

March 2016

# Freeman Elementary

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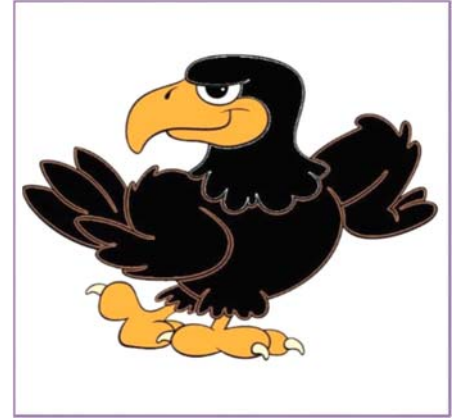
Dear Parents,

I am thrilled to share that there are many exciting things happening here at Freeman. We continue to build upon a school community filled with PRIDE! Our BIONIC team, comprised of eighteen 5th graders, are working with their peers to welcome and greet our students and visitors to our building each day! So please stop and say "*Good Morning*" to these young student leaders.



~ Dr. Ferguson  
Freeman Principal

Starting February 29th, Freeman Elementary will be sponsoring the Leukemia and Lymphoma Society's Pennies for Patients program. Our school will join 25,000 schools nationwide in order to help people who are sick with blood cancers like leukemia, lymphoma and myeloma. Last year Freeman Elementary raised \$681 for the charity and looks to reach a goal of \$700 this school year. If students would like to participate, they are asked to collect coins and dollars to put in their classroom's collection box. Remember that every penny counts! The classroom with the highest accumulated total will receive a catered lunch from Olive Garden among other prizes. The two highest raising classes among third, fourth and fifth grade will get to participate in the Freeman Dodgeball Classic. We appreciate all donations and support.



## March Events

- Mar 3 SIT Meeting
- Mar 4 NO SCHOOL**
- Mar 7 Get Movin' Monday
- Mar 10 Pastries with Parents
- Mar 10 4<sup>th</sup> Grade Performance at 10:30 @ CHS
- Mar 14-18 SPRING BREAK
- Mar 15 Sonic Night
- Mar 22 Site Council Meeting
- Mar 24 SIT Meeting
- Mar 24 PRIDE Assembly
- Mar 25-28 NO SCHOOL**
- Mar 30 Staff Meeting
- Mar 31 SIT Meeting

## Important Announcement

**NO School on Friday!**



## COUNSELOR CHRONICLES

By Mr. McGee



February was a month of growth for the students in Kindergarten through fifth grade. Kindergarten and first grade began the month learning about honesty through the story "Lying Up a Storm" by Julia Clark. Students learned the importance of telling the truth and how lying effects not only their friendships, but also how they feel about themselves as well. Later on they learned the difference between tattling and warning through Julia Cook's book "A Bad Case of Tattle Tongue". Students learned how to report if there is danger to another student or animal; how to problem solve if the problem involves them; when the appropriate time to report something is, and the final rule that if something minor is happening that doesn't involve them to let the teacher handle it while staying out of it themselves.



Second grade began their goal setting unit this month with the book Bunny Money by Rosemary Wells. Students learned the importance of setting short-term and long-term goals and practiced doing so through a variety of games and activities.



Third grade wrapped up their unit on goal setting this month by discussing short-term goals and how they

can relate to school in the form of their grades and other areas. Students then began their unit on integrity. Through a number of stories, role play and activities, students learned how the characteristic of integrity can shape their life at school with their friends as well as their trustworthiness with adults. Students were required to write about the importance of integrity in their life at the conclusion of the unit.



Fourth and fifth grade continued their unit on relational aggression this month as they were split into small groups and asked to practice and perform skits that gave different examples of relational aggression that they may face. Students were asked to stay in character as they were asked questions about their thoughts and feelings of their character in the skit. At the conclusion of each skit, the classroom would discuss different ways to problem solve the presented problem that would best benefit all parties in the scenario. In a later lesson, students were ask to identify positive and negative problem solving solutions on how to best handle relational aggression. One of the solutions that was discussed more in depth were "I messages". Students practiced both in writing and in partners how to express their feelings through the use of "I messages" in order to resolve conflict.

Next month, students in all grades will begin their unit on student interests and future careers they may be interested in.



The Ronald McDonald House Pull Tab contest is still going strong. Students have raised over 30 pounds of pull tabs so far. The deadline for donations is April 8th. All donations go to Ronald McDonald House charities to help families in need. Thank you for your continued support.

## Important Health News

by Mrs. Warren

This time of the year it can be tricky to know when to keep a child home when they have been sick. Below are some guidelines for when your child should definitely be kept at home and when they can return.

- **Fever** – Anything 100.1 or higher is considered a fever; your child should be fever free without medication, for 24-hours without medication
- **Inflamed/discharged eyes** – eyes should be drainage free or treated for 24 hours with antibiotics or bring in a doctor's note stating it is okay to return to school.
- **Drainage from ear** – return to school when drainage has stopped.
- **Lice** – children can return when treated and free of lice and lice eggs within ¼ inch of the scalp. Students need to be seen by the nurse before returning to school.
- **Diarrhea** (2 or more watery stools) – Diarrhea free for 24-hours or per doctor's instructions.
- **Vomiting** – child can return to school when they have been vomit free for 24-hours.
- **Rash** – please get a doctor's note to return
- **Strep** – child can return after 24-hours of antibiotic treatment and without a fever.

Please remember that student are not allowed to have any medication including cough drops at school without the proper paperwork signed by a Physician and Parent/Guardian.

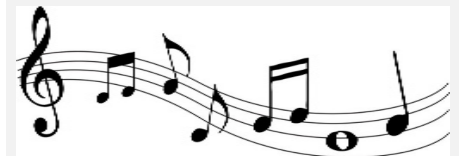
As always, please call the office, 554-2265, to let them know when your child will be absent. If you student has been diagnosed with an illness please let the office or nurse know.



## Music News

The fourth graders have been working for many months preparing for their upcoming performance, which is scheduled for **Friday, March 11 at 10:30am**. The performance will take place in the Campus High School gymnasium as part of the annual USD 261 Fine Arts Fair. Parents and family are encouraged to attend what should be a great showcase of these student's talents and hard work. We hope to see you that morning.

~ Mr. Rust



## SPORTS REPORT by Coach Kelley

It's "March Madness" season and that means a busy time for all. Spring is when sports and workouts begin. And of course we start following our favorite basketball teams; as they enter their tournaments, either locally or around the country.

For all of our families to be able to participate in keeping fit, we must keep a healthy heart so in return your heart will take care of you! The American Heart Association has some Heart Healthy tips to help you take care of your heart which we will be discussing in class this month with your students and we would like to share them with you!

### "HEART HEALTHY TIPS FOR YOUR HEART"

#### 1. PHYSICAL ACTIVITY

- \* Improves your mood and memory
- \* Makes it easier to pay attention and focus
- \* Improves your memory
- \* Reduces the chances of getting sick and helps you live longer
- \* Keeps your body systems running smoothly

#### 2. HEALTHY EATING

- \* Helps protect against heart disease
- \* Gives your body the nutrients it needs
- \* May help control your weight
- \* Gives you the energy you need
- \* Helps you feel your best

#### 3. TOBACCO/SMOKING

- \* Can lead to heart disease
- \* Is a leading cause of cancer
- \* Makes it harder to exercise
- \* Changes your smile
- \* Hurts every organ in your body

#### 4. SODIUM

- \* Can increase blood pressure
- \* Adds to your risk of heart disease
- \* Increases your chance for a stroke
- \* Makes you look and feel puffy
- \* Causes bags under your eyes

#### 5. SODAS AND OTHER SUGARY DRINKS

- \* Often don't have important nutrients
- \* Can harm your teeth
- \* Can lead to weight gain
- \* Can lead to diabetes
- \* Can lead to heart disease



#### Heart Facts

1. A can of regular soda can have about 8 teaspoons of sugar.
2. For every hour you exercise you may gain 2 hours of life expectancy.
3. Your heart is the strongest and most important muscle in your body.
4. Exercise can reduce the risk of heart disease and high blood pressure.

It takes heart  
to be a Hero!

## 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/>



*Try eating a healthy snack, such as fruits, vegetables, nuts, or yogurt!*

## Library – Author News

by Mrs. Davis



March is an exciting time in the library as we celebrate the birthday of one of the most famous children's authors, Theodor Geisel or better known as Dr. Seuss. Dr. Seuss, was born in 1904 on Howard Street in Springfield, Massachusetts. Our library is full of his wonderful stories full of amazing characters, enticing rhythms and rhymes, and wonderful illustrations. Geisel's story and evolution into America's and the world's favorite author is amazing. For more Information on Geisel, please see All About Seuss page at:

<http://www.catinthehat.org/history.htm>

Besides the books, his works have provided the source for eleven children's television specials, a Broadway musical and a feature-length motion picture. Other major motion pictures are on the way.

His honors included two Academy awards, two Emmy awards, a Peabody award and the Pulitzer Prize.

We're so glad Dr. Seuss kept trying and writing books that children everywhere love.

Happy Birthday, Dr. Seuss!

March 2



**Read one of these  
Dr. Seuss Books  
with your child!**



The Cat in the Hat



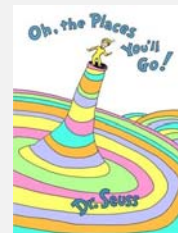
Green Eggs and Ham



The Lorax

Horton Hears a Who!

And to Think That I Saw it on  
Mulberry



One Fish, Two Fish, Red Fish,  
Blue Fish