



PERRY ★ LECOMPTON

UNIFIED SCHOOL DISTRICT 343

Aug/Sept 2013 Newsletter

Newsletter #1

Apple iPads Coming to PLHS

By Denis Yoder, Superintendent

The 2013-14 school year will mark another technology milestone for the school district. We've come a long way since I first came to USD #343 26 years ago where Apple II computers and dot matrix printers were at the cutting edge of technology in our classrooms.

Beginning in August of this year, PLHS students will each receive an Apple iPad as the school year begins. Apple recently reported over 8 million iPads have been sold to educational institutions around the world. The adoption rate of the iPad in educational settings is reported to far exceed any other single technology advancement in history.

In a recent article, **Top 10 Reasons Classrooms Should Have iPads**, author Nina Holmberg identifies some advantages of having iPads in our classrooms. I've summarized her top 10 reasons below.

10. An App for Everything -- Static textbooks are becoming a thing of the past. Now educators and developers can work together to harness the latest knowledge and present it in a dynamic manner.

9. Cost Advantages -- Laptops cost from \$700 to \$1,000 while iPads currently run about \$500.

8. Teacher Scoring & Record Keeping -- Teachers can monitor student answers and results almost instantly via live streaming.

7. Field Trips without Leaving the Classroom -- iPads will provide connections to a wide and deep variety of rich learning opportunities and experiences from around the world.

6. Paperless Classrooms -- Teachers will be able to replace some or all of the usual load of school and homework papers, syllabi and fliers with PDF's or web forms accessible via the iPad.

5. A Hand-Held Media Center -- Hundreds of news sources such as CNN, The New York Times and many local newspapers and TV channels have created apps to provide instant access to news, locally and from around the world.

4. Group Projects Made Easy -- Since the iPad can be used anywhere, students can study and work together just about anywhere and at any time.

3. Equal Opportunities -- As the result of an open market for apps and an intuitive touch-screen interface, tablet computing is a great tool for students who may struggle at times in the typical classroom environment.

2. Size Advantage -- The iPad is lightweight but sturdy while offering a manageable size and durability for the average student.

1. Digital Communication Training -- Exposing students to digital communication with their teachers and fellow students will help them develop effective and appropriate digital communication skills.

While we recognize that quality teachers are the key to student success at all levels, I'm excited about the enhanced learning opportunities our high school students will possess with iPads at their fingertips as we begin the 2013-2014 school year in USD #343!



Board of Education Meeting Summary

The USD 343 Board of Education meeting was called to order at 6:00 p.m. on Monday, April 8th, 2013 at the multipurpose building.

A consent agenda was later approved at the District Office, which included minutes and various financial matters.

Nonaction items on the agenda included the following:

- Board members toured the multipurpose building renovations and the new football bleachers/press box.
- Winter sports coaches in basketball and wrestling reviewed their recently completed seasons with the board.
- A report was presented to the board by Judy Chamberlain, Director of Curriculum & Instruction, on the status of bullying awareness and prevention in the district.
- Saul Heide, PLMS teacher, demonstrated examples of a paperless classroom instruction model currently in use in his classroom.
- The board went into executive session to discuss non-elected personnel.

Board action included:

- The board approved the following employment assignments:
 - Nettie Johnson as a 4th grade teacher at Lecompton for 2013-14
 - Shelbie Glissman as a Business Education and Math teacher at PLHS for 2013-14
 - Mike Sweeney as the Food Service Coordinator for 2013-14
 - Ivan Frye as the Head Mechanic effective July 1st, 2013
- Board approval was given for the following summer art camp positions:
 - Rebecca Beaulieu as Family Liaison
 - Diane Lambrecht as a teacher
 - Diane Drummond as a teacher
 - Shirley Schwyhart as an art aide
- The following summer mowing and painting staffing appointments were approved:

Mowing Staff

- Julie Moses
- Johnnie Shereman
- Francis Koder

Painting Staff

- Shelley Deffenbaugh
- Lisa Bond

- A summer art school grant totaling \$16,452 was given board approval.
- Staff and student handbook updates from PLES, PLMS, and PLHS for the 2013-14 school year were approved by the board.
- USD #343 summer sports and music camp dates and locations for 2013 were approved by the board.
- The board approved the low bid from Sunlife Roofing Systems of \$31,410 to repair a section of the PLHS roof.

Meeting adjourned at 8:27 p.m.

Board of Education Meeting Summary

The USD 343 Board of Education meeting was called to order at 7:30 p.m. on Monday, May 13th, 2013.

A consent agenda was approved, which included minutes and various financial matters.

Nonaction items on the agenda included the following:

- There was discussion among board members regarding the replacement of Jamie Harwood who will resign her position effective May 20th, 2013.

Board action included:

- The following employment contract recommendations and resignations were approved by the board:
 - Jordan Allen as a fifth grade teacher at PLMS effective next school year;
 - Kelsey Baldwin as a physical education teacher, primarily at PES and PLMS effective next school year;
 - Mike Sweeney as the Summer Art Camp Food Service administrator;
 - Marjorie Tobin as the Summer Art Camp Cook;
 - Anthony Frye as Assistant Mechanic & Maintenance Helper effective June 17th, 2013;
 - Barbara Wilson as the Kitchen Office Manager effective August 7th, 2013;
 - Kitt Carroll's resignation as a 5th grade teacher effective at the end of the school year;
 - Brandi Turner's resignation as the PLES librarian/media specialist effective at the end of the school year; and
 - Andrea Dennehy's resignation as the PLMS librarian effective at the end of the school year.
- The proposed K-12 Math Curriculum adoption was approved effective for the 2013-14 school year.
- Supplemental contracts as submitted by administration were approved by the board.
- The PLHS Credit Recovery Summer Program was approved by the board.
- The board approved the low escalating milk bid from Dean Foods (Land O Lakes) for the 2013-14 school year.
- Student fees for the 2013-14 school year were approved by the board.
- A health services contract through the Jefferson County Health Department for the 2013-14 school year at a cost of \$19,418 was approved.
- USD #343 memberships for 2013-14 in both the Kansas Association of School Boards (KASB) for \$9,484 and in the KASB Legal Assistance Fund for \$1,650 were approved by the board.
- The board approved two units of service for 2013-14 through Parents As Teachers at a cost of \$8,300.
- Board approval was given to sell identified school district property through the city-wide garage sale on June 7th and 8th.
- A special board meeting was approved to be held on May 20th, 2013 beginning at 6:30 p.m. at PLMS for the purpose of accepting Jamie Harwood's resignation as a board member and approving a board member vacancy resolution.
- The use of district facilities for a summer wrestling camp and tutoring services at PES was given board approval.
- The updated Keystone Learning Services Inter-Local Agreement was approved.

Meeting adjourned at 8:28 p.m.

Board of Education Meeting Summary

The USD 343 Board of Education meeting was called to order at 6:30 p.m. on Monday, June 10th, 2013.

A consent agenda was approved, which included minutes and various financial matters.

Nonaction items on the agenda included the following:

- Retiring board members Kevin Morgison (12 years) and Mike Miller (4 years) were both recognized and awarded plaques for their years of service on the USD #343 school board.

Board action included:

- The following employment contracts were approved by the board.
 - Autumn Hale, PES secretary, for part-time district office work for 20 hours per week from June 10th -28th
 - Andy Manis as a PLHS custodian for 40 hours per week
 - Ben Erwin as a PLHS custodian for 40 hours per week
- The following 2013-14 supplemental coaching and sponsor positions were approved.
 - JV Girls Basketball Lisa Surface
 - Fr Girls Basketball Justin Dunnaway
 - JV Boys Basketball Andy Meyer
 - MS 8B Football Marty Hastert
 - Soccer Field Lining Rodge Moore
 - Football Field Lining Tony Roe
 - Assist. Softball Kelsey Baldwin
 - MS 7B Volleyball Kelsey Baldwin
 - PLHS Building Tech. Tracey Paramore
- The following resignations were approved by the board.
 - Julie Moses as a district mow crew member effective May 30th, 2013
 - Patrick Leming as a PLHS custodian effective May 31st, 2013
- A number of out-of-district student attendance requests for the 2013-14 school year were approved.
- The board approved Tim Blosser as a board member in District 2 to serve the remaining two years of the position vacated by board member Jamie Harwood who recently resigned to relocate out of the state. Tim will be officially sworn in and begin serving his term at the July Board of Education meeting.
- The 2013-14 transportation handbook, with noted changes, was given board approval.
- The board adopted agreed upon changes in the 2013-14 Negotiated Agreement as ratified by the Perry-Lecompton Teacher's Association.
- Wages and salaries for classified staff and administrative staff were approved for the 2013-2014 school year.
- The board authorized the clerk, superintendent and auditor to make necessary transfers and expenditures to close out the 2012-13 budget.

Meeting adjourned at 7:08 p.m.

Perry Elementary School
&
Lecompton Elementary School

Connie Thornton, Principal



It is the middle of summer and I hope you are all enjoying some quality time with your families. As we approach the beginning of the 2013-14 school year I would like to remind you of some important information.

New teachers joining our staff this year are:

Kelsey Baldwin: PES Physical Education
Nettie Johnson: 4th Grade
Jenna Ashby: LES Special Education
Linda Aldrich: PES Special Education

We also have some teachers moving to new assignments:

Julie Shaw: 1st grade
Sandy Gantz: 4th Grade
Jill Bradney: Physical Education at LES (only). We are very excited to once again offer everyday PE classes for students in grades K-4th!

It is our intent to continue to provide effective educational programs for your children in an enjoyable environment. This summer all of our teachers have increased their instructional knowledge through professional development activities, which demonstrates how dedicated the teachers are in providing the most appropriate educational experiences for our children.

An important component of an effective school is parent involvement. I would like to encourage all parents to become a partner in educating your children. It is important for parents to set high standards for children at home and in school. Encourage your child to give their best efforts in everything they do. You may show your interest through volunteer work in various activities or projects during the school year. For more information on volunteer activities please contact the school office 597-5156 PES or 887-6343 LES or through email cThornton@usd343.org.

Important dates:

| | | |
|--------------------------------|-------------------------|---------------------------------|
| Enrollment: | July 29 th | 9:00 a.m. - 2:00 p.m. |
| | July 30 th | 9:00 a.m. - 2:00 p.m. |
| | July 31 st | 12:00 p.m.- 7:00 p.m. |
| Sneak Peek: | August 12 th | 5:00 p.m. - PES 6:00 p.m. - LES |
| 1 st Day of School: | August 13 th | 8:10 a.m.- 3:10 p.m. |

Sneak Peek provides an opportunity for children and parents to meet their new teachers see their new classroom, and drop off their school supplies. This event seems to alleviate some of the stress that occurs on the first day of school.

We are looking forward to the beginning of a terrific school year!

Connie Thornton

PLES Principal

Perry-Lecompton Middle School
Josh Woodward, Principal



PLMS Recognized by KAMSA as Exemplary Middle School

Each year, KAMSA (Kansas Association of Middle School Administrators) recognizes "High Performing" Kansas middle schools for achievements on the Kansas State Assessments. Based on the criteria set by KAMSA, PLMS has earned "Gold Level" for three consecutive years. This is the highest distinction for high performing schools.

KAMSA also annually recognizes "Exemplary Middle Schools" across the state of Kansas. Exemplary status is determined by student growth on state assessments as well as other building initiatives. In recent years, the PLMS staff has participated in professional development associated with research based instructional strategies such as Co-Teaching strategies, Multi-Tier Support System, Effective School Discipline, student engagement learning activities and instructional technology. PLMS has become a leader in instructional technology with staff members presenting at local, state and national/international technology conferences including the ISTE (International Society for Technology in Education) conference in San Diego, California in June of 2012. At the annual KAMSA Conference in Topeka, Kansas on May 6th, 2013, PLMS was recognized as an Exemplary Middle School along with 22 other Kansas Middle Schools. Congratulations to the staff and students at Perry-Lecompton Middle School.



Kansas Exemplary Middle School Recipients

Fall Sports Information Night

The annual Fall Sports Parent Information Night will occur on Wednesday, August 14th in the PLHS Little Theater. All students must turn-in or have on file at the middle school a current completed physical form with parental permission signed. Students may not participate or practice without this completed document. First practices are scheduled on Monday, August 13th. **If you have questions, please contact the head coach for further information about practice schedules, procedures, games, and overall questions about the program.** Contact Coach Brown for volleyball and Coach Roberts for football at PLMS (785) 597-5159. Contact Coach Packard for cross country at PLHS (785) 597-5124.

Middle School Office Hours

The middle school office will be open for business beginning Monday, July 22nd. Office hours will be 8:00 a.m. to 3:00 p.m. through August 12th. After August 12th office hours will be 7:30 a.m. to 4:00 p.m. M-Th and 7:30 a.m. -3:30 p.m. on Friday.

Bus Drive in Front of the School

When dropping off students before school or picking students up after school, please do not use the bus drive directly in front of the school. This area is reserved for bus drop off and pickup. Car riders should be dropped off and picked up in the first lane of the PLMS parking lot.

Entering the Building for School

Please enter the building through the main east doors. The building will not open to students until 7:45a.m. Students should not be dropped off before 7:45 a.m. Once entering the building, 5th /6th graders will proceed to the 5th /6th commons. The 7th /8th graders will proceed to the 7th /8th commons. All students eating breakfast at the middle school will proceed to the 7th /8th commons.

Schedules and Classroom Assignments

Your child's classroom assignment (5th-6th) or daily schedule (7th-8th) is available on PowerSchool. Contact the PLMS office regarding schedules and classroom assignments if it appears that an error has been made.

PTO

Parents are encouraged to get involved with the PTO. Anyone interested in becoming part of the PTO should contact Jaye Daniels, PLMS PTO President.

Site Council

Parents are also encouraged to participate in Site Council meetings. The Site Council discusses school issues, provides feedback for the school, and supports the school program. Regular Site Council meetings are scheduled throughout the school year. The first Site Council meeting is scheduled for August 14th at 5:00 p.m. Meetings are held in the PLMS Library Media Center.

PLMS Choir Information

Welcome back to another memorable school year at Perry-Lecompton Middle School! I am very excited to begin the 2013-2014 school year at PLMS and PLHS and I look forward to working with your students.

If you would like to receive the choir newsletters throughout the year, please send your email address to apowell@usd343.org. The newsletters provide information about upcoming concerts, fundraisers, and other events.

Don't hesitate to contact me with any questions or concerns you have throughout the year. Thank you for all of your support, and I look forward to seeing you at many choir events this year!

Mrs. Alayna Powell

Important July-August Dates to Remember

| | |
|--|--|
| July 29 th and 30 th | Enrollment at each individual building from 9:00 a.m. – 2:00 p.m. |
| July 31 st | Enrollment at each individual building from 12:00 p.m. – 7:00 p.m. |
| Thursday, August 8 th | PLMS Open House @ 6:30 p. m. <ul style="list-style-type: none">• Tour the building.• Meet the PLMS staff.• Ask questions. |
| Tuesday, August 13 th | First day of school at PLMS. |
| Wednesday, August 14 th | PLMS Site Council - PLMS Media Center @ 5:00 p.m. Fall Sports Information Meeting - PLHS from 6:00 p.m. – 7:00 p.m. Football Equipment Check-Out @ 7:00 p.m. |
| Monday, August 19 th | First day of Fall Sports Practice |
| Thursday, August 21 st | Tentative 5 th grade Band Information Night @ 6:30 p.m. |
| Friday, August 23 rd | PLMS Fall Picture Day |
| Friday, August 30 th | PLMS Annual Fundraiser kick off date |

Josh Woodward
Principal

Perry-Lecompton High School

J.B. Elliott, Principal



Here we go again! It's time to start thinking about the start of another school year. During my trips through the high school this summer, I've noticed many of our students participating in summer camps, conditioning, and driver's education. Hopefully they've found some time to recharge their batteries before we start the year.

As always, please make sure that students check their class schedules before we start the first day of school, which is August 13th for 9th graders and August 14th for 10th-12th graders. If you see any discrepancies, please contact our student guidance counselor, Mrs. Paramore, as soon as possible to resolve any issues. The beginning of the school year is also a good time for upper classmen to check their current schedule to make sure they are on track to meet graduation requirements or requirements for qualified admissions. It's important to know which classes are required in order to fulfill your needs!

PLHS will offer a 1:1 iPad initiative this year. **All students and at least one parent** will be required to attend the iPad orientation/information night. The orientation should take about 60 to 90 minutes of your evening. After successful completion of the orientation, and paying the \$50 technology fee, students will be able to check-out the iPad for home use. For students not wanting to take the iPad for home use, there will **not** be a \$50 fee; however the student and parent **will** still need to attend the orientation. Since the students will be using the iPad during class time. Here are the scheduled times for the iPad orientations:

*9th graders – Tuesday, August 6th at 6:00 p.m.

*10th graders – Wednesday, August 7th at 6:00 p.m.

*11th graders – Thursday, August 8th at 6:00 p.m.

*12th graders – Friday, August 9th at 6:00 p.m.

If you can not make your assigned session, there is a **makeup session** on Monday, August 12th at 1:00 p.m.

The Freshmen/New Student Orientation Day is scheduled for Tuesday August 13th. The day will begin at 8:15 a.m. and end the same as a normal school day at 3:16 p.m. Sophomores, Juniors, and Seniors will not attend school on the 13th, but will start their first day of class on August 14th.

We are looking forward to another great year at PLHS! If you have any questions or concerns, please do not hesitate to call or email me. We hope you have a great school year!

J.B. Elliott
Principal
Perry-Lecompton High School

PLHS Library Media Center – Needs your help!!

DID YOU GET A NEW PHONE???

Please don't toss your old phone in a drawer or the trash!

Let us recycle it for you!!!!



PLHS Library Media Center is collecting cell phones (old and those no longer wanted) and ink jet printer cartridges. Any and all types are accepted – working or not working! This is a fund-raiser for the PLHS Library! Proceeds will be used for the PLHS library to purchase new materials and technology tools.

Deposit your old cell phones and cartridges (please place in a plastic bag first) in the tubs located at the PLHS library. If you have any questions please contact Susie Whitaker, PLHS School Library Media Specialist at swhitake@usd343.org or 785-597-5124. Thanks for your support!

A HUGE THANKS TO THE CLASS OF 2013!

Words cannot express how grateful the PLHS art department is for the generous donation of \$833.84 to our program from the class of 2013! This was certainly not expected and we almost went into shock when the news was announced!! This is one of the greatest gifts we have ever received during our art teaching careers. There could be no greater tribute than a present from our students!

Because of their kindness, our art department will now be able to purchase additional supplies and equipment for our talented students. This senior class gift will enhance the quality of the PLHS art program.

The money will be distributed evenly among all art classes so that every art student will benefit. Support such as this will be uplifting to the mind and spirits of all those who take part in the PLHS art program. The class of 2013 has created a memorable legacy for years to come.

Ms Ashlock and Ms Drummond

HERE COMES THE BUS!



The 2013-2014 Perry-Lecompton school year will begin on Tuesday, August 13th for grades K-9. The first day of school for grades 10, 11 and 12 will be Wednesday, August 14th. The district would like to take this opportunity to make each of you aware of proper procedures and behavior expectations prior to loading a school bus or van. Our primary concern is the safety of all students that are being transported. Also, we would like to operate our school transportation system as efficiently as possible. Keeping the safety of students and the idea of maximum efficiency in mind, we would expect the following:

- Bus and transportation schedules and routing maps will be updated annually prior to the opening of school. **Prior to the start of the school year, each bus route will be established based upon pickup at the home residence, pick up point, or a day care provider in that attendance center. If the daycare provider changes, the new day care provider must be on an already established route for the student's attendance center.**
- Bus Drivers will be contacting you by Monday, August 12th with approximate pick-up and drop-off times.
- Students should be out near the road or pick-up point **when the bus arrives**. Parents should plan to be ready and waiting at least 5 minutes prior to the designated time for pick-up of the student. The driver will stop and open the bus door, and if the student is not in sight, the driver will continue on his/her route. The bus will not wait on students.
- Students should stay well away from the bus stop area and should not move toward the bus until it stops and the door opens.
- Students, who must cross the road, either to enter or leave the bus, should wait until the driver signals for them to cross the road. Also, those students crossing the road to load or unload the bus should always cross in front of the bus and should be at least ten feet ahead of the bus so the driver can see them.
- If you need to make a change to your student's transportation plan during the school day, you must call the **office of your child's attendance center** by **2:30 p.m.** The building secretary will give your child the required note which will allow them to board the bus.
- If you know in advance that your child needs to ride a different route home, please send a signed note to the office secretary. The secretary will initial the note, make a copy and give a copy back to your child. Your child should present this note to the bus driver. The note **MUST** be initialized by the office secretary to be considered valid. **This includes all students, Preschool-12th grade.** Every attempt will be made to accommodate a request for a change, however, requests are not guaranteed if the requested route is already full.
- The driver is in charge of the students and the bus. The student should obey the driver's request in a prompt and orderly fashion. **NO INAPPROPRIATE BEHAVIOR OR LANGUAGE WILL BE TOLERATED.** Classroom conduct is to be observed by the students while on the bus. In the interest of safety, only low conversation is acceptable. Unnecessary conversation with the driver is not acceptable.
- The driver will not discharge riders at other places besides the regular bus stop unless the driver has the proper **authorization to do so**. Proper authorization is a note from a parent or guardian, **INITIALED** by the principal or his or her designated representative. Also, a phone call can be made to the school authorizing the principal, or his/her designated representative, to write a note for the driver. These calls should be made to the child's attendance center by **2:30 p.m.**
- If a student is **not** riding the bus in the AM morning route, you must notify the **driver or the bus barn**. If you know in advance that your child will **not** be riding the AM route, you can call the bus barn. It is open from 5:00 a.m. to 5:00 p.m. and the phone number is 597-5303.
- If a change in transportation is necessary for the PM route, please call the school building where your child attends. Again, this call must be made before **2:30 p.m.** to ensure proper notification.

- When bus rules are not observed, disciplinary consequences may include the following: a verbal warning from the driver, the student being assigned a seat, parental contact or a meeting with the principal. If problems continue, the principal will issue a written warning, which could be followed by removal of the student from the bus. At any point, consequences will be determined by the building principal for each offense. Severe offenses will result in severe consequences.
- If a parent should have a bus question or concern, they should contact the bus driver.
- Our prime objective is to transport our students safely and efficiently. We would certainly appreciate your cooperation and support in this endeavor.

Theresa Beatty, Transportation Director

Great news – EF Tours introduces its low price guarantee – No more departure fees, no more enrollment fees, no more price increases! Whatever program fees are in place when you sign up – that is your guaranteed price – it will not increase!!!

SIGN UP TODAY – FOR 2014 TRAVEL!

The Britannia – Ireland, England, Scotland and Wales

PLHS INTERNATIONAL CLUB

www.eftours.com/1173900



PLHS International Club invites you to join us on an 11 or 14 day British Isles adventure! Join us as we experience the beautiful countryside and castles of the British Isles!!!

Top of the Morning good and kind friends, please join us as we travel through Ireland, experience the Ring of Kerry and the Book of Kells; kiss the Blarney Stone, and witness the awe of St. Patrick's Cathedral (the Saint that banned the snakes). From there we will travel by ferry to the Lake District of Wales and explore a couple of Welsh castles. The group then travels to London, witness the changing of the guards, ride the London Eye, experience Windsor Castle and so much more!!!

This is a jam-packed trip that is filled lots of "oooh – awww" moments! A trip, that promises to be an amazing experience, one that will be cherished for a lifetime.

This trip is open to students of USD 343, family members of students, and community members. The program cost of the 11 day trip is approximately \$3,800.00 and the 14 day trip is around \$4,200.00. The program cost does not include insurance, departure fees, and optional excursions.

Remember that your trip costs include: International round trip airfare, hotel, continental breakfast and complete supper with dessert, a full-time tour director, in-country transportation, entrance into many castles and museums, several day guides and walking tours.

Travelers will depart in late May 2014. You can sign up for the trip at www.eftours.com/1173900 Please contact [Susie Whitaker](#) at PLHS (785-597-5124) if you want more information about joining us on the wonderful journey.

FitFUTURE

Strategies for
Better Living.



5 2 1 0

**A Healthy Active Living Initiative
from the American Academy of Pediatrics**

by Jennifer Kerr, MS, RD, CDN

There are a lot of things families can do to be healthier, but it can be overwhelming to decide where to begin. Just remember that small changes can make a big difference. The American Academy of Pediatrics recommends starting with one of the **5-2-1-0** behaviors.

Communities all over the country are buzzing about the **5-2-1-0** initiative, which strives to improve the health habits of American children. The **5-2-1-0** initiative is an easy way to remember the steps your children should take every day to be healthy now and in the future (and it's good for adults, too):

- Eat **5 servings** of fruits and vegetables...more matters! Limit 100% fruit juice.
- Spend no more than **2 hours** watching TV, playing video games or surfing the Internet.
- Get at least **1 hour** of active play. Participate in at least one hour of moderate to vigorous physical activity every day.
- Drink **0 sugar-sweetened** beverages. Restrict soda and sugar-sweetened sports and fruit drinks. Instead, drink water and 3-4 servings per day of fat-free or 1% milk.

To help children live healthy active lives, parents should:

- Be role models - make healthy eating and daily physical activity the family norm.
- Create a home environment where healthy choices are available and encouraged.
- Make it fun!
- Play a game of tag.
- Plan and cook healthy meals together.
- Organize a scavenger hunt through the neighborhood.
- Plant and care for a family garden.

By making small changes to your family routine, you will help everyone lead healthy active lives. Start with these:

- Eat breakfast every day.
- Eat low-fat dairy products like yogurt, milk, and cheese.
- Regularly eat meals together as a family.
- Limit fast food, take out food, and dining away from home.
- Prepare meals as a family.
- Eat a diet high in fiber.



Resources:

"Play Hard, Eat Right." By Debbi Sowell Jennings,
The American Dietetic Association.



AUGUST 2013

BREAKFAST MENU

Whole grain cereal available daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | | 1 No School | 2 No School |
| 5 No School | 6 No School | 7 No School | 8 No School | 9 No School |
| 12 No School | 13 Breakfast Stick Syrup Peach Slices Fruit or Fruit Juice | 14 Bun Sausage Patty Cheese Slice Fruit or Orange Juice | 15 Whole Grain Cereal Blueberry Muffin Fruit or Apple Juice | 16 Waffle Sausage Link Syrup Fruit or Juice |
| 19 Breakfast Pizza Fruit w Cherries Fruit or Juice | 20 Cinnamon Twist Fruit or Juice | 21 Breakfast Round Fruit or Juice | 22 Chicken Strips Biscuit Jelly Fruit or Juice | 23 Pancake Syrup Sausage Patty Fruit or Juice |
| 26 Breakfast Burrito Fruit w Pineapple Salsa Potato Smiles Fruit or Juice | 27 Eggs, Scrambled Tortilla, Flour Bacon Slice Salsa Fruit or Orange Juice | 28 Whole Grain Cereal Bananas Fruit or Apple Juice | 29 Chicken Nuggets Biscuit Jelly Fruit or Juice | 30 French Toast Sausage Link Syrup Fruit or Juice |

MEAL PRICES:

K-4th Breakfast \$1.45
K-4th Lunch \$2.40

5th-12th: Breakfast \$1.55
5th-12th: Lunch \$2.55

Reduced Breakfast \$0.30
Reduced Lunch \$0.40

Extra Milk \$0.40

PLEASE NOTE: Snack milks and more than one milk consumed at breakfast or lunch are 40¢ each, as their cost is not covered by the Free and Reduced State Lunch Program.

Milk is served with all meals. Menus are subject to change. All breakfasts are served with milk and juice or fruit.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

LUNCH MENU

Garden Bar at PLMS & PLHS daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Avg for Grades K-4 |
|--|--|---|--|---|---|
| | | | 1 No School | 2 No School | |
| 5 No School | 6 No School | 7 No School | 8 No School | 9 No School | |
| 12 No School | 13 Hamburger on a Bun Lettuce & Tomato Oven Fries Orange Juice Rice Krispie Treat Milk | 14 Macaroni & Cheese Meatballs Rosy Pears Seasoned Peas Fresh Baby Carrots Oatmeal Roll Milk | 15 Pepperoni Pizza Fresh Garden Salad Bread Stick Marinara Sauce Peach Slices Milk | 16 Baked Ham Mashed Potatoes Green Beans w Bacon Wheat Roll Jelly Fruit Cocktail Milk | Cals. 661 Carbs 100.6 S. Fat 6.1g |
| 19 Chicken Tetrizzini Garden Salad Whole Grain Breadstick Rosy Pears Ranch Dressing Milk | 20 Crispito Cheese Sauce Orange Smiles Green Beans w Bacon Cinnamon Bun Jelly Milk | 21 Gr 9-12 Lasagna Gr K-8 Ravioli Salad w Tomatoes Garlic Roll Fresh Apple Ranch Dressing Celery Milk | 22 Baked Chicken Savory Rice Fresh Broccoli Corn Strawberry-Bananas Snickerdoodle BBQ Sauce Ranch Dressing Milk | 23 Sloppy Joe on a Bun Rosy Pears Oven Baked Beans Oven Fries Milk | Cals. 638 Carbs 96.4 S. Fat 5.1g |
| 26 Gr 5-12 Hot Dog Gr K-4 Pig in a Blanket Potato Triangle Rosy Applesauce Steamed Broccoli Milk | 27 Spaghetti & Meat Salad w Tomatoes Salad Dressing Peach Slice Garlic Bread Milk | 28 Chicken Ranch Wrap Lettuce & Tomato Seasoned Carrots Posy Pears Spanish Rice Milk | 29 Taco Salad Nacho Chips Salsa Refried Beans Cinnamon Bun Pineapple Chunks Milk | 30 Chicken & Noodles Whipped Potatoes Green Beans w Bacon Orange Sections Wheat Roll & Jelly Milk | Cals. 641 Carbs 96.4g S. Fat 5.1g |

SEPTEMBER 2013

BREAKFAST MENU

Whole grain cereal available daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|
| 2 Labor Day No School | 3 Bubble Bread Bananas Orange Juice | 4 Max Cheese Stick w Orange Sections | 5 Fruit Strudel Whole Grain Cereal Apple Juice | 6 Waffle Apple Pancake Orange Juice |
| 9 Biscuit Sausage Patty Juice or Fruit | 10 Scrambled Eggs Plain Bagel Toasted Bacon Slice Apple Juice | 11 Breakfast Stick Syrup Peach Slices | 12 Hamburger Bun Sausage Patty Cheese Slice Orange Juice | 13 Whole Grain Cereal Blueberry Muffin Apple Juice |
| 16 Teacher Inservice No School | 17 Breakfast Pizza Fruit w Cherries | 18 Scrambled Eggs Flour Tortilla Bacon Slice Salsa Orange Juice | 19 Breakfast Round Juice or Fruit | 20 Chicken Strips Biscuit Jelly Assorted Juices |
| 23 Pancake w Syrup Sausage Patty Juice or Fruit | 24 Breakfast Burrito Fruit w Pineapple Salsa Potato Smiles | 25 Parent/Teacher Conferences No School | 26 Whole Grain Cereal Bananas Apple Juice | 27 Chicken Nuggets Biscuit Jelly Juice or Fruit |
| 30 French Toast Stick Sausage Link Syrup Assorted Fruit Juice | | | | |

MEAL PRICES:

K-4th Breakfast \$1.45
K-4th Lunch \$2.40

5th-12th: Breakfast \$1.55
5th-12th Lunch \$2.55

Reduced Breakfast \$0.30
Reduced Lunch \$0.40

Extra Milk \$0.40

PLEASE NOTE: Snack milks and more than one milk consumed at breakfast or lunch are 40¢ each, as their cost is not covered by the Free and Reduced State Lunch Program.

Milk is served with all meals. Menus are subject to change. All breakfasts are served with milk and juice or fruit.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer..

LUNCH MENU

Garden Bar at PLMS & PLHS daily

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Avg for Grades K-4 |
|--|---|--|--|---|---|
| 2 Labor Day No School | 3 Whole Grain Corn Dog Garden Salad Green Beans w Bacon Fresh Apple Milk | 4 Chicken Quesadilla Nacho Chips Salsa Refried Beans Orange Sections Milk | 5 Taco Soup Nacho Chips Two Potato Mash Orange Sections Chocolate Chip Cookie Milk | 6 Chicken Strips Whipped Potatoes Country Gravy Seasoned Carrots Pineapple Chunks Butterscotch Oat Muffin Milk | Cals. 608 Carbs 91.0g S. Fat 5.2g |
| 9 Mexican Burrito Lettuce & Tomato Mexicali Corn Fresh Apple Milk | 10 Chicken Pattie Whipped Potatoes Country Gravy Green Beans w Bacon Orange Sections Milk | 11 Country Style Beef Whipped Potatoes Country Gravy Steamed Broccoli Bananas Whole Grain Roll Milk | 12 Baked Ham & Cheese Garden Salad Baby Carrots w Dip Fruit Mix Whole Strawberry Milk | 13 Hamburger on a Bun Potato Triangle Orange Juice Baked Beans Milk | Cals. 670 Carbs 89.5g S. Fat 7.6g |
| 16 Teacher Inservice No School for Students | 17 Chili Nacho Chips Bananas Cinnamon Roll Milk | 18 Gr 9-12 Lasagna Gr K-8 Ravioli Garden Salad Garlic Roll Fresh Apple Milk | 19 Mr Ribb on a Bun Lettuce & Tomato Potato Triangle Green Beans w Bacon BBQ Sauce Pineapple Slice Milk | 20 Pepperoni Pizza Fresh Garden Salad Bread Stick Marinara Sauce Peach Slices Milk | Cals. 615 Carbs 96.5g S. Fat 4.1g |
| 23 Chicken Sandwich Seasoned Carrots Raw Cucumber Orange Juice BBQ Sauce Milk | 24 Baked Italian Pasta Fresh Broccoli Applesauce Royal Brownies Milk | 25 Parent/Teacher Conferences No School for Students | 26 Soft Shell Taco Mexicali Corn Orange Sections Cinnamon Bun Taco Sauce Milk | 27 Chicken Ranch Wrap Lettuce & Tomato Seasoned Carrots Rosy Pears Spanish Rice Milk | Cals. 620 Carbs 96.3g S. Fat 4.4g |
| 30 Baked Ham Mashed Potatoes Green Beans w Bacon Whole Grain Roll Jelly Fruit Cocktail Milk | | | | | Cals. 425 Carbs 75.5g S. Fat 0.8g |



Okay for Now

Gary Schmidt

- Companion novel to *The Wednesday Wars*, Doug struggles to be more than the "skinny thug" that some people think him to be.

The Running Dream

Wendelin Van Draanen

- When a school bus accident leaves sixteen-year-old Jessica an amputee, she returns to school with a prosthetic limb and her track team finds a wonderful way to help rekindle her dream of running again.

Breaking Stalin's Nose

Eugene Yelchin

- In the Stalinist era of the Soviet Union, ten-year-old Sasha idolizes his father, a devoted Communist, but when police take his father away and leave Sasha homeless, he is forced to examine his own perceptions, values, and beliefs.

Close to Famous

Joan Bauer

- Everyone has a dream, but nobody is even close to famous in the little town of Culpepper. Until some unexpected events shake the town and its inhabitants--and put their big ambitions to the test.

The Summer of Hammers and Angels

Shannon Wiersbitzky

- Delia is forced to go live with neighbors when her mother falls into a coma after being struck by lightning, and she learns important lessons about prayer, love, friendship, and hard work when she decides to spend her time waiting for her mother to wake up by tackling the repairs that need to be done on their house to keep it from being condemned.

Tuesdays at the Castle

Jessica George

- Celie loves Tuesdays at Castle Glower, because every Tuesday the castle adds a new room, a turret, or sometimes a whole new wing, and Celie likes to map the changes to the castle, but when her parents, King and Queen Glower are taken captive, it falls to Celie and her knowledge of the castle to defend their home and save the kingdom.

True...Sort of

Katherine Hannigan

- For most of her eleven years, Delly has been in trouble without knowing why, until her little brother, R.B., and a strange, silent new friend, Ferris, help her find a way to be good--and happy--again.

The Silver Bowl

Diane Stanley

- From the age of seven when she became scullery maid in a castle, Molly has seen visions of the future which, years later, lead her and friend Tobias on an adventure to keep Alaric, the heir to the throne, safe from a curse.

Bluefish

Pat Schmatz

- Travis is missing his old home in the country, and he's missing his old hound, Rosco. Now there's just the cramped place he shares with his well-meaning but alcoholic grandpa, a new school, and the dreaded routine of passing when he's called on to read out loud.

Dragon Castle

Joseph Bruchac

- Young Prince Rashko, frequently frustrated with his family which he has come to think of as a pack of fools, learns they are not as witless as he thought when his parents disappear leaving him to manage the castle and kingdom.

Drawing from Memory

Alan Say

- Caldecott Medalist Allen Say presents a stunning graphic novel chronicling his journey as an artist during WWII, when he apprenticed under Noro Shinpei, Japan's premier cartoonist.

Hidden

Helen Frost

- When Wren Abbott and Darra Monson are eight years old, Darra's father steals a minivan. He doesn't know that Wren is hiding in the back. The hours and days that follow change the lives of both girls. Darra is left with a question that only Wren can answer. Wren has questions, too.

Book summaries came from Follett Titlewave reviews – Look for books at your public libraries this summer and at PLMS Library in the Fall!



PERRY-LECOMPTON MIDDLE SCHOOL

2013-2014 SCHOOL SUPPLY LIST



5TH GRADE:

- 2 large boxes of Kleenex – no lotion.
- 2 large packages of #2 pencils.
- 1 set of 12 Crayola colored pencils (long)
- 1 box of 24 Crayola crayons.
- 7 pocket folders – horizontal pockets.
- 3 one-subject spiral notebooks-70-80 pages.
- 2 packages wide-lined notebook paper.
- 1 black Sharpie marker – extra fine point.
- 1 pair pointed sharp scissors – adult size.
- 1 small bottle Elmer’s glue or glue sticks.
- 4 Expo dry erase markers in blue or black.
- 2 rolls of scotch tape.
- 1 set of 4 colored highlighters.
- 1 package of index cards.
- 2 erasers
- 1 small plastic organizer or school box for supplies.
- 2 small post it note pads.
- Loose leaf paper, pocket folder and pencil (music class)
- 1 flash drive/memory stick
- 1 set-ear buds/ headphones
- PLEASE do not put names on supplies.**
- Some supplies may need to be replaced.**

6TH GRADE:

- 1 set-ear buds/headphones
- 1 highlighter
- 2 blue or black pens.

- 1 Box #2 pencils.
- 1 pair of sharp scissors.
- 2 glue sticks
- 1 set of 8 markers.
- 1 box of 12 or 24 colored pencils.
- 1 metric/inch ruler (no metal rulers allowed)
- 1 large student eraser or pencil top erasers
- 1 roll of scotch tape.
- 4 packages of wide-lined paper.
- 2 large box of Kleenex.
- 6 pocket folders with center clasp.
- 1 spiral notebook (LA)
- Loose leaf paper, pocket folder and pencil (music class)
- 1 notebook or trapper keeper.
- 1 flash drive/memory stick.
- 4 pack of dry erase markers

7TH GRADE:

- 2 large boxes of Kleenex.
- 1 -1/2” black 3 ring binder (Choir)
- 1 extra fine point black sharpie (Social Studies)
- 1 pocket folder (Math)
- 2 fine point black Sharpie (Art)
- 2 packages 3X5 ruled note cards (Science)
- Blue or black ink pens.
- 2 composition notebooks (Math and Science)
- 1 package of colored pencils (at least a 12 pack)
- Erasers/pencils top erasers.
- Highlighters (at least a four pack)

- Loose-leaf college ruled notebook paper.
- Pencils
- Protractor (small, clear)
- Scientific calculator, CASIO fx-300ES
- 1 set-ear buds/headphones
- 1 flash drive/memory stick

8TH GRADE

- 2 large boxes of Kleenex
- 2 fine point black Sharpie markers (Art)
- 1 extra fine point black sharpie (SS)
- 2 packages 3X5 ruled note cards.
- 4 - 1” three ring binders with 5 dividers for each binder. (LA, Science, SS and Math)
- 1 - 1/2” black three ring binder for Choir
- Colored pencils (at least a 12-pack)
- Erasers/pencil top erasers.
- Highlighters (at least a four pack)
- Loose-leaf college ruled notebook paper.
- 1 pkg graph paper (Math)
- Pencils
- 2 Pocket Folders
- Red ink pens.
- Blue or black ink pens
- Scientific calculator, CASIO fx-300ES
- 1 set-ear buds/head phones
- 1 flash drive-memory stick

PE (7TH AND 8TH ONLY)

- Dark shorts and white or gray t-shirt.
- Court shoes and socks.

Lecompton Elementary 2013-2014 School Supply List

2nd Grade -Supply List

- Book Bag
- 1 Large Pencil Box
- 1 Pair Fiskar Scissors for Kids
- Crayons (24 Count)
- Washable Markers (8 Count) Primary Colors
- 3 Wide-Lined Spiral Notebooks
- 2 Large or 4 Small Glue Sticks
- 2 Dozen #2 Pencils
- 2 Dry Erase Markers
- 2 Pocket Folders
- 4 Pink Erasers
- 1 Large Box of Kleenex
- 2 Boxes of Snacks
- 1 Package Wide-Lined Notebook Paper
- 1 Watercolor Set (8 Count)

3rd Grade -Supply list

- Book Bag
- Scissors for Children
- Crayons-Small Pack is Fine
- **New Item** **Dry Erase Crayons**
- Markers
- Colored Pencils
- 2 Dozen # 2 Pencils
- Pencil Box
- 2 Wide-Lined Spiral Notebooks
- 2 Boxes of Kleenex
- 2 Glue Sticks
- 1 Large Eraser or Pencil Top Erasers
- 2 Packages of Wide-Lined Notebook Paper
- **Girls:** Bring Paper Towels
- **Boys:** Bring Clorox Wipes

4th Grade-Supply list

- Book Bag (No hard bottom or wheels)
- Scissors (Metal, Sharp, Pointed)
- 1 Box of Washable Markers
- 1 Box of Crayons (24 Count)
- 2 Dozen #2 Pencils
- 1 Bottle of White Liquid Glue
- 1 Glue Stick
- 2 Red Ink Pens
- 1 Highlighter
- 1 Ruler (Standard & Metric Measurement)
- 1 Package Wide-Lined Loose Leaf Notebook Paper (200 Sheets)
- 1 Pencil Eraser
- 1 Small Pencil Box (5X8)
- 6 Spiral Notebooks
- 5 Pocket Folders
- 2 Large Boxes of Kleenex
- Water Color Paints
- Colored Pencils
- 4 Expo Markers
- **Girls:** Bring Quart Size Ziploc Plastic Bags
- **Boys:** Bring Clorox Wipes

Perry Elementary 2013-2014 School Supply List

Pre-Kindergarten -Supply List

- Large Paint Shirt or T-Shirt for Painting
- 1 Inch 3-Ring Binder
- Change of Clothes in a Bag to Include: Pants, Shirt, Underwear, Socks
- Back Pack (large enough for binder and papers)
- **Boys:**1 Box of Tissues
- **Girls:**1 Box of Gallon Size Ziplocs

Please Label Binder, Clothing, and Paint Shirt with your Childs Name.

Kindergarten -Supply list

- Book Size Plain Canvas Bag (Find at Wal-Mart or Hobby Lobby)
- 1 Large Box of Kleenex
- 1 Box of Snack Crackers or Any Snack Item
- 1 One Subject Spiral Notebook
- 1 Beach Towel for Rest Time (name on it please)
- 2 Boxes of 24 Count Crayons
- 6 Glue Sticks
- 1 Pink Eraser
- 1 Box of #2 Pencils
- 1 3-Ring Binder (plain color)
- 1 Container of Disinfectant Wipes
- Scissors (child size)
- Inexpensive Pair of Headphones/Ear buds

Only write your child's name on the towel. Everything else will be used as a classroom community.

1st Grade-Supply list

- Book Bag (name on it please)
- 1 Plastic Pencil Box (name on it please)
- 1 Box Crayola Crayons (24 count)
- 1 Package Crayola Classic Markers
- #2 Pencils (1 dozen)
- Pink Erasers (2)
- 3 White Glue Sticks
- 1 Pair of Metal Fiskar Scissors (child size)
- Expo Odorless Marker (for dry erase boards)
- Kleenex (2 large boxes)
- 1 Container Clorox wipes
- 2 Boxes Snack Items (i.e. crackers, cereal, goldfish)

Please don't write names on the supplies (unless noted) since we share. Some supplies will need to be replenished throughout the year.

USD 343 District Newsletter Publication & Deadline Information



The USD 343 District Newsletter is published every other month. Issues will be sent out the last week in September, November, January, March and July. Articles should be submitted by the 15th of the month the newsletter is published. Whenever possible, please submit articles electronically by e-mail to: ahale@usd343.org or to Perry Elementary School, Attn: Autumn Hale, PO Box 168, Perry KS 66073

DATES TO REMEMBER

- July 29th – Individual Building Enrollment 9:00 p.m. – 2:00 p.m.
- July 30th – Individual Building Enrollment 9:00 p.m.- 2:00 p.m.
- July 31st – Individual Building Enrollment 12:00 a.m.- 7:00 p.m.
- August 8th – 5th-8th Grade Open House 6:30 p.m.
- August 12th- PES Sneak Peak, 5:00 p.m.
- August 12th- LES Sneak Peak, 6:00 p.m.
- August 12th- Board of Education Meeting, 6:30 p.m.
- August 13th – First Day of School for Students Pre-School – 9th Grade
- August 14th – First Day of School for Students 10th – 12th Grade
- August 14th- PLMS/PLHS Fall Sports Meeting, 6:00 p.m.
- August 23rd – PLMS/PLHS Picture Day
- August 23rd – Blue Krew Welcome Back Dance, 7:00 p.m. – 10:00 p.m.
- August 26th – PLES PTO Meeting at PES, 7:00 p.m.
- August 27th – PLES Site Council at LES, 6:00 p.m.
- August 30th – Blue and White Scrimmages
- September 2nd – **Labor Day, No School**
- September 4th – PLES Picture Day
- September 9th – Board of Education Meeting, 6:30 p.m.
- September 16th – **Teacher Inservice, No School**
- September 16th – PLHS Booster Meeting, 7:00 p.m.
- September 25th – PLPK & K-12 Parent/Teacher Conferences, 2:00 p.m. – 8:00 p.m.
- September 25th – **No School for Students**
- September 27th – PLMS Picture Retakes
- September 30th – PLES PTO Meeting at PES, 7:00 p.m.

Welcome
Back!



USD #343 Mission Statement

The purpose of USD 343 is to provide all students the equal opportunity for improvement at the highest level of their ability in a positive and safe environment.

Adopted by the USD 343 Board of Education on December 10, 2001

USD #343 District Beliefs

- Our focus is on being a **UNIFIED** school district.
- Our schools must be centers of **OPPORTUNITY**.
- Mastery of **READING** and **MATH** is fundamental to a quality education.
- **PRIDE IN SCHOOL AND COMMUNITY** is an important element in a quality school experience.
- The success of our schools is accomplished through the willingness of all stakeholders to accept **INDIVIDUAL RESPONSIBILITY**.
- For students to learn effectively they must have a school environment that demands **RESPECT FOR THE DIGNITY OF THE INDIVIDUAL**.
- The **EFFECTIVE USE OF TECHNOLOGY** is essential for the success of our schools.
- **GOOD CITIZENSHIP** and **RESPECT FOR COUNTRY** by staff and students are important cornerstones of our educational system.
- The **FAMILY** is a key to a child's success at school.

Adopted by the USD 343 Board of Education on October 8, 2001

Note: *District Beliefs* are listed in random order

**Unified School District 343
PO Box 729
Perry, Kansas 66073**