



**Family Newsletter
Tri-City Day School
October 2016**

Dear Parents/Guardians,

Well, the fall and holiday season is quickly approaching us! As the weather becomes cooler, my thoughts move to traditions and time together as a family. Here at Tri-City, we are family and have developed many traditions over the past twelve years. For those of you who are new to Tri-City, these traditions range from a visit to the pumpkin patch, to a BIG Thanksgiving Dinner, to a visit from a very special person right before Winter Break!

Conferences will be taking place October 24, 25, 26 from 3:00 – 6:00 p.m. Michelle Kelly, Tri-City staff member, will be contacting you very soon to set up a time for you to visit with your child's IEP case manager/homeroom teacher. If you are interested in talking to any of the other teachers, you will be able to set up a time for that as well.

We will be taking eligible students to Walters' Pumpkin Patch on October 14. The cost per student is \$7.00 and students will need to bring a sack lunch. Please remember that students' grades and behavioral levels will be considered and all students may not be able to participate in this activity.

As always, if you have questions, or need to visit with me for any reason, please call 554-2324.

Wishing you well,

Gina



Reminder to Parents

It is vital to update changes in your mailing address, telephone number(s) and email address for us! Keeping this information current allows us to contact you with important information or emergency notifications. Thank you for your help!

Fall Pictures

Fall pictures will be taken at Tri-City on Friday, November 4 from 8:00 a.m. - 9:15 a.m. Picture envelopes and additional information will be sent home towards the end of October.

REMINDER

Absences related to appointments away from the building during the school day will only be excused if a parent or guardian provides the school with verification of the reason why the student was absent from school on a specific date.

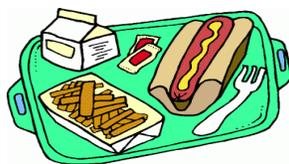
If requested, the service provider at the agency you are visiting will provide you with documentation to verify your child's appointment. Thank you for your cooperation!



Food Service at Tri-City

Tri-City Day School is a "satellite" kitchen for food service. What this means is that we do not prepare the food on site but rather it is prepared and brought to our school in a heating unit to be served promptly after it is dropped off. We do not have appropriate equipment to "save" lunches for students who arrive past lunch time, reheat and serve those lunches and still be in compliance with health and sanitation regulations.

If your child will be arriving at school after 11:30 a.m., the conclusion of lunch time at Tri-City, you will need to make other arrangements for lunch before dropping them off. Thank you in advance for your cooperation. If you have further questions, please contact Jenn Call or Gina Keirns at 554-2324.



Lunch Reminders

Just a reminder, please be sure your child has money on his/her breakfast/lunch account. Breakfast and lunch prices are as follows:

Breakfast \$1.15 per day (second breakfast an additional \$1.50)

Reduced breakfast \$.30

Elementary lunch \$2.25 per day *

Middle School lunch \$2.45 per day *

High School lunch \$2.60 per day *

Reduced lunch \$.40 per day *

***ALL second lunches whether first lunch is free, reduced or full price are an additional \$3.00**

We have been advised that if your child does not have money on his/her account, he/she will receive cereal and milk for lunch. This will only be made available three times during the entire school year. After that, he/she will not receive a school lunch until the account is brought current. Low balance letters will not be sent home this year.

Thank you in advance for your cooperation in avoiding negative lunch account balances!



My School Bucks

Parents and guardians of Tri-City students from all three districts are now able to utilize the program myschoolbucks.com to keep track of lunch balances and make payments on your child's lunch account. To utilize this tool, go to www.myschoolbucks.com and have your child's district identification number. If you do not know what your child's identification number is, you may call Trisha at 554-2324 and she will be able to give it to

you.

This program will allow you to check your child's current lunch balance and set up automatic payments. If you have any difficulties setting this up, you may call Gina at 554-2324 for assistance.

Medication Checks

Nancy Ballenger with COMCARE, will again be available for medication checks at Tri-City. These visits will be once a month. The next visit for this school year will be October 5. If you would like more information regarding setting up an appointment for your child's medication check at Tri-City, you may contact Jordan Locashio or Gina Keirns at 554-2324 for more information.

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Other Field Trips for the 2016-17 School Year

Parents have mentioned in the past that it would be helpful to know what other field trips we are planning to have and anticipated costs with these outings. The following are a list of activities so far:

October 14 – Walters' Pumpkin Patch - \$7.00, a sack lunch, optional extra money for a snack

November 18 – HIGH SCHOOL ONLY – Thanksgiving Dinner Shopping – money for lunch at Talliano's approximately \$8.00

January 20 – Carousel Skating Rink – \$3.50 for skating, \$5.00 max. extra spending money, pizza lunch

April 28 – Chisholm Garage Sale

May 5 – Derby Bowl – more information later

If you find yourself unable to pay for an outing, please contact us and let us know ahead of time so that payment arrangements can be made. It is very difficult to find out the day of the outing that someone needs help covering the cost of the trip.

Remember that students must be in good standing both academically and behaviorally to attend school outings. Students who are partially transitioning may not be able to attend depending upon class requirements for their other school. Arrangements and consideration will be made on a student by student basis.

Tri-City Security

Tri-City is a secured facility. When you arrive to pick up your child during the school day, please press the intercom button located on the left, or west side of the doors. You will be greeted by the office staff and the door will be released to allow your entry into the building.

It is important that you contact us and let us know if someone other than yourself will be picking your child up from school. Things can be very hectic at the end of the school day and it is helpful to know ahead of time of any transportation changes. Thank you in advance for your assistance.

Roasted Pumpkin Seeds Recipe

Ingredients

- One medium sized pumpkin
- Salt
- Olive oil

1. Cut pumpkin, scrape out seeds, rinse: Cut open the pumpkin by cutting a circle around the stem end with a sharp knife (knife blade angled in), and pulling off the top.

Use a strong metal spoon to scrape the insides of the pumpkin and scoop out the seeds and strings.

Place the mass of pumpkin seeds in a colander and run under water to rinse and separate the seeds from everything else.

2. Boil pumpkin seeds in salted water for 10 min: Measure the pumpkin seeds in a measuring cup. Place the seeds in a medium saucepan. Add 2 cups of water and 1 tablespoon of salt to the

pan for every half cup of pumpkin seeds. Add more salt if you would like your seeds to be saltier.

Bring the salted water and pumpkin seeds to a boil. Let simmer for 10 minutes. Remove from heat and drain.

3. Bake seeds in 400°F oven until browned: Preheat the oven to 400°F. Coat the bottom of a roasting pan or thick baking sheet with olive oil, about a teaspoon or so.

Spread the seeds out over the roasting pan in a single layer, and toss them a bit to coat them with the oil on the pan.

Bake on the top rack until the seeds begin to brown, 5-20 minutes, depending on the size of the seeds.

Small pumpkin seeds may toast in around 5 minutes or so, large pumpkin seeds may take up to 20 minutes. Keep an eye on the pumpkin seeds so they don't get over toasted. When lightly browned, remove the pan from the oven and let cool on a rack. Let the pumpkin seeds cool all the way down before eating.



Frozen “Boo”nana Pops

Skinnytaste.com

Servings: 4 • **Size:** 1 banana pop • **Points +:** 3 pts • **Smart Points:** 5
Calories: 98 • **Fat:** 4.5 g • **Protein:** 1.3 g • **Carb:** 14 g • **Fiber:** 0.7 g • **Sugar:** 10.7
Sodium: 13.8 mg

Ingredients:

- 1 medium banana
- 1 cup good quality white chocolate
- 8 mini chocolate chips for eyes
- 4 popsicle sticks

Directions:

- 1) **Cut** banana in half lengthwise, then in half to make four quarters.
- 2) **Insert** popsicle sticks into bananas, and **freeze** bananas on a wax paper lined cookie sheet.
- 3) When the bananas are frozen, **fill** a coffee mug with chocolate. **Melt** chocolate in the microwave 30 seconds at a time, **stirring** until the chocolate is melted and soft. **Dip** the bananas one at a time into the chocolate, **scraping off the excess** chocolate from the back of the banana, and place it on a cookie sheet lined with wax paper.

Quickly **add** the chocolate chips for the eyes before the chocolate hardens (you have to work quickly here)

4)**Return** to the freezer until frozen and ready to eat. **Eat** frozen.



Coke Rewards

Grab your favorite Coca-Cola beverages and get My Coke Rewards codes. Our school receives 03. per cap, .30 for a 12 pack code and .60 for a 24 pack code. While this doesn't sound like much, last we made approximately \$100.00 from this program.

Codes can be found on 15 brands: Coca-Cola, Coke Zero, Diet Coke, Sprite, DASANI, POWERADE, Minute Maid, Fanta, VAULT, Barq's, Fresca, Pibb, Mello Yello, NESTEA.

Where to find codes:

- **Under caps**
- **Inside tear-off on 12 packs and 24 packs**
- **On multi-pack wraps**

Community Services

To find help with food, clothing, cold weather assistance, counseling services, and many more services within our community you can dial 2-1-1 toll free across Kansas to talk with a trained specialist to find help. All calls are confidential and answered 24 hours a day, seven days a week. Community services can also be found on-line at

<http://www.211kansas.org/211findhelp/Program/Search.aspx>



October Calendar

- October 5 – Medication checks with Nancy Ballenger**
- October 7 – 1:30 Early Dismissal for Campus Homecoming Parade**
- October 11 – 12:30 p.m. Dental Screenings**
- October 14 – Walters' Pumpkin Patch outing**
- October 21 – No School – ½ Work Day and ½ Collaboration Day**
- October 24 – 28 – PBIS Drawing Week**
- October 24 – 28 Red Ribbon Week**
- October 24 – 3:00 – 6:00 p.m. - Parent/Teacher Conferences**
- October 25 - 3:00 – 6:00 p.m. - Parent/Teacher Conferences**
- October 26 - 3:00 – 6:00 p.m. - Parent/Teacher Conferences**
- October 27 – No School**
- October 28 – No School**
- October 31 – 1:30 p.m. Halloween Party**



November Calendar

- November 4 – 8:00 a.m. Fall Pictures**
- November 6 – Daylight Savings “Fall Back”**
- November 8 – Election Day**
- November 9 – 2:40 p.m. PBIS Meeting**
- November 11 – Veterans' Day – No School at Tri-City**
- November 18 – Thanksgiving Shopping**
- November 21 - 8:30 a.m. Vision/Hearing tests**
- November 22 – 12:00 p.m. Thanksgiving Dinner**
- November 23 – 25 – Thanksgiving Break**
- November 28 – December 2 – PBIS Drawing Week**