

The Eagle's Nest Avalon Elementary K-8

www.avalonk8.com

Principal's Message

Our Moms & Manicures was a lot of fun! Thank you to all those who participated. A big thanks to Ms. Stacey and Ms. Lena.

This week we have our open House. Bring your friends and neighbors, let's show off our great school!. Games will be played in each classroom. Fun for all!

Happy Holidays!

Mr. Webb



Open House

Thursday

December 2

5:00- 7:00 P.M.

Bring a Friend!



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Newsletter Date 12/1/10

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Special points of interest:

- Christmas Program
- Open House
- Dress Code
- Facebook Invitation
- Cans for Duds
- Christmas Break

Christmas Program

December 9th

Grades K-4, 6:30-7:30 P.M.

Come enjoy a night of singing and dance.

Kindergarten through Fourth grade will be performing.



Bake Sale before and after the performances.
Those interested in contributing to the bake sale are encouraged to contact Ms. Stacey in the office.

DRESS CODE

In October a group of concerned students approached the Principal, Mr. Webb with a written proposal addressing the dress code. After consideration Mr. Webb allowed their proposal to go into effect for a probationary period.

It was proposed that students be allowed to wear blue jeans. The blue jeans worn would be in good shape with no rips or tears. No stone wash jeans. It is understood that many of the jeans have decorations on them. Decorations are to be a minimum. Jeans that are embellished with a lot of decoration down the leg are out of dress code.

The dress code has not been changed for the shirts. Dark blue and red shirts are still the stated uniform by school policy.

It's important to note that the blue jeans are being worn for a probationary period. In January a final decision for the school year will be made.



Dress code as stated in the student handbook

facebook

Come be our
Friend!

Avalon is now on
Facebook
Avalon Eagles

Dress Code

The Dress Code is **SCARLET RED OR NAVY BLUE PLAIN OR COLLARED SHIRTS AND NAVY BLUE OR TAN KHAKI PANTS, SHORTS, JUMPERS, SKORTS AND SKIRTS (FINGER-TIP LENGTH) NO JEANS.** Pants must be worn on waistline, no hip huggers. Shirts must be two inches below waistline. Shirts must have sleeves; no tank tops, muscle shirts or spaghetti straps. Shirts with low necklines are not acceptable. Closed toed and heel shoes only; **NO FLIP FLOPS OR SANDALS.** "Heelies" or other wheeled shoes are not allowed.

Students will need a warm sweatshirt in the winter months in the dress code colors. **All students must be in dress code underneath jackets, or coats.** No inappropriate advertising on jackets or coats.

It is REQUIRED that all students come to school in dress code, clean and in a well groomed manner. Students that are proud of their appearance perform better in their work environment, SCHOOL.

Avalon will not accept extreme hairstyles or colors; this includes "Mohawks" and hair dyeing. Avalon will not accept gang paraphernalia or clothing.

Avalon will not accept body piercing or ear gauging. Covering with a bandaid is not an option. **No hats are allowed on campus.**

All jewelry must be conservative in nature. No ball, spike or studded necklaces, jelly bracelets or drug/inappropriate symbols. Earrings need to be studs, not hoops, for safety reasons.

All students need to wear close toed and heeled shoes-- no sandals, clogs or roller skates.

All students with tattoos will need to wear the appropriate clothing to cover all tattoos.

A student writing on another and/or their clothing are not acceptable.

Parents will be notified if a student comes to school dressed inappropriately and will be required to bring appropriate clothing to school. If someone is unable to bring appropriate clothing and we do not have appropriate clothing in the office, or if the student refuses to change, they will receive an unexcused absence for that day. **Any student who comes to school out of dress code will receive a dress code violation, NO EXCEPTIONS.** Students with three or more dress code violations will received a one to three day out of school **SUSPENSION.** The principal will resolve questionable dress code concerns.

Cans for Duds



Students are invited to participate in Avalon's can food drive. *All donations will go to a charity in the Apache Junction area.*

Here's how it works;

- Its very similar to the *Dollar for Duds* we do each Friday. The exception is that it can be done Monday—Friday until Christmas Break.
- For each part of a uniform the student chooses to not wear they must bring a can of food as a donation for that day. For example, if a student chooses to wear a shirt and pants that are out of uniform, then for that day they would bring 2 cans of food.
- No money will be accepted Monday-Thursday. A student may still participate in *Dollar for Duds* on Friday if they choose to.

Cans for Duds is voluntary and not required.

Happy Holidays!

Christmas Break

Avalon's Christmas Break will be:

December 20—December 31

School will resume on
January 3, 2011



Eating Together as a Family

The family meal has gone through many changes over the years. Families that sit down together every night to enjoy a well planned meal are few. The fast pace of our lives has changed the way we eat together. Our evenings are filled with activities such as soccer practices, dance lessons, PTA meetings and late nights at the office, to mention a few.

Families that eat together:

- benefit by children and adolescents who eat more nutritiously.
- have teens that are less likely to be involved in risky behavior.
- have children with better language skills and academic scores.
- have a lower obesity rate.
- teach children to enjoy a variety of foods.
- generally have better relationships with each other and their community.

The family meal doesn't have to be a formal sit down dinner. Meals can take place anywhere. They can include eating with anyone you love, care for, live with or who cares about you. It is the feeling of sharing and support that comes from being together that makes family meals so valuable.



What does a non-traditional family meal look like?

- Tailgate before a practice or during a game.
- Choose a **HEALTHY** fast food meal.
- No time in the evening? Eat breakfast together instead.
- No dinner table? Throw a blanket on the floor for a picnic.
- Eat together in the park between activities.