

Freeman Elementary School

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BIONIC STUDENT LEADERSHIP TEAM

OCTOBER, 2016

A Principal's Note

by Dr. Donna Ferguson

October has come so quickly! I am enjoying a great start to the school year. Students are making some wonderful choices and we are so proud of them!

Falcon Fun Days

We have started something new!!! Students were told on the first day of school about these fun days and how they can earn them each month. But just so you know, K-5 students earned the privilege of attending a fun day by exhibiting appropriate school behavior in the classrooms, hallways, cafeteria, and on the playground. They have to maintain PRIDE (Preparation, Respect, Integrity, Discipline, and Excellence) and receive no office discipline referrals to participate.

Our very first "Falcon Fun Day" was on Friday, September 30th. The September fun activities included: soccer, basketball, general playground, drumming, art, computer time, STEM activity, science exploration, and reading under the K-1 trees. Students were allowed to sign up for the activity of their choice, beginning with 5th grade. Each month, a new grade level will be given first dibs on signing up for their favorite activity.

Pride Assemblies

The last Friday, or date closest to, is when we celebrate the great things our students are doing at school. Our first assembly was September 30th at 3:15 pm. At these assemblies, awards are handed out to individual students from their classroom teacher and classroom awards are given by our Specials teachers.

Parents, you are welcome any time to join us for this wonderful award assembly!

BIONIC LEADERSHIP TEAM

The 2016-2017 BIONIC student leadership team has been selected based on grades, attendance, and teacher referrals. The students include: Adriana Rodriguez, Alan Guevara, Alexander Baird, Bailey Gabbard, Caden Stranathan, Charli Bernal, Damien Simmons, Jessy Walston, Kale Atterbury, Kaleb Gerdes, Nik White, Serenity Combs, Zoey Kesterson, Ali Johnson, Braya Haule, Brianna Hawley, Brooklyn Williams, Darian Harrold, Emma Dakin, Heaven Anderson, and Kylah Parson. Congratulations to these wonderful student leaders!



Halloween Parade

Students will once again have a Halloween parade on **Monday, October 31st at 2:45 pm**. Students will be allowed to change into their costumes at approximately 2:30 pm, then the students will parade through our classrooms and end our parade with a final walk around in the gym. All Fall parties will immediately follow our parade.



Parent/Teacher Conferences

Fall Parent/Teacher Conferences are scheduled from October 24-26, 2016. If you have not scheduled your conference with your child's teacher, please email or call them immediately.

Eat Smart

by Coach Kelley

We want all students and athletes to enjoy a high level of physical fitness and to feel good about their skills and enjoy physical activity of all kinds, plus energy and physical stamina to work hard at school each day.

This month we want to provide some healthy eating tips for your student/athlete to ensure them a healthy start to each day!

1. Breakfast ensures you are well-fueled for the school day!
2. Don't skip meals, an active body needs fuel throughout the day.
3. Hydrate, drink water especially during the day and thru your workout.
4. Fresh foods are healthier than processed foods.
5. Keep plenty of fruits/vegetables, whole grains, milk/yogurt, cheese and lean meats in your daily diet.
6. Good nutrition now will equal stronger bones in your adult bone structure.



7. Read food labels, know what you're putting in your body.
8. Pack your own healthy snacks.
9. Portion control is important to maintaining a healthy weight.
10. Eat dinner together! Students who eat with their families often are healthier overall, both physically and mentally.

" If you can believe it the mind can achieve it!
~ Ronnie Lott

RELAY FOR LIFE

Students will participate in Relay for Life activities on Friday, October 14, 2016.

STUDENTS PLEASE WEAR PURPLE!!!

Have a Great Workout!!!

MUSIC

by Mr. Rust
4th Grade

In next month's newsletter I will highlight some of the activities of students in K-3, so stay tuned!



I'd like to thank the 4th grade students and their parents for turning in their order forms and money for recorders in a timely manner so that we can get the order submitted. The shipment should arrive sometime in the next couple of weeks and we will be ready to start playing shortly after that! If you were not able to pay for an instrument in the time table we set, never fear you have options! First, we will have a couple of extra instruments that can be purchased (\$6 per recorder) as soon as the shipment arrives. These will be strictly on a first come, first served basis, so if you are interested in one please plan on bringing your payment to me as soon as possible. For those not interested in purchasing a new instrument from the school, you still have a couple of weeks to purchase one elsewhere (music

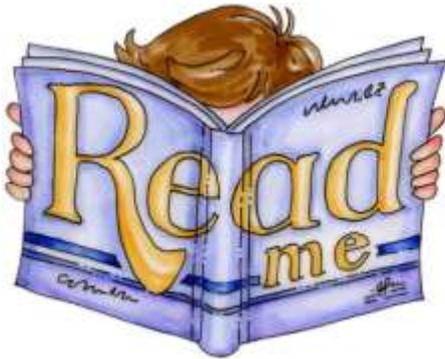
stores or even Wal Mart has had them in the past). Lastly, the school does have some used instruments that can be borrowed by students. These instruments are fully functional and have been cleaned appropriately and are ready for use and there is no charge to do so. The only requirement is that they stay at school (not taken home). Any student not ordering their own instrument or bringing their own once we start will receive one of the loaner recorders by default. It is always an exciting time for the students.

5th Grade

We have started unit 1 of World Music Drumming and the students are doing a fantastic job of learning all of the basics of drumming along with learning about the culture of Ghana that accompanies the music we are playing. Before long we will be singing some new songs and performing the first drum ensemble in class.

Library Note

by Mrs. Davis



Taking care of a book at home is an important responsibility for students and your help is greatly appreciated. Here are just a few tips to help keep our library books looking neat and tidy.

- Please make sure that NO liquid ever gets near a library book. If your child carries a water bottle or a lunch box in their backpack, please make sure the library book is nowhere near the water bottle. Liquid is the number 1 killer of library books and often the damage is beyond repair.
- Please make sure that your child does not have food near their library book. No one likes a sticky mess inside a library book.
- Have a safe spot away from younger siblings and pets for library books. Chewed corners and ripped pages often happen when left in an unsafe location. Putting library books back inside the backpack after reading them is a great safety measure and also insures that your child won't forget their books on library day!
- Do not write or draw in library books.
- Always make sure you know where the library books are at the end of the day. Books left outside or in unsecure locations often have to be replaced. The cost of a library book ranges from \$15-\$25 per book. Library books often have special bindings to make them suitable for many readers over the period of several years which in turn makes them more expensive to replace.

Taking care of the books along the way insures our collection is large and interesting for our students. Students are responsible for the care of the library books when checked out to them. If the book becomes damaged beyond repair, students will be expected to pay for the cost of replacing the book. If the book is lost students will also be expected to pay replacement costs.

If a book has a torn page or gets marked on in some way, PLEASE DO NOT attempt to repair damage at home. We use special glues, tapes, and goo/ink removers to repair books in the library that are archival quality and will guarantee the longest and best repair possible. If a book should have a page torn or other damage, please have your child show us where upon its return and we will take care of the necessary repairs. No cost for repairing minor damage will be assessed to the student.

Thanks so much for helping your child take excellent care of their library books!



Come join the fun at the
"Night at the Library"!

October 20, November 15,
December 8, and January 26

Freeman Library
from 6-7:30 pm



OCTOBER'S IMPORTANT DATES

7th: Homecoming Parade @ 2pm

11th: Sonic Night @ 5-8 pm

13th: Falcon Red Shirt Day

14th: Relay for Life – Wear Purple

17th: BOE Meeting @ 7 pm

18th: Site Council Meeting @ 4 pm

20th: Night at the Library @ 6-7:30 pm

21st: NO SCHOOL

24th-26th: Parent/Teacher Conferences

24th-26th: Red Ribbon Week

26th: Falcon Fun Day & PRIDE Assembly immediately following at 3:15 pm

27th-28th: NO SCHOOL

31st: Halloween Parade at 2:45 pm and Fall Parties immediately following





TIPS FOR THE MONTH

Stay Connected: Talking about the school day, lets your child know you care. Ask them to share two good things that happened during the day. Prompt them with specific questions.

Be Prepared: Studying a little every day is the best way to learn new material. Help your child choose a time for homework when they are most alert and try not to change that dedicated time.

Get Rest: A set bed time helps kids fall asleep more quickly. Suggest that your child get in bed 15 minutes early to read, make up stories, or talk quietly with you.

I CAN, I WILL, I DO!



BIONIC STUDENT LEADERSHIP

The 2015-2016 BIONIC team has been selected! The new members to the leadership group are: Adriana Rodriguez, Alan Guevara, Alexander Baird, Bailey Gabbard, Caden Stranathan, Charli Bernal, Damien Simmons, Jessy Walston, Kale Atterbury, Kaleb Gerdes, Nik White, Serenity Combs, Zoey Kesterson, Ali Johnson, Braya Haule, Brianna Hawley, Brooklyn Williams, Darian Harrold, Emma Dakin, Heaven Anderson and Kyla Parson. Congratulations to our BIONIC team and we look forward to a fun semester.

BIONICS first project was to start welcoming our students to school each morning by greeting them as they walked through the doors. Their next project will be to assist with Relay For Life. BIONIC members will be designing posters which that are to be hung on the gym walls to promote the event. Members will also assist in the event by leading the Pre-K-4th graders in activities, taking pictures for the event, as well as handing out stickers and water bottles to students.



October 24 - October 26, 2017

Monday: "Team UP Against Drugs"
Dress up in your favorite team sports attire

Tuesday: "You'd be crazy to do drugs"
Crazy hat and sock day

Wednesday: "Standing Together Against Drugs"
Wear your red Freeman shirt and red attire day

Counselor's Chronicles

In September, Freeman Elementary students began showing off what they have learned about P.R.I.D.E. – Preparation, Respect, Integrity, Discipline and Excellence. On the topic of respect third through fifth grade discussed what respectful behavior typically looks like with both friends and adults. They also learned about the consequence of disrespect and how it affects not only themselves but their friends as well. Kindergarten and first grade explored respect by reading the story *Do Unto Others* by Laurie Keller which spoke on the topic of politeness and good manners. They continued on the topic of respect through the story *Personal Space Camp* by Julia Cook. This story talked about the importance of personal space around other students and adults.

When students reached the topic of integrity, they agreed that honesty truly is the best policy. Third through fifth listened to the Aesop Fable "The Honest Woodcutter" and they discussed how honesty is often rewarded with kindness. They also role-played scenarios in which their honesty would be tested (ex. Telling the truth after they had accidentally broken something at home). Kindergarten through second grade learned about what trust and honesty means and how lying can have consequences by listening to the story "The Boy Who Cried Wolf". They also talked about how asking for help in class if they do not understand is a form of honesty as well.

We will be wrapping up our P.R.I.D.E. lessons in October and moving on to our annual drug prevention lessons in honor of Red Ribbon Week (Oct. 24th-Oct. 26th).

