

PANTHER NEWS

Pleasant Green Elementary Newsletter



Pleasant Green
Elementary is
Stronger Together!

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GROWTH MINDSET WORK

*September Mantra: Everyone can learn!

*Ask your student what does it mean and how does it apply to them at school and at home?

PG knows ALL of our students are able to make great growth this year if students are committed to working Panther hard each day!



Prevention & Cleaning Routines

- *Students' desks and chairs are wiped down 4-5 times daily.
- *Handwashing is done several times throughout the day; especially before snacks/meals.
- *Hand sanitizer in and out of areas.
- *Disinfecting all touch points and assigned seating in lunchroom.
- *Social distancing markers in halls with alternating transition times

Parent Morning Screener

To keep our community safe and healthy GSD and the Utah Health Department is asking parents to monitor their students health. We ask that each morning you screen your students for symptoms of COVID-19 and other illnesses. Please contact your health care provider or the COVID hotline at 385-468-4636 if you suspect an illness or exposure. Please keep your child home if they have-

One or more of these symptoms:

- o cough
- o shortness of breath
- o difficulty breathing
- o fever of 100.4° F higher or chills
- o new loss of taste or smell

Two or more of these symptoms:

- o headache
- o muscle pain
- o sore throat
- o congestion or runny nose
- o nausea, vomiting or diarrhea.

****Students must be symptom free for 24 hours before returning to school.**

QUARANTINE VERSUS ISOLATION

Please use the Parent Covid-19 Manual for specifics. If a student is sent home sick, they must be SYMPTOM FREE for 24 hour before coming back to school

*Quarantine is for people who are not sick and don't have any symptoms of COVID-19, but who may have been exposed to it.

*Isolation is for people who are already sick or have tested positive for COVID-19.

PAWSitively Panther Behaviors

P– Positive Attitude

A– Always follow directions

W– Work and Play safely

S– Show respect



Positives:

- *Panther Prides (via Dojo points),
- *Monthly PAWSitive Panther Parties
- *Panther Pantry (school store)

Upcoming Events

*Sept. 15th– Zupas Spirit Night for PTA

*Sept. 17th– SCC @ 12:45, PTA @ 1:30

*Sept. 23 & 24th– SEPs & BOO to The Flu 4-7.

*Sept. 24th– Early Out Thursday

*Sept. 25th—No School

*Oct. 20th –Early Out

*Oct. 21st-Oct. 23rd– No School

Class & School Dojo

Please make sure that you are currently attached to your student's Class Dojo and website. We will be using this platform as a main line of communication for parents.

Please reach out if you need additional help, the office phone is 385-646-4972.

Fruits & Veggies

Pleasant Green is excited to be participating in the Fresh Fruit and Vegetable Program (FFVP) this year! This is a USDA program that allows us to serve a fresh fruit or vegetable snack to students outside of the regular meal service times. It's a great opportunity for kids to try new fruits and veggies and learn more about healthy eating. We encourage you to ask your students what they tried for their fruit and vegetable snack each week—and maybe try it at home as well.

This week's treats!



JOE GRANATO
fresh wholesale produce

Utah Nectarines

Nectarines are considered a delicious, juicy "summer fruit" and in California they are indeed grown in the summer months. However, Utah's nectarine season is in later summer and fall months.

There are a few different theories as to what a nectarine actually is... Some say that it is a cross between a plum and peach. However, today it is said that nectarines are simply a hairless peach; no plum involved.

The root word, nectar, explains the taste of a nectarine. Like nectar, the flavor of nectarines is very sweet. Similar to peaches you can eat the skin and also the juicy, sweet flesh inside the fruit.... Just avoid the pit!

Nectarines are very healthy. They have a lot of vitamin A and vitamin C and are low in calories and sodium.



The nectarines you are eating today are from **UTAH!**



JOE GRANATO
fresh wholesale produce

Utah Zucchini Sticks



Historically, squash originated in the Americas; however, Zucchini squash was cultivated in Italy and brought to America in the 1920's. Zucchini is harvested about 50 to 60 days after planted. The zucchini that will give you the best quality and taste will be picked around 6-8 inches. Zucchini can grow very quickly; it is said they can grow 1-2 inches each day if not picked. As they get larger, they become very bitter, seedier and very pulpy. Zucchini are very healthy for individuals. They are low in calories, but high in fiber. They also contain vitamin b6, potassium, and other key nutrients our body needs.

An interesting fact about zucchini is that, culinary speaking it is considered a vegetable; however, botanically speaking it is known as a fruit, known as pepo.

These Zucchini Sticks that you are eating today are from **UTAH!**