



November 8, 2024

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## Message from the Principal

KTA Families and Friends:

**TONIGHT IS OUR WONDERFUL AND AMAZING ANNUAL FALL FESTIVAL!! 5:00-8:00 pm**

**Enter campus through the METRO SIDE GARDEN GATE**

At the main entrance you will have opportunities to buy tickets and wristbands.

Please see the specific info later in this newsletter as well, with details on pricing and items being sold.

**THIS IS A SIGNATURE SCHOOL EVENT!! DON'T MISS IT!**

It is always a wonderful event! 6:15 is the CANDY PARADE on the elementary basketball court area.

***There's still time to VOLUNTEER!!! WE NEED YOU! Please stop by the ticket table at the event if you are able to volunteer for a short 30 min spot!!!***

November is a busy month at KTA and here are some other upcoming events!

- Wednesday Nov 13 is **WORLD KINDNESS DAY**
  - Throughout classrooms, students will be engaging in some activities to promote kindness
- Thursday Nov 14 is **RUBY BRIDGES DAY**
  - This is the second year we are commemorating Ruby Bridges - a first grade student on the front lines of equitable school access
- Wednesday Nov 20 is **PTO Restaurant Night at McDonalds!!!** This is always a SUPER FUN NIGHT!! Staff will be working the event and we will also have a TIP jar to support PTO projects and school support.
- Tuesday Nov 26 is **TURKEY TROT** and also **CEREAL BOX STEM CHALLENGE**
  - Turkey Trot is in the morning!! ALL are invited! The afternoon will bring a schoolwide cereal box domino challenge

**IF YOU ARE THE PARENT OF AN 8th GRADER: The Corona del Sol Course Selection Sheets are DUE NOV 14!**

**DO YOU HAVE ARTISTIC SKILLS IN MOSAICS??** *We are looking to expand and add to our mosaic at the entry to our school.....and are at the beginning stages of planning for a spring event to design and*

install several new mosaic areas. If you are interested in working on this project, please email directly to Dr. Lescher at [mlesch@kyrene.org](mailto:mlesch@kyrene.org) for more information.

Thank you for your continued support and collaboration.

Dr. Lescher  
Principal



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



**VETERAN'S DAY** - Monday, November 11  
No School in honor of our veterans!

Spirit Day: Tuesday, November 12  
WEAR RED IN SUPPORT OF OUR TROOPS!!!  
Still in uniform!



**RUBY BRIDGES: Walk To School Day**  
Thursday, November 14

Spirit Day: Wear purple to support the nationwide movement to make a difference.

On the morning of the 14th, there will be a special walk/entrance for students to follow. Parents are invited to line the walk in front of the school and cheer for the kids. There will be signs of encouragement along the walk as well.

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## BOXED CEREAL COLLECTION

Donations for boxes of cereal are being requested for a STEM project that KTA will be doing. We are doing a cereal topple event with students. All cereal donated for the event will be then donated to the Kyrene Family Research Center.

Cereal is needed by Monday, November 25, and can be dropped off at the school office.



## Thanksgiving Lunch Tuesday, November 19

The KTA cafeteria is offering a Thanksgiving Lunch on Tuesday, November 19. Like a regular Tuesday, parents are invited to join us for lunch.

The lunch schedule is as follows:

Kindergarten:	10:30 a.m. - 10:50 a.m.
1st Gr:	10:35 a.m. - 10:55 a.m.
2nd Gr:	10:40 a.m. - 11:00 a.m.
4th Gr:	11:10 a.m. - 11:30 a.m.
3rd Gr:	11:15 a.m. - 11:35 a.m.
5th Gr:	11:15 a.m. - 11:35 a.m.
6th Gr:	11:50 a.m. - 12:10 p.m.
7th/8th Gr:	12:01 p.m. - 12:21 p.m.

Parents can purchase a school lunch for \$3.90. Cash only and you must have exact change. The cafeteria is not able to make change.



McDonald's Night

Wednesday, November 20, 2024

Time: 4:00 p.m. - 7:00 p.m.

2640 W. Chandler Blvd

Chandler, AZ 85226

Ask your teacher when they are serving.



## \$1 FREE DRESS DAY

Thursday, November 21, 2024

Make a \$1 donation to the KTA PTO for a free dress day. Attire must still be school appropriate.

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## TURKEY TROT

KTA is holding its annual Turkey Trot on Tuesday, November 26. Trotting times are as follows:

K - 2 8:00 a.m. - 8:40 a.m.

3 - 5 9:00 a.m. - 9:40 a.m.

*More info coming home soon! Save the date*  
PLUS: SPIRIT DAY - Sports Theme

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## NO SCHOOL

Wednesday, November 27

Thursday, November 28

Friday, November 29

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KTA Craft Fair: Saturday, November 23rd  
8:00am to 1:00pm

Come check out some amazing shops and do some Holiday shopping! We have some great vendors lined up, so please make sure to invite family and friends as well!

If you would like a booth slot, please email the PTO at [ktaptotigers@gmail.com](mailto:ktaptotigers@gmail.com) ASAP

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December 15 Deadline!!!!  
Essays Due to Ms. Sandy in the front office.

### 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. Essays are due by December 15 and must follow all contest rules.

[View Full Calendar](#)

## Upcoming Events

### NOVEMBER

November 11	Veteran's Day: No School
November 12	Spirit Day: Wear Red in Honor of Veterans
November 14	Ruby Bridges Day: Wear Purple
November 19	Thanksgiving Lunch - Parents/Guardians are invited to join us for lunch.
November 19	Marimba Cats Concert @ 6:30 p.m.
November 20	McDonald's Night 4 p.m. - 8 p.m.
November 21	\$1 Free Dress
November 23	KTA Craft Show
November 26	Turkey Trot (more information coming soon)
November 26	Spirit Day: Sports Theme - come ready to trot!!!
November 26	Cereal Box Challenge (more information coming soon)
November 27 - 29	Thanksgiving Break - No School





With the holidays quickly approaching I wanted to address 7 ways to ask for help when you're feeling down. Sometimes needing help can put you in a vulnerable place, but it doesn't have to be that way. Globally, depression affects up to [300 million people](#), and [1 in 13 people suffer from anxiety](#), according to the World Health Organization. Although the disorders are treatable, less than half actually receive treatment. Despite efforts to erase negative stigmas around mental health, the faulty assumption sticks and can be a main barrier to those seeking support. To make getting the support you deserve easier, here are seven ways to ask for help when you're feeling down.

#### Determine What You Need from Friends and Family

Before reaching out, consider what you need most: a conversation, a hug, both? The more specific you can be, the better your loved ones can support you. Here are a few examples.

- *"Hey, I haven't been feeling great lately, and think I need help from a friend. Could we plan a weekly face-to-face meetup or phone call? I think it would have a positive impact on me."*
- Recent [studies](#) have shown [loneliness](#) can create stress in the body and have a negative impact on health, so [human connection is crucial](#) for your well-being. The meetups don't need to be fancy, just something that allows for repetition and quality time, such as an after-work tea.
- *"Hey there. I haven't been feeling great lately, so could I ask you a favor? Could you text me each morning to check in on how I'm doing? I think it'll help me quite a bit."*
- If you don't live near your family or friends, this is a great way to get someone engaged. You don't need to go into details about how you're feeling and why you're asking for the favor. All you have to do is [reach out and begin to bring someone else on board](#) to help in your healing.
- *"Hi, I may have mentioned this, but I haven't been feeling great lately and need your help. Do you have a few minutes to talk right now?"*

If the person you're trying to reach can't speak when you need them, move down your mental list of loved ones and keep going until someone is available. If you aren't able to reach someone and are still feeling down, call a 24/7 mental health hotline or visit a health clinic near you.

#### Call a 24/7 Hotline

Hotlines are a great way to access a trained professional who can talk through [your emotional state](#) with you. The hotlines listed below are free, confidential, and available all day, every day.

1. [National Suicide Prevention Lifeline](#) - 1-800-273-8255 (U.S. only)
2. The National Suicide Prevention Lifeline is a network of 161 crisis centers taking calls from across the country from individuals who are facing suicidal ideation or emotional distress. If you are upset and contemplating suicide, an expert will speak with you and listen to your feelings.
3. [International Association for Suicide Prevention](#)
4. The International Association for Suicide Prevention is a nonprofit run by professionals and volunteers from more than 50 different countries. The organization's website offers international resources, including crisis center locations, websites, and phone numbers based on region.
5. [SAMHSA Hotline](#) - 1-800-662-4357 (U.S. only) The Substance Abuse and Mental Health Services Administration (SAMHSA), a department within the U.S. government, runs this hotline. Free and confidential, the hotline is a treatment referral and information service for individuals and families facing mental and/or substance use disorders.

#### Use Community Resources

If you're looking for support outside of your inner circle and a hotline doesn't feel quite right, there are many local organizations that can help, such as community and religious centers.

Find a Local Support Group: If you live in the United States, you can search for a local support group in your area through the [Anxiety and Depression Association of America](#). You just enter a support topic and your state. From there, the website will populate a list of groups in your region. Try multiple support topics for more groups. For a list of international anxiety and depression support groups and hotlines, visit [Cocoonais](#).

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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](mailto:jwoolf@kyrene.org)

Refer someone else for Counseling: <https://forms.gle/2n9ff1GWMuTnCLCo8>  
Refer yourself for Counseling: <https://forms.gle/ydwLL9YqLb72hCoQ6>  
Parent Consent for Counseling: <https://forms.gle/jMPPkGu5m7ipFVo16>  
Peer Mediation Referral: <https://forms.gle/wwYAxPTE6KpPsS1Q7>



### [Generation Pantry](#)

Open Wednesdays and Saturdays  
Doors open at 9:30 a.m. Served until 11:00 a.m.  
Food is given out first come, first served

When you arrive, check in and get a number.  
When your number is called you can start picking up your food.

Where: 11832 S. Warner Elliot Loop, Phoenix, AZ 85044  
480-986-3149 [info@generation.church](mailto:info@generation.church)



We are still registering for Cross Country and the expiration date for that is November 8th.  
Contact Stacy Millyard for more information.  
[smillyard@kyrene.org](mailto:smillyard@kyrene.org)

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## Positive Parenting Series - November Presentations

The Kyrene School District is pleased to continue the successful Positive Parenting Series this school year, focusing on issues that affect families both at school and at home. We hope you can join us.

**Nov. 7 - How to Thrive with Strong-Willed Kids: An Introduction to Parenting the Love and Logic Way**  
How to Thrive with Strong-Willed Kids: An Introduction to the Parenting the Love and Logic Way

Parents are invited to learn about The Love and Logic approach to parenting, which is built around the science of caring and respectful relationships. An authentic, loving connection between parents and their children forms the foundation of good behavior and healthy decision-making.

**Presenter:**  
Larry Kerby

**Date and Time:** November 7, 2024 6:00-7:00pm

**Location:**  
Centennial Middle School, 13808 S 36th St., Phoenix, AZ 85044

[Registration Link](#)

**Nov. 13 - The Neurosequential Model of Education: Information for Families on how to support Regulation, Relation, and Reasoning**

This session will provide information regarding the Neurosequential Model of Education by Dr. Bruce Perry, author of *Boy Raised as a Dog* and co-author of *What Happened to You?* with Oprah Winfrey. The NME model is a developmentally sensitive and biologically respectful approach that supports families and schools in their work with students. Focus of this session will be an understanding of the NME model as it applies to child development, as well as helpful strategies and methods for families to use to regulate, relate, and reason with their children.

**Presenter:**  
Lainie Sgouros

**Date and Time:** November 13, 2024 6:00-7:00pm

**Location:** Zoom  
[Registration Link & Zoom Link](#)

## 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*

