Parent Pioneer Weekly
September 3rd-6th, 2019

Patton Elementary School
6001 Westcreek Drive
Austin, Texas 78749
VOLUME 4 ISSUE 3
#BetheFirst
@Patton_Pioneers

Patton Campus Advisory Council

Campus Advisory Councils are committees of parents, students, business and community representatives, teachers, principals, and other campus staff.

The mission of the Patton CAC is to promote excellence in education for all students through broad-based representation. The Patton CAC provides valuable input to the principal, who ultimately have decision-making responsibility for their campuses.

If you are interested in becoming a member of the CAC this school year, complete the application attached in this week's Parent Pioneer Weekly. Next meeting is September 16, 2019 at 3:15PM.

Thursday, September 5th

PATTON ELEMENTARY

COFFEE WITH THE PRINCIPAL

8:00-9:00AM
IN THE CAFETERIA

September 19th
October 24th
November 21st
January 30th
February 28th
March 26th
May 8th

PATTON PTA UPDATES

Upcoming PTA Dates

- Thursday, 9/5 - Spirit Night at Austin Pizza Garden, ALL DAY!
- Thursday, 9/12 - PTA Meeting @ 6:00 PM (all are welcome to attend!)
- Wednesday, 9/18 - Spirit Night at Five Guys, from 4PM - 8PM
- Friday, 9/20 - Coffee Cart

Full Calendar HERE

Wondering what's a SPIRIT NIGHT? Click HERE

Wondering what's a COFFEE CART? Click HERE

1st PTA Meeting of the School Year!

The first PTA Meeting of the school year is Thursday 9/12 at 6pm in the Patton Gym. We will have speaker Josh Killam from Austin Family Counseling. Meetings are for all to attend! Come learn about what your PTA does for your school! Pay Your Membership Dues and be able to vote on school issues! Look for the flyer for more info or click HERE.

Become a Member & Support the PTA!

Joining the PTA is so easy, and helps us support our school, our staff, our teachers & our students! Membership is only $8 for the school year and helps to fund all our activities.

We also sell spirit wear for your family to show your PATTON PRIDE! To purchase and join the PTA , click HERE!

PTA
everychild. onevoice.®

Contact Us

The best way to stay up to date on PTA and school events is to check the following links:

- PTA Website www.pattonpta.org
- PTA on Facebook (like, follow, and click "see first") facebook.com/PattonPride
- PTA on Twitter @pta_patton
- Email Us pattonpta@gmail.com
- Check out our PTA Bulletin Board in the lobby near the office!

hello!

In Search of Volunteers

The Coffee Cart is Coming! The Coffee Cart is Coming! To sign up, go to our SignUp Genius Page HERE

Our PTA invites you to get involved and be part of what makes our school so awesome; become a volunteer! We have all sorts of jobs, so you can help when it fits in YOUR schedule! For more information about volunteer opportunities, click HERE!

REMINDER: ALL Volunteers MUST complete and pass a Background Check. To do this, follow these steps.

Volunteer Directions:

1. **Go to www.austinpartners.org**
2. **Select "VOLUNTEER" tab (blue circle tab)**
3. **Click on "Volunteer Now"**
4. **Donation page is OPTIONAL. Click the "click here" link at the top of the page.**
5. **Select "school based volunteer"**
6. **Drop down menu for school selection (Patton Elementary)**
7. **Select "VIP Volunteer"**
8. **Register as a new user or sign in**

PATTON PTA GENERAL MEETING

FEATURING GUEST SPEAKER JOSH KILLAM, THERAPIST AT AUSTIN FAMILY COUNSELING

"CREATING MEANINGFUL COMMUNICATION WITH YOUR KIDS"

DOOR PRIZE DRAWINGS FOR PTA MEMBERS IN ATTENDANCE!
COURTESY OF AUSTIN FAMILY COUNSELING

Austin Family COUNSELING

Josh will present an important tool you can use to create deeper and more meaningful communication with your kids. Start the school year feeling empowered with new ways to connect and build strong, healthy relationships at home!

- **THURSDAY SEPT. 12**
- **6 PM**
- **PATTON GYMNASIUM**
- **MEMBERS & NON-MEMBERS WELCOME!**

AUSTIN PIZZA GARDEN
1994

Spirit Night

Austin Pizza Garden

6266 W Hwy 290

Austin, TX 78735

Thursday, September 5th

11am-10pm ALL DAY

Show your school "SPIRIT" by wearing your Patton shirt and hat!

Must mention you're there for SPIRIT Night!!

15% of lunch/dinner sales will benefit Patton Elementary School PTA

Coaches' Corner

Congratulations Patton Pioneers!

Mayor's Health and Fitness Council Healthiest Schools 2018-2019

Conversation starters!

Ask your kindergartener... What is a "GO" Food? What is a "WHOA" Food?

Ask your First Grader... What is a "SLOW" Food? How can I turn a "GO" Food into a "SLOW" or "WHOA" Food?

Ask your Second/Third Grader... What are the five food groups?

Ask your Fourth/Fifth Grader... How balanced is the meal we are eating? What food groups are represented?

Look Out for these upcoming events from the PE Department...

September 9-20 PE Fundraiser. We will be selling Work Out Wednesday shirts again this year!

September 13 Marathon Kids Kick Off during school

September 17 Track Attack starts for 1st -5th graders!

September 19-23 Safe Routes to School Guest Teachers in PE class

What are we learning in PE?

We spent the first PE classes going over expectations with our students, but we are excited to get started with our first unit of the year... Cooperation and Nutrition!

Our COOPERATION Unit sets the tone for a great year in PE. Younger students will focus on moving safely and following instructions, and older students will expand on these themes with a focus on sportsmanship and teamwork.

We will spend 5-10 minutes of each class talking about NUTRITION.
Kindergarten and First Grade will learn to classify food into three categories:
GO FOODS are high in nutrients and close to their natural source, like whole meat, milk, fresh fruits and veggies, and whole grains. Students are encouraged to eat as many GO Foods as possible!
SLOW FOODS are high in nutrients, but slightly processed and with more calories, like nut butter, applesauce, flavored yogurt, and pickled foods. Students should eat SLOW foods daily in moderation.
WHOA FOODS are low in nutrients and high in calories, like ice cream, donuts, sugary drinks, and baked goods. Our curriculum encourages WHOA Foods to be saved for special occasions!

Second and Third Graders learn about food groups and nutrients

Fourth and Fifth Graders focus on understanding food labels and balancing meals.

AUG. 2019,
VOL. 1

COUNSELOR CORNER

Your kids are back! Here's a little peep of what they're learning in counseling time!

HERE'S WHAT'S NEW IN THIS ISSUE:

Counselor's Message
Self-Regulation Lessons
Back to school tips

BACK TO SCHOOL!

Your kids are back at school, and they are coming home exhausted and maybe even a little moody! It's very normal for kids to work hard to keep it together all day, and then lose it when they get home. You are their safe person, and even though it doesn't feel great to be the recipient of your child's tears or bad mood, it's a sign that they feel comfortable enough with you to be who they are. If you're dealing with this at home, be patient, reflect and validate their feelings, and stick to the things you know are good for them. Bedtime routines, limiting screen time, and making sure to spend some quality time together each day are things that will help ease this transition.

Counselor Message

This year Katie Beck will work with grades 2-4, and Caroline Sanchez will work with Kindergarten, 1st, and 5th. They will share Pre-K 3&4. We want you to know that we have a website this year with great information and parent resources! Here's the link to the Patton Counselors Page

https://pattoncounselors.weebly.com/parent-resources.html

Zones of Regulation

During September, the counselors will start their guidance rotation. The first topic we cover is self-regulation, and we do that using the Zones of Regulation. We know that kids learn to self-regulate through co-regulation with adults (especially their parents)! Modeling your own self-regulation and working on calming down together helps kids learn these essential skills. Here are more tips from Zones:

Ask your child..."what zone are you in?"

The green zone means they feel content, calm, and ready to go (or learn).

The blue zone means their energy is low. They might feel sad, tired, sick, bored, or hungry.

The yellow zone means their energy is getting a little higher. They might feel silly/hyper OR feel worried or frustrated.

The red zone means they have lost control. Their anger, fear or excitement got so big that they no longer have control of their body.

Helping your child identify their zone is a great first step! Once they know where they are, you can come up with a good strategy to calm down together!

The Patton Quibbler

ISSUE 2
PARENT ED

Volunteer Opportunities

LOVE BOOKS?

With over 1000 students, the Library is always in need of help. If you would like to volunteer, please email Mindy at pattonreadersrock@gmail.com

Help Needed This Week

Library Inventory is September 3-6, Mindy has sent out a SignUpGenius request to all of our current volunteers. Working in groups of two works best! We are doing one hour slots. Please sign up for as many as you can. **Thank you!**

Kinder & 1st Library Book bags
Help needed to label the book bags for the Kindergarten and 1st grade teachers.

Author Visit!!!

K – 1st Grade parents, Patton will be hosting author **Ryan Higgins on September 10**. He is the author of the Mother Bruce series, which has always been a huge hit with Patton students! Please consider pre-purchasing an autographed copy of his new book, Bruce's BIG Storm!

Go to https://tinyurl.com/yxg7bhnr to print an order form and pre-order a book!

Or, please see form below

**** If you go to the Patton YouTube Channel, Dr. Brantley is reading the first Mother Bruce Book!**
https://www.youtube.com/watch?v=BFxzn-pjMtA

Library News

Summer Reading Challenge

Children's Summer Reading Logs are due by Tuesday, September 3! The Celebration will be September 6.

3rd – 5th Graders Bluebonnet Challenge
I hope students have read a couple of the Bluebonnet Books this summer. I will be introducing the Reading Challenge in a couple of weeks.

Order Form for Ryan Higgins @ Patton Elementary

Tuesday, September 10th at 8:00am

Please return this form to your librarian to purchase signed books.
Contact Annie Stubbs stubbs.annie@gmail.com with any questions.

Book People
A Community Bound by Books
Austin ★ Texas
www.bookpeople.com

About *Bruce's Big Storm:* ***Bruce's home is already a full house.***
But when a big storm brings all his woodland neighbors knocking, he'll have to open his door to a crowd of animals in need of shelter—whether he likes it or not.
Readers will love this next installment of the uproarious, award-winning Mother Bruce series.

About the Author:
Ryan T. Higgins is an author and illustrator who likes the outdoors and cheese sandwiches. He is NOT a grumpy old black bear, but he DOES like making books about one—starting with the New York Times best-selling Mother Bruce, which received the E. B. White Read-Aloud Award and the Ezra Jack Keats New Illustrator Honor. He also wrote and illustrated BE QUIET!, We Don't Eat Our Classmates, Santa Bruce, Bruce's Big Fun Day, and Peek-a-Bruce. Ryan lives in Maine with his wife and kids . . . and too many pets.

Title	Quantity	PRICE	TOTAL
Bruce's Big Storm		19.50	
Bruce's Big Move		19.50	
Mother Bruce		19.50	
Hotel Bruce		19.50	
Price includes sales tax			
ORDER TOTAL			$

Student's name: _____ Teacher/class: _____

Sign book to: _____

PAYMENT OPTIONS
PLEASE CIRCLE YOUR METHOD OF PAYMENT. If you are paying by cash or check, please fill out and submit this form with payment to your school librarian. If you are paying by credit card, follow the instructions below.

CASH	Amount Included: _____
CHECK	Make checks payable to Patton Elementary. Please include your TX driver's license # and phone # on check.
CREDIT CARD	1. Credit Card Payments can be made online: https://bookpeopleschools.squarespace.com/patton 2. Submit this form and a copy of your order confirmation to your librarian. This will help with book delivery.

AUSTIN Independent School District | Nutrition & Food Services

2019-20 MEAL PRICES

Breakfast (All Schools)	Elementary Lunch	Secondary Lunch
Full Price: $1.50*	Full Price: $3.00*	Full Price: $3.15*
Reduced Price: $0.30*	Reduced Price: $0.40*	Reduced Price: $0.40*
Adult: $2.25	Adult: $3.85	Adult: $3.85

Smart Snacks menu available on the Austin ISD Nutrition & Food Service website. Parents may set Smart Snack restrictions on a student's account through School Café, or by contacting their cafeteria manager.

**Check with your campus to see if meals are free for all students.*

EXPANDING HEALTHY Food Access

- **BREAKFAST IN THE CLASSROOM (BIC) & BREAKFAST AFTER THE BELL**
  Free meal served in the classroom or the café after the start of the school day.
- **COMMUNITY ELIGIBILITY PROVISION (CEP)**
  Free breakfast & lunch for all students at 82 campuses.
- **AFTER SCHOOL MEALS (CACFP)**
  Free meals for students participating in after school programs.

Check with your campus to see if any of these programs are offered at your school.

LOCAL SOURCING

45%

Over 45% of Austin ISD's food budget is spent within the state of Texas.

Proudly featuring local produce from farms like Johnson's Backyard Garden.

JBG ORGANIC FARM — Johnson's Backyard Garden — Homegrown in East Austin

GOOD FOOD

Austin ISD is the first district in Texas to adopt the **Good Food Purchasing Program**. This program works to transform the way public institutions purchase food by creating a transparent and equitable food system built on five core values: **local economies, health, valued workforce, animal welfare and environmental sustainability.**

ONE FORM = RESOURCES FOR YOUR SCHOOL

MORE THAN A MEAL

Completing a meal benefits application or an income verification form (at schools participating in the CEP) is about more than just meals. The information collected on these forms helps determine the funding needs at each school and throughout Austin ISD. Just by completing these forms, families can help ensure schools receive more of the funds they need to support students.

schoolcafé

www.SchoolCafe.com

Download on the App Store | GET IT ON Google Play | Get it from Microsoft

Download our mobile app to access all Food Service needs.

By setting up one account, families can easily access the following:

- Manage Student Meal Accounts / Make Pre-Payments
- View Daily Menus, Nutritional Information and Allergens
- Apply for Free or Reduced Price Meals

@AustinISDFood

www.austinisd.org/nutrition-food-services | 512.414.0251

DINING AT AUSTIN ISD

Children dine in the café using their student I.D. number.

All meals exceed federal nutrition guidelines.

Menus include chef prepared, scratch-cooked recipes featuring clean label ingredients.

Menus are on a seasonal rotation (fall/winter/spring).

All grain products served are whole grains.

Vegetarian options are offered daily at breakfast and lunch.

Soy milk, gluten free bread and plant-based accommodations are available upon request.

K-12 students are not required to take milk.

Innovative dining opportunities at the district's Nacho Average and Food 4 Thought Food Trucks.

SCHOOL BREAKFAST

Students may select 2-5 breakfast items.

All students must select a fruit or 100% fruit juice at breakfast.

Fresh fruit is offered a minimum of three days per week.

SCHOOL LUNCH

Salad bars and SunButter and jelly sandwiches are available daily, in addition to the featured menu items.

Daily entree choices are a balance of traditional student favorites and global flavors to introduce students to new foods and cultural foodways.

Students may select 1-7 lunch items.

All students must select a fruit or vegetable at lunch.

Fresh fruits and vegetables are offered daily.

CLEAN LABEL COMMITMENT

LIFE TIME FOUNDATION

COMMITTED TO ELIMINATING THE LIFE TIME FOUNDATION'S "HARMFUL 7" FROM ALL SCHOOL MENUS:

- TRANS FATS & HYDROGENATED OILS
- HIGH-FRUCTOSE CORN SYRUP
- HORMONES & ANTIBIOTICS
- PROCESSED & ARTIFICIAL SWEETENERS
- ARTIFICIAL COLORS & FLAVORS
- ARTIFICIAL PRESERVATIVES
- BLEACHED FLOUR

EATING SCHOOL LUNCH BRINGS BETTER FOOD TO ALL STUDENTS IN AUSTIN

GRASS FED BEEF

If every student not currently eating school lunch made the choice to do so once a week, all beef served in Austin ISD could be grass fed.

ORGANIC PRODUCE

If every student not currently eating school lunch made the choice to do so twice a week, all produce served in Austin ISD could be organic.

ORGANIC MILK

MILK

If every student not currently eating school lunch made the choice to do so three times a week, all milk served in Austin ISD could be organic.

Because of increased participation, we have been able to make progress in all three areas. We will need continued participation to fully reach these collective impact goals.

This institution is an equal opportunity provider.

2019-20 DISTRICT WELLNESS POLICY

FOODS & BEVERAGES PROVIDED

- Campuses may not serve or provide access to foods of minimal nutritional value (FMNV) and all other forms of candy at any time anywhere on school premises until the end of the last scheduled class.
- FMNV's: soda water, water ices, chewing gum, certain candies (hard candy, jellies and gums, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn).
- All food and beverages provided to students will meet USDA Smart Snack standards. Healthy options, fruits, vegetables, and water for example, are preferred and should be offered.
- Fruits, vegetables and Smart Snacks are available for purchase through Café Managers.

ELEMENTARY SCHOOLS

Campuses may not allow food or beverages to be provided to students at any time during the school day, with the exception of a healthy snack and water.

MIDDLE SCHOOLS

Campuses may not allow food or beverages to be provided to students anywhere on campus 30 minutes before to 30 minutes after meal serving times.

HIGH SCHOOLS

Campuses may not allow food or beverages to be provided to students during meal times where meals are served or consumed.

BIRTHDAY CELEBRATIONS

- Parents may bring items to celebrate their child's birthday; however, they cannot be provided to students in the cafeteria during meal service times. Birthday food items may only be shared after the last scheduled class of the day.
- A campus may develop additional guidelines concerning birthday celebrations, such as number of celebrations per month and certain time to celebrate, so as not to interfere with instructional time.

FOOD FOR INSTRUCTIONAL PURPOSES

- Food should not be used for instructional purposes unless the food is required for teaching students about nutrition or foods of different cultures. If foods are used for instructional purposes, the foods may not be FMNV's or candy at any time (including chocolate).
- The food given during a classroom lesson is to be for a taste only and not be in place of a meal provided during the student's breakfast or lunch period.

REWARDING WITH FOOD

- Campuses may not use food as a reward, unless documented in a students' IEP.

FUNDRAISING

- All campuses may not sell food or beverages for any fundraising activity during the school day.
- Fundraising activities that involve the sale of food and/or beverages will take place outside of the school day, which is defined as 30 minutes before the first bell and after the last bell.

2019-20 DISTRICT CHARGING POLICY

No students at Austin ISD are ever denied a meal because their accounts aren't current.

- If students exhaust their meal accounts, they may charge meals at any meal service as follows:
  Students in elementary and middle school may charge up to three meals; students in high school may charge up to two meals; And students may not charge a la carte items.
- Charges shall be paid in full before a menued meal is offered. Once the charge limit is reached, if the account is not replenished, the student shall receive a courtesy meal. There is no limit to the number of courtesy meals a student may receive.
- Food service staff shall not pull a tray from a student who has reached the charge limit.
- Cafeteria staff will work with campus administration to identify students' eligibility for free or reduced price meals.

NOTIFICATION OF LOW AND NEGATIVE BALANCES AND COLLECTION OF FUNDS

- The district shall notify the household of a student with a low and negative meal balance and request payment by letter and email.
- Automatic phone calls shall also be administered no more than once per week.

PAYMENT OF DELINQUENT MEAL DEBT CHARGE

- Donated funds received throughout the year, when available, will be used to offset negative account balances. At year end, activity or other local funds are used to offset negative account balances.

PREPAYMENTS

- By creating a School Café account, families can make payments, view purchase history, and receive low balance alerts.

Important Dates for Parents

September	October	November
2nd- LABOR DAY HOLIDAY 3rd- Summer Reading Logs due to Mrs. Orenstein 5th- STUDENT FALL PICTURES 5th- Back to School for 3rd-5th 5:30-6:30PM 12th- PTA Meeting 6 pm 16th- CAC Meeting 3:15PM	4th- Adventure Dash Fun Run 11th-District of Innovation (DOI) Day Student Holiday 14th-Student Holiday/Conference Day 21st- CAC Meeting 3:15PM 24- PTA Meeting 6 pm 25th-Student Picture Retakes	3rd - Daylight Savings Time Ends 8th- Veterans' Day Assembly 8th- 2nd Gr Innerspace Caverns 12-14th Vision & Hearing Screenings (PK, K, 1st) 18th- CAC Meeting 3:15 pm 25-29th Thanksgiving Break