

Friday Flyer

www.quailrun.info

09/22/06

Upcoming Events

Monday, October 2.....4:00 p.m., Site Council
Tuesday, October 10.....7:00 p.m., PTO
Tuesday, October 17.....6:30-7:30 p.m., 5th and 6th Grades PE Night
Friday, October 20.....NO SCHOOL (Professional Development)

FROM THE SCHOOL NEEDED

Ms. Hickey, third grade teacher, is in need of 21 small baby food jars for a class project. If you have any available to donate, please drop them by Ms. Hickey's room or the school office.

FROM THE COUNSELOR FREE FOOTBALL TICKETS

Harold Nelson, Quail Run School Counselor, has been able to procure tickets to Saturday's KU football game against South Florida. Look for Mr. Nelson at Gate 25 at 5:00 p.m. to receive tickets. Please know that disbursement occurs on a first come first served basis and tickets will go fast!

FROM PTO DIRECT CAMPAIGN

Only one week left to go in this year's Direct Campaign. So far we have collected over \$1,400.00. Remember the PTO is a non-profit organization and all donations are tax-deductible and qualify for matching gifts. If the company you work for offers a matching gifts benefit, any amount you give to the PTO will be matched dollar for dollar. Local companies that match include Sprint, Hills, Gap, Cisco and more. **Check with your employer for eligibility and a matching gift form.** Thanks to the generosity of our parents, the impact PTO has on Quail Run students is tremendous! If you have any questions, please call Kaki Movsovitz at 856-1177.

COFFEE! COFFEE! COFFEE!

Please join us Thursday, September 28th, 9:00 a.m. for a "Welcome to Quail Run" coffee. All new Quail Run families are invited, as well as PTO committee members--or if you'd just like to join in the festivities . . . please come! It will take place at the home of Julie Anderson, 4200 Saddlehorn Road (take Monterey Way north of 6th Street, turn left on Stetson, turn right on Sharon, and then left on Saddlehorn). Just drop your kids off at school and come on over! For more information, please call Rayanne Dowell @ 331-3366 or Julie Anderson 856-0406. Hope to see you there!

QUAIL RUN SWIM NIGHT

Join us as the PTO hosts another Swim Night at the Lawrence Indoor Aquatic Center on Saturday, September 30th, 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 2nd 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.

CHECKERS GROCERY RECEIPTS

Quail Run PTO will be collecting register receipts from Checkers Grocery Store for educational equipment. Register tapes collected throughout the year will be redeemed for educational equipment such as computers, science, band or sports equipment and more. We are now collecting receipts from Checkers dated September 1, 2006 and will collect receipts dated through March 31, 2007. You can send these to school with your child to put in our Checkers box in the commons, give them to the teacher, or return them to the office. Remember receipts September 1, 2006 through March 31, 2007. Thanks for your help!

TRACK CLUB

Mark your calendars for Thursday, October 5th, to be sure your kids come to join us in listening to a special guest speaker from The Merc. At 8:00 a.m., Hilary Kass will be sharing a short lesson on nutrition and healthy choices and she will be providing a healthy snack too! In upcoming months, you and your kids will be hearing a lot about the positive effects of a good diet and regular exercise. This will be a real treat to hear from a local nutrition expert!

FROM THE COMMUNITY

FAMILY DAY: A DAY TO EAT DINNER WITH YOUR CHILDREN

This event will be held on **September 25th** this year. Family Day is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. Research by

the National Center on Addiction and Substance Abuse (CASA) at Columbia University consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs.

CASA research consistently finds that children and teens that have frequent family dinners:

- Are at half the risk for substance abuse compared to teens who dine with their families infrequently;
- Are less likely to have friends or classmates who use illicit drugs or abuse prescription drugs;
- Are likelier to get better grades in school;
- Have lower levels of tension and stress at home;

- Are likelier to say they can confide in their parents; and
- Are more likely to be emotionally content and have positive peer relationships.

Governor Kathleen Sebelius signed a proclamation earlier this month proclaiming September 25, 2006 as Family Day in Kansas.

For more information on Family Day, you can visit the following web sites: www.casafamilyday.org/index.html or www.kansasfamily.com.

NEW KANSAS STATE LAW

Effective July 1, 2006 all children ages 4 through 7 are required to ride in a booster seat unless:

- The child weighs more than 80 pounds,
- The child is taller than 4 feet 9 inches, or
- Only a lap belt is available.

Children who meet the above height or weight criteria must be protected by a safety belt.

Why do 4 through 7 year olds require a booster seat? Seat belts are made to fit adults and do not protect children properly. Booster seats work by raising a child up so that the lap and shoulder belts are positioned safely. Booster seats reduce the risk of injury by 59% as compared to using only seat belts. For more information, go to www.kansasboosterseat.org.



Let's get the PARTY started!

Start: Sept 22nd **Finish:** Fri, October 13th



When you receive the sales catalog, please share it with your friends, family and co-workers.

Questions? Call Julie Lesslie @ 842-7874

or Kara Perry @ 749-3361

Out-of-town family and friends can help our school by ordering online at www.innisbrook.com. Remember to register your student and use our school number:

104654 - A - 1



 **INNISBROOK®**
WRAPS PREMIUM PRODUCTS
FOR FUNDRAISING