

COLONY OAK

September 2025 Monthly Newsletter

Stay Connected - Website: www.colonyoak.com

Instagram: @colonyoakcougars21

THE MONTH AT A GLANCE

- 9/1 Labor Day - No School
- 9/2 School Site Council Mtg., 3:15-4:15pm
- 9/2 PFC General Meeting, 6pm
- 9/4 District Family Science Night @ CO, 5:30-7pm
- 9/12 Mid Trimester 1 Period Ends
- 9/8 RiponUSD Board meeting, 7:00 pm
- 9/18 PFC Restaurant Night - Small Cakes
- 9/26 2nd Grade Assemblies, 8:30 (K-4) & 9:15 (5-8)
- 10/6 PFC Butter Braid sales begin

Character Trait
Highlight

Respect

Caring enough to
consider how words
and actions impact
others

DISTRICT FAMILY SCIENCE NIGHT

Join us for a RiponUSD event for all
TK-6th grade families

Thursday, September 4th from 5:30-7:00pm

Wristbands are for sale in the office until 3:30pm
on 9/4 for \$2 per student



ATTENDANCE

Help us achieve our monthly
attendance goal of **96%**

Attendance matters.

Absences matter.

We did not reach our
goal for August: **98.25%**

Lets
go!

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Boys' Soccer Schedule

- 9/2 vs RA @ RA 4pm
- 9/4 vs PV @ PV 4pm
- 9/9 vs RE @ RE 4pm
- 9/10 vs PV @ CO 4pm
- 9/16 vs RC @ CO 4pm
- 9/18 vs RE @ CO 4pm
- 9/23 vs RC @ RC 3:30pm
- 9/25 vs RA @ CO 4pm

Girls' Volleyball Schedule

- 9/2 vs RA @ RA 4/5pm
- 9/4 vs PV @ PV 4/5pm
- 9/9 vs RE @ RE (RHS) 4/5pm
- 9/10 vs PV @ CO 4/5pm
- 9/16 vs RC @ CO 4/5pm
- 9/18 vs RE @ CO 4/5pm
- 9/23 vs RC @ RC 3:30/4:30pm
- 9/25 vs RA @ CO 4/5pm

Tournament Dates: Sept. 30 - Oct. 2
7th plays at PV / 8th plays at RC

Congratulations
Ms. Spragins
for best class
attendance for
August

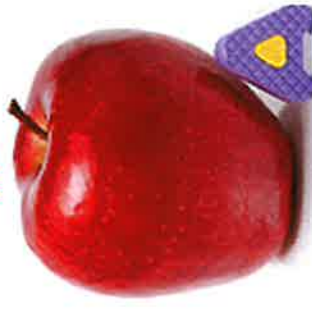


Please remember to contact the
office regarding absences. For an
absence to be excused, the
parent/guardian of the student must
notify the office within 72 hours (3)
days with the reason for the absence,
otherwise, the absence will remain
unexcused. This assists us in properly
capturing our monthly attendance.

- 9/10 First Meeting
- 9/15-10/2 Homecoming Parade
float decorating
- 9/19 Spirit Day
- 9/23 Student Council Meeting
*all dates are tentative

September Lunch 2025

Harvest of the Month Apples



Reasons to Eat Apples
 A $\frac{1}{2}$ cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.* Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy. Apples can be eaten in a variety of forms — as whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice.

Monday	Tuesday	Wednesday	Thursday	Friday
1 EVERY DAY We also offer 1% Milk and Nonfat Chocolate Milk	2 Orange Chicken with Rice Seasonal Salad Bar	3 Chicken Nuggets and a Bear Cracker Seasonal Salad Bar Ranch	4 Chicken Carbonara and a breadstick Seasonal Salad Bar	5 Beef & Cheese Taco Stick Seasonal Salad Bar
8 Pizza Crunchers Seasonal Salad Bar	9 Nachos Supreme Seasonal Salad Bar	10 Chicken Nuggets and a Bear Cracker Seasonal Salad Bar	11 Chicken Sandwich Seasonal Salad Bar	12 Cheese Pizza Seasonal Salad Bar
15 Jumbo Corn Dog- Chicken Seasonal Salad Bar	16 Twice Grilled Quesadilla Seasonal Salad Bar	17 Chicken Nuggets and a Bear Cracker Seasonal Salad Bar	18 Beef Soft Taco with Tortilla Chips Seasonal Salad Bar	19 Chicken Wings and a dinner roll Dinner Roll Seasonal Salad Bar
22 Strawberry Uncrustable String Cheese Scooby Graham Crackers Seasonal Salad Bar	23 Fiesta bowl with Chips Seasonal Salad Bar	24 Chicken Nuggets and a Bear Cracker Seasonal Salad Bar	25 Chicken Pesto Pasta & Breadstick Seasonal Salad Bar	26 Jumbo Pretzel Dog Seasonal Salad Bar
29 Italian Sandwich Seasonal Salad Bar	30 Macaroni And Cheese Seasonal Salad Bar	Menu Subject to Change.		
			This institution is an equal opportunity provider.	

September Breakfast

2025

Monday		Tuesday		Wednesday		Thursday		Friday	
1	EVERY DAY We also offer 1% Milk and Nonfat Chocolate Milk	2	Fresh Baked Chocolate Chip Scone Cinnamon Chex Cereal Cup	3	Concha (Mexican sweet bread) Cereal, Variety 2 oz	4	Yogurt Parfait Cereal, Variety 2 oz	5	Egg and Cheese Breakfast Burrito Cereal, Variety 2 oz
8	Sausage Breakfast Pizza Cereal, Variety 2 oz	9	Fresh Baked Cinnamon Roll Cereal, Variety 2 oz	10	Dave's Muffin Cereal, Variety 2 oz	11	Fresh Baked Monte Cristo Sandwich Cereal, Variety 2 oz	12	Egg & Cheese Biscuit Cereal, Variety 2 oz
15	Sausage & Cheese Breakfast Sandwich Cereal, Variety 2 oz	16	French Toast Bake Cereal, Variety 2 oz	17	Concha (Mexican sweet bread) Cereal, Variety 2 oz	18	Fresh Baked Breakfast Bread Cereal, Variety 2 oz	19	Ham and Swiss Croissant Sandwich Cereal, Variety 2 oz
22	Honey Uncrustable Cereal, Variety 2 oz	23	Fresh Baked Chocolate Chip Scone Cereal, Variety 2 oz	24	Dave's Muffin Cereal, Variety 2 oz	25	Sweet Sunrise Smoothie & Cracker Cereal, Variety 2 oz	26	Breakfast Pizza Bagel Cereal, Variety 2 oz
29	Bagel with Cream Cheese Cereal, Variety 2 oz	30	Yogurt Parfait Cinnamon Chex Cereal Cup	Menu subject to change.		This institution is an equal opportunity provider.			