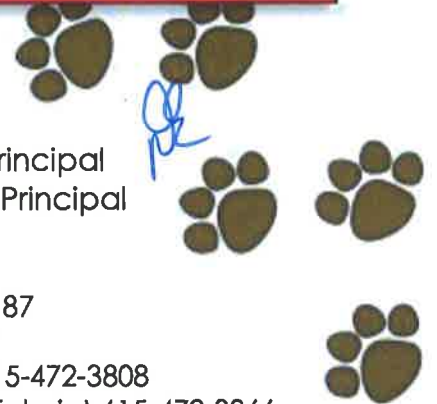


December 1, 2017



The Bear Facts



Franklin Elementary School

1501 Figuers Drive
Franklin TN 37064

615-794-1187 phone
615-591-2800 fax www.fssd.org/FESweb

Follow us on Twitter! @fssdFES

Dr. David Esslinger, Principal
Anne Riley, Assistant Principal

Important Numbers

Front Office 615-794-1187
FES MAC 615-591-2813
Sandra Deal (Nurse) 615-472-3808
Catherine Dumke (Cafeteria) 615-472-3866

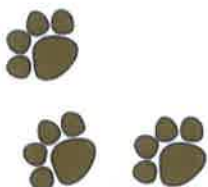
Mark Your Calendars

December

- 01 – Fun Run Award Ceremony 2:15 p.m.
- 04 – 20 Roller Skating During PE
- 11 – Board of Education Meeting, PGES 6:30 p.m.
- 14 – Staff Holiday Breakfast
- 14 – PTO Meeting 8:45 a.m.
- 19 – Colonial Days All Day – 4th
- 20 – Polar Express 10:00 a.m. – 3rd
- 21 – Abbreviated Day 10:30 a.m.
- 21 – Winter Assembly – Sing-A-Long 8:45 a.m.
- 22 – January 2 Winter Break

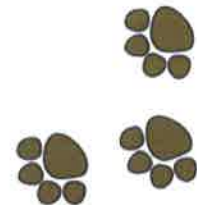
January

- 05 – Students Return



December Staff Birthdays

- 01 – Julianne Bergman
- 07 – Charlie Kelton
- 14 – Jeanne Womble
- 17 – Debbie Higdon
- 27 – Vikki Saleem
- 31 – Amy Brannum
- 31 – Minder Miller



In This Issue

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Notes from the School Nurse

by Sandra Deal, School Nurse

Is it a cold or is it the flu? That's the million dollar question this time of year! The common cold and the flu are caused by different viruses but can have similar symptoms, which makes it sometimes difficult to tell them apart. In general, the flu is worse and symptoms are more intense.

COLDS: Usual symptoms include stuffy or runny nose, sore throat and sneezing. Coughs are hacking and productive. It's unusual to have fever, chills, headaches and body aches, or if present, those symptoms will be mild. Symptoms usually come on gradually.

FLU: Fever is usually present, along with chills, headache and moderate to severe body aches and tiredness. Coughs are dry and unproductive and sore throats are less common. Symptoms come on rapidly, sometimes within three to six hours.

The best defense against both illnesses is good handwashing. Washing hands with soap and water is the best way to reduce the number of germs. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

What is the right way to wash your hands?

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.

As always, if you have any questions or concerns don't hesitate to contact me.



Coordinated School Health News

by Lisa Chatman, FSSD CSH

The FES student health council will meet on Wednesday, December 6, at MAC at 4 p.m.

There are some fun holiday activities planned for this last meeting before the holiday.



Book Nook

by Julie Bryant, Librarian

Thank you, thank you, thank you parents, grandparents, friends and students! You made our book fair one of the most successful ones yet! It is fun to see everyone so excited to get new books and I hope you enjoyed them over the holiday break. Many students came back and told me about the books they read and that is great to hear.



A HUGE THANK YOU to Lori Jones and Barbara Ann Corbett for being wonderful partners, helpers and decorators. I could not have done this without them. Thank you also to Nicole Clark, Cheryl Kidd, Shannon McWaters, and Melinda Mickholtzick who helped with decorating, writing wish lists, being cashiers and packing up the fair. You all were amazing and a great help. Coffee was available any time. Also, Mrs. Bourn and Hillary Tutt, thank you for donating your time for our Open House. We couldn't have done it without you either! And I cannot forget the Related Arts team who were ready to jump in and help where it is needed.

A big HUGE thank you to the faculty and staff of our fantastic school as your cowboy hats were a huge hit and who knew sparkly hats were all the rage! Yee Haw!

Have a wonderful holiday season!

Bake Sale Thank You!

by Caroline Beauchamp, Lauren Shannon, Malaina Wells

A big thanks to all those who took the time to bake goods for our annual sale - especially Mrs. McMahan, who brought in more than 20 items!! Also, thank you to those who came to open house and bought the delicious goods. You helped raise more than \$600 for the school, and we're grateful for your support.



Ice Cream Birthday Order Form and Cafeteria News

by Catherine Dumke, Cafeteria Manager

If you would like to celebrate your child's birthday with ice cream from the cafeteria, please use the "Birthday Ice Cream Order Form" included in this newsletter.

Interesting Fact: We served 831 Thanksgiving meals this year!

Lunch Money: All money for the cafeteria should be sent in an envelope or baggie clearly labeled with child's name, amount enclosed and "lunch account".

Balances: Please pay off any negative cafeteria balances before the holiday break.

Menu: The menu is available on the FES web site under cafeteria drop down.

Counselor's Corner

Andrea Gillette, School Counselor

Happy Friday! I hope you had a great week back at school after the break. The character word for the month of December is caring. The students will be learning ways to care for each other and show kindness. The kindergarten, third, and fourth grades came to my class this week. The kindergarten students learned ways to calm down when they are angry. The third grade students learned about persevering and goal setting. The fourth grade students learned about having a positive attitude and thinking about positive qualities of self. Next week, the first and second grades will come to my class. The first grade students will learn about kindness and giving a buildup (kind words) to other people. The second grade students will learn about handling teasing. In the next few weeks, we will focus on ways to treat others with kindness.



Say No to Phones and Yes to Family Time



Please take time to talk with your child each evening instead of focusing on your phone. In order for students to be successful, they need quality family time such as conversations during dinner, playing board games or cards, reading together and talking about it, taking a walk outside, etc. Students benefit from this in so many ways. They learn how to communicate with friends and be a friend, how to get along with other students, how to focus, and how to show kindness to peers. So, let's all put our phones down and focus on our precious children!

Veterans Day 2017

by Debbie Higdon, Special Education

Franklin Elementary celebrated veterans in many ways this year. Fourth grade students marched in the annual Veterans Day Parade in downtown Franklin. Students wrote letters to veterans thanking them for their service.

On the Friday before Veterans Day, a slideshow of family members of FES teachers and staff who served or do serve in the military was shown during morning announcements.

A Wall of Remembrance in the front hallway depicted family members of our FES community who have or do serve in the armed services. This remembrance was proudly displayed during the month of November, reminding us of the bravery and honor FES veterans have shown through their service to our country.

In all these ways, students realized how important our veterans are to our country. Celebrating Veterans Day each year is a way to continually honor those whose service to our country is an ultimate gift.



Birthday Ice Cream Order Form

1. Parents: please complete information below and submit, *with payment*, to the school office. Please submit form *at least 2 weeks in advance* of the birthday celebration. The cost is \$0.50 (50 cents) per treat. Cash or checks accepted.
2. Mrs. Deal, School Nurse, will enter dietary restrictions and submit form to the School Nutrition Manager. (Cafeteria mailbox)

Below to be completed by parent/guardian

Student Name: _____

Teacher/Home Room: _____ *(4TH graders will be sharing their treats with their Block 2 class)

Day/Date of Event: _____ # of treats needed: _____

Ice Cream Treat Choice: ___ Fudge Bar ___ Ice Cream Sandwich

(pick one) ___ Orange Push-Up ___ Cotton Candy Bar

 ___ Chocolate Cup ___ Vanilla Cup

.....

Below to be completed by school nurse

Students with known dietary restrictions (as indicated on student health form)

___ No known dietary restrictions for this classroom.

___ Known dietary restrictions listed below.

Student Name

Dietary Restriction

_____	_____
_____	_____
_____	_____

___ (initial) Nurse Reviewed

Below to be completed by School Nutrition Manager

Amount Paid: \$ _____ ___ Cash or ___ Check # _____

Check below based on individual school protocol

___ Treats to be available for students during regular lunch period.

___ Treats to be available for teacher pick-up at _____ (time) on date of event.

___ (initial) Submitted to school nutrition manager with payment on _____ (date),
and copy given to teacher.

Cafeteria Lunch Menus

by Catherine Dumke, Cafeteria Manager



Breakfast

Fat free and low fat milk, a variety of fruits, and 100% juice offered daily

Assorted Cereal Pancakes Omelet & Toast Toast	Assorted Cereal French Toast Sticks Sausage & Biscuit Oatmeal Toast	Assorted Cereal Breakfast Pizza Pancake & Sausage on a Stick Scrambled Eggs Toast	Breakfast Burrito Blueberry Muffin Ham & Cheese Croissant Yogurt Trix Triple Cherry	Assorted Cereal Sausage & Biscuit Waffles Yogurt Parfait Toast
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Lunch

Fresh salad bar and assorted fresh fruits and cold sandwiches available daily

2017 - 2018 Lunch Schedule

10:55-11:25 1st 11:35-12:05 PreK at the Annex
 11:05-11:35 Kindergarten 11:50-12:20 2nd
 11:25-11:55 4th 12:05-12:35 3rd

4 Bosco Sticks with Marinara Sauce Chicken Sandwich Orange Glazed Carrots Tater Tots	5 Walking Taco Lettuce, Tomato and Cheese Pinto Beans Salsa	6 Baked Chicken Chicken Smackers Green Beans Mashed Potatoes Whole Wheat Roll	7 Cheese Omelet Chicken Patty Pancakes Sausage Patty Romaine Tossed Salad Hash-browns	8 Cheese Pizza Pepperoni Pizza Spaghetti with Meat Sauce Caesar Salad Cheesy Cauliflower Garlic Breadsticks Carnival Cookie
11 Bosco Sticks with Marinara Sauce Hamburger/Cheese- burger Baby Carrots Baked Beans French Fries	12 Chicken Fajita Taco Meat Black Beans Lettuce, Tomato and Cheese Mexican Corn Whole Wheat Flour Tortillas Chocolate Chip Cookie Salsa	13 Baked Chicken Chicken Smackers Green Beans Mashed Potatoes Whole Wheat Roll	14 Chicken Patty French Toast Sticks Sausage Patty Scrambled Eggs Spinach Salad Baby Carrots & Tomatoes Tater Tots	15 Cheese Pizza Chicken Penne Pepperoni Pizza Romaine Tossed Salad Peas and Carrots
18 Bosco Sticks with Marinara Sauce Mini Corn Dog Cheesy Broccoli Emoji Potatoes Oatmeal Raisin Cookie	19 Cheese Nachos Chicken Quesadilla Black Beans Lettuce, Tomato and Cheese Salsa	20 Baked Chicken Chicken Smackers Green Beans Mashed Potatoes Whole Wheat Roll	21	22

December 22 - January 2

