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SHARK BITES

JANUARY 2026

WHERE EVERY STUDENT EXCELS

Once upon a time...

Mrs. Terry had a January message for all:

Happy New Year Schoeffner Shark Families,

We have much to celebrate as we bring in 2026. I am proud to recognize Mrs. Isabella Bradley for being selected as Ethel Schoeffner Elementary's Teacher of the Year! Mrs. Bradley's dedication to her students, commitment to excellence, and genuine care for every child she teaches make her a shining example of the impact one educator can have. She serves as our dyslexia interventionist, Social Media liaison, and Pep Squad coach. She also mentors teacher candidates, helping to prepare teacher candidates for the wonderful world of teaching! She challenges her students to be their best academically and socially too. Mrs. Bradley's work goes far beyond the classroom, and she is most deserving of being named our Teacher of the Year.



Our PTO recognized our students with another Shark Attack in December. All students were able to create an ornament that I hope you received and were able to display at home. PTO also provided a special gift for our Schoeffner staff before we broke for our holiday. Thank you PTO for spoiling us all! Our PTO is currently busy preparing for our annual fundraiser, Finley's Fun Run which will be held on Thursday, January 29. Over the past couple of years we have used funds to enhance our playground for our students with swings, a slide and climbing play equipment, covered structures for both playgrounds, and soccer goals. Additionally, all grade levels were able to enjoy a special activity/field trip. We plan to use funds this year to continue to fund special educational and fun activities for our students. Our Kickoff event for Finley's Fun Run will take place on January 16. More information will be shared soon about this fun and important event.

Students will come home with their 2nd quarter report cards on Tuesday, January 13. End of the quarter grades should not be a surprise since you have access to Parent Portal. If you have not yet registered for Parent Portal or need assistance please let us know. It is important that our students and you keep up with their progress throughout the year. Please reach out to your child's teacher for any support you may need. Working together Every Student Excels. Award invitations will be shared with families no later than Monday, January 12.

January 15 - 5th Grade Award Ceremony - 9:00

January 15 - 4th Grade Award Ceremony - 10:15

January 16 - 3rd Grade Award Ceremony - 9:00

Our Talented Theatre students will participate in their winter performance on stage in the ESE cafeteria on Thursday, January 15. Please come to see our young actors and actresses. The show begins at 6:00 PM and all are welcome to attend

Please be aware that we will have Parent/Teacher conferences on February 5 and 6. At this time teachers will share your child's progress during the third quarter.

The Krewe of Finley and Friends will parade for our New Sarpy Mudbugs on Friday, February 28 at 1:00 PM. Please start collecting throws as all students will be eligible to participate in the parade. The male and female student who raises the most funds during our Finley's Fun Run fundraiser will serve as king and queen of the parade. We will also have a royal court consisting of the next 5 students who raise the most funds.

Mrs. Terry's message continued on next page →

As we begin 2026, we want to emphasize the importance of setting and achieving goals with your child. Goal-setting is not only a valuable skill that encourages growth but also fosters a sense of responsibility, motivation, and self-confidence.

When children set goals, they learn to prioritize their tasks, stay focused, and persevere in the face of challenges. It teaches them to break down larger tasks into smaller, manageable steps, leading to a sense of accomplishment and satisfaction when goals are achieved. This process builds resilience and helps them understand the importance of effort and determination.

To support your child's growth, we encourage you to:

1. **Set Clear, Achievable Goals:** Help your child set specific, realistic goals that are appropriate for their age and abilities. This could range from completing a homework assignment on time to mastering a new skill.
2. **Celebrate Progress:** Recognize and celebrate small achievements along the way. Positive reinforcement motivates children to continue striving for success.
3. **Be a Role Model:** Show your child how you set goals and work towards them. Discuss the importance of persistence, patience, and the satisfaction that comes from accomplishing something meaningful.
4. **Provide Encouragement and Support:** Offer guidance and support, but allow your child to experience the natural rewards of their efforts. This will help them develop a sense of pride in their accomplishments.

By fostering a goal-oriented mindset, we are helping children become more independent, motivated learners who will carry these essential skills into their future. We look forward to seeing the growth and achievements of each of our students in 2026!

Attitude of Gratitude - Seek the positives from every experience, and be thankful for all you have

Through the Attitude of Gratitude Mindset, we are taught that we can use either the positives or negatives in our lives as a foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we will likely begin a downward spiral. By focusing on the things we have, there is no time to be distracted by what we don't have.

1. Treasure Yourself

Create the fantastic life you want by cultivating the great things within yourself. We all have things we don't like about ourselves, but we must recognize that we're made of more wonderful things than not. Recognize the treasure that is you, cherish and develop it, and let it shine so that you can live the extraordinary life you're meant to.

2. Be More Grateful

You have the choice in life to focus on the good or the bad. If you focus on what you enjoy and are privileged to have, these things will multiply and you'll be on the path to your dreams. If your attention is on regret, jealousy, anger, and resentment, these elements will replicate, and you'll continue to experience more and more negative circumstances. Simply be more grateful. As often as you can, think about the good things in your life, as well as those that may be coming to you.

3. Thank it Forward

One guaranteed way to feel better and become happier is to do something for someone else. And one of the most powerful things you can do for someone is express gratitude for who they are and what they have done for you. Thanking someone provides two wonderful gifts: it makes the other person feel good, and gives you good feelings in the process.

4. Elevate Your Perspective

People who have lived great lives point to moments of adversity and challenge as the times when they learned critical lessons or built essential skills that allowed them to be successful. Knowing that, you can understand why it is important to seek the positives in all situations, even those that seem completely negative. When you do this, you get better, learn, and grow in essential ways that let you live a richer and fuller life.



Did you know that the doors of Ethel Schoeffner Elementary School opened on January 4, 1994?

Ethel Schoeffner Elementary is named in honor of Miss Ethel Schoeffner.

Miss Schoeffner served the St. Charles Parish School system for 48 years, from 1917 to 1965, as an elementary school teacher and an elementary school principal.

Mrs. Schoeffner taught our very own art teacher, Ms. Manneer!



Finley's Friends

The **Finley's Friends Award** recognizes students who consistently demonstrate respect, empathy, and kindness toward others. Through positive actions, a strong work ethic, and a caring heart, these students help create a welcoming and supportive learning environment for everyone.



Daxton Jones, Charlotte Alaniz, Mia Brissett, Zachary Michiels, Corrin Dewberry, Dylan Harris, Emery McVay, Rose Smira, Emma Jordan, Jessa Peltier, Savannah Maretta, Lola Lee

Counselor Connection

JANUARY NEWSLETTER

Post Holiday Transition

The high-energy excitement, late bedtimes, and unstructured fun of the holidays create fantastic memories, but they can also make the structured return to school feel jarring—even like a letdown. This "Post-Vacation Blues" is a very real emotional and physiological adjustment for your 3rd-5th grader. It is common to see a temporary increase in resistance, irritability, or emotional outbursts as they attempt to regulate their energy and adjust to the demands of the classroom again.

| What Your Child May Say/Do | The Counseling Perspective | What You Can Say/DO |
|--|---|--|
| Increased Resistance or Defiance (e.g., refusing to get ready, arguing about homework) | They are experiencing the "Post-Vacation Blues"—a natural response to a schedule change. | "I know it's hard to get back into the rhythm after all the fun. We are a routine family, and we can do this together. Let's start with your shoes." (Acknowledge, then pivot to the smallest task). |
| "No one likes me," or Complaining about minor peer conflicts | Social skills may feel rusty. They need time to re-establish classroom relationships and norms. | "Friendships can be tricky! What is one calm, clear thing you could say to your friend tomorrow to try and fix that misunderstanding?" (Focus on their plan, empowering them to act). |

A Quick Strategy

When your student comes home from school, resist the urge to immediately ask, "How was school?", "What grade did you get on the test?", or "Do you have homework?" Students burn a lot of energy managing social demands and classroom tasks. To ensure a smoother evening, institute a 20-30 minute "decompression zone" immediately after they arrive home. Give them time to grab a snack, do a quiet, independent activity (reading, drawing, resting), or head outside for some fresh air. Offer a non-verbal connection, like a quick hug or a pat on the back. Asking low-stakes questions that aren't about academics is best, such as: "What's one thing that made you laugh today?" or "What did you have for lunch?" This pause helps their emotional and physical energy reset, making the transition to the homework and evening routine significantly smoother.



Literacy Tips

How to Improve Reading Comprehension At Home

Before Reading a Text:

- **Activate prior knowledge** – Connect the text to what students already know.
- **Preview the text** – Look at titles, headings, pictures, and captions.
- **Make predictions** – Encourage students to guess what the text will be about.

While Reading a Text:

- **Ask questions** – Who, what, why, how? Pause to talk about what is happening and why.
- **Visualize** – Encourage creating mental images of scenes while reading.
- **Break the text into chunks** – Read small sections at a time to avoid overload.

After Reading a Text:

- **Summarize the text** – Have students retell the story or information in their own words.
- **Discuss the main idea** – Talk about what the text was mostly about.
- **Make connections** – Relate the text to real life, other books, or experiences.
- **Reflect and respond** – Share favorite parts, opinions, or lessons learned.



Celebrate Progress

Celebrate small milestones, like finishing a book or reading a chapter, with praise or a small reward.



December Students of the Month















Caroline Bruno, Clay Spencer, Brody Lorio, Evelyn Henry, Isaiah Heningburg, Aubrey Jordan, Gabriel Nassar, Ayden Peyton, Kade Graff, Comi Liu, Blake Vasseur, Emma Dreiling, Karlee Gonzales, Rhett Telschow, Camryn Brandau, Bria Davenport, Giovanni Morales, Emmi Maxwell, Zoe Martin

7 Parent Tips for Supporting Your Child at Home

Strategies That Help “Every” Child Succeed



As we begin the 2nd half of the school year, here are simple, family-friendly strategies you can use at home to support your child’s language growth, comprehension, and confidence. These tips are effective strategies that can be beneficial for all students.

| | |
|---|--|
| <h3>1. Show AND Tell</h3>   <p>Children understand more when they hear information and see it.</p> <p>Try this: When helping with homework, talk through steps and show examples, pictures, or quick drawings. This strengthens memory and understanding.</p> | <h3>2. Teach Through Multiple Learning Styles</h3>   <p>Learners benefit from seeing, hearing, moving, and touching.</p> <p>Try this:</p> <ul style="list-style-type: none">- Use household items to model math or vocabulary.- Let your child explain ideas while moving or acting something out. |
| <h3>3. Recycle (Not Just Repeat!)</h3>   <p>Kids learn best when ideas come back in new ways.</p> <p>Try this: Ask your child to share what they learned today, then revisit it tomorrow using a picture, real-life example, or new question.</p> | <h3>4. Make Learning “Digestible”</h3>   <p>Too much information can overwhelm learners.</p> <p>Try this: Break homework into small, short steps and celebrate each step before moving on.</p> |
| <h3>5. Engage Your Child in Conversation</h3>   <p>Talking helps the brain connect ideas.</p> <p>Try this: Use turn-and-talk moments at home:</p> <ul style="list-style-type: none">- “What do you think?”- “Why do you think that?”- “Can you show me?” <p>This supports thinking in every subject.</p> | <h3>6. Create Big and Small Opportunities to Learn</h3>   <p>Kids grow through practice in many ways.</p> <p>Try this: Encourage your child to ask questions, teach back what they learned, or explain their thinking during daily activities.</p> |
| <h3>7. Make Learning Enjoyable</h3>   <p>Students learn more when relaxed and supported.</p> <p>Try this: Add fun by setting challenges, using games, letting your child choose activities, and celebrating effort.</p> | |

These small, everyday practices build strong thinkers, confident communicators, and independent learners — benefiting ALL students. Thank you for all you do to support your child’s growth!

Strategies provided by: TESOL (Teaching English to Speakers of Other Languages)

3rd Grade

Third Grade is rocking and rolling into the New Year!

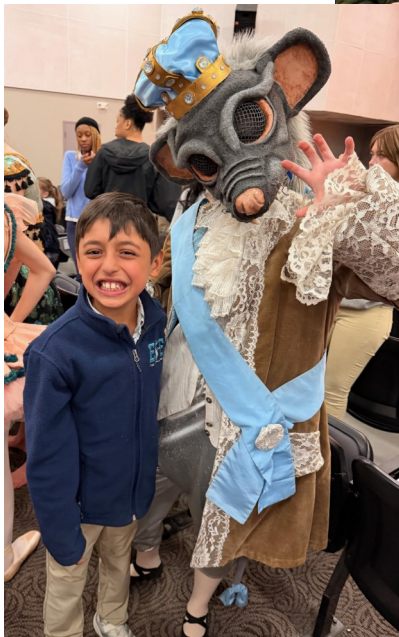
In ELA, we just finished reading *The Miraculous Journey of Edward Tulane* where we explored the theme of why it is important to learn how to love and care for others. We are starting the main text for our unit, *Because of Winn Dixie*, where we will learn why it is important to make an effort to "see" other people and how our differences are what make us special.

In math, we are working in Module 3 which focuses on multiplication and division.

In science, students will explore **traits**, or the characteristics of living things. Students learn that traits can be **physical** (such as size, color, or shape) or related to **behaviors** that help plants and animals survive in their environments.

In social studies, we are beginning to learn about the Louisiana Purchase and the Corps of Discovery exploring the west.

3rd Grade students enjoyed watching *The Nutcracker* performed by Ballet Images



The Grinch paid a special visit to our students. He gave each student a heart fidget as a visual reminder that when we choose kindness - through our words, actions, and attitudes - our hearts grow bigger every day.

4th Grade

In social studies, students will begin Unit 4: **Growth of Empires**, where they will explore how the **Roman Empire** and **Early Imperial China** grew in power and influenced the world. They will examine each empire's government, leadership, innovations, and use of geography, while comparing how these civilizations expanded and connected with others. Through maps, readings, and activities, students will discover the lasting impact these empires left on history.

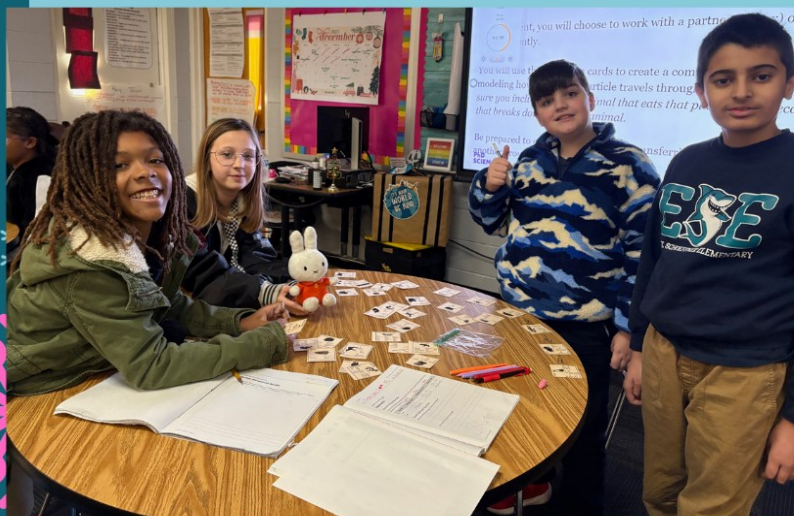
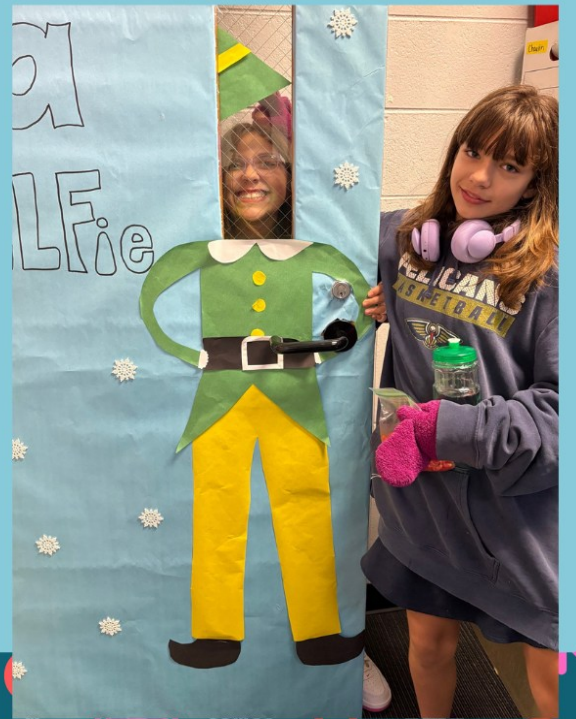
In science, students will begin the **Sense & Response** module, where they will explore how humans and animals detect information from their environment and respond to it. They will investigate how the senses work, how the brain processes signals, and how different organisms use their senses to survive. Through hands-on activities, observations, and investigations, students will discover the amazing ways living things sense the world around them and react to changes.

In math, students will continue their math module focused on **multi-digit multiplication and division with remainders**. They will practice using efficient strategies to solve larger multiplication problems, explore different methods for dividing numbers, and learn how to interpret and check answers that include remainders. Through guided practice, problem-solving tasks, and real-world examples, students will strengthen their understanding of these essential operations and build confidence in working with more complex numbers.

In ELA, students will continue The **Lightning Thief** unit in ELA, diving deeper into the characters, themes, and mythology that shape the story. They will analyze Percy's challenges and growth, explore how Greek myths influence the plot, and examine important vocabulary and figurative language used by the author. Through reading, discussions, writing assignments, and text-based responses, students will strengthen their comprehension skills.

5th Grade

This past month has been full of fun & learning. In math, scholars practiced multiplying & dividing fractions with a focus on real-world application & conceptual understanding with some cookie making. Baking and following recipes are great ways to bring fractions to life. In ELA, we finished The Birchbark House unit where students explained how a central theme (such as family, survival, or resilience) developed throughout the novel. Students stated a claim about the theme, used specific evidence from the text to support their ideas, and explained how characters, events, and setting contributed to the theme. Our student scientists spent time tracing matter in ecosystems. In SS, students have begun learning about the indigenous people of North America.



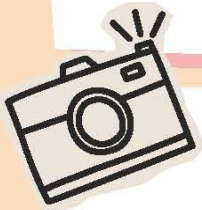


ESE SHARK BAND

UNDER DIRECTION OF MS. VAZQUEZ

HAPPY NEW YEAR!

4th and 5th grade students worked so hard towards their holiday showcase that happened in December. 4th graders had their very first concert opportunity ever, and they were able to show off that they went from not playing an instrument at all to being able to play 5 different notes in 3 ½ months! Wow! What an accomplishment. 5th graders rose to the challenge and displayed their progress from 4th grade to now: learning about the different roles musicians have in a band and coming together to make something special. It is so important that we take away from this concert the importance of practicing and repetition, and that we keep the momentum going for what's to come in the spring!



PHOTOS



COMING SOON

January 24th - Honor band auditions at Lakewood Elementary School

February 13th - NSE Parade; 5th grade all can participate, 4th grade audition-based

March 4th - YALL Fest, during school

April 28th - Spring concert for 4th and 5th grade concert



Cold Weather Safety Tips to keep kids safe this winter.

The season you either love — or love to hate — is in full swing. Whether you're out and about with your family braving the elements, or getting cozy at home, don't let cold-weather fun snowball into a safety hazard. Keep your kids protected with these tips.

1. Keep snug like a bug — but not too snug. Winter wear should fit kids properly, but gear shouldn't be so tight that it restricts movement. This is particularly true for footwear. Too-tight boots constrict blood flow, causing feet to become even colder. **Please make sure your child comes to school dressed appropriately for the weather!**

2. Be clever about clothing choices. When sending kids off to school or out to play, **make sure they're dressed warmly in layers** that are wind- and waterproof.

Help your children stay warm with adequate head, face, hands, and neck protection for the colder days.

3. Get around safe and sound. Driving in winter can be dangerous, so you should make sure you're ready for any situation. Prepare your car for such emergencies by keeping the following must-haves in your trunk: a first-aid kit, blankets, water, and nonperishable snacks.

4. Serve superior snacks. Good nutrition can help kids fight off cold and flu season, so strengthen their immune system with a balanced diet. Snack time is a great opportunity to sneak in some extra nutrients; try dried and fresh fruits, sliced raw vegetables, whole-wheat crackers with cheese, and yogurt.

5. Keep them hydrated. Although your kids may not be sweating as much as they do in warm-weather months, they still need to keep hydrated. Smart choices for winter are low-sugar juices that are high in vitamin C, which studies show can lessen the severity and duration of winter colds.

6. Make your home a safe haven. Be prepared for unpredictable weather conditions by stocking up on essentials, such as extra batteries for flashlights, bottled water, first aid staples, and nonperishable food items.

7. Get your kids prepared. Make sure your kids have an extra pair of gloves and tissue packs tucked into their book bags. These necessities will help prevent the spread of germs, and come in handy if a glove goes missing.

8. Handwashing. Handwashing is the number one way to prevent the spread of germs. Please remind your child to wash their hands or use an alcohol based hand sanitizer before and after meals, after bathroom use, after blowing their nose, sneezing, or coughing. This will help to keep them healthy and able to attend school.

9. Fire safety. Do not leave a fire unattended (on a stove, in the oven, in the fireplace, or outdoors). Keep children away from fire and teach them fire safety tips.

Wishing you and your family had a healthy Merry Christmas and a safe and Happy New Year!

Your School Nurse,

Abbie LeRouge, BSN, RN



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WINTER FIRE SAFETY TIPS



INSTALL & TEST ALARMS

Carbon monoxide alarms should be tested at least once a month.



PLUG SPACE HEATERS DIRECTLY INTO OUTLETS

Never use an extension cord or power strip.



HEAT YOUR HOME SAFELY

Keep anything that can burn 3 feet away from a fireplace, wood stove, or space heater.



KEEP CHIMNEY & VENTS CLEAN

Hire a qualified professional to clean and inspect your chimney and vents at least once a year.



NEVER USE CANDLES FOR EMERGENCY LIGHTING

Always use flash lights and stock up on extra batteries.



USE FIREPLACE SAFELY

Always use a metal or heat-tempered glass screen when using your fireplace.

A friendly reminder:
Is your child
up-to-date on
their vaccinations?

Per the LA Department of Health, all schools are required to maintain a record of immunizations for each student. **Proof of immunization is required for enrollment into school.** Please note the following immunization schedule and submit updated immunization records as your child receives their vaccines. Students who are **turning 11**

years old are due to receive Tdap and Meningococcal vaccines. These can be given at a well check-up with your child's pediatrician. Please feel free to reach out with any questions or concerns regarding your child's immunizations or if you need assistance finding resources for them to receive their vaccines. Thank you for your assistance in ensuring our students are healthy and properly immunized!

Older children and teens need vaccines too!

2025 Recommended Immunizations for Children 7–18 Years Old

Want to learn more?
Scan this QR code to find out which vaccines your child might need. Or visit www2.cdc.gov/vaccines/childquiz/



| RECOMMENDED VACCINES | 7 YEARS | 8 YEARS | 9 YEARS | 10 YEARS | 11 YEARS | 12 YEARS | 13 YEARS | 14 YEARS | 15 YEARS | 16 YEARS | 17 YEARS | 18 YEARS |
|----------------------|---|---------|---|----------|--|----------|----------|----------|----------|---|----------|---|
| HPV | | | ALL children in age group can get the vaccine | | ALL children in age group should get the vaccine | | | | | | | |
| Tdap | | | | | ALL children in age group should get the vaccine | | | | | | | |
| Meningococcal ACWY | | | | | ALL children in age group should get the vaccine | | | | | ALL children in age group should get the vaccine | | |
| Meningococcal B | | | | | | | | | | Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child | | |
| Influenza/Flu | Every year. Two doses for some children | | Every year | | | | | | | | | |
| COVID-19 | At least 1 dose of the current COVID-19 vaccine | | | | | | | | | | | |
| Mpox | | | | | | | | | | | | SOME children in age group should get the vaccine |
| Dengue | | | ONLY if living in a place where dengue is common AND has laboratory test confirming past dengue infection | | | | | | | | | |

KEY

- ALL children in age group should get the vaccine
- ALL children in age group can get the vaccine
- SOME children in age group should get the vaccine
- Parents/caregivers should talk to their health care provider to decide if this vaccine is right for their child

Talk to your child's health care provider for more guidance if:

1. Your child has any medical condition that puts them at higher risk for infection or is pregnant.
2. Your child is traveling outside the United States. Visit www.nccdc.gov/travel for more information.
3. Your child misses any vaccine recommended for their age or for babies and young children.



FOR MORE INFORMATION
Call toll-free: 1-800-CDC-INFO (1-800-232-4636)
Or visit: www2.cdc.gov/vaccines/childquiz/



ETHEL SCHOEFFNER ELEMENTARY 4-H *Club*



Next Meeting Date:

- Wednesday January 28
- Wednesday February 25
- Wednesday March 25
- Wednesday April 22 ****by invitation only**

*Members will be notified of any date changes.

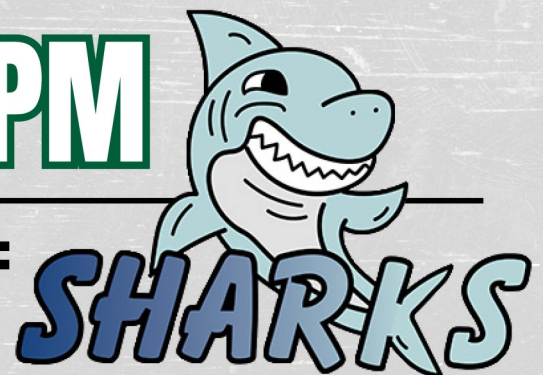
2025-2026

MEETING TIME:

3:05 PM - 4:15 PM

ETHEL SCHOEFFNER 4-H LEADERS:

MRS. MATHERNE, MRS. KELLER, MRS. JACOB
AND MS. DUCRE





Car Rider Logistics

Morning Arrival

- Always enter the parking lot from the side closest to New Sarpy.
- When dropping off your child, pull all the way to the right. This allows teachers and staff to enter and park until 7:35 AM.
- Staff members will be on duty to receive students until 7:50 AM. Students arriving after 7:50 are considered tardy.
- If no adult is present at drop-off, please park and escort your child into the office to sign them in.
- Do **not** park in the bus circle before 8:10 AM.

Afternoon Dismissal

- Park in the side parking lot and walk to the cafeteria doors to pick up your child.
- Anyone other than a legal guardian must be listed on the Emergency Card in order to pick up your child. ID will be required for verification.
- A school representative will check you in and release your child safely.
- If you need to check your child out early, please do so **before 2:30 PM**, as the office becomes very busy preparing for dismissal. While the ESE 2025-2026 Family Handbooks states 2:45, this is incorrect. **The correct time is 2:30 PM.**

Ethel Schoeffner Elementary is excited to stay connected with families through social media!

Follow us on:

X
@ESE_Sharks

Instagram
@Schoeffnerelementary

Facebook
Ethel Schoeffner Elementary



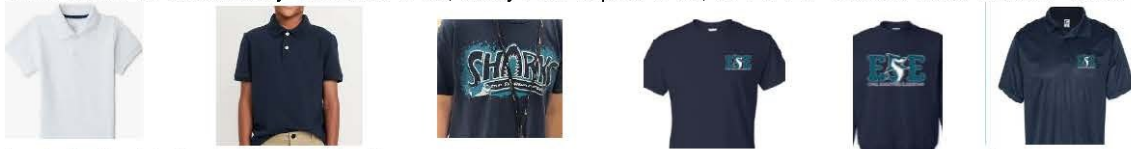
You can see our Sharks in action!

2025 – 2026 Student Dress Code

Uniform apparel will only be sold through **Skipper's** online store: <https://ese2025.itemorder.com/shop/home/>
 Online store is closed until September 29. Next purchasing window will be September 29 - October 13

Shirts/Sweatshirts

- Solid white or solid navy collared shirt, navy ESE spirit shirt, or 25-26 Theme Shirt can be worn any day.



- Jackets that fully unzip or unbutton may be any color
 - **Non-ESE logos or printed images may be no bigger than the size of a fist**
 - **Jackets must remain unzipped while inside the building.**
- **Pullovers must be solid - navy, white, gray, black.**
 - Non-ESE logos may be no bigger than the size of a fist
 - **No hooded pullover/sweatshirts may be worn on any school campus during the school day.**

ALLOWED SWEATSHIRTS & JACKETS



Solid black w/ logo about the size of fist

School logo

Solid – no hood

SWEATSHIRTS & JACKETS NOT ALLOWED



Logo too big

Logo too big & has hood

Logo is right size BUT has hood

Pants/Shorts

Pants/shorts must be khaki or navy
 Shorts/skirts/jumpers shall be longer than two inches above the top of knee cap.



Solid navy, solid white, solid gray, or solid black leggings/tights **may only be worn under** school-appropriate skirts or shorts.

Examples of what is NOT allowed

No cargo pants /shorts

Leggings may **never** be worn as outerwear



Too Short

Too tight –biking shorts

Athletic/tennis skirts **may not be worn** if they are less than two inches above the knee.

ON FRIDAYS ONLY

Only on Fridays, students may wear an ESE special event or St. Charles Parish Public Schools sponsored event shirt. Previous year special ESE Theme/Event shirts - ex. Fun Run, Spring Fling



Other St. Charles Parish Event Shirts:

D.A.R.E Honor Band Desty Darling/Cheer/Baseball/Football Camp 2nd to 3rd Grade New Sarpy Shirt

Students may wear jeans or bottoms of their choice of any color that are school appropriate. Pajama pants, cargo pants, or torn, cut, or ripped bottoms are not allowed. Leggings or tights may not be worn as outerwear.

4H t-shirts may be worn on Fridays AND on the day of the monthly meetings.

Pep Squad t-shirts may be worn on Fridays AND on the day of Pep Squad events – with sponsor approval.

Only clear water bottles are allowed.



January 2026



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------------|--|---|-----------------------------------|---|---|-------------------------------------|
| | | | | 1 HAPPY NEW YEAR | 2 | 3 |
| ~ CHRISTMAS / NEW YEAR HOLIDAYS ~ | | | | | | |
| 4 | 5 STUDENT HOLIDAY Professional Learning Day | 6 Classes Resume | 7 | 8 | 9 | 10 |
| 11 | 12 Pelicans Jr. Training Camp 4th & 5th Grades | 13 Report Cards Go Home ----- Pep Squad Practice 3:05-4:30 PM | 14 | 15 Quarterly Awards 5th - 9:00 AM 4th - 10:15 AM ----- Talented Theatre Performance @ ESE 6 PM | 16 Quarterly Awards 3rd - 9:00 AM ----- Finley's Fun Run Kickoff ----- Concessions @ lunch maximum \$3 | 17 |
| 18 | 19 Martin Luther King Jr. HOLIDAY NO SCHOOL | 20 | 21 | 22 | 23 3rd Grade Artsperience - The Remember Balloons | 24 Honor Band Auditions @ LWE |
| 25 | 26 | 27 Pep Squad Practice 3:05-4:30 PM | 28 4th Meeting 3:05-4:15 PM | 29 Finley's Fun Run | 30 5th Grade Artsperience - LPO Young People's Concert | 31 |

January 2026 Elementary Menus

Sf. Charles Parish Public Schools




Every complete meal we serve comes with your choice of low fat or nonfat milk!

This institution is an equal opportunity provider. Menus are subject to change.

AVAILABLE DAILY

With all meals
Low Fat White Milk
Fat Free Flavored Milk

Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Charley Box
Weds.: Deli Sandwich
Thursday: Entrée Salad
Friday: Sunbutter Sandwich

| Monday, January 5 | Tuesday, January 6 | Wednesday, January 7 | Thursday, January 8 | Friday, January 9 |
|--|--|--|--|-------------------|
|  <p>Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Jambalaya Broccoli Florets Steamed Carrots WW Roll Pineapple Tidbits</p> | <p>Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chili, Fritos Garden Salad Steamed Corn Banana Cake or Crisp</p> | <p>Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Fish Nuggets Macaroni & Cheese Green Beans Cucumber & Tomato Salad Pears</p> | <p>Breakfast Egg Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Hamburger/Cheeseburger Crinkle Cut Fries Lettuce/Tomato/Pickle Baked Beans Orange Wedges</p> | |

| Monday, January 12 | Tuesday, January 13 | Wednesday, January 14 | Thursday, January 15 | Friday, January 16 |
|---|--|--|--|---|
| <p>Breakfast Breakfast Pizza Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chicken Tenders Waffles Broccoli Steamed Carrots Sliced Peaches</p> | <p>Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Orange Chicken Fried Rice Asian Chopped Salad Edamame Beans Mandarin Oranges</p> | <p>Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Spaghetti & Meatsauce Italian Salad Peas Garlic Bread Banana</p> | <p>Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Turkey & Sausage Gumbo Steamed Rice Potato Salad Cucumber/Tomato Salad Pineapple Tidbits</p> | <p>Breakfast Scone Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Mini Corn Dogs Tater Tots Carrots w/Ranch Orange Wedges Jello w/Topping</p> |


Martin Luther King Jr.


Martin Luther King Jr. was born on January 15, 1929, in Atlanta, Georgia.

He was a civil rights activist in the 1950s and 1960s. He believed that all people were created equal regardless of the color of their skin.

He was a pastor and won the Nobel Peace Prize in 1964.

He delivered the "I Have A Dream" speech on the steps of the Lincoln Memorial in 1963.



| Monday, January 19 | Tuesday, January 20 | Wednesday, January 21 | Thursday, January 22 | Friday, January 23 |
|---|---|---|--|---|
| <p>NO SCHOOL</p> <p>Monday Jan. 16</p>  | <p>Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Sweet & Sour Meatballs Loaded Mashed Potatoes Steamed Corn Dinner Roll Apple Wedges</p> | <p>Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Potato Soup Bosco Stick Garden Salad Banana Brownie</p> | <p>Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Turkey Stew Steamed Rice Carrot Soufflé Steamed Cabbage Strawberry Cup</p> | <p>Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Chicken Filet Sandwich Crinkle Cut Fries Lettuce/Tomato/Pickle Fresh Orange Wedges</p> |

| Monday, January 26 | Tuesday, January 27 | Wednesday, January 28 | Thursday, January 29 | Friday, January 30 |
|--|---|---|---|--|
| <p>Breakfast Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Red Beans w/Steamed Rice Steamed Carrots Seasoned Mustard Greens Cornbread Peaches</p> | <p>Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Nachos Steamed Corn Refried Beans Taco Salad Cup Apple Wedges</p> | <p>Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Salisbury Steak Mashed Potatoes & Gravy Broccoli Florets Dinner Roll Banana</p> | <p>Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>LUNAR NEW YEAR Sweet & Sour Chicken Fried Rice Edamame Beans Asian Chopped Salad Mandarin Oranges</p> | <p>Breakfast Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice</p> <p>Lunch Fresh Hot Pizza Marinara Sauce Garden Salad Orange Wedges Cookie</p> |



Weekly celebrations

New Year's Resolutions Week | Jan. 1-7
National Pizza Week | Jan. 11-17
Universal Letter Writing Week | Jan. 11-17

Monthly celebrations

International Creativity Month
National Oatmeal Month
National Thank You Month
National Soup Month
Apple and Apricot Month
Self-Love Month