



# Freshwater Weekly Bulletin

Monday, October 6, 2025

## Upcoming Events & Activities

October 6	Minimum Day – Dismissal at 1:30 p.m.
October 13	Minimum Day – Dismissal at 1:30 p.m.
October 14	SCHOOL BOARD MEETING – Meeting Room – 6:00 p.m.
October 15	FCC Meeting (Freshwater Community Club) – Meeting Room at 6:00 p.m.
October 16	INDIVIDUAL PICTURE RETAKE DAY – 8:30 to 10:30 a.m.
October 22	FCMS CHARTER COUNCIL MTG. – 6:30 p.m. – Room 16
October 24	TRICK OR TREAT STREET – 6:00-7:30 p.m.@Freshwater School
October 29	PAC MEETING – 6:00 p.m.- Room 22

**FRESHWATER FALL FUNDRAISER INFORMATION :** Our Freshwater Fall Fundraiser ended last **Thursday, October 2.** If students still have cash or checks to return, please have them bring the cash or checks and any other information to accompany them in their envelope or an envelope that has their name on it and **turn it in to Ms. Flores in the front office by Monday, October 6.** We will update families on how much money was raised after the counts have been completed. A big **THANK YOU** to all of the families, students, and community members who participated in the Freshwater Fall Fundraiser. We totally appreciate your generous donations.

**FRESHWATER ATHLETICS FUNDRAISER:** The Freshwater Athletics Fundraiser offering hoodies, t-shirts, warm-up shirts, and more, ended yesterday, October 5. Orders will be ready the week of November 3, just in time for girls' and boys' basketball season. Show your dolphin pride! Proceeds benefit the Freshwater Athletics program by helping fund uniforms, referee fees, tournament fees, and more. If you have any questions, please contact Athletic Director, Clyde Carrick, at [ccarrick@freshwatersd.org](mailto:ccarrick@freshwatersd.org).

## **TRICK-OR-TREAT STREET DATE CHANGED TO FRIDAY, OCTOBER 24:**

The Trick-or-Treat Street planning committee met last week and after considerable discussion, **it was decided to hold this popular event on Friday, October 24, from 6:00-7:30 p.m. at the school.** If you are interested in volunteering to help out with setup, working a shift at one of the trick-or-treat doors, cleaning up, or have any questions, please contact your Room Parent or email Katie Blair at [kblair81@gmail.com](mailto:kblair81@gmail.com).

**ENRICHMENT CLASSES:** Fall Enrichment classes began **Today, October 6.** If you have already registered, please be sure to check Bright Wheel for class placement and important information. ***Please reach out to Audrey Hildebrand or Katja Cragun-Rheders, with any questions concerning Enrichment Classes at 707-442-3703.***

## **IMPORTANT NOTES FROM THE FRESHWATER OFFICE:**

1. If your child has an appointment in the morning and will be late coming in and your child wants a lunch, please call the office to let Mrs. Flores know. Lunch orders are submitted at 9:00 a.m. but if you call up until 10:00 a.m., we can contact the Cafeteria and Chef Cris can usually fill the order.
2. **If you have a change of plans for your child any day after school, please contact the office by 2:20 p.m. (Tues. through Fri.) and 1:00 p.m. on Mondays.** We have 6<sup>th</sup> Grade Message Runners so that we do not have to interrupt the classrooms with multiple phone calls. Thank you for your help and cooperation.

**FCMS Charter Council Meeting – 10/22/25:** All FCMS parents and students are invited to attend our first of three charter council meetings on **October 22<sup>nd</sup> at 6:30 p.m. in Mr. Haller's Room.** We will discuss curriculum, upcoming events, and fundraising. Students are highly encouraged to attend and participate.

**OCTOBER'S CHARACTER STRENGTHS: Empathy & Inclusion:** This month, our school is focusing on the character strengths of empathy and inclusion—understanding the feelings of others and making sure everyone feels valued and accepted. At Friday's Spirit Assembly, Student Leadership presented a skit showing how empathy influenced the way students treated each other when deciding on a group costume for Halloween. We encourage families to continue the conversation at home. Ask your child: "How did you show empathy today?" or "Who did you include at school?" Simple check-ins can help strengthen these habits. Parent Tips and Resources: 1) Model empathy by naming and validating feelings ("I can see you're frustrated...What do you need to move forward?") 2) Read books or watch movies together that highlight understanding others' perspectives.

<https://www.common sense media.org/lists/movies-that-inspire-empathy>

3) Explore resources like Harvard's Making Caring Common Project:

<https://mcc.gse.harvard.edu/resources-for-families/5-tips-cultivating-empathy>

**AN EXCITING PRESENTATION TUESDAY, SEPTEMBER 30<sup>th</sup>:** Thank you to The Freshwater Educational Foundation (FEF), together with our sponsor, Scurfield Electric, who brought Turtle Bay back to Freshwater. Students were able to welcome back a few of the animals they had seen previously and also meet some new animals. Blossom, the striped skunk, scrolled by the students and they sat very still for fear that she might spray them. Instead, she was a true charmer and we learned why this blue-tongued skunk is nicknamed Blueberry. And, let's not forget Daintree, the jungle carpet python, who returned for another visit and was shown off up close so the students could view the scales. Mrs. Mintey and Ms. Rush both had the exciting honor of feeding Bristle, the prickly porcupine a bottle of milk. The Grand Finale was when Digger, the friendly badger, with a little extra encouragement, "high-fived" Mr. Haller. Thank you FEF, The Scurfield Family, and the staff that visited us from Turtle Bay.

**SPIRIT DAYS** are every Friday this year! Order Freshwater spirit gear here!

<https://shop.verticalraise.com/shops/california/eureka/freshwater-elementary-school>

**CLOTHES FOUND ON PLAYGROUNDS, IN GYMNASIUM, AND CLASSROOMS:** Our procedure will be a little different this year. Clothes will be taken to Good Will each week so it is imperative for the students or parents to check the racks each week for lost clothing. We just do not have the room, any longer, to keep all of these items on site. **If student names are put inside their clothing, our maintenance staff will continue to return those items to the students.** Thank you for your help!

**CROSS COUNTRY:** The 2025 Fall Cross Country season is open to all students. Practice times/dates TBA, and the track meets are **Tuesdays and Thursdays, NOW, through-October 16.** Students will be required to obtain a sports physical to participate. Contact Joy Engel at [joymengel@me.com](mailto:joymengel@me.com) 707-822-4329, with questions and opportunities to volunteer. See the official schedule on [HRRAY.org](http://HRRAY.org).

**GIRLS' BASKETBALL SEASON** is just around the corner. **Tryouts begin Monday, October 13**, the JV's attending from 5-6 p.m. and Varsity from 6-7:30 p.m. and end on Friday, October 17. The first league game is Tuesday, October 21. **In order to try out, an athletic packet needs to be completed and submitted to the office by Friday, October 10.** Any girls who played soccer or Volleyball for Freshwater this fall, already have all paperwork completed. Contact Athletic Director, Clyde Carrick, if you have questions by sending an email to [ccarrick@freshwatersd.org](mailto:ccarrick@freshwatersd.org) or call/text 707-499-2071.

**BOYS' BASKETBALL:** If you have a boy that is in Grades 5 through 8 interested in playing Boys' Basketball, please email Athletic Director, Clyde Carrick, as soon as possible, so that he can plan for the upcoming 2026 season. His email address is [ccarrick@freshwatersd.org](mailto:ccarrick@freshwatersd.org)