



September 20, 2024

Message from the Principal

Hello Kyrene Traditional Academy Families and Friends:

We are just a week away from the end of the first quarter of this school year and from **FALL BREAK!** This first quarter went pretty fast!! The weather is finally getting cooler, thank goodness, and we have returned to regular recess schedules on most days! The students and teachers are happy that the excessive heat is behind us! We have had a busy week or so and here are some highlights:

- **Sixth graders** had a wonderful opportunity to meet with representatives from the **Chandler Police and Fire Departments as part of Hispanic Heritage Month.** The police officers and firefighter shared their background and experiences that brought them to these professions and shared the struggles and challenges they worked to overcome in their lives. It was a message of hard work, achieving goals and perseverance. The students asked great questions and we all learned so much! Thank you to the **City of Chandler** for their continued partnership.
- Mrs. Woolf, our wonderful school counselor and Ms. Thompson, our amazing school psychologist presented the program **Signs of Suicide** to middle school students this week. As we all know, suicide among middle and high school students has increased nationwide and this program raises awareness and gives students tools and resources for themselves and for their peers.
- Our **Girls Volleyball team** played their last games of the season this week and we are **SO PROUD** of them and their progress and accomplishments. Their **teamwork, dedication, hard work and GRIT** serves as an example to ALL of our students.
- We had a fun **AVID SPIRIT DAY this week!** **AVID stands for Advancement Via Individual Determination** and focuses our work with students on study skills, organization, academic skill building and overall readiness for college and career exploration! Students dressed up for a profession they may aspire to and we had some great student participation!
- **Elementary Principal Lunch and Middle School Store** occurred today and the students had a **BLAST** with these fun celebrations of hard work and goals met!!!

This coming Monday we will celebrate and remember the life and legacy of **KTA Teacher Dr. Karen Knight**, who was a KTA and Sureno teacher for many years and spent her professional life and career

supporting student literacy. Dr. Knight passed away in May after a very prolonged illness and our school and PTO have partnered to launch the **Dr. Karen Knight Book Project**...and the KICK OFF for students is Monday September 23! 7:45 am. ALL first grade students will receive a new copy of a book from donations and money raised for this very special project! The public is welcome to attend this brief event on Monday morning....if you are attending please enter through the Metro side door to the library, beginning at 7:30 am. The event will begin at 7:45 am.

Thank you all for your continued support and dedication to public education in Arizona.

Marianne L. Lescher, Ph.D.
Principal



RED ROBIN RESTAURANT NIGHT
Friday, September 20
All Day

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



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.



Families and friends of KTA!
We are overwhelmed and elated at the amazing support for our fundraiser!

We are in the home stretch - with 48 hrs left (donations close at midnight Saturday night!) - and we **ONLY NEED** another \$1756 to meet our goal!
Wow!!!

That goal gets all our students a school-wide PJ dance party with Dr. Lescher and Mrs. Vester! This helps us put on our Fall Festival and other fun events FOR OUR STUDENTS and staff for the entire year - plus all the things we NEED - like new chairs, shade and equipment our school needs!

STEP IT UP FUNDRAISER

**DEADLINE
EXTENDED:
September 21
@ Midnight**

**WE ARE SO CLOSE
TO MEETING OUR
GOAL!!!**

So - We need your help one more time! If every family sent only another \$10-\$15 in the next two days - WE WILL MAKE IT!

Post on social media!
Share on Facebook and instagram!
Here's the link!
[Kyrene Traditional Academy
stepitupkids.org](https://www.kyrene-traditional-academy.org/stepitupkids.org)

Call your family! Call your friends!

If you don't want the prizes - we can accept Venmo donations to @ktaptotigers

If you want to send cash - we accept cash!

Email us @ktaptotigers@gmail.com

Help us help our school and your students and amazing teachers and staff!!

We are so close!! Thanks everyone!
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/



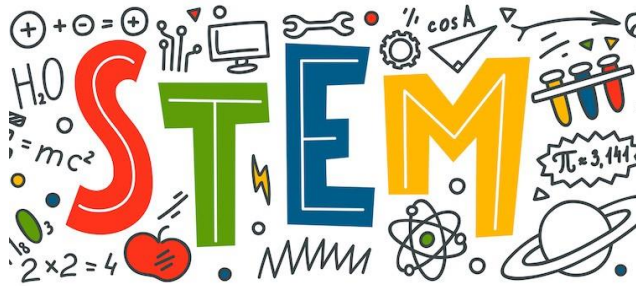
Fall Festival
Friday
Nov 8th
5:00p.m. to 8:00 p.m.

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!



Tuesdays and Thursdays we are opening up STEM lab to parents and guardians. Use the Sign-up Genius link if you are interested. Helpers will visit with students while they work on creations or experiments. Mrs. Abel will meet you in the office and go over whatever projects are going on that day. It's super fun and easy. STEM lab isn't about having all the answers, it's about asking why and how our world is put together. Help us inspire future scientists and creative thinkers!

List your child's classroom teacher so we can be sure your student will be visiting the lab while you are there. Any questions? Email- Mrs Abel mabel@kyrene.org

[STEM lab sign ups](#)



Shirt Brand: Jerzees Dri-Power Active

Turkey Trot 2024 T-Shirts!

PTO is selling t-shirts to celebrate our Annual Turkey Trot for \$10 each! T-shirts are available for the whole family, the brand and a sizing chart can be found on the flyer!

Orders are due by Friday, October 18th, which is right after Fall Break so don't wait and miss out! T-shirts will be sent home with the

Orders Due October 18

student listed on the form the week of November 18th to be ready for our Turkey Trot on November 26th!

Send completed forms back to school with cash or check, or Venmo @KTAPTO with Turkey Trot Shirts- *your student's name*

Flyer:

<https://acrobat.adobe.com/id/urn:aaid:sc:us:7a219e12-2c37-4cb3-a6b3-f39f11e9ce50>



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](https://www.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



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.



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 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
Certified School Counselor/
Peer Mediation & Photography Teacher
Kyrene Traditional Academy
P: (480) 541- 5549 | E: jwoolf@kyrene.org



Making A Difference!

The Kyrene Foundation is holding their 2nd Annual Green for Kyrene Campaign this week! The campaign this year is entirely digital, and your contribution - no matter the size - will help families throughout our district. Donations can be made [online](#).

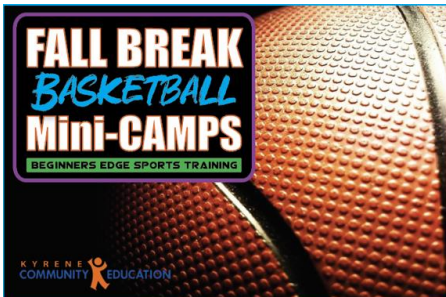


Join us for [Calm Bodies, Ready Mind](#): Understanding Sensory Processing and the Functions of Behavior to Promote Home and Classroom Readiness. Join [Brianna Armijo](#), Lead Behavior Intervention Teacher and [Amy Hecker](#) OTR/L, Lead OT to learn different strategies to support self-regulation and sensory processing to improve your child's readiness for home life and in the classroom. Click the link to register.

Monday, Sep 23, 2024

6-7:30 pm

C.I. Waggoner Elementary School



Where: Pueblo Middle School Gym

Price: \$105

When: October 7 - 11, 2024

1st & 2nd Graders: 9:00 - 11:00 a.m.

3rd - 5th Graders: 11:30 a.m. - 1:30 p.m.

6th - 8th Graders: 2:00 p.m. - 4:00 p.m.

For more information & to register: [CLICK HERE](#)

Questions: 480-541-1000

Contact Us

Kyrene Traditional Academy
3375 W. Galveston St.
Chandler, AZ 85226

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

