

Freeman Elementary



Home of the Falcons
Principal: Dr. Donna Ferguson



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Upcoming Events

January

1/5 School Resumes

1/11 Get Moving
Monday!

1/14 PTA meeting
6:30PM

1/15 NO SCHOOL

1/18 NO SCHOOL

1/19 Sonic Night 5-8PM

1/21 Dogs with Dads 6-
7:30PM

1/26 Site Council 4PM

1/28 Night at the
Library 6-7:30PM

1/29 PRIDE Assembly
3:15PM

February

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

2/5 Spring individual
pictures and Class
photos

2/8-10 Parent/Teacher
Conferences

2/10 Valentine Parties
10:45 (morning Pre-K
only) and 3:15

2/11-15 NO SCHOOL

Jump into January!

Happy New Year! At Freeman we want 2016 to be a great year for all our students, staff and families. The second half of the year is going to be amazing! We have family nights, more nights at the library events, field day and much more so please keep an eye out for what's happening at school and how you and your family can be involved. If you're looking to start off the year with some goals for your family, consider some of the resolutions below.

Top 5 New Year Resolutions for Families

1. *Unplug – One day a month unplug from all electronics. This includes cell phones, television and video games. Instead, plan some family time that might include board games, outdoor activities or even coloring together.*
2. *Eat healthy – This is one of the most common, but hardest to implement resolutions. Start small by incorporating more fruit and vegetables into your meals (check out bountifulbaskets.org for fresh, cheap produce). Meal planning takes time and effort but it can keep you from hitting the drive-through. Also, have kids help in the kitchen with age appropriate tasks (pre-k and kindergarteners can wash veggies, older kids can cut or cook).*
3. *Read – We can't say enough how important it is to read to your children every day, or if you have older children, have them read to themselves every day or read to you. Reading helps your child develop better learning skills and helps them to engage their imaginations.*
4. *Get more sleep – If you don't have a set bedtime for your kids, it's time to make one. Remember school aged kids (ages 6-13) need 9-11 hours of sleep every night and pre-K (ages 3-5) need 11-13 hours. Clear bedrooms of televisions, cell phones and computers which can keep the brain stimulated and make it harder to sleep. Create a cool, comfortable environment for children to get the best sleep. And don't forget to grab some zzzzz's for yourself too.*
5. *Exercise – We know, UGH! But exercise is important to children not just to maintain a healthy weight and strong heart, but to help with stress relief (and kids do have stress). Of course the same benefits apply to all the adults in the home as well so make exercise a family activity. This can be anything from a nightly walk after dinner to an indoor dance party. Make it fun and do it often and it won't seem like such a big chore. (SOURCE: www.familyeducation.com)*



Student Leadership Capacity – “Falcon’s Nest”

Beginning in January, you will start seeing student leaders in our building meeting and greeting our visitors. This will start with our very own BIONIC team. This team consists of 17 fifth graders who have been chosen for their leadership skills. Our goal is to integrate student leadership in everything we do... all students need to feel connected, made to feel important, and most of all, capable of great things!



Musical Notes from Mr.

Fourth Grade Music News... The fourth graders continue to grow musically through their recorder playing. Not only are they beginning to master the first three notes (B, A and G) but they have also been learning to play with appropriate dynamics (volume) and phrasing. By the time our concert at the annual USD 261 Fine Arts Fair comes in late March they should be ready to show all of this and more!

Third Grade Music News... After a very successful concert back in December, the third graders are turning their attention toward songs celebrating the birthday of Martin Luther King, Jr. and African American history month in February. It's always fun to learn about these great people and interesting events from our country's history while singing and playing instruments appropriately.

COACHES CORNER – COACH KELLEY



We hope that your family had a relaxing holiday break and all of your plans and parties worked out for you. It's such a busy time of the year with so many events and activities scheduled that it's hard to find the time to schedule some fitness activities for you and your family.

Maybe starting in January 2016 you can find some time to go outside for a walk, hiking, or even some jogging when the weather cooperates. Just make sure you bundle your family up and be ready for the cold temps.

Even if it snows, this is a great opportunity to try out those new sleds and toboggans the kids received for gifts. There are many areas around the city that have some hills for sledding. And if you're not an outdoors person you can always tryout the ice skating rink, roller skating arenas, and your local gyms, fitness centers or recreational facilities. It's a great way to start the New Year off by working out with your family!

Also in starting in January we will be introducing the *Fuel Up to Play 60* program at Freeman in the PE department. This in-school nutrition and physical activity program is from the National Football League and National Dairy Council to take school wellness to a new level in schools nationwide. This program empowers kids to get involved in making healthy choices and to learn different ways to keep moving and eat better.

From our staff to your family we would like to send best wishes for a safe and healthy 2016. Thanks for all you do for your students to be successful at Freeman. You make a big difference in their lives!

General News

Pre-K afternoon drop off – This is a reminder that the drop off time for students in afternoon Pre-Kindergarten is 12:40PM and class starts at 12:50. We ask that parents bring students no sooner than 12:40PM to allow teachers to finish their plan time. Thank you!

Need Latchkey? – Latchkey before school is provided through the Haysville Activity Center (HAC). Call 529-5922 for information to sign up your child for morning latchkey or for drop in care for your kids on days in which school is out. The after school program for Freeman is called HOPE and provides children with after school care and tutoring until 6PM. Monday-Thursday HOPE also provides transportation for most participants. For more information including cost, contact Robin Converse at rconverse@usd261.com.

Fee Payment – You can pay your school fees online through PowerSchool. If you need to set up a parent account or if you've forgotten your log in information, please call the office at 554-2265 and Andrea or Hannah can help you.

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 Chronicles - Mr. McGee

Counselor Tips of the Month

Play is for everyone

Play boosts imagination and relieves stress for kids of all ages. Try to make sure your child has time each day that's free of structured activities.

You might encourage him to take out toys he hasn't used in a while — many elementary schoolers still enjoy building with blocks or racing toy cars.

Celebrate progress

Suggest your child create a fun reminder of all the things she has accomplished.

Let her cover a container with construction paper and label it "I did it!" Then, she can write each success ("I memorized the state capitals") on a slip of paper and put it in the container.

When she's feeling discouraged, have her read the slips.

In guidance classes this month, Kindergarten and first grade students began learning about the word **bullying**. They listened to the story *The Band-Aid Chicken* and role played a number of strategies to help them if they are bullied.

Second and third grade began their unit on responsibility by listening to the story *It's Not My Fault* by Julia Cook. In the unit they learned that each day a child makes up to 3,000 choices whether they be good or bad. They also learned about the **Stop, Think, Act, Reflect** decision making so they can try to make better choices in the future.

Fourth and fifth grade continued their friendship unit by categorizing Physical, Verbal and Relational Aggression. They furthered the concept of Relational Aggression by learning the roles of the Aggressor, the Kid in the Middle and the Target. They learned that the Kid in the Middle is one of the most influential roles in relational aggression and that their support of the Target is critical to stop aggressive behavior.

THANK YOU FREEMAN FALCON STUDENTS AND PARENTS! The food drive was a success! From November 30th through the December 11th Freeman Falcons helped the Haysville Community Outreach program by holding our annual food drive. Our original goal was to collect 675 items. Through your drive and motivation to help others in their time of need, we reached a grand total of 881 food items. All food items will remain in the Haysville community to help those in need. A special thank you goes to the fifth grade BIONIC group whom worked for many weeks during their own recess time to organize and conduct the food drive.

BIONIC: In December BIONIC began their preparation for their spring project. They have begun writing scripts for a PRIDE Station day in the future. Each presentation will take place in a different part of the Freeman Elementary school building and describe what PRIDE behaviors look and sound like in that area.



Library News –

Mrs. Davis

The start of the New Year with cold and wintery days it is a wonderful time to read books with your child. Helping your child become a strong reader is something each parent and teacher wishes for your child. For our youngest students here at Freeman here's a few hints to grow your young child into a stronger reader.

- Invite your child to read with you every day.
- Point to each word as you read. This helps your child learn that reading is left to right and that the word he or she says is the word that he or she sees.
- Read favorite books over and over again!
- Read a variety of books with rhyming words and repetitive phrases. Invite your child to help you read these parts.
- Talk about new words.
- Stop and ask about the pictures. Ask questions about what is happening in the story.
- Read a variety: fairy tales, songbooks, poems, information books, picture books, etc.

For your student who is already a reader – keep reading together! Enjoy a chapter book together and talk about what is happening in the story. The conversations you will have about books will be fond memories for each of you as your child grows.

Reading together creates a wonderful shared experience between parent and child that cannot be replaced. Start off the New Year and throughout the year with reading together every day and watch as your child grows into a strong reader!

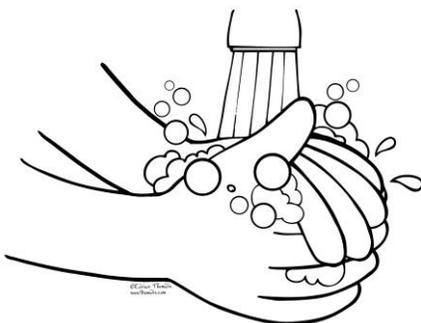
Happy reading from the Library!

Notes from the Nurse – Mrs. Warren

The single best way to prevent seasonal flu is to get vaccinated each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent flu.

1. **Avoid close contact.** Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.
2. **Stay home when you are sick.** If possible, stay home from work, school, and errands when you are sick. This will help prevent spreading your illness to others.
3. **Cover your mouth and nose.** Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
4. **Clean your hands.** Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub.
5. **Avoid touching your eyes, nose or mouth.** Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.
6. **Practice other good health habits.** Clean and disinfect frequently touched surfaces at home, work or school, especially when someone is ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

(SOURCE: CDC.gov)



Tech Talk

In a world where children are "growing up digital," it's important to help them learn healthy concepts of digital use and citizenship. Parents play an important role in teaching these skills.

Here are a few tips from the American Academy of Pediatrics (AAP) to help parents manage the digital landscape they're exploring with their children.

1. **Treat media as you would any other environment in your child's life.** The same parenting guidelines apply in both real and virtual environments. Set limits; kids need and expect them. Know your children's friends, both online and off. Know what platforms, software, and apps your children are using, where they are going on the web, and what they are doing online.
2. **Set limits and encourage playtime.** Tech use, like all other activities, should have reasonable limits. Unstructured and offline play stimulates creativity. Make unplugged playtime a daily priority, especially for very young children. And—don't forget to join your children in unplugged play whenever you're able.
3. **Families who play together, learn together.** Family participation is also great for media activities—it encourages social interactions, bonding, and learning. Play a video game with your kids. It's a good way to demonstrate good sportsmanship and gaming etiquette. And, you can introduce and share your own life experiences and perspectives—and guidance—as you play the game.
4. **Be a good role model.** Teach and model kindness and good manners online. And, because children are great mimics, limit your own media use. In fact, you'll be more available for and connected with your children if you're interacting, hugging and playing with them rather than simply staring at a screen.

(SOURCE: healthychildren.org)



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.

- Encourage your child and give lots of affection.
- Reward good behavior. Praise your child and give extra attention when he or she does something right. Give a reward for good behavior.
- Your child will copy your actions and words. Act and speak the way you want your child to act and speak.
- Be kind, but firm.
- Remove temptations (like breakable items) before children get into trouble. Preventing bad behavior is always easier than correcting a problem.
- Ignore some small problems or annoying behaviors. Bigger problems need to be corrected, especially if the child's bad behavior might be harmful or dangerous.

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