

October 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

Happy October! It is hard to believe that our first quarter of the school year wraps up on Friday, October 9. It has been a fantastic start to the year! I am so proud of how well our incoming 6th grade students have adjusted to middle school and our 7th and 8th graders have done a great job of leading by example! From engaging daily instruction to packed schedules with clubs, football, volleyball, cheer, dance, and a variety of extracurricular activities, our students have been working hard both in and out of the classroom.

Now that our students are settled into their routines and daily expectations, it is time to lock in academically. Please help us support your child at home by making sure they take time each day to review their notes from class, study, and read. Consistent daily habits at home make a world of difference in classroom success. You can always visit the Weekly Information Guide on our website to see what students are learning in each class.

Here are a few important dates and reminders as we transition into the second quarter:

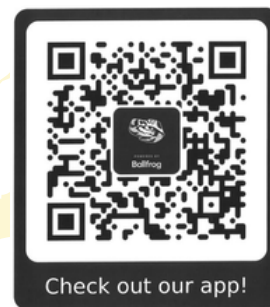
- **October 16 – SwagFest:** We will be celebrating students who have zero unexcused absences with our “SwagFest” event! Please ensure all parent notes and medical excuses for past absences have been turned in to the front office so your child doesn’t miss out.
- **October 20 – Report Cards:** First-quarter report cards will be sent home with students.
- **October 22 & 23 – Parent-Teacher Conferences:** We will host in-person conferences at the school on these two days. You can reserve your conference time online by visiting the calendar link on our school website. If you are unable to attend in person on these dates, please reach out directly to your child’s teachers to schedule a phone conference at a convenient time.

As we look ahead, remember that great achievements do not happen by accident—**success is intentional**. When students show up every day and put in dedicated effort, there is no limit to what they can accomplish. Thank you for your continued partnership and support of our school!

Warm regards,

Mr. Blood

TIGER SPORTS



Stay connected with all things RKS extracurriculars through the new **RKS Tiger App!** Get game schedules, event updates, team information, photos, and more, all in one place. Download the app for FREE from the Apple App Store or Google Play Store by scanning the QR code!



8TH GRADE NIGHT

Celebrating Our 8th Grade Tigers!

We loved celebrating our **8th grade football players, cheerleaders, dancers, & volleyball players** during 8th Grade Night! We are proud of the hard work, dedication, and Tiger Pride they have shown throughout the season. A special thank you to the families and friends who came out to support our students, and to our amazing coaches who work tirelessly to support, encourage, and guide our student-athletes!

A **huge shout-out to our Student Council members and sponsors** for making 8th Grade Night so special! Thank you for all of the time, planning, and effort you put into making sure our 8th grade athletes were celebrated in such a memorable way!



BAND & CHOIR

HIGHLIGHTS

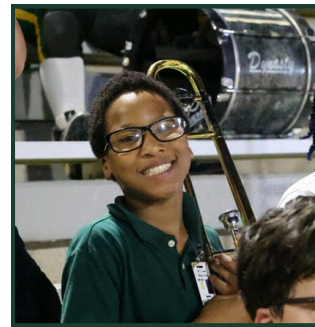
Congratulations to Our All-State Tigers!

We are proud to celebrate Amyra Ballard, Alice Barrett, and Tyonne Lewis for being selected to the ACDA All-State Honor Choir! This is an incredible accomplishment, and we are so excited to see our RKS Tigers representing our school with their talent and hard work. Way to go, Tigers!



The Sound of Tiger Pride!

A big thank you to our RKS Choir and Band for bringing the music, energy, and Tiger Pride to our home football games! Your performances help make Thursday nights at RKS special, and we appreciate you sharing your talents and keeping the spirit of the Tigers loud and proud!





CLUB NEWS

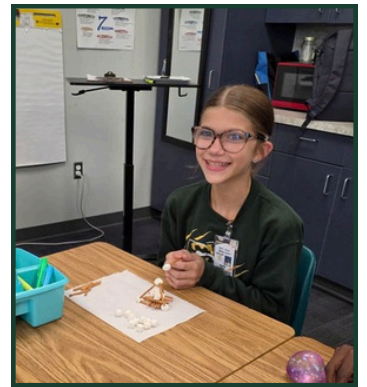
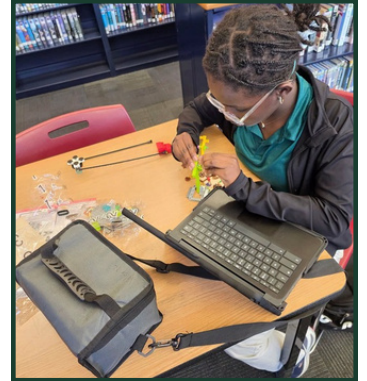
There's Something for Everyone at RKS!

RKS clubs are officially underway, and we love seeing so many of our Tigers finding ways to get involved! From **Student Council**, **Robotics**, **4-H**, **Chess Club**, **Chick-fil-A Leadership Academy**, and **Jr. Beta**, students are connecting with friends, trying new things, and showing their Tiger pride!

Junior Beta Club

We are excited to welcome 54 new members to Beta Club! Our September 29 induction ceremony was a special celebration as our new officers presented the Beta pledge and welcomed our newest members. Thank you to the families who joined us to celebrate! As we recognize Founder's Day, students are also learning about J.W. and the dog that represents his legacy, along with the importance of leadership, kindness, and service.

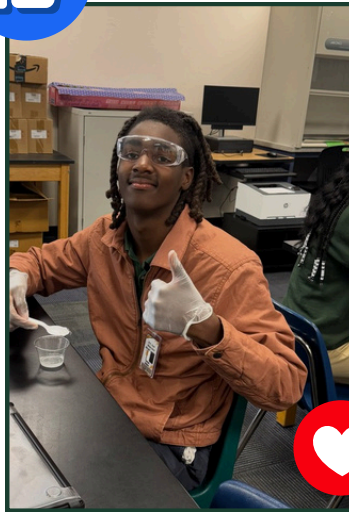
Our Beta members are already putting those values into action through the Socks for Seniors Kindness Challenge, collecting new socks through October 27 for residents at Ashton Manor. Members will also visit Ashton Manor on October 8 to share Halloween fun, snacks, and a craft with residents. We are proud to see our students learning that service is more than something we talk about, it's something we do!



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



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!

R. K. Smith Middle School

Swag Fest

Quarter 1 AttenDANCE

- **Don't Miss Out on SwagFest! Turn In Your Absence Excuses Today**

SwagFest is Friday, October 16! Students with zero unexcused absences for the quarter will celebrate with a live DJ, free nachos and drinks, and a dress-down pass!

If your child has missed school, please check their attendance in PowerSchool and submit any outstanding doctor or parent notes to the main office as soon as possible. Parents may use written notes to excuse up to two absences per quarter. We can't wait to celebrate our students who are showing up and ready to learn!

Quarter 1 Wrap-Up!

As we draw closer to the end of the first quarter of the 2026-2027 school year, we want to thank all of our families for a great start to the school year! Here are the some important dates and details you need to know regarding grades:

- The last day of the 1st quarter is **Friday, October 9.**
- **Report cards** will be sent home with students on **Monday, October 20.**
- Parents and guardians are invited to schedule a conference to discuss student growth and goals. **Conferences** will be held on **Thursday, October 22 from 12:30 PM – 5:30 PM** and **Friday, October 23 from 12:30 PM – 3:00 PM.**

Conferences can be attended in person or conducted by phone. Each session is scheduled for 10 minutes. Please click the link below to reserve your 10-minute conference time with your child's teachers:

- [6th grade conference signups](#)
- [7th grade conference signups](#)
- [8th grade conference signups](#)

You don't have to wait for conference days to connect with us! If you ever have questions or concerns regarding your child's academic progress or behavior, please reach out to their teachers or the main office at any time. We value our partnership with you and look forward to speaking with you soon!

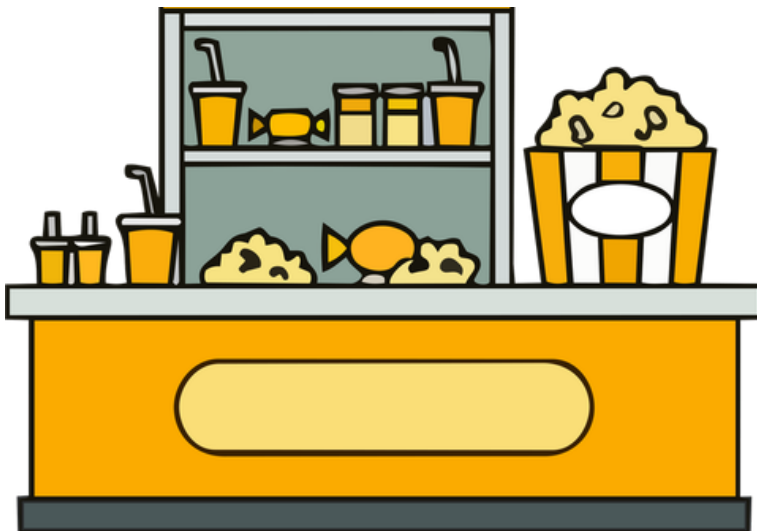
VETERAN'S DAY CELEBRATION

R.K. Smith Middle School will honor our veterans on
Wednesday, November 11.

As part of the celebration, we will be creating a **Wall of Honor**. If you have a family member who has served in the armed forces, please send in a photograph of your veteran. Be sure to include their name, branch of service, and the RKS student they are connected to.

You can email the photo and information to **Mrs. Hutchens** (shutchens@wearescpss.org) or send a physical copy of the photograph to the school with your child.

SNACK SHACK



Snack Shack is Back!

Looking for a little treat during the school day? The RKS Snack Shack will be open on October 9 & 23! Students can stop by and grab a favorite snack or drink while supporting RKS.

Drinks & Chips – \$1

Candy – \$2

Dates are subject to change.

Safety Tip of the Month

Did You Know?

October is **National Bullying Prevention Month**, a time to promote kindness, inclusion, and respect. Everyone has a role in creating a safe and welcoming school community. When students report bullying or harassment, they help protect themselves and others and allow adults to provide support before situations escalate.

How Families Can Help:

- Encourage your child to report bullying or harassment to a trusted adult.
- Remind them that reporting a concern is an act of caring—not tattling.
- Reinforce the importance of kindness and respect in school, online, and in the community.

If you have concerns, please contact one of our student support professionals:

Tai Cambre, Mental Health Professional: tcambre1@wearescpss.org

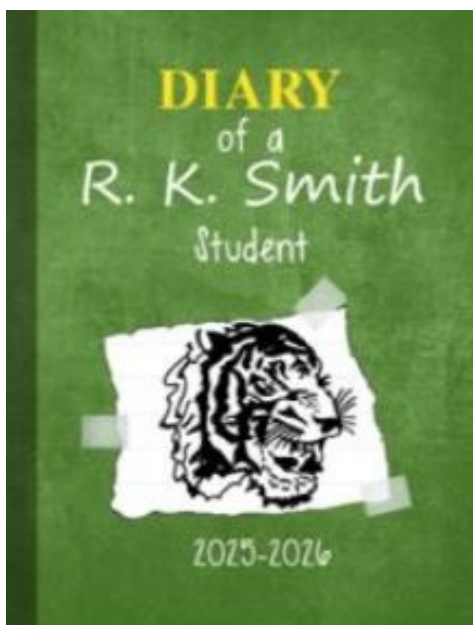
Jasmine Dorsey, School Counselor: jdorsey@wearescpss.org

If your child or someone else is in immediate danger or experiencing a life-threatening emergency, call 911 immediately. **Safety Starts With All of Us!**

LAST CHANCE SALE

RKS YEARBOOKS: WHILE SUPPLIES LAST

SPECIAL OFFER



Don't Miss Out on the Memories!

Looking for a yearbook from a past school year? We still have a limited number available!

2025-2026 Yearbooks: \$15

2024-2025 Yearbooks: \$10

Grab a copy and relive your favorite RKS memories! See **Mrs. Mascarella** to purchase yours while supplies last.

Counselor's CORNER



Dear Parents and Guardians,

October is **Bullying Prevention Month** and a time for our RKS community to focus on kindness, unity, respect, and making positive choices. Throughout the month, students will participate in counseling lessons and activities focused on bullying prevention, Red Ribbon Week, and showing kindness to others.

Our Bullying Prevention lessons will focus on bullying and cyberbullying, including how to recognize it, how it affects others, and what students can do to be an upstander and help create a safe and respectful school environment.

On **October 21**, we will celebrate **Unity Day** and stand together against bullying. Students will be encouraged to show that kindness, acceptance, and inclusion matter.

We will also celebrate **Red Ribbon Week** from **October 26-30**. As part of the nation's oldest and largest drug prevention campaign, students will learn about the importance of being drug-free and making healthy, positive, and responsible choices that support their goals and future.

Throughout October, students can also participate in our **BIG Kindness Challenge!** We are challenging students to look for opportunities to encourage someone, include others, lend a hand, or simply make someone smile. Students who complete a blackout on their Kindness Challenge Bingo Card will be entered for a chance to win one of three special prizes.

We look forward to making October a month filled with kindness, unity, respect, and positive choices throughout RKS!

Dr. Dorsey

School Counselor
jdorsey@wearescpss.org

Upcoming Events

- **All October:** School-Wide Kindness Challenge Bingo Card
- **October 21:** Unity Day – Students may wear an orange shirt with uniform bottoms.
- **October 26:** Students may wear a red shirt with uniform bottoms.
- **October 28-31:** Red Ribbon Week – Make a Difference. Be a Hero. Stay Drug Free.





A calmer home.
A brighter
tomorrow.

13 Parenting Tips

for a Better Home Life When Your Child Has

ADHD

Small changes can make a big difference!

Support
Understand
Encourage
Empower
They can! ♥

A SAFE • STRUCTURED • SUPPORTIVE HOME HELPS KIDS WITH ADHD THRIVE!

1 Use Rewards and Consequences

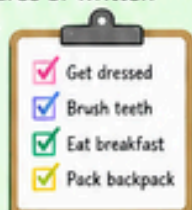
Notice good behavior and use rewards. Be clear and consistent with consequences.



Good choices lead to great things!

2 Create Checklists

Break routines into simple steps using pictures or written lists.



3 Catch Good Behaviors

Notice and praise the positive!



4 Give Clear Instructions

Be specific and give one or two directions at a time.

"Put your clothes in the hamper and make your bed."

5 Use Calm Breaks

A short, quiet break can help your child reset when emotions are high.



Calm Down
Breathe
Reset
Try Again

6 Be Consistent

Keep rules, routines and consequences the same from day to day and between caregivers.

Consistency Builds Confidence

7 Get Creative

Use what motivates your child. Give warnings and use timers for tricky transitions (like screen time).



10 minutes
5 minutes
2 minutes
Time to stop!

8 Make Time for Play

Play helps build focus, social skills and self-regulation.



Play
Learn
Grow
Repeat

9 Try Sensory Activities

Sensory play can help your child feel calm and focused.



Play-dough
Water play
Music
Movement
Outdoor fun

10 Encourage Their Imagination

Kids with ADHD often have creative minds. Let them explore art, stories, dress-up and more!



Creative Minds Change the World

11 Model Social Skills

Practice taking turns, listening, and handling disappointment during play and everyday moments.



Kindness Matters

12 Limit Screen Time

Set clear, consistent limits. Use timers and offer alternative activities.



Balance is Key

13 Keep Them Moving

Physical activity helps reduce ADHD symptoms and boosts mood.



Move More
Feel Better

Progress
NOT
Perfection

Support TODAY
Strong Tomorrow ♥

SAME KID. BRIGHTER TOMORROW.

- ✓ More Understanding
- ✓ More Connection
- ✓ More Good Days
- ✓ A Brighter Future

HEALTH NOTES

from

OUR

NURSE

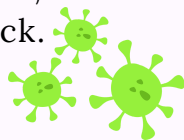
Think Before You Grab an Energy Drink!

Energy drinks may seem like an easy way to get a quick boost, especially before sports or a long school day, but they can contain very high amounts of caffeine that are not recommended for kids and teens. Too much caffeine can cause a racing or irregular heartbeat, increased blood pressure, trouble sleeping, headaches, and other health concerns. Students should choose water as their first choice for hydration, especially during sports and physical activity.



Get Ready for Flu Season

Flu season is on the way, and October is a great time for families to start preparing. The annual flu vaccine can help protect against serious illness, and it takes about two weeks for the body to build protection after vaccination. Students can also help keep our RKS community healthy by washing their hands regularly, covering coughs and sneezes, avoiding sharing drinks, and staying home when they are sick.



Growing Happy, Growing Healthy

October is Children's Health Month, a time to focus on helping children grow and learn in safe, healthy environments. This year's theme, "Growing Happy, Growing Healthy," reminds us that health includes the spaces where we live, learn, and play. Families and students can help by keeping spaces clean and safe, practicing healthy habits, and learning about environmental concerns, including lead exposure and other hazards that can affect children's health.



School Nurse: Aspen Jack
ajack@wearescpps.org

A FAMILY GUIDE TO THE 7 MINDSETS

Passion First

WHAT YOUR STUDENT IS LEARNING

The *Passion First* mindset is about having a sense of purpose. Everyone needs something that excites them, a spark that helps them become fully engaged and unlock their potential. It means being true to yourself and finding joy where what you care about meets what the world needs.

RESEARCH SHOWS

Better grades

less stress, and more effort to overcome challenges.

PRACTICAL TIPS FOR YOUR FAMILY

- 1 **Be passionate about their passions**
Discover and celebrate your child's strengths and interests. Their interests may change over time, so encourage them to follow what makes them happy.
- 2 **Try new things**
You never know which activity might spark a lifelong passion. Explore new opportunities together. Small moments can lead to big changes.
- 3 **Focus on personal growth**
Encourage your child to embrace what makes them authentic, and set the example by following your own values and passions.

MINDSET MATTERS

ways we support your child

- **Focus on Strengths**
Identify and build on strengths to grow confidence.
- **Explore Your Interests**
Try different interests to discover what sparks engagement.
- **Take a Stand**
Standing up for values builds self-respect and the courage to decide.
- **Be Authentic**
Expressing your true self builds real connections and fulfillment.

Try this together this week

Try one brand-new activity together this week, then talk about what felt exciting about it.

CONVERSATION STARTERS

What's one talent or skill you're really proud of? How could you use it to make a difference?

What's something you've always wanted to learn or try but haven't yet? What's stopping you, and how can I help you start?

What activity makes you lose track of time because you enjoy it so much? What do you like most about it?

When do you feel most like yourself? What are you doing, and who are you with?

UNA GUÍA FAMILIAR DE LAS 7 MENTALIDADES

Pasión Primero

QUÉ ESTÁ APRENDIENDO SU ESTUDIANTE

La mentalidad *Pasión Primero* se trata de tener un sentido de propósito. Todos necesitamos algo que nos entusiasme, una chispa que nos ayude a involucrarnos por completo y a desarrollar nuestro potencial. Significa ser fiel a uno mismo y encontrar alegría donde lo que nos importa se encuentra con lo que el mundo necesita.

LA INVESTIGACIÓN MUESTRA

Mejore s notas

menos estrés y más empeño para superar los desafíos.

CONSEJOS PRÁCTICOS PARA SU FAMILIA

- 1 Apasiónese por sus pasiones**
 Descubra y celebre las fortalezas e intereses de su estudiante. Sus intereses pueden cambiar con el tiempo, así que anímelo a seguir lo que lo hace feliz.
- 2 Prueben cosas nuevas**
 Nunca se sabe qué actividad puede despertar una pasión para toda la vida. Explore nuevas oportunidades juntos. Los pequeños momentos pueden traer grandes cambios.
- 3 Enfóquense en el crecimiento personal**
 Anime a su estudiante a valorar lo que lo hace auténtico y dé el ejemplo siguiendo sus propios valores y pasiones.

LA MENTALIDAD IMPORTA cómo apoyamos a su estudiante

- Concéntrate en las Fortalezas**
 Identificar las fortalezas y apoyarse en ellas para ganar confianza.
- Explora tus Intereses**
 Probar distintos intereses para descubrir qué genera entusiasmo.
- Toma una Posición**
 Defender los valores para fortalecer el respeto propio y la valentía para decidir.
- Sé Auténtico**
 Mostrar setal como uno es para crear conexiones reales y plenitud.

Para probar en familia esta semana

Prueben juntos una actividad totalmente nueva esta semana y luego conversen sobre qué les resultó emocionante.

PREGUNTAS PARA CONVERSAR

¿De qué talento o habilidad te sientes más orgulloso? ¿Cómo podrías usarlo para marcar la diferencia?

¿Qué te gustaría aprender o probar, pero todavía no lo has hecho? ¿Qué te detiene y cómo puedo ayudarte a empezar?

¿Qué actividad disfrutas tanto que pierdes la noción del tiempo? ¿Qué es lo que más te gusta de ella?

¿Cuándo sientes que puedes ser tú mismo? ¿Qué estás haciendo y con quién estás?

October 2026 Middle School Menus St. Charles Parish Public Schools

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

AVAILABLE DAILY

Every day at Lunch
Deli 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



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

BENEFITS OF PUMPKIN



NUTRIENT-RICH
High in vitamins
(A, C, E)



**BOOSTS
IMMUNITY**
Help the body
fight infections



**PROMOTES
EYE HEALTH**
Supports vision



**HIGH IN
ANTIOXIDANTS**
Protect cells
from damage



**AIDS
WEIGHT LOSS**
Low in calories
high in fiber



**HEART
HEALTHY**
Help lower risk
of heart disease

POPULAR WINTER SQUASH VARIETIES



Monday, October 5

Breakfast

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

Lunch

Chicken Tenders
Fried Rice
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, October 6

Breakfast

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

Lunch

Orange Chicken
Fried Rice
Edamame Beans
Asian Salad
Mandarin Oranges

Weds, October 7

Breakfast

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

Lunch

Turkey & Sausage Gumbo
Steamed Rice
Potato Salad, Crackers
Cucumber/Tomato Salad
Banana

Thursday, October 8

Breakfast

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

Lunch

Pork Chop
Macaroni & Cheese
Broccoli Florets
Carrots
Pineapple Tidbits

Friday, October 9

Breakfast

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

Lunch

Chicken Enchiladas
Southwest Corn
Refried Beans
Orange Wedges

Monday, October 12



Tuesday, October 13

Weds, October 14

Breakfast

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

Lunch

Carnival Chili w/Cheese
Carrots, Fritos
Steamed Corn
Pear Halves
Animal Crackers

Thursday, October 15

Breakfast

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

Lunch

Juggling Fish Nuggets
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Banana

Friday, October 16

Breakfast

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

Lunch

Prime Time Pastas
Baked Beans
Garden Salad
Orange Wedges



Monday, October 19

Breakfast

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

Lunch

Red Beans & Rice
Mustard Greens
Steamed Carrots
Cornbread
Peaches

Tuesday, October 20

Breakfast

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

Lunch

Taco's w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Banana

Weds, October 21

Breakfast

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

Lunch

Chicken Alfredo
Broccoli Florets, Dinner Roll
Cucumber/Tomato Salad
Apple Wedges
Jello w/Topping

Thursday, October 22

Breakfast

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

EARLY DISMISSAL

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Pineapple Tidbits

Friday, October 23

Breakfast

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

EARLY DISMISSAL

Lunch

Chicken Sandwich
Tater Tots
Lettuce/Tomato/Pickle
Orange Wedges

National School Lunch Week
(NSLW) celebrates the school
nutrition professionals who serve
nutritious, delicious meals that
help millions of students learn,
grow, and thrive.

It's a time for schools,
families, and communities to
recognize the important role
school meals play in supporting
student health, well-being, and
academic success.

Every school day, more than
95,000 schools and
institutions serve lunch to over
30 million students nationwide.



Monday, October 26

Breakfast

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

Lunch

Totchos
Green Beans
Cornbread
Applesauce

Tuesday, October 27

Breakfast

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

Lunch

Roasted Chicken
Loaded Mashed Potatoes
Baked Beans
Apple Wedges

Weds, October 28

Breakfast

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

Lunch

Veggie Soup
Grilled Cheese Sandwich
Garden Salad
Banana
Brownie

Thursday, October 29

Breakfast

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

Lunch

Turkey Stew w/Rice
Candied Yams
Steamed Cabbage
TANGERINES

Friday, October 30

Breakfast

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

Lunch

General Tso Chicken
Lo Mein, Asian Salad
Edamame Beans
Orange Wedges