

# Prairie Heights Elementary School



## October Newsletter

### Reminders from Mrs. Gehrler

- If you need to change your student's dismissal plans, please contact the office. Teachers do not always have a chance to check emails or dojo before dismissal.
- Please remember to send money for your enrollment fees, if you have not paid them yet. If you cannot pay them in entirety now, please call and set up a payment plan with the office.
- Parent Teacher Conferences are Oct. 18<sup>th</sup> and 19<sup>th</sup>. We will be using the same program used for Open House appointments. Links will be sent out soon to sign up with each of the teachers.
- Please remind students that behavior expectations apply before and after school, on bus rides, and at all school sponsored activities!

### October dates to remember!

3<sup>rd</sup> – PTO/PAC meeting

7<sup>th</sup> – Picture Day!!

12<sup>th</sup> – Flu Shots offered today

17<sup>th</sup> – Late Start (Tardy after 10am)

18<sup>th</sup> – Parent Teacher Conferences

20<sup>th</sup> – Art Day

28<sup>th</sup> – Halloween Celebrations and PTO Sponsored Halloween Festival

6<sup>th</sup> – Art Day

10<sup>th</sup> – Board of Education Meeting

14<sup>th</sup> – Homecoming Trip to CG

18<sup>th</sup> – 6<sup>th</sup> Grade to Topeka Symphony

19<sup>th</sup> – Parent Teacher Conferences

21<sup>st</sup> – No School

# In the KNOW about PTO!

YOUR VOICE MATTERS! Please consider joining us at the following PHES PTO meetings and let your voice be heard! **Meetings are at 6:30pm.** Join in person or virtually at [meet.google.com/xkj-zamo-qio](https://meet.google.com/xkj-zamo-qio)

## Dates of Meetings:

Monday, October 3rd  
Monday, November 7th  
Monday, December 5th  
Monday, January 23rd  
Monday, February 27th  
Monday, March 6th  
Monday, April 17th  
Monday, May 15th

**Dinner and daycare is provided!** If you have any questions, please contact the PTO president at [aharmison15@gmail.com](mailto:aharmison15@gmail.com) or call the PHES office at 785-499-6313.

## **PTO Sponsored Halloween Festival:**

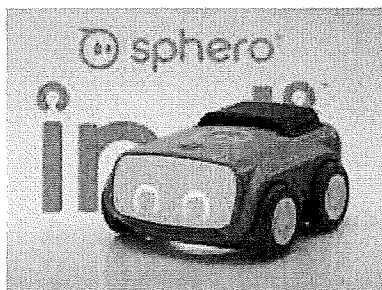
- Friday October 28<sup>th</sup> in the Gym from 4-7pm
- We are still looking for volunteers to help with set up and monitoring games during the event. If you are willing to help (for any amount of time) please email Angela Harris at [aharris2860@gmail.com](mailto:aharris2860@gmail.com).
- We are still in the process of making final plans so if you have any suggestions or ideas you think would be a great, please stop by our meeting on Monday, October 3<sup>rd</sup>!

# Computer Science with Miss Kayla

## **October is going to be a busy month for Computer Science!**

Grades K-2 will be working on file storage basics, input/output devices, and intro to parts of a computer. Grades 3-6 will start working on Slideshows and Infographic projects. The subjects will be determined during class. As always, we will continue to work on typing practice in ATRT and keyboard letter recognition. Mid-October, we will take a little break for some fun with our Sphero Indi robots and practice some coding with them. This is the part of Computer Science that the kids have been waiting for!

If you're curious, check out this website: <https://sphero.com/pages/sphero-indi>



## **News from the Nurse Office**

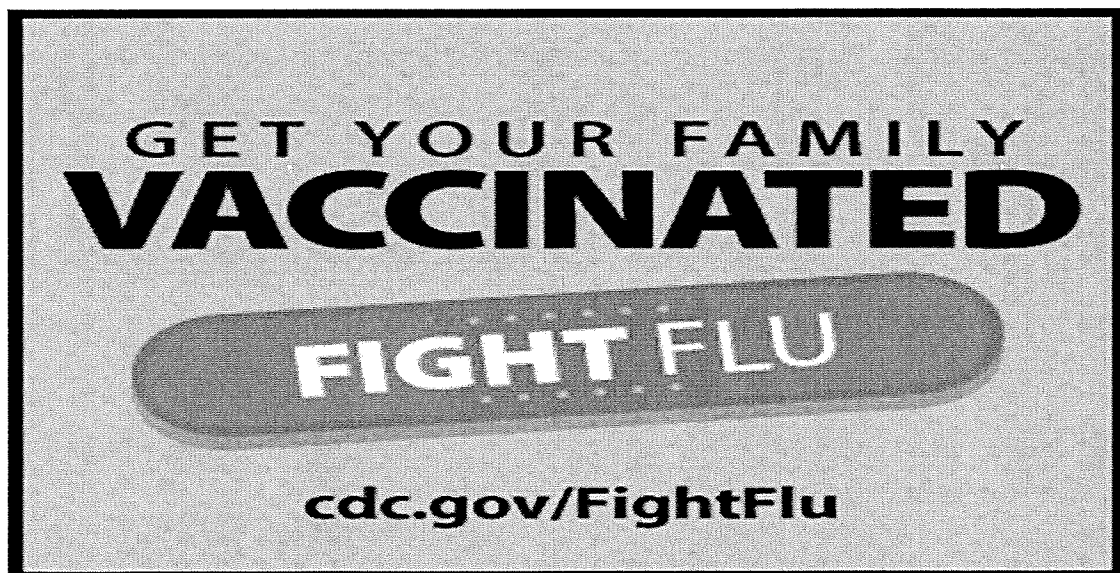
Annual seasonal influenza vaccination is recommended for everyone 6 months and older, as vaccination remains the best available preventive measure. Achieving high coverage rates of influenza vaccine in infants and children is a priority to protect them against influenza disease and its complications.

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 Wednesday, October 12, 2022 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 6, 2022.

Fluzone Quadrivalent flu shot cost is \$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.



Additional Flu Shot information and sign-up forms were sent home with students. If you need another copy, please reach out to the office.

# Music Musings

We took time the second full week of September to recognize Patriot Day (11th), National Anthem Day (14th) and Constitution Day (17th) in part by learning about and singing the Star Spangled Banner.

All classes have experienced the Orff instruments (xylophones, metallophones, glockenspiels) for accompanying songs with various patterns. We continuously work on music elements of dynamics (soft & loud), tempo (fast/slow) and pitch (high/low) as well as reading rhythm notation.

Musicplay can be accessed on the internet using the student code: k154892 for more musical engagement.

Kathy Lamberson – K-6 Music/5-6 Band Teacher

## ***Don't drop the ball on PE and Health***

Notes from Mr. Nuessen

This month, one of our spotlight activities has been ping-pong. We have also been practicing our spacial awareness as well as dodging within multiple different games/activities. Kicking has been a skill we have been working on. In health we have done a lot of food group identification while integrating that into a fun relay race for all classes. They have all done so well! Get outside and enjoy the nice weather before it's gone.

## **Lunchroom Update**

Are you looking for menus and how to access them faster and easier?

Menus are posted by using the link [www.usd417.net](http://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

You can also sign up for the monthly menu to be sent to you by using this link.



Google play

<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

## Ms. Cristy's Corner

The school year is going fast as we are already welcoming October!!! Guidance this month will focus on Anti-Bullying Awareness. We will discuss what is bullying and what is not, tips for when you see bullying, tips for when you are being bullied, tips for when you are bullying others, tips for addressing cyberbullying, and tips to show respect and appreciation for others.

Some important tips for parents if you feel that your child is being bullied are as follows:

- Don't panic. Explain to your child that we will all get it sorted out.
- Remember that bullying is not an isolated incident but something that is repeated and includes an imbalance of power.
- Bullying is never acceptable: it will be taken seriously and it's not their fault.
- Find out what your child wants to happen. Help them identify steps to take and the skills they have to help sort out the situation.
- You may be tempted to tell your child to retaliate but this can have unpredictable results.
- Encourage your child to get involved in activities that build their confidence and esteem.

---

Red Ribbon Week will be **Oct 24<sup>th</sup>-28<sup>th</sup>**. To support awareness for Red Ribbon Week, we will have the following dress up days.

Monday – Pajama/Sweats Day: Follow your dreams. Don't do drugs and let them ruin your plans! Wear your favorite/appropriate sweat pants or pajamas to school.

Tuesday – Tie Dye Day: Peace out drugs. Remember the consequences of using drugs and say goodbye to them forever. Wear anything Tie Dye.

Wednesday – Red Day: Rally in Red. Stand up to drug use and "Just say no!" Wear something red today!

Thursday – Neon Color Day: Our future is bright! Keep thinking about your future and don't let drugs get in the way. Wear something with neon colors.

Friday – Favorite Sports Team: Team up against drugs. We can do it together! Wear your favorite sports team gear.

As always, if you have anything to visit with me about, feel free to contact me at the school!!

Cristy Godley  
785-499-6313  
Ext- 111

# Halloween Celebration Information



## We have some changes this year!

Our celebrations will take place on **Friday October 28<sup>th</sup>**. No celebrations of any kind will take place on Monday the 31<sup>st</sup>. We hope that you will encourage your students to celebrate on Friday and over the weekend so students can have "normal" and successful school days on Monday and Tuesday.

Students are not allowed to wear costumes to school on any day but will be allowed to change at 1:30pm on Friday to prepare for celebrations. Parents are asked not to come to school prior to 1:30pm that day. The parade through the school and downtown will begin at 2pm. After returning from the parade, the classrooms will have their parties. Please contact teachers if you can help with celebrations. No costumes that are overly gory or weapons of any kind will be allowed. Mrs. Gehrer will make the final judgment, if needed.

PTO is also sponsoring a fun evening event called a Halloween festival in the gym from 4 to 7pm. Please consider coming and enjoying some family friendly time with your student!



## School Pictures

Don't forget that school pictures are scheduled for Friday, October 7<sup>th</sup>.

Order forms were sent home with students but you can also order pictures online.

Orders can be placed on [mylifetouch.com](http://mylifetouch.com).

Our school ID # is **EVTXCKQ3F**

## Volunteers Wanted

Prairie Heights PTO will host a Halloween Festival from 4:00-7:00 on October 28<sup>th</sup>.

We are looking for volunteers who are willing to create and/or help supervise the festivities. You can volunteer for any length of time.

If you are interested in helping with the Halloween Festival, please email Angela Harris at [aharris2860@gmail.com](mailto:aharris2860@gmail.com).



# Elementary Lunch Menu

# OCTOBER 2022

# Twister

Elementary School























Breakfast/Lunch Prices

Breakfast

FREE for all USD 417

Students

Adult - \$2.30

Monday		Tuesday		Wednesday		Thursday		Friday	
3	*Meal of the Day* Rib Sandwich  *Student Favorite* Bosco Stick Marinara Sauce Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Green Beans Applesauce	4	*Meal of the Day* Super Nachos Queso Cheese  *Student Favorite* Cheeseburger Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Refried Beans Strawberries/Banana	5	*Meal of the Day* Chicken Fried Steak Roll  *Student Favorite* Chicken Strip Wrap Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Mashed Potatoes Gravy Fruit Cocktail	6	*Meal of the Day* Chicken Parm Sandwich Hot Dog  *Student Favorite* Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Peas Peach Slices	7	*Meal of the Day* Spaghetti w/ Meatballs Pizza Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Corn Peach Slices Cookie
10	*Meal of the Day* Quesadilla Queso Cheese  *Student Favorite* Bosco Stick Marinara Sauce Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Peas and Carrots Mandarin Oranges	11	*Meal of the Day* Chicken Nuggets Muffin  *Student Favorite* Cheeseburger Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Street Potato Fries Cinnamon Apples	12	*Student Favorite* Mac and Cheese Little Smokies Roll  *Meal of the Day* Chicken Strip Wrap Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Cooked Carrots Applesauce	13	*Meal of the Day* Soft Tacos Hot Dog  *Student Favorite* Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Cauliflower w/ Cheese Fruit Cocktail Cake	14	*Meal of the Day* Corn Dog  *Student Favorite* Pizza Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Spiced Pinto Beans Peach Slices
17	*Meal of the Day* Turkey and Cheese Sub  *Student Favorite* Bosco Stick Marinara Sauce Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Fries Peach Slices	18	*Meal of the Day* Pork Egg Roll Vegetable Fried Rice  *Student Favorite* Cheeseburger Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Broccoli Rosy Applesauce	National School Lunch Week Oct. 18th - 24th		20	*Meal of the Day* Chicken Fry Sticks Roll  *Student Favorite* Hot Dog Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Corn Applesauce	21	*Meal of the Day* Chicken Fry Sticks Roll  *Student Favorite* Hot Dog Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Corn Applesauce
24	*Meal of the Day* Chicken & Waffles  *Student Favorite* Bosco Stick Marinara Sauce Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices	25	*Meal of the Day* Ham and Cheese Sandwich  *Student Favorite* Cheeseburger Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Baked Beans Strawberries/Banana	26	*Meal of the Day* Swedish Meatballs  *Student Favorite* Chicken Strip Wrap Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Mashed Potatoes Peach Slices Cookie	27	*Meal of the Day* Chicken Fajita Rice  *Student Favorite* Hot Dog Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Cauliflower Mandarin Oranges	28	*Meal of the Day* Chicken Patty Sandwich  *Student Favorite* Pizza Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Fries Applesauce
31	*Meal of the Day* Mini Corn Dogs  *Student Favorite* Bosco Stick Marinara Sauce Salad Bar/Grain  *Extras* Fresh Fruit or Veggie Spiced Pinto Beans Fruit Cocktail Cake								
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									
									

This institution is an equal opportunity