



# Falcon Feathers

March 3 - March 9, 2019

Learn. Laugh. Grow.



## Principal's Message

It has been a great week! Thanks for all the daughters who brought the special someone in their life to the the Daughter's Dance! It was a magical evening. Also, spring sports have started and we have record numbers of students involved! It is great to see so many taking advantage of the options and opportunities available at Quail Lake. Finally, congratulations to Simone Kilby and Gavin Gonsalves for placing first in the Sanger High School Engineering Competition. OUR FALCONS ARE AMAZING!

## What's Happening In...

Physical Education

**PENTATHLON ADVENTURE and**

**IRON CHEF CHALLENGE**

**Saturday, March 30, 2019**

The Pentathlon Adventure is coming soon! Ms. Contreras and Mrs. French will once again take a 5th/6th grade team and a 7th/8th grade team to compete!

*Pentathlon Adventure:* Teams consisting of 4 girls and 4 boys will compete in an obstacle course around the ONE MILE horse track at the Fresno Fairgrounds. The teams will perform exercises such as the wall climb, box jumps, and sled pull, with a running race as the culminating event.

*Iron Chef Challenge:* Teams of 4 students will be given "secret ingredients" to create and display their culinary talents.

Please check your calendars to see if your student(s) are available to join a team for a fun-filled morning of events that promote a healthy, active lifestyle!



Please be sure to sign up for Peachjar! A link can be found on our school website to create an account. Thank you for supporting this new SUSD green initiative!

<http://quaillake.sanger.k12.ca.us>

## Better Together

Campus opens at 7:50am

This Week

March 4 QL Lip Sync @1:30  
March 5 Young Author's Fair  
**March 6 Early Release @ 1:20**  
March 8 Trimester 2 Report Cards Go Home  
Spring Sports 12:30 QL @ Fairmont  
7th & 8th grade dance @3-5pm

## Upcoming Events

**March 13 Early Release @ 1:20**  
March 14 Trimester 2 Awards  
Kinder 8:30-9:00; 1st & 2nd 9:00-9:45  
3rd-5th 9:45-10:30; 6th-8th 10:30-11:15  
March 15 Spring Sports 12:30 SACS @ QL  
March 19 PTO Meeting @ 5:30  
**March 20 Early Release @ 1:20**  
Ag Day  
March 22 Spring Sports 12:30 QL @ Sequoia  
March 25 Spring Pictures - Free Dress  
**March 27 Early Release @ 1:20**  
March 28 Muffins in the Morning @ 7:00 am  
Sixth grade to WAMS @ 10:00 am  
Spring Sports DR @ QL  
March 29 Niizawa Relays at WAMS @ 9:00 am  
**April 3 Early Release @ 1:20**  
Literacy/STEAM Night 5:30-7 pm  
April 4 ELAC/CC Advisory Meeting @5:30 pm  
April 5 2nd Grade Field Trip @ 8:30 am  
Spring Sports Playoffs TBD  
April 6 Drama work day @ 9:00am

## S.E.L. Scoop

### Social Emotional Learning

The first component of SEL is **self-awareness**. Self-awareness is being able to recognize and comprehend one's emotions and how they translate into our behaviors. This includes recognizing stress or negative emotions and knowing your strengths and limitations. Students are encouraged to have a well-grounded sense of confidence, optimism, and a "growth mindset."

## Lunch Menu Link

<http://bit.ly/MarchElementaryMenu>

<http://bit.ly/MiddleSchoolMenu>

Save the Date!



## Muffins in the Morning

Thursday, March 28th

Quail Lake MPR 7:00-8:00 am

RSVP/Donation due by March 21st

## Literacy Tip

Let humor work its magic!

Select a funny book at your child's reading level and read the first chapter aloud. Then stop reading. If your child wants to find out what happens next, he or she will have to read it themselves!

## Go Green Tip of the Week

Cut down on waste

Opt for durable goods you can use season after season rather than throwaway plates, cups, flatware, and napkins. Also consider providing clearly marked composting and recycling receptacles for guests. Reduce, Reuse, Recycle!

## Athletics Update

Softball

The softball season is underway! Our girls won a scrimmage against Lone Star last week, 16-3. The team won their first regular season game on Thursday, 11-0, defeating the WAMS Chiefs. The entire team did a great job. Arianah Cardoso pitched a tremendous game with the shutout, and Sophia Sanchez hit a grand slam home run to close out the scoring in the final inning. Our Falcons travel to Fairmont to take on the Spartans this Friday. Go Falcons!



Thank you PTO for our delicious Trimester 2 popcorn treat! We appreciate you!!