereal Bars and Crackers
 Assorted Cereal And Crackers
 Yogurt And Crackers



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Principal Month Thank your principal during National Principal Month.		1 BBQ Pulled Pork Sloppy Joe Seasoned Steamed Mixed Vegetables	2 Ham & Cheese Wrap Breaded Chicken on a Bun Seasoned Steamed Broccoli	3
6 	7 Walking Taco w/ Bread Chicken Nuggets w/ Pretzel Bites Seasoned Steamed Green Beans	8 Italian Dunkers Corn Dog Nuggets Seasoned Steamed Carrots	9 Grilled Cheese w/ Tomato Soup BBQ Rib Sandwich Seasoned Steamed Broccoli	10 French Bread Pizza Breaded Chicken on a Bun Seasoned Steamed Golden Corn
13 Jumbo Cheese ravioli Hot Ham & Cheese Sandwich Green Beans	14 Macaroni & Cheese w/ Garlic Bread Hot Dog on a bun BBQ Baked Beans	15 French Toast Sticks & Sausage Patties Chicken Ranch Wrap Tater Tots Cookie	16 Chicken & Gravy over Biscuits Hamburger Seasoned Steamed Mixed Vegetables	17 Turkey Bacon & Ranch Panini Hot Sicilian Seasoned Steamed Peas
20 Chili Cheese Hotdog on a Bun Corn Dog Nuggets Tater Tots	21 Turkey & Cheese Hoagie Fish Sandwich Seasoned Steamed Golden Corn	22 Lasagna Roll-Ups BBQ Pulled Pork Quesadilla Seasoned Steamed Green Beans	23 GoldKist Popcorn Chicken Smackers Ham & Cheese Wrap Seasoned Steamed Broccoli	24 Grilled Cheese w/ Tomato Soup Cheesesteak Hoagie w/ Queso Straight Cut French Fries
27 Hot Turkey Gravy & Biscuits Hamburger Mashed Potatoes	28 Turkey Hoagie Chicken Nuggets w/ Pretzel Bites Seasoned Steamed Green Beans	29 Italian Dunkers Corn Dog Nuggets Seasoned Steamed Carrots	30 Popcorn Chicken Bowl BBQ Rib Sandwich BBQ Baked Beans	31 French Bread Pizza Breaded Chicken on a bun Seasoned Steamed Corn

Lunch Week
National School

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate,
 Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets| Baby Carrots| Dark Leafy Greens|
 Legume Salad| Celery| Cucumbers
 May Choose one ½ cup serving
 Crisp Apple| Sliced Peaches| Mixed Fruit| Fresh
 Oranges| Banana| Pineapple Tidbits| Diced Pears|
 Applesauce

*K-8 may choose up to 1/2 cup serving.

ALTERNATE MENU OPTIONS

Daily Sandwich Option: Uncrustables offered with String Cheese And Crackers

Daily Salad Options:

Monday: Chef Salad with Ham w/ Bread
 Tuesday: Pasta Salad with Ham & Pepperoni
 Wednesday: Garden Salad with Egg, Cheese w/ Bread
 Thursday: Cheese Tortellini Caesar Salad
 Friday: Southwest Salad w/ Crispy Chicken, Tortilla Chips

F.L.O.W. Expectations

Refrigerator Copy for Families

Classroom – Go with the F.L.O.W.

Friend : Treat classmates with kindness and respect.

Leader : Set a good example by following directions.

Outstanding : Try my best and stay focused. Be a problem solver.

Worker : Complete my assignments responsibly.

Hallways – Go with the F.L.O.W.

Friend : Give others space and be polite.

Leader : Walk calmly and quietly. Stay to the right.

Outstanding : Represent my school with pride. Keep the hall and stairways clean.

Worker : Move quickly and safely to my destination.

Restroom – Go with the F.L.O.W.

Friend : Respect others' privacy.

Leader : Keep the restroom clean.

Outstanding : Make good choices even when alone.

Worker : Use the restroom quickly and return to class. Report unsafe conditions.

Cafeteria – Go with the F.L.O.W.

Friend : Include others and use good manners. Use kind words and actions.

Leader : Line up and clean up responsibly. Stay in my own personal space.

Outstanding : Stay seated and use an appropriate voice.

Worker : Keep my area clean and help when needed.

Bus – Go with the F.L.O.W.

Friend : Share seats and use kind words. Greet the driver.

Leader : Stay seated, in my assigned seat, and follow the driver's rules.

Outstanding : Represent my school with great behavior.

Worker : Keep track of my belongings and respect the bus.

Playground – Go with the F.L.O.W.

Friend : Invite others to play and take turns.

Leader : Solve problems peacefully. Make sure I can see the teacher.

Outstanding : Follow rules and show good sportsmanship. Line up quickly.

Worker : Help take care of playground equipment. Stay in the assigned area.