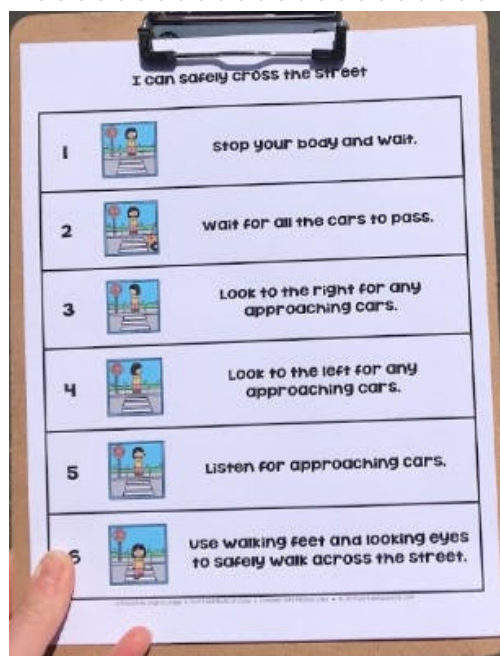




Place the container of veggie dip at the top of your dish/platter. Insert a few pieces of Romaine Lettuce leaves as hair and olives as the eyes and nose. Next, place the slices of cucumber in rows on top of each other as the spine. For the ribs, cut all four colors of the peppers in slices from top to bottom and stack on top of one another on either side of the cucumber spine. After that, place the sliced mushrooms under the ribs as the pelvis. Lay out the celery as shoulders and arms, connecting both with a cherry tomato as the joint. Last, place the broccoli and cauliflower as the hands.

- ½ Green Pepper
- ½ Red Pepper
- ½ Orange Pepper
- ½ Yellow Pepper
- 3 stalks of Celery, cut in pieces
- 1 Cucumber, sliced
- 1 8oz package of White Mushrooms, sliced
- 2 cups of Cauliflower
- 2 cups of Broccoli
- 4 Cherry Tomatoes
- Veggie Dip
- Olives
- Romaine Lettuce Leaves



Tips For A Fun (And Safe) Halloween!

No doubt, this Halloween is going to be *lit*. After two years of (ahem) disruption, our neighborhoods are going to be teeming with 5 foot under ghosts, goblins, and Princess Elsas.

Here are just a few Halloween safety tips:

- Parents, drive carefully: Eliminate phone distractions, turn on your lights earlier that day, and drive slowly.
- Equip kids with glow sticks, place reflective tape on the front and back of costumes.
- Start early reminders about how to cross the street safely (see image).
- *TRY* not to eat Halloween treats until you get home so that adults can examine the goods before eating.

Candy Rattle

Supplies: Two empty 2-liter soda bottles, duct tape, and candy corn

How to Play: Fill one two-liter soda bottle with candy corn then attach to another empty two-liter soda bottle with duct tape connecting the two together. Players have to transfer all candy corn from one side of the connected soda bottles to the other in one minute to win.



STUDENT LIFE

We at Kirk are so excited you are back for the new school year. We know the first few weeks of a new school year can be a big adjustment after your summer break. We wanted to help you get back into the school routine with these tips.

1. Start laying out your clothes for the next day, as well as start preparing your bag for school. Where's your homework? Line up your water bottle, snack bag, lunchbox, aftercare snack and spare change of clothes in ziploc bag in case of accidents.
2. Have a solid bedtime routine/morning routine. Create a sticker chart that lists all of the new bedtime/morning routine activities. You can put up a little sticker once you complete each one. That way, it's a nice visual and you can ensure that everyone understands what your parents expect out of you. It not only holds everyone accountable, it gives you a sense of pride for completing these activities.
3. Organize your home with school zones like the entryway for backpacks or all the art and completed school work sent home is put in a bin to keep organized until you decide what to do with it.
4. Create an after-school schedule that allows time for snack, relaxation, play and study.
5. Get refreshed on the rules about screen time for the school year. What's allowed and when.
6. Establish a set "Family Time," whether it's during dinner or before bedtime.
7. Talk about all the things you are loving about being back at school, such as seeing your friends and learning new things.

Have a fantastic school year students!
We can't wait to see what you accomplish this year!



KIRK LIFE



Third grade reporter, Miss Sophia Huang, caught up with our new librarian Ms. Alana to ask her a few questions. Ms Alana's enthusiasm for learning through books is contagious; she is energetic, and sparkling! Welcome to Kirk, Ms. Alana!

1. Where are you from? **Colorado and Texas**
2. How do you like living in LA? **I absolutely LOVE LA! LA has a community for everyone!**
3. What do you like doing when you're not at school? **Make ice cream, read, and play with my cats**
4. What are your favorite memories of being a librarian? **I love when kids are excited about the next book in a series, and cannot wait to get their hands on the next one.**
5. What is your favorite book? **Percy Jackson - The Lightning Thief and The Phantom Tollbooth**
6. What is your favorite color? **All colors - the rainbow**
7. Favorite candy? **ALL candy, but favorite is gummy peaches**
8. Favorite food? **Tacos**
9. Favorite holiday? **Thanksgiving**



What an incredible start to the year! Thank you to PTF Board members Jenny Grebow, Steve Infield, Patty Onagan, and Sonya Wright for organizing our PTF Breakfast and all of the welcome goodies at the beginning of the year.

We have so many incredible events planned this year and are so thankful for all the parent volunteers. Scholastic Book Fair starts us off and BooFEST this year will be EXTRA amazing. Diversity month presentations, Toy Drive, Fun Run & Trike-a-thon, Kirk Karnival & Pancake Breakfast, AND MORE!

Sign up to help at your favorite event - make some new friends - and support our kids!

PTF LIFE

