
Kyrene Traditional Academy



February 20, 2026

Message from the Principal

Hello KTA Families and Friends:

It was a short week but a fun week for everyone at KTA! Here are some highlights from this week!

American Heart Association Heart Challenge started this week! We had a K-5 assembly for students on Tuesday to kick off this fun and meaningful event for our students and community! Each year we partner with the American Heart Association (AHA) to raise awareness of heart health and healthy eating habits while also raising funds for the AHA and their efforts, particularly for children with heart concerns. This program also provides free online training for all students and families for non-contact CPR. **Students can watch videos online to learn this lifesaving technique. Students have the chance to win lots of prizes for their engagement and involvement** (a detailed sheet was sent home) and classes with the highest amt of money raised or the highest rate of participation will get prizes such as a free dress day or a popcorn party! Check out the info and participate today. The drive continues for 10 days.

We held another Principal's Lunch with Dr. Lescher and it was quite fun! ! It is always such a great time to have lunch and just talk about the student's interests and their hopes and fears. They give wonderful insight into the school and they ask insightful questions. If your child went to Principal's Lunch, your child's teacher will provide pictures to you via email.

Did your children notice our staff 'undercover spirit days' all week? Tuesday the staff dressed in all black for Ninja Day. Tuesday they all wore flannel for Lumberjack Day. Wednesday was Construction Day and Friday was Dress Like Royalty Day. The students got the idea as the week went on! What a fun activity!

Looking ahead, next week we have two essential events for all KTA TIGERS!

First, we have the 3rd quarter Band Concert, under the direction of our amazing Band Director, Lauren Scott. The concert is Thursday February 26, 6:30 pm in the MPR. Come on down for a wonderful musical event.

Next Friday February 27 is our Annual World Fair! 4:00 to 6:00 pm. In the MPR. This is a signature event at KTA and has been for many years. Celebrate our community's diversity and representation as we celebrate cultures, food, music and fashion from different countries around the world. It is all free!!! There will be food samples, performances, and craft and showcase events.

Thursday February 26 is also a \$1.00 Free Dress Day for ALL GRADES!

Thank you, as always, for your collaboration.

Marianne L. Lescher, Ph.D.



American Heart Association®

KIDS
HEART
CHALLENGE™

AMERICAN
HEART
CHALLENGE™

Kids Heart Challenge: February 17 - March 6

Thank you to those who have participated!!!! It's not too late to join in.

Numbers to date:

Funds raised: \$1,379.63

Finns Challenge: 9 students

Registered Students: 27

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
- [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.

Class prizes, school wide prizes plus personal prizes!!!!

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.



We need more kids!

Calling all middle schoolers to check out Classic Hollywood with Singin' in the Rain! It isn't too late to bring a signed permission slip to our first rehearsal on Tuesday the 24th from 2:15-4pm. All our major characters are cast, but we are looking for more kids to round out our production. You don't have to sing or dance to participate.

INTRAMURAL
KICKBALL
KYRENE
COMMUNITY EDUCATION



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



\$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!!!!



World Fair

FRIDAY, FEBRUARY 27
4 P.M. - 6 P.M.



Save The Date

The first 60 people will get a free goody bag. We will have trivia games with cool prizes, like an international snack box. And some around the world games to play with the family.



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, March 5 @ 1 p.m.

Tuesday, March 24 @ p.m.

YEARBOOKS NOW AVAILABLE FOR PREORDER!!!!

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

\$28

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.

SERIOUSLY, DON'T MISS OUT!

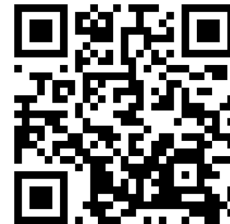
ORDER THE
YEARBOOK

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)

VARSITY  YEARBOOK

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
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Peer Mediation Coordinator
Kyrene Traditional Academy
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[View Full Calendar](#)

Upcoming Events

FEBRUARY:

- February 24: Casting Call - Singing In The Rain @ 2:20 p.m.
February 26: All School \$1 Free Dress
February 26: Quarter 3 Band Concert
February 27: World Fair 4 p.m. - 6 p.m.

MARCH:

- March 2: PTO Meeting @ 5:30 p.m.
March 6: Career Day
March 9 - 13: NO SCHOOL - Spring Break
March 16-20: NO SCHOOL - Spring Break
March 23: NO SCHOOL - Teacher Work Day
March 26: \$1 Middle School Free Dress Day
March 27: PTO Family Game Night

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.

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.

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!!!!](#)

ART AND POETRY COMPETITIONS FOR KIDS!

In celebration of the 250th anniversary of the signing of the Declaration of Independence

OPEN TO ALL STUDENTS GRADES K-8 IN PHOENIX

SCAN THE QR CODE BELOW TO ENTER

ART AND POETRY CONTEST GRADES K-5	ART CONTEST GRADES 6-8	POETRY CONTEST GRADES 6-8
1 st Place: \$200	1 st Place: \$500	1 st Place: \$500
2 nd Place: \$100	2 nd Place: \$350	2 nd Place: \$350
3 rd Place: \$40	3 rd Place: \$180	3 rd Place: \$180

LET YOUR CREATIVITY SHINE! FREE TO ENTER

[CLICK HERE FOR MORE INFORMATION!!!](#)

CLEAN STORMWATER FOR AZ WILDLIFE

2026 STORMWATER QUALITY PROGRAM POSTER CONTEST

DISCOVER, DESIGN, BECOME AN ENVIRONMENTAL AMBASSADOR,
AND WIN PRIZES FROM OUR AMAZING SPONSORS!

HELLO MARICOPA COUNTY TEACHERS

Stormwater runoff is one of the leading causes of water pollution in the United States. The Stormwater Quality Program of Maricopa County has been proud to partner with children, schools, public, and private groups to foster Stormwater Pollution Prevention through our annual poster contest since 2010.

CONTEST RULES

- **WHO CAN ENTER?**
3rd-4th & 5th-6th grade students in Maricopa County.
- **WHEN TO ENTER?**
Entries are accepted throughout the school year but must be postmarked by March 9, 2026.
- **HOW TO ENTER?**
Send submissions to:
Maricopa County Environmental Services
Stormwater Quality Program "Poster Contest"
2222 S. 27th Ave - Phoenix, AZ 85009

SCAN QR CODE FOR
MORE INFORMATION
or visit [Maricopa.gov/Enviro](https://www.maricopa.gov/Enviro)



REQUIREMENTS

- Poster size should be no larger than 8 1/2" x 11" (please use the back of this flyer).
- Artwork must be original (do not include brand names); any art medium is acceptable.
- Poster must use the theme and include a brief message and picture that supports this theme. The image should be large enough to be easily seen and understood.
- Entries must have a 4" x 6" index card or label firmly attached to the back of the poster with the following information: Student's Full Name, Grade, Teacher's Name and Email, School Name, Address, and Phone Number (if using this form, fill out the contact information below).
- By submitting artwork, the artist grants Maricopa County permission to reproduce and display their artwork for use in the County's Stormwater Program. Entries will not be returned.
- Prizes vary each year based on community partnerships.

Maricopa County Poster Contest . Share the following with teachers:

Maricopa County Stormwater Quality Poster Contest has begun! Entries are now being accepted from all 3rd-6th graders in Maricopa County through March 9, 2026, with the theme "Clean Stormwater for AZ Wildlife!"

Official contest rules & video can also be found at www.esd.maricopa.gov/6065/Poster-Contest
To request a free stormwater Pollution Prevention Poster Packet (includes templates, rules, and self-addressed/stamped envelope), please schedule to have packets delivered to your school at www.maricopa.gov/FormCenter/Environmental-Services-16/Teacher-Request-Form-351

For more information about our free programs like our STORM & GO Stormwater Activity Packets, please visit: www.maricopa.gov/2347/Education-Outreach

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™



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.