

February 9, 2023

In this week's Bird's Word:

- Message from Mrs. Behnke
- Read-a-Thon
- From the Health Office
- Attendance reminder
- Scholastic Book Fair
- Family Fun Night planning
- Kindergarten Enrollment Night
- Flyers
- February lunch menu

Upcoming NO SCHOOL days:
TOMORROW! February 10 (Teacher Workshop Day)
 February 20 (Presidents Day)
 March 10 (Teacher Workshop Day)
 March 13-17 (Spring Break)

Message from Mrs. Behnke

February is such a busy month at Falcon Heights Elementary - Black History Month, conferences, I Love to Read - Read-a-Thon, Book Fair, Kindergarten Enrollment Night, Volleyball Staff versus 6th grade... the list goes on. Today I want to pause and share how proud I am to witness the teaching and discussions happening in our classrooms. Just this week in 5th grade they were listening to an interview with Jason Reynolds and Ibram X. Kendi about their book "Stamped." Today's students in Roseville are learning multiple perspectives about our American History which is not what I experienced in school. Jason Reynolds spoke about his love of working with kids and how the children are the antedote to hopelessness. In all of our classrooms students are learning about many Black people in history that have had a tremendous impact on who we are as a nation today. We are also sharing out a message about Black History during our morning announcements. Here are the messages from week 1 and 2...

Black History Month is celebrated each year in the United States during the month of February. Carter G. Woodson is known as the founder of this celebration, which was originally held for only a week and quickly became a month long celebration. Although February is designated as Black History Month, the brilliance of Black Americans are honored each month.

Roseville Nutrition Services has partnered with local chef Sharon Richards-Noel from West Indies Soul Food. One of our Minnesota Thursdays lunches will feature jerk chicken with the recipe developed in partnership with Sharon. You may also see the West Indies Soul Food food truck around the community!

Please continue to read through the Bird's Word to see the many other great things happening this month at Falcon Heights. The big question asked everyday - Will Mrs. Behnke and Mr. Kruger be eating a hot pepper this year? Time will tell.

READ A THON



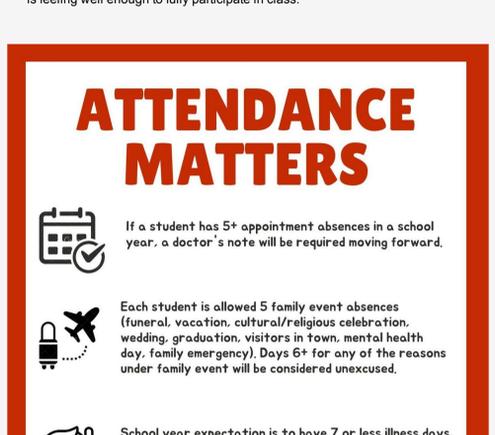
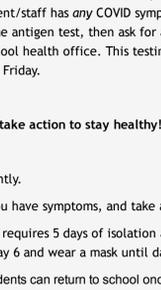
Read to Feed

Thanks Falcon families for participating these past 9 days in our Read to Feed read-a-thon. As we move into the last stretch of this PTA fundraiser, keep in mind that a portion of the proceeds will help to reduce student lunch debt right here at FHE.

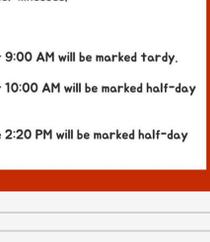
Keep on tracking those at home reading minutes - if we exceed 700,000 reading minutes as a school, Mrs. Behnke and Mr. Kruger will both eat super spicy peppers! 🌶️🌶️🌶️

Send calendars, pledge sheets, and donations to school with readers on **Tuesday 2/14. PLEASE BE SURE TO CLEARLY MARK THE STUDENTS NAME ON EACH SHEET.**

The PTA accepts cash, check, or PayPal donations. Please make out checks to **Falcon Heights PTA**. You can search for the Falcon Heights PTA's PayPal account by email address: falconheightspta@gmail.com or using this handy QR code when logged in to the PayPal app:



From the Health Office



Attendance: Please call 651-646-0816 or email our attendance line at attendance@isd623.org to report absences, late arrivals, early pick ups, etc. Do not call the main office line for attendance reasons unless you have an urgent question.

Common cold and flu season is in our community, along with COVID, RSV, pink eye, stomach bugs, strep throat, in addition to COVID-19. Testing for RSV helps to keep transmission down in schools.

All school health offices are restocked with COVID home antigen test kits for staff and students. Just ask for one! We will send test kits home in a backpack at a parents request, or parents can come pick them up.

Testing clinic free to Roseville students and staff:

Roseville school nurses can refer students and staff for a Rapid PCR test. This test is more accurate than the home test kits. The test is a low nasal swab that tests for four viruses with one swab: COVID, RSV, Influenza A, and Influenza B. If a student/staff has any COVID symptoms, and tests negative for COVID on the home antigen test, then ask for a referral to this clinic. Call or email your school health office. This testing clinic is in Roseville, open Monday through Friday.

Please remember to take action to stay healthy!

- Cover your cough!
- Wash hands frequently.
- Stay home when you have symptoms, and take a COVID test.
- Positive COVID test requires 5 days of isolation at home, then they may return to school on day 6 and wear a mask until day 10.
- Other illnesses: Students can return to school once they are fever-free for at least 24 hours (without the use of fever-reducing medications), and it has been at least 24 hours since the last episode of vomiting or diarrhea, and the student is feeling well enough to fully participate in class.

ATTENDANCE MATTERS

- Calendar icon:** If a student has 5+ appointment absences in a school year, a doctor's note will be required moving forward.
- Plane icon:** Each student is allowed 5 family event absences (funeral, vacation, cultural/religious celebration, wedding, graduation, visitors in town, mental health day, family emergency). Days 6+ for any of the reasons under family event will be considered unexcused.
- Sad face icon:** Moving year expectation is to have 7 or less illness days. School year expectation is to have 7 or less illness days may be required by the attendance team to have doctor's note for further illnesses.
- Warning icon:** Students arriving after 9:00 AM will be marked tardy.
- Warning icon:** Students arriving after 10:00 AM will be marked half-day absent.
- Warning icon:** Students leaving before 2:20 PM will be marked half-day absent.



Book Fair

As part of the I Love to Read month, we are having a book fair! The book fair will be held on February 21-23 in the Gold Gym. We earn back a certain percentage of all sales, which then goes towards buying books for classrooms and the library! If you are able, please consider volunteering. For each hour of volunteer time by an adult, you can earn \$15 in scholastic dollars to spend at the fair or you can donate it to your teacher! The sign up form and additional information can be found here: <https://www.signupgenius.com/go/20F0494AAE28A7F58-scholastic9>

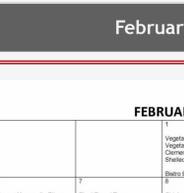
If you are unable to volunteer, we hope you will still stop by to shop! General information about the book fair can be found here: <https://bookfairs.scholastic.com/bf/falconheightselemesch2>

Happy reading!

Family Fun Night planning has begun!

We are in full planning mode for Family Fun Night (FFN) 2023! Mark your calendars in BOLD for May 19th from 5:00-8:00 for FFN 2023!

We are currently soliciting local businesses and events for Silent Auction donations. If you have something to donate or a connection to someone, please let us know or ask for a donation for FFN. Are you a season ticket holder to any for Minnesota sports teams (Aurora, Lynx, United, Vikings, Wild, Twins), own a cabin and willing to donate a weekend getaway or are you a photographer and willing to donate a photo session or two? There are so many ideas and we'd love to have some new and exciting Silent Auction items this year! Contact Lizzie Brodeen-Kuo at lbrodeenkuo@gmail.com for Silent Auction help.



Kindergarten Enrollment Night February 16th

Falcon Heights will be holding our kindergarten enrollment night from 6:00-7:30pm on Thursday, February 16. Families and incoming kindergartners (5 years old or as short by September 1, 2023) are welcome! It will be open house style, so stay as long or as short as you like and meet our wonderful kindergarten teachers, principal and other staff, see the kindergarten and specialist classrooms, library and cafeteria.

Flyers

CITY OF LITTLE CANADA
 Spring activity registration begins February 11!

PARKS & RECREATION

Wildlife Walk: May 20 from 1-3 PM at Spooner Park (Ages 6-10)

After School Pickleball: Thursdays beginning April 20-May 18

After School Tennis: Tuesdays beginning April 4-May 23

Softball, Baseball & T-Ball: Practices will begin late April

Summer Gymnastics: Tuesdays, May 2-June 20

Archery: Stay tuned for more details!

Questions? Email parks@littlecana.com or call 651-1766-4042

ROSEVILLE COMMUNITY EDUCATION Youth Enrichment Opportunity!

SCULPTED SCIENCE: TURN MILK INTO PLASTIC

Did you know that until 1945, milk was commonly used to make many different plastics? In this fun session, we will go step-by-step to find out how milk can be turned into plastic. You will make your own casein plastic out of hot milk and vinegar, and then color and shape it into an amazing piece of art!

To register, call 651-604-3770 or visit isd623.ce.eleyo.com Thursday, Mar 2 | 3:30 - 5:30 PM | \$19 | Grades K-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 uniquely yours!

To register, call 651-604-3770 or visit isd623.ce.eleyo.com Tue Feb 21 - Fri Feb 24 | 3:30 - 5:00 PM | Grades 3-6 | \$39

ROSEVILLE COMMUNITY EDUCATION Youth Enrichment Opportunity!

ROSEVILLE WINTER OPEN CHESS TOURNAMENT!

K-12 chess players are invited to participate in the "Roseville Winter Open" Whether you have participated in a chess club or not, you are invited to compete in this short, fun tournament! Time controls will be used when necessary to keep the tournament within time constraints. Pre-registration is encouraged, but walk-ins will be accepted. Players are not eliminated. Everyone plays in each round unless there is a bye because of an odd number of participants. Typically consists of 4-5 rounds! Join us!

To register, call 651-604-3770 or visit isd623.ce.eleyo.com Friday, Feb 10 | 8:00 - 11:00 AM | \$20 | Grades K-12

ROSEVILLE COMMUNITY EDUCATION Youth Enrichment Opportunity!

SELF AWARENESS & SELF DEFENSE FOR YOUTH!

Safety is about the situation, self-awareness and self-defense. Learn the fundamentals, effective responses to practical situations, and experience hands-on exercises. Build a strong foundation for strength and confidence in yourself.

Note: This class is youth-focused, but parents are welcome to watch.

To register, call 651-604-3770 or visit isd623.ce.eleyo.com Thursday, Feb 23 or May 11 | 6:00 - 8:00 PM | \$55 | Ages 8+

February Lunch Menu

FEBRUARY LUNCH MENU			
1	Vegetable Egg Roll Vegetable Fried Rice Cantonese Shrimp Edamame	2	Turkey Chili Compared Roasted/Parsnips Potatoes Siberian
3	Beef Burrito	4	Beef Burrito
5	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	6	Plant Based Taco Tortilla Cherry Refried Beans Siberian
7	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	8	Chicken Dumplings Whole Grain Bread Green Peas Biscuits
9	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	10	Cherry Chicken Tender Seasoned White Potatoes Orange Wedges Siberian
11	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	12	Beef Burrito
13	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	14	Beef Burrito
15	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	16	Beef Burrito
17	Cherry Muffin Mozzarella Slice Mashed Potato Apple Wedges Baked Biscuits Roasted Chicken Build Your Own Parfait	18	Beef Burrito
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