

## GENERAL ANNOUNCEMENTS

Make sure to check out the attached flyers below for more information on:

- All Pro Families
- Breaking the Silence

### All Pro Families

Please join us for our first ALL PRO FAMILY event!

All E. Hale Curran families are invited to attend this event, including siblings! All Pro Family is an event that allows families to come together to enjoy a FREE and delicious spaghetti dinner! We will have conversation starters and activities that focus on the topic of GRATITUDE.

- WHEN: November 19, 2019
- TIME: 5:45 pm - 6:30 pm
- WHERE: EHC Multi-Purpose Room (MPR)

Please RSVP by November 18<sup>th</sup> to:

[Akruger@murrieta.k12.ca.us](mailto:Akruger@murrieta.k12.ca.us)



**E. HALE CURRAN**  
**“COUGAR COURIER”**  
November 18<sup>th</sup> – November 22<sup>nd</sup>



NATIONAL PTA  
**REFLECTIONS**  
**LOOK WITHIN**

We want to thank all the Curran Reflections program participants for all their hard work. Your submissions were inspired.

- ❖ Primary Visual Arts: Evie Duckett
- ❖ Intermediate Literature: Taylor Johnson
- ❖ Intermediate Music: Ella Sandoval
- ❖ Visual Arts: Skye Davidson
- ❖ Visual Arts: Salem Cortes
- ❖ Literature: Kaleb Herrera
- ❖ Visual Arts: Selah Sandoval

The Curran Family wants to send a special thank you to all the veterans, active duty members and their families for helping to make our Veterans Day celebration memorable. Thanks to you, our cougar students have a better idea of what service and sacrifice means. We can't thank you enough for all you do to make our country safe.

We are forever grateful,  
Your Cougar Family

*A special thank you goes out to the Philbrick's and all the volunteers who manned the obstacle course. It was a super fun day.*



### Thank You PTA

We want to send a heartfelt thank you to our Cougar PTA for all their hard work and dedication. Thanks to them we have earned over \$26,000 from our Cougar

Run.  

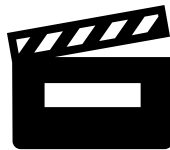

Thank you to all our volunteers who spend countless hours to make our school special.



**This Week**  
(Nov. 18<sup>th</sup> – Nov. 22<sup>nd</sup>)

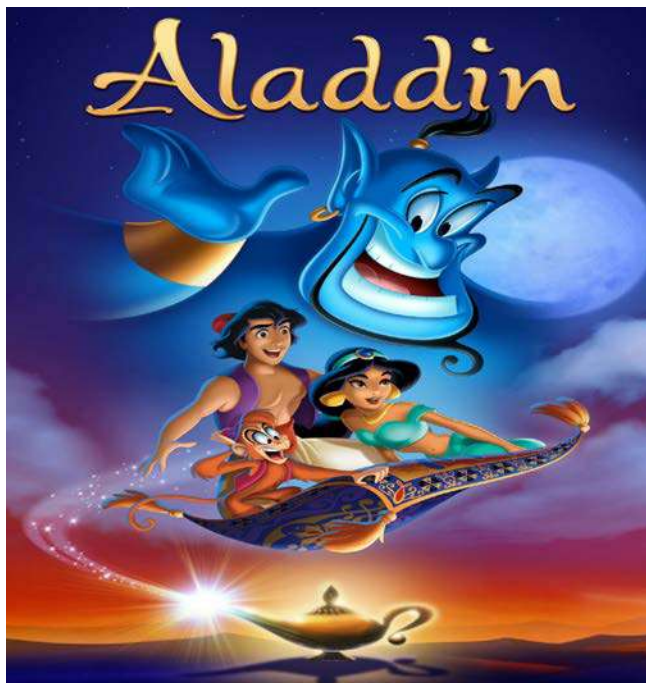
- Nov. 18 – Early Out for All Grades
- Nov. 19 – Running Club
- Nov. 19 – Band/Violin Practice
- Nov. 19 – All Pro Family Night
- Nov. 20 – Vision and Hearing Screening
- Nov. 21 – Running Club
- Nov. 21 – Santa Rosa Plateau (5<sup>th</sup> Grade Only)
- Nov. 21 – Violin/Full Band Practice
- Nov. 22 – Friday Flag
- Nov. 22 – \$2.00 Jamba Juice Day
- Nov. 22 – PTA Movie Night @ 6:30pm

**PTA Movie Night**  
**November 22<sup>nd</sup>**  
**Starts at 6:30 pm**



**Come join us for movie night.**  
**Bring your chairs, blankets,**  
**and magic carpets for a cozy**  
**night at Cougarland.**

**You are welcome to bring**  
**snacks and sing along.**



**Thanksgiving Break is**  
**November 25<sup>th</sup> – 29<sup>th</sup>**  
**No School**



**Start Each Day with a Grateful Heart.**



## **November Events**

- Nov. 19<sup>th</sup> – All Pro Family Night
- Nov. 20<sup>th</sup> – Vision/Hearing Screening
- Nov. 21<sup>st</sup> – Santa Rosa Plateau Field Trip (5<sup>th</sup> Grade)
- Nov. 22<sup>nd</sup> – Movie Night: Disney's *Aladdin*
- Nov. 25<sup>th</sup> to 29<sup>th</sup> – Thanksgiving Break**

## **December Events**

- Dec. 4<sup>th</sup> – Vision/Hearing Screening (makeup day)
- Dec. 12<sup>th</sup> – Winter Band Concert
- Dec. 13<sup>th</sup> – Winter Wonderland
- Dec. 23<sup>rd</sup> to Jan. 17<sup>th</sup> – Winter Break**



# ALL PRO FAMILY

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**WHEN: November 19, 2019**

**TIME: 5:45-6:30pm**

**WHERE: Multi Purpose Room (MPR) E Hale Curran**

Please RSVP by November 18, 2019

RSVP to:

[Akruger@murrieta.k12.ca.us](mailto:Akruger@murrieta.k12.ca.us)





# What We Wish You Knew

## **BREAKING THE SILENCE**

This session will provide students (ages 12+), staff and families with information about depression and suicide. Learn how to recognize the signs and how and where to get help. Discussion topics include identifying risk factors/warning signs, starting conversations, safe messaging, self-care and resources. This event will feature a variety of booths from community-based agencies, a panel discussion about "lived experiences" and opportunities for Q & A.

**Date: November 18, 2019**

**Time: 5:00 pm-8:00 pm**

**Location: Shivela Middle School 24515 Lincoln Ave. Murrieta, CA 92562**



Dinner will be provided  
Childcare will be available



**PLEASE RSVP BY 11/13/19**

[murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/](http://murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/)

Murrieta Valley USD, Project 99-Play for Life, Inc. & Riverside University Health System- Public Health



**RSVP**





# Lo Que Deseamos Que Supieran

## ROMPIENDO EL SILENCIO

Esta sesión proporcionará a los estudiantes (mayores de 12 años), al personal y a las familias información sobre la depresión y el suicidio. Aprenda a reconocer los signos y cómo y dónde obtener ayuda. Los temas de discusión incluyen la identificación de factores de riesgo / señales de advertencia, conversaciones de inicio, mensajes seguros, autocuidado y recursos. Este evento contará con una variedad de puestos de agencias comunitarias, una mesa redonda sobre "experiencias vividas" y oportunidades para preguntas y respuestas.

**Fecha: 18 de Noviembre 2019**

**Horario: 5:00 pm - 8:00 pm**

**Ubicación: Shivela Middle School  
24515 Lincoln Ave. Murrieta, CA 92562**

**Se proporcionará la cena  
Cuidado de niños estará disponible**



**Por favor confirme su asistencia 13 de Noviembre 2019**  
[murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/](http://murrieta-valley-usd.ticketleap.com/what-we-wish-you-knew-2019/)

Murrieta Valley USD, -Project 99-Play for Life, Inc. & Riverside University Health System- Public Health

