

— September 2026 —

R. K. Smith Middle School

We are committed to ensuring that all students are critical thinkers and life-long learners in order to make a positive impact on society.

A Message from the Principal

Mr. Harold W. Blood

What an incredible start to the school year! Walking through the hallways and visiting classrooms this past month, I have been so impressed by our students' energy, enthusiasm, and positive behavior. Our school theme this year is "**We Are One**" and this motto serves as a daily reminder of the importance of students, staff, caregivers, and community members working together. When we collaborate, support one another, and stay united in our goals, we create an environment where every student can thrive and learn at high levels.

Please help us maintain a safe and focused learning environment by reviewing a few key campus expectations with your child:

- Must be visible and worn on a clip at all times while on campus.
- Skirts and shorts must be no higher than 3 inches above the knee.
- Hoods on jackets or sweatshirts are not permitted .
- Cell phones must be off before entering the building and placed in lockers immediately upon arrival to school.

Daily attendance is critical to academic success, and we want to celebrate students who show up ready to learn every single day! We are excited to announce our **SwagFest "AttenDANCE" incentive**. Students who achieve **ZERO unexcused absences** between Monday, August 17, and Friday, October 9, will earn an invitation to **SwagFest** on Friday, October 16 at 1:30 PM. Encourage your student to keep up the great work so they don't miss out on the fun! If your student must miss school, please make sure to turn in parent notes or doctor's excuses for the absences.

September also brings fantastic opportunities for students to get connected outside the classroom. In addition to our ongoing football, volleyball, cheer, and dance seasons, our campus clubs are kicking off this month. If your child isn't involved in an extra-curricular activity yet, please encourage them to join one! Options like **4-H**, **Robotics**, and **Student Council** are great ways to build friendships, develop leadership skills, and stay engaged.

Finally, please mark your calendars: **Progress reports will be sent home on Friday, September 18 and 8th grade LOSFA forms are due to Dr. Dorsey by Friday, September 11.** Take time to review your child's grades with them, sign the report, and return it to school promptly. If you have any questions or concerns about your student's progress, please do not hesitate to reach out directly to their teachers.

Thank you for your ongoing partnership, support, and dedication to our "We Are One" community. Let's make it a great September!

Warm regards,

Mr. Blood

RKS Weekly Information Guide:

Your Go-To Resource for Student Success

Stay Connected with Our Weekly Information Guides!

The school to home connection is essential to student success, and we want to make it as easy as possible for parents and guardians to stay engaged with what is happening in the classroom every day. You can access our Weekly Information Guides by visiting the RKS website or scanning the **QR code below for quick access!**



Picture Day is Coming!

Mark your calendars! RKS Picture Day is **Thursday, October 8, 2026**. All students will take their school pictures in school uniform.

Families will receive an email from Romaguera Photography with a link to purchase their student's portraits. Families who order **before** Picture Day will receive **free shipping** on their order. After Picture Day, families will also receive a link to view their student's photos and purchase available packages.

Get those smiles ready for October 8!

TIGER SPORTS



Stay in the Loop with the New RKS Tiger App!

We are excited to launch the official **RKS Tiger App**, your new all-in-one hub for RKS extracurriculars. Whether your child is on the field, court, mat, or stage, the app keeps you connected to every team and squad in real time.

Why Download?

- **Live Game & Event Calendars:** Access up-to-the-minute schedules for sports, cheer, dance, and other activities.
- **Instant Push Notifications:** Get immediate alerts for schedule changes, and announcements straight to your phone.
- **Team & Squad Hubs:** Easily find rosters, coach contact details, game locations and more.
- **Media & Photo Galleries:** View and download high-resolution photos capturing every touchdown, routine, and performance throughout the season.

Download the **RKS Tiger App** for free today on both the Apple App Store and Google Play Store. Simply scan the QR code included here to stay connected. Go Tigers!

R. K. Smith Middle School 2026 FOOTBALL SCHEDULE	
TUESDAY 8/18 VS HOUMA JR HIGH	Houma Jr High School 5:30pm
THURSDAY 9/3 JAMBOREE	Hahnville High School 5pm
THURSDAY 9/10 VS JB MARTIN*	Hahnville High School 5pm
TUESDAY 9/15 VS CAMMON*	Hahnville High School 5pm
THURSDAY 9/24 VS HURST*	Hahnville High School 5pm
WEDNESDAY 9/30 VS JB MARTIN	Hahnville High School 5pm
THURSDAY 10/8 VS CAMMON	Destrehan High School 5pm
TUESDAY 10/20 VS HURST	Destrehan High School 5pm
SUNDAY 10/25 VS CAMMON	Caesars Superdome - New Orleans 3:25pm
* Home Game	

R. K. Smith Middle School 2026 VOLLEYBALL SCHEDULE	
WEDNESDAY 9/2 @ LPE 5:00PM	
TUESDAY 9/8 VS LPE* 5:30PM	
MONDAY 9/14 VS JB MARTIN* 5PM	
MONDAY 9/21 VS CAMMON* 5PM	
MONDAY 9/28 VS HURST* 5PM	
THURSDAY 10/1 @ JB MARTIN 5PM	
MONDAY 10/5 @ CAMMON 5PM	
WEDNESDAY 10/7 VS HURST 5PM	
* Home Game A games will follow B games	

CALLING ALL VOLUNTEERS

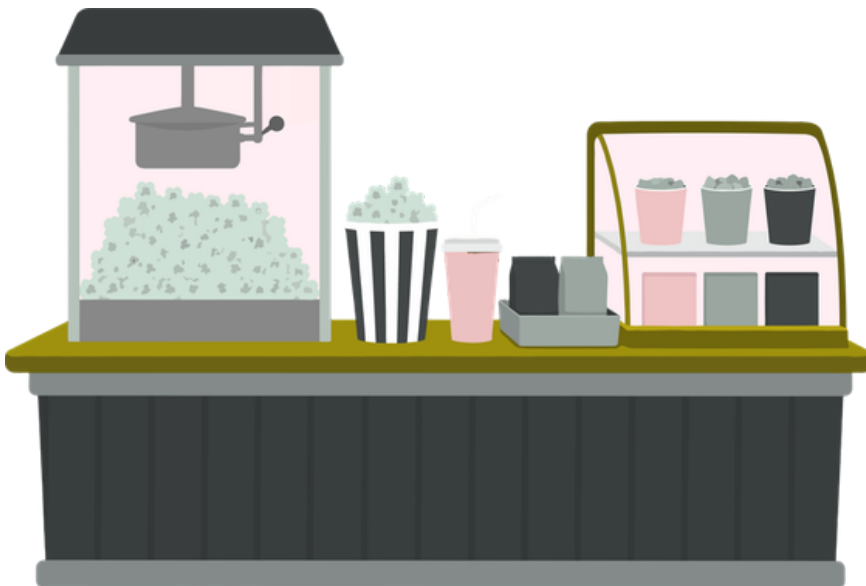
WE NEED YOU!

CONTACT MRS. HARRIS TO
VOLUNTEER TO HELP WITH
CONCESSIONS AT ANY OF
OUR HOME GAMES

Kristina Harris
kharris2@wearescpps.org
985-331-1018



SNACK SHACK



Snack Shack is Back!

Students can stop by the RKS
Snack Shack on **September 11**
& **25** to grab a treat!

Drinks & Chips – \$1
Candy – \$2

Dates are subject to change.

Safety Tip of the Month

Did You Know?

Louisiana weather can change quickly. Practicing severe weather procedures helps students know exactly where to go and what to do if a tornado warning or severe storm occurs during the school day.

How Families Can Help:

- Talk with your child about remaining calm during drills.
- Encourage them to listen carefully to adult directions.
- Review your family's emergency plan at home.

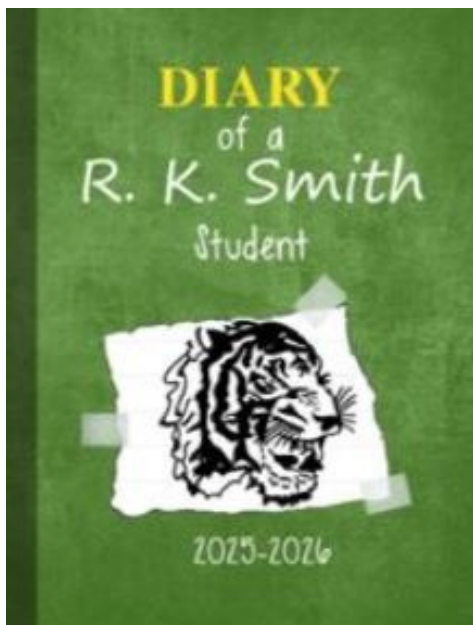
Safety Starts With All of Us!



LAST CHANCE SALE

2025-2026 YEARBOOK

SPECIAL OFFER



Don't Miss Out on Last Year's Memories!

Missed your chance to grab a yearbook last year? **2025-2026 RKS Yearbooks are still available for just \$20!** Relive the memories and favorite moments from last school year.

See Mrs. Mascarella to purchase yours while supplies last!

R. K. Smith Middle School

Swag Fest

Quarter 1 AttenDANCE

It's the 1st Quarter and we are officially attendance-maxing at R. K. Smith Middle. When you show up to school and put forth your best effort every single day you are building habits for success, staying on track with your classes, and proving you've got what it takes to crush Q1.

Students who have **ZERO unexcused absences** from Monday, August 17 through Friday, October 9 will receive an invitation to SwagFest.

SwagFest is happening on **Friday, October 16 at 1:30 PM**. A **live DJ** taking over the gym with non-stop music and dance floor energy. We'll be serving up **nachos** and **drinks** to keep you going! This will be a **dress down day** for all students who are invited to SwagFest! Wear your favorite (school-appropriate) outfit and bring your ultimate swag!

- Excused absences for illness require written verification from a physician or medical provider.
- Parent notes may be used to excuse up to two days per nine-week period, as long as total absences for the year do not exceed 10 days.
- **All written excuses must be submitted to the school office specialist within 3 days of the student's return to school.**

Keep attendance-maxing, get your best fit ready, and we'll see you at SwagFest!

Questions? Contact the School Office at (985) 331-1018.

Like & FOLLOW

Here's what's happening on our social media pages! Stay connected & follow along for the latest highlights, events, and Tiger pride moments! #rksmithmiddle #followus #kidsfirst

ON FACEBOOK & INSTAGRAM @RKSMITHMIDDLE



Counselor's CORNER

As we begin a new school year, September is a great time for students to establish positive routines, develop strong study habits, and become familiar with the support available to them at school.

Throughout the month of September, students will participate in counselor's lessons during PE focused on effective study habits. We will discuss strategies to help students become more organized, manage their time, prepare for assessments, and develop habits that support academic success.

September is Suicide Prevention Month, a time dedicated to raising awareness, reducing stigma, and encouraging students to reach out for help when they are struggling. Throughout the month, we will emphasize the importance of looking out for ourselves and others and knowing when and how to seek support.

RKS will recognize SPEAK LIFE WEEK, September 21-25, as a way to close out Suicide Prevention Month. On September 21, students will participate in a suicide prevention presentation during their exploratory classes. Parents will receive an opt-out form if they do not want their child to participate. Through the presentation, students will learn about warning signs, how to reach out for support when they or someone they know is struggling, and resources available to help.

Remember: You are not alone. Your life matters, and asking for help can make a difference. If you or someone you know is struggling or having thoughts of suicide, please reach out to a trusted adult or mental health professional. You can also call or text 988 to reach the 988 Suicide & Crisis Lifeline.

Dr. Dorsey
School Counselor
jdorsey@wearescpps.org

Upcoming Events

- September 8: **7 Mindsets Day** – Students may wear a solid-colored shirt representing their favorite 7 Mindset with uniform bottoms.
- September 11: **LOSFA forms sent home** with 8th grade students.
- September 21-25: **Speak Life Week** – Raising awareness for Suicide Prevention Month.
- September 23: **Day of Hope** – Students may wear a yellow shirt with uniform bottoms.



HEALTH NOTES

from

OUR

NURSE

Healthy Habits for a Healthy School Year

Now that we're a few weeks into the school year, help us keep our students **healthy** and **ready to learn**! Encourage your child to get plenty of sleep, drink water throughout the day, eat a healthy breakfast, and wash their hands regularly.

As cold, flu, and other illnesses begin making their way around, please remember to keep your child home if they have a fever, vomiting, diarrhea, or other symptoms that may be contagious. Students should be fever-free for **24 hours without fever-reducing medication** before returning to school.

Medication reminder: No student is allowed to carry any medication to school. This includes topical creams or ointments, oral medication, antibiotics, inhalers, cough drops, medicated lip balm, and more. Medication paperwork must be renewed each year; it does not carry over. Students with dietary allergies or restrictions must also have a dietary form completed by their doctor. Forms are available in the school office or can be sent home by request. This paperwork is required by Child Nutrition so they can flag the student's account and ensure they are not given foods or drinks that could trigger an allergic reaction. A new form must be submitted each year.



Thank you for helping us keep RKS healthy!



School Nurse: Aspen Jack
ajack@wearescpss.org

A FAMILY GUIDE TO THE 7 MINDSETS

Everything is Possible

WHAT YOUR STUDENT IS LEARNING

The *Everything is Possible* mindset focuses on the power of hope, reminding us that everyone has the potential to achieve great things. Every young person can build a life full of happiness, success, and meaning. When students believe in that potential, they reach for more.

RESEARCH SHOWS

Better grades

plus stronger friendships and emotional well-being.

PRACTICAL TIPS FOR YOUR FAMILY

- 1 **Talk about the future**
Picturing the future sparks positive growth. Talk about their dreams to build hope and expand their sense of what's possible.
- 2 **Support dreams, don't shut them down**
A goal may seem unrealistic, but what matters most is that they dream. Discouragement can stop them from setting goals at all.
- 3 **Share your dreams and failures**
Talk about your own dreams and the times things didn't go as planned. It shows them it's okay to try, fail, and keep going.

MINDSET MATTERS

ways we support your child

- **Dream Big**
Set ambitious goals and believe in the potential to achieve extraordinary things.
- **Embrace Creativity**
Look for new ideas and new ways to grow.
- **Think Positive**
Build resilience and meet challenges with optimism.
- **Act and Adjust**
Take charge and keep moving forward, even through setbacks.

Try this together this week

Pick one "impossible" dream together and name a single small step you could take toward it this week.

CONVERSATION STARTERS

What's something you did that seemed impossible at first? How did you make it happen?

What's one new thing you want to try this week, even if it feels difficult?

What's one goal or dream you're excited about right now?
What's one small step you could take toward it?

Can you think of a time you kept trying even when something was hard? What helped you keep going?

UNA GUÍA FAMILIAR DE LAS 7 MENTALIDADES

Todo es Posible

QUÉ ESTÁ APRENDIENDO SU ESTUDIANTE

La mentalidad *Todo es Posible* se enfoca en el poder de la esperanza y nos recuerda que todos tenemos el potencial para lograr grandes cosas. Cada joven puede construir una vida llena de felicidad, éxito y propósito. Cuando los estudiantes creen en ese potencial, se atreven a llegar más lejos.

LA INVESTIGACIÓN MUESTRA

Mejores notas

además de amistades más fuertes y bienestar emocional.

CONSEJOS PRÁCTICOS PARA SU FAMILIA

- Hablen del futuro**
Imaginar el futuro inspira el crecimiento positivo. Converse sobre sus sueños para fortalecer la esperanza y ayudarle a ver todo lo que puede lograr.
- Apoye sus sueños, y no los frenes**
Una meta puede parecer poco realista, pero lo más importante es que sueñen. El desánimo puede hacer que dejen de fijarse metas.
- Comparta sus sueños y sus fracasos**
Hable sobre sus propios sueños y sobre las veces que las cosas no salieron según lo planeado. Esto les muestra que está bien intentar, fallar y seguir adelante.

LA MENTALIDAD IMPORTA cómo apoyamos a su estudiante

- Sueña en Grande**
Establecer metas ambiciosas y creer en el potencial para lograr cosas extraordinarias.
- Aprovecha la Creatividad**
Buscar nuevas ideas y nuevas maneras de crecer.
- Piensa Positivo**
Fortalecer la capacidad para superar desafíos y enfrentar las dificultades con optimismo.
- Actúa y Ajústate**
Seguir avanzando, incluso cuando surjan dificultades.

Para probar en familia esta semana

Elijan juntos un sueño que parezca “imposible” y definan un pequeño paso que puedan dar esta semana para acercarse a él.

PREGUNTAS PARA CONVERSAR

¿Qué cosa lograste que al principio parecía imposible? ¿Cómo lo conseguiste?

¿Qué cosa nueva te gustaría intentar esta semana, aunque parezca difícil?

¿Cuál es una meta o un sueño que te entusiasma en este momento? ¿Qué pequeño paso podrías dar para acercarte a él?

¿Recuerdas alguna vez en que seguiste intentándolo, aunque algo fuera difícil? ¿Qué te ayudó a no rendirte?

September 2026 Middle School Menus

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



AVAILABLE DAILY

Every day at Lunch
DeW Sandwich

Mon/Weds/Fri Special
Fresh Hot Pizza

Tuesday's Special
(selection rotates weekly)
Chicken Sandwich
Grilled Cheese Sandwich

Thursday's Special
Hamburger or Cheeseburger

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 Enchiladas Southwest Corn Salad Cup Orange Wedges

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 Crispy 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 Pasta/Lasagna Green Beans Garden Salad Orange Wedges

Activity Guidelines for School-Age Children

Recommendations

Kids and teens (6-17) should perform:
• 60 min./day of moderate to vigorous physical activity, mostly aerobic
• 3x/week muscle-strengthening activities
• 3x/week bone-strengthening activities

Activities

Aerobic: Think running, biking, swimming or playing tag

Muscle-strengthening: Gymnastics, climbing tree or monkey bars, yoga

Bone-strengthening: Jump rope, basketball, tennis, basketball

How to Help Kids Improve

• **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

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 Pancake, 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 General Tso Chicken Lo Mein Noodles Edamame Asian Salad 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 Tostitos 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 Enchiladas Southwest Corn Salad Cup Orange Wedges

WHY GRAPES ARE GREAT FOR YOUR HEALTH

- HIGH IN ANTIOXIDANTS
- MAY SUPPORT SKIN FUNCTION
- SUPPORTS BONE HEALTH
- CONTAINS NATURAL ANTILIPIDEMATIC COMPOUNDS
- SUPPORTS HEART WELLNESS
- MAY HELP WITH WEIGHT LOSS EFFORTS
- SUPPORTS HEALTHY AGING & CELL PROTECTION