

October Newsletter



Hello Sumner Families!
Your child can be successful when we all work together. When caregivers join with their child's teacher(s), we can make great things happen! Getting involved, continually learning about what your child is doing in school, being open to trying things at home, and having fun learning and engaging together gives your child what they need. You! Your attention. Your energy. Your focus. Together we can!
We LOVED seeing you at our Fall Family Night, the Homecoming Parade and we are looking forward to our Elementary Walkathon. It was wonderful to spend time together, enjoying delicious food, and celebrating our school pride. These moments remind us how special it is to learn, play, and grow alongside one another.
As we look ahead, we're excited for more opportunities to connect and celebrate our Sumner story. Thank you for showing up, for partnering with us, and for sharing in the joy of your child's learning journey. As always, please take a moment to provide us feedback by clicking on the link below.
October 2026 Family Feedback – Fill out form
Wishing you well,
Jill Rollie

Strategic Priorities Update

1. Support and resources to ensure a safe and welcoming learning environment.

- We enjoyed spending time and connecting with our families at our Welcome Family Night on September 3rd. We served 200 meals on this night and enjoyed great family fun and connection. It was pure JOY!
- We issued 271 stickers to students who showed STAR Attendance in the month of September! Students are able to earn these monthly stickers by achieving zero unexcused absences or

tardies during the month and no more than two excused absences (three or more excused absences will disqualify them for that month). Remember to call the Sumner office if your child is going to be absent or tardy. Attendance Matters!

2. Packer Profile for all learners

- Our Elementary Packer Profile is Growing! Our **Elementary Packer Profile** is growing with fantastic artifacts that tell the story of **your child's learning and growth!** This year, your child will showcase artifacts demonstrating progress in **math, reading, and writing**, along with learning from **music, art, physical education, and science!**
  Each student will also highlight a **one-word strength** their teacher has noticed shining brightly in them. ❤
  You'll find these special snapshots of learning and growth in your child's **Seesaw** throughout the year. We hope you enjoy watching your child **learn, grow, and shine at Sumner!** ⭐
- Third grade classrooms enjoyed A Day on the Farm and a trip to the Nature Center
- First grade classrooms went to the Apple Orchard and were able to bring back apples.

3. District-wide multi-tiered systems of support.

- Our student body has earned 21 Starbucks, which means classrooms have earned 210 Tokens, which means the adults in our building have given 5,250 Start Tickets to students showing the Sumner Cool Rules! AWESOME! When we reach 50 Starbucks we will enjoy a schoolwide celebration! More to come!

4. Excellence in resource management.

- Our para educators are supporting students in grades K-4. These incredible educators support early childhood developmental needs and provide targeted interventions and supports for small groups of students, as well as individual student needs.

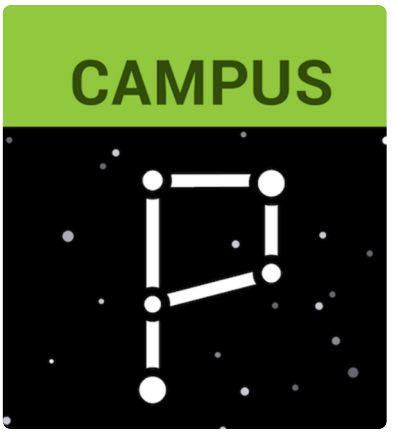
To learn more about the Packer Profile and the district's long-term strategic plan, please visit AccelerateAustin.org.

Know

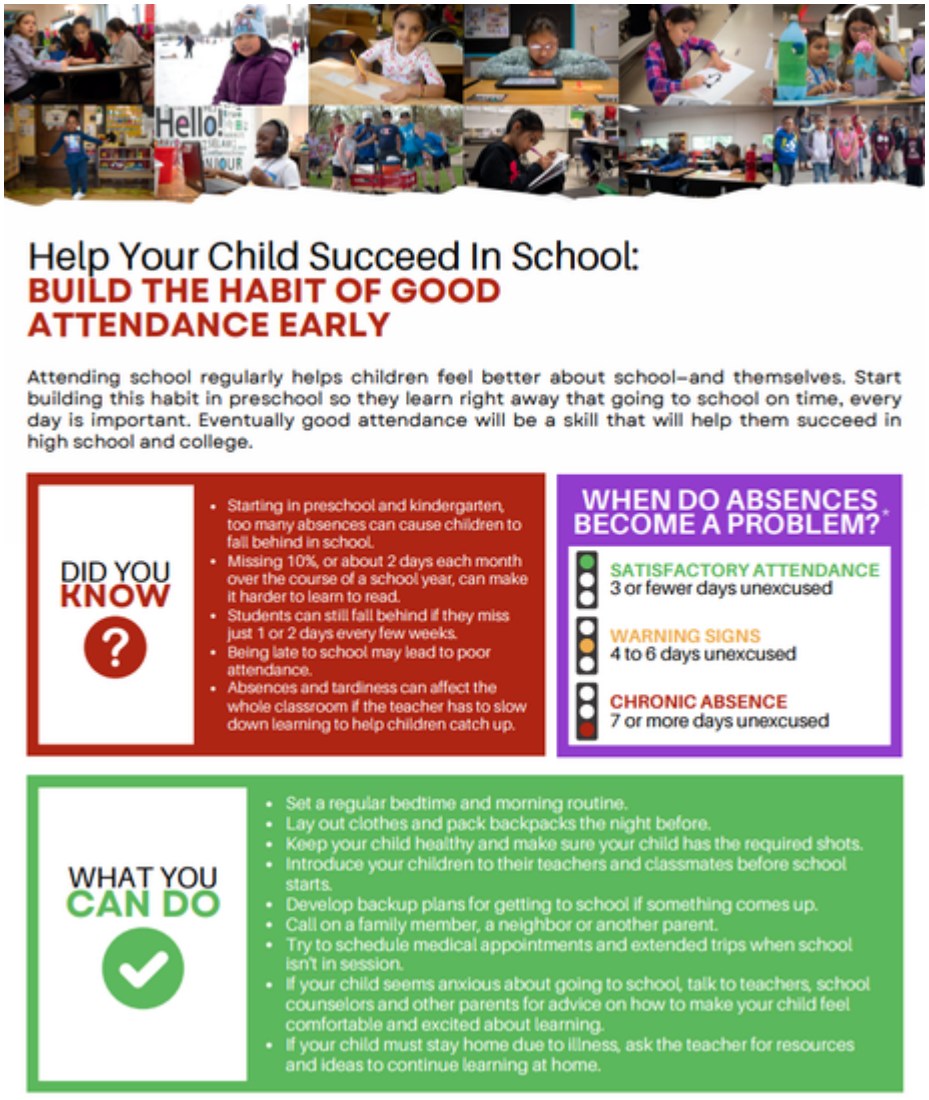
Elementary Walkathon Fundraiser

We're excited to kick off this year's district-wide PTC fundraiser, the Austin Elementary Schools Walkathon! Students from all four public elementary schools will be walking to raise funds that directly support positive behavior (PBIS) celebrations, family engagement nights, outdoor learning, spirit wear, and much more. Donations can be collected easily and securely online through FundHub, making it simple for family and friends near and far to participate. This fun and active event is a great way for our community to come together in support of every child in our schools! For details on how to register your child and start fundraising, please view video attached. You are welcome to join your child at the schoolwide walk beginning at 10:00-10:20 on October 7th. You may wait by the flagpole on the North side of Sumner to meet up with your child.

Attendance Matters



We are thrilled to have your child here at Sumner! Your child is extremely important to us, and attendance is extremely important to your child's education and future success. The information below brings awareness that absences add up. Even when excused, absences still impact your child's learning. We want to partner with you to provide the best education and support for your child and your family. No matter the reason your child is absent, please report on the Parent Portal or call the Sumner office at 1-507-460-1100 so we can best support you. We are celebrating students each month who have zero unexcused tardies and absences. Attendance Matters!



Star Attendance

Each month, your student has the opportunity to earn a Sumner STAR Attendance Sticker as recognition for their commitment to being present and on time for school. To qualify, students must meet the following criteria:

- Zero unexcused absences or tardies during the month.
- No more than two excused absences (three or more excused absences will disqualify them for that month).

Earning a Sumner STAR Attendance Sticker is a special way to celebrate students who make school a priority. Each sticker shows that your child is building great habits—like responsibility, time management, and perseverance—that will help them succeed both inside and outside the classroom.

At the end of the year, students who collect multiple stickers will be recognized for their outstanding dedication to attendance and punctuality. Every day matters, and this is a fun way for our students to shine as Sumner STARS!



PBIS Classroom Celebrations

Our students are earning A LOT of Star Tickets showing the Sumner Cool Rules. When a classroom earns 25 Star Tickets, they earn a class Token. Once the classroom has earned 10 Tokens, they celebrate! Teachers and students are having all kinds of fun celebrations like painting parties, popcorn parties, extra recess and much more! During this season our classroom celebrations may focus on the things fall brings to us in Minnesota; changing leaves, harvesting of apples, corn, beans, pumpkins. We will not be allowing students to wear costumes/masks at school.

Parent/Teacher Conferences

Our school family always enjoys opportunities to partner with our students' families! We are looking forward to connecting with you during our October conferences to share the *glows* and *grows* for each child attending Sumner. Our conferences windows occur on Tuesday, October 8th and Tuesday, October 12th from 4:00-8:00 PM. You should have received a portal push providing you a link to select a conference time. Here is the link once again: Sumner Elementary School Conferences

If you need assistance with scheduling a conference with your child's teacher, please call Lisa Bellrichard at 507-460-1100. We will offer a book fair in our gym if you wish to purchase books for

your child. You are vitally important to the work we do with your child at Sumner and we are grateful for this partnership!

Remote Learning Day

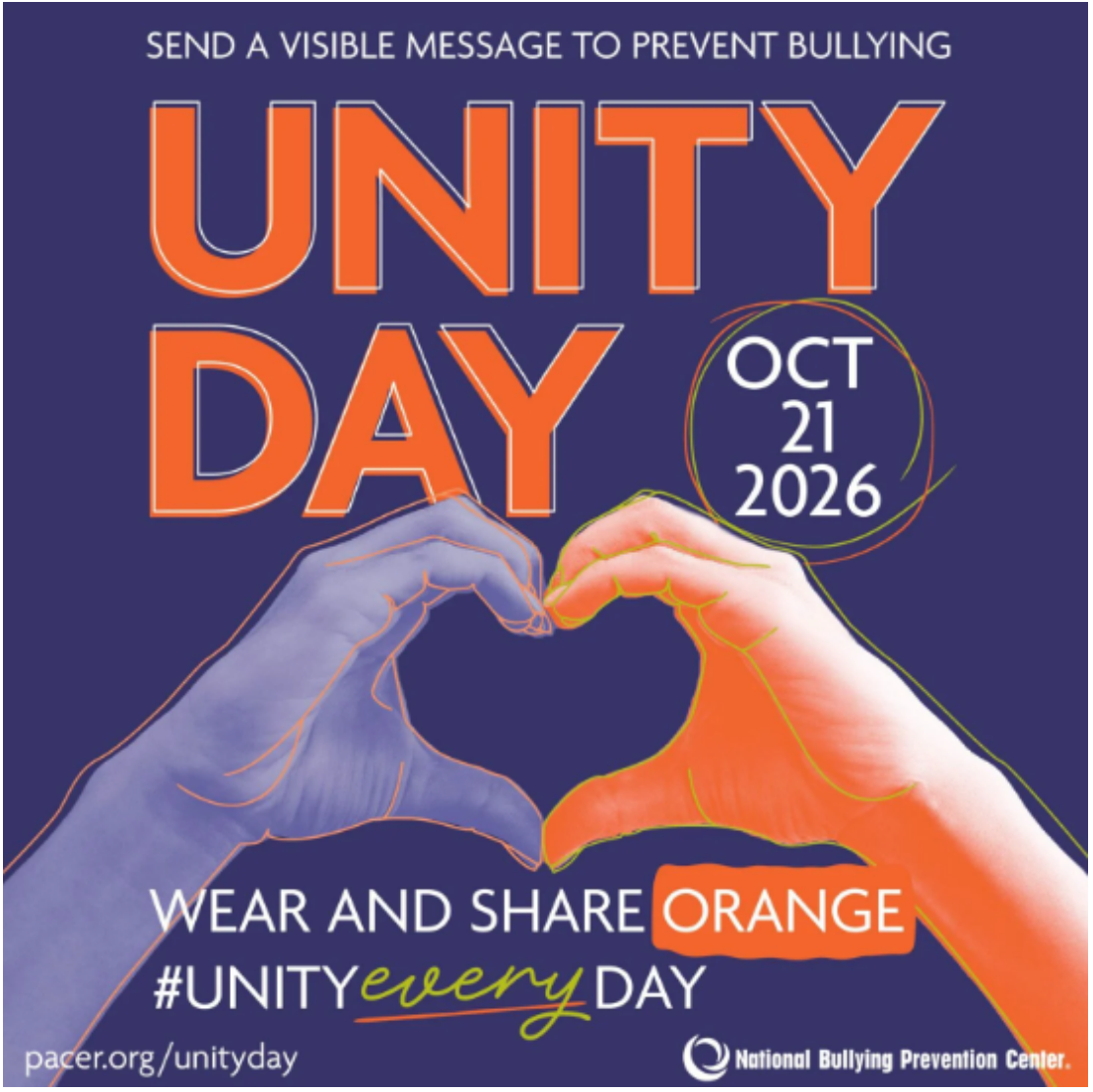
As we prepare for the possibility of winter weather, we want families to know what to expect if a **Remote Learning Day (e-learning day)** is needed.
A Remote Learning Day may be used when inclement weather prevents us from safely holding school in person. On these days, students will continue learning from home with instruction and learning activities provided by their teachers. Below is a link to the activities if and when a Remote Learning Day is announced:
Remote Learning Days - Austin Public Schools | Inspire. Empower. Accelerate.
If a Remote Learning Day is declared, families will be notified **at least two hours before the regular school start time**. Students will follow our Remote Learning Day plan from home, and teachers will be available **online and by phone during normal school hours** to provide support to students and families. Remote Learning Days count as regular school days, and Minnesota school districts may use up to **five e-learning days during a school year**.

Our goal is to keep learning moving forward while keeping our students, families, and staff safe during inclement weather.

🖤 Unity Day – Wear Orange on October 21st!

On **October 21**, we will celebrate **Unity Day** by wearing **ORANGE** as a school community! Throughout our hallways, we'll also proudly display our students' **one-word strengths**—shouting from the rooftops that **each of us brings unique strengths that make Sumner the vibrant, welcoming school community it is!**

Together, we celebrate belonging, kindness, inclusion, and the incredible strengths that make each of us uniquely **Sumner!** 🖤⭐



Wellness Week: Healthy Students, Ready to Learn!

We are excited to partner with **Mayo Clinic** to celebrate **Wellness Week, October 19–23!** Each day, we'll bring intention to a different area of wellness with **Mindful Minute Monday, Tasty Tuesday, WOW (Walk or Wheel) Wednesday, Tech-Free Thursday, and Friendly Friday!**

Throughout the week, we'll reinforce simple, healthy habits that can carry from the **classroom to home**. We love supporting our Sumner Stars in building habits that help them feel their best, stay healthy, and be **ready to learn!**

MAYO CLINIC
HEALTH SYSTEM

Wellness Week

Mayo Clinic Health System is collaborating with your school to reinforce healthy habits in the classroom, at home and in the community.

Each day of the week will feature a different topic to help encourage you to make healthy choices. Topics include a mix of physical, social and mental health ideas — all with the goal of supporting healthy kids who are ready to learn.

Mindful Minute Monday

Tasty Tuesday

WOW (Walk or Wheel) Wednesday

Tech-free Thursday

Friendly Friday



Mindful Minute Monday

By taking a minute to do something like breathing deeply, counting, or a quick game, you can feel more in control when you have big feelings and think clearly about what to do next.

School

Take a minute, either once or several times, throughout the school day to breathe and count from 0 to 15, taking a new breath between each number.

Alternative options include touching each finger to your thumb on each hand (twice), rocking your feet from heel to toe, or writing the numbers down on a sheet of paper.

Home

Show an adult what you did at school and have them do the exercise with you. Think of a new way to have a "mindful minute" and do the action together.

Tasty Tuesday

Eating a variety of colorful fruits and vegetables is important because they give your body vitamins and minerals that help you grow strong, keep your heart healthy, and give you energy for play and learning. Choosing fruits and veggies instead of sugary snacks helps keep your body feeling great.

School

Create a rainbow picture you can eat. Use at least three different colors of fruits or vegetables to make a fun design like a rainbow, flower or smiley face. Share your creation with the class and explain your favorite fruit or veggie.

Home

Look around your kitchen for fruits and vegetables — fresh, frozen or canned all count. Make a list of the colors you find — green beans, orange carrots, red tomato sauce. Talk with your family about why these foods are good for your body and how you can include them in meals or snacks.

WOW (Walk or Wheel) Wednesday

Starting your day with a healthy habit, like walking, biking or using a scooter to get to school, is a really important part of being healthy. Doing these also helps make your muscles and bones stronger, boosts your energy, and helps you focus and learn. Try to do one hour of movement every day to help you feel healthier and increase your self-confidence.

School

Ask a grown-up if you can walk or ride your bike or scooter to school today. Be extra safe and follow safety recommendations such as helmets, pads, crossing at crosswalks and using lighted paths.

Home

Tonight, go for a walk or bike ride with a parent, sibling or friend. If you can't go outside, that's okay! Put on some fun music and dance to three of your favorite songs to get your body moving.

Tech-free Thursday

Reducing screen time helps improve focus, creativity, and social skills. It also supports better sleep, physical health, and overall well-being.

School

Work in a small group to make a short story together. First, choose where your story happens. Next, create your characters and decide what happens in the story. Then write one or two paragraphs. When you are finished, read your story or act it out for the class.

Home

Take what you learned today and create a fun story with your family or friends.

Bonus activity — Create a fun dance, song or joke for your character during the story.

Friendly Friday

Being kind helps everyone! Being kind to others can make you feel happy and healthy. Doing nice things for people can also help you make positive connections and spread happiness.

School

Look for opportunities to be helpful and kind.

Hold the door open for others.

Share with others.

Invite someone who may be alone to sit with you at lunch or join in on a game or activity during recess.

Compliment your classmates when they do well. Always remember to say "please" and "thank you."

Home

Do a chore without being asked.

Write a short note to everyone in your household to let them know what is special about them.

Play a board game together.

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Important Dates to Remember

October 8th from 4:00-8:00 PM (Scheduled through Bookings link)

Sumner Elementary School

October 7th @ 10:00 AM- 10:20 AM: Elementary Walk-a-Thon

Sumner Elementary School - meet by the Flagpole

October 23rd: Picture Retake Day
Sumner Elementary School
October 12th from 4:00-8:00 PM (Scheduled through Bookings link)
Sumner Elementary School
October 14th - 16th - NO SCHOOL
October 19th - Fire Drill
October 19th - Wellness Week in partnership with Mayo Health System
October 21st - Unity Day! All staff and students are encouraged to wear Orange!



Do

Arrival and Dismissal Update at Sumner Elementary School

We appreciate your efforts to keep our arrival and dismissal safe at Sumner! A couple of items to note:
Arrival:
Please continue to drop off your child on the East and South side of the building. Do not park or drop off your child on the North side of the building, this is the bus lane.
Dismissal:
Please use the East and South side of the building when picking up your child after school. When parking by a crosswalk to pick up your child after school, please provide sufficient space from the crosswalk and your parked car. We want to ensure students are able to safely cross the street using the crosswalks.
Friendly Reminder: Please refrain from parking in designated handicap parking spaces during arrival and dismissal unless you have a valid permit. Let's work together to ensure these spots remain accessible for those who truly need them. Thank you for your cooperation!







Share

EVERY SCHOOL HAS A STORY.

From the first days of kindergarten to graduation day, Austin Public Schools have helped shape generations of students and families. This video reflects on those stories and looks ahead to our schools' future. As the community considers the upcoming referendum, we encourage everyone to learn more, ask questions, and stay informed.
Learn more here: **www.austin.k12.mn.us/referendum**

Sumner Elementary School

How the Proposed Referendum Would Impact Sumner Elementary

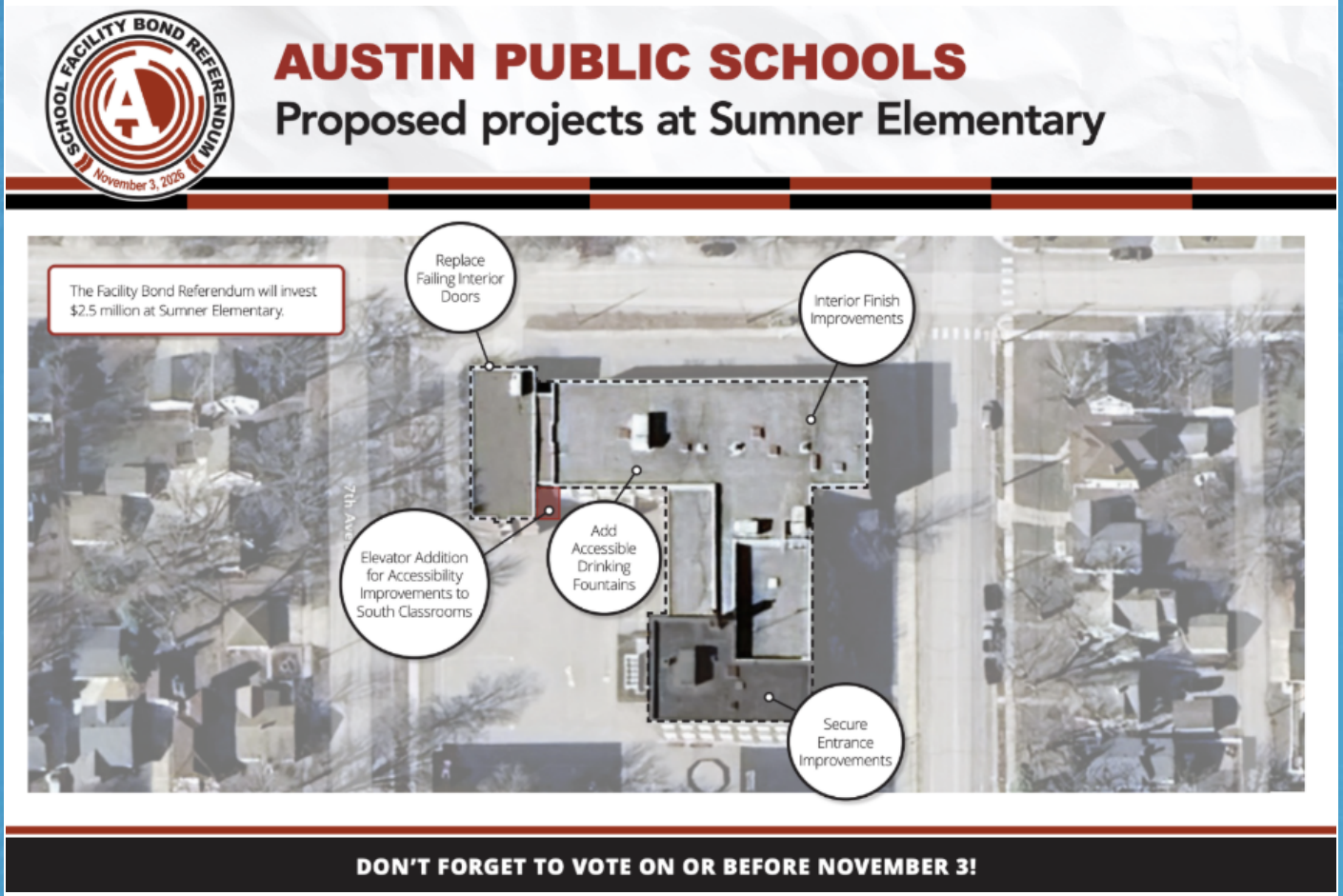
On November 3, Austin voters will decide on a proposed school facilities referendum. If approved, the referendum would fund improvements across the district, including several projects at Sumner Elementary.

At Sumner, projects would focus on accessibility, safety, and learning spaces. Planned improvements include creating a secure main entrance, installing an elevator to improve access throughout the building, updating classroom and cafeteria ceilings, replacing aging doors, and improving accessibility features. These updates would help make Sumner more welcoming and accessible for all students, families, staff, and community members.

Referendum Resources to Learn More:

- Watch Superintendent Dr. Joey Page's Presentation
- View the Districtwide Project Budget Breakdown
- Visit the Referendum Informational Webpage

Make a plan to vote on or before November 3, 2026.



Sumner Artsonia

There are two art teachers at Sumner this year, Ms. Langfeldt and Mrs. Lennie. We would like to let you know that you can keep up to date on what your student is doing in art class by viewing their digital art portfolio on Artsonia. The online school gallery link is: Sumner Art Gallery
If you are not already connected to your student's art portfolio you can use the following links to get connected. Ms. Langfeldt's classes: https://www.artsonia.com/connect/WX5398BB
Mrs. Lennie's classes: https://www.artsonia.com/connect/SKYFZM4B
You can then share artwork with friends and family and receive important updates on your child's art class activity. If you have questions or if your child already has an Artsonia account from a previous school, please email Mrs. Lennie (krystal.lennie@austin.k12.mn.us) or Ms. Langfeldt (ashley.langfeldt@austin.k12.mn.us)

October Social Emotional Values: Respect, Self-Awareness and Inclusion

This month at Sumner, we're focusing on three important character traits: Respect, Self-Management and Inclusivity. These skills help students grow as individuals and work together as a team in and outside the classroom. For example, showing respect doesn't just apply to people - it's also about respecting our environment. This month we're encouraging all students to pick up garbage around the playground, cafeteria and our classrooms. Let's all take pride in Sumner Elementary and make it a place we can be proud of! Check out some great resources for At-Home Activities to try:

At-Home Activities to Try:

1. **Daily Check-ins:** At dinner or before bed, ask your child, "What did you do today to show respect for others?" Reflecting on their day can help them recognize their efforts and encourage self-awareness.
2. **Respect Board:** Create a "Respect Board" in a shared space at home. Every time someone shows respect, write it down for everyone to see.



Hi Sumner Students! It's Zoey, your Peekapak pal! This month, I learned an important lesson about respect as the team captain for the Berry Ball Championship. I realized that respect means valuing everyone's ideas, encouraging teammates when they feel down, and making sure everyone has a chance to shine. How will you show respect this month, both on and off the field?

Inclusion is vital part of our school family. We want to have friends. We want to belong. In this story, Brian feels invisible. He often sits by himself when the other children are playing. Brian's experience at school changes when he makes a friend. A friend can make all the difference to someone who is feeling invisible. Don't be afraid to reach out to someone who may seem different from you. Everyone needs a friend-- and your kindness can make a big difference!
Enjoy this read aloud titled, *The Invisible Boy* written by Trudy Ludwig and illustrated by Patrice Barton.

The Invisible Boy, Written by Trudy Ludwig Illustrated by Patrice Barton



Wellness at Home!

Looking for simple ways to keep your family active and healthy? Each month, **SHAPE America provides a Wellness Calendar** filled with fun, easy activities that encourage movement, healthy habits, and overall well-being. Try a few activities together and make wellness part of your family routine!

SHAPE America – Society of Health and Physical Educators
health. moves. minds.

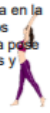
October 2026 Health Literacy Month Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
National Health Observances: • National Health Literacy Month • Emotional Wellness Month • National Bullying Prevention Month • Positive Attitude Month • 5th - National Do Something Nice Day • 10th - World Mental Health Day • 20th - National Youth Confidence Day		SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Reproduced with permission from the Society of Health and Physical Educators (SHAPE America)		**1 Share on Social** Share this link about Health Literacy Month to your friends and family so that they are aware of Health Literacy Month.	**2 Mindful Minute** For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	**3 Nutrition Notice** Look at the nutrition facts on the back of a food package. What do you notice? Can you find where the calories, ingredients, and protein are listed?
4 Upward Crescent Moon Pose This pose targets the lower back and shoulders. Hold for 30-60 seconds release and repeat.	**5 National Do Something Nice Day** Send a free card to a sick child at St. Jude's. National Do Something Nice Day!	**6 Mindful Coloring** Take some time and color a picture today.	**7 Virtual Tour** Take a virtual tour of San Diego Zoo.	**8 Walk and Talk** Take a walk with your parents or an adult who takes care of you about what to do if you are bullied or see someone being bullied.	**9 Read and Move** Pick a book to read and select an "action word" that will be repeated often. When the "action word is read stand up and sit down.	**10 I'm Awesome!** Write down three things about yourself you're proud of. World Mental Health Day
11 Rise and Squat When you get out of bed complete 10 squats. Wait 10 seconds and do 10 more.	**12 Sudoku** Play a game of Sudoku	**13 Device Detox** Can you go without your phone, tablet, TV or internet? Try to go device free for 2 hours. But first check out this video!	**14 Mindful Minute** For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	**15 Walking Race** Pick a distance and challenge a friend to a speed walking race. No running!	**16 Side Seated Angle Pose** Hold for 30-60 seconds on each side to target the hamstrings and calves.	**17 Try Something New** Try something new today like origami. Was it challenging? Would you do it again? Why is it good to try new things?
18 Mindful Snack When eating a snack today, really pay attention to the taste, feel, sound, smell and look of the snack you're eating. What do you notice?	**19 Just play!** Hide-and-seek, tag, hopscotch, hula hoop, pogo stick, it's up to you!	**20 Positive Talk Tuesday** Be sure to talk to yourself today like you would talk to someone you love. National Youth Confidence Day	**21 Do this:** 10 jumping jacks 10 leaps 10 frog jumps 10 vertical jumps (as high as you can) Repeat 3 times	**22 Mindful Video** Spend a few minutes watching this rare & colorful sea life video. What do you notice? How do you feel after the video?	**23 Create a Dance** Make up a dance to your favorite song. Be sure to include a jump, a slide and a spin. Or try this Hip Hop dance routine	**24 Virtual Tour** Take a virtual tour of Yosemite
25 Mindful Minute For 60 seconds, clear your mind & only focus on your breathing. If your mind starts to wander, bring your attention back to your breathing.	**26 Step Jumps** Find a step or a bench and jump up and down 50 times. Be careful. Take a break if you need to.	**27 Tuesday Prep** Do one thing today to prepare for tomorrow. Examples: -Pack your backpack. -Check your homework. -Pick out the clothes you are going to wear.	**28 Plank Jacks** In plank position move your feet in and out like when performing a jumping jack for 30 seconds. Repeat 10 times.	**29 Spend Time with Nature** Go into nature and notice what you see, smell, feel and hear.	**30 Be Inclusive** Invite a classmate you don't really know to join you in an activity.	**31 Finish Up** Take today and finish a task that you have been procrastinating.

SHAPE America — Society of Health and Physical Educators — health. moves. minds.

Octubre 2026

Calendario de Mes de la Alfabetización en Salud

DOMINGO	LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO
Observancias nacionales de la salud: • Mes de la Alfabetización en Salud • Mes de Bienestar Emocional • Mes nacional de prevención del acoso • Mes de la Actitud Positiva • 5- Día Nacional hacer algo agradable • 10- Día Mundial de la Salud Mental • 20- Día Nacional de confianza de los jóvenes		SHAPE America recomienda que los niños en edad escolar acumulen por lo menos 60 minutos y hasta varias horas de actividad física por día. Cada sesión de actividad física debe ser seguida por ejercicios de estiramiento y enfriamiento que ayudan a reducir el dolor y a prevenir las lesiones. Reproducido con permiso de la Sociedad de Educadores Físicos y de la Salud (SHAPE America)		**1 Compartir en redes sociales** Envíe este enlace Health Literacy Month a sus amigos y familiares para que estén al tanto del Mes de la Alfabetización en Salud.	**2 Un Minuto Consciente** Por un minuto, piense solamente en tu respiración. Si tu mente comienza a vagar, pon la atención de nuevo en tu respiración.	**3 Aviso sobre nutrición** Observa la información nutricional en la parte posterior del envase de un alimento. ¿Qué notas? ¿Puedes encontrar dónde aparecen las calorías, los ingredientes y las proteínas?
4 Pose de la luna creciente vertical Esta pose se enfoca en la espalda lumbar y los hombros. Mantén la pose por 30-60 segundos y repite. 	**5 Día Nacional de Hacer Algo Agradable** Envíe una tarjeta gratis a un niño enfermo en St. Jude's. Día Nacional Hacer Algo Agradable	**6 Coloración consciente** Tómate un tiempo y colorea una imagen hoy. color a picture	**7 Tour Virtual** Realice un recorrido virtual por el San Diego Zoo.	**8 Habla y camina** Sal a caminar con tus padres o con un adulto que te cuida y hablen sobre lo que pudieras hacer si sufrieras algún acoso en la escuela o si vieras a otra persona siendo acosada.	**9 Lectura y movimiento** Elige un libro para leer y selecciona una «palabra de acción» que se repita con frecuencia. Cuando se lea esa palabra, levántate y vuelve a sentarte.	**10 ¡Soy genial!** Escriba 3 cosas de ti mismo que te das orgullo. Día Mundial de la Salud Mental
11 Levántate y haz sentadillas Al levantarte haz 10 sentadillas. Espera 10 segundos y haz 10 más.	**12 Sudoku** Juga el juego de Sudoku	**13 Desintoxicación del aparato** ¿Puedes sobrevivir sin tu teléfono, computadora, televisión o internet? Tratar de no usar estos aparatos por dos horas. But first check out this video!	**14 Un Minuto Consciente** Por un minuto, piense solamente en tu respiración. Si tu mente comienza a vagar, pon la atención de nuevo en tu respiración.	**15 Carrera caminando** Escoge una distancia y desafía a un amigo a una carrera de velocidad caminando. ¡No corran!	**16 Postura del ángulo lateral sentado** Mantén la posición por 30-60 segundos en cada lado, enfocándote en las pantorrillas y los tendones de la corva. 	**17 Intenta Algo Nuevo** Prueba algo nuevo hoy como el origami. ¿Fue un desafío?¿Lo harías otra vez?¿Por qué es bueno probar cosas nuevas?
18 Una merienda a la atención plena Cuando comes una merienda hoy, pon atención de cada bocado y de cómo afecta a tus sentidos.	**19 ¡Juegos!** Las escondidas, juegos de persecución, rayuela, hula-hoop, saltador (pogostick).... Tú eliges.	**20 Los Martes de Palabras Positivas** Hable a tu mismo como si estás hablando a una querida. Día Nacional de confianza de los jóvenes	**21 Haga lo siguiente:** 10 lagartijas 10 saltos delanteros 10 saltos de rana(en cuatro) 10 saltos verticals (tan alto como puedas) Repite 3 veces	**22 Video Consciente** Dedique unos minutos a ver este video raro y colorido de la vida marina. ¿Que notaste? ¿Cómo te sientes después del video?	**23 Inventa un baile** Pon tu canción favorita e inventa un baile. Incluye un salto, un deslice y un giro. O prueba esta rutina de baile Hip Hop. Hip Hop dance	**24 Tour Virtual** Realice un recorrido virtual por Yosemite
25 Un Minuto Consciente Por un minuto, piense solamente en tu respiración. Si tu mente comienza a vagar, pon la atención de nuevo en tu respiración.	**26 Hacer un cumplido a alguien** Hoy, haz un cumplido a alguien. Ejemplos: -Ese peinado te queda bien. -Me gusta como eres tan atento.	**27 Prepararse los martes** Haz una cosa hoy para preparar para mañana. Ejemplos: -Haz la mochila. -Revise la tarea. -Escoja la ropa que vas a poner	**28 Jacks en Plancha** En posición de plancha abre y cierra los pies como jumping jacks por 30 segundos. Repite 10 veces.	**28 Búscalo** ¿Cuáles son los beneficios de practicar el cuidado personal o las habilidades de atención plena? Encuentre un sitio web válido que brinde información de salud precisa y confiable y comparta esa información con su familia y amigos.	**29 Pasa tiempo con la naturaleza** Adéntrate en la naturaleza y practica lo que los japoneses llaman baños de bosque. Forest Bathing	**31 Termina** Toma hoy y termina una tarea que has estado postergando. procrastinating.

Discover 4-H in Mower County



Who can join? Kindergarten through one year after high school (Grade 13). Youth in Grades K-2 can join as Cloverbuds.

Explore your interests: Animals, agriculture and gardening; science, technology and wildlife; photography, arts and creative projects; healthy living and food science; leadership, community service and public speaking and more!

Ways to participate: Join a local 4-H club; attend camps, day camps and special events; exhibit projects at the Mower County Fair; take part in leadership opportunities, project bowls, shooting sports and more.

Membership: New members may enroll at any time. Membership runs October 1 through September 30 and is renewed annually.

For more Information : University of Minnesota Extension 4-H Educators: Adam Stevermer, 507-437-9439; Jessica Moreno, (402) 595-8353

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Sumner Elementary School

https://sumner.austin.k12.mn.us

805 8th Avenue NW
Austin, MN 55912
507-460-1100

School Hours:
8:00AM - 2:30PM