



# The Trailblazer



Thomas (Rick) Redshaw, Principal  
Lisa Rodriguez, Assistant Principal

October 2015

Volume 2

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*"Unmask Your Superhero at Park Trails Elementary"*

**PARK TRAILS  
ELEMENTARY  
SCHOOL**  
10700 Trails End  
Parkland, Florida 33076  
**754-322-7800**

**Rumor Control Hotline**  
754-321-0321

**Broward County  
Homework Hotline**  
754-322-1970  
4:00pm – 8:00pm

**Park Trails  
Attendance Line**  
**754-322-7802**

**Trailblazer**

[karen.jvnn.gallo@browardschools.com](mailto:karen.jvnn.gallo@browardschools.com)

**After School Programs,  
954-596-9000**

The School Board of Broward County, Florida, prohibits any policy or procedure that results in discrimination on the basis of age, color, disability, gender, national origin, marital status, race, religion or sexual orientation. Individuals who wish to file a discrimination and/or harassment complaint may call the Director, Benefits & EEO Compliance at 754-321-2150 or Teletype Machine TTY 754-321-2158



**Dates to Remember:**

Oct 15-16	Fall Pictures
Oct 19 - Nov 6	Harvest Drive
Oct 22	Early Release Day – Dismissal 12:15 PM
Oct 22	Fall Festival
Oct 23	Employee Planning – no school for students



## VOLUNTEERS

We welcome parents, friends, and community to become involved in educating students. Help build a strong future by becoming a Park Trails volunteer. Volunteers can assist in classrooms, cafeteria, clinic, media center, field trips, special events and even the office. Teachers determine the degree of volunteer assistance that is needed in their class. All volunteers must complete an online registration form and be cleared to volunteer as required by the Jessica Lundsford Act.

**To apply on-line go to [www.browardschools.com/getinvolved](http://www.browardschools.com/getinvolved).** This includes parents who chaperone field trips. Volunteer must always sign in before going to their assignments. **Younger children are not allowed to accompany parents on the volunteer's activities in the school.**

## Visitor Parking

Parking is available for visitors in the front of the school in any space not marked "Staff".

No visitor parking is allowed in the back lot.

## Check out these ESE Websites

ESE website - <http://www.broward.k12.fl.us/studentsupport/ese/>

Child Find - [http://www.broward.k12.fl.us/studentsupport/ese/html/child\\_find.html](http://www.broward.k12.fl.us/studentsupport/ese/html/child_find.html)

ESE Parent Education Workshops -  
<http://www.broward.k12.fl.us/studentsupport/ese/html/WORKSHOP.htm>



## **Cafeteria Prepayment Schedule - October 21 Days**

	<u>Full Paid</u>		<u>Reduced</u>
Lunch	21 @ \$2.00 = \$42.00	Lunch	21 @ \$0.40 = \$8.40
Ice cream	04 @ \$0.65 = \$2.60	Ice cream	04 @ \$0.65 = \$2.60
Icie (Friday)	04 @ \$0.50 = \$2.00	Icie (Friday)	04 @ \$0.50 = \$2.00

Monthly breakfast and lunch menus can be found online at <http://browardschools.nutrislice.com>

Do you wish to have the Trailblazer E-mailed to you monthly? If so, please e-mail [pierre.poulard@browardschools.com](mailto:pierre.poulard@browardschools.com) with your request.

## School Hours

The school day begins at 8:15 a.m. and ends at 2:15 p.m. **Children are not to arrive on the school grounds before 7:45 a.m., as there is no supervision until that time.** When the bell rings at 8:10 a.m., the students will go directly to their classrooms. If students are not in their classroom at 8:15 a.m., they will be marked absent. Our teachers utilize each minute of the school day in order to maximize learning. Because of this, all students are expected to be in attendance from 8:15 a.m. – 2:15 p.m.

## Volunteers

All volunteers working at school **must** have a permanent volunteer badge for the school year. If you don't have one yet, please register online at [www.browardschools.com/getinvolved](http://www.browardschools.com/getinvolved)

## Dismissal

If you are interested in picking up in Car Pool at the back of the school, you must have a group of 5 or more students to pick up. Please visit the main office and complete the Car Pool forms to receive your number.

**Arrival time:**  
***Students should not arrive at school before 7:45 am***

Dismissal: Car Line

We have many car riders and walkers this year! It is important that all of our students are safely dismissed each day. If you are walking to the school to pick your child up, please wait by the brick wall closest to the Kindergarten dismissal area. Once students and teachers are out of the building, your child will meet you in the walker area. Please remind your child to walk over to the wall each afternoon. If you are picking up by car, display the color sheet with your child's name and teacher's name on your dashboard each day. Also, please move all the way up in the car line and remain in your car at all times. Our staff will ensure your child is safely dismissed each day.



### Counselor's Corner

Most parents know that children should get enough sleep each night. But you may be surprised to read just how big the impact of not sleeping enough hours can be on child development. Sleep deprived children can become hyperexcitable or their emotions may become erratic. Lack of sleep has also been linked to poor cognitive performance. Read the link below for full article...

<http://health.usnews.com/health-news/family-health/sleep/articles/2007/09/06/kids-and-sleep-they-need-more>



**Now Hiring Friendly, Reliable, Trainable, and Enthusiastic Part Time After-School Staff!**  
Find out more about us at: [www.aspkids.com](http://www.aspkids.com)



### BIRTHDAY CELEBRATION POLICY

The birthday of each child is a very special event. Each class will celebrate all of the birthdays for each month at once. Please check with your child's teacher if you wish to send a treat, snack, drink, etc. that may be shared with the class. **Reminder: All food must be store purchased, not home baked.** You will also need to supply all items necessary for serving. **Balloons and treat bags are not permitted.**



Lunch Menu  
Elementary

# OCTOBER 1-16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p><b>Lunch Prices</b>                      Elementary Students (\$2.00)                      Middle School Students (\$2.35)                      High School (\$2.50)                      Adult (\$2.75)</p>	<p><b>1</b></p> <ul style="list-style-type: none"> <li>• Taco Lasagna</li> <li>• Deli Style Turkey &amp; Cheese Wrap</li> <li>• Garden Fresh Entrée Salad</li> <li>• Cheez-It Crackers</li> <li>• Cucumber Slices</li> <li>• Steamed Broccoli</li> <li>• Chilled Peaches</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>2</b></p> <ul style="list-style-type: none"> <li>• Popcorn Chicken Smackers</li> <li>• Fish Patty on a Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Sweet Potato Waffle Fries</li> <li>• Farm Fresh Corn Cobbettes</li> <li>• Fruit Blend Juice</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>
<p><b>5</b></p> <ul style="list-style-type: none"> <li>• Pizza Wedge</li> <li>• Asian Egg Roll</li> <li>• Garden Fresh Entrée Salad</li> <li>• Baby Carrots</li> <li>• Steamed Broccoli</li> <li>• Strawberry Cup</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Latin Style Black Beans over Brown Rice</li> <li>• Tuna Salad on a Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Latin Style Black Beans</li> <li>• Caramelized Plantains</li> <li>• Salsa</li> <li>• Tropical Island Splash Juice</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>7</b></p> <ul style="list-style-type: none"> <li>• Cheeseburger on a Whole Wheat Bun</li> <li>• Jamaican Beef Patty</li> <li>• Garden Fresh Entrée Salad</li> <li>• Cucumber Slices</li> <li>• Oven Browned Potato Smiles</li> <li>• Chilled Mixed Fruit</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>8</b></p> <ul style="list-style-type: none"> <li>• Beef Nachos With Cheese</li> <li>• Refried Beans With Nachos</li> <li>• Deli Style Turkey &amp; Cheese Wrap</li> <li>• Garden Fresh Entrée Salad</li> <li>• Cheez-It Crackers</li> <li>• Steamed Corn</li> <li>• Refried Beans</li> <li>• Salsa</li> <li>• Chilled Peaches</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>9</b></p> <ul style="list-style-type: none"> <li>• Golden Baked Chicken Nuggets</li> <li>• Honey BBQ Beef Rib/Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Sweet Potato Wedges</li> <li>• Farm Fresh Green Beans</li> <li>• Grape Juice</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>
<p><b>12</b></p> <ul style="list-style-type: none"> <li>• Turkey Pepperoni Calzonette</li> <li>• Cheeseburger Sliders</li> <li>• Garden Fresh Entrée Salad</li> <li>• Baby Carrots</li> <li>• Steamed Spinach</li> <li>• Marinara Sauce</li> <li>• Rips Slush</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>• Popcorn Chicken Smackers</li> <li>• Latin Style Black Beans over Brown Rice</li> <li>• Tuna Salad w/ Crackers</li> <li>• Garden Fresh Entrée Salad</li> <li>• Cheez-It Crackers</li> <li>• California Blend Vegetables</li> <li>• Grape Tomatoes</li> <li>• Salsa</li> <li>• Strawberry Kiwi Juice</li> <li>• Fresh Cantaloupe</li> <li>• Low Fat Milk</li> </ul>	<p><b>14</b></p> <ul style="list-style-type: none"> <li>• All Beef Hot Dog on a Whole Wheat Bun</li> <li>• Cuban Pork Sandwich</li> <li>• Garden Fresh Entrée Salad</li> <li>• Oven Browned Potato Wedges</li> <li>• Vegetarian Baked Beans</li> <li>• Chilled Mixed Fruit</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>15</b></p> <ul style="list-style-type: none"> <li>• Homestyle Spaghetti w/Meat Sauce</li> <li>• Deli Style Turkey &amp; Cheese Wrap</li> <li>• Garden Fresh Entrée Salad</li> <li>• Bread Stick, Focaccia</li> <li>• Cucumber Slices</li> <li>• Steamed Broccoli</li> <li>• Chilled Peaches</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<p><b>16</b></p> <ul style="list-style-type: none"> <li>• Oven Baked Chicken Patty on a Whole Wheat Bun</li> <li>• Fish Tacos</li> <li>• Garden Fresh Entrée Salad</li> <li>• Sweet Potato Waffle Fries</li> <li>• Farm Fresh Corn Cobbettes</li> <li>• Fruit Blend Juice</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>

More Details: <http://browardschools.nutrislice.com/menu/elementary/lunch/october/2015/>  
 (<http://browardschools.nutrislice.com/menu/elementary/lunch/october/2015/>)



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Lunch Menu  
Elementary

# OCTOBER 19-30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
19	20	21	22	23
<ul style="list-style-type: none"> <li>• 5" Pan Cheese Pizza</li> <li>• Beef Dippers Over Brown Rice</li> <li>• Latin Style Black Beans over Brown Rice</li> <li>• Garden Fresh Entrée Salad</li> <li>• Celery Sticks</li> <li>• Steamed Broccoli</li> <li>• Salsa</li> <li>• Strawberry Cup</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Fried Chicken</li> <li>• Tuna Salad on a Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Creamy Mashed Potatoes</li> <li>• Mixed Vegetables</li> <li>• Tropical Island Splash Juice</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Flame Broiled Hamburger on Whole Wheat Bun</li> <li>• Bean &amp; Cheese Burrito</li> <li>• Garden Fresh Entrée Salad</li> <li>• Oven Browned Potato Smiles</li> <li>• Vegetarian Baked Beans</li> <li>• Chilled Mixed Fruit</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Corn Dog</li> <li>• EZ Jammers</li> <li>• Heartzel Pretzel</li> <li>• Fruitable</li> <li>• Baby Carrots</li> <li>• Dried Strawberry Flavored Cranberries</li> <li>• Chilled Apple Slices</li> <li>• Low Fat Milk</li> </ul>	<p>No School</p>
26	27	28	29	30
<ul style="list-style-type: none"> <li>• Mexican Pizza</li> <li>• Latin Style Black Beans over Brown Rice</li> <li>• BBQ Pork on a Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Baby Carrots</li> <li>• Steamed Spinach</li> <li>• Salsa</li> <li>• Chilled Applesauce</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Oven Baked Chicken Patty on a Whole Wheat Bun</li> <li>• Pizza Stick</li> <li>• Tuna Salad w/ Crackers</li> <li>• Garden Fresh Entrée Salad</li> <li>• Celery Sticks</li> <li>• California Blend Vegetables</li> <li>• Marinara Sauce</li> <li>• Strawberry Kiwi Juice</li> <li>• Fresh Honeydew Melon</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• All Beef Hot Dog on a Whole Wheat Bun</li> <li>• Chicken Empanadas</li> <li>• Garden Fresh Entrée Salad</li> <li>• Oven Browned Potato Wedges</li> <li>• Vegetarian Baked Beans</li> <li>• Chilled Mixed Fruit</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Homestyle Spaghetti w/Meat Sauce</li> <li>• Deli Style Turkey &amp; Cheese Wrap</li> <li>• Garden Fresh Entrée Salad</li> <li>• Bread Stick, Focaccia</li> <li>• Cucumber Slices</li> <li>• Steamed Broccoli</li> <li>• Chilled Peaches</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn Chicken Smackers</li> <li>• Fish Patty on a Wheat Bun</li> <li>• Garden Fresh Entrée Salad</li> <li>• Sweet Potato Waffle Fries</li> <li>• Farm Fresh Corn Cobbettes</li> <li>• Fruit Blend Juice</li> <li>• Fresh Fruit</li> <li>• Harvest Cookie</li> <li>• Low Fat Milk</li> </ul>

More Details: <http://browardschools.nutrislice.com/menu/elementary/lunch/october/2015/>  
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**Breakfast Menu**  
Elementary

# OCTOBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Breakfast Prices</b> Adult (includes beverage) (\$1.80)	<ol style="list-style-type: none"> <li>1</li> <li>• Baked Chicken Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Crispy Baked Hash Browns</li> <li>• Apple Juice</li> <li>• Chilled Apricots</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>2</li> <li>• Apple Cinnamon Bun</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Chilled Applesauce</li> <li>• Dried Strawberry Flavored Cranberries</li> <li>• Low Fat Milk</li> </ol>
<ol style="list-style-type: none"> <li>5</li> <li>• French Toast Sticks</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Chilled Peaches</li> <li>• Florida Orange Juice</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>6</li> <li>• Pork Sausage Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Chilled Pears</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>7</li> <li>• Max Cinnamon Pancakes</li> <li>• Assorted Cereals &amp; Mini Loaf</li> <li>• Yogurt &amp; Mini Loaf</li> <li>• Strawberry Cup</li> <li>• Raisins</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>8</li> <li>• Baked Chicken Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Crispy Baked Hash Browns</li> <li>• Apple Juice</li> <li>• Chilled Apricots</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>9</li> <li>• Sausage Wrapped Pancake</li> <li>• Assorted Cereals &amp; Nutragrain Bar</li> <li>• Yogurt &amp; Nutragrain Bar</li> <li>• Chilled Applesauce</li> <li>• Dried Strawberry Flavored Cranberries</li> <li>• Low Fat Milk</li> </ol>
<ol style="list-style-type: none"> <li>12</li> <li>• French Toast Sticks</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Florida Orange Juice</li> <li>• Chilled Peaches</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>13</li> <li>• Pork Sausage Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt Parfait</li> <li>• Chilled Pears</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>14</li> <li>• Mini Maple Pancakes</li> <li>• Hard Boiled Egg &amp; Nutragrain Bar</li> <li>• Assorted Cereals &amp; Nutragrain Bar</li> <li>• Yogurt &amp; Nutragrain Bar</li> <li>• Strawberry Cup</li> <li>• Raisins</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>15</li> <li>• Baked Chicken Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Crispy Baked Hash Browns</li> <li>• Apple Juice</li> <li>• Chilled Apricots</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>16</li> <li>• Glazed Apple Scone</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Chilled Applesauce</li> <li>• Dried Strawberry Flavored Cranberries</li> <li>• Low Fat Milk</li> </ol>
<ol style="list-style-type: none"> <li>19</li> <li>• French Toast Sticks</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Florida Orange Juice</li> <li>• Chilled Peaches</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>20</li> <li>• Turkey Canadian Bacon and Egg &amp; Cheese Croissant</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt Parfait</li> <li>• Chilled Pears</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>21</li> <li>• Eggo Blueberry Pancake</li> <li>• Assorted Cereals &amp; Nutragrain Bar</li> <li>• Yogurt &amp; Nutragrain Bar</li> <li>• Strawberry Cup</li> <li>• Raisins</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>22</li> <li>• Baked Chicken Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Crispy Baked Hash Browns</li> <li>• Apple Juice</li> <li>• Chilled Apricots</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>23</li> <li>No School</li> </ol>
<ol style="list-style-type: none"> <li>26</li> <li>• French Toast Sticks</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Florida Orange Juice</li> <li>• Chilled Peaches</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>27</li> <li>• Pork Sausage Patty &amp; Biscuit</li> <li>• Yogurt Parfait</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Chilled Pears</li> <li>• Fresh Fruit</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>28</li> <li>• Snack N Waffles</li> <li>• Assorted Cereals &amp; Nutragrain Bar</li> <li>• Yogurt &amp; Nutragrain Bar</li> <li>• Strawberry Cup</li> <li>• Raisins</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>29</li> <li>• Baked Chicken Patty &amp; Biscuit</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Crispy Baked Hash Browns</li> <li>• Apple Juice</li> <li>• Chilled Apricots</li> <li>• Low Fat Milk</li> </ol>	<ol style="list-style-type: none"> <li>30</li> <li>• Apple Cinnamon Bun</li> <li>• Assorted Cereals &amp; Biscuit</li> <li>• Yogurt &amp; Biscuit</li> <li>• Chilled Applesauce</li> <li>• Dried Strawberry Flavored Cranberries</li> <li>• Low Fat Milk</li> </ol>

More Details: <http://browardschools.nutrislice.com/menu/elementary/breakfast/october/2015/>  
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