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OCTOBER 11-15



Fall is the perfect season to get outside with family and friends and enjoy the crisp air and changing colors. Make it your family's goal this month to get outside and try at least one of these fun ideas!

- ☑ Go apple picking at a local orchard
- ☑ Get lost in a corn maze
- ☑ Play a game of two-hand touch football
- ☑ Go for a hike
- ☑ Collect colorful fall leaves
- ☑ Run a race
- ☑ Rake the leaves, then jump in them!



SCOTT COUNTY SCHOOLS

With meals being free this year, this is a **GREAT** time to pay off previous meal balances, even if this means making regular payments. You can pay online @ usd466.org or at any Scott County School.

BREAKFAST

Grab n Go breakfast is the only breakfast offered this school year.

FREE



This year students can choose a menu item or a hot item.

HEALTHY MEALS ARE IMPORTANT AT HOME

Teens who eat dinner with their families are less likely to be involved with drugs, tend to have better grades, and are at a lower risk of developing depression . Sharing a meal with the company of others is a comforting experience, and can give your children a sense of stability and routine. Can you believe all of these benefits come from the simple act of sharing a meal with the ones you love?

The USDA is an equal-opportunity provider



**ORGANIZATION
NAME**

Address Line 1
Address Line 2
Address Line 3
Address Line 4

Tel: 555 555 5555
Mobile: 555-555-5555
Fax: 555 555 5555
E-mail: someone@example.com



Tag line goes here.

We're on the Web!
example.microsoft.com



Caption describing picture or graphic.

Mailing Address Line 1
Mailing Address Line 2
Mailing Address Line 3
Mailing Address Line 4
Mailing Address Line 5

BACK PAGE STORY HEADLINE

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all employees.

If you have any prices of standard products or services, you can include a listing of those

here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a biannual charity auction.

If space is available, this is a good place to insert a clip art image or some other graphic.