



Emma Jewel Charter Academy

"Helping the Village Raise the Child"

Volume 1, Issue 1

October 11, 2013

Save the Date!

October 15-18, 2013
Spirit Week
See Schedule on page 2

October 15, 2013
Drama Club
4:30P.M.

October 16, 2013
Student Early Release
1:30 P.M.

October 21, 2013
Governing Board Meeting
6:00 P.M.
Emma Jewel
Charter Academy
705 Blake Ave,
Room E-404
Cocoa, FL 32922

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Principal's Message

Parents,

Healthy Eating Tip

WATER

Water is said to be the most vital, yet most neglected nutrient we need for a healthy body. Water is an important part of a healthy diet. When we consume water, it helps flush waste products and toxins from our system. Did you know that watermelon, lettuce, cucumbers grapefruit, zucchini, celery, strawberries, cantaloupe and cabbage all contain more than 90% water!

If our body does not have enough fluids, we can become dehydrated. Dehydration can occur when we don't consume enough water or fruits and vegetables in our diet. Dehydration can cause tiredness, low-energy, headaches, stomachaches, heart palpitations, confusion and muscle cramps. Our bodies are constantly losing water, so it's important to remember that we need to hydrate. It's common to mistake thirst for hunger, so staying well hydrated can help us make healthier food choices, too.

Finally, I would like to remind you that of our governing board meeting is scheduled for October 21, 2013 at 6:00 p.m. The Board of Directors for Emma Jewel Charter School Incorporated oversees the policies and procedures that govern Emma Jewel Charter Academy. At this board meeting we will ratify the parent elections and officially appoint a parent to serve a (1) year term to our governing board. We hope to see you there. Have a great weekend.

Thomas Cole, M. Ed.
Principal

Emma Jewel Charter Academy Heart and Health Pledge

As a dedicated member of the Emma Jewel Charter Academy,

I pledge my commitment to achievement and service.

I pledge to make healthy choices, personally and socially, because I respect myself, other people and my environment.

My choices reflect my character.

I pledge to nurture myself, so that I am capable of nurturing my family, my friends and my community.

By helping others, we help ourselves.

I pledge to value the opportunity to learn, and to respect and support the efforts of my teachers.
Education is the gatekeeper to success.

I pledge to recognize that each day is a new opportunity to better myself, and the world I live in.






















This is my choice.

This is my pledge.








Breakfast



Lunch

MINI WHEATS LITTLE BITES,  Mozzarella String Cheese, Apple-Cranberry Juice, Milk	Monday October 14,2013	FRENCH BREAD CHEESE PIZZA,  Garden Peas  Strawberry Applesauce, Milk
PANCAKE WITH TURKEY  SAUSAGE, Syrup, Fresh Orange, Milk	Tuesday October 15,2013	TERIYAKI GLAZED CHICKEN W/ FRIED RICE  California Blend Veggies,   Diced Peaches, Cinnamon Sky Cookie,  Milk
CHICKEN BISCUIT,  Honey, Fresh Apple, Milk	Wednesday October 16,2013	POPCORN CHICKEN Romaine Salad  Cucumber Coins  Fat Free Ranch Dressing, Pineapple Tidbits, BBQ Sauce, Fritos,  Milk
MAPLE PANCAKES,  Mozzarella String Cheese, Blended Fruit Juice, Milk	Thursday October 17,2013	ROTINI BAKE WITH MEATSAUCE   Whole Wheat Bread  Baby Carrots  Fat Free Ranch Dressing, Fresh Banana, Milk
RAISIN BRAN,  Mozzarella String Cheese, Fresh Banana, Milk	Friday October 18,2013	TURKEY BURGER WITH POTATO WEDGES  Hamburger Bun  Maple Baked Beans  Fresh Pear, Mustard, Ketchup, Milk

LEGEND:
 Vegetable
 Sub-Groups

-  Dark Green
-  Whole Grain
-  Legumes
-  Starchy
-  Contains Pork
-  Vegetarian
-  Other

Spirit Week - October 15-18, 2013

Next week, **October 14th-18th, 2013** will be the first ever Emma Jewel Charter Spirit Week. Each day the students will have the opportunity to dress up in a fun and creative way. The days will consist of the following:

Monday- Sports Day

-Students can dress up in their favorite sports team by wearing a jersey, hat, etc. Another option is for the student to dress up like a sports player (football jersey, basketball shorts, etc)

Tuesday- Mix Match Day/Weird Day

-Students can wear weird socks, hair, etc. They can wear a lot of different colors, wear their shirts inside out, etc.

Wednesday-Nerd Day

-Students can wear suspenders and glasses or wear their shirt tucked in with their pants pulled up. (Kind of like how Steve Urkel looked)

Thursday-Twin Day

-Students can match with a friend today. They can wear the same color or the same style of clothing. For example, both students can wear the color green or both students can wear a dress/polo.

Friday-Pink Friday!!

-Students can wear khaki bottoms and a pink top or a top with pink in it. Pink dresses are also allowed. Every student must be wearing pink of some sort. This month is breast cancer awareness month and we want to show our support.

The class that has the most spirit will get a reward.



K-Talyah McGhee

1st-Khalon Cole

2nd-Neveah Jenkins

3rd-Tadrielle Peterson

4th-JaLynn Sherman

5th-Laila Roberts

Jewels Class-Lorencia Browner

