



**Palmer Way...
Panthers on the Move!
School Number #336-8900
Week of August 26, 2013**

Monday	8/26	Regular Day	
Tuesday	8/27	Girls Scouts begin (time changed) 2:40-4:00 pm Room #A4.	
Wednesday	8/28	Noon Supervisor Meeting Parenting class (Spanish) 8:30 a.m.	
Thursday	8/29	Nutrition class @ 8:30 am Early Day, 1:00 p.m. Boy Scouts @ 1:05 p.m. - library	
Friday	8/30	Regular day	

Parent Conferences have been rescheduled for November 1,4,5,6 and 8; and Feb 28, March 3,4,5 and 7.

Spanish Parenting Classes
Wednesday, 8/28 @ 8:30 AM
Anger Management class

NSD Student Wellness Guidelines

Birthday Celebrations:

- All persons providing beverages and snacks for class celebrations shall provide items that adhere to guidelines as listed.
- Class and/or birthday celebrations must be planned for after lunch.
- Consider allergies before giving out any food.



Examples of Foods NOT Permitted:

- Soda
- Candy/gum
- Non-baked chips or other fried food
- Cookies, cakes, cupcakes, brownies
- Muffins, donuts

Upcoming Events - September 2013

9/2.....No School, Labor Day
9/6.....Coffee with the Principal, 8:30 AM

Mrs. Hernandez, DHernandez@national.k12.ca.us