



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

Dear Parents/Guardians,

We will begin State Assessments the week of March 27. We will work on English Language Arts Assessments March 27 – March 31. We will work on Math Assessments the week of April 3 – April 7 and work on Science Assessments the week of April 10 – April 14. This will be the fourth year for the newly formatted assessments so we are hoping the technical side will be less challenging to the students this year than it was last year. Please assist us by encouraging your child to do the best that he or she can do and to try very hard to not be stressed out or upset as they are faced with these tests.

Our annual St. Patrick's Day Breakfast will be March 16. You will find a list of needed items for the breakfast in this newsletter. Please do not feel obligated to donate – only send items if it doesn't create a hardship for your family. This is a fun activity the students (and staff) look forward to each year.

Thank you to all who were able to attend Parent/Teacher Conferences. We had an excellent turnout with almost 100% of our families able to participate this year either in person or by phone. Your input in your child's education is invaluable and we appreciate all that you do!

Wishing you well,

*Gina*



*Spring Break March 20 – 24*



**Daylight Savings Time - "Spring Forward" - March 12**



## St. Patrick's Day Breakfast - March 11

The following items are needed for the St. Patrick's Day Breakfast:

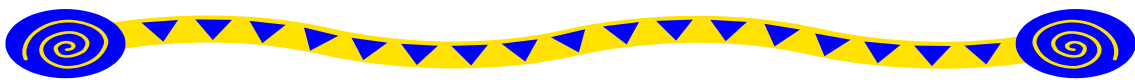
- 6 dozen eggs
- 3 boxes of complete pancake mix (family size)
- 2 gallons of milk
- 1 package 50 cups
- 1 large package of paper plates
- 1 box of 50 plastic forks

Please call Trisha at 554-2324 and let her know if you plan to donate items to the breakfast. Please send items by Wednesday, March 9. Thank you in advance for your consideration!



## Art Show

The USD 261 Art Fair will be at Campus High School on March 30 from 5:00 – 8:00 p.m. and March 31 from 8:00 a.m. – 3:00 p.m. We will work very hard to have a piece of artwork from each Tri-City student featured during the Art Show. It is open to the public.



## What State Assessments Will My Child Take?

State English Language Arts Assessment

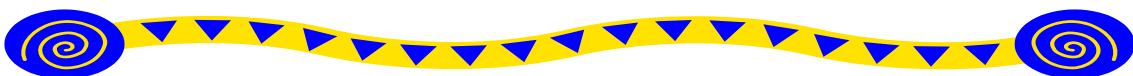
3<sup>rd</sup> grade – 8<sup>th</sup> grade, 10<sup>th</sup> grade

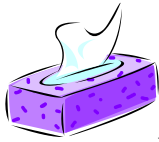
State Math Assessment

3<sup>rd</sup> grade – 8<sup>th</sup> grade, 10<sup>th</sup> grade

State Science Assessment

5<sup>th</sup> grade, 8<sup>th</sup> grade, 11<sup>th</sup> grade





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



### **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)**

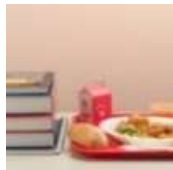
**KZSN - 102**

#### **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](http://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](http://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.



### 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:

March 3 – Annual School Dance

April 28 – Chisholm Garage Sale

May 5 – All Star Adventures Accelerated Reader celebration - \$5.00, extra spending money at parent's discretion and sack lunch (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](http://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

## Bottled and Canned Drinks Brought to School

Please make sure if your child brings a drink into school for later in the day, that it is sealed and in its original container. Students may also bring clear empty water bottles in to fill at school and have with them during the day. Thank you for your cooperation!

## School Dance



We will be having our Fourth Annual School Dance on Friday, March 3. 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 "90's" theme this year. This event is sponsored by the Student Council and their sponsor, Mr. Bargdill.



### March Calendar

<b>March 1</b>	<b>8:00 a.m. – Medication Checks with Nancy Ballenger</b>
<b>March 3</b>	<b>12:00 – 2:00 p.m. School dance at The Learning Center</b>
<b>March 8</b>	<b>2:40 p.m. – PBIS/BLT/Wellness Meeting</b>
<b>March 12</b>	<b>Daylight Savings</b>
<b>March 16</b>	<b>8:00 a.m. - St. Patrick's Day Breakfast</b>
<b>March 17</b>	<b>No School – Teacher In-service/Work Day</b>
<b>March 20-24</b>	<b>Spring Break</b>
<b>March 27-31</b>	<b>PBIS Drawing Week</b>
<b>March 30</b>	<b>5:00 – 8:00 p.m. – Art Fair at Campus High School</b>
<b>March 31</b>	<b>8:00 a.m. – 3:00 p.m. – Art Fair at Campus High School</b>
<b>March 27-31</b>	<b>English Language Arts State Assessment Testing</b>



### April Calendar

<b>April 3-5</b>	<b>Math State Assessment Testing</b>
<b>April 5</b>	<b>Wellness Wednesday</b>
<b>April 5</b>	<b>8:00 a.m. – Medication Checks with Nancy Ballenger</b>
<b>April 10-11</b>	<b>Science State Assessment Testing</b>
<b>April 12-13</b>	<b>No School at Tri-City – required staff training</b>
<b>April 14</b>	<b>No School</b>
<b>April 17</b>	<b>No School</b>
<b>April 22</b>	<b>Earth Day</b>
<b>April 24-28</b>	<b>PBIS Drawing Week</b>
<b>April 25</b>	<b>Fluoride varnish for students</b>
<b>April 27</b>	<b>Family Night</b>
<b>April 28</b>	<b>Chisholm Garage Sale outing</b>
<b>April 30</b>	<b>5:30 p.m. – Senior Dinner</b>

### 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>

# Don't Forget about St. Patrick's Day!!



## Green Lemonade

- 1 to 2 very large apples (200-400g)
- 1 to 2 cups kale (or another green, or omit) (40g)
- 1 to 2 stalks celery, broken into a few pieces, and bottoms cut off (80g)
- 1/3 cup lemon juice
- 3/4 cup water
- optional: a small piece of fresh ginger (or more, for a spicier juice)

Core the apples (no need to take off the skin), and combine all ingredients in a super-high-powered blender like a Vita-Mix. Blend until *completely* pulverized. I like it thick, so I never bother with this next step: Unless you prefer a ton of pulp like I do, you should pour the blended mixture through the finest strainer you own. Discard pulp or use for a different recipe. (Google "juice pulp recipes" if you need ideas.) Use one apple for a more tart drink and two apples for a sweeter drink.

Chances are you're familiar with at least one well-known health awareness observance, such as Breast Cancer awareness month or Red Ribbon week. But did you know the calendar is full of special months, weeks, and days that raise awareness for a variety of important health issues and conditions? They're dates where people with certain health conditions, their loved ones, advocacy organizations, and support groups rally around a common cause: health. This month is no exception, here are just a few of the special health related topics we can celebrate during March!

\*<http://www.healthline.com/health/directory-awareness-months>

## National Nutrition Month

*"Put Your Best Fork Forward"*

- Eat nutrient rich foods
- Make sure to eat fruits and Vegetables daily
- Drink plenty of water (limit sugary drinks such as soda)
- "Eat the rainbow!"

## Brain Awareness Week

(March 14-20)

(BAW) is a nationwide effort organized by the Dana Alliance for **Brain** Initiatives and the Society for Neuroscience to promote the public and personal benefits of **brain** research.



## National School Breakfast Week

(March 7-11)

This week is celebrated to promote the importance of students eating a healthy breakfast every morning. Some states are even encouraging school to serve breakfast after the school day has started (similar to Tri-City) to ensure that EVERY student has the opportunity to eat.

## National Poison Prevention Week

(March 15-21)

- ⇒ Know where poisons might be hiding in plain sight
- ⇒ Keep poison away from children

## National Sleep Awareness Week

(March 6-13)

#BeyondSleepy

This week focuses on the importance of getting a full restful night's sleep EVERY night. It also promotes awareness for certain sleep related conditions such as: **idiopathic hypersomnia, Sleep apnea, depression,**