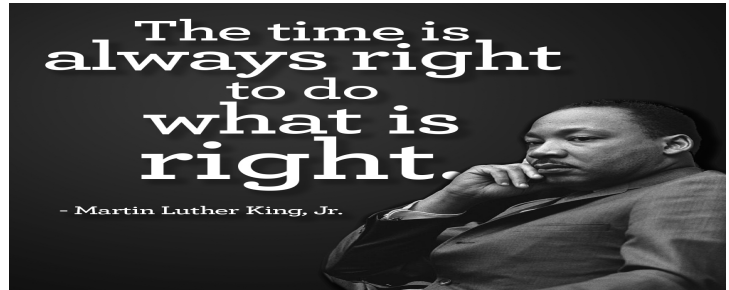


Scenic Heights - Bulldog Bulletin

Newsletter 01/13/25

Principal - Shelly Cox
Assistant Principal - Kristin Arnold



In Honor of Martin Luther King, Jr.,
There is No School on January 20th.



January 18th- PTA fundraiser- Ice Pilots- scan QR code on back for more information on purchasing tickets

January 20 Martin Luther King Jr Day Holiday

January 28 2nd grade program (Gresham's classes- Brown, Holcomb, and O'Brien)

January 30 2nd grade program (Austin's classes- Bonifay, Prince, McDaniel)

Spirit Night @ Freddy's

January 27-31 Literacy Week

January 31 Book Fair opening- more details coming soon



Book Fair is coming soon!
Literacy Week is January 27-31 and
Book Fair opens January 31!!

FEBRUARY

February 3-7 Book Fair

February 6- Mid-term progress reports

February 11- Little Caesars Spirit Day

February 17- Teacher Plan/Learn day- no school for students



**It's cooler weather!
Remember to label jackets and other items with student names.**

Coach's Corner

This week is about nutrition facts and how to read a food label. Check out the image that gives all the information you need to consider when choosing foods to eat.

Sample label for Macaroni & Cheese

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount Per Serving		
Calories 250		Calories from Fat 110
		% Daily Value*
Total Fat 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
Cholesterol 30mg		10%
Sodium 470mg		20%
Total Carbohydrate 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
Protein 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 **Start Here** →

2 **Check Calories**

3 **Limit these Nutrients**

4 **Get Enough of these Nutrients**

5 **Footnote**

6 **Quick Guide to % DV**

- 5% or less is Low
- 20% or more is High

GUIDANCE CORNER

A new year has begun and we are so excited to welcome our bulldogs back for the second semester. The second quarter is now complete and third quarter has begun. This is a great opportunity to reflect on how far we've come this school year. It's time to think about the goals we want to accomplish in the next few months. One way to do this is to set small, achievable goals. Progress can be easily monitored this way and the feeling of success will encourage you to keep striving! Let's see what our students can accomplish in this third and fourth quarter to meet their yearly goals!

"We all get the exact same 365 days. The only difference is what we do with them".

DON'T COUNT EVERY DAY OF THE WEEK; MAKE EVERY DAY OF THE WEEK COUNT.

(MARK AMEND)
WWW.LIVELIFEHAPPY.COM



**Little Caesars
will host Spirit Day for
Scenic Heights on
February 11th.**

A portion of sales will be donated to our school.
Sounds like a great day to have pizza for lunch or skip cooking and get pizza for dinner.

Thank you for supporting our local business partners who give back to students.



PENSACOLA
ICE FLYERS

FUNDRAISER
SEE A HOCKEY GAME, HELP RAISE MONEY

ON JANUARY 18TH

FOR EVERY **GOLD TICKET** SOLD THE ICE FLYERS WILL DONATE \$5

FOR EVERY **SILVER TICKET** SOLD THE ICE FLYERS WILL DONATE \$3

Scenic Heights Elementary School



Every day
COUNTS!

School success starts
with attendance

- 6:45 – Entrance Bell/Gates Open
- 7:08 – Warning Bell/Gates Close/
End of Breakfast
- 7:10 – Tardy Bell
- 1:25 – Dismissal Bell

No checkouts after 1:00.

**Any transportation changes
must be made in writing.**

**Always bring a photo ID
when checking students out**



Need up to date info?
Check out our school's website!



**SCENIC
HEIGHTS
ELEMENTARY**

**JOIN PTA
TODAY!**

Scan Here!

