

Friday Flyer

www.quailrun.info

9/11/09
Upcoming Events

Saturday, September 19.....5:00 p.m., Quail Run Swim Night, Indoor Aquatic Center
Friday, October 2.....Spirit Day
Monday, October 5.....Picture Day
Monday, October 5.....4:15 p.m., Site Council

FROM THE SCHOOL JESSICA'S SMILING!

Congratulations to Jessica Ellebracht who won \$5,000.00 for Quail Run Elementary and a new MacBook Laptop for herself! Jessica entered the "Smiles for Education" Program offered by HyVee Stores in conjunction with Sara Lee Foods. Lawrence's 6th Street HyVee Store Director, Marty Streit, and Sara Lee officials presented a "big check" during a school assembly this past Friday. Congratulations, Jessica and Quail Run!

VOLUNTEERS TRAINED AND ALREADY HELPING!

Thank you so much to each and every one of the 119 parents who have all attended the Volunteer Training sessions! Your help in our school is very valuable, not only to the teachers, but it's also great for your children to see you here! We've already had many of you in the school assisting in classrooms, shelving books, hanging bulletin boards, cutting, copying, tracing, assembling, etc. We truly appreciate all that you do for our school and we thank you for your time!

RECYCLING

Thank you to everyone who contributes to the Quail Run efforts to recycle. We appreciate your participation! However, we are experiencing an overflow problem due to the cardboard boxes that are being recycled. So we must ask that all cardboard be flattened prior to being placed in the Deffenbaugh container. Thank you in advance for your help!

SIX STEPS TO HELP YOUR BODY FIGHT THE FLU

Cold and flu season is right around the corner. It is important to strengthen the immune system and take measures to prevent you and your family from getting sick before the flu and cold viruses are most active.

The immune system is the body's natural defense against the invasion of foreign substances, such as viruses and bacteria. By following the steps below, you can help strengthen your body's immune system naturally:

1. **Hygiene** – It is important to practice good hygiene to prevent the flu. Most people catch the flu from first picking up germs on their hands and then transferring them to their face and then into the body via the mouth, nose, eyes, and ears.
2. **Diet** – A healthy diet can help your immune system to become more effective. A healthy amount of meats, poultry, fruits, vegetables, and water will improve your body's power to ward off infection. Try to stay away from high sugar and highly processed foods.
3. **Sleep** – Consistent, adequate sleep is extremely important to overall health and vital to a healthy and well functioning immune system.
4. **Stress** – Stress is linked to six of the leading causes of death: heart disease, cancer, lung ailments, accidents, cirrhosis of the liver, and suicide. Too much stress also hinders the immune system.
5. **Supplementation** – There are some natural supplements you and your family can take to help boost your immune system, ward off infection,

and leave you feeling healthier. Speak with your Health Care professionals for suggestions on recommended supplements.

6. **Movement** – Regular exercise and stretching encourage proper blood flow, and according to research, even central nervous system and immune system stimulation. Stay active with walking, swimming, cycling, sports or other activities.

FROM THE PTO THANK YOU!

PTO would like to thank everyone who came to the first PTO meeting on Tuesday. We're glad to see so many new faces! The wonderful teachers, staff, and parents are what make Quail Run a great school community! The minutes will be posted on the school website at quailrun.info. If you have any questions, please call Laine Delfelder at 838-3437.

LANDSCAPING DAY

All school landscaping clean-up day is tomorrow, September 12th, from 8:00 a.m. until noon. Stay all morning, or only an hour! We appreciate your help! Please bring gardening gloves and any landscaping tools, such as rakes, trimmers, etc. (No green thumb required!) We hope to see you there!

DIRECT CAMPAIGN WINDS DOWN

Next week is the last official week for donations to the Direct Campaign. At this time, we have collected \$2,000.00 toward purchasing a document camera and some "clickers." Thank you to all

who have donated, and if you would like to contribute, there is still time! Just place your contribution in an envelope marked **Direct Campaign** and return it to either your child's classroom or the office.

Remember, 100% of your tax deductible donation will go toward the purchase of these technology updates. Thank you again for supporting the PTO and for making Quail Run a GREAT place to learn!

INNISBROOK SALE

Did you know the average teacher spends about \$400.00 of his or her own money to buy supplies for their classrooms? To help offset this personal expense, the PTO will use proceeds from the Innisbrook Sale to help with curriculum and classroom needs. Through the Innisbrook Sale, we offer high quality wrapping paper, candy and gift items, and we earn 53% of all sales. The Innisbrook Sale will run from September 11th through September 30th and we anticipate that products will be delivered mid-November (before Thanksgiving). The top salesperson from each grade will receive a gift certificate to the movies. The class with the highest participation will earn a pizza party. Parents, remember that this sale is optional and please don't allow your kids to sell to strangers. If you have questions, please contact Mary Dodd at 843-8666 or marydodd@sunflower.com, or Becky Ryan at 749-3442 or rebecca.ryan@juno.com. Thanks for your support!

QUAIL RUN SWIM NIGHT

Join us as the PTO hosts their first family Swim Night of the school year at the Lawrence Indoor Aquatic Center on Saturday, September 19th, from 5:00-7:30 p.m. The cost is \$5.00 per swimmer (PTO fundraiser) 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.)

BACK TO BOX TOPS

On Monday, September 28th, we will start again with our Box Tops and Campbell soup label contest. Items for the contest will be collected for two weeks and the class with the most collected Box Tops and soup labels will get a prize at the end of the competition.

Now is the time to ask friends and relatives to give you their Box Tops and soup labels so you can submit them for the contest. If you have questions, please call Brenda van den Berg, 856-4058.

2009-2010 ROOM PARENTS NEEDED

We had a terrific response to our request for classroom volunteers but the following classrooms are still in need of Room Parents: K-Bowman p.m., K-Humburg a.m., 1-Yoder, 2-Barr, 3-Katzenmeier, 6-Brucker, and 6-Karasek. Room Parents serve as a central contact for the classroom teacher and are responsible for coordinating (not necessarily leading) class parties and other activities as needed. If you are interested in serving as RP for one of these classes, please contact Julie Lesslie at julielesslie@yahoo.com or 842-7874. Thanks for your support!

TRACK CLUB

4th through 6th graders only

Meet in the gym at 8:00 a.m. on Tuesdays and Thursdays, rain or shine. Children will need to have a parent-signed release form (available in the office) on file before they will be allowed to participate. If you have any questions, contact Tricia Venters at tvent@sunflower.com or Kelly Herndon at kelly.herndon@sunflower.com.

FROM THE COMMUNITY HASKELL INVITES CHILDREN TO ATTEND CHEER CAMP

Haskell University's co-ed cheerleading squad will host a cheer camp on September 26th from 9:00 until 10:30 a.m. The "Lil' All-Stars Cheerleading Camp" is open to the public and will take place at Coffin Sports Complex. Participants will learn a series of cheers, chants and stunts. They will perform in conjunction with the varsity co-ed cheer squad during the first half of Haskell University's home football game on Saturday, October 3rd. The camp is for boys and girls ages 3 through 12. The camp fee is \$12.00 per child which includes a t-shirt. Sign up and registration for the program begins at 8:30 a.m. on September 26th. For more information regarding the Lil' All-Stars Cheer Camp, please contact Coach Johnston, Haskell co-ed varsity cheerleading, at 832-2962 or johnston@haskell.edu.

FROM THE COMMUNITY KANSAS LEARNING FIRST ALLIANCE SPONSORS EDUCATIONAL PROGRAM

"Reading, Writing and a Worthwhile Education for Kansas Kids" will be aired statewide on all Kansas PBS stations on Wednesday, September 23rd, at 7:00 p.m. The program and the resulting "Watch and Talk Parties" are being sponsored by the Kansas Learning First Alliance (KLFA) and KTWU TV11. Consider encouraging friends and neighbors to watch the one-hour television program and participate in the Watch and Talk Parties. "Watch and Talk" party locations can be found at www.klfa.org.

Our world is changing, and Kansas students need to be prepared to meet that change. The conversation about how that should be accomplished within our public school system is a large and multifaceted topic that will require a great deal of discussion among educational leaders, policymakers, business representatives, parents, educators and taxpayers. "Reading, Writing and a Worthwhile Education for Kansas Kids" is the beginning of that conversation in a statewide project which features the voices of students, community members and educators. Three different panels (educators/students, parents and business representatives) will discuss what they believe should be the educational priorities in Kansas in order for students to be successful, productive citizens.

Kansans attending "Watch and Talk Parties" will discuss the future of Kansas public schools, just as the panelists do on the program. Locations and materials for "Watch and Talk Parties" can be found at www.klfa.org. The Kansas Learning First Alliance is a coalition of organizations representing school boards, administrators, teachers, parents, and the Kansas State Department of Education. KLFA unites the education community to improve Kansas' outstanding public education system, pre-k through higher education.

LAWRENCE COMMUNITY THEATRE

The Lawrence Community Theatre offers opportunities to engage the imagination, build confidence, and experience the adventure of theatre! Acting companies for grades 1-6 meet on Thursdays, September 17th through November 3rd, from 4:15 until 5:45 p.m. When school is not in session (October 23, November 6, 12, and 13), grades 1-5 are welcome to enjoy a day of theatre based games and activities. Visit www.theatrelawrence.com or call 843-7469 for more information.