
Kyrene Traditional Academy



February 13, 2026

Message from the Principal

Hello KTA Families and Friends!

I am excited to share that I have been in Washington DC this week, with the **National Association of Elementary Principals at the National Leadership Advocacy Conference**. We spent time learning ways to advocate for key issues on behalf of public education. I was in the Arizona Contingent, working with Principals from around the United States. We met with several elected officials: **Senator Mark Kelly**, **Senator Greg Stanton**, and **Representative Andy Biggs** and with staff members and support staff for **Rueben Gallego** and **Adelita Grijalva**. Everyone was happy to listen and learn about the issues and concerns facing public schools. It was exciting and inspiring! We felt empowered and heard.

Registration is open for the 2026-2027 school year! All students currently at KTA will be automatically carried over to continue here for next year. If you have other plans, you need to make those enrollment changes online through your Student Vue portal and need to let the front office know asap. **We sincerely hope that you will stay at KTA for next year!** While we understand that each family needs to make these decisions considering your specific circumstances, we also know that KTA is a fantastic place to learn, and that **we are planning a wonderful LEGACY YEAR for our last year.** If you have any questions, please do not hesitate to contact me directly or your child's teachers or the Kyrene front office staff.

February is Bus Driver Appreciation Month! If your child rides a bus to and from school each day, we

ask that you extend a special 'thank you' to them during this special month!

Next week kicks off our American Heart Association Heart Challenge! We have done this for many years and you may remember it as 'Jump rope for Heart' in past years. The focus remains the same - promoting healthy eating and exercise for heart health and also on the things we can do to help ourselves and each other for heart healthy practices, such as learning CPR. Watch for an email from your child's teacher (K-5 only) on how your child can participate, earn prizes and save lives!! **The kick off assembly is on Tuesday February 17.**

DID YOU KNOW that our amazing and wonderful **ANNUAL WORLD FAIR** is coming up soon!? **Friday February 27 4-6 pm in the KTA MPR.** This is a fantastic free school wide community event! Come and experience the cultures of our school with crafts, food and performances!

Thank you for your continued support and collaboration !

Marianne L. Lescher, Ph.D.



President's Day
Monday, February 16, 2026

No School

Presidents' Day



American Heart Association®

KIDS
HEART
CHALLENGE™

AMERICAN
HEART
CHALLENGE™

Kids Heart Challenge Save The Date

Dear Families,
Don't wait, sign up TODAY! Kids Heart Challenge starts soon, and I'm proud of our school for supporting the American Heart Association to help save lives! Our school can also earn funding and PE equipment along the way!

Sign Up at <http://www2.heart.org/goto/kyrenetraditional> or download the [AHA Schools app](#)

- Make a personal gift to kickstart your efforts
- Send 5 texts or emails asking for support
- Students who sign up early and complete Finn's Mission will be recognized at our kick-off assembly Tuesday, February 17!
- Students who complete Finn's Mission by the assembly will be entered into a drawing to receive bonus XL heart hero character, Victor, who reminds us of the importance of being a leader!
- [CLICK HERE](#) TO WATCH A VIDEO FROM RIDGE! Hear how you can learn lifesaving skills and help kids with special hearts through Kids Heart Challenge.

Thank you for being a Heart Hero!



LOST AND FOUND

Look at all these amazing jackets and coats!!!!

They don't have names written in them. They are on display in the school Health Office. Please stop by and take a look.

All lost and found will be donated on March 6.

**Save the date For our Middle School Musical
Singin' in the Rain Jr**

Auditions: Tuesday February 17th 2:15-3:30pm
pick up on Metro Side

No-Cut for ensemble, solo role placement determined by solo audition

Performances: Friday April 24th at 6:30pm
Saturday April 25th at 2pm



Tickets- \$10 premium, \$5 adult, \$3 student

Rehearsals: Tuesdays and Thursdays 2:15- 3:30pm
School days from February 19th-April 22nd

Participation fee: \$45.00 dollars includes script and t-shirt



KICKBALL AT KTA
K - 2 Only
\$100
Coach: Mr. C (2nd Grade
Teacher)

To Register: [CLICK HERE](#)
OR you can use the QR code
on the flyer.

Kyrene Kickball encourages a healthy and active lifestyle for students while having fun with their friends!

Practice begins the week of March 30th

The class culminates with a final tournament on May 9th
at Pueblo Middle School

Registration Fee: K-2 \$85 & 3-5 \$100

Spots are limited



Scan to Register, or call 480-541-1500

<https://kyrene.arux.app/course/3023/kyrene-athletics-25-26/kyrene-elementary-intramural-kickball>

Enrollment Opened February 3!!!!

Current KTA students who are continuing on at KTA **do not need** to do anything. You will automatically be enrolled at KTA for next year.

Enrollment will be available for new students, change school requests, preschool programs, and before- and after-school programming at www.kyrene.org/enroll.

Current and prospective families are invited to learn more about Kyrene schools and take virtual tours of each of our campuses by visiting www.kyrene.org/kyrenekids.



Q3 Band Concert

Thursday, February 27
6:30 p.m.
MPR



It's Time to Start Thinking about the 2026 KTA Variety Show!

Audition Date: Tuesday, February 19
Show Date: Wednesday, April 15

Who may audition: Any student at KTA!
What kinds of acts are we looking for:

- Singing
- Dancing
- Playing an instrument
- Gymnastics
- Funny skits
- Magic acts
- Emcees

Permission slips available here ([link to PDF](#)).
Please direct any questions you may have to Becky Bull (bbull@kyrene.org)

Dine for KTA - Cafe Zupas
Wednesday, February 18

CAFÉ ZUPAS

4:00 p.m. - 9:00 p.m.

3305 W Chandler Blvd
Chandler, AZ 85226



\$1 Free Dress Day
February 26, 2026

Students can make a \$1 donation to the PTO for a free dress day.



KTA Annual World Fair

Friday, February 27
4 p.m. - 6 p.m.

MPR

Enter through the Garden Gates!!!

Free Admission

Cultural Performances

Food

Crafts

Everyone is invited. Come see all the cultural that we have at KTA!!!!

Do you love our school???



Share information with friends and families that we are now registering for 2026/2027 school year.

Interested families can tour the school and meet the principal. Set tour dates are:

Thursday, February 19 @ 1 p.m.

Thursday, March 5 @ 1 p.m.

Tuesday, March 24 @ p.m.

SERIOUSLY, DON'T MISS OUT!

ORDER THE
YEARBOOK

YEARBOOKS ARE ON SALE NOW
LIKE, RIGHT NOW

DEADLINE: 03.27.26
YEARBOOK COST: \$25 UNTIL 12/26
[HTTPS://YEARBOOKORDERCENTER.COM/JOB/26599](https://yearbookordercenter.com/job/26599)

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YEARBOOKS NOW AVAILABLE FOR PREORDER!!!!

<https://yearbookordercenter.com/job/26599>

\$25

Orders are being processed directly through the yearbook company this year. Please use the above link or QR code.

Orders accepted through March 27? No preorders will be accepted after this date. A small qty of extra yearbooks will be ordered and will be sold on a first come/first served basis.

Yearbooks don't come in until the last weeks of school, but don't miss out....Order your yearbook in advance!!





Feeling stressed out these days? You're not alone. While tension and worry can be a natural part of life, unfortunately, we live in a society that normalizes feeling highly stressed out all the time. And living with these high levels of chronic stress can lead to a host of physical and mental health problems, including burnout.

Name That Stress

The key to reducing our stress is to notice when your stress levels tip from the [healthy good kind of stress](#), called 'eustress' to the negative, unhealthy kind of stress, called 'distress.'

Eustress is motivating. Think of a big project you're excited about—you [feel energized](#) and focused, you're confident in your skills and capabilities, and you're excited to work on it.

That's eustress at work—it keeps you engaged, makes you highly productive, and ensures you deliver on your commitments.

Eustress can feel good because it's usually also short-term. You get super-focused, and your performance and [productivity](#) improve. When the project is over, you feel the euphoria of success and move on. The stress disappears because you don't need it anymore.

On the flipside is distress—that feeling when a project or situation seems beyond your capabilities to handle. You may feel anxious and worried, your performance and productivity take a hit, as does your energy and motivation. Distress can be short-term or long-term.

Spot Your Stress Signs

Even good, positive, energizing eustress can turn to distress when there's too much of it. This is stress overload. When operating at stress overload levels, it can look like your brain racing and not being able to stop thinking about everything that needs to get done, it may take longer to fall asleep, and you may wake up too early. Often this includes a sore neck or muscles, and you may feel like you are running through every day but getting nowhere. At the end of the day, you may feel drained and dreading the next. It is important to recognize what stress overload looks like for you. How does stress overload impact your body? Your relationships? Your sleep? Your productivity?

When you're in stress overload, instead of trying to power through, make some positive changes. It's not normal to be overwhelmed all the time, and your response should not be to just keep going until something gives. Pay attention to the signals your body may be sending that you're under stress, then take action the moment you notice it reaching—or passing—the tipping point.

So, what are your indications that you've tipped from eustress to distress? Most of us know our individual signs of a rising stress level: impatience, irritability, [sleep difficulties](#), headaches, or a deep desire to lock yourself in a room with a good book and a box of chocolate (okay, that one may be unique to me).

Make a list and start watching for your stress signs. Chances are you're living with many symptoms of stress overload right now.

Take Control

Here are five strategies to start to get your stress overload under control:

Take breaks every 90 minutes. Research has found that people who [take breaks every 90 minutes](#) are more productive and more relaxed.

1. **Set boundaries with work.** Don't check work email after hours, don't work on weekends, and take your vacation time. When you recharge, you're far more relaxed—and productive.
2. **Do one thing every day that fills your tank.** Play catch with your kids, work on a hobby or passion project, or phone a friend. It can take less than 10 minutes, but it will have a huge impact on reducing your stress and increasing your resilience.
3. **Focus on what makes you grateful.** In my family, we share three good things that happened during the day over dinner. Research shows that doing so [increases happiness and well-being](#).
4. **Get more sleep.** Seriously. Researchers found that [sleeping too little](#)—defined as fewer than six hours each night—was one of the best predictors of on-the-job burnout.
5. Taking time to care for yourself helps you be more productive and more engaged. Identify three actions you could take today to reduce your distress and avoid burning out.

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Jen Woolf, MAS-MFT, LAMFT
Certified School Counselor/
Peer Mediation Coordinator
Kyrene Traditional Academy
P: (480) 541- 5549 | E: jwoolf@kyrene.org

[View Full Calendar](#)

Upcoming Events

FEBRUARY:

February 16:	No School
February 17:	MS Theatre Auditions
February 17:	Kids Heart Challenge Kick Off
February 18:	Cafe Zupas Dine For KTA Night
February 19:	Tour @ 1 p.m. for prospective parents
February 19:	Variety Show Auditions
February 26:	All School \$1 Free Dress
February 26:	Quarter 3 Band Concert
February 27:	World Fair

For a complete calendar for the Kyrene School District [click here](#).



Speak Up Kyrene!

Kyrene School District is proud to announce that later this month, we will officially launch Speak Up Kyrene, an anonymous reporting system available 24/7/365.

This tool is a partnership with Sandy Hook Promise and Navigate360, and will provide licensed crisis counselors and a safe way for students, families, and community members to share concerns such as bullying or threats. Be on the lookout for an email from the District with more information once the system goes live.



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.

Feb. 18 - Reducing Family Conflict

Learn practical strategies to improve communication, strengthen relationships, and reduce conflict within your family.

Presenter: Janna McGuire

Date and Time:
February 18, 2026
6:00-7:00 pm

Location: [Registration/Zoom Link](#)

**KYRENE 2025-26
SCHOOL YEAR
PARENT TRAININGS**

ESS Parent Trainings

**Kyrene School District offers ESS parent trainings.
All trainings will be held at the District Office from 6:00 - 7:30 p.m.**

February 19, 2026: IEP Training with Encircle Families

April 1, 2026: Early Childhood Literacy

And

April 22, 2026 ESS Family Resource Fair
Kyrene del Pueblo Middle School.
More Information to come!

[CLICK HERE FOR A MORE DETAILED FLYER!](#)



Kyrene Community Education is offering Sports Campus during Spring Break for grades K - 8. For more information and to register please click below.

[REGISTER HERE!!!!](#)

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

A+ School of Excellence™



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