



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

Dear Parents/Guardians,

Welcome to the 2016-17 school year! We have “hit the ground running” as usual and are off to yet another great start! We do have a few new faces around Tri-City again this year. Katie Fooshee is joining us as our new Social Worker; Libby Bryant, Emily Holub and Jordan Locashio have joined the staff as Behavior Technicians.

Thank you to everyone who attended Open House on August 25. We had a great turn out and it is always such an enjoyable time to see our students and their families each fall!

We will also continue to coordinate with community service agencies such as COMCARE, MHA, Behavior Link and Sumner County Mental Health to provide additional support to the students at Tri-City. Please make sure that you have signed appropriate releases with us and your extra service providers so that we are able to exchange information with them as we plan for your child’s school year.

Please remember that you are an important member of your child’s educational team and we welcome your input. Feel free to contact us at Tri-City at 554-2324.

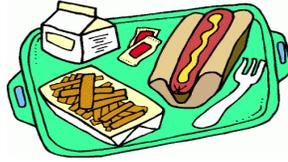
Wishing you well,

Gina

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!



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.

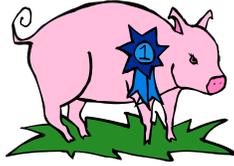
Thank you in advance for your cooperation in avoiding negative lunch account balances!



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.



STATE FAIR FIELD TRIP

The first field trip of the year will be to the Kansas State Fair in Hutchinson on Monday, September 12. A student will be ineligible for this field trip if they have a write up that requires he/she to be in the Affective/ISS Room or the staff have concerns about a student's ability to follow directions. Students who transition to their base schools for one half day or more will not be able to attend the outing so that they do not miss class at their base school. Mrs. Waters' homeroom class will not be attending this outing.

The cost for the day is \$1.00 plus a sack lunch. Students will not be allowed to ride rides or play midway games while on this trip but may bring money for a snack. Please watch for your child's permission slip. Thanks!

Medication Checks

Nancy Ballenger with COMCARE, will again be available for medication checks at Tri-City. These visits will be once a month. The first visit for this school year will be September 7. If you would like more information regarding setting up an appointment for your child's medication check at Tri-City, you may contact Patty McConnell or Gina Keirns at 554-2324 for more information.

10 "What" Questions - To Develop a Growth Mindset in Children

- What did you do today that made you think hard?
- What happened today that made you keep on going?
 - What can you learn from this?
- What mistake did you make that taught you something?
 - What did you try hard at today?
 - What strategy are you going to try now?
 - What will you do to challenge yourself today?
 - What will you do to improve your work?
 - What will you do to improve your talent?
 - What will you do to solve this problem?



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:

September 12 – State Fair - \$1.00 or a Dillons Plus Card, a sack lunch, optional extra money for a snack (Kelly, Bargdill, Kennedy's homeroom classes)

September 30 – Sedgwick County Zoo - \$5.25, sack lunch, optional money for a snack

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

November 20 – 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.



Spotlight On -

<https://sites.google.com/a/usd261.com/stevegator/>

Steve's Gator Aids

Wellness



Healthy Eating Habits for Your Child

By teaching your children [healthy eating](#) habits, and modeling these behaviors in yourself, you can help your children maintain a [healthy weight](#) and normal growth. Also, the eating habits your children pick up when they are young will help them maintain a healthy lifestyle when they are adults.

Your child's [health care](#) provider can evaluate your child's weight and growth and let you know if your child needs to lose or gain weight or if any dietary changes need to be made.

Some of the most important aspects of [healthy eating](#) are [portion control](#) and cutting down on how much fat your child eats. Simple ways to reduce fat intake in your child's diet and promote a [healthy weight](#) include serving:

- Low-fat or nonfat dairy products
- Poultry without [skin](#)
- Lean cuts of meats
- Whole grain breads and cereals
- [Healthy snacks](#) such as fruit and veggies

Also, reduce the amount of sugar sweetened drinks and salt in your child's diet.

If you are unsure about how to select and prepare a variety of foods for your family, consult a registered dietitian for nutrition counseling.

It is important that you *do not* place your overweight child(ren) on a restrictive diet. Children should never be placed on a restrictive diet to lose weight unless a doctor supervises one for medical reasons.

Other approaches parents can take to develop healthy eating habits in their children include:

- **Guide your family's choices rather than dictate foods.** Make a wide variety of healthful foods available in the house. This practice will help your children learn how to make healthy food choices. Leave the unhealthy choices like chips, soda, and juice at the grocery store. Serve water with meals.
- **Encourage your children to eat slowly.** A child can detect hunger and fullness better when they eat slowly. Before offering a second helping or serving, ask your child to wait at least 15 minutes to see if they are truly still hungry. This will give the brain time to register fullness. Also, that second helping should be much smaller than the first.
- **Eat meals together as a family as often as possible.** Try to make mealtimes pleasant with conversation and sharing, not a time for scolding or arguing. If mealtimes are unpleasant, children may try to eat faster to leave the table as soon as possible. They then may learn to associate eating with stress.
- **Involve your children in food shopping and preparing meals.** These activities will give you hints about your children's food preferences, an opportunity to teach your children about nutrition, and provide your kids with a feeling of accomplishment. In addition, children may be more willing to eat or try foods that they help prepare.
- **Plan for snacks.** Continuous snacking may lead to overeating, but snacks that are planned at specific times during the day can be part of a nutritious diet, without spoiling a child's appetite at meal times. You should make snacks as nutritious as possible, without depriving your children of occasional chips or cookies, especially at parties or other social events.
- **Discourage eating meals or snacks while watching TV.** Try to eat only in designated areas of your home, such as the dining room or kitchen. Eating in front of the TV may make it difficult to pay attention to feelings of fullness, and may lead to overeating.
- **Encourage your children to drink more water.** Over consumption of sweetened drinks and sodas has been linked to increased rates of obesity in children.
- **Try not to use food to punish or reward your children.** Withholding food as a punishment may lead children to worry that they will not get enough food. For example, sending children to bed without any dinner may cause them to worry that they will go hungry. As a result, children may try to eat whenever they get a chance. Similarly, when foods, such as sweets, are used as a reward, children may assume that these foods are

better or more valuable than other foods. For example, telling children that they will get dessert if they eat all of their vegetables sends the wrong message about vegetables.

- **Make sure your children's meals outside the home are balanced.** Find out more about their school lunch program, or pack their lunch to include a variety of foods. Also, select healthier items when dining at restaurants.
- **Pay attention to portion size and ingredients.** Read food labels and limit foods with trans fat. Also, make sure you serve the appropriate portion as indicated on the label.

From: <http://www.webmd.com/children/guide/kids-healthy-eating-habits>



HEALTHY CHOICES

- 4 to 8 year olds need 800 mg and 9-18 year olds need 1300 mg of Calcium a day.
- Reward your children with attention and kindness, not food.
- Defrosting meat in the refrigerator is a good safety practice.
- Eat foods from all five of the food groups. A helpful website for healthy eating is **ChooseMyPlate.gov** and **nourishinteractive.com**

Easy Blueberry Muffin Recipe



What you need to know. This blueberry muffin recipe will either make 8 large, big-topped muffins, 12 standard muffins or 22 to 24 mini muffins (see note below about baking time for mini muffins). Since most standard muffin tins have 12 muffin cups, if you plan on making the larger muffins, we recommend adding 1 to 2 tablespoons of water to the empty cups. This way the cups with water will heat up at the same rate as the cups with muffin batter, helping the muffins cook evenly.

Yield: 8 large, big-topped muffins | 12 standard muffins | 22-24 mini muffins

You Will Need

- 1 1/2 cups (195 grams) all-purpose flour
- 3/4 cup (150 grams) granulated sugar, plus 1 tablespoon for muffin tops
- 1/2 teaspoon coarse salt
- 2 teaspoons baking powder

- 1/3 cup (80 ml) neutral flavored oil; canola, vegetable and grape seed are great choices
- 1 large egg
- 1/3 – 1/2 cup (80 ml – 120 ml) milk; dairy and non-dairy both work
- 1 1/2 teaspoons vanilla extract
- 6 to 8 ounces fresh or frozen blueberries; see note below about frozen berries (about 1 cup)

Directions

1. Heat oven to 400° F. For big-topped muffins, line 8 standard-size muffin cups with paper liners and fill the remaining cups with 1 to 2 tablespoons of water to help make sure the muffins bake evenly. For standard-size muffins, line 12 standard-sized muffin cups with paper liners.
2. Whisk the flour, sugar, baking powder and salt in a large bowl.
3. Add vegetable oil to a measuring jug that holds at least 1 cup. Add the egg then fill the jug to the 1-cup line with milk (this should be 1/3 to a 1/2 cup of milk). Add vanilla and whisk until combined.
4. Add milk mixture to the bowl with flour and sugar then use a fork to combine. Do not over mix. (The muffin batter will be quite thick -- see note below for more details). Add blueberries and use a spatula or spoon to gently fold the blueberries into the muffin batter.
5. Divide batter between muffin cups. (If making big-topped muffins, the batter will come to the tops of the paper liners). Sprinkle a little sugar on top of each muffin.
6. Bake blueberry muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out with crumbs, not wet batter. Transfer muffins to a cooling rack and cool.

Notes and Tips

Using Frozen Blueberries: You can make these with fresh or frozen blueberries – if you use frozen, do not thaw the blueberries.

Making Mini Muffins: You should be able to get 22 to 24 mini muffins from this recipe. The baking time will be less — keep an eye on them while they bake and expect them to require 9 to 11 minutes.

Batter Thickness: The batter should be thick and scoopable -- not runny and not dry or extra thick like dough. If the batter is too runny, add flour, a tablespoon at a time until correct consistency. If batter is dry or too thick, add milk, a tablespoon at a time until correct consistency.

From: <http://www.inspiredtaste.net/18982/our-favorite-easy-blueberry-muffin-recipe/>

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>



September Calendar

- September 2 – No School in Mulvane**
- September 5 – No School – Labor Day**
- September 7 – Medication Checks with Nancy Ballenger**
- September 12 – State Fair (Kelly, Bargdill, Kennedy)**
- September 14 – 2:40 p.m. - PBIS Meeting**
- September 23 – No School – Building In-service**
- September 26 – 30 – PBIS Drawing Week**
- September 30 – Zoo outing**



October Calendar

- October 5 – Medication checks with Nancy Ballenger**
- 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**