

# Prairie Heights Elementary School



## September Newsletter

### Reminders from Mrs. Gehrler

- Students are to be here by 7:40am if they want to eat breakfast. This will allow them time to eat before we start our morning meeting at 8am.
- Please contact the office if any of your contact information has changed. We need correct information in case of an illness or emergency.
- 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.
- Benchmark testing will begin on the 6<sup>th</sup>. This is the testing that happens three times a year to determine if students are performing at grade level or if they are in need of interventions. Teachers will go over results at conferences in October.

### September dates to remember!

1 <sup>st</sup> – 5 <sup>th</sup> Grade to Starbase	5 <sup>th</sup> – No School (Labor Day)
7 <sup>th</sup> – 5 <sup>th</sup> Grade to Starbase	8 <sup>th</sup> – Art Day
12 <sup>th</sup> – 5 <sup>th</sup> Grade to Starbase	12 <sup>th</sup> – Board Meeting @ 6pm
15 <sup>th</sup> – 4 <sup>th</sup> Grade Water Festival	15 <sup>th</sup> – 5 <sup>th</sup> Grade to Starbase
19 <sup>th</sup> – PTO/PAC @ 6:30pm	22 <sup>nd</sup> – Art Day
23 <sup>rd</sup> – 6 <sup>th</sup> Grade Field Trip	24 <sup>th</sup> – PTO Garage Sale
26 <sup>th</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)

Monday, September 19th  
 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 Save-the-Dates:

- Merch & Mums - Saturday, Sept. 24<sup>th</sup>
  - “Merch” includes old jerseys and merchandise from the attic clean out. Come visit us to get your hands on any “Bulldog” or “Twister” merchandise. Stay tuned for more details to come!
- PHES Halloween Festival - Friday, October 28th

# Computer Science with Miss Kayla

This month in Computer Science we will be introducing and revisiting Digital Citizenship and how it is important in the tech savvy world we are living in. How we define Digital Citizenship is our ability to use technology in an appropriate and respectful manor that gives way to positive communication and interactions in the digital world. We cover this on different levels in each classroom and build on the previous years information, so by the time the kids are in sixth grade, they will have covered all 9 elements of the digital expectations.

<small>AP</small> <b>9 elements of digital citizenship</b>	<b>DIGITAL ACCESS</b>  <i>the equitable distribution of technology</i>	<b>DIGITAL COMMERCE</b>  <i>buying &amp; selling goods</i>	<b>DIGITAL COMMUNICATION</b>  <i>understanding different digital tech mediums</i>	<b>DIGITAL ETIQUETTE</b>  <i>encouraging responsible behavior online</i>
<b>DIGITAL LITERACY</b>  <i>understanding the many forms of technology</i>	<b>DIGITAL HEALTH &amp; WELFARE</b>  <i>promoting wellness while using technology</i>	<b>DIGITAL LAW</b>  <i>complying with online policies</i>	<b>DIGITAL RIGHTS &amp; RESPONSIBILITY</b>  <i>freedoms of all online users</i>	<b>DIGITAL SECURITY &amp; PRIVACY</b>  <i>online precautions to promote safety</i>

# News from the Nurse Office

September is National Childhood Obesity Awareness Month. Here are 5 tips from the CDC to help prevent childhood obesity.

## Eat the Rainbow

Having a healthy diet can help children get the nutrients they need for healthy growth and development, and help them reach a healthy weight. A healthy diet is rich in fruits, vegetables, whole grains, lean proteins, and low-fat or fat-free dairy.

Unfortunately, very few people get enough fruits and vegetables. In 2017, just 2% of high school students ate enough vegetables, and 7% ate enough fruit. Help your kids eat the rainbow: make half of their plate fruits and vegetables for optimal health.

## Move More

Compared to those who are inactive, physically active youth have stronger muscles and better cardiovascular fitness. They also typically have lower body fat and stronger bones. Regular physical activity in childhood also reduces the risk of depression. Children need at least 60 minutes of physical activity every day.

## Slow Down on Sugar

Most of us eat and drink too many added sugars, which can lead to health problems such as weight gain and obesity, type 2 diabetes, and heart disease. Children under age 2 should have no added sugar in their diet at all, and children over age 2 should keep sugars to less than 10% of their daily calories.

A good way to slow down on sugar is by avoiding sugary drinks like soda, juice drinks, and flavored milk. Help your kids rethink their drink by offering water, plain low-fat milk, or 100% juice instead.

## Reduce Screen Time

Adults and children spend over 7 hours a day being sedentary – and that doesn't include time spent sleeping! Many of these sedentary hours are spent sitting or laying down with a phone, tablet, or computer; watching TV; or playing video games (also known as **screen time**).

Too much screen time has health consequences: it's associated with poor sleep, weight gain, lower grades in school, and poor mental health in youth. When you reduce screen time, you free up time for family activities. The American Academy of Pediatrics recommends creating a family media plan, and has examples such as keeping meal times tech-free, charging devices at night outside the bedroom, turning screens off an hour before bed, and many more.

## **News from the Nurse Office (continued)**

### **Sleep Well**

Good sleep is critical to prevent type 2 diabetes, obesity, injuries, poor mental health, and problems with attention and behavior. Did you know that children 6-12 years old need 9-12 hours of uninterrupted sleep a night and youth 13-18 need 8-10 hours? Too little sleep is associated with obesity partly because inadequate sleep can make us eat more and be less physically active. Help your children sleep better by making sure they're active during the day, removing screens from their bedrooms, and setting a consistent sleep schedule, even on weekends.

**Kids imitate the adults in their lives. Be a role model for them by adopting these healthy habits, and they will too! Finally, remember that obesity is a complex disease with many contributing factors.**

### **Music Musings**

This month the music classes are working on playing beat and reading rhythms. We have been learning drum technique and how to play together.

Our district's elementary music curriculum is Musicplay which has an online source. Each student has access to the site with the student login code: k15482. More than just songs, the site contains music games, composition tools, reading, virtual instruments, movement & dances, and more. You and your child can explore together.

The 5th and 6th bands are underway. Our school is blessed with several instruments that the students can use.

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

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

Notes from Mr. Nuessen

We have been practicing throwing/catching footballs and frisbees. Our focus has been using good form and technique on throws. We have also tried catching with our hands and not trapping it against our bodies. We are getting better everyday! Encourage your students to get out and practice as much as they can.

# Lunchroom Update

Let's talk about alerts. Negative lunch balance alerts are sent Sunday – Thursday.

- If your student is Paid – anything below \$5.00
- If your student is Reduced – anything below \$3.00
- If your student is Free – anything Below \$0

We are starting a new alert to let parents know when your child will be receiving an alternate meal which consists of Bun, Peanut Butter, and Milk for \$.25 or if your child is allergic a cheese sandwich.

This will also be sent Sunday – Thursday, you will receive this message

- If you are Reduced – anything below -\$2.00 (this is 5 school days of meals)
- If you are Paid and go to CGJSH – anything below -\$16.25 (this is 5 school days of meals)
- If you are Paid and go to an Elementary School - \$15.75 (this is 5 School days of meals)
- Free will never get this message but you will not be able to charge ala carte items until your balance is paid in full.

## FAQ

- I can't shut just the lunch alerts off, if I shut one alert off all of USD 417 alerts will be dissolved
- My child doesn't eat at school, I get these every day!
  - Please put enough money in there to cover the base amount and they will stop. At least \$5.01 for paid students, \$3.01 for Reduced students.

If you have any questions or concerns please email Becky Shearer [bshearer@cgrove417.org](mailto:bshearer@cgrove417.org)

Best Regards,

Becky Shearer

USD 417 District Food Service Director

## Activities Reminder-

While we encourage students to attend events at the Junior-Senior High School, we also need to make sure that they know and follow the expectations. Please help your child review some of the expectations below before attending activities.

- All elementary aged children should have an adult present at the event.
- Students should be **SEATED** watching the activity and not running around the building and/or complex.
- All school behavior expectations still apply at these events. (such as no hitting, no foul language, etc.)
- The ability to attend these activities can be taken away at any time by **ANY** administrator or designated administrator of the district.

## Community Tailgate -

The high school football season is back in action with a new and exciting year. Please join us at the USD 417 community tailgate on September 2<sup>nd</sup> from 5:15pm - 6:30pm on Wood Street just north of the entrance into Legion Stadium. We will be serving jumbo hotdogs, chips and drinks until supplies run out!



Milk Choices Offered Daily

1% Chocolate Milk

1% White Milk

# SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday



## Elementary Lunch Menu



To qualify as a reimbursable meal each meal MUST have 1/2 cup fruit/vegetable or combination of the two.

5	<p>*Meal of the Day* Chicken &amp; Waffles</p> <p>*Student Favorite* Bosco Stick Marinara Sauce</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	6	<p>*Meal of the Day* Pork Egg Roll Vegetable Fried Rice</p> <p>*Student Favorite* Cheeseburger</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli Rosy Applesauce</p>	7	<p>*Meal of the Day* Chicken Nachos Queso Cheese</p> <p>*Student Favorite* Chicken Strip Wrap</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Refried Beans Mandarin Oranges</p>	8	<p>*Meal of the Day* Beef Sloganoif Roll</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Corn Applesauce</p>	9	<p>*Meal of the Day* Chicken Fry Sticks</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Peas and Carrots Fruit Cocktail Brownie</p>	10	<p>*Meal of the Day* Corn Dog</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Edamame (Bean) Peach Slices</p>	11	<p>*Meal of the Day* Soft Tacos</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Cauliflower w/ Cheese Fruit Cocktail Cake</p>	12	<p>*Meal of the Day* Chicken &amp; Waffles</p> <p>*Student Favorite* Bosco Stick Marinara Sauce</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	13	<p>*Meal of the Day* Ham and Cheese Sandwich</p> <p>*Student Favorite* Cheeseburger</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Baked Beans Strawberries/Banana</p>	14	<p>*Meal of the Day* Beef Shepard's Pie</p> <p>*Student Favorite* Chicken Strip Wrap</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Mashed Potatoes Gravy Peach Slices Cookie</p>	15	<p>*Meal of the Day* Chicken Rice</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Cauliflower Mandarin Oranges</p>	16	<p>*Meal of the Day* Chicken Patty Sandwich</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Fries Applesauce</p>	17	<p>*Meal of the Day* White Chicken Pasta Roll</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Peach Mandarin Oranges</p>	18	<p>*Meal of the Day* Beef Burrito and Cheese Queso Cheese</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	19	<p>*Meal of the Day* Mini Corn Dogs</p> <p>*Student Favorite* Bosco Stick Marinara Sauce</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Edamame (Bean) Fruit Cocktail Cake</p>	20	<p>*Meal of the Day* Crispito Queso Cheese</p> <p>*Student Favorite* Cheeseburger</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Smiles Cinnamon Apples</p>	21	<p>*Meal of the Day* Chicken Leg Muffin</p> <p>*Student Favorite* Chicken Strip Wrap</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Corn Peach Slices</p>	22	<p>*Meal of the Day* Biscuit and Gravy Sausage</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Hash Brown Patty Peach Slices</p>	23	<p>*Meal of the Day* White Chicken Pasta Roll</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Peach Mandarin Oranges</p>	24	<p>*Meal of the Day* Beef Burrito and Cheese Queso Cheese</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	25	<p>*Meal of the Day* Breaded Beef Finger</p> <p>*Student Favorite* Chicken Strip Wrap</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Green Beans Fruit Cocktail Brownie</p>	26	<p>*Meal of the Day* Cheesy Pull Apart Bread</p> <p>*Student Favorite* Cheeseburger</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Baked Beans Rosy Applesauce</p>	27	<p>*Meal of the Day* Breaded Beef Finger</p> <p>*Student Favorite* Chicken Strip Wrap</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Green Beans Fruit Cocktail Brownie</p>	28	<p>*Meal of the Day* Beef Burrito and Cheese Queso Cheese</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	29	<p>*Meal of the Day* Beef Burrito and Cheese Queso Cheese</p> <p>*Student Favorite* Hot Dog</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Broccoli w/ Cheese Peach Slices</p>	30	<p>*Meal of the Day* Zoo Nuggets Muffin</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Sweet Potato Puffs Peach Slices</p>	31	<p>*Meal of the Day* Corn Dog</p> <p>*Student Favorite* Pizza</p> <p>Salad Bar/Grain</p> <p>*Extras* Fresh Fruit or Veggie Edamame (Bean) Peach Slices</p>
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This institution is an equal opportunity

Menu subject to change w/o notice.

Elementary School  
Breakfast/Lunch Prices  
Breakfast

FREE for all USD 417

Students

Adult - \$2.30

Lunch

Paid - \$3.15

Reduced - \$4.40

Adult - \$4.25

Items offered Daily on the Fresh

Fruit/Fresh Veggie Bar

Lettuce

Carrots

Grape Tomatoes

Cucumbers

Broccoli

Mixed Peppers

Celery

Seasonal Fruit - (1 Fresh Option

Per Day)

Apples, Oranges, Kiwi, Grapes,

Bananas

Just to name a few

Download our FREE



Mobile Menu App

Going Green



Sign up for  
Email Menus Here