

October Falcon Newsletter

Office Hours 8:00 a.m. – 4:15 p.m. Phone: 316.554.2265

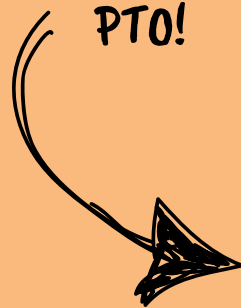
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October Important Dates

- Oct 1 – Capital Improvement Committee Meeting @ 7:00 pm
- Oct 4 – Texas Roadhouse Rolls Fundraiser begins (through the 21st)
- Oct. 10 – PTA meeting @ 5:30
- Oct. 11 – End of 9 Weeks – No School
- Oct 14-16 – Parent Teacher Conferences 4:30 – 8:30
- Oct. 16 – Falcon Fun Run – 2:30
- Oct. 16 – Chipotle Fundraiser Night @ Derby Chipotle 5-8 pm
- Oct. 17-18 – Conference Release – No School
- Oct. 21 – Fundraiser ends – orders due
- Oct. 21 – BOE meeting
- Oct. 21-25 – Red Ribbon Week
- Oct. 28 – Josten's Yearbook Pictures
- Oct. 31 – Fall Parties (info on pg 5)
- November 1 – No School – Building Inservice

Look for this flyer
with information on
our fundraiser for
PTO!



Quick Links



Freeman
ELEMENTARY SCHOOL

**THINK,
CHOOSE, ACT**



Self-Direct

Lead yourself to who
you want to be

leadworthy

What does it mean to Self-Direct?

Self-Direction is the ability and learned skill to cast a vision of future goals and then take intentional steps toward who, where, and what we want to be. Instead of focusing on things to control or avoid, we emphasize our responsibility to make positive choices related to our emotions, attitudes, and actions.

Why focus on Self-Direction?

- **Self-direction strengthens relationships. Self-direction helps to grow social skills and develop meaningful, positive relationships with others.**
- **Self-direction teaches personal responsibility. Learning to self-direct teaches students to take responsibility for their own actions.**
- **Self-direction helps us to regulate emotions: Self-direction empowers students to regulate their impulses and emotional responses to situations and circumstances in their life.**

Self-Direction in Action:

- **Practice goal setting and action planning. When we establish goals and develop action plans, we learn to take intentional steps to successfully achieve goals.**
- **Monitor and adjust. Provide students with regular feedback and opportunities to self-assess progress toward goals to make adjustments and improvements in their behaviors.**
- **Reflect and evaluate. Facilitate discussions and reflection to prompt students to examine what they do, think, and say against their goals and vision for their life and learning.**

FITNESS CHALLENGE

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3 Cross Jacks 3 Skaters	2 MATH TASK CARD #1	3 3 Squat Side Kicks Speed Bag Punches (30 seconds)	4 3 Cross Jacks 3 Skaters	5 Play kickball with a family member
6 5 Cross Jacks 5 Skaters	7 5 Squat Side Kicks Speed Bag Punches (30 seconds)	8 5 Cross Jacks 5 Skaters	9 MATH TASK CARD #2	10 5 Squat Side Kicks Speed Bag Punches (30 seconds)	11 5 Cross Jacks 5 Skaters	12 Go hiking on a trail
13 7 Cross Jacks 7 Skaters	14 7 Squat Side Kicks Speed Bag Punches (40 seconds)	15 7 Cross Jacks 7 Skaters	16 MATH TASK CARD #3	17 7 Squat Side Kicks Speed Bag Punches (40 seconds)	18 7 Cross Jacks 7 Skaters	19 Create an obstacle course at home
20 10 Cross Jacks 10 Skaters	21 10 Squat Side Kicks Speed Bag Punches (50 seconds)	22 10 Cross Jacks 10 Skaters	23 MATH TASK CARD (you choose)	24 10 Squat Side Kicks Speed Bag Punches (50 seconds)	25 10 Cross Jacks 10 Skaters	26 Set up a game of musical chairs
27 12 Cross Jacks 12 Skaters	28 12 Squat Side Kicks Speed Bag Punches (60 seconds)	29 12 Cross Jacks 12 Skaters	30 MATH TASK CARD (you choose)	31 Go for a walk in your Halloween costume! 🎃		

October Fitness Challenge Calendar – Use our October calendar for fitness exercise ideas in the classroom, activities to do at home with family, and Math themed brain breaks!

-  MATH TASK CARDS – Refer to the Addition, Subtraction, & Multiplication Task Cards
-  Skaters & Squat Side Kicks – Complete one rep by alternating each leg

Special thanks to:



Visit www.healthiergeneration.org for more ideas on how to inspire a healthy, active lifestyle.

1**TASK CARDS****ADDITION**

- $1 + 4 =$ Washing machine
- $5 + 3 =$ Rake the leaves
- $3 + 6 =$ Star jumps
- $9 + 1 =$ Chair dips
- $2 + 7 =$ High knees



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**2****TASK CARDS****SUBTRACTION**

- $7 - 3 =$ Wash the car
- $9 - 2 =$ Seated flutter kicks
- $10 - 4 =$ Hop on one foot, switch
- $8 - 1 =$ Butterfly legs
- $5 - 0 =$ Firework jumps



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**3****TASK CARDS****MULTIPLICATION**

- $5 \times 2 =$ Wall push-ups
- $8 \times 1 =$ Bear crawl
- $6 \times 4 =$ Marching in place
- $7 \times 4 =$ Chop down the tree
- $2 \times 9 =$ Walk the tight rope



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Math Task Cards

As a fun break break in the middle of the week, we have included 3 Task Cards – Addition, Subtraction, and Multiplication. Students will solve the equations on the card, and the number they get as the solution will be the number of repetitions for the corresponding exercise. For example, if the equation is $2 + 5 =$ Lunges, they will do 7 Lunges. Every Wednesday you will refer to the Math Task Cards on pages 2 and 3 of the calendar download for a total of 15 ideas. You may decide to just focus on one card, or two, or use all three. You can also alternate in any way you'd like. This is a great way to combine Math and PE!

FALL PARADE & PARTIES

THURSDAY, OCTOBER 31ST

Parent Check-in 2:15-2:30 p.m.

Halloween Parade @ 2:30 p.m.

Fall Parties begin @ 3:15 p.m.

A few guidelines to follow to make the
day fun, safe, & run smoothly.

1. Costumes are optional.
2. Those who would like to dress up should bring their costumes to school in a bag or wear their costumes to school (unless it will interfere with movement or learning). Costumes must be school appropriate.
3. Costumes cannot have blood, gore, weapons, masks, or accessories.
4. Healthy treats are appreciated.



Parties will end at 3:45
and clean-up should be
completed with
backpacks in hand to go
home at 4:00
