FALCON TRUSTS ELEMENTARY SCHOOL

Bird's Word

A WEEKLY NEWS SERIES

January 26, 2023

In this week's Bird's Word:

- Message from Mrs. Behnke
- Read a Thon starts next week!
- Falcon Families for Equity and Justice
- Girls on the Run
- Prom Buildings & Grounds
- Flyers
- January and February Lunch Menus

NO SCHOOL Monday, January 30 – Teacher workday day (grades K-8)

Message from Mrs. Behnke

This week as our mitey mariners come upon this wreath hanging on the 2nd grade classroom door, I wonder what they think about when they think or hear about. This is what I wonder. The words about the four things that others say "I love you." In the end of the day, I wonder if they think about the 4 times they were told that they were loved by someone else. Then the artist in a paper and adds it the wreath, "was Lorna. Adelaide Lorna." Lorna, the 2nd grade teacher who died on the 4th. When I asked Sam how she would go about doing the 4th response she "said it is all filled up." Well, if our 2nd graders can pause to notice what someone else is doing, and then, in the end of the day, have enough time and care to take a moment to notice or even do small acts of kindness. It can spread and we all need some KINDNESS everyday.

February is Love to Read month and the time we hold our annual **Read a Thon**. This year's theme is "Food to Read". In a nation of abundance we still have food insecurity and hunger in our community. Our goal is to raise $5,000 to provide food and groceries to our school community with a focus on our Nutrition Program. Please read the materials being sent home with your child/ren to learn more about the challenges our families face and how we can help. Our Nutrition Program, Mrs. Lorna Lane-Fox, has some fun and hunger-conscious impact at Falcon Heights.

Right around the corner is Kindergarten Enrollment Night, February 16th. Do you know someone who is looking for a great school? Please share our information and the strongest parenting tips – trends you so desire for your friends and Falcon Heights, and invite them to visit, call for a tour, or come to our event on the 16th. We are the Falcon Heights neighborhood school and seen as the place to know we welcome them and honored to being a part of their family's school experience.

Winter 2023 Read-a-Thon

Read to Feed

Wednesday 2/1 - Monday 2/13

FEEJ is proud Read-a-thon fundraiser with each seven week thirty-six days week of their reading records from Wednesday 2/1 through Monday 2/13, and the only proceeds to support our Nutrition Program.

The system theme is **Read to Feed**. A portion of our fundraising dollars will be donated to help our Nutrition Program and to feed our students who are food insecure and live in food deserts.

Please mark your calendars with a run date as follows:

- Wednesday 2/1 – Kick off Read-a-thon, see flyer for your teacher's day/time to school
- Monday 2/13 – Read-a-thon ends

Yay! Falcons

FEEJ

FALCON FAMILIES FOR EQUITY AND JUSTICE

FFEJ Updates

We would come to have you join our meeting!

We will hold our next meeting on **Wednesday, February 1st at 7:00 pm.** This will be in person at school with virtual option. We will also accept a Zoom attendee.

This meeting will be with Denise Smith, our district Director of Equity and Innovation. He is joining us to provide updates regarding equity work in the district. He will also lead a discussion on how to have difficult conversations, which we hope will provide a common framework for discussions about equity and antiracism in our schools.

We hope that many of you will join to learn more!

For more information feel free to email us:
- falconfamiliesforequityandjustice@gmail.com

Other upcoming FFEJ events:

[illegible]

Open Gym!
Friday February 3rd
5:30-6:30

Please join us for Open Gym!

Have you been waiting for the perfect opportunity to show off your basketball skills to your kids 3rd grade classmates?

Have you been looking for a cosplay place where your kiddo can release some pent up senior energy, while you sit down and relax? Or maybe you just want to see another grown up?

Whether we cancel generation or interruption, your odds are WAY better at open gym night than at home.

Maybe you've been longing for the chance to see one of those giant rainbow parachutes that you used in gym class in the 90's?

If you can relate to any of these, we'd love to see you and your family at Open Gym Night!

Important notes:
Please plan to stay to supervise your children. We recommended bringing a water bottle and appropriate footwear for the gym.

[illegible]

Family movie night

Friday March 3rd
Doors open at 5:30, movie starts at 6:00

Have fun watching a movie together with friends and family! Bring a blanket or a chair to sit on and popcorn will be provided.

Movie TBD

**Adults required to supervise their children.*

GIRLS ON THE RUN

Girls on the Run

Falcon Heights Elementary will once again be hosting a Spring session of Girls on the Run for **2nd - 5th grade** girls!

Details:

- Registration opens Feb. 1 at www.gotrsm.com
- Program Dates: March 27 - June 3
- Final 5K will be during the first weekend in June
- GOTR meets Monday AND Wednesday, 3:30 - 5:00pm at the school
- Girls must be able to walk/run/roll about each week during the six week session.
- SCHOOL LOCATION: ST CLAIR LRC!

Find more about the program and registration https://www.girlsontheruns.org/will-rolls-steeds-strymon-illinois

Please contact Becky Pierzchala-Gray with ideas or questions/concerns/support/need-help with questions or for assistance signing up!

A Safety Message From Buildings & Grounds

Our Buildings and Grounds crew members do their best to keep the walkways as safe as possible for students, staff, and visitors during the winter months. Please do your part to make every attempt to clear these spaces when it has the best impact on facilities. Here are times where you may see them out cleaning snow and ice. Please keep yourself and your children as far away from moving equipment as possible.

Flyers

ROSEVILLE RAILERS

Register today for Roseville Area Fastpitch

www.rosevilleareafastpitch.org

Youth to High School ages

Girls of all experience levels are welcome!

RAF OFFERS
A fun environment where every girl gets the opportunity to learn and grow

We are a non-profit organization dedicated to providing an opportunity for girls up to 18 years old to compete on the softball field

SEASON RUNS APRIL - JUNE
AGES 10U AND UP
SEASON RUNS APRIL - JULY

Regular season and participation in AAU Tournaments Winter Workouts & Clinics

Roseville Area Fastpitch is an affiliate of Roseville Parks and Recreation

ROSEVILLE COMMUNITY EDUCATION — Youth Enrichment Opportunity!

BEHIND THE SCENES

Who knew making a movie had so many steps? Part of the production team behind the scenes, from actors to cinematographer to create a masterpiece. In this club, we will learn all about the art of making storyboards and how they make movie magic.

To register, call 651-604-2770 or visit ISD623.ce.eleyo.com
Tuesdays, Feb 7 - Feb 28 | 3:30 - 5:00 PM | $35 | 3-6

ROSEVILLE COMMUNITY EDUCATION — Youth Enrichment Opportunity!

3D MELTY BEAD ART

Create your own 3D Perler bead art! Make your designs stick out from other creations. Choose from many different patterns and make something totally original!

To register, call 651-604-2770 or visit ISD623.ce.eleyo.com
Tue Feb 21 - Fri Feb 24 | 3:30 - 5:00 PM | Grades 3-6 | $20

January Lunch Menu

JANUARY LUNCH MENU

Mon Jan 23	Tue Jan 24	Wed Jan 25	Thu Jan 26	Fri Jan 27
Pizza Bar Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Garden Salad, Fruit Cup, Cookie	Pizza Bar Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Garden Salad, Fruit Cup, Cookie	Pizza Bar Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Garden Salad, Fruit Cup, Cookie	Pizza Bar Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Garden Salad, Fruit Cup, Cookie	Pizza Bar Cheese Pizza, Pepperoni Pizza, Veggie Pizza, Garden Salad, Fruit Cup, Cookie
Hot Ham & Cheese Hot Ham & Cheese, Chips, Fruit Cup, Cookie	Chicken Tenders Chicken Tenders, Chips, Fruit Cup, Cookie	Hot Dog Hot Dog, Chips, Fruit Cup, Cookie	Hot Dog Hot Dog, Chips, Fruit Cup, Cookie	Hot Dog Hot Dog, Chips, Fruit Cup, Cookie
Chicken Nuggets Chicken Nuggets, Chips, Fruit Cup, Cookie	Chicken Nuggets Chicken Nuggets, Chips, Fruit Cup, Cookie	Chicken Nuggets Chicken Nuggets, Chips, Fruit Cup, Cookie	Chicken Nuggets Chicken Nuggets, Chips, Fruit Cup, Cookie	Chicken Nuggets Chicken Nuggets, Chips, Fruit Cup, Cookie
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