



# The Oberle Update

## It's Pumpkin Time!

In the United States, pumpkins go hand in hand with the fall holidays of Halloween and Thanksgiving. An orange fruit harvested in October, this nutritious and versatile plant features flowers, seeds and flesh that are edible and rich in vitamins. Pumpkin is used to make soups, desserts and breads, and many Americans include pumpkin pie in their Thanksgiving meals. Carving pumpkins into jack-o'-lanterns is a popular Halloween tradition that originated hundreds of years ago in Ireland. Back then, however, jack-o'-lanterns were made out of turnips or potatoes; it wasn't until Irish immigrants arrived in America and discovered the pumpkin that a new Halloween ritual was born.

\*Pumpkins are a member of the gourd family, which includes cucumbers, honeydew melons, cantaloupe, watermelons and zucchini. These plants are native to Central America and Mexico, but now grow on six continents.

\*The largest pumpkin pie ever baked was in 2005 and weighed 2,020 pounds.

\*Pumpkins have been grown in North America for five thousand years. They are indigenous to the western hemisphere.

\*In 1584, after French explorer Jacques Cartier explored the St. Lawrence region of North America, he reported finding "gros melons." The name was translated into English as "pompions," which has since evolved into the modern "pumpkin."

\*Pumpkins are low in calories, fat, and sodium and high in fiber. They are good sources of Vitamin A, Vitamin B, potassium, protein, and iron.

\*The heaviest pumpkin weighed 1,810 lb 8 oz and was presented by Chris Stevens at the Stillwater Harvest Fest in Stillwater, Minnesota, in October 2010.

\*Pumpkin seeds should be planted between the last week of May and the middle of June. They take between 90 and 120 days to grow and are picked in October when they are bright orange in color. Their seeds can be saved to grow new pumpkins the next year.

## Counseling Corner

**Emergency Assistance:** Physical, emotional, and spiritual assistance is offered at Bragg Hill Family Life Center. BHFLC can provide emergency bags of food and clothing. Distribution of emergency bags Tuesdays and Thursdays 9am-12pm, 1pm-3pm. Contact 540-371-3662 for additional information.

**Bully Prevention:** October is National Bully Prevention Month. Our anti-bully committee will raise awareness through education and activities. Please encourage your child to participate in these events.



## The Latest...

Oberle continues to grow and evolve to accommodate the needs of our students. Our latest addition is a deck overlooking the athletic field. We plan to use this space for cookouts, special privileges, and other outdoor events. Several students have also had a helping hand in this process!

Student Council Elections were held on September 29. Candidates had to prepare and deliver a one minute speech to defend their qualifications and share their vision.

Congratulations to our 2015-2016 SCA/Interact Officers:

President: Chris F.

Vice President: Libby

Secretary: Kirstin

Treasurer: Makayla

It was a tight race and all candidates ran a strong campaign! Nice job, everyone!

Most of the students in Education for Employment have been placed on independent training sites! Others are out in a group setting at Goodwill, Fredericksburg Foodbank, and ReTail Shop.

## Word of the Month: HONESTY

### October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Hot Dogs Oven Fries Pickles	2 Pizza Salad Chocolate Mousse Pie
5 Cheesebrgr Fries	6 Baked Chix Pasta Zucchini	7 Tofu Miso Soup Fried Rice	8 Ham Sub Tmbleweed Chowder	9 Pizza Cherokee Grape Dumplings
12 HOLIDAY  No School	13 Crunchy Chix Cauliflower Bkd Potato	14 Grilled Cheese Tater Tots Celery	15 Hot Dogs Kale Pretzels	16 Pizza Carrots Leaf Cookies
19 Chili Cornbread	20 Chicken Soup Salad	21 Ziti Italian Bread	22 Tuna Sndwch Potato Salad Carrots	23 Pizza Blondies Salad
26 Beef Tacos Tortilla Chips	27 Chick Filet Sandwich Celery Chips	28 Hot Dogs Pretzels Cole Slaw	29 Turkey Sub Popcorn	30 Halloween Luncheon!

### Reminders to Students:

1. Sodas may only be purchased during lunch.
2. All personal belongings should be stowed away in your locker.
3. Failure to abide by the electronics policy will result in confiscation of the device. Do not abuse this privilege!

### Reminders to Parents:

1. Lunch is provided for all students; however, students may pack a lunch if they choose to do so.
2. Any medication to be administered during school hours must be accompanied with a doctor's order. Parents must supply all over-the-counter medications in an unopened, original container.
3. Gradelink grants anytime access to your child's educational and behavioral progress. Contact Mrs. Vaughn for information.

### Important Dates:

Oct. 1: Yoga  
 Oct. 7: Clubs  
 Oct. 8: Yoga  
 Oct. 12: No School-Columbus Day  
 Oct. 14: Reward Day-Ice Cream Social  
 Oct. 20: Invasive Species Trip  
 Oct. 21: Clubs/Unity Day  
 Oct. 27: Assembly on Visual Impairment  
 Oct. 28: Reward Day-Belvedere Plantation  
 Oct. 30: Halloween Party  
 Nov. 4: Clubs  
 Nov. 5: Report Cards  
 Nov. 18: Clubs

### \*\*\*Bulldog Barks\*\*\*

Happy Birthday!!!

\*\*\*October 27-Lee L.\*\*\*

\*\*\*October 27-Poilar\*\*\*

The following students have been recognized for displaying Acts of Kindness:

Michael L

Jeremy S

Tony

Jacob

Joey

Owen



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