



Tri-City Day School
Family Newsletter
January 2017

A HAPPY
NEW YEAR

Dear Parents/Guardians,

Happy New Year! As usual, we have a jam packed spring semester planned at Tri-City Day School. In addition to “hitting the books” again, we have all of the following activities to look forward to: Kansas Day Chili Feed, Valentine’s Day Party, Parent/Teacher Conferences, St. Patrick’s Day Breakfast, Spring Break, Spring Party, Field Trips, Field Day, End-of-Year Awards, Prom, Senior Dinner, and GRADUATION! It will once again be a super busy second semester!

With so many activities coming up, now is a good time to remind parents/guardians about procedures for volunteering at school. All volunteers are required to complete a volunteer form and are subject to a background check prior to volunteering at Tri-City Day School. It is usually a couple days after the background check paperwork is completed before a report is received.

Thank you for your continued participation in your child’s education and remember that I am available at 554-2324 or gkeirns@usd261.com with any questions, comments or concerns!

Wishing you well,

Gina



Winter Break
December 26 – January 3
(First day back for students January 4)



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.



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.



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!



Picture Day - January 17

Individual and group pictures will be taken at Tri-City on Tuesday, January 17. Group pictures MUST be paid for in advance. You will have an opportunity to preview your child's individual picture before deciding if you would like to purchase a packet.

If your child is reintegrating to another school for more than one block, he/she will not be at school in time to get his/her picture taken. We are very sorry for any inconvenience this may cause.



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:

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

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.



Home should be an
Anchor,
A port in
A storm,
A refuge,
A happy place in
Which to dwell,
A place where we are
Loved
And where we can love.

Marvin J. Ashton



In the Southern United States and many other places throughout the world, eating black-eyed peas on New Year's Day is thought to bring prosperity in the New Year. Try this fun, healthy recipe to ring in a lucky 2017!

Happy New Year Confetti Black-eyed Peas



Serves 6-8

Ingredients

- 1 cup chopped green bell pepper
- 1 cup chopped orange bell pepper
- 1 tomato, chopped
- 1/4 teaspoon chili powder
- 1 teaspoon onion powder
- 2 teaspoons lime juice
- Cilantro or basil, to taste
- Salt and pepper to taste
- 2 cups fresh, canned or frozen black-eyed peas cooked and cooled
- 1 cup grated Cheddar cheese
- Sour cream and cherry tomatoes (for garnish)

Instructions

- 1) Stir together chopped bell peppers, onion powder, chopped tomato, chili powder and salt and pepper.
- 2) Add black-eyed peas and top with cheese.
- 3) Serve with corn chips or veggies.



At the beginning of the New Year, it is very popular for adults to set a resolution for themselves. The *American Academy of Pediatrics (AAP) suggests that when you set your own goal, also help your child set a new year's resolution for themselves. Here are a few suggested goals divided by age.

Kids, 5 to 12 years old

- I will drink reduced-fat milk and water every day, and drink soda and fruit drinks only at special times.
- I will take care of my skin by putting on sunscreen before I go outdoors on bright, sunny days. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be friendly to kids who may have a hard time making friends by asking them to join activities such as sports or games.
- I will always tell an adult about any bullying I may see or hear about to help keep school safe for everyone.
- I will keep my personal information safe and not share my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without asking my parent if it is okay.
- I will try to talk with my parent or a trusted adult when I have a problem or feel stressed.
- I promise to follow our household rules for videogames and internet use.

Kids, 13 years old and older

- I will try to eat two servings of fruit and two servings of vegetables every day, and I will drink sodas only at special times.
- I will take care of my body through physical activity and eating the right types and amounts of foods.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities. I promise to follow our household rules for videogames and Internet use.
- I will help out in my community – through giving some of my time to help others, working with community groups or by joining a group that helps people in need.
- When I feel angry or stressed out, I will take a break and find helpful ways to deal with the stress, such as exercising, reading, writing in a journal or talking about my problem with a parent or friend.
- When faced with a difficult decision, I will talk about my choices with an adult whom I can trust.
- When I notice my friends are struggling, being bullied or making risky choices, I will talk with a trusted adult and attempt to find a way that I can help them.
- I will be careful about whom I choose to date, and always treat the other person with respect and without forcing them to do something or using violence. I will expect to be treated the same way in return.
- I will resist peer pressure to try tobacco-cigarettes, drugs or alcohol. I will also avoid the use of e-cigarettes.
- I agree not to use a cellphone or text message while driving and to always use a seat belt.



Stay active and fight off the winter blues, even when storms and cold weather keep you indoors.

- **Build a fort or obstacle course**
- **Boot Camp**
- **Shake your booty and dance**
- **Balloon Volleyball**
- **Hallway Soccer**
- **Crab Walk/Carry**
- **Hula Hoop**
- **Use the Wii Fit or other active video games**
- **Check out GoNoodle.com**
- **Shovel Snow**
- **Gather/rake Leaves**
- **Pick-up Sticks**
- **Indoor camping**
- **Act out a movie**
- **Go to a bowling alley, skating rink or other activity type place**

***Todaysparent.com,
Scholastic.com**

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



January Calendar

January 4 – Tri-City students first day back

January 5 – 8:00 a.m. – Vision and hearing rechecks

January 12 – Accelerated Reader Party for eligible students

January 13 – No school – Building Inservice Day

January 16 – No school – Martin Luther King Jr.'s Birthday observed

January 17 – 8:00 a.m. - Casual individual pictures and group pictures

January 18 – 2:40 p.m. - PBIS/BLT/Wellness Committee meeting

January 20 – Skating/Lunch outing for eligible students

January 23 – January 27 – PBIS Drawing Week

January 26 – Kansas Day Chili Feed

January 27 – No school – Building Inservice



February Calendar

February 1 – 8:00 a.m. – Medication Checks with Nancy Ballenger

February 2 – Groundhog Day

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