



PRINCIPAL'S MESSAGE

Our spring semester has been busy at AES! Thank you to everyone who supported our first graders for their Mardi Gras parade! They were thrilled to have the event. We are now accepting bead donations for next year's parade; we would love for you to donate your beads for next year's parade now!

We have begun taking applications for our Prekindergarten classes for the next school year. The flyer can be found on our school website. Kindergarten registration has opened online, but we will hold an in-person registration from March 16 to 20. Please share this information with all of your neighbors who have a child that will turn 5 by September 30, 2026. If you have any questions about registration, please call the front office. If families register before the end of April, they will receive information about our transition tour to kindergarten and kindergarten testing.

The district Teacher of the Year will be announced on April 15, 2026. We want to thank Ms. Heidi Pizani for representing AES in 24-25 and wish Mrs. Miranda Boudreauz good luck at the upcoming banquet.

Our End of the Year Acadience testing will quickly arrive. Please help us to prepare your child for this testing by reading to and with your child each night and sending your child to school on-time daily. As always, we appreciate your support and cooperation in all that we do. Our parents are truly the best, and we look forward to a successful and enjoyable end to our fabulous school year. Together, we will continue to sail the seas of success!

Lisa Perrin
Principal

MISSION

We are committed to ensuring high levels of learning for all students to build a strong foundation.

VISION

Our students are engaged, well-rounded learners who accept others and work as a team.

At Allemands Elementary School, we believe...

- all students can learn to their utmost potential.
- all students will engage in quality experiences.
- a student's success is a collaborative effort among school, students, family, and community.
- a physically and psychologically safe environment is essential to promote student learning.
- excellence is worth the cost.

UPCOMING EVENTS

March

Date	Activity
3/3	Spanish Speaking Families Check In @ 9:15 STEAM Night @ 6pm
3/4	Playgroup @ 10:00 PTA Board Meeting @ 1pm
3/5	Stakeholder Advisory Mtg. @ 9:00 & Volunteer Day @ 10:00
3/7	Farmer's Market: Traveling Cajun Dancers @ 9:30 Child Search 8-2
3/9	PreK Artsperience (kindergarten & PK will switch lunches this day)
3/10	PTA fundraiser Begins Art Show Opening @ 5:30 Superintendent's Gallery Ceremony @ 6 pm
3/11	STUDENT HOLIDAY- NO School
3/12	PreK3 Field Trip PreK Spring Learning Carnival 5-7 @ RK Smith
3/13	End of Quarter 3
3/14	Arts Fest 10:00-3:00 @ LPAC
3/16-20	Kindergarten In-person Registration
3/16	PreK Someone Who Loves Me Day @ 9-10 & Sunday Best Quarter 4 Begins
3/17	Green Shirt Day Kinder Sunday Best & Someone Who Loves Me Day @ 9 am Kindergarten Readiness Playgroup @ 9-9:30 SEL Family Center Workshop 10-11
3/18	Playgroup @ 10
3/19	1st Someone Who Loves Me Day @ 9-10 & Sunday Best
3/20	2nd Sunday Best & Someone Who Loves Me Day @ 9 am
3/24	Kinder Field Trip PTA fundraiser ends Report Cards Sent Home
3/25	Playgroup @ 10 am School Board Meeting @ 6:30 pm



Sailing into Spring Success!



Mardi Gras Fun

Thank you to all the volunteers who assisted with the building of the floats for the parade. We appreciate the supportive family members and friends who attended the parade to watch their first grader.



Outerwear Reminders

Outerwear must open the length of the front by snapping, buttoning, or zipping. No hooded sweatshirts may be worn on any school campus during the school day.

In addition, please make sure that all of your child's outerwear is labelled with their first and last name.

We have a lost and found area with many unclaimed jackets. If your child is missing a jacket, please make sure to have them come to the lost and found.



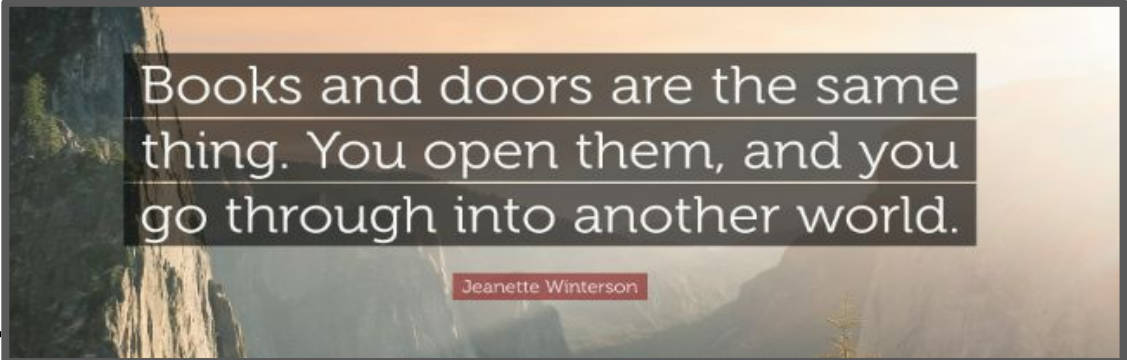
Den Hindalife / CC BY





Newsletter Delivery

As part of our efforts to embrace technology, take care of our environment, and monitor spending, we will have an electronic newsletter delivery. Allemands Elementary will deliver the monthly school newsletters via email. Additionally, the school newsletter will be posted to the school's web page. If you would like a printed copy of the school newsletter, please notify Lakia Butler at lbutler@wearescpps.org and a copy will be sent home each month with your child. Thank you.

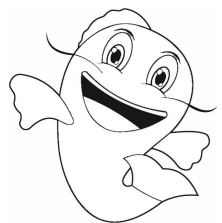


Stakeholder Advisory Group

We are looking for parents, grandparents, and community members to work with us! Our School Success Team wants to hear your voice in regards to making improvements to our school. Each month we will hold a meeting with the group of stakeholders to talk about activities and initiatives. These meetings will be in-person and will last 30-45 minutes. We will hold these meetings on our Volunteer Days to accommodate stakeholders. Thank you for your feedback! If you are interested in being a part of this group, please contact Valerie Chiasson at vchiasson@wearescpps.org

Staff Achievement Awards

St. Charles Parish School System is seeking Staff Achievement Award nominees. One staff member from eight categories will be selected for recognition at the Staff Achievement Awards ceremony in April. The deadline to submit a nomination is **Monday, March 31, 2026**. Nomination forms and categories are on the district website under Public Information. Please consider nominating one of our amazing staff members!





OUR LEARNING



pre-k

Three and four-year-olds are naturally creative. They are not limited by the boundaries of conformity and social expectations. Over the next few weeks, our classroom will become an incubator for creativity. We will explore creative things kids can do, turn recycled objects into treasures, conduct experiments to make new discoveries, and design and build structures. Be ready to think creatively at home when your child challenges you to become a puppeteer or to test gravity. We had fun at our field trip to the Children's Museum.



kindergarten

Kindergarteners are blooming this spring! We are growing in independence in reading, writing, math, and social skills. In math, we are solving addition and subtraction problems. We are learning how to write addition equations and subtraction equations. In reading, we are reading words and sentences. We are also practicing reading text and answering questions about what we've read. In writing, we are continuing to spell 3 sound words. Let's continue working hard both at home and school! Our kindergarten students enjoyed a learning experience and performance by the Philharmonic Orchestra at the LPAC.



OUR LEARNING



first grade

In the month of March, our first graders are continuing to build their knowledge in all subjects. In ELA, we are learning to read and write multisyllabic words and more complex code. Practicing math and reading nightly will greatly help your child solidify their skills as we move into the 4th quarter of this school year. Your student is learning about place value within 100, and adding and subtracting within 120. Please continue to complete the nightly homework to support your child with the skills we are learning. Please continue to remind your child of the importance in showing CARES throughout our learning day! We had a successful February including a wonderful parade! We are so grateful to all of our parents that attended the event, sent beads, helped with the floats and walked with their child. It was a special day!

second grade

Thank you for attending parent-teacher conferences. February was an eventful month! Students learned about African American children book authors and shared their learning at our Black history program. As we wrap up the third quarter of school, it is extremely important to continue supporting your child at home. Be sure to have your child read fluently and answer questions about the text. Remind your child to write legibly and to continue practicing strategies when solving math facts. **Remember to review your child's homework after he or she completes it.** In math, students will continue to use math strategies to problem solve and add and subtract within 1,000. We will also focus on measuring length with metric units and and U.S. customary units. Have a discussion with your child about what was learned. Working together, we can "march" into a successful month of teaching and learning.

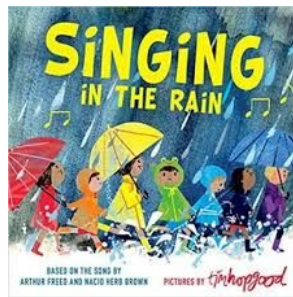
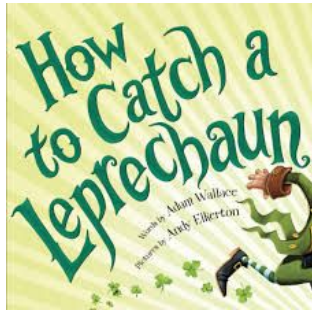
ENRICHMENT

Librarian's

Letter

Thank you to everyone who was able to patronize the book fair! Your support helps promote a love of reading and learning in our community. We truly appreciate your participation and generosity.

MARCH BOOKS



COUNSELOR'S corner

15

HEALTHY HABITS TO TEACH YOUR KIDS FOR A BETTER LIFE

- 1 KEEP A POSITIVE ENVIRONMENT 
- 2 ENCOURAGE YOUR KIDS 
- 3 LIMIT SCREEN TIME 
- 4 INTRODUCE READING HABIT IN YOUR KID FROM EARLY ON 
- 5 EAT BREAKFAST IN THE MORNING 
- 6 ENCOURAGE OUTSIDE PLAY 
- 7 MAKE EATING COLORFUL 
- 8 PICK ENJOYABLE PHYSICAL HABITS 
- 9 ENJOY A FAMILY DINNER 
- 10 FOLLOW A GOOD ROUTINE 
- 11 GIVE THEM HOUSEHOLD CHORES AND REWARD THEM 
- 12 MAINTAIN HYGIENE 
- 13 DRINK MORE WATER 
- 14 MAINTAIN GOOD ORAL HYGIENE 
- 15 MAKE FRIENDS 

TOTALLYMOMSENSE.COM



Allemands Elementary Family Center

Together We Can Make a Difference

Valerie Chiasson
vchiasson@wearescpps.org 985-758-7427
Tuesdays-Fridays



Rediscover Your Public Library

For families with young children, the public library is a great place to find entertainment, educational or cultural enrichment, or valuable information.

Top 9 reasons to go visit

1. **Free programs and activities:** From author visits to puppet shows to family films, libraries offer programs with kid appeal after school, on the weekends, and during the summer. Ask your librarian for the schedule of upcoming events.
2. **Story times:** There's nothing like hearing a good story read by someone who loves to read aloud. Libraries are terrific settings for story times which often include finger plays, games, songs, and crafts that can be learned and enjoyed again at home.
3. **Workshops:** Many libraries offer workshops that can help enrich your life as an adult and support you as a parent. At many libraries, it is possible to learn to knit, prepare your taxes, update your resume, gain computer skills, or improve your parenting skills.
4. **Books:** Librarians are happy to make recommendations and most public libraries have a special section just for children's books.
5. **Audiobooks:** Listened to a good book lately? Most libraries have a collection of popular adult and children's titles available for checkout on tape or CD.
6. **Movies:** Your public library is a great source for free access to the latest blockbusters, family movie classics, documentaries, or favorite TV shows.
7. **Music:** Want to introduce your children to Beethoven or the Beatles or new children's songs? Check to see if your library has a collection of music on CD.
8. **Magazines and newspapers:** Introduce your child to some of the magazines designed just for children. With bold photographs, poems and a joke or two, magazines are another reading choice for beginning readers. Or catch up on the news in your community and share a smile over the comics.
9. **Computers:** Most public libraries offer free Internet access, computers with educational games for kids, and valuable online resources for teenagers.

Ongoing -Wednesdays 10:00 playgroup

Dates to remember

3/3 STEAM Night 6:00
3/5 Stakeholder Meeting 9:00
3/5 Volunteer Day 10:00
3/6 Community Morning Meeting
3/11 No school for students
3/17 Mental Health Parent Session 10:00



Allemands Elementary Centro Familiar

Together We Can Make a Difference

Valerie Medina Chlasson
vchiasson@wearescpps.org 985-758-7427
martes-viernes



Vuelva a descubrir su biblioteca pública

9 mejores razones para visitar

1. **Programas y actividades gratis:** Desde visitas de autores hasta presentaciones de marionetas y películas familiares, las bibliotecas presentan programas atractivos para los niños en horario posterior a la escuela, los fines de semana y durante el verano. Pídale a su bibliotecario el horario de los eventos próximos.
2. **La hora del cuento:** No hay nada como oír una buena historia leída por alguien a quien le gusta leer en voz alta. Las bibliotecas son lugares fabulosos para la hora del cuento, la cual suele incluir obras teatrales, juegos, canciones y manualidades de las que se puede aprender y disfrutar de otra vez en casa.
3. **Talleres:** Muchas bibliotecas ofrecen talleres que pueden ayudar a enriquecer su vida como adulto y brindarle apoyo como padre. En muchas bibliotecas hay talleres donde es posible aprender a tejer, preparar los impuestos, poner al día su currículum, aprender destrezas para manejar la computadora o mejorar sus habilidades para ejercer su labor de padres en la crianza de los niños.
4. **Libros:** A los bibliotecarios les encanta hacer recomendaciones y la mayoría de las bibliotecas públicas tienen una sección especial de libros para niños.
5. **Libros en audio:** ¿Escuchó un buen libro recientemente? La mayoría de las bibliotecas tienen disponibles, para prestar en cinta o en CD, una colección de títulos populares para adultos y niños.
6. **Películas:** Su biblioteca pública es una estupenda fuente de acceso gratis a las más recientes películas de éxito de taquilla, películas familiares clásicas, documentales o programas favoritos de TV.
7. **Música:** ¿Desea que sus niños conozcan a Beethoven o a los Beatles? Vea si su biblioteca tiene una colección de música en CD.
8. **Revistas y periódicos:** Dele a conocer a su niño algunas de las revistas diseñadas precisamente para los niños. Al incluir atrevidas fotografías, poemas y una broma o dos, las revistas son otra opción de lectura para los lectores que comienzan. O póngase al corriente con las noticias de su comunidad y comparta una sonrisa con los cómics.
9. **Computadoras:** La mayoría de las bibliotecas públicas ofrecen acceso gratis al Internet, a las computadoras con juegos educativos para los niños y a valiosos recursos en línea para los adolescentes.

Grupo de juego cada miércoles a las 10:00.

Fechas importantes

- 3/3 Noche STEAM 6:00
- 3/5 Reunión con las partes interesadas 9:00
- 3/5 Día del voluntariado 10:00
- 3/6 Reunión comunitaria matutina
- 3/11 No hay clases para los estudiantes
- 3/17 Sesión para padres sobre salud mental 10:00

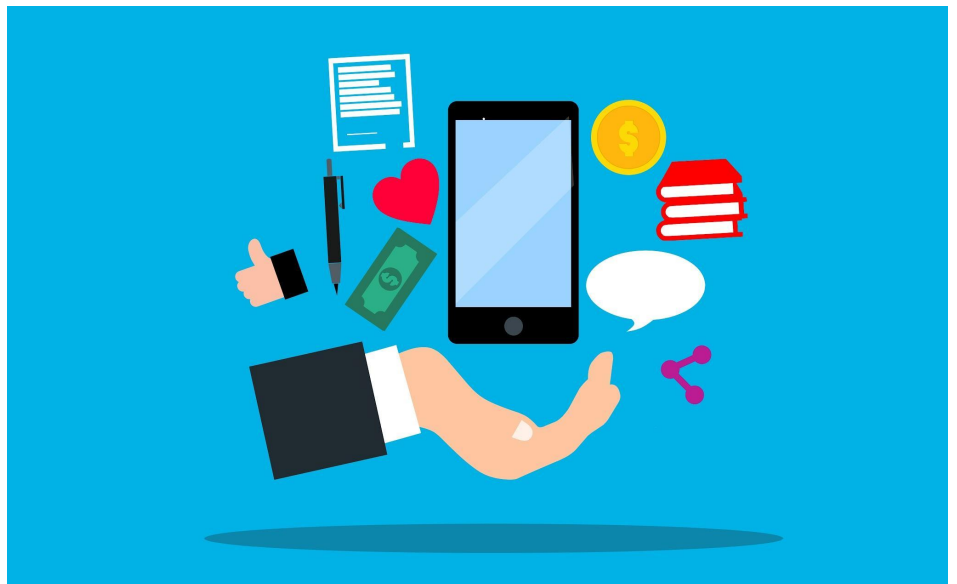
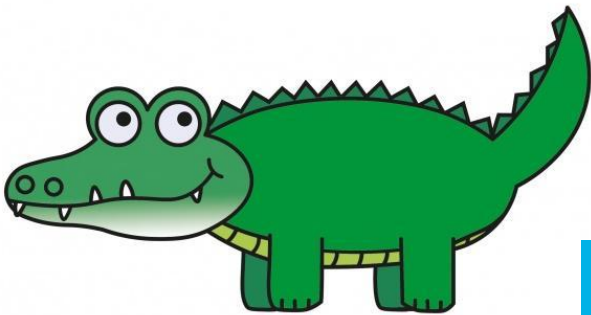


Black History Program



Spring Parade Information

Our Spring parade will be held on April 2nd at 2:00. Kindergartens walk in the parade and throw candy. Kindergarten students will be able to wear their Sunday Best and invite four guests to this event. More information will be sent home at a later date.



PTA News

Dear Catfish Families,

We are excited to announce that our Spring Fundraiser will begin on March 10th and run through March 24th. All order forms and money must be turned in on or before March 24th. This year, all proceeds from the fundraiser will go toward the purchase of sensory boards for the playground, helping create an inclusive and engaging space for all of our students.

To thank our students for their participation, we have some fun incentives planned:

- All participating students will earn a Dress Down Day
- Students who sell over \$120 will earn Recess with the Administrators
- Students who sell over \$300 will earn the chance to Silly String the Administrators
- The top two sellers will be named Principal and Vice Principal for the Day on a special date chosen after the fundraiser

We also want to remind parents that PTA Board Elections will take place in April. As many of our current board members will be moving on to other schools, we are truly in need of new parents and fresh faces to help keep our PTA alive and thriving.

PTA plays a vital role in supporting our school, staff, and—most importantly—our children. If you've ever considered getting involved, now is the perfect time. Even if you're unsure about doing it for yourself, consider doing it for your children and the school community they are a part of every day.

For more information please email PTA at President@allemandspta.org

Thank you for your continued support and dedication to our Catfish family. We truly could not do this without you.

Warm regards,

Laura Brown

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 STEAM Night 6PM	4 PTA Meeting 1PM	5 Stakeholder Mtg - 9 Vol Day - 10	6	7
8	9	10 PTA Fundraiser	11 Student Holiday	12	13	14
15	16 PK Someone Who Loves Me Day	17 K Someone Who Loves Me Day	18	19 1st Someone Who Loves Me Day	20 2nd Someone Who Loves Me Day	21
22	23	24 Fundraiser Ends	25 SchBd Mtg - 6:30	26	27	28
29	30	31				Internet Safety Wkshp - 10AM



NURSE NOTES

March 2026



IMPORTANT INFO:

Safe Kids Worldwide's Play Safety High 5 Checklist includes the following tips:

- Make sure your young athlete has a water bottle to bring to practices and games. For every 20 minutes of play, a young athlete should drink about 10 gulps of water.
- Learn the signs and symptoms of a concussion and encourage athletes to speak up if they get injured.
- Make sure your child's coach has all your emergency contact information.
- For wheeled sports, make sure your child wears a helmet and take the helmet safety fit test to check that it fits properly.
- Check that the playgrounds where your children play have shock-absorbing surfaces. Rubber, synthetic turf, sand, pea gravel, wood chips or mulch are the safest options. Also look for hazards, such as rusted or broken equipment. Alert the local parks and recreation office if a playground is unsafe.



REMINDERS

If your child has any acute or chronic health problems or surgery, please inform the school nurse. Please update with changes throughout the school year.





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(EOE)

March 2026 Elementary Menus

St. Charles Parish Public Schools

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



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

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



The Realm Rises with Breakfast

15+ million students participate in the School Breakfast Program in the United States.

Monday, March 2

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Popcorn Chicken
Mashed Potatoes & Gravy
Cal Blend Veggies
Baked Apples

Tuesday, March 3

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Baked Beans
Orange Wedges

Wednesday, March 4

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chili, Fritos
Garden Salad
Steamed Corn
Banana
Cake or Crisp

Thursday, March 5

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Jambalaya
Broccoli Florets
Steamed Carrots
WW Roll
Pineapple Tidbits

Friday, March 6

Breakfast

Egg Bites
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fish Nuggets
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Pear Halves

Monday, March 9

Breakfast

Grits or Parfait
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, March 10

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Asian Chopped Salad
Edamame Beans
Mandarin Oranges

Wednesday, March 11



Thursday, March 12

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey & Sausage Gumbo
Steamed Rice
Potato Salad
Cucumber/Tomato Salad
Pineapple Tidbits

Friday, March 13

Breakfast

Scone
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Orange Wedges
Jello w/Whip Topping

Monday, March 16

Breakfast

Confetti Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Totchos
Green Beans
Applesauce
Corn Bread

Monday, March 23

Breakfast

Grits or Parfait
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Red Beans w/Steamed Rice
Steamed Carrots
Seasoned Mustard Greens
Cornbread
Peaches

Monday, March 30

Breakfast

Breakfast Pizza
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Filet
Mashed Potatoes
Green Beans
Applesauce

Tuesday, March 17

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Salisbury Steak
Mashed Potatoes
Steamed Corn
Dinner Roll
Apple Wedges

Tuesday, March 24

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Nachos w/Cheese
Steamed Corn
Refried Beans
Salsa
Apple Wedges

Tuesday, March 31

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Alfredo
Broccoli Florets
Steamed Carrots
Pear Halves

Wednesday, March 18

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Potato Soup
Cheddar Goldfish
Garden Salad
Banana
Brownie

Wednesday, March 25

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Manager's Choice

Thursday, March 19

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mesquite Chicken Legs
Mac & Cheese
Broccoli Florets
Baked Beans
Pineapple Tidbits

Thursday, March 26

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey Stew
Steamed Rice
Carrot Soufflé
Steamed Cabbage
Strawberry Cup

Friday, March 20

Breakfast

Waffle
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fish Nuggets
Crinkle Cut Fries
Carrot & Celery Sticks
Orange Wedges

Friday, March 27

Breakfast

Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fresh Hot Pizza
Marinara Sauce
Garden Salad
Orange Wedges
Cookie

Ready for the Journey Ahead

Students who participate in school breakfast programs show improved attendance and academic performance.



Sharp Minds Lead the Way

School breakfast helps students complete challenging mental tasks and boosts problem-solving abilities.

A Smarter Start Wins the Day

Students who eat breakfast the morning of a standardized test achieve 17.5% higher scores than those who do not eat breakfast.



Strong Starts Shape the Future

Students who regularly eat breakfast are more likely to build positive, life-long eating habits and maintain a healthier body weight.



Eating a Complete Breakfast



Eating a whole breakfast improves children's alertness, focus and memory.