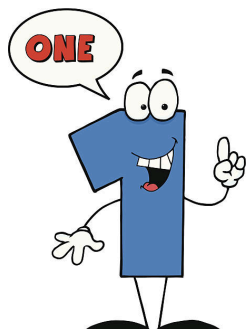




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JOGATHON is ONE Week Away!

JOGATHON 2025 is next Friday, October 10th!

JOGATHON is PTC's only major fundraiser!

Thank you to everyone who has already signed up to help!

SOS!

We are looking for Jog Lap counters for **Mrs. Thompson, Mrs. Gomez, Ms. Johnson, Mrs. Palazzini, and Freer/Gooler's class**. Please consider signing up to help count laps as this day cannot happen without parent volunteers for those classes. [Click here to sign up!](#) You'll still get to cheer on your cub while helping to ensure the event's success!

Lunch with your cub!

Did you know that you are invited to have lunch with your cub on Jog day? They're having pizza, and you're invited to purchase a sandwich meal from Sourdough & Co for \$15. It includes a sandwich, chips, a cookie, and a bottle of water.

[Purchase here by Sunday, October 5!](#)

Jog Fundraising!

Individual fundraising links have been emailed to your cub's primary email several times. Let us know if you didn't get it or need it resent. At **\$38,320** we are so close to 2/3 of the way to our goal of \$60,000 -- keep fundraising, Cubs!

To help make it easier for your student to fundraise, we have a pre-made flyer for you to use. Check it out here: [Fundraising Letter](#)

Do you own a small business? Corporate sponsorships make our JOGATHON possible and include perks like PTC social media shoutouts, race day thanks, sending home swag on jog day, signage and more! [Click here to sponsor the 2025 event!](#)



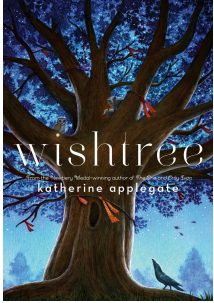
Cubs in Training!

Parents/Guardians, your cub will be participating in our Cubs in Training on **October 8 during lunch times**. PLEASE make sure to send your child to school that day wearing comfortable clothing and running shoes; no sandals, crocs, open-toed, or strapless shoes. We want our cubs to have fun and be safe! Thank you!



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All School Read is Almost Here!

Greenhills Reads will begin on **October 13th!**
Stay tuned!

Dad's Club Work Day!

Join the DADs Club this **Saturday, October 4!**
They are planning to refresh the US Map and knock out some teacher fix-its. RSVP to DADs Club President Eric Perryman at dadsclub@greenhillspc.com



Check out all the STEAM fun coming up next with the amazing Ms K! It's all about Plants, Science and More, week 3! Check out the flyer Here: [Plant, Science and MORE!](#)



Cub's Night Out!

Save the Date: **October 14th** at Red Robin.
Remember, a percentage of your Lunch AND/OR Dinner will be donated back to Greenhills PTC. It's a Win/Win!

Flyer is attached here:

[Cub's Night Out!](#)



Dads Club Movie Night

DADs Club Movie Night will be on Friday, October 17. The movie is Paddington in Peru - we can't wait! Parents/Guardians, please be advised this movie is rated PG. As a reminder, ALL are welcome to attend movie night with their cub, not just our DADs! Click here to RSVP and order pizza [link: <https://forms.gle/Skgbbexvz3Ww2bsu9>]. Grab your lawn chairs and blankets - we hope to see you there!



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Sami Family Night!

The FIRST Sami's Circuit Family Night of the year, happening **Thursday, October 2nd at 6:00 PM** (Pacific) on both YouTube and Zoom.

This live streaming event is a special chance for students and their families to move together, laugh together, and build lasting memories, from the comfort of their homes. Families get a motivational exercise session plus a chance to win raffle prizes!

Check it out here: [Family Night](#)



New to Sami? Please check out the website here:

[SAMI!](#)

New video this week, **Fuel To Start Your Day!**

Check out the parent guide here: [Fuel To Start Your Day](#)

Also, feel free to check out the 5 minute exercise breaks here:

[Brain Breaks](#)

Halloween Costumes Swap is Back

PTC is collecting costumes again this year. We'll have a box in front of the office through **10/10**. Students can "shop the rack" from **10/17** through Halloween -- we'd like to have an adult with them. Check out the flyer here: [Costume Swap!](#)



Cubs Counseling Corner

Mrs. Reichardt and Mrs. Naghavi

October 2025

The Toolbox Program

Students have been filling their toolbox with new skills over the past few weeks. Last month, students practiced the Breathing Tool and Quiet/Safe place tool to promote positive coping. This month, the Cubs will be learning the following tools:

[Listening Tool](#)



Icon:

Tagline: I listen with my eyes, ears and heart.

Hand gesture: Place one hand on your heart and with the other hand place two fingers cupped gently behind the ear.

[Empathy Tool](#)



Icon: (a level)

Tagline: I care for myself. I care for others.

Hand gesture: Place hands in front, palms up, as if holding a level. Slowly raise the left hand and lower the other hand. Repeat the motion like a see-saw.

Book Recommendations for the tools:

Listening

[Worst Day of My Life Ever](#)

Empathy

[When I Care About Others](#)

[Each Kindness](#)



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To receive a copy of the 12 Tools, please email areichardt@eurekausd.org.

Morning Drop Off Tips

As we enter into the 3rd month of the school year, students are doing a great job demonstrating independence and growth. You can support your child's continued growth and independence by doing the following:

Note your emotional response.

- Build their confidence by showing your child(ren) YOU believe in them! Your message to your child that they can do it and that you trust the school staff helps your child feel the same.

Goodbye ritual

- Create a quick and consistent ritual that aligns with the school policy of no adults on campus in the mornings. Have a fun phrase you say daily, a quick hug, etc.
- Leave quickly with a confident smile!

Reconnection ritual

- Point attention to the next time you will connect; for example, "I'm looking forward to snuggling on the couch after school!" or "I can't wait to read a story at bedtime tonight!"

If your child needs additional support, please email areichardt@eurekausd.org or cnaghavi@eurekausd.org.

Cubs Club Trait of the Month

For the month of October, students will be honored for demonstrating Self Control. Self Control is the ability to manage thoughts, actions, and emotions. Here are a few books related to self control:

[The Interrupting Chicken](#)

Too Much Glue

At home, the most important thing is to model self control and talk through your thought process when using self control. Also, help your Cub recognize their emotions; you can do this saying something along the lines of "you seem angry right now. You are clenching your fists." Allow your child to correct you if needed. Another way to reinforce or teach self control is to teach about consequences; all of our actions have either positive or negative consequences, and it is important that students recognize what their actions can lead to. Playing games is a fun and interactive way to reinforce self control. Red Light/Green Light, Simon Says, and Freeze Dance all help with self control.

Greenhills Greeters and Conversation Cubs

A special "Thank You!" to the 2nd and 3rd grade students who are helping students transition at the start of the school day! Our 3rd grade Greenhills Greeters and 2nd grade Conversation Cubs have brought smiles to the faces of the Cubs they greet in the morning.

Lunch Recess Opportunities

With the help of our PTC and Mrs. Albertsen, our wonderful librarian, our Cubs have many alternative recess opportunities to choose from! **Library:** Our library is open daily for 1st/3rd and 2nd/MA lunch recesses for students to enjoy a quiet environment to enjoy activities in a smaller group, such as coloring, reading and legos.

Counseling Lunch Club: On Wednesdays and Fridays, Cubs can spend their lunch recess in the counseling room enjoying activities such as Legos, coloring, and games.



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Recess Remix: On Tuesdays and Thursdays, our PTC hosts amazing volunteers to facilitate activities such as kinetic sand, art, and more.

Community Resource Spotlight

211 Connecting Point is a resource and information hub that connects people with community programs and services through a searchable web page and 24/7 local call center. 211 serves Nevada County, Placer County, and the Tahoe-Truckee region. Online, 211 also has a chat feature from 7am-6:30 pm

Eureka Schools Foundation (ESF)

The Eureka Schools Foundation (ESF) is the nonprofit that helps bridge the gap between state funding and the exceptional educational experience our community expects. By funding programs like art, music, libraries, athletics, STEAM, and teacher collaboration, ESF ensures our students have access to opportunities beyond the basics. **Check out ESF's exciting events:**

- [ESF Auction & Gala](#) (Oct 20 - Friday, Nov 7) - **Tickets sales are open now!**
 - Step away from falling leaves and into a midsummer night's dream.
- **ESF World Arts Fair** (Friday, April 10) New this year!
 - Featuring internationally inspired collaborative student art pieces classes, live performances for our bands and choirs, and cultural food vendors.

- **ESF Golf Tournament** (Monday, June 1)
 - Everyone is welcome to play or volunteer!

www.esf4kids.org follow us on facebook and instagram @esf4kids

ESF SAVE THE DATE!



November 7th

5:00 PM - 10:00 PM

The Chalet Event Center

Regular and VIP Tickets available.

✨ Don't wait - secure your spot early! ✨

[Buy Your Tickets!](#)



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Upcoming Dates

October

2	Sami Family Night
4	DADS Club Work Day
8	Cubs in Training
9	Picture Retake Day
10	JOGATHON!!
13	Greenhills Reads Begins!
14	Cub's Night Out-Red Robin
17	DADS Club Movie Night
21	ESF Fund Run
28	PTC Meeting
30	Costume Parade at 8am!
31	NO SCHOOL