

October 1, 2018

Dear Parents and Guardians,

It's hard to believe that we have finished our first month of the school year already. The children have settled in and are working hard. Open House was a huge success—thanks to all our Merrymount families for coming. Below is a brief overview of important announcements and descriptions of our upcoming events:

- ❖ **Character Education:** Our character value for the month of October is ***Trustworthiness***. Throughout this month, we will be stressing the importance of being honest, obeying school rules, admitting mistakes and making amends for wrongdoings. We hope you will find ways to reinforce these important lessons at home.
- ❖ **Reminders:** For safety reasons, parents/guardians/other relatives/friends please have identification handy when you come to pick up your child from school. Also, please send in a note with your child if he/she is being dismissed early from school. If you are picking up your child, who is usually on the bus or a day care van, please let us know early in the day before dismissal.
- ❖ **Recess:** Recess is in full “swing”! Many of the teachers have purchased recess equipment for their students. The children are enjoying activities such as kickball, basketball, football, and jumping rope. Each grade level has scheduled recess time multiple times a week, in addition to lunch recess. The students are chomping at the bit to use the incredible new playgrounds!
- ❖ **October Healthful Hints:** Let's talk about breakfast. What is a good breakfast for your child? A good breakfast should include a carbohydrate (whole grain bread, waffles, potatoes, oatmeal, cereal and fruits) to feed the brain and a protein (beans, dairy, eggs, nuts, meat or fish) to feed the body and sustain your child until snack or lunch. A snack should **never** replace a breakfast! Your child should have breakfast in order to get a good start for the school day. The following website may give you some ideas for preparing healthy breakfasts for your children: www.eatingwell.com/recipes_menus/collections/healthy_breakfast_recipes_for_kids Remember a good breakfast bar with a glass of milk can also be a great way to start the day if you don't have time.
- ❖ **Principal's Reading Club:** Each month your child will be encouraged to read (or be read to) on a daily/nightly basis as part of their homework routine. You and your child should complete and return the Reading Log to the classroom teacher at the end of the month. The students will have their names proudly displayed outside their classrooms. Hopefully, this will encourage families and students to make reading a daily priority. We thank you in advance for your assistance in this endeavor. Happy reading!
- ❖ **PTO News:**
 - ***The October PTO Meeting is scheduled for Thursday the 11th, 7-8 pm.*** All parents are welcome, so please join us in the Media Center where Mrs. McLaughlin and Mrs. Higgins will share a presentation about our Literacy Program.
 - ***Picture Day:*** Picture Day is scheduled for Thursday, October 11th. Flyers will be sent home, and you can even pay on-line this year.
 - ***Halloween Howl*** – Join us on October 20th from 5-7pm for our Halloween party. More details to follow.
 - ***Websites:*** What's going on at Merrymount School? Just log on to the PTO website for an update on events, homework, grade level newsletters, and much more. www.merrymountschoolpto.com **For More Merrymount News** Visit <http://quincypublicschools.com/merrymount> or find us on **Facebook**.
 - ***Boosterthon Fundraiser:*** Watch for details of this fun-filled fundraiser. November 5-15, ending in the Boosterthon FUN RUN for every student on the 15th!

*Sincerely,
Ann Pegg
Principal*