



# THE ADVISOR



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## Great Lunch Box Menu Idea

### Banana Dog in a Bun

1 tbsp. butter (or cream cheese)

1 tbsp. (15 mL) strawberry or other jam (or honey, if preferred)

1 whole banana

Raisins, shredded coconut or chopped peanuts

\*Spread one inner surface of a split hot dog bun with peanut butter or cream cheese. Spread the other side with jam or honey. Wrap in plastic wrap and place in your child's lunch bag. Also, pack a whole banana (in the peel) and a small container of toppings, such as raisins, coconut, peanuts or whatever else you can think of.

\*At lunchtime, your child can peel the banana and place it in the bun, sprinkle on the toppings and eat.

## NEW YEAR'S RESOLUTION- Practice safety guidelines in parking lot!

This year let's make OUR parking lot safer for OUR children by following these guidelines and rules:

- 1. DROP OFF and PICK –UP in front of the school ONLY** - areas are designated by white grid marks on the pavement. **Please do not drop off children at the flag pole. Your child will be in great danger crossing through traffic to get into the school.**
- 2. DROP Off begins at 7:30am**- there is **NO SUPERVISION** before 7:30am.
- 3. No talking on cell phones** while on school grounds.
- 4. PLEASE follow the school zone speed limit of 25 MPH** during school hours: 7:30-8:30am and 2:30-3:30pm.
- 5. Follow all traffic patterns and procedures**, and pay attention to teachers and volunteers as they assist you in drop off and pick up.



Marsha Atwood, Chairperson

Khristy Benson

Lisa Guarino

Kim Jones

Bryson McLean

Martha Swiber

Mac Holz

Wendi Andrews



*We will try to print and distribute this newsletter as often as possible but, in order to be earth conscious; this newsletter will be distributed primarily via email. Please tell your friends who do not use the internet about this newsletter to help keep them informed. ~Thanks!*



## HELP REDUCE MORNING RUSH HOUR IN CAPE CARTERET – RIDE THE BUS

The National Academy of Sciences, the U.S. Department of Transportation and other authorities agree that **school buses are the safest form of transportation** for getting children to and from school. It's also a great way to help reduce morning traffic on school grounds and a much easier way to get your child to school on time. To find out what time the bus serves your neighborhood, email Assistant Principal Patterson ([tara.patterson@carteretk12.org](mailto:tara.patterson@carteretk12.org)) or contact the school office.

### The PTO presents - The WILDCAT ACADEMY

Don't miss the opportunity for your child to learn Spanish, Hip Hop Dance, Yoga or join the Good News Club. This semester a Voice class is being added to the curriculum. Keep your eyes open for upcoming registration dates for the SPRING semester!

### DARE to KEEP Your Kids OFF of Drugs!

Our 5<sup>th</sup> grade students will participate in DARE programs starting in January.

Make sure to ask your fifth grader what they have learned and spend some time talking about the program with them.

Communication is a Key component to being aware of what your child is being exposed to and involved in.

### PAC: WE ARE EVERYWHERE

Look for the PINK PAC SHIRTS during pick – up. We might even surprise you with a bit of chocolate and a smile! Let us know what’s on your mind! Please talk to a member of PAC if you have a concern or question regarding WOES!

We are HERE FOR YOU!

THE WOES

GLOSSARY OF TERMS

On the PAC website:

[www.carteretcountyschools.org/woes/pac.htm](http://www.carteretcountyschools.org/woes/pac.htm)

## Have you seen this man?



MICHAEL WHITE

I bet you have if you have ever dropped your child off at school in the morning and been greeted with a smile and cheerful, “Good morning”. Michael White volunteers his time each morning by assisting with carpool, ensuring a warm

greeting and safe entry for each student. Retired Sergeant Major White is the father of four girls. His youngest two are 4<sup>th</sup> graders here at White Oak Elementary. He has been married to his wife, Cassandra for 26 years and she is the principal of Delalio Elementary School aboard MCAS New River in Jacksonville, NC. Mr. White is currently in law enforcement and has worked as a School Resource officer, a Campus Police Officer and Sheriff Deputy. He says that

volunteering at WOES brings him joy. “I feel like I make a difference in the lives of the boys and girls as they enter school. I believe my small gift of service brings a whole lot of satisfaction to not only me but to our students and parents”.

WE ARE LUCKY TO HAVE HIM HERE AT WHITE OAK. Thank you, Mr. White!



## CAFETERIA NEWS

### SCHOOL MENUS:

The menus, along with nutritional information, can be found and printed from the Carteret County Web Site.

<http://www.carteretcountyschools.org/cafeterias/>

“TABLE TALK” is a publication of the WOES Cafeteria Staff. Look for it on the WOES website under “Just for Parents”.

There are interesting articles, cafeteria events and even recipes!

<http://www.carteretcountyschools.org/woes/parents/parentspage.htm>

## Dates to Know About:

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| Thursday, January 28: Report Cards   | Friday, February 5: A+ Stars Field Trip  |
| Friday, January 29: Honor Roll Assemblies<br>3 <sup>rd</sup> grade – 8:20am<br>4 <sup>th</sup> grade – 9:20am<br>5 <sup>th</sup> grade – 10:20am | Monday, February 15: No School;<br>Teacher Workday   |
| Thursday, February 4: 100 <sup>th</sup> Day of School  | Thursday, February 25:<br>Kindergarten Registration<br>2:00pm – 7:00pm<br>*Your child does not need to attend<br>*You <u>must</u> present an original, certified<br>copy of your child’s birth certificate |
| Thursday, February 4: 3 <sup>rd</sup> Grade Parents Night  |  |