

Prairie Heights March Newsletter

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DATES to Remember

March 7 – BOE Meeting

The USD #417 Board of Education will hold its monthly meeting on March 7. This is a week earlier than normal, due to spring break. The starting time is 6:30 PM. This meeting may be held at the district office located at 17 Wood Street in Council Grove. The public is welcome and encouraged to attend.

KC Wolf at PHES on March 10

Since his introduction in 1989, KC Wolf has quickly become one of the most entertaining mascots in professional sports. Dan Meers portrays KC Wolf and brings energy, enthusiasm, and humor as a motivational speaker. He believes that when you think only of the best and work on the best, you can start to expect the best. On March 10, your Prairie Heights PTO will sponsor KC Wolf at a 10:30 AM presentation at PHES. The program will be A-B-C of Success, which stresses the importance of attitude, behavior and character.

Parents are welcome to attend.

March 11 - Early Dismissal

March 11, 2016 will be an early dismissal day for USD #417 students. This date marks the end of the third quarter for elementary students. Dismissal time is 1:45 PM at PHES. There will be no ASP on this date. Report cards will be distributed on March 23.

March 14 - 18 – Spring Break

Spring Break for USD #417 students is during the week of March 14 – 18.

Assessment letter to PHES 3 – 6 Grade Parents

Dear 3rd – 6th Grade Parents,

It's state assessment season! The 3rd – 6th grades will take the regular assessments for ELA, Math, Social Studies, and Science in March and April. There is also a performance test for math and ELA. The 5th and 6th graders have completed the performance task portions already.

Please help to ensure you child gets a healthy breakfast and a good night's rest before testing. Also, please keep these dates in mind when scheduling any appointments. The dates are as follows:

3rd and 4th Math Performance Task: March 1

4th ELA Performance Task: March 2 and 3rd

3rd ELA Performance Task: March 8 and 9th

5th and 6th ELA Assessments: March 29, 30, and 31st

6th Math Assessments: April 5, 6, and 7th

5th Math Assessments: April 12, 13, and 14th

3rd ELA Assessments: April 13, 14, and 15th

4th ELA Assessments: April 19, 20, and 21st

5th Science: April 20 and 21st

6th Social Studies: April 20 and 21st

3rd and 4th Math Assessments: April 26, 27, and 28th

The students enjoy having snacks while they take their assessments. If you would like to send snacks for your child's class, we will use them! There are 13 3rd graders, 11 4th graders, 12 5th graders and 11 6th graders. Healthy snacks are cheese sticks, crackers, go-gurts, granola bars, trail mixes, and any other healthy, simple snacks. They should be individually wrapped, so they are easy to hand out. A bag of peppermints is great, too, as some research say this helps students focus. Just have your child give their snacks to their classroom teacher.

Thank you for your support!
PHES Staff

Knowledge is Power!

The Prairie Heights Elementary School 6th Grade Scholars' Bowl team for the 2015-2016 school year has been selected. Team members are: Nash Cooper, Bricelynn Pearson, Hunter Brintle, Aleyah Snyder, and Kellen Marshall. (We will compete as a junior varsity team against other 7th and 8th grade teams, so we will only attend two meets.)

Scheduled meets are:

February 29 @ St. Xavier (Junction City)

March 7 @ PHES (Alta Vista)

Friends and relatives are invited to attend. But you **MUST** be quiet, when you are in a room watching competition.

Volunteers **ARE** needed for the meet that we are hosting on the 7th. Please let me know, if you'd be willing to help. **THANKS IN ADVANCE!!!**

Submitted by Kacie Evans Grade 6 Scholars Bowl Sponsor

Walk Kansas

Prairie Heights Elementary School, in partnership with the Flint Hills Extension District and the Morris County Health Department, will be participating in **Walk Kansas for Kids**, a six-week program, to encourage healthy eating and physical activity. The program will run from March 23rd to April 27th.

Childhood is a critical time for developing lifelong health habits. Children who are moderately or vigorously active for 60 minutes a day on five or more days a week are found to have higher self-esteem, higher academic achievement, and a decreased likelihood to smoke or use drugs.

The goals of the *Walk Kansas for Kids* program are to encourage physical activity, encourage children to make healthy eating choices, and instill in children the importance of choosing a healthy lifestyle. A weekly activity log will guide youth in their physical activity. A weekly newsletter will also share ideas for involving your family in physical activity and tips for healthy eating. Through their participation, students will be

able to earn incentives for returning their weekly activity log and meeting goals for minutes of physical activity.

During each week of the program, students will have the opportunity to meet before school begins on Wednesdays starting at 7:30 AM to engage in walking activities with other students participating in the program. These dates will be **March 23rd, March 30th, April 6th, April 13th, April 20th, and April 27th.**

What You Will Need To Do:

1. Complete the *Walk Kansas for Kids* participation form to verify that your child is in good health and may participate in the program. This form is due to Ms. Reddick by March 11th.
2. Encourage your child to be physically active for at least 30 minutes each day outside of the school day. Even though the program is called *Walk Kansas for Kids*, children are not restricted to walking. Any aerobic activity is acceptable and may include roller blading, running, bicycling, swimming, and team sports such as basketball or soccer.
3. Help your child record his or her minutes of physical activity on the weekly log. Sign the log each week and return it on following Wednesday when your student comes to participate in walking activities. For example, the activity log from Week #1 (March 23rd – March 29th) will be due Wednesday, March 30th.

Please contact us if you have questions.

Sincerely,

Dana Reddick
PH Elementary School

Brenda Kirk
Morris County Health Dept.

Chelsea Richmond
Flint Hills Extension Dist.

HOOPS FOR HEART AT PRAIRIE HEIGHTS A “PAW”SITIVE SUCCESS!

On February 26th, students at PHES shot all over heart disease and stroke by participating in Hoops For Heart. The students raised more than \$2,000 for the American Heart Association, which funds research, programs and education to fight heart disease and stroke, our nation's No. 1 and No. 4 killers.

“I'm very excited and thrilled about the success of this year's event. I'm so proud of our students here at PHES,” said Andrew Gaylor, Physical Educator and Hoops For Heart coordinator. “We all had a lot of fun, and the kids enjoyed learning about the importance of physical activity and how they can play a role in saving lives. I am so thankful for everyone who helped participate in this great event. I can't say enough about how fantastic it was for our students to raise this much money for the American Heart Association. Way to go Prairie Heights!”

Submitted by Andrew Gaylor – PE/Health Instructor

PTO Reminder

The Prairie Heights PTO will sponsor a school carnival at Prairie Heights Elementary School in Alta Vista on April 23 from 4:00 – 6:00 PM. Watch for additional information, as this date draws near.

Parents – A way to Help your younger reader

We would like you to view a website called "Reading Rockets." <http://www.readingrockets.org/> This is a resource that could help parents,

as well as teachers, paras and aides, understand more about reading for young children. Your child's teacher may also share this site with you, because there is a segment specifically designated as Reading Tips for Parents.
<http://www.readingrockets.org/article/reading-tips-parents-11-languages>

Accurate Information Needed

Please remember to keep your addresses, cell, and telephone numbers updated with our school secretaries. PowerSchool, which holds our school data, relies on correct information from parents.

Keep Track of Your Child on PowerSchool

PowerSchool is the school data management system used in all USD 417 schools. Parents can have internet access to their child's assignments and grades, plus access to email communication with teachers. If you used the PowerSchool portal previously, the user name and password are the same. If you did not receive your internet access information, contact the office at Prairie Heights Elementary School to acquire this information for Grades 3 - 6.

Afterschool News

The After School Program is open Monday through Friday from 3:45 to 6:00 PM any full day of school for Prairie Heights students attending K – Grade 6. There is an enrollment fee of \$10.00 per semester, and then \$3.00 any time a child attends. A nutritious snack (optional), homework help, physical exercise, and other activities are offered daily.

MARCH EVENTS

February 29 PH Grade 6 Scholars Bowl teams travel to St. Xavier in Junction City.

March 7 PH Scholars Bowl team hosts scholars bowl at PHES.

March 7 USD 417 Board of Education meets at 6:30 PM at District Office in CG.

March 9 Annual Health Inspection at PHES starting at 1 PM

March 10 Olweus (Bullying Prevention Program) Committee Meeting – 7:30 AM

March 10 K.C. Wolf Presentation at 10:30 AM

March 11 End of the third nine weeks for elementary students - Early Dismissal for Students 1:45 PM/Teacher Plan Time

March 14 - 18 Spring Break for Students and Staff

March 23 Prairie Heights third nine weeks report cards distributed

March 25 No School for Students – Professional Development Day for Teachers

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