## Mr. Lewis' Weekly Round-Up....

Happy Friday, everyone! We began our morning running club this week with the help of some of our moms. This is a voluntary program for grades second through fourth that will run throughout the year when the weather cooperates. Here are a few items that may help to clarify things:

The program is voluntary and available only to grades second through fourth because of track space.
The program is run by moms who are helping us to get our kids moving, to give students an alternative to sitting in the cafeteria each morning, and to teach our kids proper skills in order to participate in a 5 K Race by spring.
Proper athletic shoes must be worn to prevent injury.
Please e-mail Mrs. Breashears or me if you have any questions, or would be interested in volunteering.

> Have a fantastic weekend!

## Mark Lewis

## Upcoming Events

 October 1-Music Program (see info below) October 5-Vision and Hearing Screenings October 9-Chick-fil-A Spirit Night :Chick-fil-A will be donating a portion of all dining room proceeds from 5:00-8:00 p.m to Jim Stone Elementary. Kindergarten, $1^{\text {st }}$ and $2^{\text {nd }}$ grade parents: Don't forget about our music program coming up this Monday, October $1^{\text {st }}$ ! Your child should arrive at the Clark Auditorium (beside the newly built Conway High School) between 6 and 6:15 :PM. The program will last about an hour. Your : child should wear dressy school clothes (like for school pictures). In Mrs. Matthews class only: boys should wear a white shirt and sunglasses (kept in back pocket until their song), and girls should wear a pink shirt or dress and 50's accessories. If you have any questions, please call the : school at 501-450-4808, or email : me at mccoya@conwayschools.net.
:Thanks!
Mrs. McCoy

## Charecter Counts/

Character Word for September


Respect: Treating others the way you want to be treated.


| Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: |
|  <br> Crispy Bacon or <br> Whole Grain Cereal w/Whole Grain Poptart <br> Fruit Juice Milk of Choice | Choice of One Breakfast Pizza or Whole Grain Cereal w/Whole Grain Poptart <br> Fruit Juice Milk of Choice | Choice of One <br> Whole Grain Cereal <br> w/Honey Wheat Donut or <br> Whole Grain Cereal w/Whole Grain Poptart <br> Fruit Juice Milk of Choice | Choice of One <br>  <br> Sausage Link or <br> Whole Grain Cereal w/Whole Grain Poptart <br> Fruit Juice Milk of Choice | Choice of One Sausage Biscuit or Whole Grain Cereal w/Whole Grain Poptart <br> Fruit Juice Milk of Choice |
| Choice of One <br> Spaghetti w/Whole <br> Wheat Roll or <br> Submarine Slider w/Baked Potato Crisps <br> Fruits Offered <br> Sliced Peaches Apple Juice <br> Vegetables Offered <br> Seasoned Green Beans Carrot Sticks <br> Milk of Choice | Choice of One <br> Chicken Tenders w/ Whole Wheat Roll or <br> Baked Chicken Drumstick \& Whole Wheat Roll <br> Fruits Offered Grape Juice Apple Wedges Vegetables Offered Mashed Potatoes Cucumber Slices <br> Milk of Choice | Choice of One Turkey Corn Dog or Yogurt/Cheesy Breadstick <br> Fruits Offered Mixed Fruit Pineapple Juice Vegetables Offered Seasoned Whole Kernel Corn Carrot \& Celery Sticks <br> Milk of Choice | Choice of One <br> Beef \& Cheese <br> Tacos or <br> Chef Salad w/Pizza Stick <br> Fruits Offered Grapes <br> Orange Juice <br> Vegetables Offered <br> Pinto Beans <br> Green Pepper Strips <br> Oatmeal Cookie <br> Milk of Choice | Choice of One Pepperoni Pizza or Hamburger Slider w/Pretzels <br> Fruits Offered Orange Wedges Apple Juice Vegetables Offered Broccoli Florets Carrot Sticks <br> Milk of Choice |



