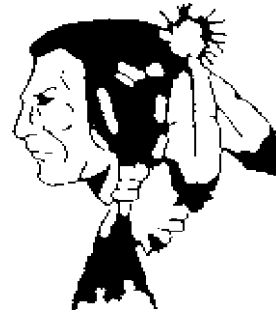


COUNCIL GROVE ELEMENTARY SCHOOL NEWSLETTER –OCTOBER 2021

CGES October 2021 Activity Calendar

10/1/2021	2 nd Grade Field Trip to Abilene
10/4/2021	Pizza Hut Fundraiser for PTO(more info to come)
10/8/2021	1 st Grade Field Trip to Manhattan
10/8/2021	4 th Grade Field Trip to Rolling Hills Zoo
10/11/2021	Flu Vaccinations
10/11/2021	Board of Education Meeting-6:00pm
10/13/2021	District Site Council @ District Office
10/15/2021	End of 1 st Quarter/Early Dismissal-1:10 pm
10/18-21/2021	PTO Book Fair
10/19/2021	Parent/Teacher Conferences-4 to 8 pm
10/20/2021	DLT w/MTSS @ District Office
10/21/2021	Parent/Teacher Conferences-4 to 8pm
10/22/2021	NO School/Conference Week
10/29/2021	Picture Retake Day
10/29/2021	Fall Celebration Parties



Fall Celebration Parties

Our Fall Celebration Parties will be held on Friday, October 29th at 2:30 pm or scheduled time from your child's teacher.

You will be getting more information from your classroom teacher. If you are bringing food or treats to the party, they can be Halloween themed (no blood and gore please). These treats need to be individually pre-packaged and NOT homemade. This day will be a regular day of school (no costumes or make-up).



PICTURE RETAKES

Picture retakes will be taken on Friday, October 29th. If you are not pleased with your child's picture that was taken earlier in the year and wish to try again, please return the packet you ordered with your child on picture retake day. Photographers will take another picture and replace the previously



purchased packet. If your child is a new student or was absent on September 17th, he/she will be getting their picture taken for yearbook purposes.

2nd Grade Field Trip

On Oct. 1, 2nd graders will be going to Abilene for our field trip. Students will tour the Heritage Center, Old Town, and ride on the carousel. They will also get to eat lunch while riding on a train! This will be the first year this class has gone on a school field trip, so they are very excited for this trip!

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Parents,

I found this blog from the Community Access Network,

<https://www.communityaccessnetwork.org/how-to-teach-your-children-about-self-care/> that I hope you find helpful. ~Mrs. Honas

Self care has become an expected phrase in everyday conversation and for good reason: Our lives are becoming even more busy and complicated by screens and social media, and bogged down by a lot of work responsibilities. Because of that, self care has become more and more important. But what about our kids? As we think about the impacts of screen time on our adult lives, it's important to consider the effects of screen time on children. Additionally, as we become more busy, there's a natural impact that those cluttered schedules have on our kids. That's why it's also important to **teach your children about self care and how they can create healthy habits that will see them into adulthood.**

EXPLAINING SELF CARE TO KIDS

Self care is just as important as academics for growing, developing kids. When taught correctly, self care will help kids identify their physical needs and begin to take care of them, before emotions can ever get in the way.

Oftentimes when parents are in a hurry (and if they're a parent, they likely are), they do tasks *for* a child. When this happens, children aren't taught to think independently, problem solve or assess what their needs are.

So, if a child comes to you and asks for help, first ask yourself if this is a task they can realistically accomplish on their own. If it is, encourage them to tackle it first on their own by saying:

I believe in you and that you can do this by yourself. I'll be here if you get stuck, but try it first on your own.

Here are ways to put that into practice.

TEACH KIDS TO TAKE CARE OF THEIR BODIES

One of the most important aspects of self care is taking care of your physical health. The same applies for children. There are a lot of ways to encourage healthy habits for children, such as:

- Exercising in fun ways like playing in the park or playing catch
- Deep breathing, going for a long walk or doing stretches together

There are also smaller tasks that a child can accomplish on their own that will make them feel empowered to take care of their bodies, like:

- Blowing their own nose
- [Washing their hands](#)
- Dressing and undressing
- Brushing their own hair
- Brushing their own teeth
- Getting their drink themselves
- Helping with food or snack preparation

TEACH KIDS ABOUT FUN THAT ISN'T ON A SCREEN

Yes, kids *love* their cartoons, super heroes or favorite video game. But the truth is, kids can start to rely on what's on the screen as their central source of entertainment. This could negatively impact their happiness and stress levels in the long run.

It's important to teach kids how to have fun away from a screen. Take a few ideas from these activities that teach kids about self care:

- Have a dance party
- Have a pillow fight
- Play a game that your kids make up the rules for
- Go for a family bike ride
- Go for a walk or hike
- Bake cookies
- Draw or paint
- Tell jokes to each other
- Blow bubbles
- Play at a park
- Play make believe

- Build a fort

DEVELOP A HEALTHY FAMILY ROUTINE

Routine is incredibly important for developing children. They give kids a sense of security, and having tasks or events they can predict throughout the day will limit anxiety and make day-to-day transitions easier.

As you look for ways to teach your children about self care, look for ways to develop a healthy family routine. Build in a “slow down” time into each day. The slow down time can be a time where the family is device-free, where the TV isn’t on and everyone is either reading a book, drawing, playing a quiet game or practicing meditation. These calm activities can help wire a child’s brain for mindfulness.

Even creating structure around meal times can dramatically help your child understand the importance of giving themselves time for healthy essentials. Have a set time for breakfast, lunch and dinner, and work to keep those meals as distraction free as possible.

FIND WHAT WORKS FOR YOU AND YOUR FAMILY

Every child and family unit is different. While there’s no exact formula for self care for you or your child, it’s important to start having conversations *now* about the best ways your child can take care of their mental and physical health. If you’re able to help them create those habits now, they’ll be more inclined to stick with those habits when they’re adults.

Lunchroom Update

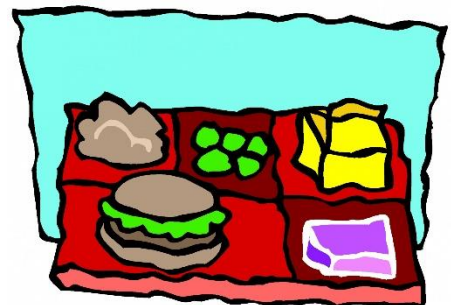
- As in previous years if you have a change in income or household members please let us know and we will get you a new household economic survey to fill out.
- Our menus are changing weekly due to vendor shortages please check the menu link on district webpage to stay informed.

Menus are posted by using the link www.usd417.net under the menu tab. You can also get the menus through our free mobile app

(Use your camera setting on your smart phone, hover over the QR Code then follow the directions)



App Store





Google play

You can also sign up for the monthly menu to be sent to you by using this link
<http://usd417schoolmeals.com/index.php?sid=1564503024649&page=automenu>

Let me know if you have any questions,
Becky Shearer
USD 417 District Food Service Director



Annual seasonal influenza vaccination is recommended for everyone 6 months and older, as vaccination remains the best available preventive measure. Achieving high coverage rates of influenza vaccine in infants and children is a priority to protect them against influenza disease and its complications.

The Academy of Pediatrics recommends that children receive influenza vaccinations by the end of October, if possible. Children who

need two doses (those 6 months through 8 years, who have not previously been fully vaccinated) should receive the first vaccine early in the season for optimal protection.

The Morris County Health Department will be available at the USD 417 schools on Monday, October 11, 2021 to provide flu vaccinations. If you wish to have your child(ren) immunized, please complete the attached consent form and return to the school office by Thursday, October 7, 2021.

Fluzone Quadrivalent flu shot \$45.00

MCHD accepts most private insurances, KanCare, or cash/check. Individual appointments can also be scheduled at Morris County Health Department at 221 Hockaday Street, Council Grove, (620)-767-5175.

