

Freeman Elementary



Home of the Falcons
Principal: Dr. Donna Ferguson



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Upcoming Events

February

2/1 Jump Rope for Heart starts; Get Moving Monday!

2/2-23 PTA Fundraiser Chocolate Bars

2/5 Spring Individual pictures and Class photos

2/8 & 2/10 Parent/Teacher Conferences 4-8:30PM

2/9 Valentine's Parties PreK 10:45 am and 3:15 pm

2/11-15 NO SCHOOL

2/16 Sonic Night 5-8PM

2/17 State Writing Assessments begin

2/23 Site Council 4PM

2/24 WSU Cool Science – 2nd grade

2/25 Night at the Library 6-7:30PM

2/26 PRIDE Assembly 3:15PM

2/29 Pasta for Pennies fundraiser for the Leukemia/Lymphoma starts

Imagine Freeman...

Imagine an elementary school where the front entrance is warm and inviting, where student leaders greet every guest and direct them to hallways that have colorful walls and student artwork. Where school spirit is evident with the consistent message of PRIDE, and red & black Falcons dominant the walls.

Freeman Elementary is undergoing a surface renewal that is exciting to students and staff. It all started with one simple statement..."Walk with me and tell me what you see!"

I. Imagine Freeman... **process**

Prior to Winter Break, the Building Leadership Team (BLT) attended an all day workshop with the principal to address specific needs of the school. The team was challenged to "Walk with me and tell me what you see!" The team discussed many things, such as: a safe, secure, and welcoming entrance, colorful walls, student work, organized building, new water fountains, functional/kid friendly environment, school spirit, school pride, community pride, directional signs...just to name a few! The BLT took this process back to the staff where further discussions occurred and staff wish lists were made. When students returned in January, 2016, staff shared the school vision with their students, student wish lists were completed, and student artwork was created. All 315 students participated in creating the artwork that is now hung throughout our building.

II. Changes to come... some are in progress, some to be completed over summer

- Additional security added to front entrance and hallway
- Student artwork/class work in hallways
- Historical Freeman post moved to front entrance
- Display cases built and placed in hallways
- Book exchanges built and placed in entrance
- Lighting repaired and/or bulbs replaced
- Seating benches for front entrance
- Walls with red paint

III. Student & Staff Wish List

- Additional playground equipment
- Gym sound system
- Playground soccer goals
- Climbing rock wall
- Additional music drums
- Cafeteria booths

Freeman Elementary is a family of dedicated and committed staff. But we cannot carry this vision alone. We are looking for parent volunteers who will be willing to help with painting, small wood work projects, and/or manual labor. If you are interested in working with our team, please contact me at 316-554-2265 or by email at dferguson@usd261.com.

~ Dr. Donna Ferguson

Imagine Freeman...
Making BIG changes in small steps.



MUSICAL NOTES FROM MR. RUST

Due to an unfortunate accident and some down time for me, the 4th graders are a little further behind on their recorder playing than we had anticipated. However, with a couple of months still left to prepare we should be on track to be ready for our performance at the annual USD 261 Fine Arts Fair in March.

Fifth grade will begin learning a new drumming ensemble soon called Ensemble 3. This ensemble teaches them the rhythms of an African style of music called “High Life” and should be fun and challenging.

Kindergarten, first and second grades will be beginning work on the songs they will be performing in their concert scheduled for April 24. This means you might be hearing them singing some of them at home as we start the work of memorizing all of our words in preparation for the performance. Thanks for your continued support of music education in our school!

COACHES CORNER – COACH KELLEY

It's that time of year for the American Heart Association's Jump Rope for Heart and Hoops for Heart program to take place at Freeman. Jump Rope for Heart and Hoops for Heart are community service learning programs that teach kids:

- the importance of developing heart-healthy habits
- that being physically active can be fun
- that raising funds to support cardiovascular research and education helps save lives in their community and across the country

Millions of students have learned jump rope and basketball skills while learning how nutrition and physical activity can help them live longer, healthier lives. Jump Rope for Heart and Hoops for Heart also promote community service by teaching kids how to help others.

Why is taking care of your Heart Health so important?

- Heart disease is the nation's No. 1 killer
- Stroke is the fourth-leading cause of death
- Knowledge of how heart works increases caring of heart health
- Increase percent of students to exercise outside of school setting
- Honor those in our community who have been affected by heart disease and stroke



We are looking forward to our Jump Rope for Heart and Hoops for Heart programs starting at Freeman and we're excited for the students to be a part of this community service program. Have a Great Workout!

General News

Fee Payment – If you've received a letter in the mail about your enrollment fees you can come into the office to make those payments.

Pick-Ups – If anyone other than you or the regular daycare provider needs to pick up your student, please make arrangements with the office, providing the name of the person to pick up. For the safety of students, office staff and teachers are unable to release a student to anyone not on the pick-up list. Thank you for your cooperation in keeping our kids safe.

Lunch Money Info – If you ever wonder if your child has enough lunch money, please log into the MySchoolBucks.com web site. There you can create an account for your child, money, and receive notifications of a low balance. You will need your child's school ID number but you can get that by calling the office or by logging into your PowerSchool account and clicking on “Demographic Update”.

Counselor Tips of the Month

Seven Strategies for Keeping Your Child's Reading Progress on Track

Relax. Let your children select reading material they like. They don't have to limit themselves to books. They can read comics, magazines, video game instructions and recipes.

Make connections. When you plan a trip, find books related to the location. Or have them read about historical events that happened near your home. Build excitement.

Make reading irresistible. Let your children stay up 15 minutes later to read in bed. Or let them build a fort and read inside by flashlight.

Role-play. Turn favorite books into family plays or movies. Add props and costumes.

Join (or start) a book club. Get friends together for book-related discussions, activities and snacks.

Set a timer. If your children resist reading, a timer might help. Say, "Read to me for three minutes. When the timer beeps, you can stop." Add a minute every few days.

Read aloud. Try reading your children more advanced books. When parents read, kids enjoy more challenging words and stories.

What the Kids are Learning this Month

January has been very informative month for Freeman students. Kindergarten and first grade learned about Self-Esteem through the book "Giraffe's Can't Dance". They learned about how when a person feels happy and believes in themselves that they have high self-esteem. They also learned that when a person feels sad and doesn't believe in themselves that they have low self-esteem. Students also learned that what they say to one another can have an effect on another person's self-esteem. To wrap up the unit, students practiced affirming each other in order to help and support their peers.

Second grade and third grade continued their discussions on responsibility through the book "But it's Not My Fault" by Julia Cook. They learned how to take responsibility for their own actions and how not to blame others for choices they have made. Next month they will transition from decision making to goal setting.

Fourth and Fifth grade continued their education on the Aggressor, the Kid in the Middle and the Target. They learned each one's contribution to relational aggression. Students also learned how the Kid in the Middle can help support the target through their choice to either stand up against the aggressor or to tell an adult. Students also began to learn about empathy, which is to understand another person's perspective. They did this by examining the three different roles, and predicting the thoughts and feelings of each person.

BIONIC has begun a new project this semester in which they will be greeting parents and students as they walk in the door each morning. It is the beginning of our new initiative to continue our efforts to make Freeman Elementary a safe and social climate for all that visit our school. Be sure to stop and say hello to our young leadership team.



BIONIC members decorated boxes to collect food from each classroom during the canned food drive before winter break.

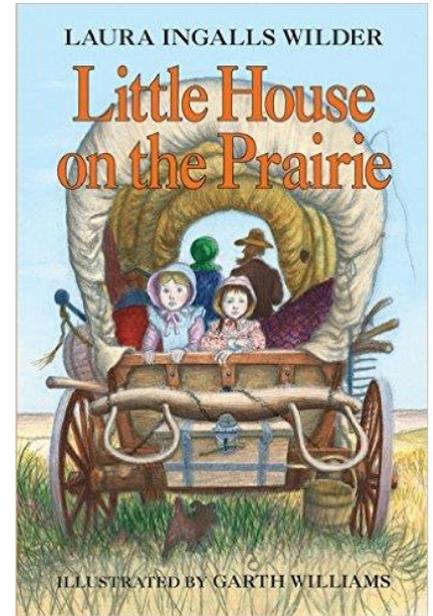
Library News - Mrs. Davis

Thanks so much to all the families that are helping to make sure each student is taking care of and returning their library books each week. We truly appreciate the help you give a home to make literacy a priority and sharing library books with your child is one more way to show how important reading is for each one of us.

We've had a lot of new books enter the library this month. We hope your child is finding that perfect book when they come to the library. Some new series that are really fun for our students are the Magic Tree House Research Guides. These support the fiction Magic Tree House series with more information about the topic of each of the fiction books. The students really seem to be enjoying them! We also have a bunch of new picture books and some new novels for our older students. We continue to work to make the books your child wishes to read available in the library. If there is something special your child wishes the library had in our collection, please let me know and we'll see what we can do to add it to the collection.

February is a short month, but has many author birthdays. Since Kansas just celebrated its 155th birthday, an author that I'd like to highlight is Laura Ingalls Wilder from the Little House on the Prairie series. Ms. Wilder lived for a short time in southeastern Kansas near Independence, Kansas. In the library we have all of the Little House books and we also have a series of My First Little House on the Prairie books for our younger readers. Encourage your child to look for this great historical fiction series in our library and learn just a little bit about Kansas when the settlers were beginning to make Kansas their home.

Thanks so much for all your support of reading at home. We in the library hope you have a wonderful year of reading. Happy Reading!



TECH TALK

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/>



Behavior Tip of the Month

Children must be taught good behavior so they can live and work well in society when they grow up. Good teaching includes rewards for good behavior. Your child's age should guide your choice of ways to teach. Some tips to help you teach your child are listed below

- Be consistent. Always treat a bad behavior the same way, or your child will learn that he or she can sometimes “get away with it.”
- Correct your child soon after the bad behavior occurs, but wait until your anger has passed. Counting to 10 before you say something or do something may help reduce your anger so you are in control of yourself.
- Make rules that are right for your child's age. Rules work best for children who are school-aged. Younger children (infants and toddlers) don't understand rules yet. They are still learning what a rule is.
- Use “time-out” for children between 18 months and five years of age. Time-out may help correct bad behaviors like tantrums, whining, fighting, and arguing. To use time-out, put your child in a chair with no toys or TV. Don't speak to your child during time-out. Time-out should last one minute for each year of the child's age. For example, a four-year-old should be in time-out for four minutes. Your child should be quiet for at least 15 seconds before timeout ends.
- Correct older children by taking away things they like (TV or video games, or time with friends).
- Remember to tell your child that the behavior was bad, but the child isn't “bad.”

Source: Am Fam Physician. 2002 Oct 15;66(8):1463-1464

Notes from the Nurse – Mrs. Warren

A Cold or Something More Serious?

Many colds, flus and sinus infections are going around town. Not all of these illnesses are serious, but they can turn serious. How can you tell if you need to further investigate your child's illness?

Contact your child's doctor if common cold symptoms are complicated by any of the following:

- The child is younger than 3 months.
- The child has ever been diagnosed with asthma or reactive airways disease.
- The child has a fever above 100.4 degrees Fahrenheit in babies under 3 months old; above 101 degrees in babies 3 to 6 months; or above 102 degrees in babies older than 6 months.
- Daytime cough or cold symptoms last for more than 10 days.
- Cold symptoms come back a day or two after they seem to go away.
- The child tugs at an ear and develops an earache.
- Blue lips or face due to difficulty breathing.

Source: US News and World Report

