



# EXPLORER EXPRESS

Antelope Hills Elementary  
36105 Murrieta Oaks Ave, Murrieta, CA 92562  
(951) 445-4110

## Character COUNTS

Ever hear someone say that something is “not fair?” Being a parent myself, I have heard it more times than I can count. Somehow, asking my kids to brush their teeth, get ready for bed, clean up their room, and let their brother go first, wasn’t fair. Most of the time, I responded with “life’s not fair” or “get over it.” However, I find myself now trying to ask kids about the injustice that they are feeling, and for their input on how things can be done differently to make the situation fairer.

I think that we need to take the “life’s not fair” comment to another level and explain to our kids that there are times when life isn’t fair, and that there is no Fairness Rule Book to guide us when issues come up. Letting an elderly person get ahead of you, allowing the little brother or sister to have the last piece of pie, or picking up trash that you did not throw on the ground may not be fair, but these things do strengthen character. Sometimes I find that fairness is the one that can be strengthened by the other five pillars.

Being kind to your elders (respect), giving up your pie (caring), and picking up trash (citizenship) may not do much for the fairness pillar, but moves your character forward in a very big way.

So, the next time you hear, “it’s not fair” from your kids, take the opportunity to use it as a teaching moment and see if they can turn it around to strengthen their character. If it doesn’t work, you can always fall back on what my dad would say to me when I would tell him that the amount of work he gave me wasn’t fair. “If I didn’t think you could handle it, I wouldn’t have given it to you to do.” I knew then that I had to prove him right.

Remember.....no matter where or when.....Character Counts

*Spring Forward*  
March 9th



*Coffee & Conversation*

DIGITAL WELL-BEING &  
ONLINE SAFETY

Friday, March 14th  
8:30am  
MPR

**SPRING  
BREAK**

MARCH 31-APRIL 4, 2025





*Message from*

**DR. ANDRUS**

**Our commitment to ALL students and their families**

**We want to take this opportunity to reaffirm our commitment: All students in Murrieta Valley USD are safe, supported, and learning every day. Our unwavering dedication to serving every student in our schools is a cornerstone of what makes Murrieta Valley USD an exemplary CA district. Long-standing Board Policies (1250) & (5145.13), and Administrative Regulations (1250) & (5145.13) safeguard our learning environment from outside visitors. Additionally, student privacy is protected under the Family Educational Rights and Privacy Act (FERPA), a federal law that prohibits the release of student information, including educational records, without consent of a parent/guardian. These protections are also reinforced by the California Education Code (EC 49060 et seq.) and shared with all families in the Annual Notification document digitally noticed at the beginning of every school year. Protecting the confidentiality and personal information of all members of our community is a fundamental priority. Our commitment is clear: All students and their families are welcome here and will be treated with respect and dignity.**

**Murrieta Valley Unified School District**

**Start your  
day with TK!**

**All Four-Year-Olds**

**We are Now Enrolling for  
Transitional Kindergarten.**

Students who turn 4 by **9/1/25**  
can enroll in TK for the  
'25-'26 school year.



**Scan to Enroll Today!**



**Come meet our team!**



# Counseling Connection

Antelope Hills Elementary School  
 Ms. Richardson, School Counselor  
[lrichardson@murrieta.k12.ca.us](mailto:lrichardson@murrieta.k12.ca.us)  
 951-455-4110 Ext. 3382

## Support & Links

Mental Health Concierge  
[Click Here](#)

Community Resources  
[Click Here](#)

Read Across America/Women's  
 History Virtual Library  
[Click Here](#)

## CELEBRATING INCLUSION!



Our school will be participating in the Unified Track & Field Meet an inspiring event that promotes inclusion, teamwork, and kindness. Unified Track & Field Meet brings students of all abilities together to celebrate their strengths and foster friendships through sports and fun activities. This event is a wonderful opportunity to teach our students the importance of empathy, respect, and collaboration. It's a chance for everyone to shine and feel valued as part of our school community. Let's cheer on our amazing athletes and partners as they show us the true meaning of teamwork!

## SECOND STEP: EMPATHY AND KINDNESS

During the months of January–March students learn how to recognize kindness and act kindly toward others, and how to develop empathy by learning strategies to take others' perspectives. For more information and how to further encourage learning at home please click your child's grade level below!

KINDER: [CLICK HERE](#)

THIRD: [CLICK HERE](#)

FIRST: [CLICK HERE](#)

FOURTH: [CLICK HERE](#)

SECOND: [CLICK HERE](#)

FIFTH : [CLICK HERE](#)





Read Across America is celebrated during the week of March 2-6. It is a nationwide event that promotes the joy of reading and the importance of literacy for children of all ages. Reading can be a wonderful way for children to build their confidence, expand their imagination, and develop empathy for others. You can support this at home by setting aside family reading time, visiting the library together, or letting your child share their favorite book with you. Let's make reading an adventure that lasts a lifetime!



March is Women's History Month, a time to honor the amazing contributions of women throughout history and celebrate the strong, inspiring women in our lives. This is a great opportunity to have conversations at home about role models, both historical and personal. Ask your child about the women who inspire them and share your own stories of women who've made a difference in your life. Together, let's empower our students to appreciate the achievements of women and strive to make their own positive impact on the world!







# March 2025 Important Dates

MAR 3

MAR 4

MAR 5

MAR 6

MAR 7

**Early Release  
Day @ 1:20pm.**  
Grades 1-5



**Flag Salute  
8:00am**

MAR 10

MAR 11

MAR 12

MAR 13

MAR 14

**Early Release  
Day @ 1:20pm.**  
Grades 1-5

**Flag Salute  
8:00am**

*Coffee*  
**& CONVERSATION**  
8:30AM IN MPR

MAR 17

MAR 18

MAR 19

MAR 20

MAR 21

**Early Release  
Day @ 1:20pm.**  
Grades 1-5

**TK Open House  
5:30pm-6:30pm**



**Flag Salute  
8:00am**



**Unified  
Track & Field  
Meet**

MAR 24

MAR 25

MAR 26

MAR 27

MAR 28

**Early Release Day @  
1:20pm.** Grades 1-5

**OPEN  
HOUSE**  
GRADES K-5  
5:30-6:30



**Flag Salute  
8:00am**







# Mar-Apr 2025 Important Dates

MAR 31

APR 1

APR 2

APR 3

APR 4

*Spring*  
**Break**

March 31- April 4



# Create your 2 free custom yearbook pages for ANTELOPE HILLS ELEMENTARY SCHOOL

treering



## Add Photos

Add your favorite photos from your phone, computer, Instagram, Facebook, Google or Dropbox account, and have them printed in your copy of the yearbook.



## Sign Books

Make your friends smile by sending them a message (can include a photo or sticker) that they can add to their custom pages or ask them to send you one!



## Add Memories

Answer questions about your year and capture your very best moments. You can even include a photo to go along with them.



## Design Your Page

Add all of your memories to your two free personal pages that will be printed in your unique copy of the yearbook. Need more room? You can add more pages!

## To Purchase & Customize Your Yearbook

Must be a parent or student 13 years or older.

1 Go to: [www.treering.com/validate](http://www.treering.com/validate)

2 Enter your school's passcode:  
10173698298113

Regular price: **\$24.30**

Create Custom Pages by: **Apr 16**

Need help? Contact  
[www.treering.com/help](http://www.treering.com/help)





# MARCH

ELEMENTARY BREAKFAST MENU  
1- FREE BREAKFAST PER STUDENT PER DAY.

## Breakfast Includes

Assorted Fresh Fruit

Trix Yoplait Yogurt

100% Fruit Juice

1% White Milk or Non-Fat Chocolate Milk

# Let's Cook!

## Scrambled Eggs & Potatoes O'Brien

March 3rd – Murrieta El

March 5th – Monte Vista

March 7th – Curran

March 10th – Alta

March 12th – Antelope

March 14th – Buchanan

March 17th – Cole

March 19th – Rail

March 21st – Tovashal

March 24th – Avaxat

March 26th – Mails

Cooking from Scratch!

Monday

Tuesday

Wednesday

Thursday

Friday

## NATIONAL SCHOOL BREAKFAST WEEK!

3

Lemon Muffin



4 Breakfast Empanada



5 Honey Lemon Loaf



6

Mini Confetti Pancakes

7

Pan Dulce



10

Chocolate Muffin

11 Cinnamon Snack'n Waffle

12 French Toast Sticks

13

Pancake Sausage Sandwich

14

Bagel w/cream cheese

17

Mantecada

18 Cinnamon Roll

19 Breakfast Sausage Pizza

20

Biscuit & Sausage Patty

21

Mini Maple Pancakes

24

Chocolate Muffin

25 Cinnamon Roll

NATIONAL WAFFLE DAY

Vanilla Belgian Waffle

26

French Toast Sticks

27

Pancake Sausage Sandwich

28

Bagel w/cream cheese

31



Offered Daily

\*Cereal

\*Breakfast Bar

This Institution is an equal opportunity provider.

Menu subject to change without notice.