


Perquimans Central School  
 Melissa Fields, Principal  
 October 22-26, 2018

| <b>October<br/>2018</b>   | <b>Character Trait of the Month – Self-Control</b><br><b>Disability Awareness Month</b><br><b>Fire Prevention Week – October 7<sup>th</sup> – 13<sup>th</sup></b><br><b>National School Lunch Week – October 15<sup>th</sup> – 19<sup>th</sup></b><br><b>College Application Week – October 15<sup>th</sup> – 19<sup>th</sup></b><br><b>National School Bus Safety Week – October 22<sup>nd</sup> – 26<sup>th</sup></b><br><b>Red Ribbon Week – October 23<sup>rd</sup> – 31<sup>st</sup></b> |   |  |   |
|---|---|---|--|---|
|   |   |   |  |   |
| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
| <b>22</b><br><b>Red Ribbon Week</b><br><b>Sock it to Drugs!</b><br><br><b>Second Grade Lunch with Grandparents</b><br><br><b>2<sup>nd</sup> Grade Nutrition Classes with Bowers</b><br><br><b>School Board Meeting</b><br>6:00 @ CO | <b>23</b><br><b>Red Ribbon Week</b><br><b>College/Career</b><br><br><b>First Grade Lunch with Grandparents</b><br><br><b>2<sup>nd</sup> Grade Nutrition Classes with Bowers</b><br><br><b>Great American Shake Out Earthquake Drill</b><br><br><b>Jump Rope for Heart</b><br>2:15 in Multipurpose   | <b>24</b><br><b>Red Ribbon Week</b><br><b>Mismatched Day</b><br><br><b>Kindergarten Lunch with Grandparents</b><br><br><b>2<sup>nd</sup> Grade Nutrition Classes with Bowers</b><br><br><b>K-2 Writing Test</b> | <b>25</b><br><b>Red Ribbon Week</b><br><b>Hats Off to Drugs</b><br><br><b>PreK Lunch with Grandparents</b><br><br><b>2<sup>nd</sup> Grade Nutrition Classes with Bowers</b><br><br><b>Trunk or Treat</b><br>6:00 | <b>26</b><br><b>Red Ribbon Week</b><br><b>“RED”y to Live a Drug-Free Life</b><br><br><b>2<sup>nd</sup> Grade Farm Day</b><br><br><b>Early Release @ 12:30</b> |
| <b>29</b><br><b>No School for Students</b><br><br><b>Report Cards and Conferences</b>   | <b>30</b><br><b>Fall Picture Make-Ups</b><br><br><b>PreK/K Dental Screening</b>   | <b>31</b>   | <b>1</b>   | <b>2</b><br><b>EC Morning Mingle</b><br>7:45  |

## Things to Consider:

**Red Ribbon Week** – Perquimans County Schools will be celebrating Red Ribbon Week to focus on living a drug-free lifestyle during the week of October 22 – October 26<sup>th</sup>. All of the schools will celebrate with the same schedule of events to support families and start a conversation between students of different ages.

Monday, October 22 – Sock it to Drugs! Wear mismatches or crazy socks.

Tuesday, October 23 – Life is Your Journey...Travel drug free! Wear college clothing or dress as future career.

Wednesday, October 24 – Don't Let Drugs Mix You Up! Wear mismatched clothes.

Thursday, October 25 – Hats Off to Being Drug Free! Wear a hat – crazy or regular

Friday, October 25 – “RED”Y to Live a Drug-Free Life! Wear as much red as possible.

**Parent Conferences** – We will be having Parent conferences during the week of October 29<sup>th</sup>. Please make sure you schedule a conference with your child's teacher. Your feedback is so important to us!

**Counting Kindness with Change for the Carolinas** – Please help us help our neighbors who have been impacted by Hurricane Florence by donating your spare change. We will be doing a change drive to support NC students impacted by the recent storm. Please consider making donations to this important cause.

**Trunk or Treat** – PCS will be hosting Trunk or Treat on Thursday, October 25<sup>th</sup> at 6:00 PM. Please consider donating candy or hosting a trunk for the event. If you volunteered to host a trunk, please plan to arrive by 5:00 so you be safely parked and ready before we begin. Don't forget that we will be selling concessions if you would like pizza, chips, or drink for dinner. All proceeds from the concessions will benefit the Perquimans County Special Olympics.

**Box Tops** – Perquimans Central School will be collecting Box Tops to support PBIS. Please send any box tops that you have. Remember we get \$.10 per box top that we can use to purchase materials to support positive behavior at PCS.

**Cafeteria Charges** - Please remember that Perquimans County Schools has a No Charge Policy for meals in the cafeteria. Students and adults should have money in hand or a pre-paid account set up. Accounts can be set up on-line at [www.K12Paymentcenter.com](http://www.K12Paymentcenter.com) or in person at the individual school cafe's. Please stop by the school cafeteria ASAP if you need to complete free and reduced lunch paperwork. Every family must re-apply for free/reduced meals each school year! A new application needs to be completed ASAP.

**Mental Health Support** - Our school district is committed to providing resources to all students and families to ensure emotional well-being, healthy living, and wellness in all aspects of one's life. We are pleased to inform our community of a partnership with Integrated Family Services that provides a Crisis CHAT line that is available for all staff, students, parents, family, and friends that will offer online emotional support 24 hours a day. Trained chat specialists are available to assist individuals who are depressed, going through a hard time, need to talk, or having thoughts of hurting themselves. Any life issues may be discussed utilizing the Crisis CHAT line. The goal of Integrated Family Services' Crisis CHAT line is to help you and others reduce stress and feel empowered to make healthy decisions. To utilize this free service, simply go to [www.integratedfamilyservices.net](http://www.integratedfamilyservices.net) and click the "chat with us" icon at the top of the page.

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## **Positive Behavior Support Updates**

*Be Safe, Be Cooperative, Be Responsible, Be Respectful!*

-Please remember to give Turtle Bucks as a reward to classes for positive reinforcement. Please be consistent. Turtle Bucks should not be given to your own class. Turtle Bucks will be collected on Thursdays. The class with the most Turtle Bucks each week will get to hang the PBIS Class of the Week banner. The class with the most Turtle Bucks each month will receive the Turtle Buck trophy.

-Class Goals for Turtle Bucks:

\$250 turtle bucks = PBIS Stickers

\$500 turtle bucks = PBIS Pencils

\$750 turtle bucks = Class has PAJAMA DAY

\$1000 turtle bucks = PIZZA from Tommy's pizza

\$1250 or more turtle bucks = Class is invited to movie and Popsicle party in Multi-purpose Room

-Turtle Shells should be used to reward individual student behaviors.

-Please put the child's name on the Turtle Shells and place them in the correct raffle drums in the foyer. Turtle Shells will be drawn daily on Turtle TV and winners will receive a small prize. Once a month three winners and the staff members could win a special lunch prize!!

-PBIS Main Events will be held each month to celebrate students who have no bus referrals and no discipline referrals documented in Educator's Handbook.

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**Motto:** Where Readers are Leaders and Leaders are Readers

**Vision:** Perquimans Central School will prepare students to be productive learners for today and tomorrow.



**Mission:** Perquimans Central School will provide a safe and nurturing environment where each student can be his/her best.



**#BeginWithTheEndInMind**

**Perquimans Central  
School is Counting  
Kindness with Change  
for the Carolinas**



Please help us help our neighbors who have been impacted by Hurricane Florence by donating your spare change.



**RQ** Schools



# Red Ribbon Week

October 22 - October 26

- **Monday: Sock-it to Drugs!**
  - Wear mismatched or crazy socks.
- **Tuesday: Life is Your Journey...Travel drug free!**
  - Wear college clothing, or dress up as your future career.
- **Wednesday: Don't Let Drugs Mix You Up!**
  - Wear mismatched clothes.
- **Thursday: Hats Off to Being Drug Free!**
  - Wear a hat---crazy or regular.
- **Friday: "RED"-Y to Live a Drug-Free Life!**
  - Wear as much red as possible.

