



Nemo Vista Elementary

October 2019

Dear Parent/Guardian,
 Thanks to all the parents/guardians that volunteered to help our school in many different areas. Volunteers can make a difference in Nemo Vista Elementary and we APPRECIATE all of the support that you give us. Please contact me if I can be of assistance to you.
 Regina Tilley
 Parent Facilitator

Important Dates

Parent Night Thursday October 10th
 "Just Keep Learning"
 6:00 in cafeteria

K-2 Parent/Teacher Conferences
 October 24th
 3:00-6:30

Book Character Day

K-5 will have Book Character Dress Up/Event Day on October 31st. In order to be a contestant and be judged, students need to dress as a character from a book, bring the book with him/her, and be prepared to do a book talk on the book.

Help kids stay active

Children should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily. Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.

Some examples of moderate intensity physical activity include:

- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing

October

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Flu Shots	3	4
7	8	9	10 Parent Night 6:00	11
14	15	16	17	18
21	22	23	24 K-2 P/T Conference Report Cards Sent home	25
28	29	30	31 Book Character Day	