

April 2016

Freeman Elementary

7303 S. Meridian, Haysville, KS 67060

T: 316-554-2265 F: 316-554-2295

Dear Parents,

I am excited to share that our building project "*Imagine Freeman*" is coming along very well. Safety continues to be our number one priority; and I am thrilled to report, we have just installed additional security in the entrance of our building. When you visit our school you will a few additional processes, but we assure you this is to support our emphasis on safety first!

Please read our procedures below with special emphasis on our *new* procedures #2, #4, and #5:

1. All patrons will continue to be buzzed into the building from the exterior door.

NEW #2: All patrons will be buzzed into the office from the interior door.

3. All patrons will continue to be expected to sign in and receive a Visitor's Pass.

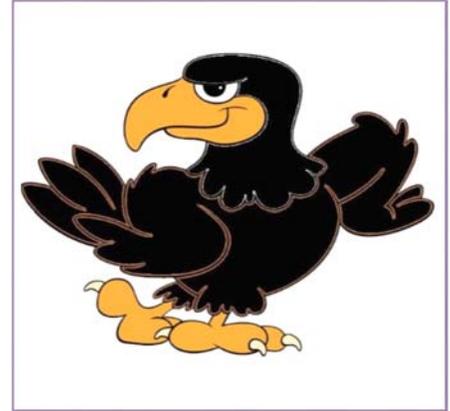
NEW #4: All patrons will be buzzed out of the office and into the interior vestibule area and subsequently the building.

NEW #5: All patrons, prior to leaving the building, will need to return to the office and sign out.

We are excited to have this system in place and to provide a higher level of security for all our school community. Please don't hesitate to ask questions regarding added security, drop by our school for lunch with your child, or simply to see some of the amazing student artwork. Freeman is an exciting place to be and we look forward to having you visit!



~ Dr. Donna Ferguson
Freeman Elementary Principal



April Events

- April 1 PRIDE Assembly
- April 4 Get Movin' Monday
- April 15 All Star Sports @ 6-9pm
- April 18-22 Library Book Fair
- April 19 Sonic Night @ 5-8 pm
- April 19 K-2 Music Concert @ 6:30 pm
- April 21 HOPE Family Event @ 4:30 pm
- April 21 Freeman Family Event @ 6 pm
- April 22 Tobacco Free Day
- April 26 Fluoride & Varnish 2nd Treatment
- April 26 Site Council @ 4 pm
- April 29 NO SCHOOL**
- April 29 DARE Celebration @ 6:30 pm HWMS



NO School – April 29th

COUNSELOR CHRONICLES

By Mr. McGee

IT HAS BEEN A FANTASTIC MARCH AT FREEMAN ELEMENTARY!

During the month of March, BIONIC fourth and fifth grade members have been practicing self-written scripts preparing for an upcoming PRIDE Station presentation in which the members will be presenting their take on the PRIDE expectations that each falcons is to meet throughout the school day. In April BIONIC will be busy preparing to lead KAT day mentors for the fourth grade, assist with in the training of additional fourth grade greeters to promote a safe and social climate and will be going on a leadership retreat to the Prairie View Adventure course to further their leadership development.

The Ronald McDonald Pull Tab Drive is ending soon! Freeman's Fourth grade class will be having the opportunity to learn more about the charity as they explore a local chapter of the Ronald McDonald House Charity and turn in the school donations that have been collected throughout the school year.

The Pennies for Patient's drive has come to a close. With your generous support Freeman Elementary raised \$735.94 to benefit the Leukemia and Lymphoma Society. The highest raising class and winners of the Olive Garden pasta party was Mrs. Davis First Grade. The two highest raising classes third, fourth and fifth grade that are competing in May at the Freeman Dodgeball Classic are Ms. White's Third Grade class and Mrs. Smith's Fifth Grade class. Thank you again for all of your generous support in this charitable endeavor!

Kids Against Tobacco Day is coming! On April 22th, fourth grade students at Freeman will have the opportunity to participate in a "Tobacco Free" day sponsored by the American Lung Association. Activities throughout the day will focus on the hazards of smoking and using smokeless tobacco, not only for the user, but also for those around the person (second-hand smoke). The program will take place during the school day. Each student will earn a T-shirt if they complete at least 9 out of 12 activities and have displayed appropriate behavior throughout the day.



Kindergarten and first grade have been learning about staying on task and asking the teacher for help when needed through the story "I Want It My Way" by Julia Cook. Students practiced staying on task by completing a number of tasks even when there was noise interference from other select students.



Second and third grade delved into lessons on being able to accept compliments and criticism through the book "Thanks for the Feedback" by Julia Cook. They role played scenarios with peers practicing on

how to give and receive compliments and criticisms. They learned that the best response when receiving a compliment is to say "thank you!" They learned that criticisms can be used to reflect and grow!



Fourth and fifth grade students continued their research into relational aggression by exploring various solutions to address hurtful behavior. Students also were able to identify "helping" resources in their school, family and community if they are having difficulty with other students that are treating them aggressively. They also demonstrated and practiced appropriate responses that the kid in the middle and target could use in aggressive situations

Tech News

If you're looking for the best web sites for kids, you might try some of these.

Lots of fun with math, reading and more.
<http://www.funbrain.com/>



Learning combined with all your child's favorite PBS shows! <http://pbskids.org/>



For the older kids interested in world events.
<http://www.timeforkids.com/>



Practice reading and have fun with Starfall.
<http://www.starfall.com/>



PRESCHOOL NEWS

By Heather Wright & JoAnn Shipman

Kindergarten Roundup
May 2nd – 9:30 AM



The preschool students have made a lot of progress in academics and personal development. Students are learning to write their names, identify letters and numbers, and be a good friend. Social skills play a huge part in preschool. It is important that you talk and read with your child at home daily. We are planning a zoo field trip for the end of the year. Please watch your child's folder for more information.



Pre-School



Music News

The Kindergarten, 1st and 2nd grades will be performing in a music concert on Tuesday, April 19. The concert will begin at 6:30pm in the Freeman gymnasium and will last approximately 45 minutes. Dress for this performance is the "nicest clothes you have", meaning while there is no need to purchase new clothes or have a specific 'uniform' for the event, we ask that students wear their best clothes (no shorts please and clothes need to be school appropriate of course) as this is a special occasion that only occurs once per year. The students are working extremely hard to prepare for what should be a fun performance, and we invite all families of these students to attend.

We look forward to seeing everyone on April 19!

~ Mr. Rust



"Healthy Eating"

As a Physical Education Professional, we know that making healthy food choices and getting plenty of physical activity go hand in hand. We want our students to eat healthy and be physically active thru out their lives. So our goal is to encourage kids to eat nutritious foods and stay active. Below is a list of healthy food tips to share with your family!



"Healthy Food Tips!!!"

1. Add more veggies to your day, especially rich in color.
2. Try a new veggie each month.
3. Enjoy fruit with your breakfast daily.
4. Try eating a piece of fruit instead of drinking fruit juices.
5. Make half of you grains Whole Grain! (ex: whole wheat, whole oats)
6. In the dairy department drink skim or 1% milk.
7. Don't forget that milk and yogurts can provide you potassium and vitamin D into your diet.
8. Try some fish, it's a great source of protein.
9. If you purchase meats for protein, make sure they are lean.
10. When choosing a nutritious snack make sure it contains carbohydrates and protein. (ex: yogurt, fruit, whole grain granola bars, and low fat or fat free milk)

We hope that these healthy nutritious food tips help you and your family begin your new journey of eating healthy!



Family Game Ideas for April

Wiffle Ball, Soccer, and Frisbee Golf at Haysville's excellent Frisbee Golf Course!

Health News



By Nurse Warren

Is It Allergies or Asthma?

"Ah-choo!" It's your son's third sneezing fit of the morning, and as you hand him another tissue you wonder if these cold-like symptoms — the sneezing, congestion, and runny nose — have something to do with the recent weather change. If he gets similar symptoms at the same time every year, you're likely right: seasonal allergies are at work. Allergy symptoms, which usually come on suddenly and last as long as a person is exposed to a particular allergen, can include:

- sneezing
- itchy nose and/or throat
- nasal congestion
- clear, runny nose
- coughing

These symptoms often come with itchy, watery, and/or red eyes, which is called allergic conjunctivitis. If your child has wheezing and shortness of breath in addition to these symptoms, the allergy may have progressed into asthma.

Either way, allergies or asthma, Kansas wind can add to your child's symptoms.



KidsHealth
From Nemours

Library – Author News

By Mrs. Davis



The Book Fair is coming! The Book Fair is coming! Yes, our final Book Fair for this school year is set to begin on April 18th through April 22nd. We'll be *Feelin' Groovy* with our 1960's themed Book Fair. The Book Fair will be open daily throughout the week during the regular school hours. We've also got some special events lined up for you. Here's the events for you to get your Groove on!

Tuesday, April 19th – 6:00 to 8:00 pm (evening only)

Music and Books

Wednesday, April 20th – 7:00 to 8:30 am (morning only)

GRAND Coffee Shop

Thursday, April 21st – 6:00 to 7:30 pm (evening only)

Feelin' Groovy Family Night

and

Night at the Library

So many exciting and fun events for our Freeman families. Remember that all purchases at the Book Fair are directly turned into dollars for books and supplies for our library. Thanks so much for supporting our Book Fair and making new books in the library possible!



So just remember...

"Slow down, you move too fast.

You got to make the morning last.

Just kicking down the cobble stones.

Looking for fun and feelin' groovy"

...at the Book Fair!



59th Street Bridge Song
Simon and Garfunkle