Hearing and Vision Screening

We will be conducting our yearly Hearing and Vision Screening for all students on Friday, October 18th. If your child normally wears glasses, make sure they bring them that day.
"Parenting the Love and Logic Way"
Classes are beginning in October at Truscott Elementary School.

October 21 – November 25, 2019
Time: 5:30 – 7:30 PM
Location: Truscott Elementary
211 West 6 St., Loveland, CO 80537

What is Love and Logic? It is a way of working with children that puts parents back in control, teaches children to be responsible, and prepares young people to live in the real world, with its many choices and consequences. The program especially helps parents enjoy working with their children through easy-to-use techniques. The Love and Logic approach helps children develop and grow in a healthy way, provides them with confidence and dignity, and teaches them how to become more responsible.

Pre-registration is required. Contact Michelle Myers at 970-613-6925
michelle.myers@thompsonschools.org or
Gloria Major 970-541-2501
gloria.major@thompsonschools.org
Childcare provided for children over 2 years of age

Mondays 10/21-11/25
Kindergarten Field Trip

Monroe Kindergartners will visit Lee Martinez Farm in Fort Collins on Friday, October 18th from 8:45-Noon.
Picture re-takes with Studio 5 will be Monday, October 28th.
Trunk or Treat

Friday, October 25
5:00-6:30pm

Trunk or Treat in the Monroe parking lot and then join us inside for cookies and dance!

Enter to win Door Prizes!

Parking is available across the street at Zion Lutheran Church

NOW SELLING
Single-Family Homes in
Thompson River Ranch

Two Collections from the $280s
New School Coming Soon

970.347.8345
OakwoodHomesCo.com
Monroe Elementary School Newsletter

Tronco o Trato

Tronco o trato
Y
Danza

Viernes 25 de octubre
5:00-6:30 pm

¡Trunk or Treat en el estacionamiento de Monroe y luego únete a nosotros para comer galletas y bailar!

¡Ingresa para ganar premios de puerta!

El estacionamiento está disponible al otro lado de la calle en la Iglesia Luterana Zion

Colorado Reading Corps is looking for tutors!

Provide individual literacy support in elementary schools.
More info:
youthforachange.org/services/americorps-programs/

Contact Jess Lambdin
720.840.1887
JessicaJ@youthforachange.org
Notes from the Music Room....

Did you know that music improves Brainpower?

It has been scientifically proven that music has advantages and health benefits for children. One of these benefits is that it helps to improve their brainpower and memory functions. According to this research listed below, it was discovered that the brain of a musician works differently than that of a non-musician. It was also shown that students who were exposed to music while growing up excelled better in academics than those who were not. Music helps in stimulating the part of the brain that is responsible for reading, math, and emotional development. This alone should be enough motivation to get your kids involved in music and related activities.

(from Budsies.com: "7 Benefits of Music for Children While Growing Up")

*From journals.plos.org, here are a few of the many, many studies showing that music improves brainpower:


Sluming V, Brooks J, Howard M, Downes JJ, Roberts N. Broca’s area supports enhanced visuospatial cognition in orchestral musicians. Journal of Neuroscience. 2007; 27, 3799–3806. pmid:17409244
## Lunch Menu

### Elementary Lunch

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td></td>
<td>Quiche Taco Chicken Bacon Ranch Wrap PB&amp;J Sandwich Fruit &amp; Salad Bar Steamboat Corn Whole Wheat Dinner Roll Fresh Colorado Milk</td>
<td>Temples Egg &amp; Sunnyseed Shootin' Pack PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>Chicken Pot Pie Italian Sub PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>- No School -</td>
<td>- No School -</td>
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<tr>
<td></td>
<td>Penne with Meatballs, WG Yogurt Raisin PB&amp;J Sandwich Fruit &amp; Salad Bar Green Beans Whole Wheat Dinner Roll Fresh Colorado Milk</td>
<td>Burrito Bowl Chicken Bacon Ranch Wrap PB&amp;J Sandwich Fruit &amp; Salad Bar Baked Beans V Fresh Colorado Milk</td>
<td>Chicken Strips &amp; Fries Egg &amp; Sunnyseed Shootin' Pack PB&amp;J Sandwich Fruit &amp; Salad Bar Fish &amp; Chips Fresh Colorado Milk</td>
<td>- No School -</td>
<td>- No School -</td>
</tr>
<tr>
<td></td>
<td>Domino’s Pizza Smart Slice, WG House Made Pizza, WG Yogurt Raisin PB&amp;J Sandwich Fruit &amp; Salad Bar Garden Blend Vegetables Fresh Colorado Milk</td>
<td>Domino’s Pizza Smart Slice, WG Pork Soft Tacos Chicken Bacon Ranch Wrap PB&amp;J Sandwich Fruit &amp; Salad Bar Whole Wheat Dinner Roll Fresh Colorado Milk &amp; Dressings</td>
<td>Domino’s Pizza Smart Slice, WG Popcorn Chicken Egg &amp; Sunnyseed Shootin’ Pack PB&amp;J Sandwich Fruit &amp; Salad Bar Baby Whole Pecans &amp; Gortch Crackers Fresh Colorado Milk</td>
<td>- No School -</td>
<td>- No School -</td>
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<tr>
<td></td>
<td>Macaroni &amp; Cheese, WG, V Yogurt Raisin PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>Los Cabos Enchiladas Chicken Bacon Ranch Wrap PB&amp;J Sandwich Fruit &amp; Salad Bar Whole Wheat Dinner Roll Fresh Colorado Milk</td>
<td>Chicken Parmesan w/ Pasta WG Egg &amp; Sunnyseed Shootin’ Pack PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>- No School -</td>
<td>- No School -</td>
</tr>
<tr>
<td></td>
<td>Orange Chicken with Rice, WG Yogurt Raisin PB&amp;J Sandwich Fruit &amp; Salad Bar Asian Blend Wheat Vegetables Fresh Colorado Milk</td>
<td>Cheesy Nachos w/ Real Cheese Cheese &amp; Bacon Chicken Bacon Ranch Wrap PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>Pulled Pork and Cornbread Italian Sub PB&amp;J Sandwich Fruit &amp; Salad Bar Fresh Colorado Milk</td>
<td>- No School -</td>
<td>- No School -</td>
</tr>
</tbody>
</table>

### October 2019

*Note: This institution is an equal opportunity provider. The USDA is an equal opportunity employer.*

Proud to serve Fresh Colorado Milk. 1% and Fat Free Milk served daily.

**LiveWell School Food Initiative**
# Breakfast Menu

<table>
<thead>
<tr>
<th>Monday</th>
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<th>Wednesday</th>
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<th>Friday</th>
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</table>

This Universal Breakfast menu is available at the following elementary schools: RFK, Cottonwood, Garfield, Estes Park, Fairview, Lincoln, Mary Blair, Monroe, Sarah Miller, Tussock, Coal Creek Middle School, and Valmont.

Proud to serve Fresh Colorado Milk, 1% and Fat Free Milk Served Daily.
How to find us online:

Monroe Elementary Website
https://www.thompsonschools.org/Page/33

Monroe Facebook Page
https://www.facebook.com/pg/mesmustangs/about/

Monroe PTA Facebook
@MightyMustangs.PTA

Monroe Twitter
https://twitter.com/MES_Monroe

We Recycle Ink Cartridges and Old Electronics!
Help us earn some funds by bringing in your empty printer ink and toner cartridges for recycling. We also recycle small electronics like cellphones, tablets and laptops! You can drop these items off at the front office or in the computer lab. Thank you!!

Advertising in this newsletter does not imply endorsement by the school or district.