

SEPTEMBER 2024

School hours - 8:35 a.m. - 4:00 p.m.

Doors open/breakfast starts - 8:10 a.m.

Latchkey - 6:30 a.m. - 6:00 p.m. (through HAC)

Office hours - 8:00 a.m. - 4:15 p.m.

Office number - 316.554.2265

Please call the office by 9 a.m. to excuse your student from school or send an email to rtownson@usd261.com or acarlson@usd261.com

Important Dates

- 9/2- No School - Labor Day
 - All buildings and offices closed
- 9/12 - PTA meeting at Derby CFA
- 9/12 - Chick-fil-a Night at Derby CFA
- 9/16 - BOE meeting 7:00 p.m.
- 9/17 - Freddy's Night - 235 & Meridian Freddy's Frozen Custard - 4 pm-8pm
- 9/26 - Site Council @ 5pm
- 9/27 - 5th grade Puberty Field Trip

Quick Links



facebook



LIBRARY

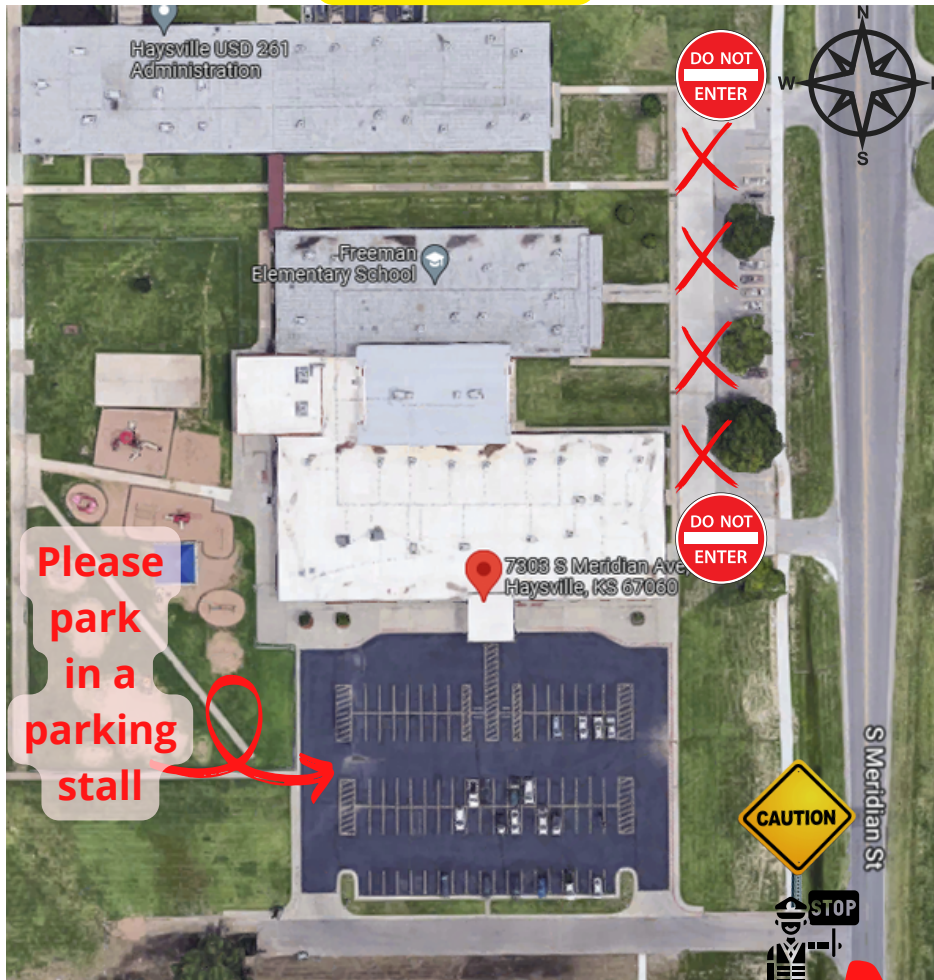


Please make sure your student comes to school with a refillable water bottle every day.



DROP-OFF & PICK-UP PROCEDURES

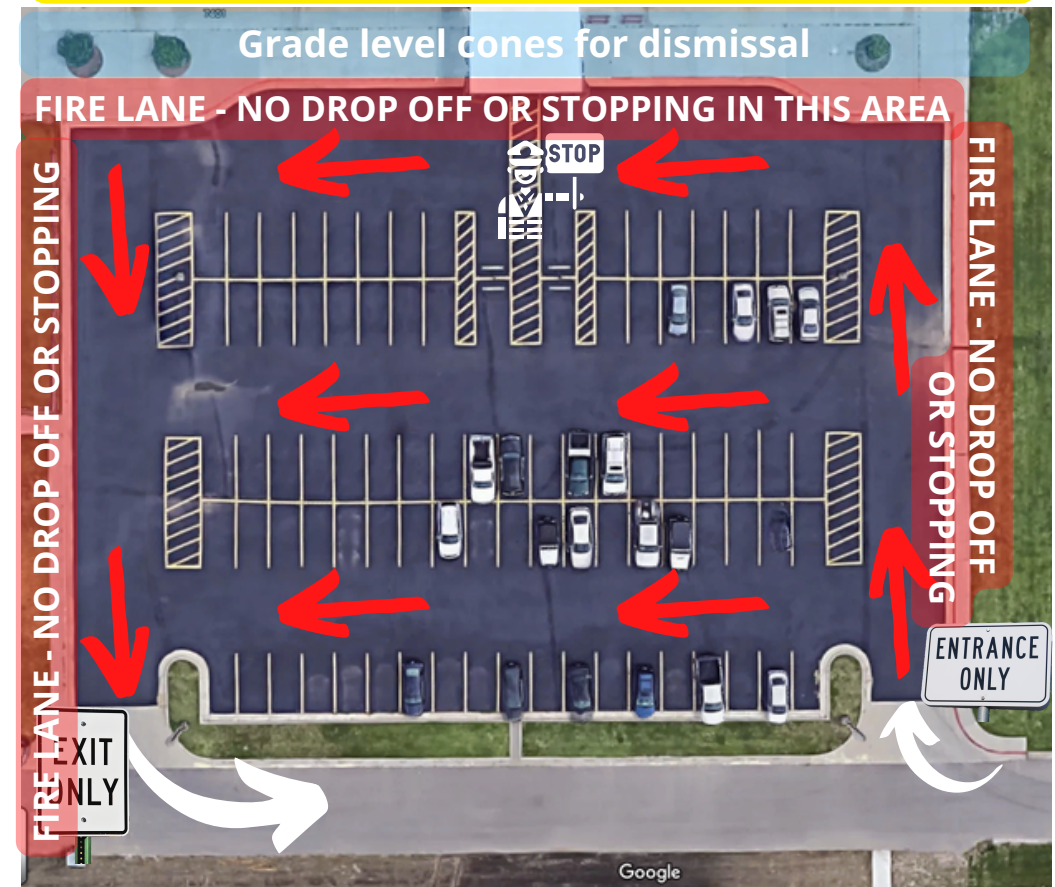
Please do not use the bus driveway or parking. This lot is for buses and the SBHC clinic only. Please use the parking lot south of the school.



Two way driveway

Parents must park in a stall for both Drop-off and Pick-up. Please walk up to the dismissal area to get your student(s).

Do not park in the fire lane. You can pull into a parking stall closest to the fire lane, but not the fire lane itself. There will be a staff member to stop cars so that everyone can cross safely.





Engage: Celebrate Differences

Generate a list of each family member's favorite things, such as their favorite ice cream flavor or favorite thing to do. Identify any similar answers and celebrate those things you have in common. Discuss how those similarities might impact your family and your relationships. Identify and celebrate each other's differences. How might those differences impact your family? How do your differences make you strong? Use this example as a reminder for your child—and your family—to celebrate our unique differences. We are better TOGETHER!

Empower: Build a Family Social Contract

Schedule time to have a family meeting and develop a family Social Contract together. Ask everyone to answer these questions:

- How do we want to treat each other?
- How do we want to treat each other when there is conflict?

Write down any words you identify as a family (respect, kind, honest) and ask each member to commit to the contract by signing it.

Excel: Find the Light. Be the Light.

As a family, brainstorm a list of 3-5 individuals you typically encounter during the day who may not receive many notes or words of affirmation or appreciation. Consider people who make your day brighter or provide a needed service, like your mail carrier, the cashier at your local store, or a neighbor. Ask each person in your family to write a note thanking that person for "Being a Light."

CONNECT WITH HEART



Empathy

Understand and feel the heart of another

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leadworthy
PEREGRINABLE



FITNESS CHALLENGE

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Butterfly Kicks (30 seconds) 3 Tuck Jumps	2 3 Mountain Climbers 3 Sky Reaches	3 Butterfly Kicks (30 seconds) 3 Tuck Jumps	4 BACK TO SCHOOL TASK CARDS	5 3 Mountain Climbers 3 Sky Reaches	6 YOGA TASK CARD	7 Have a Family Game Night
8 Butterfly Kicks (30 seconds) 5 Tuck Jumps	9 5 Mountain Climbers 5 Sky Reaches	10 Butterfly Kicks (30 seconds) 5 Tuck Jumps	11 BACK TO SCHOOL TASK CARDS	12 5 Mountain Climbers 5 Sky Reaches	13 YOGA TASK CARD	14 Go for a bike ride
15 Butterfly Kicks (45 seconds) 7 Tuck Jumps	16 7 Mountain Climbers 7 Sky Reaches	17 Butterfly Kicks (45 seconds) 7 Tuck Jumps	18 BACK TO SCHOOL TASK CARDS	19 7 Mountain Climbers 7 Sky Reaches	20 YOGA TASK CARD	21 Hike your favorite trail
22 Butterfly Kicks (50 seconds) 10 Tuck Jumps	23 10 Mountain Climbers 10 Sky Reaches	24 Butterfly Kicks (50 seconds) 10 Tuck Jumps	25 BACK TO SCHOOL TASK CARDS	26 10 Mountain Climbers 10 Sky Reaches	27 YOGA TASK CARD	28 Toss a football with a friend
29 Butterfly Kicks (1 minute) 12 Tuck Jumps	30 12 Mountain Climbers 12 Sky Reaches					

Back to School + Yoga Month – Use our September calendar for fitness exercise ideas and brain breaks to celebrate Back to School and National Yoga Month at home and in the classroom!

-  YOGA – Refer to the task card and choose one, a combination, or all activities listed
-  BACK TO SCHOOL – Refer to the task cards and choose one, a combination, or all activities listed

Special thanks to:



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

1

TASK CARDS

BACK TO SCHOOL BRAIN BREAKS

- Sit down in 10 different chairs/desks.
- March 100 steps behind your own desk.
- Touch all 4 corners of the room.
- Move your math book around your waist 20 times.
- Walk backwards around your desk 5 times.

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2

TASK CARDS

BACK TO SCHOOL BRAIN BREAKS

- Recite the alphabet while doing bicep curls.
- Hold a wall sit for 15 seconds at each wall. (Remember to have table top legs!)
- Tiptoe walk from across the room and back.
- Do 4 elbows to knees next to 6 different chairs/desks. Place a book on your head and walk for 12 steps.

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TASK CARD

YOGA

- Tree pose
- Warrior pose
- Chair pose
- Downward facing dog pose
- Cat cow pose



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