
Kyrene Traditional Academy



February 6, 2026

Message from the Principal

Hello KTA Families and Friends:

Enrollment and registration season has begun. **ALL KTA students will be rolled over to continue at KTA in all grades for next year** unless you inform the front office otherwise. We sincerely hope that current students stay with us at KTA for our **LEGACY YEAR** because we will be finishing **STRONG** and with great events and activities. If you decide to open enroll to another school in Kyrene, we recommend you do that when you decide as there are times when certain grade levels close at schools and they will then not accept any additional open enrollment students. If you have questions on enrollment or registration issues please call our front office.

While I hate to be away from school, I will be in Washington DC for the upcoming week attending the National Association of Elementary Principals Leadership Advocacy Conference. I was very excited to be invited to this event as the National Distinguished Principal from Arizona for the 2025-26 year. This conference includes school leaders from across the country, learning about how to effectively advocate and support public education. We will be visiting with legislators and elected officials at the State Capital on Wednesday! I promise to represent Arizona and the Kyrene District well!

Parent Conferences were so wonderful this week!! Many conferences were in person, some were student-led and some were on ZOOM. Whatever the method, the communication was fantastic. Parents, guardians and families learned so much about how students are progressing and were able to set goals for future achievement and success. Students shared their work, projects, test scores and

overall accomplishments with pride and excitement. Thank you to teachers and staff for your amazing preparation. Thank you to parents and guardians for attending and participating in this important benchmark for school. Thank you to PTO for their delicious dinner on Wednesday, and taking good care of our teachers!

Next Friday February 13 is Friendship Day/Valentine's Day Spirit Day! We invite everyone to wear pink and red, jeans (no holes) and festive attire for such a sweet and special day! Candy Grams are still for sale from Student Council! Please send you child in with a few dollars to purchase a Candy Gram and support the work of Student Council.

Monday February 16 is NO SCHOOL to celebrate President's Day. School resumes on Tuesday February 17.

Thank you for your continued support and partnership!

Marianne L. Lescher, Ph.D.



STUCO VALENTINE GRAMS!!

Spread the love with Student Council Valentines Candy Grams!

It is almost Valentine's season! To celebrate, STUCO is hosting a Candy Gram sale. Whether it's a best friend, a favorite teacher, a sibling, or for your child, these little treats are a perfect way to say "Happy Valentine's Day!"

- **When:** February 4th – 11th
- **Time:** 7:00am – 7:25am
- **Where:**

Elementary – Primary playground

Middle School – Under the Ramada

Or complete the Candy Gram form that has been sent home

- **Cost:** \$1.00 per Candy Gram





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!

PTO
Meeting

Monday, February 9

5:30 p.m.

MPR

Enter through the Garden Gates.
Meet Mr. Gibson, our principal for the
2026/2027 school year.

Friday, February 13



We invite everyone to wear pink and red, jeans (no holes) and festive attire for such a sweet and special day!



President's Day
Monday, February 16, 2026

No School



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



AZ529 Art Fest

The Arizona State Treasurer's Office and AZ529 have launched the 5th annual AZ529 Future Career Art Contest for Arizona students in kindergarten through sixth grade. Students are invited to create artwork that represents their future career and the education needed to achieve it. Fifteen students statewide will be selected, one from each county, with winners receiving \$529 toward a new or existing AZ529 Education Savings Plan and being recognized by Treasurer Kimberly Yee at a ceremony at the State Capitol in February. Entries may be submitted online or by mail beginning January 5 and must be received by February 8, 2026, at 11:59 p.m. MST. Contest details and submission information are available at

<http://www.AZ529.gov/2026artcontest>.

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

3305 W Chandler Blvd
Chandler, AZ 85226

\$1 Free Dress Day

SPIRIT DAYS

February 26, 2026

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



SAVE THE DATE - Coming Soon!!!
KTA Annual World Fair

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



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.

**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

SERIOUSLY, DON'T MISS OUT!

**ORDER THE
YEARBOOK**

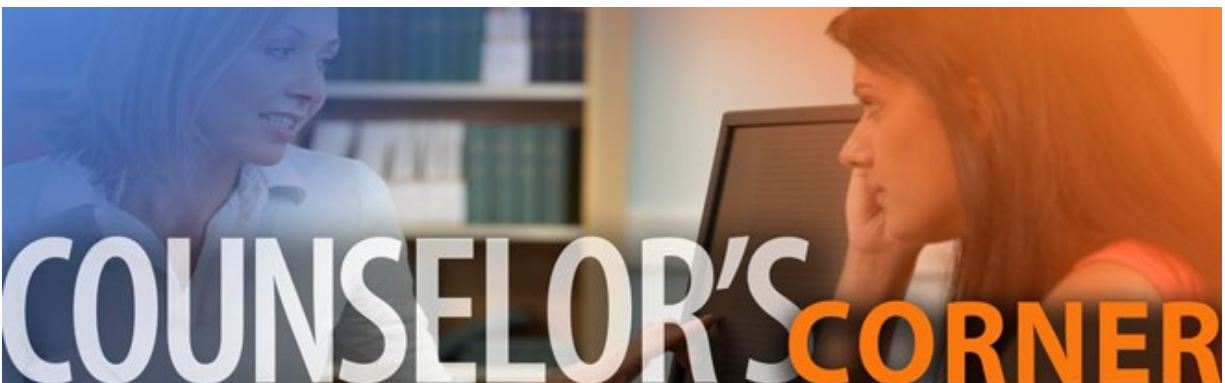
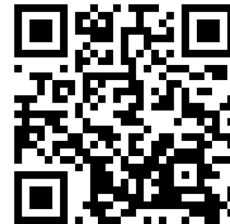
YEARBOOKS ARE ON SALE NOW
LIKE, RIGHT NOW

DEADLINE: 03.27.26
YEARBOOK COST: \$25 UNTIL 12/26
HTTPS://YEARBOOKORDERCENTER.COM/JOB/26599

© VARSITY YEARBOOK

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.

.....
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 9:	PTO Meeting @ 5:30 p.m. in the MPR
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



Positive Parenting Series
KYRENE SCHOOL DISTRICT

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 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!](#)

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



Kyrene School District would like to continue connecting with you via email. If you prefer to be removed from our list, please contact Kyrene School District directly. To stop receiving all email messages distributed through our SchoolMessenger service, follow this link and confirm: [Unsubscribe](#)

SchoolMessenger is a notification service used by the nation's leading school systems to connect with parents, students and staff through voice, SMS text, email, and social media.