

Friday Flyer

www.quailrun.info

08/18/06

Upcoming Events

Monday, September 4.....NO SCHOOL, LABOR DAY
Tuesday, September 5.....6:30-8:00 p.m., Parent Night
Monday, September 11.....4:00 p.m., Site Council
Tuesday, September 12.....7:00 p.m., PTO

FROM THE SCHOOL MESSAGES

Parents, **if you need to get a message to your child or your child's teacher IMMEDIATELY**, please call our office at 832-5820 and tell our office staff. They will pass on the message right away. Please do not rely on e-mail or voice-mail for **emergency** messages because staff does not always receive these quickly enough. Also, thank you for planning in advance with your child or child's teacher so that we do not need to interrupt classroom instruction to pass along messages.

PARENT NIGHT

Tuesday evening, September 5th, is Quail Run's Parent Night. **Please note this is a date change from the information you received previously.** (Quail Run's Parent Night was rescheduled due to conflict with Southwest Junior High's and Free State High School's Parent Nights.) This is an opportunity for parents to come to school without children to receive an overview of the year's curriculum, activities, and expectations as well as to have your questions answered. You will also have an opportunity to sign up for first and second semester Parent/Teacher Conferences as well as to sign up to volunteer for PTO committees. The following is the schedule for the evening:

- 6:30-6:50 1st Session
- 7:00-7:20 2nd Session
- 7:20-7:45 Commons to sign up for conferences and PTO committees

- 7:00-8:00 Sixth Grade parents meet with all Sixth Grade teachers in the library (sign-up sheets will be available in the Commons prior to this meeting for conferences and volunteering opportunities)

With the exception of 6th grade, all teachers present their information twice to accommodate parents who need to attend more than one grade level meeting.

Art, Music and PE teachers will be available to visit with you as well.

Childcare will not be provided at the school for the evening.

PARENTS, THANK YOU FOR JOINING US ON PARENT NIGHT!

NEW SCHOOL POLICY FOR 2006-2007

Students in 3rd through 6th grades may ride bicycles only to school. Scooters, rollerblades and skateboards may not be ridden or brought to school. City of Lawrence Ordinance 7738 requires youth, 15 years old and younger, to properly wear an approved helmet securely fastened by a chin or neck strap when riding a bike. If your child is in need of a bike helmet, visit any Lawrence Fire and Medical facility to receive a free helmet. No coupon or certificate is needed.

THANK YOU

The staff would like to extend our thanks to Barb Heeb, Kelly Dumesich and the PTO for the fabulous luncheon provided to us on our first day back at work. We really appreciate all you do for us!!

CONGRATULATIONS

Congratulations to Alexa Harmon-Thomas for the success she experienced this summer as she traveled to three national track meets in Orlando, Baltimore and Norfolk, Virginia where she won seven National Championships and broke two national records! That brings her totals to 19 National Championships, 8 national records and one world record. Well done, Alexa!

MAKE SURE YOUR CHILD IS OFF TO A GREAT START THIS YEAR

New shoes? Check. New pencils? Check again. So what else can you do to help your child have a successful school year? Here's a Top 10 list of ideas:

1. **Get a schedule.** Most kids need more sleep. Have a regular time when your child goes to bed...and gets up. Once on a regular schedule, she'll be ready for school on time.
2. **Start strong.** Make sure your child eats a healthy breakfast before school every morning. Kids who eat breakfast are ready to learn.
3. **Keep track.** Give your child a notebook so she can keep track of homework and school projects.
4. **Hit the (study) spot.** Make sure your child has a regular place to do homework and study every day. It can even be the kitchen table, as long as it's quiet and has good lighting. Keep supplies nearby.
5. **Manage time.** Help your child break down big assignments into smaller chunks. Create due dates

for each chunk and write them down.

6. **Create a homework habit.** Make sure your child sets aside time for studying every day. If there's no homework, your child can review or read ahead.
7. **Ask questions.** Encourage your child to ask the teacher questions if she doesn't know the answer. Use e-mail to contact the teacher yourself if you have a question.
8. **Study in style.** Learning style that is. Not all kids learn the same way. Help your child figure out how he learns best. Is he a visual learner who needs to see things written down? Is she an auditory learner who needs to hear information?
9. **Pack it in.** Each night, make sure your child gets into the habit of packing her book bag with everything she'll need for school the next day.
10. **Talk it up.** Every day, ask your child questions about what he is learning in school. If you don't know a lot about a subject she is studying, ask her to explain it to you.

Reprinted from **Elementary School Parents Make the Difference**, Sept. 2006, Vol. 18, No. 1.

FROM THE PTO

BACK TO SCHOOL PICNIC

Despite a little rain, the 3rd annual Back-to-School Picnic was a wonderful success. A BIG thank you to Mary Dodd for spear-heading this effort - and to all the volunteers who showed up to contribute their time and energy! Others who deserve acknowledgement: Doug Hassig and his awesome band, Sonic, Packer Plastics, Hy-Vee, Wal-Mart, and Checkers. Thanks to all for kicking off the school year with this fun event!

KINDERGARTEN PARENTS COFFEE

We would like to extend an invitation to all parents of Kindergarteners to come and meet some of the other parents in your child's classroom, as well as some of our PTO volunteers on Friday, August 25th. There will be two opportunities: one for the morning classes from 8:45 to 9:45 a.m. and one for the afternoon class from 12:35 to 1:35 p.m. So, drop your child off, and come to the commons area to enjoy some J&S Coffee and the opportunity to learn more about your school and its families.

COMMITTEE SIGN-UP SHEETS 2006-2007

Parents, please check your children's backpacks today for the PTO committee descriptions and sign-up sheets. This is your chance to become involved and give input on how to improve our volunteer efforts! There are a variety of committees that need helpers. Simply choose what interests you and may fit your schedule, sign and return the forms to your classroom teachers. There will also be sign-up sheets on the front table at Parent Night on September 5th at 6:30 p.m. If you have any questions, please call Barb Heeb, 838-4332, or Kelly Dumesich, 842-0208.

FROM THE COMMUNITY ATTENTION PARENTS OF 1ST GRADE GIRLS

Parents of girls interested in joining our 1st Grade Brownie troop should contact Mary Dodd at 843-5455. We are having an ice cream party on August 24th from 6:30 until 7:30 p.m. at 4615 Royal Birkdale Court. Parents, plan to attend with your daughter and bring her favorite ice cream topping!

SMILES FOR EDUCATION

Hy-Vee wants to bring a smile to your face. Starting in August, our school has the opportunity to win up to \$5,000.00 through Hy-Vee's "Smiles for Education" program. Each week for ten weeks, Hy-Vee will hold a drawing to select ten winning students, for a total of 100 winners by the end of the program. Each of those students will receive a \$1,000.00 CompUSA® gift card to use toward the purchase of a computer, and each of their schools will receive a donation of \$5,000.00 from Hy-Vee. Visit Hy-Vee for more information and to register your students' names for the drawing.

LET'S JUST PLAY

Nickelodeon is pleased to share their latest initiative, the ***Let's Just Play Go Healthy Challenge***, in partnership with the Alliance for a Healthier Generation, a joint initiative of the William J. Clinton foundation and the American Heart Association, to inspire a movement of kids making daily choices to become the healthiest generation.

Thus far, over 86,000 kids have been inspired to join the *Go Healthy Challenge*, pledging to improve health and wellness issues in their own lives. *Nickelodeon* invites you to encourage

the kids in your life to sign-up by visiting www.nick.com/letsjustplay, and support them in their efforts to ignite change in their lives and their communities.

Led by kids, for kids, the *Challenge* encourages kids to identify with one of the four young people—the Barrier Breaker, Health Warrior, Emerging Athlete or Activist, while modeling the positive behavior exhibited by each of them. Kids can track the progress of their favorite role model on-air and via nick.com, where they can also access supplemental resources to help them stay focused and keep motivated.

The *Challenge* culminates on September 30, 2006 on *Nickelodeon's* annual ***Worldwide Day of Play***. For the third consecutive year, the network will go dark all afternoon while kids across the country participate in *Worldwide Day of Play* events and celebrate their own *Go Healthy* accomplishments.