



**Tri-City Day School
Family Newsletter
February 2017**

Dear Parents/Guardians,

Once again, after a week long Winter Break and some in-service days for the staff, made January a very quick month! I anticipate February moving along at an equal pace as it is a short month anyway and we have more activities on the horizon; conferences and observance of President's Day!

Parent/Teacher Conferences will be February 13 – 15 from 3:00 – 6:00 p.m. At this point, most if not all of you have already set up your conference by communicating with one of our staff members, Michelle Kelly. Thank you so much for returning notes and phone calls to make this process go so smoothly. You will receive a reminder of your conference time. We appreciate your continued support as a part of your child's educational team!

Looking ahead on your calendar, Tri-City students *will not have school* on Wednesday, April 12 or Thursday, April 13 due to a mandatory training unique to the staff at Tri-City. The students, also, do not have school on Friday, April 14 or Monday, April 17.

Another **IMPORTANT** calendar notification on the end of the school year . . . in an effort to get as many USD261 building projects completed over the summer as possible, **the last day of school for students at Tri-City will be May, 17, 2017. This is five days earlier than what was originally on the calendar.** I apologize in advance and know that this is not convenient for many of you. Thank you so much for your understanding!

Wishing you well,

Gina



School Dance

We will be having our Fourth Annual School Dance on Friday, March 3rd. It will be from 12:00 – 2:00 p.m. at The Learning Center in Haysville. We will provide transportation to the dance and back in time for dismissal. The dance will be a “90s” theme this year. This event is sponsored by the Student Council and their sponsor, Mr. Bargdill.



Inclement Weather

It is that time of year again, when the weather can change very quickly. A decision to close school due to inclement weather will be made as soon as possible and, in some cases, even the night before. If it is necessary to close school due to weather conditions, or for any other reason, the following media will be informed:

Radio

KFDI - 101.3

KTHR - 107.3

KZCH - 96.3

KRBB - 97.9 (B98)

KZSN - 102

TV

KSNW - TV3

KAKE - TV10

KWCH - TV12



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.



We are in need of Kleenex and Clorox (generic is fine) Wipes. We appreciate your generosity and consideration in sending these additional items to school with your child. Thank you!



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.



Reminder on Dress Code

Since the temperatures are becoming colder, just a reminder about a few things in our building dress code. **Students are not allowed to wear hoodies, coats or jackets in the building during the school day.** Our staff at Tri-City also follow the same dress code. Please have your child wear a long-sleeved shirt under their short sleeved shirt or maybe bring a hoodless sweatshirt that can be left at school if they need it. Thank you for your continued cooperation with our dress code!

Transportation

If your child is unable to come to school, it is important that you notify our office at 554-2324. It is also equally important that you notify the transportation department for your school district so that the bus doesn't make an unnecessary stop. The following are the phone numbers for our three transportation departments:

Derby – 788-8450

Haysville – 554-2213

Mulvane – 777-0501

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>



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:

February 3 – Carousel Skating Rink – \$3.50 for skating (\$5.00 max extra spending money.)

March 3 – School Dance @ The Learning Center

April 28 – Chisholm Garage Sale

May 5 – Accelerated Reader celebration (for students who met their goals)

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.



Treats at School

We always appreciate all of the generous donations from our Tri-City families! However, if you want to send treats to your child's class for a special occasion to share, please make prior arrangements with your child's IEP case manager/home room teacher. Special treats require some planning in terms of when to have them and also to accommodate other students' dietary restrictions. Thank you so much for helping us with this!

Dillon's Community Rewards

Please consider signing up to support Tri-City Day School in this simple fundraising activity. Each time you use your Dillon's Plus Card, money will be donated to our school. A customer must have three things to register and begin supporting Tri-City Day School:

- A Dillon's Plus card, which is available at any store by asking an associate
- A valid email address, which can be obtained from any free online service and can be anonymous
- A personalized account at our website, which again can be anonymous

To enroll in the community rewards program:

1. Members must visit our website at www.banner.com/communityrewards (substitute Dillon's, Bakers or Gerbes for banner depending on your location)
2. Sign in or create an account
3. Click on "enroll now"
4. Enter 61895
5. Select Tri City Day School



“Along with Valentine's Day, **February** marks American Heart Month, a great time to commit to a **healthy** lifestyle and make small changes that can lead to a lifetime of heart **health**. Heart disease is the leading cause of death for men and women.”

-cdc.gov

Healthy Heart



Healthy You

This may sound scary but don't worry, there are many simple ways to stay heart healthy!

Here are 7 important steps to follow:

- Lose weight/maintain healthy weight
- Eat better
- Get active
- Manage blood pressure
- Reduce blood sugar
- Stop smoking
- Control cholesterol



Even when the weather is cold, there are lots of ways to stay active.

- On Demand and even Netflix offer exercise programs geared toward kids and the entire family. Don't have access to cable or the Internet? There are always videos. Visit your local library to check out exercise videos.
- Go ice skating (or roller skating) – it's a lot of fun and you can get quite a workout!
- Interactive video games are a great way to keep active. Wii and other game systems offer activities such as bowling, basketball, baseball, track and many more.
- Dance parties, pillow fights, fort building and obstacle courses are all great ways to stay home and stay active.



Eating a heart healthy diet doesn't have to be boring!



Try this yummy recipe for a sweet treat!

Note: Parfaits can be made up to 2 days in advance.

Prep time: 5 minutes

What you need:

- ½ teaspoon cocoa powder
- 1 teaspoon vanilla extract
- 2 teaspoons honey
- 1½ cups low-fat or fat free Greek yogurt
- 2 cups fresh or frozen raspberries
- ¼ cup shaved dark chocolate or chocolate chips

Equipment and supplies:

- Measuring cups and spoons
- Medium mixing bowl
- Whisk or fork
- Tall glasses, preferably clear

What to do:

1. In medium bowl, whisk together cocoa powder and vanilla.
2. Add honey and yogurt and stir until they're well combined with cocoa mixture. It will turn light brown.
3. Spoon 2 tablespoons of yogurt mixture into the bottom of four clear glasses.
4. Top with some raspberries and repeat until all of the yogurt and raspberries are used up.
5. Sprinkle each parfait with chocolate shavings.
6. Serve or refrigerate until ready to serve.



February Calendar

February 1 – 8:00 a.m. – Medication Checks with Nancy Ballenger
February 2 – Groundhog Day
February 3 – 9:00 – 11:00 - Carousel Skating Rink (for eligible students)
February 13 – 3:00 – 6:00 p.m. – Parent/Teacher Conferences
February 14 – 1:30 p.m. – Valentine’s Day Party
February 14 – 3:00 – 6:00 p.m. - Parent/Teacher Conferences
February 15 – 3:00 – 6:00 p.m. – Parent/Teacher Conferences
February 16 – **No School**
February 17 – **No School**
February 20 – **No School** – Presidents’ Day
February 20 – February 24 – PBIS Drawing Week



March Calendar

March 1 – 8:00 a.m. – Medication Checks with Nancy Ballenger
March 3 – 12:00 – 2:00 p.m. School dance at The Learning Center
March 8 – 2:40 p.m. – PBIS/BLT/Wellness Meeting
March 12 – Daylight Savings
March 16 – 8:00 a.m. - St. Patrick’s Day Breakfast
March 17 – **No School** – Teacher In-service/Work Day
March 20 – 24 – **No School** – Spring Break
March 27 – 31 – PBIS Drawing Week
March 27 – 31 – English Language Arts State Assessment Testing



*The capacity to learn is a gift;
The ability to learn is a skill;
The willingness to learn is a choice.*