



Vanessa Terry, Principal
 Chrissie Paradise, Assistant Principal
 Monique Gutterrez, Assistant Principal
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SHARK BITES

SEPTEMBER 2026

WHERE EVERY STUDENT EXCELS

Mrs. Terry's September Message:

The 2026–2027 school year is well underway! Students are practicing routines and procedures to help ensure a smooth and successful school year. A big thank you goes out to our families who attended Open House and watched the “Welcome Back” video message from me. As I have shared before, communication between families and the school is critical to student success. Please continue to stay in touch with our staff throughout the year if you have any questions or concerns. Conflicts can best be addressed through effective and timely communication between the parties most closely involved.

Beginning this school year, all SCPPS students in grades K–12 will participate in weekly **7 Mindsets** lessons focused on self-awareness, healthy relationships, responsible decision-making, and personal growth. Students will have opportunities to share, reflect on their experiences, and connect what they are learning to their everyday lives.

7 Mindsets is a Tier 1 social-emotional learning (SEL) curriculum that helps students develop essential life skills through interactive, age-appropriate lessons. A mindset-based approach helps students recognize their potential, build resilience, navigate challenges, and remain open to growth. When students believe they can grow, they are more likely to embrace challenges, persevere through difficulties, and try new things. The curriculum is organized around seven mindsets, with each one explored over the course of four weeks. Each mindset includes four lessons that build upon one another, giving students the space to learn, practice, and apply new skills in meaningful ways.

Recognizing and celebrating our students' social-emotional wellness is an important part of our school culture. Beginning this month, we will recognize our **Students of the Month** who have exhibited the mindset **Everything is Possible**. One student from each homeroom will be awarded a special Student of the Month T-shirt and recognized during a celebration ceremony. Students earning this honor may proudly wear their Student of the Month T-shirt any day of the week.

The **Everything is Possible** mindset helps students understand that we are all capable of extraordinary things. Everything in existence was once just an idea until someone believed it was possible and turned it into a reality. Embracing this mindset encourages students to dream big, recognize their potential, and take the steps necessary to turn their goals into reality.

As we move into September, we are excited about the learning, relationships, and opportunities for growth that lie ahead. Our theme this year, **Together We Bloom**, reminds us that every child brings something unique and special to our school community. When families, students, and staff work together, we create the conditions for every child to grow, thrive, and reach their fullest potential.

Thank you for your continued partnership and support. **Together, we will plant the seeds for a successful year, celebrate growth along the way, and help every student bloom. Together We Bloom at ESE!**

ESE Daily Bell Schedule

Arrival Window	Start Time
7:40 AM - 7:50 AM	7:50 AM*
Dismissal Window	Bus Departure
2:50 PM - 3:00 PM	3:00 PM

*Students are tardy anytime after the 7:50 AM bell and must be walked in and signed in by a parent/guardian

Dismissal Time for ALL Early Dismissal Days: 11:55 AM - 12:05 PM

Thursday & Friday, October 22 & 23, 2026*
 Tuesday, December 22, 2026
 Thursday & Friday, February 25 & 26, 2027*
 Wednesday, May 26, 2027

*Parent/Teacher Conference Days

YOU WILL BE NOTIFIED IF ANY OTHER DAYS ARE ADDED

School Mission Statement

The mission of Ethel Schoeffner Elementary School is to provide a high-quality education enabling all students to work independently and cooperatively as empathetic, respectful, and productive life-long learners.

School Vision Statement

While preparing students to be responsible citizens who inspire others to do their best, Ethel Schoeffner Elementary School provides a high quality education in a safe, equitable, and nurturing environment, allowing students to achieve academic, social, and emotional goals.

School Belief Statements**We believe...**

- educating a well-rounded child is our top priority.
- all students are valued as individuals with unique physical, social, cultural, emotional and intellectual needs.
- stakeholders have high expectations for student achievement.
- open and honest communication builds trust and fosters relationships among all stakeholders.
- safe and supportive environments, which provide inclusive and equitable opportunities for all, are the key to overall success.
- literacy proficiency is essential to be future ready.

**Important Dates in September**

- 9/1/26 - Pep Squad Practice 3:00-4:30 pm
- 9/2/26 - Reginelli's Give Back Event
- 9/7/26 - Labor Day Holiday
- 9/9/26 - Progress Reports go home
- 9/11/26 - 3rd Grade Act 422 Parent Meeting
- 9/15/26 - Fun w/ Finley & Friends 5:30 PM
Pep Squad Practice 3:00-4:30 pm
- 9/16/26 - **Student Holiday** - Faculty Professional Development
- 9/23/26 - 4H 3:00-4:15 - 4th & 5th Grade only
- 9/29/26 - Pep Squad Practice 3:00-4:30 pm
- 9/30/26 - 3rd Grade Buddy Lunch

Thank You, Valero!

We are incredibly grateful for the continued generosity of our **Partner in Education, Valero!** Valero recently donated an amazing **\$20,000 to Ethel Schoeffner Elementary** to help fund school projects and support special opportunities for **student and staff appreciation** throughout the year.

In addition to this generous contribution, Valero employees donated **school supplies** to help our students start the year ready for success.

We are so thankful for community partners who invest in our students, support our staff, and help make great things possible at ESE. **Thank you, Valero, for helping our school community bloom!**



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!

COUNSELOR CONNECTION SEPTEMBER 2026



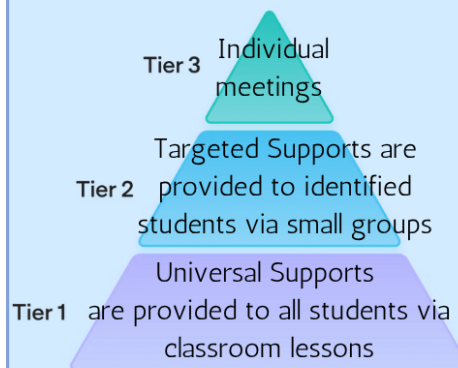
ESE COUNSELING PROGRAM

Welcome to a new school year! We are thrilled to welcome back our returning families and extend a warm welcome to those joining our school community for the first time. Please find more information about our program below and feel free to reach out at any time with questions.

MISSION

The mission of the Counseling Program at Ethel Schoeffner Elementary School is to support the academic, social, and emotional growth of every student by fostering a safe, inclusive, and respectful environment. We partner with educators, families, and the community to help students build confidence, resilience, and empathy, equipping them with the skills needed for lifelong success.

MULTI TIERED SYSTEM OF SUPPORTS



The school counseling program at Ethel Schoeffner Elementary utilizes a Multi-Tiered System of Supports (MTSS) to provide students with a comprehensive and preventative framework that addresses their academic, social-emotional, and career development needs.

- All students will receive Tier 1 support via whole class lessons. Both Mrs. Pethe (School Counselor) and Dr. Carter (Mental Health Professional) will deliver class lessons through morning meetings on a rotating basis. For 4th and 5th grade students, Mrs. Pethe will provide lessons during B week enrichment.
- Tier 2 supports will be provided via small group sessions held during enrichment. Students are identified for participation either by the Panorama Screener or teacher/parent input. Participation in small groups requires parent/guardian permission.
- Tier 3 supports are provided throughout the year to students in need. Please note that school counselors provide short-term, solution-focused support rather than ongoing therapy. If your child requires more intensive care, we are glad to help connect you with outside counseling resources.

CONTACT US @ 985-725-0123

Dr. Miyokia Carter, Mental Health Professional (A-K) mcarter@wearescpss.org
Mrs. Karen Pethe, School Counselor (L-Z) kpethe@wearescpss.org

Starting Strong: Small Steps = BIG Growth!

A new school year means new learning, new challenges, and new opportunities to grow! In 3rd-5th grade, academics can become more challenging, and some students may need a little extra support along the way.

At Ethel Schoeffner, we're here to help! We use student data to identify areas of need, provide targeted academic interventions, and monitor progress to make sure students are moving forward.

How does SBLC help?

Our School Building Level Committee (SBLC) brings teachers, support staff, and families together to look at the whole child. We discuss strengths, areas of concern, interventions already in place, and student progress. As a team, we determine the best next steps to help each student succeed.

You can help at home, too!

Read together, practice math facts, establish a consistent homework routine, and most importantly—celebrate effort and growth!

Through 7 Mindsets, we're teaching students to believe in themselves, keep going when learning gets tough, and recognize that progress happens one step at a time.

School + Home + A Positive Mindset = BIG Growth!

We like to move it...move it!!

We are excited about the fun and educational activities coming to PE this year! Our **5th grade students** will be participating in the **DARE program**, where they will learn important lessons about making healthy choices, building confidence, and making responsible decisions.

Students in **grades 3-5** will also have the opportunity to learn and play **pickleball**! Through this fun and active sport, students will develop their coordination, teamwork, and sportsmanship while learning the basics of the game.



PE Reminder: Please remember to have your child wear **tennis shoes on PE days**. Proper athletic shoes help keep students safe and comfortable while participating in all of our fun activities!

We are looking forward to a fantastic year filled with **learning, staying active, trying new things, and making wonderful memories together!**

🏠 Welcome to the 2026–2027 School Year! 🏠
Healthy Tips for a Healthy Start from the School Nurse

Welcome to a new school year! I look forward to working with you to help keep our students **healthy, safe, and ready to learn**. Please review the important health information below and contact the School Nurse with any questions or concerns.

💉 **Immunization Records**

Every student must have an updated immunization record on file at school.

Please check with your child's healthcare provider to make sure all immunizations are current. Keeping your child's immunizations up to date helps prevent possible exclusion from school.

Students who turn 11 years old are due for additional immunizations. Please schedule an appointment with your child's healthcare provider within 30 days of their 11th birthday and provide the updated record to the school.

💊 **Medications at School**

If your child needs to take medication during the school day:

- Please obtain a **medication packet from the Nurse's Office**.
- The appropriate forms must be completed and signed by the **parent/guardian and your child's healthcare provider**.
- All prescription and over-the-counter medications must be brought to the School Nurse and appropriately labeled according to school requirements.
- **A new medication order is required every school year.**

Please contact the School Nurse **before bringing medication to school** so arrangements can be made and all required paperwork can be completed.

🏠 **Changes in Your Child's Health**

Please notify the School Nurse as soon as possible if your child has experienced **any changes in their medical history over the summer**.

Examples of health conditions or needs the School Nurse should be aware of include:

- Asthma requiring an inhaler or nebulizer
- Diabetes
- Severe allergies or allergic reactions requiring Benadryl/EpiPen
- Seizure disorders
- Special dietary needs
- New medical diagnoses
- Other health conditions or special needs that may affect your child during the school day

Open communication with the School Nurse is strongly encouraged so that we can help provide a safe and supportive school environment for your child.

🍎 **Food Allergies & Special Diets**

If your child has a **food allergy or requires a special diet**, please contact the School Nurse to obtain the appropriate paperwork. **A new diet order must be completed every school year.**

If your child **no longer has a food allergy or dietary restriction**, please provide documentation from your child's healthcare provider so the school can update its records.

❤️ **Working Together for a Healthy School Year**

Thank you for partnering with us to support your child's health and well-being. I am looking forward to a **healthy, safe, and successful 2026–2027 school year!**

Please do not hesitate to contact me with any questions or concerns.

Thank you, and welcome back! 🌟

Your School Nurse,

Abbie LeRouge, RN, BSN

alerouge@wearescpps.org

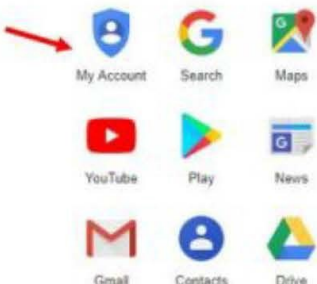


DIRECTIONS FOR ACCESSING GOOGLE AND AMIRA FROM HOME

1. Using Google Chrome, click on the gray grid in the top right corner of the screen.



2. Click on "My Account."

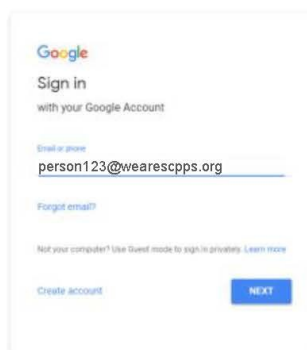


3. Click on "Sign In" in the top right corner of the screen.

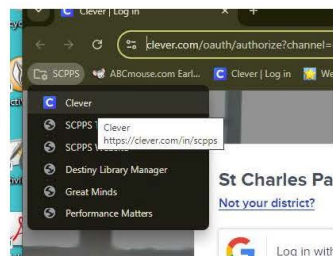


4. Enter the username that was provided to your child. This should be your child's last name (or most of it) with a combination of numbers. You will need to add @wearescpss.org behind your child's username.

5. Enter the password provided to your child. Their password should be scp followed by a combination of numbers.



6. You now have access to your child's Google Drive and Clever. In order to access Amira, click on the SCPPS bookmark, then Clever.



7. Once in Clever, click on Amira and your child is ready to read!



Amira Learning

ESE PEP SQUAD



Our Pep Squad had a wonderful time at
DHS Cheer Camp! We invite you to see
us perform on the sidelines at
the DHS game!

SEPTEMBER 18
DESTREHAN HIGH SCHOOL
6PM

Pep Squad Practice Dates

3:00-4:30 PM

Fall Semester	Spring Semester
September 1 September 15 September 29 October 6 October 20 October 27 November 10 November 17 December 1 December 15 *Christmas Party	January 12 January 26 February 2 February 23 March 2 March 16 April 13 April 27 May 4 May 11 May 18 May 25 *End of Year Party



AHERA Management Plan

Notice: In 1986 all asbestos materials were identified in all school buildings. A management plan was developed for each school as per the Asbestos Hazard Emergency Response Act (AHERA). The management plan is located in a binder in the main office of each school. The binders are available for review upon request.

Since the plan was developed, most of the asbestos has been removed. In a few buildings, some floor tile still remains that contains asbestos. All of the schools meet the health requirements that pertain to the regulation. If you have any questions concerning this topic, please contact Kevin Barney, Director of Physical Plant Maintenance at 985-331-3600 between the hours of 7:00 a.m. and 4:00 p.m.



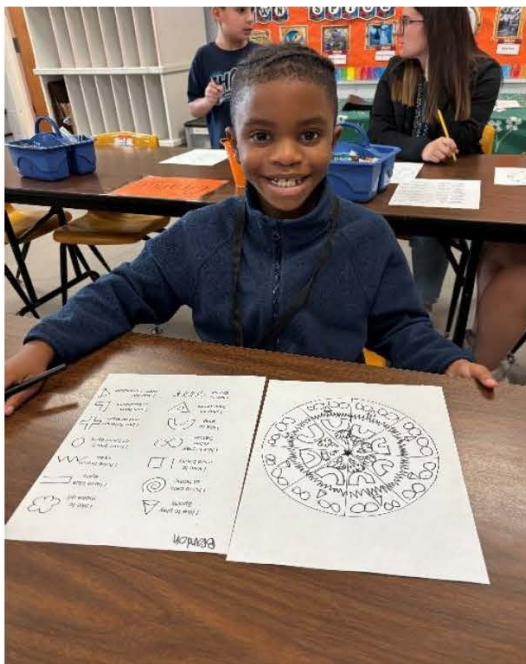
Students in Art Class will learn the elements of art such as line, shape, texture, space, value and form. Students will also learn about famous artists and cultures around the world. Some of the art projects include drawing, painting, printmaking, collage and sculpture.

Our first projects were focused on getting to know each other. Students created Mandalas using a code where symbols represented things about themselves such as having pets, where they were born and interests. They also added their custom symbols. Another project was creating a color wheel where the students told a story about themselves by drawing in each section of the color wheel something that represented their favorite foods, pets, hobbies, etc. with that color.

I am looking forward to a creative year with our amazing artists!

Sandy Mannear

smanneer@wearescpss.org





A FAMILY GUIDE TO

The 7 Mindsets

The *7 Mindsets* is a mindset-based learning solution that helps young people develop the beliefs, habits, and life skills needed to thrive in school, relationships, and beyond. Built on decades of research into the habits of happy, accomplished people, it offers a proven path to academic achievement, strong relationships, and resilience. Over years of real-world use it has been refined to help unlock each student's potential.

5M+

students empowered

15+ yrs

in real classrooms

Research

backed & refined

WHY MINDSETS-BASED INSTRUCTION?

Our mindsets shape how we see the world, ourselves, and our potential. Instead of teaching isolated skills, mindsets-based learning builds the positive attitudes that make students want to learn and grow for the rest of their lives.

Research in positive psychology, growth mindset, and emotional intelligence shows that believing in yourself improves emotional well-being, achievement, and life outcomes.

This approach is powerful because it helps students become more motivated, resilient, and adaptable. These traits sit at the heart of lifelong learning.

When students believe they can grow, they're more likely to take on challenges, keep going when things get hard, and seek out new skills along the way

THE 7 MINDSETS

As we move through the year, you'll get a dedicated guide for each mindset, with practical tips and conversation starters for home. Here's the quick overview.

1 Everything is Possible
Inspires hope. Dream big, embrace creativity, stay positive, and grow from mistakes.

3 We are Connected
Strengthens belonging. Embrace everyone and build meaningful relationships.

5 Attitude of Gratitude
Develops thankfulness. Appreciate your gifts and find the good in every moment.

7 The Time is Now
Sparks engagement. Take initiative and act purposefully toward your goals.

2 Passion First
Ignites purpose. Lead with your strengths, interests, values, and aspirations.

4 100% Accountable
Builds self-belief. Own your choices, your effort, and every outcome.

6 Live to Give
Instills significance. Serve others and make a positive impact on the world.

★ Together at home
Watch for each guide coming home, and use the starters to keep the conversation going.

One mindset at a time. Let's build them together.

You don't need to be an expert. A short conversation, a shared story, or a small moment of encouragement is exactly what makes these mindsets stick.

7 MINDSETS

FAMILY GUIDE · INTRODUCTION



UNA GUÍA FAMILIAR DE

Las 7 Mentalidades

Las 7 Mentalidades es una solución de aprendizaje basada en mentalidades que ayuda a los jóvenes a desarrollar las creencias, los hábitos y las habilidades para la vida que necesitan para prosperar en la escuela, en sus relaciones y más allá. Basado en décadas de investigación sobre los hábitos de personas felices y exitosas, ofrece un camino comprobado hacia el éxito académico, las relaciones sólidas y la capacidad de superar desafíos. A lo largo de años de aplicación práctica, se ha perfeccionado para ayudar a cada estudiante a alcanzar su máximo potencial.

5M+

estudiantes beneficiados

15+ años

en aulas reales

Respaldo

basado en investigación

¿POR QUÉ UNA ENSEÑANZA BASADA EN MENTALIDADES?

Nuestras mentalidades moldean cómo vemos el mundo, a nosotros mismos y a nuestro potencial. En lugar de enseñar habilidades aisladas, el aprendizaje basado en mentalidades fomenta actitudes positivas que motivan a los estudiantes a aprender y crecer durante toda la vida.

Las investigaciones en psicología positiva, mentalidad de crecimiento e inteligencia emocional muestran que creer en uno

mismo mejora el bienestar emocional, el rendimiento y los resultados de vida.

Este enfoque ayuda a los estudiantes a ser más motivados, resilientes y adaptables. Estas cualidades son clave para el aprendizaje continuo.

Cuando los estudiantes creen que pueden crecer, es más probable que enfrenten desafíos, perseveren ante las dificultades y desarrollen nuevas habilidades.

LAS 7 MENTALIDADES

A lo largo del año, recibirá una guía dedicada a cada mentalidad, con consejos prácticos y preguntas para conversar en casa. Aquí tiene un breve resumen.

1

Todo es Posible

Inspira esperanza. Sueña en grande, desarrolla tu creatividad, mantén una actitud positiva y aprende de tus errores.

3

Estamos Conectados

Fortalece el sentido de pertenencia. Acepta a los demás y construye relaciones significativas.

5

Actitud de Gratitud

Desarrolla la gratitud. Valora tus dones y encuentra lo bueno en cada momento.

7

El Tiempo es Ahora

Impulsa la acción. Toma la iniciativa y actúa con propósito para alcanzar tus metas.

2

Pasión Primero

Despierta el sentido de propósito. Aprovecha tus fortalezas, intereses, valores y aspiraciones.

4

100% Responsables

Fortalece la confianza en uno mismo. Asume la responsabilidad de tus decisiones, tu esfuerzo y tus resultados.

6

Vivir para Dar

Desarrolla un sentido de propósito. Ayuda a los demás y genera un impacto positivo en el mundo.

★

Juntos en casa

Esté atento a cada guía que llegue a casa y use las preguntas para mantener viva la conversación.



Una mentalidad a la vez. Construyámoslas juntos.

No necesita ser un experto. Una conversación breve, una historia compartida o un pequeño gesto de aliento es justo lo que hace que estas mentalidades perduren.

7 MENTALIDADES

GUÍA FAMILIAR · INTRODUCCIÓN

Dear Families,

This school year, we have partnered with Amira Learning to provide personalized, research-based reading support designed to help every child grow as a reader.

Students will regularly read out loud to Amira and receive in-the-moment feedback that reinforces fluency, comprehension, vocabulary, and other essential reading skills. Amira listens to help teachers better understand each student's progress, enabling teachers to tailor reading instruction.

As part of the program, your child will:

- Read out loud to Amira through interactive, guided practice
- Complete periodic oral reading assessments that help measure progress
- Receive tailored tutoring shaped by observation of specific reading gaps.

Why Amira? Amira is the only reading intervention recognized by both the What Works Clearinghouse and Evidence for ESSA for producing significant gains on reading outcomes. In multiple studies conducted by leading universities and State Departments of Education, students reading with Amira grew 25%+ faster. Amira is a Time Magazine Invention of the Year. The software has been reviewed and approved by dozens of State Education Departments across the nation.

Amira is intelligent software developed at Carnegie Mellon University. Amira is not a chatbot. Amira does not respond to general questions, browse the internet, or generate open-ended content. The software deploys a carefully designed set of skillbuilding exercises based on the Science of Reading. Everything students hear—from the questions Amira asks to feedback on reading struggle—has been reviewed by literacy experts and educators. Students read with Amira just a few minutes at a time and the time is spent actively reading.

Amira is designed with student safety and privacy at its core. Student information is handled in accordance with the district's privacy requirements. Data is used strictly for educational purposes and collected with the consent and oversight of your school district, in compliance with federal law (FERPA).

Improving literacy is one of the District's most important priorities. Amira helps students learn to read, is proven safe and works in harmony with teachers.

Please feel free to reach out with any questions or to learn more about how Amira supports reading development.



GET TO KNOW Z EARN

Zearn Math is a nonprofit math learning platform that your child will use to complete online math lessons. With Zearn, students have more ways to engage with grade-level math, always with the personalized support they need.

Throughout their math learning on Zearn, your child will:



Explore the important math ideas of their grade



Make sense of math with pictures and interactive models



Solve math problems in lots of different activities



Students learn grade-level math concepts with their teacher or tutor.



They log in to Zearn and explore those same concepts with on-screen teachers and interactive problem-solving.



If students get stuck, they receive built-in math help, just in time.

Research shows that students who complete Zearn Math digital lessons each week significantly increase their math scores.

© Zearn 2025

ZEARN IS THE NONPROFIT EDUCATIONAL ORGANIZATION BEHIND ZEARN MATH.

Everything we do is driven by the belief that every kid is a math kid.

WHAT IS
ZEARN?

WHAT ARE ZEARN DIGITAL LESSONS?

Your child will use ZearnMath's digital platform to complete online math lessons that are engaging and supportive. In each digital lesson, students will:



Warm up

Opening activities give students a chance to flex their math skills and get ready to learn.



Learn something new

Students explore math concepts with real teachers, solve math problems online and in their notes, and receive real-time feedback.



Show what you know

Finally, students demonstrate what they've learned in the Tower of Power. If students get stuck, Zearn breaks down the problem step-by-step and gives them a chance to try again.



SUPPORTING ALL LEARNERS

ZearnMath digital lessons have built-in features and supports to ensure all students can engage and succeed in math learning. These features include:

A

Closed captioning
in every lesson

B

Audio supports
like text-to-speech
for every problem

C

Ability to rewind
to rewatch any part
of a digital lesson

D

Zoomability
to view text and
images closer up

E

**On-screen
keypad**



Reach out to
support@zearn.org
for more information on
accessibility features and
supports for multilingual
learners.

TIPS TO SUPPORT YOUR CHILD'S MATH LEARNING

Our school is using Zearn Math to help your child make the most of their math learning this year. Here are some ideas for how you can play a part in motivating and celebrating your child in math!



MISTAKES ARE WELCOME HERE

Making mistakes is how we learn

Encourage your child to persevere in math by reminding them that we learn by trying things we can't do yet! Check out this [collection of downloadable reminders](#) all around the theme that mistakes are magic.

Mistakes are magic

Celebrate progress

Kidsearn "badges" for each lesson they complete on Zearn. Ask your child how many badges they've completed this week!



We learn by **TRYING** to do things we can't do **yet.**



Zearn is the 501(c)(3) nonprofit educational organization behind Zearn Math, the top-rated math learning platform used by 1 in 4 elementary-school students and by more than 1 million middle-school students nationwide. Everything we do is driven by the belief that every kid is a math kid.

© Zearn 2025



ETHEL SCHOEFFNER ELEMENTARY 4-H CLUB *SHARKS*



Club Meetings

4-H members will participate in club meetings at school, which will feature hands-on projects and updated information on school and parish 4-H program opportunities.



AFTERSCHOOL

Club Dues & Requirements

4-H members will be required to pay club dues, which will cover the cost of purchasing club materials and official club membership into the St. Charles Parish and Louisiana 4-H Youth Development programs. 4-H members and families will need to complete necessary school and parish 4-H forms to participate in the program. See your 4-H Club Leaders for necessary School 4-H Club forms. Parish 4-H Enrollment Forms will be distributed at the first club meeting to be returned to school before their October club meeting.



\$10 FEE



**SCHOOL & PARISH
4-H FORMS**

Communication & Updates

After enrolling in the 4-H club program, members may be invited to join their school club 4-H Google Classroom. 4-H members may access the Google Classroom for school and parish 4-H program updates. 4-H Leaders will provide updates at school and club meetings. For questions about the school program, contact your 4-H Club Leaders. For questions regarding any parish program and beyond, contact the Parish 4-H Agent.

Parish 4-H & Beyond

By joining the school 4-H club, members are invited to participate in 4-H opportunities beyond their school level. Members will receive monthly 4-H newsletters posted in their school club Google Classroom and can visit the parish 4-H websites for updates: www.lsuagcenter.com/stcharles and www.facebook.com/scp4h



The LSU AgCenter and LSU provides equal opportunities in employment and programs.

MEET YOUR ESE 4-H LEADERS



Mrs. Annette Matherne
amatherne@wearescp4h.org

Mrs. Myrtle Keller
mceller2@wearescp4h.org

Mrs. Kelly Perret
kperret@wearescp4h.org

Dr. Kali Zammit

kzammit@agcenter.lsu.edu



PARISH 4-H AGENT

ETHEL SCHOEFFNER ELEMENTARY 4-H

Club



2026-2027

Meeting Schedule

4th - 5th graders:

Wednesday
Wednesday
Wednesday
Wednesday
Wednesday
Wednesday
Wednesday

September 23
October 28
November 18
December 16
January 27
February 24
March 24
April 28 **By invitation only

*Members will be notified of any date changes.

3rd graders:

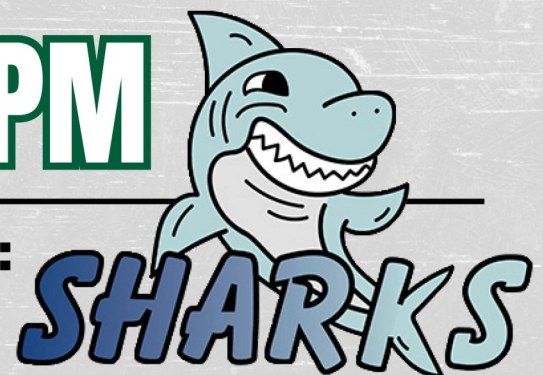
3rd Grade Cloverbud Meetings will be held on Club Days during the school day. Listen to announcements and instructions from 4-H Leaders for more information.

MEETING TIME:

3:05 PM - 4:15 PM

ETHEL SCHOEFFNER 4-H LEADERS:

MRS. MATHERNE, MRS. KELLER, AND
MRS. PERRET





REGINELLI'S

PIZZERIA

Giveback Event!

Ethel Schoeffner Elementary

September 2nd, 2026

EAT PIZZA.
DO GOOD.
GO SHARKS!

Reginelli's Destrehan

150 Ormond Center Ct. | (985) 725-2411

Reginelli's will **DONATE 10%**
of your order when you
mention **ESE!**

Pizza with Purpose!

Grab a slice, support our school, and
help our **SHARKS** make a big impact!

September 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pep Squad Practice 3:00-4:30 PM	2 Reginelli's Give Back Event Reginelli's Dostrehan will donate 10% of your order if you mention ESE	3	4	5
6	7 Labor Day HOLIDAY NO SCHOOL	8	9 1st Quarter Progress Reports go home	10	11 3rd Grade Act 422 Parent Meeting	12
13	14	15 Pep Squad Practice 3:00-4:30 PM Fun with Finley & Friends Family Fun Night 5:30-7:00 PM	16 Student Holiday Faculty Professional Development	17	18	19
20	21	22	23 4th Meeting 4th & 5th Grade Only 3:00-4:15 PM	24	25	26
27	28	29 Pep Squad Practice 3:00-4:30 PM	30 3rd Grade Buddy Lunch 10:45-11:30 AM			

September 2026 Elementary St. Charles Parish Public Schools

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



Students who eat School Breakfast:

1. Participate in class
2. Remember more of what they learn
3. Have healthier body weights
4. Are more alert
5. Have higher test scores
6. Make healthier food choices throughout the day
7. Have better concentration

BREAKFAST IS BRAIN POWER



Tuesday, September 1	Weds, September 2	Thursday, September 3	Friday, September 4
Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Roasted Chicken Loaded Mashed Potatoes Steamed Corn Dinner Roll Apple Wedges	Lunch Grilled Cheese Sandwich Veggie Soup Garden Salad Banana Brownie	Lunch Sweet & Sour Meatballs Macaroni & Cheese Broccoli Florets Carrots Pineapple Tidbits	Lunch Chicken Sandwich Tater Tots Baked Beans Lettuce/Tomato/Pickle Orange Wedges

Monday
Sunbutter Sandwich
Tuesday
Charley Box
Wednesday
Deli Sandwich
Thursday
Entrée Salad
Friday
Sunbutter Sandwich

AVAILABLE DAILY

Monday, September 7	Tuesday, September 8	Weds, September 9	Thursday, September 10	Friday, September 11
NO SCHOOL LABOR DAY MONDAY SEPTEMBER 7, 2026	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Muffin w/Cheese Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
	Lunch Orange Chicken Fried Rice Edamame Beans Asian Salad Mandarin Oranges	Lunch Turkey & Sausage Gumbo Steamed Rice Potato Salad, Crackers Cucumber/Tomato Salad Banana	Lunch Chicken Spaghetti Broccoli Florets Italian Salad Garlic Bread Pineapple Tidbits	Lunch Mini Corn Dogs Crinkle Cut Fries Carrots & Celery w/Ranch Orange Wedges Cookie



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

Monday, September 14	Tuesday, September 15	Weds, September 16	Thursday, September 17	Friday, September 18
Breakfast Pancake on a Stick Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	REMINDER NO SCHOOL TODAY Staff Professional Development	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Popcorn Chicken Mashed Potatoes Cal Blend Veggies Cinnamon Apple Slices	Lunch Jambalaya Broccoli Florets Steamed Carrots Dinner Roll Pineapple Tidbits		Lunch Fish Nuggets Macaroni & Cheese Green Beans Cucumber & Tomato Salad Pears	Lunch Sloppy Joe Tater Tots Baked Beans Orange Wedges

Activity Guidelines for School-Age Children

Recommendations

Kids and teens (6-17) should perform:
✓50 min./day of moderate to vigorous physical activity, mostly aerobic
✓2x/week muscle-strengthening activities
✓2x/week bone-strengthening activities

Activities

- Aerobic:** Think running, biking, swimming or playing tag
- Muscle-strengthening:** Gymnastics, climbing trees or monkey bars, yoga
- Bone-strengthening:** Jump rope, soccer, tennis, basketball

How to Help Kids Improve

- **Not meeting guidelines:** Gradually increase enjoyable physical activities.
- **Meeting guidelines:** Maintain and try to increase physical activity.
- **Exceeding guidelines:** Maintain activity level, but vary activities to reduce overtraining or injury.

Benefits

- ✓Better bone and heart health
- ✓Healthier weight
- ✓Reduced risk of depression

Author: Jessica Felgo, M.S., ACSM
ACSM American College of Sports Medicine
Elevance Health Foundation

Monday, September 21	Tuesday, September 22	Weds, September 23	Thursday, September 24	Friday, September 25
Breakfast Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Parfait, Egg Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Red Beans & Rice Mustard Greens Steamed Carrots Cornbread Peaches	Lunch Nachos Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges	Lunch Shepherd's Pie Broccoli Florets Garlic Bread Banana Jello w/Topping	Lunch Turkey Stew Steamed Rice Candied Yams Steamed Cabbage GRAPES	Lunch Pizza Marinara Sauce Green Beans Orange Wedges

Monday, September 28	Tuesday, September 29	Weds, September 30	Thursday, October 1	Friday, October 2
Breakfast Confetti Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Totchos Green Beans Cornbread Applesauce	Lunch Roasted Chicken Loaded Mashed Potatoes Steamed Corn Dinner Roll Apple Wedges	Lunch Potato Soup Cheddar Gold Fish Garden Salad Banana Brownie	Lunch Pork Chop Macaroni & Cheese Broccoli Florets Carrots Pineapple Tidbits	Lunch Chicken Sandwich Tater Tots Baked Beans Lettuce/Tomato/Pickle Orange Wedges

WHY GRAPES ARE GREAT FOR YOUR HEALTH

