

**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**

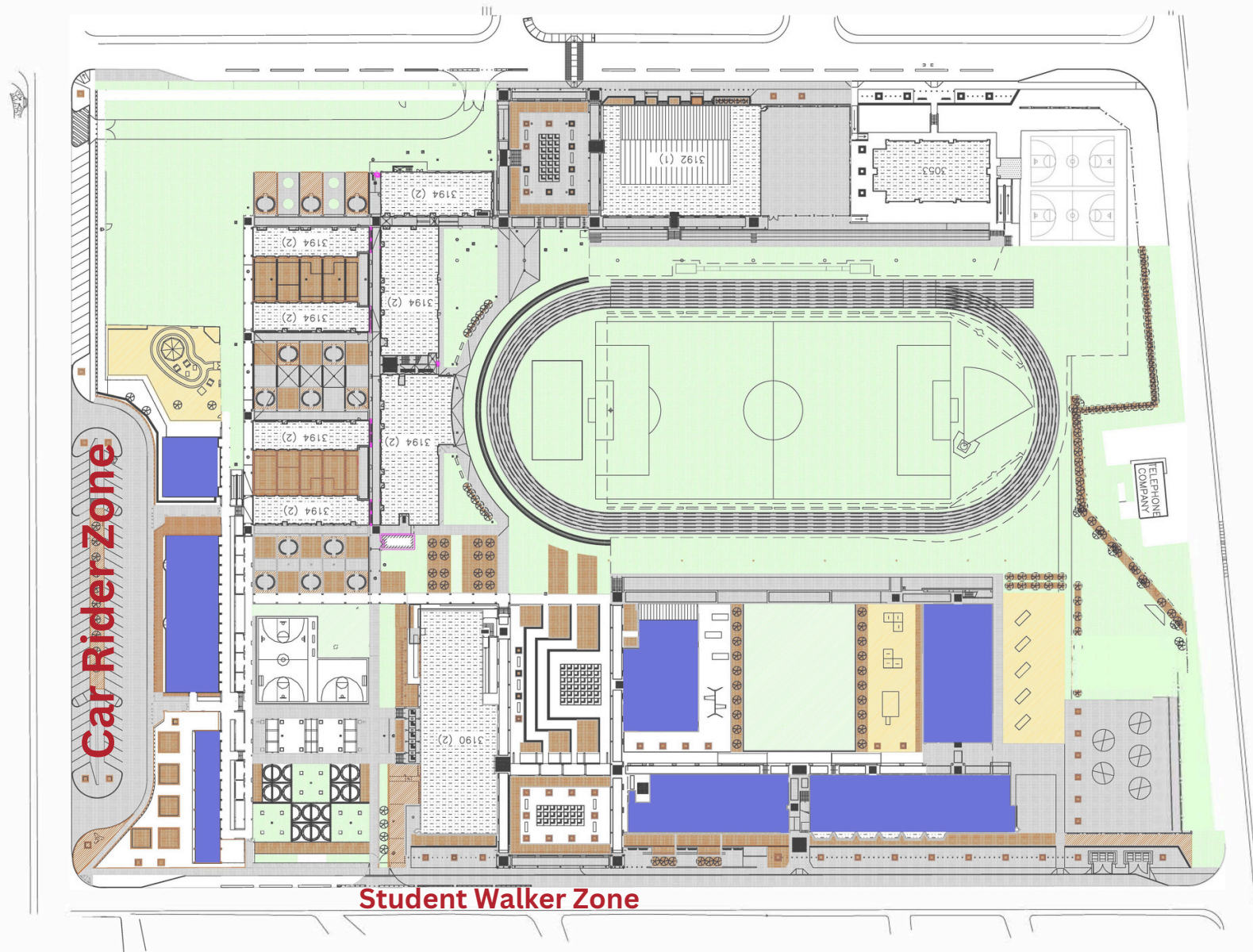
**Where: EDIS Building Conference Room**

**Reserve your Space:**

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

# Student Walkers

2:35 p.m./1:35 p.m. (Wednesday)

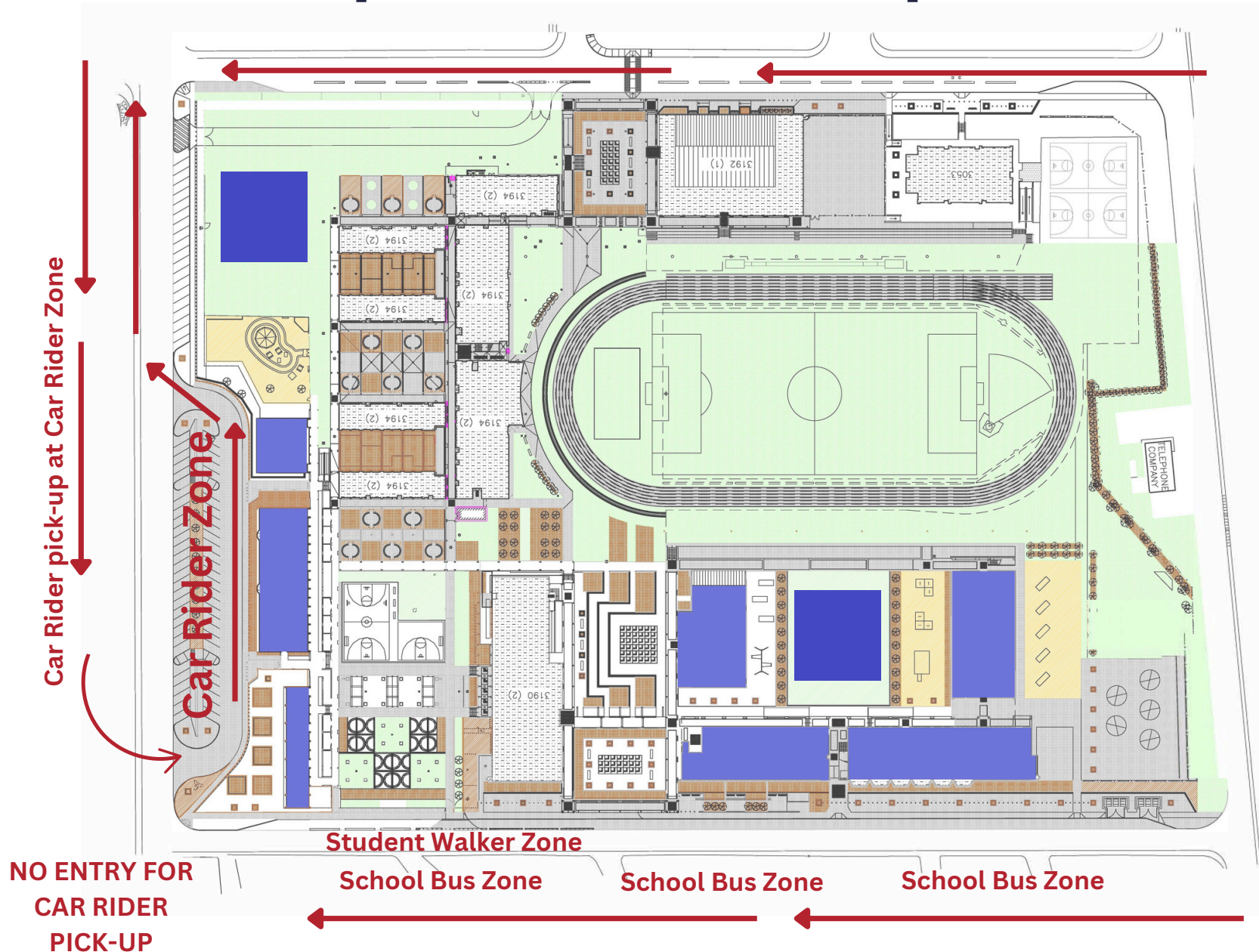


The diagram is a site plan of a school campus. It features a large, light-green oval-shaped field in the center, surrounded by various buildings and parking areas. The buildings are color-coded: blue, yellow, and grey. Some buildings are labeled with numbers: 3192 (1), 3194 (2), and 3190 (2). A parking area on the left is labeled 'Car Rider Zone' with red arrows pointing to it. Three 'School Bus Zone' labels are placed at the bottom of the plan, with red arrows pointing to the corresponding areas. A 'PHONE COMPANY' sign is visible on the right side of the plan. The plan also shows a road at the top and bottom, and a 'PHONE COMPANY' sign on the right side.

**Car Rider drop-off at Car Rider Zone**

# Car Rider Pick-Up

2:40-2:50 p.m./1:40-1:50 p.m. (Wed)





## FRIDAY 6



**FRIDAY 13**

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

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

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

## FRIDAY 20

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



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

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

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

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

## FRIDAY 27



- (1) Nachos Supreme OR
- (2) Taco Salad
- Variety of Fruits
- Seasoned Black Beans
- Shredded Lettuce + Tomato
- Choice of Milk

- (1) Bacon Egg & Cheese Croissant Or
- (2) Crispy Chicken Sandwich
- Variety of Fruits
- Tater Tots
- Sliced Cucumbers
- Choice of Milk

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

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

### 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 2



TUESDAY 3

Chicken Alfredo  
Variety of Fruits  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of Milk

WEDNESDAY 4

Nachos Supreme  
Variety of Fruits  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
Choice of Milk

THURSDAY 5

Hummus Snack Pack  
Variety of Fruits  
Tater Tots  
Sliced Cucumbers  
Choice of Milk

FRIDAY 6

Hamburger  
Variety of Fruits  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of Milk

MONDAY 9

Pasta w/Meatballs  
Variety of Fruits  
Seasoned Green Beans  
Honey Glazed Carrots  
Choice of Milk

TUESDAY 10

Chicken Parmesan w/Roll  
Variety of Fruits  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of Milk

WEDNESDAY 11

Soft Tacos  
Variety of Fruits  
Seasoned Black Beans  
Shredded Lettuce & Tomato  
Choice of Milk

THURSDAY 12

Chicken + Waffles  
Variety of Fruits  
Tater Tots  
Sliced Cucumbers  
Choice of Milk

FRIDAY 13

Whole Grain Pizza  
Variety of Fruits  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of Milk

MONDAY 16

Chicken Nuggets w/Roll  
Variety of Fruits  
Mashed Potatoes  
Honey Glazed Carrots  
Choice of Milk



TUESDAY 17

Sloppy Joe  
Variety of Fruits  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of Milk

WEDNESDAY 18

Bean & Cheese Burrito  
Variety of Fruits  
Seasoned Black Beans  
Shredded Lettuce & Tomato  
Choice of Milk


THURSDAY 19

Breakfast for Lunch  
Variety of Fruits  
Tater Tots  
Sliced Cucumbers  
Choice of Milk

FRIDAY 20

Macaroni and Cheese  
Variety of Fruits  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of Milk

MONDAY 23



TUESDAY 24

Chicken Alfredo  
Variety of Fruits  
Seasoned Roasted Broccoli  
Seasoned Corn  
Choice of Milk

WEDNESDAY 25

Nachos Supreme  
Variety of Fruits  
Seasoned Black Beans  
Shredded Lettuce + Tomato  
Choice of Milk

THURSDAY 26

Hummus Snack Pack  
Variety of Fruits  
Tater Tots  
Sliced Cucumbers  
Choice of Milk

FRIDAY 27

Hamburger  
Variety of Fruits  
Romaine Side Salad  
Crinkle Cut Fries  
Choice of Milk

MONDAY 30

Pasta w/Meatballs  
Variety of Fruits  
Seasoned Green Beans  
Honey Glazed Carrots  
Choice of Milk

**UPK is served Family Style\***

Family Style Mean:  
Children eat in their classrooms  
Everyone eats the same food  
Children serve themselves

Family Style Promotes:  
Physical, social and emotional development  
Decision making skills, Sharing

\*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

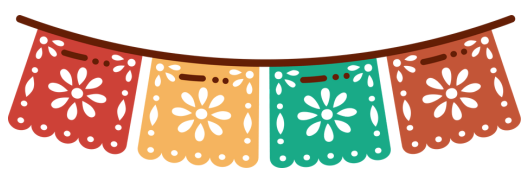
Early Release @ 1055

Key Date

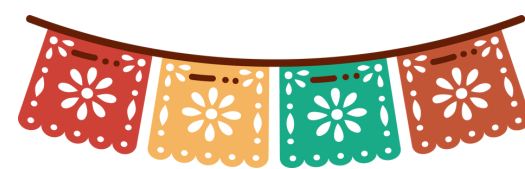
## CHECK US OUT AT

<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



# SEPTEMBER



## Hispanic Heritage Month

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