






WMR EAGLES PTO NEWSLETTER



October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12 End of 1 st 9 Weeks	13 Beginning of 2 nd 9 Weeks	14	15	16
17	18 Parent Conference Day! No Students	19 Restaurant Night at Opelika Chipotle 4-8 pm Opelika store only	20	21 Report Cards	22	23
24 	25  Family Night at the BOO-K Fair 5:00-6:00 ELA/Math Family Night 6:00	26 	27	28  	29 Fall Club Day Fall Parties!	30 
31 HAPPY HALLOWEEN 						

BOO-K FAIR WEEK!

RED RIBBON WEEK!

Office Info

Student check-out at WMR

We like to keep check outs to a minimum-it is so important for our students to not miss instructional time. In the event a student needs to be checked out, please follow this procedure: Please come to the front office to sign your student(s) out. Students will be called from the classroom to meet the parent/guardian in the office. If anyone other than the parent is to check out the student, the parent must notify the office staff by email or phone call (887-1990). Thank you for your understanding.

Excused Absences

Parents/Guardians- please remember when your student is absent, you have three days to turn in a parent/guardian hand-written note or doctor's excuse.

If you are sending in a parent/guardian note it must:

- be handwritten and signed by parent/guardian
- include date and reason for absence. If no reason is given, the absence will be coded as unexcused.

Emails cannot be accepted as parent excuses!

Changes in Transportation

If your child needs to change their method of transportation home for any reason, you MUST fill out the -- Change of Transportation Form -- that can be found on the WMR website. The form should be filled out completely & signed, then delivered or emailed to the school PRIOR to 12 noon on the day of the change. If you are emailing, be sure to email your child's teacher AND Mrs. Meadows in the front office.

lmmeadows@auburnschools.org

Nurse Notes

Getting back into the school routine can be hard. Here are a few tips to ensure your children are ready for a learning day.

- Get a good night's sleep. 9 hours of sleep is the recommended sleep time for school aged children.
- Hydrating with water. Please send your child to school with a water bottle every day.
- Eat a big breakfast. Breakfast is the most important meal of the day.
- Limit electronic use before bedtime, as they are known to stimulate the brain.

Let's continue to help stop the spread of germs by washing our hands, especially before and after meals. Use proper respiratory etiquette by covering your cough and sneeze. Monitor your children for any sign or symptoms of Covid. If you are concerned, please reach out to your physician for guidance. Below are some guidelines to help you make the decision about when to keep your child home from school, when it's not Covid related.

Symptom	Explanation
Fever	Greater than 100.4 F. May return when fever-free for 24 hours (WITHOUT the use of fever-reducing medication).
Vomiting	Any unexplained episode in the past 24 hours. May return 12 hours after last episode.
Diarrhea	Three or more unexplained episodes of watery or loose stools in 24 hours OR sudden onset of loose stools. May return 24 hours after last episode.
Rash	Any new rash accompanied by a fever. May return after rash goes away or clearance given by a health care provider.
Skin Lesions (Sores)	Drainage from a sore that cannot be contained within a bandage OR sores are increasing in size OR new sores are developing day-to-day.
Cough	Serious, sustained coughing, shortness of breath, or difficulty breathing.
Other	Symptoms that prevent the student from active participation in usual school activities OR student is requiring more care than school staff can safely provide.

Looking forward to a **GREAT** year with our **EAGLES**.

Nurse Mallory 😊

Mallory Burgess, BSN RN
Wrights Mill Road
School Nurse

Office 334-887-1998
Cell/text 334-728-7032
mpburgess@auburnschools.org

Support WMR while grocery shopping!

Did you know that you can support WMR while grocery shopping? A percentage of your grocery bill will be donated to our school just by registering at both of these stores! Please note that you have to REGISTER EVERY JULY.

Step by step directions on how to register is pinned to our PTO facebook page.

<https://www.publix.com>

<https://www.kroger.com/i/community/community-rewards>

This is so easy to set up and our school benefits SO MUCH

Interested in joining WMR PTO?

email: awnorthcutt@gmail.com

Art News

Order 2021-2022 Yearbook

<https://www.jostens.com>

Square I Art custom catalog of student's artwork
comes home 10/15

Square I Art orders due 11/03

Product arrives at WMR 11/19

Counselor's Corner

Red Ribbon Week: October 25th - 29th
Dress Up days will be announced soon!

In counseling we have been going over what is and isn't bullying. The link below is a great resource to help determine the difference.

<https://tinyurl.com/yz9z88cd>

Library Info



Our wonderful BOO-K Fair will begin October 25th and wrap up on October 29th.



Family Night at the BOO-K Fair October 25th 5:00 - 6:00 pm

DONATE TO SCHOOLS
WITH

Coca-Cola GIVE

SEND IN YOUR COCA-COLA
PRODUCT BOTTLE CAPS TO
COACH OLIVER

OR

- CLICK ON "DONATE TO YOUR LOCAL SCHOOL"
- SEARCH FOR WRIGHTS MILL RD ELEMENTARY
- SIGN IN OR JOIN
- ENTER BOTTLE CAP CODES FROM COKE PRODUCTS

SUPPORT

WRIGHTS MILL ROAD ELEMENTARY'S
PHYSICAL EDUCATION PROGRAM



mycokerewards for schools

MY COKE REWARD CODES CAN BE FOUND ON HUNDREDS OF DIFFERENT
PACKAGES FROM THESE BRANDS:



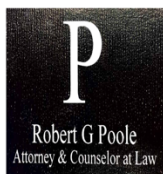
CODES CAN BE FOUND IN THREE PLACES ON PACKAGING
HERE IS A GUIDE TO HELP YOU:



No UPC
Make sure you have the
My Coke Rewards
code - not the UPC
code.

Fill the Mill Sponsors

WRIGHTS MILL ELEMENTARY THANKS OUR 2021 SPONSORS



SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Wrights Mill Road Elementary School. Come in to the Chipotle at **2125 Interstate Dr** in Opelika on **Tuesday, October 19th** between **4:00pm** and **8:00pm**. Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Wrights Mill Road Elementary School.

NEW! ORDER ONLINE FOR PICKUP

Use code 6CT2ANN before checkout in 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser.



All online orders must be placed for pickup at the same time/location of the fundraiser. Delivery cannot be counted at this time. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count. \$150 minimum event sales required to receive any donation.



October Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Beef & Bean Burrito EACH Salsa .25 CUP Romaine Salad 1 CUP Corn .5 CUP Applesauce .5 CUP Cheese Sauce 2 OZ Milk 1 BOTTLE
4 Chicken Bites 1 Blackeye Peas .75 CUP Mac & Cheese SERVING Banana EACH Milk 1 BOTTLE Honey Mustard OZ Ketchup 2 PACKS	5 Turkey Wrap MEAT/TORT Baked Chips BAG Tossed Salad .75 CUP Fresh Fruit Mix .5 CUP Ranch Dressing PACKAGE Shredded Cheese 1 OZ Milk 1 BOTTLE	6 Country Steak & Gravy 1 Savory Rice 4 OZ Green Beans .75 CUP Oranges EACH Cookie, Carnival cookie Milk 1 BOTTLE	7 Chicken & Waffles EACH Fries .75 CUP Fruit CUP 4 OZ Ice Cream 1 CUP Ketchup 2 PACKS Milk 1 BOTTLE	8 Pepperoni Pizza EACH Corn .75 CUP Romaine & Spinach 1 CUP Fresh Grapes CUP Milk 1 BOTTLE Salad Dressing, Raspberry PACK
11 Chicken Sandwich 1 Lettuce/Tomato .50 CUP Mashed Potatoes .75 CUP Sliced Pears (8) .50 CUP Milk 1 BOTTLE Ketchup 2 PACKS Mustard 1 PACK Mayonnaise Pkt 16g	12 Cheeseburger Sliders SERVING 1burger Nacho Doritos EACH LETTUCE & PICKLES CUP Apple SERVING Ranch Dressing PACK Milk 1 BOTTLE Ketchup 2 PACK Mustard 1 PACK	13 Corndog EACH Potato Wedges 4 OZ. Broccoli & Cheese .50 CUP Fruit CUP - Mixed Fruit 1 SERVING Milk 1 BOTTLE Ketchup 2 PACKS Mustard PACK 1 PACK	14 Pancakes EACH Syrup 1 PACK Sausage links 2 LINKS Tater Tots .75 CUP Orange .5 EACH Milk 1 BOTTLE Ketchup 2 PACKS	15 Chicken Fingers 1 Baked Beans .50 CUP Sliced Carrots .5 CUP Sorbet, Rasp Swirl, FRZN 4.4 OZ Milk 1 BOTTLE
18 Parent Conference Day! No Students	19 Hamburger EACH Lettuce & Tomato EACH Oven Fries .75 CUP Fruit CUP - PEACHES 4 OZ Ice Cream 1 CUP Milk 1 BOTTLE Ketchup 2 PACKS Mustard PACK 1 PACK Mayonnaise Pkt 16g	20 Nachos SERVINGS Lettuce & Tomato EACH Cheese Sauce 2 TBSP Refried Beans .50 CUP Oranges EACH Salsa .25 CUP Milk 1 BOTTLE	21 Steak Nuggets 8 NUGGETS Peas and Carrots .75 CUP BISCUIT EACH Gravy Mix, Country Style SERVING Sorbet, Kiwi Straw, FRZN 4.4 OZ Milk 1 BOTTLE Ketchup 2 PACKS	22 Chicken Quesadilla EACH Veggie Mix .75 CUP Sliced Pears (8) .50 CUP Carnival Cookie EACH Milk 1 BOTTLE
25 Spaghetti .5 CUP Hot Cheese Stix Romaine Salad 1 CUP Mandarin Oranges 4OZ Lima Beans .5 CUP Milk 1 BOTTLE Ranch Dressing 2 TBSP	26 Hot Wings 1 Carrot/Celery Sticks 1 CUP Fries .5 CUP Satsuma 1 Chocolate Muffin SERVING Ranch Dressing 2 TBSP Milk 1 BOTTLE	27 Hot Dog 1 Atomic Cheez-its POUCH Mixed Vegetables 0.75 CUP Banana EACH Milk 1 BOTTLE	28 Turkey Sub Sandwich Box Milk 1 BOTTLE	29 Beef & Bean Burrito EACH Salsa .25 CUP Romaine Salad 1 CUP Corn .5 CUP Applesauce .5 CUP Cheese Sauce 2 OZ Milk 1 BOTTLE

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient. * - denotes combined nutrient totals with either missing or incomplete nutrient data.

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy.

Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.