

# The Hero Herald

## Copper Ridge Elementary Newsletter

*Learning Is Our Superpower!*

January 2020

### **Note from Dr. Atkins, Principal:**

Happy New Year! We are half way through our 19-20 school year and are well on our way to reaching many of our school goals including improving reading, math, science to close our achievement gaps, as well as improving chronic absences. The students know that hard work and effort will get us to our goals by studying the Growth Mindset.

How can you support our school goals?

Please continue to read nightly with your students and practice grade level math facts with them. Students should know their addition and subtraction facts by 2<sup>nd</sup> grade and multiplication and division facts by 3<sup>rd</sup> and 4<sup>th</sup> grade.

You can always meet with your child's teacher if you have concerns or questions about your student's progress. Conferences can be in person or over the phone.

Finally, families can help by working hard to have their kids at school every day and on time, unless the children are sick. If you are struggling to get your kids to school and the administration or teachers can help in any way, please reach out to us at 938-7002.

### **Seatbelt Laws**

**Children under the age of 2** must ride in a rear-facing car seat.

**Children ages 2-4** must ride in a car seat with a harness (rear or forward facing.) **(Pre-K students cannot be loaded without the proper seats.)**

**Children 4 and older** must ride in a car seat or a booster seat until they are 4 foot 9 inches tall. **(The height requirement impacts MOST students at CRE. If they are not 4'9", they MUST BE IN A BOOSTER to fully protect them.)**

**Children under the age of 13** should ride in the back seat **(\*\*Our safety patrollers will not open front doors anymore because all Copper Ridge students should be seated in the back seat at all times.)**

Follow the instructions for your particular car seat or booster seat. Harness adjustments, installation and weight/height limits vary.

Children can and should stay in each stage longer, if the seat still fits. Each transition is actually a step down in safety: rear facing is safer than forward facing, a harnessed seat is safer than a booster and so on.

### **Congratulations to our Teacher of the Year!**

Ms. Christie Satterfield has been selected as our Copper Ridge Teacher of the Year by her peers. Ms. Satterfield teaches every student at Copper Ridge in our physical education classes each week. Ms. Satterfield is a proud graduate of Lincoln Memorial University with a Bachelor's degree in Exercise Science, Athletic Training & Education Master's degree in Curriculum & Instruction. This is Ms. Satterfield's 17th year teaching in KCS and her 13th year at Copper Ridge, where she attended as a child. She says she is blessed to teach at the school that gave her so many great memories and nurtured her as a young student.

CRE 2019-2020

Dr. Jennifer Atkins, Principal

Shawn Smith, Assistant Principal

2502 E. Brushy Valley Rd.

Powell, TN 37849



Dates to Remember

Jan. 7th-1st day back for students

Jan. 10th-Report cards come home

Jan. 13th-PTO Meeting 3p.m in library

Jan. 16th-Super Hero Day

Jan. 20th-MLK Holiday (NO SCHOOL)

Jan. 29th-CRE Day

Jan. 31st-Grandfriends Day for Pre-K, K  
and 4th

Jan. 31st-Bookfair begins

Jan. 31st-Jersey Day

Feb. 3rd-PTO Meeting 3 p.m.

Feb. 4th-Bookfair Family Night 5:30-7

Contact Info

<http://www.knoxschools.org/copperridge>

PTO contact: [ptocopperridge@gmail.com](mailto:ptocopperridge@gmail.com)

(865) 938-7002

**CONGRATULATIONS TO OUR CRE**

**TEACHER OF THE YEAR**

**Ms. Christie Satterfield**



**She was selected by her peers to receive this honor.  
She teaches our physical education classes as well  
as our Girls on the Run and Track Team!**

**Congratulations Ms. Satterfield!**

**Join us January 31st for Grandfriends Day  
Pre-K and Kindergarten will begin at 10 a.m.**

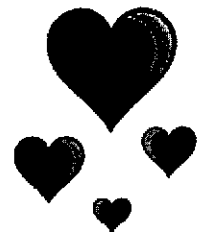
**4th grade will begin at Noon**

**More info will come home with students in  
these grades.**



**Pictures and lunch will be available.**

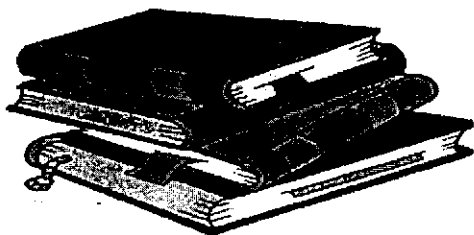
**\*\*Please bring small bills.**



**Bookfair is Coming!  
Bookfair will begin on  
Jan. 31 and end on Fri.  
Feb 7th.**

**It will be open during  
Grandfriends Day.**

**There will be a special  
"family night" held Feb.  
4th from 5:30-7p.m.**



**Parents,**

**WE NEED YOUR PICTURES!**

**Field Trips, Programs, Class  
Parties, WE WANT THEM ALL!**

**Send your pictures to copper-  
ridgeyeabook@gmail.com and  
help us create the best year-  
book yet.**

**Forward them to us as soon as  
you take them, all year long,  
and we will include as many  
as possible in the yearbook.**

**Thank you for your help!**



# **Carnival is quickly approaching!**

**As most of you know, this is our largest PTO sponsored school fundraiser of the year. We need help from everyone to make this year as successful as years past.**

**\*If you are tired of the clutter and have extra stuffed animals hanging around your home, donate them to the CRE PTO for our annual "unlock the gate" game played at our carnival. It is a student favorite!**

**Just send the stuffed animals to the office, with your child, in a bag marked "PTO" and they will see that we receive them.**

**\*If you would like to donate Little Debbie snack cakes for the cake walk, please send them into the office marked "PTO" as well by March 5th.**



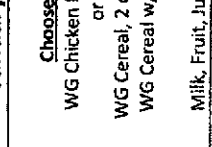
## **WE ALSO NEED CORPORATE DONATIONS!**

**If you own a business or know someone that does that would be willing to donate an item or gift card to our silent auction, please have them contact us at [ptocopper-ridge@gmail.com](mailto:ptocopper-ridge@gmail.com).**



**More information will come home in February about class basket themes and information regarding those donations. Please look for additional details in the Feb. edition of the Hero Herald as well.**

**SAVE THE DATE: FRIDAY MARCH 6TH-CRE SPRING CARNIVAL**

# Breakfast Menu, January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>Maxfield Milk Choices:</b> White Skim (13) White 1% (13) Fat Free Chocolate(20) Vanilla(19) & Strawberry(19) (No High Fructose Corn Syrup)		WG = Whole Grain Equivalent Select up to 2 offerings of fruit, fruit juice and/or vegetable choice of the day	Approximate grams of Carbohydrates per servings is shown in parenthesis  WG Cereal (14-27) WG Toast (13)
<b>January 7<sup>th</sup></b>	Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 8<sup>th</sup></b> Choose one WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 9<sup>th</sup></b> Choose one 2 WG Buttermilk Waffles(32) w/ or w/o syrup(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 10<sup>th</sup></b> Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice
<b>January 13<sup>th</sup></b>	<b>January 14<sup>th</sup></b> Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 15<sup>th</sup></b> Choose one WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 16<sup>th</sup></b> Choose one Twisted Blueberry Stick(24) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 17<sup>th</sup></b> Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice
<b>January 20<sup>th</sup></b>	<b>January 21<sup>st</sup></b> Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 22<sup>nd</sup></b> Choose one WG Biscuit & Gravy(28) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 23<sup>rd</sup></b> Choose one Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 24<sup>th</sup></b> Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice
<b>January 27<sup>th</sup></b>	<b>January 28<sup>th</sup></b> Choose one WG Sausage Biscuit(23) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 29<sup>th</sup></b> Choose one Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 30<sup>th</sup></b> Choose one 2 WG Buttermilk Waffles(32) w/ or w/o syrup(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 31<sup>st</sup></b> Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice
<b>January 31<sup>st</sup></b>	<b>January 31<sup>st</sup></b> Choose one Eggo Confetti Pancakes(36) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 31<sup>st</sup></b> Choose one Breakfast Pizza(27) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 31<sup>st</sup></b> Choose one 2 WG Buttermilk Waffles(32) w/ or w/o syrup(33) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice	<b>January 31<sup>st</sup></b> Choose one WG Chicken Biscuit(29) or WG Cereal, 2 oz. (MS/HS) WG Cereal w/Toast (ES) Milk, Fruit, Juice Choice

# Elementary Lunch Menu, January 2020

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>RF= Reduced Fat V= Vegetarian Option WG = Whole Grain</p> <p>Jamwich PBJ or Soy Butter Jamwich w/ WG Cheez-Its &amp; Cheese Stick Offered Daily</p>		<p>KCS School Nutrition offers a variety of fresh whole fruit or 100% fruit juice daily. Students may select up to two servings of fresh fruit offered daily.</p>	<p>Approximate grams of Carbohydrates per serving is shown in parenthesis</p> <p>Mayfield Milk Choices - 1/2 pint serving White Skim(13) White 1%(13) Fat Free Chocolate(20) Vanilla(19) &amp; Strawberry(19)</p>
	<p><b>January 7<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza Stuffed Crust(31)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy or w/o Sweet Yellow Corn(8) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>January 8<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> 2 WG Max Cheese Sticks(32) w/ 1/2 cup Marinara Dipping Sauce(3)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Caesar Salad(2) Baby Carrots(5)</p>	<p><b>January 9<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Teriyaki Chicken(6) &amp; Rice Bowl(34) Cheese or Pepperoni Pizza(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Spudsters(23) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p><u>Dessert</u> Chocolate Chip Cookie(18)</p>	<p><b>January 10<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
<p><b>January 13<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Wild Mike's Cheese or Pepperoni Pizza(34)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>January 14<sup>th</sup></b></p> <p><i>Breakfast for Lunch</i></p> <p><u>Choose 1 Entrée</u> French Toast Sticks(37) w/ Sausage (3,3)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Crispy Hashbrowns(19) Fresh Steamed Broccoli w/ Cheese Sauce(5) Garden Salad(2) Veggie Nibbles(7)</p>	<p><b>January 15<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> 3 Mini Chicken Tacos(31)</p> <p>Ham &amp; Cheese(2) on WG Hoagie Bun(39)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><u>Choose up to 3 servings</u> Taco &amp; Sandwich Trimmings(4) Curly Fries(25) Green Beans(4) Garden Salad(2) Baby Carrots(5)</p>	<p><b>January 16<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Spaghetti(42) w/ or w/o Meat Sauce(11) &amp; WG Roll (32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Tater Tots(18) Glazed Carrots(12) Caesar Salad(5) Veggie Nibbles(7)</p> <p><u>Dessert</u> Sugar Cookie(18)</p>	<p><b>January 17<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>WG Crunchy Fish Sticks(29) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Caesar Salad(5) Baby Carrots(5)</p>
<p><b>January 20<sup>th</sup></b></p> <p style="font-size: 1.2em; font-weight: bold;">Student Holiday</p>	<p><b>January 21<sup>st</sup></b></p> <p><u>Choose 1 Entrée</u> 4 Wild Mike's Cheese Bites(28) w/ 1/2 cup Marinara Dipping Sauce(3)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy(1) or w/o Sweet Yellow Corn(8) Caesar Salad(2) Veggie Nibbles(7)</p>	<p><b>January 22<sup>nd</sup></b></p> <p><u>Choose 1 Entrée</u> Bone-in Chicken Drumstick(11) w/ WG Biscuit(27)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Tater Tots(18) Sweet Green Peas(11) Garden Salad(2) Baby Carrots(5)</p>	<p><b>January 23<sup>rd</sup></b></p> <p><u>Choose 1 Entrée</u> Beefy Cheesy Nachos(41)</p> <p>Homemade Grilled Cheese(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Spudsters(23) Green Beans(4) Garden Salad(2) Veggie Nibbles(7)</p> <p><u>Dessert</u> Chocolate Chip Cookie(18)</p>	<p><b>January 24<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>3 WG Chicken Tenders(17) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Bush's Baked Beans(29) Garden Salad(2) Baby Carrots(5)</p>
<p><b>January 27<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Cheese or Pepperoni Pizza Stuffed Crust(31)</p> <p>5 WG Chicken Nuggets(16) w/ WG Roll(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Mashed Potatoes(17) w/ gravy or w/o Sweet Yellow Corn(8) Garden Salad(2) Baby Carrots(5)</p>	<p><b>January 28<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Nick's BBQ Sandwich(2) on WG Bun(29)</p> <p>Crispy Chicken(15) Sandwich on WG Bun(29)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Tater Tots(18) Fresh Steamed Broccoli w/ Cheese Sauce(5)</p>	<p><b>January 29<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> Hot Dog w/ or w/o chili and cheese(3,3) on WG Bun(31)</p> <p>Mini Chef w/ Ham(4) w/ WG Roll(32)</p> <p>Cheese or Pepperoni Pizza(30)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese stick(2)</p> <p><u>Choose up to 3 servings</u> Curly Fries(25) Bush's Baked Beans(29)</p>	<p><b>January 30<sup>th</sup></b></p> <p><u>Choose 1 Entrée</u> WG RF Fritos(20) Chips, Chili &amp; Cheese(18)</p> <p>Turkey &amp; Cheese(2) on WG Hoagie Bun(39)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Sandwich Trimmings(4) Tater Tots(18) Sweet Green Peas(11) Caesar Salad(5) Veggie Nibbles(7)</p>	<p><b>January 31<sup>st</sup></b></p> <p><u>Choose 1 Entrée</u> Charbroiled Hamburger(1) or Cheeseburger(5) on WG Bun(29)</p> <p>Mini Corn Dog Nuggets(32)</p> <p>WG Jamwich PBJ(35) w/ Cheez-Its(14) &amp; Cheese Stick(2)</p> <p><u>Choose up to 3 servings</u> Hamburger Trimmings(4) Oven Baked Fries(17) Green Beans(4) Garden Salad(2)</p>