



# Cougar Tales

## COVID-19 SAFETY TIPS

1. Wash your hands regularly with soap and warm water.
2. Remember to stay 6 feet apart.
3. Wear a face covering when you cannot be socially distanced.
4. Avoid touching your eyes, nose and mouth.
5. Stay home if you have fever, worsening cough or loss of taste or or smell.



## Backpack Donations



Blessings in a Backpack is a program that allows us to send food items home on Fridays with students who may need extra food over the weekends. The things that we send home are food items that the children can prepare themselves. We asked you for donations to help with this during Red Ribbon Week. As usual, you all helped by donating many non-perishable foods that will help keep a child from being hungry. Thank you for helping us help our children!

## No School

Please remember that the school will be closed Nov. 25-27, 2020 for the Thanksgiving holiday. I hope that you enjoy this season of gratitude with your family.



## Healthy Snacks

When helping your child choose a snack for school, please think healthy. The following is just a small list of ideas: a piece of fruit, whole wheat crackers, a whole grain bar, trail mix, carrots and celery sticks, pretzels, a cheese stick, a small bag of popped popcorn or dried fruit. Please remember that candy or anything loaded with sugar is not an appropriate school snack.



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### REMINDER

- Thanksgiving Holidays are Nov. 25-27



## Fall Festival



We truly missed our Fall Festival and the opportunity to celebrate the harvest season with friends and family. It is our wish that we will be able to begin our tradition again in October of 2021. We will have several baskets available over the next few months. Please see page 5 for more details.

Kindness Matters.

## FIRST NINE WEEKS AWARDS

### Principal's Honor Roll

Ella Cate Andrus  
Landdin Arledge  
Maddox Billings  
Sara Bone  
Harper Boone  
Madison Boyd  
Ar'Monie Brannon  
Brett Bridges  
Houston Bridges  
Rylee Broccoli  
Troy Carias  
Cayden Carr  
Tacyanna Clemons  
Alexandria Cothran  
Aubrey Cowart  
Amani Cummings  
Kaitlin Cunningham  
Dalton Daniel  
Addie Duggins  
Ansleigh Finch  
Kynlee Fortner  
Mason Garrett  
Anna Genobles  
Holden Green  
Vanessa Green  
Cameron Grigg  
Jaysen Hembree  
Lilly Hiltgen  
Maddox Jacobs  
Eli Jollie  
Colt Jones  
Aubree Kiefel  
Justin Kilgore  
Amelia Knight  
Genesis Leiva  
Nestor Levkovets  
Abigail Lindsay  
Teegan Love  
Lydia Grace Lyda  
Oakley Mattarocci  
Joseph McArn  
Avery Miller

### Principal's Honor Roll

Jackson Mintz  
Kenzie Mullinax  
Alex Mumford  
Maxi Paniagua  
Jake Patton  
Aleah Riley  
Rylan Roberts  
Hayden Robinson  
Hadi Salto Lara  
Sarah Scruggs  
Jonathan Selig  
Tys Selig  
Blake Shackelford  
Drew Shackelford  
Aiden Smalley  
Matthew Smith  
Bentley Snapp  
Micah Stewart  
Cadance Sullivan  
Makayla Summey  
Andrew Vang  
Jackson Voelker  
Carrie Wampler  
Myshaun Wilson  
Riley Wright

### Honor Roll

Bryce Allen  
Evelyn Alto-Corneliz  
Jason Beck  
Noah Berrian  
Logan Bluhm  
Madi Bridges  
Chandler Brown  
Bentley Bryant  
Mina Burgess  
Matthew Byndyu  
Ashton Crisp  
Abel Cruz Martinez  
Breanna Daniel  
Driystan Dover  
Keagan Eller  
Pazeleigh Emory  
Kolton Farnsworth  
Leana Finch  
Piper Fleming  
Mason Fortner  
Ronnie Fowler  
Jackson Garrett  
Martin Garza  
JC Genobles  
Cecelia Goins  
Kane Goldman  
Aidon Greene  
Kadin Greene  
Latham Hames  
Paris Hightower  
Max Hiltgen  
Amber Ivey  
Logan Keys  
Camberlynn Kirby  
Miranda Kirby  
Kamden Kiser  
Rowan Lake  
Brody Lamb  
Maddox Linder  
Ashlyn Lindsay  
Emma Loftis

### Honor Roll

Brayden Long  
Drake Long  
Malachi Marchuk  
Juan Pablo Martinez  
Emily Millan  
D'Angelo Miller  
Torence Miller  
Brooke Montour  
Lexus Morgan  
Felip Paniagua-Arcos  
Nathan Paniagua  
Brody Perry  
Izibel Phillips  
Lillian Pinkard  
Erik Reyes Gomez  
Brayden Rochelle  
Iris Salto Lara  
Luke Schults  
Lauren Searcy  
Ben Shelton  
Haylen Shelton  
Brandon Skates  
Trevor Smith  
Jameson Steffee  
Bailey Stewart  
Brynlee Strand  
DJ Sumey  
Acelyn Terry  
Sofia Tobon  
Peyton Varner  
Lilah Waugerman  
Tucker Webb  
Camden West  
Brooke Wilson  
Miles Witherspoon  
Lilly-Ann Worley  
Alaina Yother

## OCTOBER TERRIFIC KIDS

Anzlee Young	Ashton Gray	Martin Garza
Keylan Payden	Andrew Vang	Aleah Riley
Coltin Bailey	Rowan Lake	Alex Mumford
Peighton Brown	Driystan Dover	Myshaun Wilson
Laikyn Bradley	Braylee Waters	Bentley Bryant
Sadie Abernathy	Teegan Love	Denisse Alto-Corneliz
Payton Clippard	Lilly-Ann Worley	Larry Villanueva



2024  
2024

# Eat Your Candy and Exercise It Off!

**You Ate it ... Now Negate it!**

candy	calories	Exercise to Negate
 <b>Fun size M&amp;M's</b>	<b>88 calories</b>	<b>8 minute run</b> 
 <b>Reece's Peanut Butter Cup</b>	<b>105 calories</b>	<b>9 minute swim</b> 
 <b>Fun Size Snickers</b>	<b>80 calories</b>	<b>7 minute bike</b> 
 <b>Fun Size Starburst</b>	<b>40 calories</b>	<b>4 minute jump rope</b> 
 <b>Fun Size Kit Kat</b>	<b>73 calories</b>	<b>9 minute elliptical</b> 
 <b>Fun Size Butterfinger</b>	<b>100 calories</b>	<b>14 minute yoga</b> 
 <b>Fun Size Twix</b>	<b>75 calories</b>	<b>13 minute weight lifting</b> 
 <b>Fun Size Three Musketeers</b>	<b>64 calories</b>	<b>14 minute walk</b> 

# Bountiful Harvest Gift Basket

Estimated Value: \$215.00

## Basket includes:

- \$20 Blue Moon Gift Certificate
- \$15 Deli Korner Gift Certificate
- Cuisinart 6 pc. Baking Set
- Island Breeze 6 Compartment Server with Basket
- Photo Clip Peg String Lights
- Core Kitchen Silicone Wisk Set
- 2 Cakebites Harvest Pumpkin Spice Treats
- Maggie Lyon Jelly Pumpkins Snacks
- KAF Home Decorative Kitchen Towels
- Fall Pumpkin Sign
- Martha Steward Harvest Luncheon Napkins
- Little Barn Chicken Noodle Soup Starter
- Pure Sourwood Honey
- Hobo Hollar Farms Apple Cider
- Hobo Hollar Farms Wild Blackberry Jam
- 2 Martha White Blueberry Cheesecake Muffin mixes



This is a fundraiser for the Cowpens Elementary PTO. Due to the Covid-19 Pandemic, we had to cancel our annual Fall Festival and basket auction, but we will have baskets to sell throughout the year. To win this basket of goodies, clip and send the form below with a \$2 donation for each entry to Dana Horne @ CES. (Feel free to make copies for additional chances to win) Drawing to be held 11/18/20 at 1:00 PM. Thank you for your support.

Name: \_\_\_\_\_

Location: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

**Drawing will be November 18, 2020 at 1PM.**  
**All entries and money MUST be received by Noon on the 18<sup>th</sup>.**