

Feeling Stuck and alone in Supporting Your Child's Mental Health?
(ex) Oppositional behaviors, attentional issues, depression, anxiety, substance concerns, trauma, stress related concerns, or general phase of life?

Join us Monthly for A Parent Support Group on

SUPPORTING YOU & YOUR CHILD'S MENTAL WELLNESS

Parents in this 1 hour 15 minute support group you will:

- Learn Ways to support yourself and your child around their mental health
- Discover some potential tools that may help both you and your child
- Recognize mental health "red flags" and what to do in those situations



- Learn strategies to discuss your child's mental health challenges in positive ways
- Improve your communication in your family
- Get support for your own stress in helping children with mental health challenges

Details:

When: First Wednesday of the Month

Time: 8:15 to 9:30

Starting September 4th

Where: EDIS Building Conference Room

Reserve your Space:

**Call EDIS Department and Reserve
Your Space 727-4029**

DGF PTSA

POPCORN WEDNESDAYS!

2024-2025

Students will receive freshly popped popcorn every Wednesday during the school year!

Subscription payments **after Sept. 30th** must be made by check or online.

Full-year Subscription:

- ★ 1 bag per week \$20.00
- ★ 2 bags per week \$30.00

Half-year Subscription:

- ★ 1 bag per week \$10.00
- ★ 2 bags per week \$15.00

Individual bag:

- ★ 1 bag \$1

***Weekly Popcorn must be ordered before 0730 on Wednesday mornings.*

Checks payable to: DGF PTSA, cash (USD only), or our online store.

Subscribe online!



**CALLING ALL TEACHERS, STAFF,
PARENTS, & COMMUNITY MEMBERS!**



Rotadgfptsapresident@gmail.com

WE

NEED

YOU!

Scan the QR code with
the camera on your
mobile device to learn
more & join our ptsa
today!

To Join our DGF Rota Elementary PTSA!

You can make a positive impact!

MAKE A COMPLETE MEAL:

Entrees: Choose One

*Fruit: Choose One OR Two

*Vegetables: Choose One OR Two

Milk: Choose One

Must Choose a Fruit OR Vegetable

NOTE: Students are permitted **one complete meal**. Second meals are available at full price. Students who do not select at least 3 items with one being a fruit or vegetable will be charged full price.

MONDAY 5



MONDAY 12



MONDAY 19

- (1) Teriyaki Chicken w/ Fried Rice OR
- (2) Pasta w/ Meatballs
- Variety of Fruits
- Seasoned Green Beans
- Honey Glazed Carrots
- Choice of Milk

MONDAY 26

- (1) Chicken Nuggets OR
- (2) Lasagna
- Roll (w/either entrée)
- Variety of Fruits
- Mashed Potatoes
- Honey Glazed Carrots
- Choice of Milk

TUESDAY 6



TUESDAY 13



TUESDAY 20

- (1) Chicken Parmesan w/Roll OR
- (2) Ham and Cheese Sandwich
- Variety of Fruits
- Seasoned Roasted Broccoli
- Seasoned Corn
- Choice of Milk

TUESDAY 27

- (1) Hot Dog OR
- (2) Sloppy Joe
- Variety of Fruits
- Seasoned Roasted Broccoli
- Seasoned Corn
- Choice of Milk

WEDNESDAY 7



WEDNESDAY 14



WEDNESDAY 21

- (1) Soft Tacos OR
- (2) Cheese Quesadilla
- Variety of Fruits
- Seasoned Black Beans
- Shredded Lettuce and Tomato
- Choice of Milk

WEDNESDAY 28

- (1) Bean & Cheese Burrito
- (2) Chicken Fajitas
- Variety of Fruits
- Seasoned Black Beans
- Shredded Lettuce and Tomato
- Choice of Milk

THURSDAY 1



THURSDAY 8



THURSDAY 15



THURSDAY 22

- (1) Chicken + Waffles OR
- (2) Grilled Cheese
- Variety of Fruits
- Tater Tots
- Sliced Cucumbers w/ Ranch
- Choice of Milk

THURSDAY 29

- (1) Ham & Cheese Croissant OR
- (2) Breakfast for Lunch
- Variety of Fruits
- Tater Tots
- Sliced Cucumbers
- Choice of Milk

FRIDAY 2



FRIDAY 9



FRIDAY 16



FRIDAY 23

- (1) Pizza OR
- (2) Hamburger
- Variety of Fruits
- Romaine Side Salad
- Roasted potatoes
- Choice of Milk

FRIDAY 30

- (1) Macaroni + Cheese OR
- (2) Italian Meatball Sub
- Variety of Fruits
- Romaine Side Salad
- Roasted potatoes
- Choice of Milk

Menu subject to change based on availability

	AUGUST '24						
	S	M	T	W	R	F	S
9 New Parent Orientation					1	2	3
12 Teachers Report							
16 Open-House	4	5	6	7	8	9	10
19 Students Report (K-5th)	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

	FEBRUARY '25						
	S	M	T	W	R	F	S
14 Holiday							1
17 President's Day							
18 Teacher Training	2	3	4	5	6	7	8
	9	10	11	12	13	14	15
	16	17	18	19	20	21	22
	23	24	25	26	27	28	

	SEPTEMBER '24						
	S	M	T	W	R	F	S
2 Labor Day							
23 Teacher Training	1	2	3	4	5	6	7
3 Students Report (PreK)	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

	MARCH '25						
	S	M	T	W	R	F	S
13 Teacher Training		3	4	5	6	7	8
26 Q3 Ends							
27 Teacher Workday	9	10	11	12	13	14	15
28 Holiday	16	17	18	19	20	21	22
31 Spring Break	23	24	25	26	27	28	29
	30	31					

	OCTOBER '24						
	S	M	T	W	R	F	S
10 Teacher Training			1	2	3	4	5
11 Holiday							
14 Columbus Day	6	7	8	9	10	11	12
24 Q1 Ends	13	14	15	16	17	18	19
25 Teacher Workday	20	21	22	23	24	25	26
	27	28	29	30	31		

	APRIL '25						
	S	M	T	W	R	F	S
1-4 Spring Break			1	2	3	4	5
11 Teacher Training							
	6	7	8	9	10	11	12
	13	14	15	16	17	18	19
	20	21	22	23	24	25	26
	27	28	29	30			

	NOVEMBER '24						
	S	M	T	W	R	F	S
7 Parent Conferences						1	2
8 Parent Conferences							
11 Veterans Day	3	4	5	6	7	8	9
28 Thanksgiving	10	11	12	13	14	15	16
27 - 29 Fall Break	17	18	19	20	21	22	23
	24	25	26	27	28	29	30

	MAY '25						
	S	M	T	W	R	F	S
20 Teacher Training					1	2	3
23 Memorial Day							
26 Holiday	4	5	6	7	8	9	10
	11	12	13	14	15	16	17
	18	19	20	21	22	23	24
	25	26	27	28	29	30	31

	DECEMBER '24						
	S	M	T	W	R	F	S
16 Teacher Training							
23 - 31 Winter Break	1	2	3	4	5	6	7
	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30	31				

	JUNE '25						
	S	M	T	W	R	F	S
10 Q4 Ends							
11 Teacher Workday	1	2	3	4	5	6	7
19 Juneteenth	8	9	10	11	12	13	14
	15	16	17	18	19	20	21
	22	23	24	25	26	27	28
	29	30					

	JANUARY '25						
	S	M	T	W	R	F	S
1 New Year's Day							
1-3 Winter Break				1	2	3	4
16 Q2 Ends	5	6	7	8	9	10	11
17 Teacher Workday	12	13	14	15	16	17	18
20 MLK/Inauguration Day	19	20	21	22	23	24	25
21 Parent Conferences	26	27	28	29	30	31	

Contact Information

Phone: 856-82-0220

DSN: 682-0220

No School

Early Release @ 1055

Key Date

CHECK US OUT AT

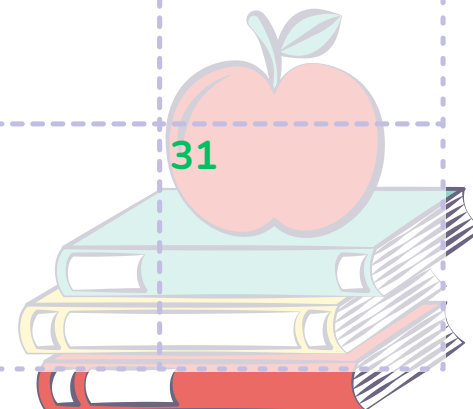
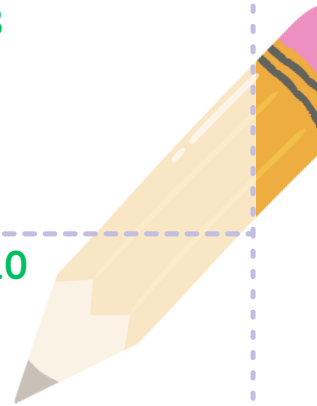
<https://www.dodea.edu/RotaES/><https://www.facebook.com/RotaDGFe>

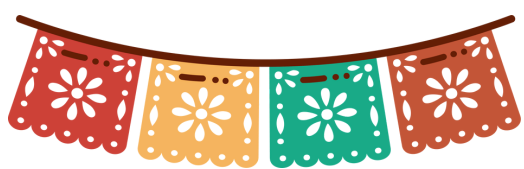
NOTE: Every Wednesday students are dismissed at 1:35 p.m. for teacher focused collaboration



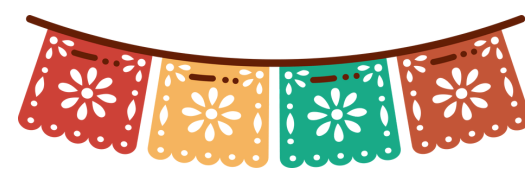
AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9 New Parent Orientation @ 1000 (MPB)	10
11	12	13	14 Back 2 School Resource Fair @ 1300 (NEX)	15	16 Open-House @ 1000	17
18	19 First Day of School (K-5 Students) Bell Ringing Ceremony @ 0805 (Courtyard)	20	21 Early Release @ 1335	22	23	24
25	26	27	28 Early Release @ 1335	29	30	31





SEPTEMBER



Hispanic Heritage Month

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 No School (Labor Day)	3 Preschool 1st Day of School Boo-hoo Breakfast for PreK Parents	4 Early Release @ 1:35 p.m.	5	6 Back-to-School Bingo Night @ 5:00 p.m. (MPB)	7
8	9 School Pictures (1st, 3rd & 5th Grade)	10 School Pictures (2nd & 4th Grade)	11 9/11 Ceremony @ 8:20 a.m. Early Release @ 1:35 p.m. School Pictures (PreK & Kinder)	12 School Pictures (Make-Ups)	13	14
15	16	17 Constitution Day	18 Early Release @ 1:35 p.m. BTS Craft Event @ 1:40 p.m. (MPB)	19	20	21
22	23 No School (Teacher Training)	24	25 Early Release @ 1:35 p.m.	26	27	28
29	30	