



THE TROJAN PRIDE

JANUARY 2026

A Newsletter from Your Public School

360.291.3244



Give a Round of Applause to the Band!!!

To commemorate the Christmas season, once again under the direction of Mrs. Jesyka Anastasio, the Pe Ell Elementary Choirs, MS & HS Bands put on a spectacular concert. From the Kindergartener's adorable first performance all the way to the High School Band's stunning recital, this year's Winter Concert was a smashing success all around!



Snow Routes

If snow routes are called, they will be modified to the following:

Mrs. Arrington- No McCormick Cr. Rd., Jones Rd., Railroad St., Wells Rd. or 1st St. and S. 1st St. (can meet bus at the corner of 1st St./Railroad or First St./Jones Rd.)

Mrs. Phelps- No Katula (Can meet bus at Highway/Mauerman wide spot by underpass) No Kobe Rd. (Can meet bus at Dryad Firehall)

Mrs. Risley- No Chandler Rd, no Toepelt Rd. (can meet bus at Elk Creek/Chandler or Toepelt Rd./Elk Creek or Dryad Firehall). No Pe Ell McDonald Rd past Mauerman.

Mrs. Engel-No Beam Rd. (Can meet bus at Highway 6/ Mauerman wide spot by underpass).

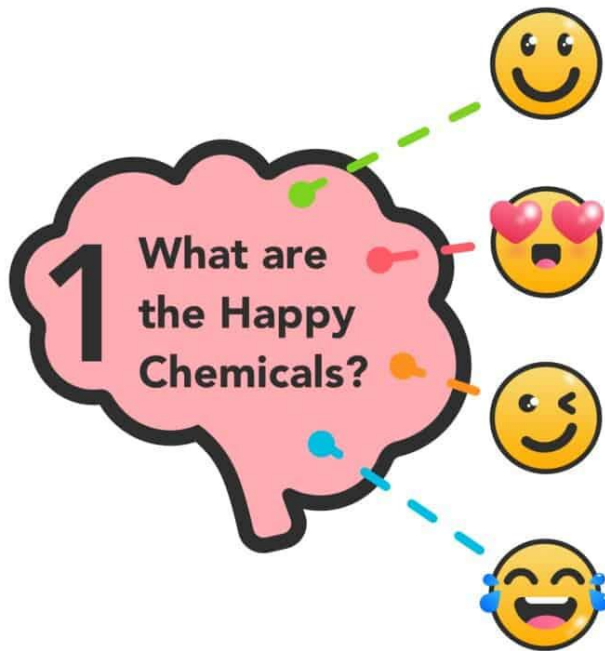
Bus Changes will be posted on Notify Me through the school website. We encourage parents to sign up for notifications.



JANUARY  PE ELL SCHOOL MENU  2026				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
01/05/26	01/06/26	01/07/26	01/08/26	01/09/26
		BREAKFAST		
Pancake Sausage Stick Fruit & Juice Milk	Yogurt Fruit Parfait Cup Juice Milk	Breakfast Pizza Fruit & Juice Milk	Breakfast Biscuit Fruit & Juice Milk	NO SCHOOL!!!
		LUNCH		
Corn Dog Baked Beans Creamed Peas Peaches, Pudding & Milk	Burrito Salad Green Beans Pears & Milk	Chicken Noodle Soup Bologna Sandwich Veggie Sticks Applesauce & Milk	Cheeseburger Lettuce & Tomato Fries Fresh Fruit & Milk	HAPPY FRIDAY!!!
		BREAKFAST		
01/12/26	01/13/26	01/14/26	01/15/26	01/16/26
Breakfast Burrito Fruit & Juice Milk	Cereal & Cheese Stick Fruit & Juice Milk	Omelet & Toast Fruit & Juice Milk	Oatmeal Protein Bar Fruit & Juice Milk	NO SCHOOL!!!
		LUNCH		
Soft Taco Lettuce & Tomato Refried Beans Pears & Milk	Pizza Salad Corn Pineapple & Milk	BBQ Teriyaki Chicken Rice Stir Fry Veggies Peaches & Milk	Sloppy Joes Salad Chips Mixed Fruit & Milk	HAPPY FRIDAY!!!
		BREAKFAST		
01/19/26	01/20/26	01/21/26	01/22/26	01/23/26
NO SCHOOL!!!	Yogurt Fruit Parfait Cup Juice Milk	Pancake Sausage Stick Fruit & Juice Milk	Ham Egg Bar & Toast Fruit & Juice Milk	NO SCHOOL!!!
		LUNCH		
MARTIN LUTHER KING JR. DAY!!!	Chicken Nuggets Salad Garlic Toast Peaches & Milk	Chili & Crackers Cheese & Onion Applesauce Cinnamon Roll & Milk	Hot Dog Fries Veggie Sticks Fresh Fruit & Milk	HAPPY FRIDAY!!!
		BREAKFAST		
01/26/26	01/27/26	01/28/26	01/29/26	01/30/26
Fruit Churros Fruit & Juice Milk	Cereal & Muffin Fruit & Juice Milk	Bagel & Cream Cheese Fruit & Juice Milk	Maple Bar Fruit & Juice Milk	NO SCHOOL!!!
		LUNCH		
Chicken Salad Roll Up Celery Sticks & Hummus Goldfish Crackers Fresh Fruit & Milk	Pizza Salad Corn Pineapple & Milk	Macaroni & Cheese Salad Breadstick Peaches & Milk	Chicken Burger Lettuce & Tomato Fries Fresh Fruit & Milk	HAPPY FRIDAY!!!
DAILY PRICES:				
BREAKFAST GRADES TK-12	FREE	WE WILL BE UTILIZING THE COMMUNITY ELIGIBILITY PROVISION!!! ALL STUDENT MEALS WILL BE FREE 25-26 YEAR!	"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER."	
LUNCH GRADES TK-12	FREE			
ADULT BREAKFAST	\$3.00			
ADULT LUNCH	\$5.25			
MILK	\$0.45		MENU SUBJECT TO CHANGE	
VISITING STUDENT BREAKFAST	\$1.50			
VISITING STUDENT LUNCH	\$3.00			

GET YOUR DAILY D.O.S.E. OF HAPPINESS

The happy brain chemicals that make you feel good



1 What are the Happy Chemicals?

DOPAMINE

- Enables motivation, learning, and pleasure
- Gives you determination to accomplish goals, desires, and needs

OXYTOCIN

- Feeling of trust, motivates you to build and sustain relationships
- Known as "Cuddle or Love Hormone", plays a role in bonding

SEROTONIN

- Feeling significant or important among peers
- Calm form of accepting yourself with the people around you

ENDORPHINS

- Releases a brief euphoria to mask physical pain
- Response to pain and stress that alleviates anxiety and depression

2 How Deficiency Affects You

- procrastination
- low self-esteem
- lack of motivation
- low energy or fatigue
- inability to focus
- feeling anxious
- feeling hopeless
- mood swings

DOPAMINE

- feeling lonely
- stressed
- lack of motivation
- low energy or fatigue
- disconnect of relationships
- feeling anxious
- insomnia

OXYTOCIN

- low self-esteem
- overly sensitive
- anxiety/panic attacks
- mood swings
- feeling hopeless
- social phobia
- obsession/compulsion
- insomnia

SEROTONIN

- anxiety
- depression
- mood swings
- aches and pains
- insomnia
- impulsive behavior

ENDORPHINS

3 How to Increase Happiness Levels

- meditate
- daily to-do list
- long term goals
- food rich in L-Tyrosine
- exercise regularly
- create something: writing, music, or art















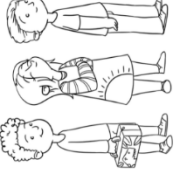










- physical touch
- socializing
- massage
- acupuncture
- listening to music
- exercise
- cold shower
- meditate

- exercise
- cold showers
- sunlight
- massage

- laughter/crying
- creating music/art
- eat dark chocolate
- eat spicy foods
- exercise/stretching
- massage
- meditate

COPING SKILLS BINGO

Each time you complete a coping skills habit, color in the box!
Once you get five-in-a-row BINGO, turn in this board for a prize!

 Squeeze a stress ball	 Stretch your body	 Take some deep breaths	 Share your feelings	 Meditate quietly
 Read a book alone	 Talk it out	 Listen to music	 Talk to a friend	 High-five a friend
 Take a quiet break	 Draw a picture	 Free space!	 Say something kind	 Ignore it
 Practice yoga	 Count to 10	 Hug a trusted adult	 Think positive thoughts	 Sit quietly
 Do a puzzle	 Go for a walk	 Get a drink	 Journal	 Ask for help

COMPLETE A BINGO AND TURN IN TO THE OFFICE OR MISS AMBER FOR A PRIZE!



HIGH SCHOOL NEWS



Great Season Boys

Thank you, to our football players for such a great season. We would like to especially congratulate Senior Hunter Harris for making 1st Team. We will miss you!

Hunter Harris, 1st Team



SPORTS JERSEYS FOR SALE!

The ASB and Athletics Dept. are selling old, retired jerseys from all sports. They will be available at home basketball games.

LEADERSHIP TEAM ATTENDS CONFERENCE IN SAN ANTONIO, TEXAS

The Pe Ell Leadership Team that put on our Impaired Driving Assembly went to San Antonio Texas to attend a Youth Transportation Summit from November 13 to 16 with Advisor Stasha Magruder. Standing in front of the Alamo from left to right are: Blaine H., Brynnlee H., Karli P., Bailey C., Blake N., Morgan M., Madi E., and Ruby M.

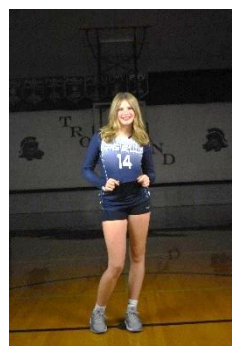
Congratulations Girls!!

Thank you, girls for such an amazing season of volleyball. We would like to congratulate the following Trojan volleyball players for receiving All League Awards:

Madi Engel,
MVP



Maisy King,
1st Team



Karli Phelps,
1st Team



Bailey Cox,
2nd Team



Sophia Milanowski,
2nd Team



Peyton Zock,
Honorable Mention



ELEMENTARY NEWS

"January brings the snow, makes our feet and fingers glow."

High 5 And Student of The Month Assemblies

Date	Event
1-15-2026	High 5
1-29-2026	Student of the month

Elem Dress Up Days

Jan 29 Superhero
Feb 26 Crazy Hat
April 30 Country Western

STUDENTS OF THE MONTH



Students of the month from left to right Aiden B, Oliver D, Carter C, Precieuse L, Linkin C, and Claire D



PARENTS/GUARDIANS PLEASE !!

If your child(ren) are **NOT FEELING WELL** or are obviously sick, **PLEASE** keep them home. We have had numerous children come into the office who have been sent to school sick. Please assess your child each morning and call the office if they will not be attending. Thank you for your cooperation.

ALSO – please make sure your students have the appropriate coats / boots with them in case they need to go outside during recess/lunch breaks.



Penguin Patch Was Successful!

During the week of December 1-4, Penguin Patch was held and was very successful this year. All of the students really enjoyed purchasing gifts for their families and participating in the color contest sponsored by FBLA. The smiles say it all! A huge shout out of thanks to all of our high school students that help every year. "We couldn't do it without all the FBLA members and Mrs. Schimelpfenig. We ended up with almost \$300 to be used for student breakfast/lunch special treats and decorations for special occasions", said Melissa Holmes, organizer of Penguin Patch and our Food Service Supervisor.



Assisting students with their gift selections and wrapping are from left front to back: Jr. Cassidy H., Sylvia M., Jr. Randi B., and far back Jr. Sofie G.; right: Monroe J., Jr. Jayden N., Bria B., Sr. Madi E., and Archer T.



Mrs. Peterson's 2nd Grade Class in their temporary "digs" during the remodel. See next page for more pictures.

MORE NEWS

2025 Middle School Wrestling Team

Pictured below is our 2025 PE ELL Middle School Wrestling Team. Wishing for a great season--good luck to you all!



Back row, left to right: Coach Matt Hart, Jaxson B, Chase K, Mason M, Travis B, Mason F, Kaiden C, Ian S and Coach Robert Coates. Middle row: Jasper P, Mason P, Ethan F, and Mason B. Front row: Bryce M, Anna P, Mason P, Elden G, Nikita M and Ella M.

Senior Fundraiser

The senior class of 2026 is selling World's Finest Chocolate candy bars! They will have a variety of flavors of \$1 chocolate bars. So reach out to a senior student or look for them at home basketball games. You can even purchase whole boxes of bars for \$60. All proceeds will go towards funding the senior class trip in June.



2025 Middle School Girls Basketball

The Middle School Girls Basketball team finished the 2025 season with the A-Team finishing with one win and seven losses, the B-Team finished with four wins and six losses. Coach Shawna Oeschner states, "It was a really fun season and the girls worked very hard and improved tremendously! Even though it wasn't an overall winning season, the girls played with heart and kept their heads up and were always beast on the court!"

A-Team



Top Row: Layton W., Brooklynn N., Tristyn Z., Camelia M., Manager Mackenzie A., Ella G., Kaisen A., Libby N., Payton P. Bottom row: Manager Carter B., Hayleigh M.

B-Team



Top row: Raelynn F., Noelle K., Autumn G., Coach Shawna Oechsner, Manager Carter B., Coach Andy Barnett, Erin K., Kensley S., Aubrey R. Bottom row: Gracie P. Taylor G., Manager Mackenzie A., Sandra E

Construction Update

Watch as we change!

Below are some of the pictures provided by the construction crew. But next time you drive by, check out the changes to the front building where the Middle School is.



Board of Directors
 Cecile Baggenstos, Chair
 Mara McGrath, Vice Chair
 Chad Burnett
 Jason Phelps
 Chris Dodd, Legislative Representative



Pe Ell School District No. 301
 PO Box 368
 Pe Ell, WA 98572

**NONPROFIT
 ORGANIZATION**
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 PERMIT #2

District Administration

Kyle MacDonald, Superintendent
 Bobby McCalden, Business Manager
 Keith Shepherd, Principal
 Stasha Magruder, Athletic Director
 Julie Castro, Secretary
 Lisa Miller, District Secretary

**POSTAL ROUTE
 RURAL ROUTE 4**



JANUARY CALENDAR

Jan 5	SCHOOL RESUMES!	
	HS GBB vs Toledo	7:00
Jan 6	HS BBB @ Oakville	5:00
	HS GBB @ Oakville	7:00
Jan 8	HS BBB vs Wahkiakum	4:30
	HS GBB @ Wahkiakum	7:00
Jan 13	HS BBB vs CAA	4:30
	HS GBB vs CAA	5:45
Jan 15	Knowledge Bowl – Toledo	
	HS BBB vs Three Rivers	4:00
	HS GBB vs Three Rivers	7:00
Jan 19	NO SCHOOL – MARTIN LUTHER KING DAY	
Jan 20	HS BBB vs Winlock	5:45
Jan 21	HS BBB @ Naselle	4:30
	HS Wrestling Mix & Match @ Winlock	5:00
	HS GBB @ Naselle	5:45
Jan 22	HS BBB vs WSD	6:00
Jan 23	Weather Make-up Day – if needed	
Jan 24	HS BBB vs Willapa Valley	4:30
	HS GBB vs Willapa Valley	5:45
Jan 28	Safety City – Kindergarten	12:00 pm
Jan 29	HS GBB vs Oakville	1:30
	HS BBB vs Oakville	4:30
Jan 30	HS GBB vs Evergreen Lutheran	6:00
Jan 31	HS BBB @ Ocosta	5:45

* Events are subject to change – please check Website for updates

STUFF TO KNOW

SAVE THOSE PULL TABS!!

Grades K-5 will be collecting pull tabs again this year. The class that brings in the most pull tabs will receive a reward. This money goes to support the Ronald McDonald House. Thanks for supporting this cause as we have had people from our community who have been able to utilize the Ronald McDonald House.



**News from Your Pe Ell Trojan
 Booster Club!**

The Pe Ell Booster Club is still looking for volunteers. If you can help, please call or text Whitney Wooster at 360-520-2716 OR send a Facebook message to “Pe Ell Booster Club 25/26” OR attend our next meeting on Jan. 11 at 6:00. Also, don’t forget to renew or purchase your Booster Boards – renewal fee is \$20 with a new board at \$30. This is a great way to show support for our students. Watch for Suzanne Nelson at basketball games for your renewal or send them to the Booster Club. For new boards, call her at 360-520-9836. Thanks for your support!

SAVE THE DATE: AUCTION IS SCHEDULED FOR MARCH 14, 2026!

**WANT TO SEE THE
 NEWSLETTER IN COLOR?**

Check out the school Website to see the Trojan Pride newsletter in color. On the main page, go to School Information, select School Publications, and then go down to Newsletters. Enjoy!

TROJAN PRIDE NEWSLETTER TEAM

Editor: Mrs. Leza Schimelpfenig

Reporters : Oriya Busey, Brennan Collins, Deacon Green, Daniel Hoffman, Evan Kimokeo, Matthew Krafczyk, Sophia Milanowski, Kohl Perkins, Hunter Phelps, Nathen Ridgway, and Mateo Trueax-Hortman.



Parents: FYI



Effects of Energy Drinks on the Body

- **Increased Risk of Dehydration**
 The high caffeine content promotes urinations and contributes to dehydration, which impairs performance and raises the risk of heat-related illness.
- **Cardiovascular Strain**
 Caffeine raises heart rate and blood pressure which can cause Arrhythmias and make blood flow to the heart and other organs become restricted, forcing the heart to work harder.
- **Energy Crash**
 The large amount of sugar causes a temporary spike in energy which many people strive for. The result of that energy spike is worse than the energy provided, an energy crash. Fatigue and mental fog are the factors of this crash
- **Sleep Disruption**
 The caffeine in these drinks can disrupt your sleeping cycle which is a crucial part in athletes’ recovery for muscle repair and brain function. Without proper sleep your cognitive functions (concentration, decision making, and emotional control) are impaired which can increase risk of injury.
- **Dependency**
 Consistent consumption of caffeine can lead to a dependency/addiction. Regular consumption can lead to weight gain, diabetes, dental problems, and poor nutritional habits.

Information Obtained Via PubMed and the CDC