



September 13, 2024

Message from the Principal

To KTA Families and Friends:

We are in the **HOME STRETCH** of our **PTO STEP IT UP FUNDRAISER!!! WE NEED YOU!!! WE NEED EVERYONE** to help out, as everyone contributing gets us to our **GOALS!!!** This is the **BIGGEST** PTO fundraiser of the year and we really hope to hit our mark so that we don't have to do any more asking or fundraising. **THANK YOU** in advance for your contributions and the contributions of your families and friends. **There's still time to reach out to those family members and friends who might consider making a contribution to KTA!!!** The fund drive ends on **September 17.**

THANK YOU to all the families who attended and participated in our **FALL PARENT/GUARDIAN CONFERENCES!!!** It was a great opportunity to connect with teachers, learn how your children are progressing and to share in setting goals for the next quarters of the school year! We appreciate your time and efforts to work together in collaboration for your children. We know that working together we can set the stage for great success for all of our students!!!

DID YOU KNOW that we had a lovely **September 11 Flag Ceremony?** We all came together on the morning of 9/11 to remember and recognize the contributions and sacrifice of our military, police, fire fighters, and first responders, and to remember and reflect on the tragic events of September 11 2001.

Are you getting ready for our **ANNUAL FALL FESTIVAL!??** It's set for **Friday November 8** on our **KTA Campus.** We have lots of great things planned, including bounce hoses, a candy parade, games, face painting and so much more!!! Students can wear their Halloween costumes if they desire. Mark your calendars **NOW**, and be sure to plan to volunteer for at least one 30 min slot! **WE NEED YOU!** WE can't possibly organize and put on such a **HUGE EVENT** without the input and volunteer hours of **MANY MANY PARENTS and FRIENDS!!** Please mark your calendars and be sure you plan on some volunteer time!!! Thank you!!!

MONDAY September 16 is our **FIRST AVID SPIRIT Day** and we look forward to the creative outfits and costumes students may be wearing to showcase different careers and aspirations. **REMEMBER STUDENTS MUST HAVE COMPLETED AND SUBMITTED THE FORM to their teacher to GET PRE**

APPROVED for their clothing if they are wearing a career outfit. Students may wear jeans (no rips or tears) and college t shirts or jerseys without an approval form.

THANK YOU again for your support and partnership!

Marianne L. Lescher, Ph.D.
Principal



MORNING DROP OFF BEGINS at 7:00 am

Parents and guardians: We have noticed increasing numbers of students getting dropped off before 7:00 am on the Galveston side of the school (by the bike rack). **PLEASE do not drop off students this early, as there is NO SUPERVISION of students until 7:00 am.** This is for the safety and security of your children.

THANK YOU in advance for following this school procedure.



Step It UP Fundraiser ends Monday!

We have currently raised \$23,400 in our Step It Up Fundraiser! Our goal is to raise \$31,000 to be able to provide our school with many of its needs. We can accept donations until Monday, so please share with family and friends if you have not already and help us reach our goal! Cash, Check and Venmo (@KTAPTO) are all welcome, please include the student's name. Cash and checks can be turned in to the front office.

Online donations:

<https://stepitupkids.org/kta/>

See our progress:

<https://sites.google.com/view/ktapto/step-it-up>

Crewneck & Hooded Pullover Sweatshirts



**ON-LINE SPIRIT STORE
ORDER BY SEPTEMBER 28, 2024**

On-line SPIRIT STORE is now open.

Don't miss out. This is the only opportunity you will have to order sweatshirts. Please be sure to order the correct sizes. Youth sizes say "YOUTH". Adult sizes do not say anything. Orders due by September 28!!! No exceptions!!!!

https://stores.inksoft.com/ksdaz_kta/



**Fall Festival
Friday
Nov 8th
5:00p.m. to 8:00 p.m.**

Do you have a business you would like to promote? The PTO is now accepting requests to host a table at our Fall Festival! We ask that you either donate an item to our raffle or host an activity. If you are interested please fill out the form below, or share with anyone you know that could be interested!

<https://forms.gle/uot53wJ7n7L4SZVq9>

The PTO is seeking items to be donated for our **Annual Raffle** held during Fall Festival! We are working hard requesting items from businesses, but if you are willing to donate an item or request items from local businesses, please email ktaptotigers@gmail.com!

Volunteer Sign Up - Coming Soon!



COOL essay contest!
Aligns with AVID!!!!

State Treasurer 5th/6th Grade Essay Contest.
* 5th and 6th Grade Teachers* Arizona State Treasurer Kimberly Yee and the AZ529 Education Savings Plan are hosting an essay contest for kids. The 2024 Essay Writing Contest invites Arizona 5th and 6th graders to submit essays explaining their dream job and the steps they'll take to reach it. Winners will receive \$529 toward an AZ529 Education Savings Plan to fund their future educational aspirations! Entries accepted through October 6, 2024. Limit one entry per student. Enter and see full contest rules, visit AZ529.gov/EssayContest.



Quarter 2 Sports

Registration will open on Sept. 9 and will close on Sept. 27

Girls Flag Football-Boys Basketball- KTA cut sport
Coed Cross Country - KTA non-cut sport
Girls Soccer (Cut sport, tryout at Pueblo Middle School)

Please join us as we cheer on our KTA Tiger Volleyball team.
Next game: September 16 @ Pueblo at 4:30 p.m.

Questions??? Contact Stacy Millyard

Stacy Millyard- Student Services Secretary
Kyrene Traditional Academy
Tel: 480-541-5404 Fax: 480-541-5410

Tempe Coalition Celebrating Champions for Youth

Middle School Only
Deadline: October 4, 2024

The Tempe Coalition is pleased to announce the 8th Annual Celebrating Champions for Youth event on October 24th. Nominations are now open and can be submitted [here](#). This award recognizes a youth (or a group of youth) who has continually set and achieved goals to reach their full potential and inspire their peers to do the same OR has overcome adversity and challenges, demonstrating resilience, determination and leadership. Nominees must be between the ages of 12-19. All middle school students in Kyrene between the ages of 12-19 are eligible.



Parents/Guardians/Teachers/Friends/Family:

Where did you attend college? Would you love to have your college pennant part of our pennant showcase in the Multi-Purpose Room?

We would love donations of pennants from any college. You can buy them from anywhere, but we found this resource:

https://collegeflagsandbanners.com/sports_pennant_sets_763_ctg.html

You can buy individual pennants or sets. We would love to see all the colleges! Colleges only please! No professional teams. We are hoping to stick to a 26" in long size.



NO SCHOOL - Fall Break

September 30 - October 4
October 7 - October 11

ALSO

October 14 - No School
October 15 - No School



AVID Spirit Day

Monday, September 16, 2024

KTA is an AVID School. AVID stands for Advancement Via Individual Determination. It's an international program that focuses on building student's skills and characteristics for school, college and career success. KTA focuses on academic skills such as organization and note taking and also support students in developing skills in collaboration and teamwork. Every classroom uses AVID strategies for student success. To encourage even more attention on AVID, we have designated four, quarterly AVID SPIRIT DAYS. On AVID Spirit Days students and staff may wear College OR High School shirts along with jean bottoms (no rips or tears). If students want to dress up in a *career oriented outfit* to promote AVID skills, they **MUST** fill out the form in the front office, and turn it in to their homeroom and/or advisory teacher 1 day prior to the AVID Spirit Day.



RED ROBIN RESTAURANT NIGHT

Friday, September 20

All Day

3420 W Chandler Blvd, Chandler AZ 85226
Save the date! Watch for flyer!



All medication must be brought to the Health Office and picked up from the Health Office by an adult. Students should not carry medications to and from school.

CHANGE OF PLANS

If your child's after school plans change please call the office by 2 p.m. (12:00 p.m. on Early Release Days) so that we can notify the appropriate staff.
480-541-5400



What Does Patriotism Mean To Me!!!!

The Chandler Elks would like to invite 5th - 8th grade students to participate in this essay contest. Each grade competes only within their own grade. Essays will be submitted to the Chandler Elks for consideration. The local Chandler Elks provides awards for 1st, 2nd, & 3rd place in each grade category and they are awarded at their annual Youth Awards Dinner. Winners at the Chandler level will be forwarded on to state and national levels. For an application, please email Sandy @ stheob@kyrene.org OR stop by the office. Essays are due by December 15 and must follow all contest rules.

[View Full Calendar](#)

Upcoming Events

September 16	AVID Spirit Day
September 20	Red Robin Restaurant Night
September 26	All School \$1 Free Dress Day
September 30-October 4	No School - Fall Break
October 7 - 11	No School - Fall Break
October 14	No School - Teacher Plan Day
October 15	No School - Staff Development
October 16	School Resumes - First Day of 2nd Quarter

October 23

Picture Retake Day

October 24

Middle School \$1 Free Dress Day



As Arizonans, we know that we are on the home stretch of summer. We know that the hot weather will begin to cool, and we can start looking for more exciting things to do outside. This is also a time for change and rejuvenation. I thought it would be a good time to focus on **How to Truly Rest Your Body, Mind, and Spirit.**

If you've raised kids, you're likely well acquainted with that burst of energy that they seem to have first thing in the morning. I would often wake up to the sound of my babies cooing and gurgling in their cots, or my toddlers waiting to be let loose from their cribs. They had slept well and were ready for the day.

But when is the last time you felt so restored after a night's sleep? As we grow older, we lose touch with our natural sleep cycles. The [stresses](#) and constant distractions of the world, not to mention the interpretation of events by our own minds, can mean that we never wind down enough to fully experience that beneficial, restful sleep.

Millions of us struggle with the very common issue to waking up as though we never really went to bed. And then we zombie around during the day feeling tired, in pain, ready to snap, or unable to be present with our lives.

For a long time now, I've certainly been one of those millions. In my efforts to put an end to the agonizing loop of feeling too tired to fall asleep, I came across the work of Dr. Sandra Dalton-Smith, M.D., a physician, researcher, and author of the book *Sacred Rest*. Her way of reframing what respite truly means made all the difference to me. Sleep, she says, is but one of many forms of rest. To experience restorative sleep, we need to pay attention to all the other forms during the day.

If you relate to any of this, here are four "buckets" of rest you may want to consider. Within each, you may stop activity—sleep, for example, is cessation of activity in the bucket of physical rest. Or, you may initiate activity; doing something creative, in the spiritual bucket, can feel restful if your intention is to [let your creative energies flow](#).

Physical Rest

Physical rest isn't limited to napping and sleeping. It also includes turning the volume down on sensory input, especially nowadays when we're bombarded with incessant external stimuli. During the

pandemic, this bombardment likely worsened as we became glued to [our devices](#) to keep on top of the news. To access this form of rest, intentionally disconnect every few hours. Close your eyes, put on soothing sounds, and give your senses a break.

Mental Rest

This is one I personally struggle with a lot, the inability to switch off my mind. I've learned that taking short breaks of mindful silence or creating lists that I dump all my thoughts and tasks onto regularly during the day helps me unwind for a good night's sleep. Sometimes, I do this at night, as well, if I'm unable to drift off. It reassures me that I won't forget my ideas come morning.

Emotional Rest

This is the kind of rest we need to get in touch with our feelings. Otherwise, they bother us all day, and certainly become loud at night, transforming into catastrophic scenarios that make it impossible to get the Zzzs we need. [Body scan meditations](#) are very helpful, where you shine the light of your awareness on different parts of your body to undo tension, and to understand what your emotions may be asking of you.

Spiritual Rest

The sources of spiritual rest vary depending on our beliefs and what we find uplifting. For some of us, it comes from religion and prayer. For others, it comes from song, dance, walking in nature, or pursuing a passion. It can certainly come from community, or from making a difference in someone else's life. In essence, it's anything that makes us feel part of something larger than ourselves.

I can't guarantee that any of these strategies will give you a quick fix. But what I can say from my personal experience nurturing all four types of rest is that not only is my sleep far more restful, but I also feel transformed as a person. I'm far more present with the people I love and lead. My focus and creativity has never been better. I feel a sense of belonging with the world that makes me deeply grateful to be alive.

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Jen Woolf, MAS-MFT, LAMFT
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Peer Mediation & Photography Teacher
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Contact Us

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Phone: 480-541-5400

Fax: 480-541-5410

Attendance: 480-541-5401

School Hours: 7:25 am – 2:15 pm
Wednesday 7:25 am - 12:15 pm

Office Hours: 7:00 am – 3:30 pm
Wednesday 7:00 am - 1:30 pm