

Antelope Hills Elementary School



**Character
Achievement
Respect
Excellence**

Preston Fairchild, Principal
Andy Banks, Assistant Principal



May 2013

**Antelope Hills
Elementary School, 36105 Murrieta Oaks East, Murrieta, CA 92562**

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www.murrieta.k12.ca.us/antelope

Character Counts

Do you remember as a kid, the feeling you had as summer vacation approached? As the number of school days started to dwindle, the excitement and expectations of the upcoming break became almost uncontrollable. The idea of having no responsibility for two and a half months seemed like the greatest gift in the world. Sleeping in late, eating whenever you wanted, playing with your friends all day, staying up late and going on some sort of family vacation was usually in the plans.

However, as an adult, I find that even though the responsibility lessens during the summer, it never goes away completely. There are still things around that require someone involved to be responsible. Planning vacations, organizing medical and automotive appointments, trying to establish a work-out routine and getting prepared for the next school year, all require significant time and energy.

I also find that being a person of character requires full time duty as well. There is no vacation from the six pillars of character (trustworthiness, respect, responsibility, fairness, caring and citizenship). Everyday, no matter where you go or what you do, you are being challenged to do the right thing, even if no one is watching. It's so easy to cut corners, thinking that no one will ever know or be affected by your decision. However, there is one person who will always know if you did the right thing or not....yourself.

So this summer, spend your time playing, swimming, visiting and resting, but also recharging your character batteries. Wake up each morning with the plans to make this day an even better one than the day before. Vacations and summer breaks always come to an end, but the pressure of being a person of character never does.

Remember.....no matter where or when.....Character Counts!

Mr. Fairchild, Principal

MAY 2013 EVENTS

Character Counts Pillar – Trustworthiness – Blue

Wednesday, May 01, 2013	Kindergarten Hear I Come (Parent Event) 5:30-6:30
Thursday, May 02, 2013	Second Trimester Awards for Mrs. Carlson & Mrs. Swanson (MPR) 2:00
Friday, May 03, 2013	Flag Salute Mr. Basin & Pennies for Paws Celebration
Friday, May 03, 2013	Bingo De Mayo PTA Event!!!! 6:00-7:30 (MPR)
Monday, May 06, 2013	Early Release Monday
Monday, May 06, 2013	PTA Executive Board Meeting (Room 41) 6:30
Tuesday, May 07, 2013	AHES Leadership Meeting 3:00 - 4:00
Friday, May 10, 2013	First Grade Flag Salute
Friday, May 10, 2013	Kindergarten Mother's Day Tea and performance - All kindergarten 8:30
Monday, May 13, 2013	Early Release Monday
Monday, May 13, 2013	All kindergartens come in the morning 8:30
Tuesday, May 14, 2013	4th Grade Invention Convention 9:00 MPR
Wednesday, May 15, 2013	Site Council Meeting 3:15 Library
Wednesday, May 15, 2013	Xtereme Yogurt Fundraiser - Say you are from AHES
Thursday, May 16, 2013	First Grade Annual Wild Wonders Animal Assembly 8:40
Friday, May 17, 2013	FLAG Salute
Friday, May 17, 2013	SCHOOL TOUR 9:00am
Friday, May 17, 2013	5th Grade State Fair Assembly 1:20
Monday, May 20, 2013	Early Release Monday
Monday, May 20, 2013	5th Grade visits Shivela 8:45
Tuesday, May 21, 2013	Volunteer Brunch 8:00 MPR
Tuesday, May 21, 2013	3rd Grade Planetarium Assembly 9:00 MPR
Tuesday, May 21, 2013	Elementary Solo and Ensemble Recital Night (Avaxat 7:00)
Wednesday, May 22, 2013	5th Grade DARE Graduation 9:45 - Murrieta Time Square Amphitheater
Thursday, May 23, 2013	SCHOOL TOUR 3:15pm
Friday, May 24, 2013	Flag Salute
Friday, May 24, 2013	Kindergarten Visits First Grade - All Kindergarten in the Morning 8:30
Monday, May 27, 2013	Memorial Day - No School
Tuesday, May 28, 2013	First Grade Trimester Awards 2:10
Tuesday, May 28, 2013	SDC Third Trimester Awards - 10:30
Wednesday, May 29, 2013	Second Grade Trimester Award 2:10
Wednesday, May 29, 2013	4th Grade Gold Rush Day 9:00
Thursday, May 30, 2013	3rd Grade Trimester Awards 8:45
Thursday, May 30, 2013	Lunch with the Principal
Friday, May 31, 2013	FLAG Salute
Friday, May 31, 2013	Spirit Day * Generations Day!!!!
Friday, May 31, 2013	5th Grade State Fair (MPR) 8:30
Friday, May 31, 2013	5th Grade Trimester and Honor Roll Awards 2:00

2012-2013 YEARBOOKS on SALE

* 65 plus pages of FULL color!!!

Don't miss out on the memories!!!

Yearbooks will be distributed in June!!!

Forms are in the office!!!!

Payment can only be accepted in the office * \$20 CASH ONLY

JUNE 2013 EVENTS

Monday, June 03, 2013	FULL DAY MONDAY * All kindergarten on early bird schedule 8:30
Monday, June 03, 2013	PTA Executive Board Meeting 6:30 (room 41)
Tuesday, June 04, 2013	4th Grade Movie 1:00 (MPR)
Tuesday, June 04, 2013	5th Grade Frenzy Tournament 1:20
Tuesday, June 04, 2013	All kindergarten in the morning 8:30
Wednesday, June 05, 2013	4th grade Trimester Awards and Honor Roll 2:00
Wednesday, June 05, 2013	5 th grade End of Year Awards 8:45
Wednesday, June 05, 2013	All kindergarten in the morning 8:30
Thursday, June 06, 2013	5th Grade Market Day 8:30-2:30
Thursday, June 06, 2013	AHES Preschool Year End Program 6:00 (MPR)
Thursday, June 06, 2013	All kindergarten in the AFTERNOON 11:20-2:45 SPLASH DAY
Friday, June 07, 2013	5th Grade Flag Salute
Friday, June 07, 2013	Minimum Day * ALL Kindergarten 8:30 - 11:45 - Grades 1-5 8:30- 12:45
Friday, June 07, 2013	5th Grade Promotion Breakfast & Slide Show 9:00am
Friday, June 07, 2013	All kindergarten in the morning 8:30
Monday, June 10, 2013	Minimum Day * ALL Kindergarten 8:30 - 11:45 - Grades 1-5 8:30- 12:45
Monday, June 10, 2013	5th Grade Staff vs. 5th Grade Kickball Game 9:00
Monday, June 10, 2013	Kindergarten Graduation 4:00
Tuesday, June 11, 2013	Minimum Day * ALL Kindergarten 8:30 - 11:45 - Grades 1-5 8:30- 12:45
Tuesday, June 11, 2013	5th Grade Field Day 9:00
Tuesday, June 11, 2013	All Kindergarten morning 8:30 - LAST DAY OF SCHOOL – Minimum Day
Tuesday, June 11, 2013	Last Day of School - Have a wonderful summer!!!



**The Antelope Hills PTA is looking for some great parents
to join the board next year– if you are interested please email**

AHESPresident@yahoo.com



If you would like to share information about your child as we form classes for the 2013 – 2014 school year, please feel free to pick up a Student Profile form in the front office starting on May 6th. These forms are optional and **may not be used to request a specific teacher.** The staff works carefully as a team to match up students and teachers to ensure a successful year for all. Teaching styles, learning styles and classroom balance are all considered when forming classes for the upcoming school year. All forms must be returned no later than Friday, May 17th

**Office
DEPOT.**

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**5% Back to School Program AHES School ID #70209549 * All Parents and Staff purchases made at
Office Depot using the AHES ID gives back to our school with rewards credits ☺ ☺ ☺**

Minimum Days on June 7th, 10th & 11th
All Kindergarten 8:30-11:45
Grades 1 – 5 8:30 – 12:45

The proposed start date for the 2013-2014 school year is
Wednesday, August 14, 2013

Antelope Hills Upcoming 5th Grade Events

5/17/13	5th Grade State Fair Assembly 1:20
5/20/13	5th Grade visits Shivela 8:45
5/22/13	5th Grade DARE Graduation 9:45 - Murrieta Time Square Amphitheater
5/31/13	5th Grade State Fair (MPR) 8:30
5/31/13	5th Grade Trimester and Honor Roll Awards 2:00
6/4/13	5th Grade Frenzy Tournament 1:20
6/5/13	5 th Grade End of Year Awards 8:45
6/6/13	5th Grade Market Day 8:30-2:30
6/7/13	5th Grade Flag Salute
6/7/13	5th Grade Promotion Breakfast & Slide Show 9:00am – Minimum Day
6/10/13	5th Grade Staff vs. 5th Grade Kickball Game 9:00 - Minimum Day
6/11/13	5th Grade Field Day 9:00 – Minimum Day

Attention 5th Grade Parents

If you are interested in keeping your 5th grader on an elementary campus next year, Rail Ranch Elementary will once again be offering a 6th grade program on their campus for the 2013-14 school year. If you are interested, please contact the Rail Ranch office at 696-1404.

Antelope Hills Upcoming Kindergarten Events

05/10/13	Kindergarten Mother's Day Tea and performance - All kindergarten 8:30
05/13/13	All kindergarten in the morning 8:30
05/24/13	Kindergarten Visits First Grade - All Kindergarten in the Morning 8:30
06/04/13	All kindergarten in the morning 8:30
06/05/13	All kindergarten in the morning 8:30
06/06/13	All kindergarten in the AFTERNOON 11:20-2:45 SPLASH DAY
06/07/13	All kindergarten in the morning 8:30 *Minimum Day
06/10/13	All kindergarten in the morning 8:30 *Minimum Day
06/10/13	Kindergarten Graduation 4:00
06/11/13	All Kindergarten in the morning 8:30 – Minimum Day LAST DAY OF SCHOOL

Antelope Hills Upcoming Fourth Grade Events

5/14/13	4th Grade Invention Convention 9:00 MPR
5/29/13	4th Grade Gold Rush Day 9:00
6/4/13	4th Grade Movie 1:00 (MPR)
6/5/13	4th grade Trimester Awards and Honor Roll 2:00

Lice Control Tips

Don't worry!! Lice have NOT taken over. However, parents of young children should be aware of what to look for on their children's heads. Head lice are a nuisance that make everyone feel itchy, even when you don't have them! Let's work together to limit the incidence of this nuisance in our schools.

Here are some tips for keeping your children lice-free.

- Tell your kids to **NEVER** share hats, hair brushes or headbands. Girls can wear their hair up for added protection.
- Check their hair, especially long hair, every week. Look at the hair behind the ears and at the nape of the neck for small, sesame seed-sized eggs (nits). They may be silvery, or white, in color. They look brown or grayish on blonde hair. You may also see live black lice on the scalp, but this is rare, as they move quickly.
- Nits do not move when brushed away, or blown upon. Don't confuse them with dry skin or hair casts, which are like cuticles for hair. Nits won't move without you actually pinching them between your fingernails and pulling down the hair shaft all the way until they are off the hair. Vinegar may help loosen the nits.
- **Lice don't jump or fly.** Lice must be killed with a medicated shampoo, such as Rid, Nix or Mata Piojos. The remaining nits **MUST** be removed to avoid re-infestation. This may take a while, but it is important to get rid of the eggs. It only takes 1 live egg to hatch and start the lice problem all over again!
- Vacuum your house (sofa, chairs, etc.) and wash all bedding. Put stuffed animals in the dryer for a cycle or tie them up in a trash bag for 2 weeks. Wash jackets & backpacks. Make sure the dryer cycle is hot.

If you have any questions, feel free to call the school nurse. Lisa Van Ryzin, RN, MSN at 696-1406 x4092

***With the warmer weather please make sure
all students respect the dress code at Antelope Hills***

**Kindergarten and NEW student; grades 1-5
for 2013-2014 Registration Packet; available
Packet; need to be returned by May 3rd**



1-888-747-1222

Good news about health coverage!!! Now, more children and teens qualify for free or low-cost medical, dental, vision care coverage programs.

Forms available in the office.

Food Pantry at AHES

Hello Antelope Hills Families,

We appreciate your continued support of our school and generosity for those who are having difficulty during these economic times. I wanted to remind all families that our school Food Pantry (sponsored by Oakstone Community Church) is open and available to families who may be struggling a bit this year due to the economy and the job market. The pantry is open on school days from 9:00 a.m. to 1:00 p.m. If you would like to get items from the pantry, please stop by the office during these hours



Disease Control Branch Phone: (951) 358-5107 Fax: (951) 358-5102

Cameron Kaiser, MD Susan Harrington, M.S., R.D. Public Health Officer Director, Department of Public Health

4065 County Circle Drive, Suite 219, Riverside, California 92503 Phone 951.358.5107 ▪ Fax 951.358.5446 ▪ TDD 951.358.5124

March 21, 2013

Dear School Colleagues:

MENINGITIS OUTBREAK IN TIJUANA, BAJA CALIFORNIA

The County of Riverside Department of Public Health seeks your assistance in raising awareness and preventing the spread of bacterial meningitis. Since January 1, 2013, there has been an unexpected rise in the number of cases of meningitis (caused by the bacteria, "meningococcus") in Tijuana, Mexico. To date, 25 suspect cases have been reported; 17 are confirmed or probable cases and 16 of these had disease caused by the specific group C of the meningococcal bacteria. The most recent case was confirmed March 14, 2013. The median age of the 16 confirmed cases is 13 years (range 1 to 27 years). Five deaths have been reported there.

In Riverside County this year, there has only been one confirmed case of meningococcal disease (a 38-year old). The patient had not been to Tijuana.

School personnel can help prevent a meningitis outbreak on this side of the border in the following ways:

1. If you are aware of a student or staff member with signs and symptoms of meningitis, relay this to a school nurse working with your site or the district's health office. Have a plan so that one representative from the school or district notifies Disease Control (see number below).
2. Observe for the following: fever, intense headache, lethargy, stiff neck, and/or a pinpoint rash that does not blanch under pressure.
3. School staff should take every opportunity to remind parents that a meningitis vaccine (MCV4) is routinely recommended for children and adolescents 11 to 18 years of age, with an initial dose recommended at age 11-12 and a booster at age 16 (or within five years of stating college). See attached notice for parents.
4. Routine hygiene recommendations should be reinforced at school. Hand washing is important. If permitted by school policy, allow students to bring in and use their own hand sanitizer. As bacteria can be spread through coughing and sneezing, teach students that when a tissue is not available, they should cough or sneeze into their own elbow/sleeve, NOT their hand.
5. Sharing of saliva can spread disease so remind students not to share food or beverages, eating utensils, lipstick, or lip balm. Adults must not share cigarettes or pipes.

There are no changes in recommendations on travel to Tijuana or Mexico. Individuals traveling there should be aware of the recent reports of meningococcal disease and should promptly seek care for suggestive symptoms. Report cases to Disease Control at (951) 358-5107, Monday – Friday, 8AM – 5PM or fax to (951) 358-5102. After hours use: 1-(888)-430-5195.

Any questions you have may be answered via one of the following web sites:

- ☐ Information about meningococcal disease: <http://www.cdc.gov/meningococcal/>
- ☐ Information about meningococcal vaccination: <http://www.cdc.gov/meningococcal/vaccine-info.html>
- ☐ Prevention and control of meningococcal disease: <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5407a1.htm>

Sincerely,

Barbara Cole, R.N., B.S.N., P.H.N.

Director, Disease Control Branch