

April 2025 Falcon Newsletter



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

April 7-15 - State Assessments
3rd - 5th grades

April 10 - PTO meeting 5:30 p.m.

April 7-11 - Scholastic Book
Fair

April 11 - PTA Family Fun Night

April 14 - BOE meeting

April 17 - Spring Fun Run 1:45

April 22 - All-District Orchestra
Concert @ HWMS 6:30 pm

April 24 - Site Council 5:15 p.m.

April 25 - CKH Assembly

April 29 - All-District Band
Concert @ HWMS 7:00 PM

REMINDER

Please remember
there is no morning
supervision before
8:10 a.m. Students
are not to be dropped
off before that time

Quick Links

facebook



IMPORTANT INFORMATION!

All-District Band & Orchestra Concerts
@ Haysville West Middle School

April 22 Orchestra @ 6:30 p.m.
Students need to arrive @ 6:00 pm

April 29 Band @ 7:00
Students need to arrive @ 6:30 pm



!!Attention Parents!!

**We are coming up on our time for Kansas State Assessments!
These assessments give students a chance to showcase their
learning and growth for this school year.**

- **Grades 3-5 ELA 📖 Testing - April 7-8**
- **Grades 3-5 Math ➕ Testing - April 9-10**
- **Grade 5 Science 🔬 Testing - April 14-15**

◆ Help Your Student Succeed! ◆

- ✓ **Get a good night's sleep 😴**
- ✓ **Eat a healthy breakfast 🍏🥚🍌**
- ✓ **Be on time to school 🕒**
- ✓ **No cell phones, smartwatches, or personal electronics 🚫📱**

**As a reward for giving their best effort, students will get to go to a
🎳 Bowling Party 🎉 hosted by Freeman PTO in May. Today
students had an assembly where they were shown what best
effort looks like and were given the opportunity to ask questions
about the assessments and reward party.**

**Thank you for your support in helping our students do their best!
If you have any questions, feel free to reach out to the school!**



This month we are challenging students to work hard and stay determined. We are partnering with you to acknowledge your child's achievement of goals- big and small! By helping your child develop perseverance now, you can prepare them to learn from their future failures and work hard to achieve future successes. This month, look for opportunities to teach and model the power of perseverance!

ENGAGE: Power of Yet Ask each family member to write down a list of things they would like to learn to do but just haven't done yet. For example, "I haven't learned ____." Choose a few phrases from each family member and repeat these phrases, adding the word "yet" to the end. Remind your family that we must work daily to learn new things and keep trying even when it's hard.

EMPOWER: The Best Version of You Ask each family member to think of a word that describes the best version of themselves or a word they would like to live out. It may be a word from their class or family Social Contract. (For example., respectful, responsible, a good listener, etc.). After each member decides on one word, ask everyone to identify three actions they can take to persevere and model their word to ensure they become the best version of themselves. Have weekly check-ins to see how things are going.

EXCEL: Winning Over Weeds This spring, plant a garden as a family. It can be big or small! Discuss the daily commitment needed to help this garden grow and the patience necessary as you wait for the final product. Weed this garden together and as you do, discuss how this garden is like many challenges in life. Perseverance helps us to win over weeds!

Conversation Starters

☀️ What is something you're good at that took a lot of hard work and practice?

☀️ What is something you're still learning to do in school that is difficult?

☀️ Who is someone at school you feel comfortable asking for help from when you need it?



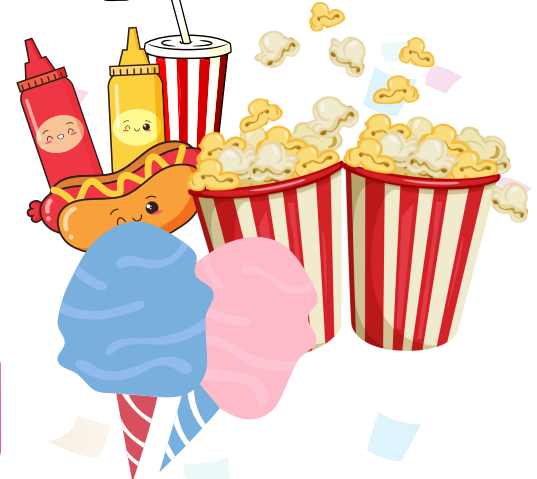
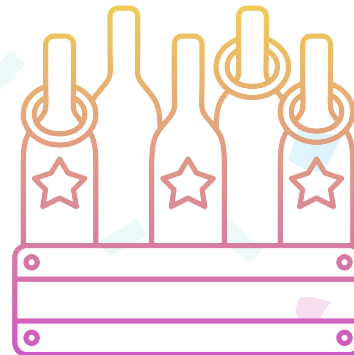
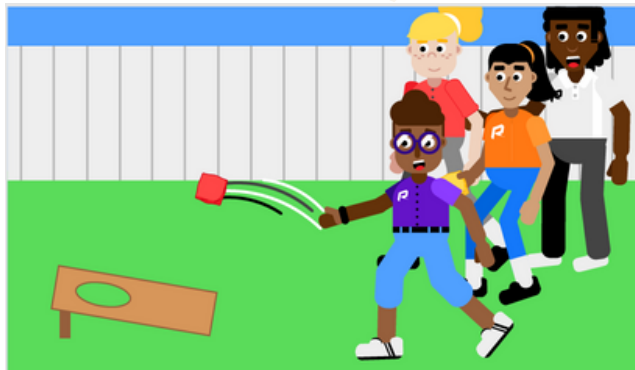
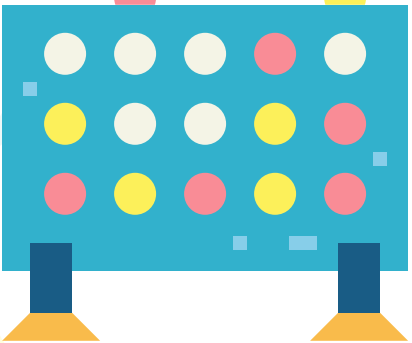
Freeman PTO

proudly presents

Family Fun Night!!!

Friday, April 11, 2025 6 pm - 8 pm

Join us for a night of fun!
Games for the whole family!
Snacks! Prizes! Food!



Freeman Book Fair Schedule and Events:

Book Fair will be here from Monday, April 7 - Friday, April 11, 2025.

Monday, April 7th the Fair will be open for teacher preview before school from 7:30 to 8:30 am and/or you can come during your plan to make a wish list, create your eWallet and have a snack.

Tuesday through Friday the Fair will be open 8:10 - 8:30 in the morning to shop.

Monday through Thursday after school we will be open before school from 4:10 - 4:30 pm

Friday, April 11th during Family Fun Night from 5:00 to 8:00 pm, students must be accompanied by an adult.

Students can also bring money and shop at the fair after checkout on Wednesday or Thursday when they have library class.

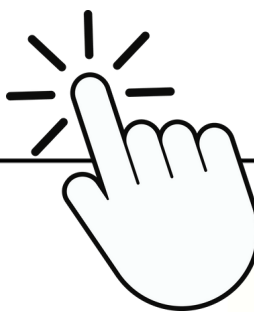
Packing up the fair on Friday - Teachers may shop before school.

SHOP NOW



FITNESS CHALLENGE

April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 3 Crunches 3 Arm Circles	2 BASEBALL TASK CARD	3 2 Push-ups Wall Sits (10 seconds)	4 3 Crunches 3 Leg Raises	5 2 Push-ups Wall Sits (10 seconds)
6 5 Crunches 5 Leg Raises	7 3 Push-ups Wall Sits (20 seconds)	8 5 Crunches 5 Arm Circles	9 BASEBALL TASK CARD	10 3 Push-ups Wall Sits (20 seconds)	11 5 Crunches 5 Leg Raises	12 3 Push-ups Wall Sits (20 seconds)
13 7 Crunches 7 Arm Circles	14 4 Push-ups Wall Sits (30 seconds)	15 7 Crunches 7 Leg Raises	16 BASEBALL TASK CARD	17 4 Push-ups Wall Sits (30 seconds)	18 7 Crunches 7 Arm Circles	19 4 Push-ups Wall Sits (30 seconds)
20 9 Crunches 9 Leg Raises	21 5 Push-ups Wall Sits (40 seconds)	22 9 Crunches 9 Arm Circles	23 BASEBALL TASK CARD	24 5 Push-ups Wall Sits (40 seconds)	25 9 Crunches 9 Leg Raises	26 5 Push-ups Wall Sits (40 seconds)
27 10 Crunches 10 Arm Circles	28 6 Push-ups Wall Sits (50 seconds)	29 10 Crunches 10 Leg Raises	30 BASEBALL TASK CARD			

April Fitness Challenge - Keep students active and practicing their baseball skills during the month of April as baseball season kicks off! Can be adapted for all age levels. Great for at home and in person, and helps encourage kids to stay active all month!

-  Refer to the Baseball Task Card on Page 3
-  For Leg Raises and Arm Circles, repeat for each side

Find the visuals & descriptions for each fitness activity below.

Special thanks to:



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