

# Friday Flyer

[www.quailrun.info](http://www.quailrun.info)

09/15/06  
Upcoming Events

Tuesday, September 19.....School Pictures, Grades Kdg-3  
Wednesday, September 20.....School Pictures, Grades 4-6  
Monday, October 2.....4:00 p.m., Site Council  
Tuesday, October 10.....7:00 p.m., PTO

## FROM THE SCHOOL SCHOOL FEES

Please note that for all who chose a payment option to pay school fees, the first payment is now due. If you chose to make semester payments the fee is \$56.00 per child in first through sixth grades, \$25.50 for a kindergartner; quarterly payment for grades 1 through 6 is \$28.00, kindergarten is \$12.75; and the monthly payment for grades 1 through 6 is \$14.00 and for kindergarten is \$6.38. Please remit your payment now. Thank you.

## FOUND

A camera was turned in to the office. Please call the office at 832-5820 to identify and claim.

## WELLNESS GUIDELINES

To be in compliance with the new federal and state laws directing the Kansas State Board of Education to "develop nutrition guidelines for all foods and beverages made available to students during the day," an approved list of snack items for the classroom has been suggested.

Snacks are important for providing students with nutrients to support their growth and learning. With a little imagination, snacks can be fun and still provide healthy, nutrient-rich foods.

When determining what foods would be included on the snack list, the following information was used:

- Foods are to contain no more than four grams of fat per 100 calories. The only exception to this is if the item is nuts or seeds.

- Foods are to contain no more than nine grams of sugar per 100 calories. The only exception to this is if the item is fruit without sugar added.
- Foods are to contain no more than 200 calories per serving.

### Healthy Snack Choices

- Water (flavored)
- Fruit wedges: oranges, cantaloupe, honeydew, watermelon
- Sliced fruit: nectarines, peaches, kiwi, star fruit, pears, apples
- Fruit salad or fruit added to sugar free gelatin
- Fresh fruit with yogurt dip
- Apple slices with caramel dip
- Apple slices with peanut butter
- Fruit and cheese kabobs
- Applesauce or mixed fruit cups
- 100% fruit snacks (packaged gels)
- Dried fruit: raisins, cranberries, apples, apricots
- 100% vegetable or fruit juice
- Fruit smoothies
- Berry parfaits with vanilla yogurt
- Vegetable tray with low fat dip
- Celery with peanut butter or cheese
- Carrots, celery, broccoli, cauliflower, cucumbers with dip
- Salsa and baked chips
- Trail mix or cereal mix
- Granola bars, graham crackers
- Banana, carrot or zucchini bread
- Bagels and cream cheese
- Pretzels or popcorn
- Animal crackers
- Baked snack crackers
- String cheese or small packets of cheese
- Yogurt in a cup or in a tube, smoothies
- Low-fat pudding cups
- Low-fat milk: plain, chocolate or strawberry
- Cheese quesadillas
- Nut assortment
- Pizza with low-fat toppings: vegetables or lean ham
- Sandwiches: ham, turkey, cheese (low-fat condiments)

## FROM THE COUNSELOR LOVE AND LOGIC PARENTING CLASSES ARE HERE!

Don't forget starting Monday, October 2<sup>nd</sup>, through Monday, November 13<sup>th</sup>, Love and Logic Parenting Classes will be offered! This seven week course will be offered here at Quail Run on Monday evenings from 6:30 until 8:00 p.m. at a cost of \$25.00 per couple or \$20.00 per individual. If you would like to attend the classes and money is an issue, please contact School Counselor, Harold Nelson (work, 832-5820, home, 843-7182, or by e-mail at [hnelson@usd497.org](mailto:hnelson@usd497.org)) for assistance.

Some of the issues that will be addressed include:

- How do I get the children out of bed in time to catch the school bus?
- How can I stop my children from bickering and fighting?
- How do I get my children to help with the chores without an argument?
- Is there a way to discipline my toddler in public without creating a scene?
- How can I get my teenaged daughter to come home at the agreed-upon time?
- How do I get my toddler to stop spitting food and whining at dinner?

Free babysitting will be provided, however, please contact Mr. Nelson with the number and ages of children you will be bringing so that proper coverage can be arranged.

Please feel free to extend the offer to attend the classes to friends, family and neighbors as well. Again, please contact Mr. Nelson to make reservations.

## **FROM PTO**

### **FIRST MEETING PRODUCTIVE!**

Thanks to all who attended our first meeting on Tuesday and gave us some valuable advice and insight on what will work well for the kids this year! We have been busy collating and organizing all the lists collected from Parent Night and our volunteer sheets sent home in August, so if you signed up, you should be hearing from a committee chair within the next couple weeks. We appreciate everyone's willingness to help out! There are many special events and opportunities coming up this Fall, so watch the Friday Flyer for committee reports. Our next meeting is October 10<sup>th</sup>.

### **DIRECT CAMPAIGN**

The PTO Direct Campaign is off and running to a wonderful start! Thanks to you, as of Tuesday, the PTO has collected \$1,305.00 towards our \$26,650.00 projected expenses for the 2006-2007 school year. Many parents have asked what a "recommended" dollar amount to give is. Know that whatever you decide is up to you and is truly appreciated. To give you some kind of an idea on donations, PTO expects to bring in about \$63.00 per student to cover expenses. That number comes from taking our total expenses (\$26,650.00) and dividing it by our total enrollment (425 students). Please remember that there are also other fundraisers as well. Finally, all donations are tax deductible and may be matched by your employer.

### **INNISBROOK SALE IS COMING!**

Our annual wrapping paper fundraiser will run from Friday, Sept 22<sup>nd</sup> through Thursday, October 12<sup>th</sup>. Catalogs and collection envelopes will be sent home next week. Products will be delivered the week before Thanksgiving. Innisbrook sells high quality wrapping paper, candy and gift items. Quail Run receives 53% of all sales; PTO will use the proceeds to help meet projected expenses for 2006-2007. We will award prizes for the top three all-school sellers as well as the top seller for each grade. Check out the amazing bulletin board made from Innisbrook paper by Quail Run parent Lori Houk. THANK YOU, Lori! Parents, please remember that this sale is optional and PLEASE don't have your kids sell to strangers. Contact Julie Lesslie, 842-7874, or Kara Perry, 749-3361, if you have questions or concerns. Thanks for your support!

## **QUAIL RUN SWIM NIGHT**

Join us as the PTO hosts another Swim Night at the Lawrence Indoor Aquatic Center on Saturday, September 30<sup>th</sup>, from 5:00 to 7:30 p.m. The cost is \$5.00 per swimmer with adults and children under the age of 4 to swim free. Bring your friends and family! (Please note that the pool is open to the public, but Saturday night is typically a light attendance time period.)

## **WALK YOUR CHILD TO SCHOOL**

International Walk to School Day is Wednesday, October 4, 2006. Walk to School Day is geared toward kindergarten through 2<sup>nd</sup> graders and is a great opportunity for parents to stress the importance of safety and physical activity in a fun way. Parents, in thanks for your participation, the PTO Hospitality Committee would like to invite you to share a small snack before you head back home. Please join us in the Commons at 8:45.

## **CLASSROOM FLOATERS NEEDED**

Teachers of grades 3-6 do not have a need for daily classroom helpers as do the younger grades. Parent volunteers will provide a daily floater to help with the needs of grades 3-6 with any copy work, bulletin boards, etc., they may have. There may be days when teachers require no help. If you have time in the mornings from 9:00 to 11:00 and would like to help out, please call Beth Flitcraft @ 865-2527. We try to get enough volunteers to make it so you only have to work one day every other week. Thanks for your help!

## **ROOM PARENTS**

The Room Parent/Party Helper sheets have been posted outside the classrooms. The sheets will be posted through Friday, September 22<sup>nd</sup>. We had a good response at Parent Night, but there are still a few spots that need to be filled. If you have already signed-up, but are yearning to do more, feel free to sign up for additional responsibilities. Guidelines and party planning suggestions will be distributed by October 1<sup>st</sup>. If you have questions or concerns, please contact Julie Lesslie at 842-7874 or julielesslie@yahoo.com

## **ATTENTION HY-VEE SHOPPERS**

Quail Run PTO is collecting Hy-Vee receipts once again this year. Hy-Vee's program "Dollars for Scholars" will

donate up to \$2,000.00 to our school. Hy-Vee donates \$0.85 to the school and \$0.15 to Lawrence Education Foundation for every \$150.00 spent at Hy-Vee. We can collect grocery, pharmacy and gas receipts. The money is specifically to be used for instructional supplies and materials. Last year we raised \$1,273.72 for QR and \$224.77 for LEF. Please send in receipts dated after 8/24/06 through May 24, 2007. Your child may drop them off in the office or give them to his or her teacher. Thanks so much for helping out!

## **ATTENTION CHECKERS SHOPPERS**

Checkers Grocery Store has now begun a similar program. Schools will be able to choose items from a catalog at the end of the year based on the dollar amount of Checkers receipts we collect. So, if you are a Checkers shopper, please save your receipts and send them to the school. Thank you! We appreciate your help!

## **TRACK CLUB**

Once again, there are 60 plus kids coming to participate - and we are thrilled! Don't hesitate to join in if you haven't yet, we love having parents come when they can! Please remind your kids to wear a jacket and bring a snack if they need some extra calories to get through the morning. So far, we have been fortunate to have beautiful weather. We have started with the 1.4 mile Nature Trail route, and will try the 1.6 mile route soon.