

Roadrunner News

Preparation Respect
Integrity
Discipline Excellence

September 2009 Rex Patron Bulletin

Welcome Back to School

Welcome back!
I would like to introduce some of our new staff. Mr. Kennedy is our new teacher. He has taught at Prairie and Nelson and was a student at Rex! Ms. McClung is one of our new speech therapists. She will be working with our CD room and then part of her day over at St. Cecilia's. We have some new classified help as well. Mr. Hunt, who is studying to be a teacher, is working with our first grade and helping recess. Miss Mills and Miss Taylor will also be joining us to help with the lunch room and 3rd grade Math. Our new counselor is Mrs. Thrash. She previously taught at Ruth Clark and is excited about be-

ing a Roadrunner. We are looking forward to another good year at Rex. We continue to grow as a school. It is projected that once everyone, including pre-k enroll, we will have about 15 to 20 more students than last year. As always, communication is the key to helping our kids succeed. If you have any issues or questions, our teachers do an incredible job of checking and answering their email. You can also call to arrange a time to meet with them as well.

Thanks for reading!
Brian Howard, Principal



Notes from Mrs. Busby in the Health Room

Welcome back to school everyone. It has been good to see all of you again. Here are a few of the things you will need to know: We have completed our school-wide head lice checks and it went very smoothly. I will be sending Fluoride permission slips home with the 3rd and 4th grade students very soon. So if you wish for your child to participate I will need the slips back by September 14, 2009. A reminder not to send your child/children to school when they are ill. In light of the H1N1 concerns this year, we are asking you not to send your child/children to school when their temp is above 100.0. If they are having flu-

like symptoms along with the fever be particularly aware of keeping them out of school. Our policy is that a child with 100.0 temp. should be kept out of school and will be send home if they are found to be running a fever. They are not to return until 24 hours after the fever has subsided. We ask that you follow this rule to avoid exposure of other children. I am looking forward to another great year at Rex and enjoying your children once again.

June Busby, LPN

Counselor's Corner

Welcome back to a new school year at Rex. I would first like to introduce myself as the new counselor at Rex. I am Mrs. Thrash, the elementary counselor at Rex. This will be my first year here and I will work hard to make sure every student's needs are met. I would like to take a few moments of your time to briefly summarize my job and its role in your child's education. As a school counselor I feel it is my responsibility to help every student succeed socially, emotionally, and academically. For this reason I take a very active interest in all students. I prefer to be a person they know and feel comfortable with-often before they have a problem or

concern. I have monthly guidance lessons for students in kindergarten through fifth grade. My lessons will be linked with the district PRIDE program. I will highlight Preparation, Respect, Integrity, Discipline, and Excellence. Topics will range from being prepared to learn through study skills to communication, cooperation, conflict management, bully proofing, and character education. I hope to provide small group services this year as well. Group topics include anger/conflict management, family changes, friendship/social skills, and leadership training. Groups will be offered throughout the year based on need. Parental permission is required for participation in any group. Please watch for more details as the year progresses. Individual counseling is available too.

Abby Thrash

September 2009

Mon	Tue	Wed	Thu	Fri
	1 6:30 PTO Meeting	2	3	4
7 Labor Day Holiday	8 School Fundraiser Due	9	10	11
14	15	16	17	18 8:45-12:45 First Grade Field Trip to Botanica
21 7:00 PM BOE Meeting	22	23	24	25 Collaboration Day– No School
28	29	30		

Back-to-school 101: Top 10 tips for stress-free mornings

Parents, mornings don't have to be so hectic. According to the Atlanta Northside Family & Parenting Examiner, "kids will likely head off to school with better attitudes and smiles if they, too are not so rushed in the morning". Here are 10 tips to achieving stress-free mornings!

- 1. Give yourself some private time before waking the kids.**
- 2. Waking-up the kids:** For kids over the age of eight, purchase an alarm clock and show them how to set it for the right wake-up time.
- 3. Plan and lay out all clothing:** For smaller children, lay out their outfits the night before. Don't forget the little things, like socks, hair bows, etc. Older kids can do this themselves.
- 4. Everything in its place:** After dinner, sit down with each child and discuss the needs for the next day. Make sure everything is in the right folder, and placed in the right backpack.
- 5. Make breakfast a breeze:** Decide the evening before what the family will eat for breakfast, and prepare whatever you can ahead of time.
- 6. Make lunches the night before:** You can easily make their sandwiches, place them in a lunchbox and add fruit or whatever else they like.
- 7. Discuss the day's activities the night before:** After school activities should be discussed at the dinner table the night before. If an activity happens right after school, make sure your child packs whatever will be needed right after dinner. Decide who will be the drop-off and pick-up person and make sure each child knows the plan for the next day. Write all activities on a master calendar so that you can review the entire week at a glance.
- 8. Showers and baths should be taken at night:** A warm bath or shower will relax your child, and get them ready for sleep.
- 9. A place for everything, and everything in its place:** Have one central area near the door for backpacks, shoes, coats, scarves, etc.
- 10. Place your keys in the same place every night before bed.**

(www.examiner.com)

Tips for Parents Treating Head Lice



- Check all family members for lice and nits. Only those infested should be treated.
- Remember that all lice treatment products are pesticides. If you choose to utilize an over-the-counter treatment, follow the directions carefully and precisely.
- Remove all nits by separating hair into sections and utilizing a lice comb.
- Check your child's hair with a lice comb every 2 or 3 days for a few weeks to insure all lice and nits are gone.
- Wash bedding, towels and recently worn clothing in hot water and dry in a hot dryer for at least 20 minutes.
- Vacuum, vacuum, vacuum! Vacuuming is the safest way to remove lice and nits from furniture, carpet, stuffed animals, head rests, and car seats.

(For more information contact: June Busby, Rex Nurse)



Communities In Schools Rex Elementary

Helping kids stay in school and prepare for life

Welcome back! My name is Shaye Pankratz, and I am the Communities In Schools (CIS) Site Coordinator for Rex Elementary! CIS is the nations leading community-based organization that champions the connection of community resources with schools to help young people successfully learn, stay in school, and prepare for life. CIS is committed to serving children through five basic life tools: (1) connect children with a tutor/mentor, (2) provide a safe place for children to learn, (3) promote a healthy lifestyle, (4) provide opportunities for children to learn life skills, and (5) provide an opportunity to give back through community service. Schools need CIS to decrease the drop-out rate, help provide a quality workforce, provide hope for kids that are struggling, and bring needed community resources into schools.

Last school year we had a fun time boosting our Rex pride! Students were able to participate in CIS groups and activities during their lunch and lunch recess which increased their self-confidence, improved their grades and behavior, were able to make new friends, and were given the chance to give back to their community through community service projects. The following groups will be offered this year for your students to participate in: My Changing Family, Making Better Choices, Friendship, Girl Power, Boy Power, Cub Scouts and many more groups! Groups will be starting soon! Please sign your student up by filling out a CIS parent permission form located in your students backpack or you can stop by the CIS Room D-33 and pick up a form! I am excited to begin the school year and invite you all to please stop by my room if there is anything I can assist you with!

Volunteer Opportunities at Rex Elementary!

Mentor: Have lunch with a child once a week! Quality time in this one-on-one relationship can help students in many areas that affect life at home and at school!

Tutor: Help a child be successful in school by tutoring them during the school day.

Student Interest Group: You can share a talent or a special interest with a group of students such as sports, crafts, or you can talk about topics of interest to the students. Usually this is a once-a-week commitment for six weeks during the students lunch and lunch recess (40 minutes).

Guest Speaker: Visit a classroom of students to give a presentation and answer questions about careers or your topic of interest. Share your knowledge and guidance with our future workforce!

Supplies or Drives: You can also help our Rex students and their families by participating in our school drives by donating much needed miscellaneous items such as backpacks, school supplies, clothing, food, etc.

Special Events: Help Communities In Schools and Rex Elementary with school wide events!

Donate to Communities In Schools: If you would like to contribute to CIS in a way other than volunteering, donations are always welcome!

**Please contact Communities In Schools at Rex Elementary School (316) 554-2281
if you are interested in volunteering or donating!**

Thank you for supporting our students!

www.ciswichita.org