



# PERRY ★ LECOMPTON

## UNIFIED SCHOOL DISTRICT 343

Oct/Nov 2013 Newsletter

Newsletter #2

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### **Sports Parenting is Tough Work!**

By Denis Yoder, Superintendent

***Sportsmanship: Conduct and attitude considered as befitting participants in sports, especially fair play, courtesy, striving spirit, and grace in losing.***

Like many people, sports have played an important role in shaping who I am. At a very young age, my sport of choice was throwing anything that would fit in my hand such as balls, rocks, dirt clods, hedge apples, and when available, eggs. My preferred targets were the sides of our farm buildings and roofs, unsuspecting farm animals and, on occasion, my siblings. One of my favorite games was to throw balls up on the roof of the barn and machine sheds and then catch them as they bounced off. To my father and grandfather's disappointment, I much preferred throwing things and shooting hoops on the goal attached to the front of the garage, to shoveling silage for the cattle, helping grind & mix hog feed or milking cows. My favorite sport in high school was football where I have fond memories of playing four years on fairly average teams which lost about as many games as we won.

Early in my teaching career I thoroughly enjoyed coaching basketball, football and track. I've collected over half a century of memories attending and watching literally hundreds of sporting events at the middle school, high school, collegiate and professional level.

However, nothing in any of my sporting endeavors adequately prepared me for the wild emotions I've experienced as a parent watching my two children perform in athletic contests. Parents often know what actions are appropriate but don't know how to contain the anxiety and excitement of being a sport parent. As a result, parents may do and say things that they normally would not do under less stressful conditions. Parents need to remember that attitudes and behaviors taught to children in sports carry over to adult life. It is vitally important for parents to be actively involved in their child's sports in a positive way.

A good sports parent can help their children get the most out of sports by:

- Providing emotional support
- Providing positive feedback
- Attending games, voicing only positive comments
- Having realistic expectations for your child
- Helping the young athlete handle disappointments and losing
- Helping the young athlete appropriately deal with feelings of aggression
- Helping the young athlete to understand good sportsmanship
- Never tolerating violent behavior
- Do not focus on winning
- Modeling respectful spectator behavior

We all love to watch our children excel in their activities. There is a fine line, however, between being impressed versus overbearing and supportive versus interfering. As parents, we should model sportsmanship and expect it from our children, as it is a skill that will take many children further than the sport itself.

As we begin the 2013-14 school year in USD #343, let's positively support our children in all their academic and extracurricular pursuits. As parents, let's model the type of sportsmanship that puts us at the top of the league!

**Go Kaws!**

**Board of Education  
Meeting Summary  
July 8, 2013**

The USD 343 Board of Education meeting was called to order at 6:30 p.m. on Monday, July 8, 2013.

A consent agenda was approved, which included minutes, various financial matters, and a number of 2013-2014 appointments and designations.

**Nonaction items on the agenda included the following:**

- New board members Tiffany Ball and Tim Blosser were sworn in.
- Judy Chamberlain provided the board with highlights of Kaw Camp’s annual evaluation.
- The board had a first reading on policy updates GAAF and JGCA.

**Board action included the following:**

- Election of Board Officers and Appointments for 2013-2014 were approved as listed below:  
Board President.....Travis Daniels  
Board Vice-President .....Matt Erickson  
Keystone Learning Services Rep.....Jenny Morgison  
Keystone Learning Services Alternate.....Tim Blosser  
Board Negotiations Members .....Travis Daniels, Matt Erickson & Traci Eddy  
Board Endowment Association Member ..... Tiffany Ball
- Board approval was given for the following Personnel Considerations:
  - Angie Hess as elementary library paraprofessional for 2013-14
  - Lynn Ward as middle school library paraprofessional for 2013-14
  - Donna Gowing and Sharon Bunce as Food Service staff positions for 2013-14
  - Grace Hupe as high school dance sponsor for 2013-14
  - Beth Hupe as high school dance and cheer sponsor for 2013-14
- The board approved the Classified Employee Handbook and the Food Service Handbook for the 2013-14 school year.
- A resolution to implement a “home rule” policy for the 2013-2014 school year was approved.
- The board approved a resolution waiving G.A.A.P. fixed asset accounting requirements for the 2013-2014 school year.
- A motion to rescind policy statements prior to July 1, 2013 was approved by the board.
- A special board meeting was scheduled to be held at 5:00 p.m. on Wednesday, July 24, 2013 for the purpose of previewing the proposed 2013-2014 SY budget and participate in Whole Board Training provided by KASB.

Meeting adjourned at 7:33 p.m.

**Board of Education  
Meeting Summary  
August 13, 2013**

The USD 343 Board of Education meeting was called to order at 6:30 p.m. on Monday, August 12, 2013.

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

**Nonaction items on the agenda included the following:**

- Gene Barrett was sworn in as a USD #343 board member by Board Clerk, Debbie Hetrick.
- The board discussed opening Kaw Drive from Willow St. to the east where it is currently closed. More information will be gathered prior to the September board meeting.
- A board goal setting date with KASB will be explored with September 9 as the preferred date. If available to the presenter the meeting will have a 5:00 p.m. start time and 7:00 p.m. board meeting start time.
- The consensus of the board is to recognize businesses and individuals who volunteered their services and time to complete the sports facility renovations. The recognition event will be held prior to the first home football game on September 20.

**Board action included:**

- A budget hearing was held to review the proposed USD #343 2013-14 budget. Board approval was given for the budget as presented.
- The following employment contract recommendations were approved by the board.
  - Susie Whitaker as the PLHS Reading Chair
  - Felisha Herschell and Cynthia Dixon as full-time bus route drivers
  - Susie Hackathorn as the Kaw Camp Family Liaison
  - Rachel Hamm, Diane Lambrecht, Sarah Johnson, and Marci Henderson as Kaw Camp Teachers
  - Gloria Dye as the Kaw Camp Program Evaluator
  - Rebecca Beaulieu as Kaw Camp Site Director
  - Cathy Boyden as a 4-hour Food Service employee
  - Linda Nightingale as the elementary counselor
  - Bonnie Dugan as the 2-hour per week district office custodian
  - Jennifer Morris as the PLPK paraprofessional
  - Saul Heide as the PLMS building technology coordinator
- The following resignations & reassignments were approved by the board.
  - Dave Glenn as LES custodian to begin work as a PLHS custodian
  - Johnnie Shereman as a 4-hour Food Service worker to begin work as a 4-hour custodian at LES
  - Jerry Piwarski as the 2-hour per week district office custodian to increase his hours at PES from 6 hours to 8 hours per day
  - Naomi Burgess as a bus driver
  - Christian Brown as the PLMS building technology coordinator
- The following terminations were given board approval.
  - Ben Erwin as a PLHS custodian effective July 22, 2013
  - Pam Featherly as a van driver effective August 9, 2013
- The board approved the following grants and gifts to the district.
  - CCLC grant award of \$74,112
  - \$500 gift from Jefferson County Fireworks Festival Association to support the PLHS International Club
  - \$84 gift from Hygenic Dry Cleaners to support the Junior Class of 2015
- Board approval was given to dispose of the below listed equipment:
  - 1997 #5 bus
  - 1981 Wrecker
  - 1995 #23 van
  - 1990 #32 van
  - Snap-On R12 Reclaimer
- The board approved the following policy, program and guidelines.
  - GAAF Emergency Safety Interventions
    - Seclusion & Restraint Procedures Guidelines
  - District Wellness Program
  - Vending and A La Carte Guidelines
  - Classroom Treats: Suggested Guidelines
- The board approved donating \$100 to Perry Pride in support of the Perry Fall Festival on September 14.
- New student behavior expectations at football and basketball games were approved. The behavior expectations ask that students be seated in the bleachers and supporting the team during games. For safety reasons, spectators playing football, catch and tag in the football complex during games will not be allowed.
- Adult meal prices for 2013-14 were set at \$3.55 and at \$1.80 for an adult breakfast.

Meeting adjourned at 8:10 p.m.

**Board of Education  
Meeting Summary  
September 9, 2013**

The USD 343 Board of Education meeting was called to order at 6:30 p.m. on Monday, September 9, 2013.

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

**Nonaction items on the agenda included the following:**

- Building principals presented the board with 2013-2014 back-to-school reports.

**Board action included:**

- The following employment contracts/recommendations were approved by the board:
  - Ron Stegall as a bus driver
  - David Roberts as head middle school track coach
  - Mike Paramore as assistant high school track coach
  - Thomas Coopriider as assistant high school track coach
  - Amy Conklin as assistant high school track coach
  - Kasi Packard as assistant high school track coach
  - Felisha Herschell as a 4-hour custodian at LES
- The following resignations were approved by the board:
  - Cynthia Dixon as a bus driver
  - Johnnie Shereman as a bus driver and custodian
- Gifts to the school district of \$3,243.82 from Hamm's Foundation to pay half the cost of a sand blaster and \$250 from Duke's Bar and Grill to support the PLHS football program were approved by the board.
- Building site council membership for the 2013-2014 school year was approved by the board.
- The board approved a travel request for Ben Maloun and school sponsor to participate in the National Association for Music Education National Honor Ensembles in Nashville, TN on October 27-30.
- Board approval was given for the PLHS band to travel to Orlando, Florida on March 14-19, 2014.
- The board approved reopening Kaw Drive from the east to Willow Lane. Stop signs will be placed at the east intersection of Kaw Drive and Willow Lane and a second stop sign will be placed at the south exit from the gravel parking lot. The newly opened section of Kaw Drive will have a 10 mph speed limit and speed bumps.
- A special board meeting will be held on October 14, beginning at 5:00 p.m. for the purpose of goal setting. The regular October board meeting start time will be moved to 7:00 p.m.
- The school board approved a school lunch visitation schedule for the 2013-14 school year including October at PES, December at PLHS, February at LES and April at PLMS.

Meeting adjourned at 8:15 p.m.



## Perry & Lecompton Elementary Schools

Connie Thornton, Principal



### Perry & Lecompton Elementary Schools

Ready, set, go and we're already a month into a terrific 2013-14 school year. I am very excited to begin my 7<sup>th</sup> year as principal with this district. We have a total enrollment of 297 PK-4<sup>th</sup> grade with 24 new students to the district. Currently my schedule allows me to be in each building for one half of the day. This seems to be effective and allows me the opportunity to engage with teachers and students at both buildings on a daily basis.

On August 12<sup>th</sup> PES & LES welcomed students and parents into their annual Sneak Peak event, which provides an opportunity to meet the teacher and see their new classrooms. During the first month of school, staff and students participated in the following safety drills: fire, tornado and lock down.

Kindergarten – 4<sup>th</sup> grade students have completed the AIMS web reading & math screening assessments. Our 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> grade students have completed the Measures of Academic Progress (MAP) computerized assessment. Teachers will be able to use the results from these assessments to develop more individualized instruction in the classroom. We are beginning the implementation of the CHAMPS positive behavior school-wide intervention program. More information about this program may be found on the elementary web site page.

Over the summer break, many of the elementary teachers were busy learning new methods and techniques to implement this year. I believe all of these programs will enhance your child's educational experience. Using technology to engage student learning is a priority for our elementary schools. Every grade level classroom now has a Promethean (interactive) board. Every teacher has an iPad for classroom use. During reading instruction you will frequently hear the term 'Daily Café' – which is an acronym for Comprehension, Accuracy, Fluency and Expand Vocabulary. We are very pleased to once again be providing everyday Physical Education classes for grades K – 4<sup>th</sup>.

Below is a brief overview of some of the learning events at each grade level:

- Preschool: Field Trip to Gary's Pumpkin Patch in October
- Kindergarten: These students are very busy learning how to incorporate technology into their reading and math centers.
- 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> grades have been using the outdoor gardens at each school to study plant and life cycles.
- 4<sup>th</sup> grade built landform models and will be taking a field trip to Kaufman Stadium in October.
- Music: 3<sup>rd</sup> grade is preparing for their October program – Halloween Misfits
- PE: Body Venture is coming November 13 – check with Jill Bradney ([jbradney@usd343.org](mailto:jbradney@usd343.org)) if you are interested in volunteering for this event.
- Grades 1<sup>st</sup> -4<sup>th</sup> grade will be participating in the Bald Eagle Rendezvous on 9/26 & 27.
- Come support your children as readers and help the school library get new books for everyone to enjoy! The Fall Book Fair will be at PES from Tuesday, Sept. 24th through Thursday Oct. 4th. Students and parents can visit during the school day as well as during Parent Teacher Conferences, 9/25 and 10/4 until 8 p.m. If you are unable to come in and/or want to see a greater selection of books, then you can check out the online book fair from 9/20-10/10 <http://www.scholastic.com/fair> - please enter the zip code 66073 and select Perry Elementary School. All orders support the school and will ship free after 10/3. Thank you for your continued patronage! Book fairs are responsible for adding hundreds of popular books to the shelves; students and teachers are sincerely appreciative.
- Reminder of other important dates: Parent Teacher conferences: 9/25: 2-8 pm & 10/2: 4-8pm, Halloween parties on 10/31 and Grand-friend's Day on 11/11.
- Feeding the Reading Appetite! Students at PLES are participating in a yearlong reading event sponsored by Price Chopper. Every classroom will have the opportunity to read its way to a Price Chopper 'Party for Pages'! The reading goals for the year are: K-1<sup>st</sup>: 20,000 pages; 2<sup>nd</sup> -4<sup>th</sup>: 30,000 pages for each grade level! Along with a party for the classroom, we have the opportunity to win a \$500 donation for our libraries!

PTO had their first meeting of the school year and is in the process of planning many events. Officers for the current school year are: President: Adrienne Meyer, Vice President: Sarah Spreer, Secretary: Stacy Adams, Treasurer: Wendy George. All meetings will be held on Mondays at the PES library at 7 pm. Please refer to the elementary web calendar for specific dates and meeting minutes.

Elementary Site Council Members are: Kathy Youngquist, Ryan Rush, Jarae Essman, Matt McPherson, Ruth Ellis, Matt Sawyer, Stephanie Confer and Amy Meyer.

We welcome your involvement and appreciate all the volunteer support which continues to make our schools successful. To keep informed utilize the district web site at [www.usd343.net](http://www.usd343.net)

Please contact me with questions or concerns. Thank you for your support!

PLES Principal

**Perry-Lecompton Middle School  
Josh Woodward, Principal**



**Perry-Lecompton Middle School**

It's hard to believe that we will soon complete the first quarter of this academic school year. If you haven't done so, I would encourage you to visit the PLMS website via our district website at [www.usd343.net](http://www.usd343.net). We have made many updates and trust that you will find the new information valuable. Some of the things you will find include our school profile, a link to our daily student announcements and building newsletters, breakfast and lunch menus, our bell/lunch schedule, inclement weather procedures, teacher contact information and plan time, athletic schedules and even directions to away games. I would encourage each of you to take some time to navigate through this website.

**Parent Teacher Conferences:**

Parent –Teacher Conferences have been scheduled for Wednesday, September 25<sup>th</sup> from 2:00-8:00pm and again on Wednesday, October 2<sup>nd</sup> from 4:00-8:00pm. The intent of our fall parent-teacher conference is for parents to share strengths, weaknesses, study habits, and other relevant information about their child with each teacher. This information will be valuable for our teachers when planning for the academic success of each child. Please remember to introduce yourself and identify your child by name. Also, please remember to visit with your child's non-core/elective teachers such as art, physical education, band, chorus, industrial technology, science exploration and journalism. Our staff is excited and is looking forward to visiting with you about your child. If you unable to attend please feel free to visit our website and contact applicable teachers by email or by phone regarding your child's progress or to share specific information about your child.

**PTO Information**

The PLMS PTO (Parent-Teacher Organization) held its first meeting on Wednesday, August 28<sup>th</sup> in the PLMS library. The PTO provides great support to PLMS and is in need of additional volunteers to help foster this relationship. In addition to planning a fall fundraiser, our PTO will be providing dinner for teachers on both Parent-Teacher Conference nights as well as plan and organize the hospitality room at our home volleyball tournament on Saturday, October 5<sup>th</sup>. Many times, your child's field trip fees have been offset by financial support provided by the PLMS PTO. For more information on how you can become a part of the PLMS PTO and support our school, please attend the next meeting scheduled for Wednesday, October 8<sup>th</sup>.

**Change of Address/ Phone/Transportation**

Please do not forget to notify the office with a note, by phone, or e-mail in the event that you have a change of address or phone number. Current phone numbers are especially important to insure that you are notified whenever we activate the School Messenger Emergency Notification System or if our staff needs to contact you about an issue, concern, or praise about your child. NOTE: If you are not receiving weekly emails from me, please call the PLMS office at 597-5159 to update your demographic information. This will sync with School Messenger which is utilized to send out weekly emails.

On behalf of the PLMS staff, I would like to thank you for your support of our school. The success in educating our students very much depends on your involvement and communication. If you ever have any questions or concerns, please call or email me.

Respectfully,  
Josh Woodward  
Principal, PLMS



**Perry-Lecompton High School**  
**J.B. Elliott, Principal**



**iPad Information**

The iPad program is up and running at PLHS. Student iPad usage has varied greatly from classroom to classroom. Here are a few examples:

- Mr. Dunnaway is using a “paperless classroom” approach in which students are required to complete and submit all assignments electronically.
- Mr. Smith has his math classes fully functional on Blackboard allowing students to access notes and videos that correspond with his lectures.
- Mrs. Powell has placed the musical scripts on Blackboard allowing students to read and study their lines directly on the iPad for the upcoming Fall Musical.
- Mrs. Ward has English I students taking vocabulary quizzes through Blackboard on their iPad.
- Mrs. Packard’s Math students are using an app called Educreations to video common areas around the school and then apply geometric concepts for a type of hands-on learning.

Of course there many more examples that I could list, but this will give you an idea of the direction our educational system is going. Students seem to enjoy the new style of learning and for the most part they have been very responsible with their iPads. It does seem the iMessage (a texting type of application) and Snap Chat (an app that will text pictures) have been abused at the beginning of the school year. We are currently looking at blocking these applications (and those similar) from the iPads. We’ve only had one report of a damaged iPad! This device was left on top of the car and driven over leaving the device unusable. Without insurance, the replacement cost of the device will be the responsibility of the parent and student. With that in mind, if you would like to add insurance to your iPad, it is still available.

Here is a link to the information on the website: <http://www.usd343.net/vnews/display.v/ART/51f817c6e9421>. As questions arise regarding the iPad, please do not hesitate to email or call me.

**Announcements**

Want to stay in touch with what is going on at the High School on a daily basis? Please remember that you can access the PLHS daily announcements through Power School. To access Power School, go to the district website ([www.usd343.net](http://www.usd343.net)) and click on the Power School – Parent/Student icon on the right side of the page. Set up an account to begin your parent access if you haven’t done so already. The announcements can be found under the “School Bulletin” icon. They are updated every morning and it is a great way to keep up with what is going on in Kaw Country! If you have lost your user name or password, please contact the PLHS office for that information.

**ACT Information**

If your child plans to attend a 4-year college or university, they will need to take the ACT (American College Test). In an effort to increase performance on the ACT, PLHS has many opportunities that our students are encouraged to take advantage of:

- On-line preparation - PLHS has a subscription to the on-line ACT preparation program (<http://www.shmoop.com/act/test-prep.html>). In order to gain access, students should stop by the counselor’s office and pick log-in information. Please do **not** purchase access to this site, as the school has already paid for a group/school subscription. This site allows students to practice tests with real ACT test questions, provides a comprehensive content review for each of the ACT’s four required tests—English, Math, Reading, and Science, a diagnostic test, and access anywhere, anytime because it is Internet based.
- Students planning to take the ACT are also encouraged to take the ACT Prep class offered during the Fall and Spring semester at PLHS. The class spends a full 18 week semester reviewing quality test taking strategies along with taking many practice tests that will give the student a true understanding of areas of personal strength and weakness of the ACT material.
- The ACT test is offered at PLHS in December and June. If anxiety and comfort levels are test taking issues for your student, you may want to consider registering for one of the tests given at PLHS.

We certainly hope these measures allow students to perform at a high level on the ACT!

J.B. Elliott  
Principal  
Perry-Lecompton High School



## **Food Service News**

By Mike Sweeney, Food Service Coordinator

Perry-Lecompton Food Service is off to a good start for the new school year. Just as new nutrition standards were introduced nationwide last year for the school lunch program, this year brings the introduction of new standards for school breakfasts. The most noticeable changes occurring are in the required breakfast components and implementing “offer” presentation as opposed to “serve” at breakfast.

Starting this year there is no requirement for a meat component (though it will still be offered) at breakfast. The required components at breakfast are now milk, fruit, and grain. Using an “offer” presentation means that all three components must be offered and students may select from a minimum of 4 items. Students are allowed to decline 1 item, but have to select a minimum 3. Occasionally, the grain or fruit item may be large enough to count as 2 items by itself, allowing only 2 things to be selected. The overall push for breakfast by the USDA is to increase fruit and grain consumption at breakfast. The fruit offering for next year will double to 1 cup daily.

Lunch will continue basically the same as last year with the only real changes focused on menu planning methods and increasing the use of whole grain bread products. The maximum amount limits for bread products that some were upset about last year are still temporarily waived for this school year, though we still have to meet calorie guidelines for all lunches. Going into next year there are stronger limits coming for sodium content that will be phased in over a 3-4 year timeline. Starting next year, all breads and grains will have to be whole grain.

This will be my first year as Food Service Coordinator for the district and I would like to encourage you to feel free to call me at 597-5872 if you have any thoughts or concerns regarding your students’ meals at school.



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!!!

3 spots left – FOR 2014 TRAVEL!  
The Britannia – Ireland, England, Scotland and Wales  
PLHS INTERNATIONAL CLUB  
[www.eftours.com/1173900](http://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!!!

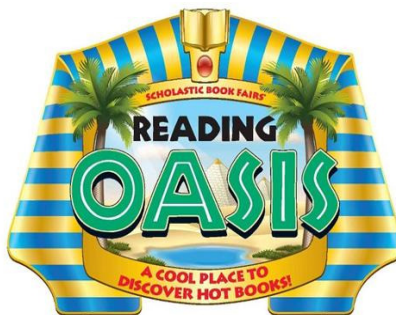
**Top of the Morning good and kind friends**, please join us as we travel through Ireland, experience the Ring of Kerry and the Book of Kells; kiss the Blarney Stone, and witness the awe of St. Patrick's Cathedral (the Saint that banned the snakes). From there we will travel by ferry to the Lake District 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 "ooohh – awwww" 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 \$3800.00 and the 14 day trip is around \$4200.00. 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](http://www.eftours.com/1173900) Please contact [Susie Whitaker](mailto:SusieWhitaker@plhs.org) at PLHS (785-597-5124) if you want more information about joining us on the wonderful journey.



**Reading Oasis – A Cool Place to Discover Hot Books!**

Please make sure you stop by the Scholastic Book Fair at either Perry Elementary School or Perry Lecompton Middle School. The book fairs will be open September 24 - October 3 from 8:00 until 3:30 daily, as well as, until 8:00 during parent teacher conferences.

Don't miss the chance to help us build our community of readers. Every purchase from the book fair goes to help add new titles to the school library and to the classroom libraries.

Teachers will have their wish lists up, students will have a chance to preview the library, and there will be lots of opportunities to win book fair dollars. The book fair is great fun – please plan on attending!



Community Blood Center High School Blood Drive  
Perry Lecompton High School  
Blood Drive  
**November 8, 2013 -- Friday**  
**9:30 a.m. – 2:30 p.m.**

***I'm a Blood donor:***

**Because...1 unit of blood saves 2 lives**  
**Because...1 in 5 hospital patients need blood**  
**Because...it only takes an hour**  
**Because...it is relatively painless**  
**Because...I can save a live**

To schedule an appointment please contact:  
Susie Whitaker at PLHS in the Library Media Center (785-597-5124)  
or you schedule your appointment online at:  
[www.esavealifenow.org](http://www.esavealifenow.org) use sponsor code: *perrylecomptonhs*

**Thanks so much for your support!**



**County Wellness Coalition Members Needed**

The Jefferson County Health Department, along with other community partners, is in the process of forming a county-wide Wellness Coalition. This coalition will begin targeting Jefferson County health concerns identified last spring during focus group listening sessions held throughout Jefferson County with county residents.

The top health concerns identified were lack of physical activity/obesity and public safety, more specifically highway safety. The first meeting will be held in the latter part of October and will convene on a monthly basis thereafter.

If you are interested in wellness activities and, at the same time, serving your fellow Jefferson Countians, please call Beth Brown, RN, Administrator at the health department- 785-863-2447.



# October 2013

## BREAKFAST MENU

Whole grain cereal available

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Breakfast Stick Assorted Juices Milk	2 Sausage Patty Cheese Slice Hamburger Bun Orange Juice Milk	3 Blueberry Muffin Whole Grain Cereal Orange Juice Milk	4 Waffle Sausage Link Assorted Fruit Juice Syrup Milk
7 Breakfast Pizza Assorted Fruit Juice Milk	8 Breakfast Round Peach Slices Assorted Fruit Juice Milk	9 Cinnamon Swirl Bananas Assorted Fruit Juice Milk	10 Chicken Strips Biscuit Assorted Fruit Juice Milk	11 Pancake w Syrup Sausage Link Assorted Fruit Juice Milk
14 Breakfast Burrito Pineapple slices Milk	15 Chicken Nuggets Biscuit Assorted Fruit Juice Milk	16 Whole Grain Cereal Bananas Assorted Fruit Juice Milk	17 Breakfast Wrap Peach Slices Salsa Assorted Fruit Juice Milk	18 French Toast Stick Sausage Link Assorted Fruit Juice Milk
21 Teacher Inservice No School for Students	22 Whole Grain Cereal Fresh Apple Assorted Fruit Juice Milk	23 Waffle Apple Pancake Topping Assorted Fruit Juice Milk	24 Coffee Cake Orange Sections Milk	25 Mac Cheese Stick/dip Pineapple Chunks Assorted Fruit Juice Milk
28 Pancake w Syrup Sausage Link Assorted Fruit Juice Milk	29 Breakfast Stick Syrup Assorted Fresh Fruit Milk	30 Butterscotch Oat Muffin Whole Grain Cereal Peach Slices Assorted Fruit Juice Milk	31 Chicken Strips Biscuit Assorted Fruit Juice Milk	

## 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 MON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Avg for Grades K-4
	1 Mr Ribb on Bun Lettuce & Tomato Potato Triangle Steamed Broccoli Pineapple Chunks Milk	2 Crispito Cheese Sauce Mexicali Corn Bananas Refried Beans Milk	3 Baked Chicken Savory Rice Fresh Broccoli Carrots Peach Slices Milk	4 Sloppy Joe on a Bun Nacho Chips Fresh Grapes Pork and Beans Milk	Cals. 643 Carbs 99.8g S. Fat 4.4g
7 Chicken Ranch Wraps Lettuce & Tomato Carrots Peach Slices Milk	8 Spaghetti and Meat Salad w Tomatoes Orange Sections Milk	9 Taco Salad Nacho Chips Lettuce & Tomato Salsa Refried Beans Pineapple Chunks Milk	10 Chicken and Noodles Mashed Potatoes Greens Beans w Bacon Rosy Pears Whole Grain Roll Milk	11 K-4 Pig in a Blanket 5-12 Hot Dogs Potato Triangles Steamed Broccoli Fresh Apple Milk	Cals. 639 Carbs 91.5g S. Fat 5.5g
14 Hamburger on a Bun Ranch Cut Potato Fresh Apple Pork and Beans Milk	15 Chicken Nuggets Whipped Potatoes Gravy Steamed Broccoli Whole Strawberry Fruit Mix Milk	16 Chili Nacho Chips Bananas Cinnamon Roll Milk	17 Baked Ham Mashed Potatoes Green Beans w Bacon Country Gravy Whole Grain Roll Orange Sections Jelly Milk	18 Macaroni & Cheese Meatballs Rosy Pears Seasoned Peas Milk	Cals. 639 Carbs 99.6g S. Fat 4.7g
21 Teacher Inservice No School for Students	22 Pepperoni Pizza Garden Salad Fresh Broccoli Pineapple Chunks Milk	23 Baked Italian Pasta Carrots Applesauce Royal Brownies Milk	24 Chicken Patties Mashed Potatoes Country Gravy Green Beans w Bacon Fresh Grapes Milk	25 Taco on a Bun Lettuce & Tomato Refried Beans Peach Slices Milk	Cals. 639 Carbs 94.1g S. Fat 5.3g
28 Mexican Burrito Garden Salad Salsa Mexicali Corn Pineapple Chunks Milk	29 Baked Ham Stromboli Steamed Broccoli Fresh Baby Carrots Fruit Cocktail Milk	30 Turkey & Ham Sub Lettuce & Tomato Oven Fries Peach Slices Milk	31 Country Style Beef Whipped Potatoes Country Gravy Salad w Tomatoes Fresh Apple Milk	Cals. 637 Carbs 93.0g S. Fat 6.4g	

# November 2013

## BREAKFAST MENU

Whole grain cereal available daily

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Teacher Inservice No school for Students
4 Breakfast Pizza Pineapple Chunks Assorted Fruit Juice Milk	5 Breakfast Wrap Salsa Assorted Fresh Fruit Assorted Fruit Juice Milk	6 Bubble Bread Bananas Milk	7 Cinnamon Swirl Bear Grahams Assorted Fruit Juice Milk	8 Whole Wheat Bagel Scrambled Eggs Bacon Slice Assorted Fruit Juice Milk
11 Strudel Fruit Cocktail Assorted Fruit Juice Milk	12 Biscuit Sausage Patty Assorted Fruit Juice Milk	13 Waffle Apple Pancake Topping Assorted Fruit Juice Milk	14 Breakfast Stick Assorted Juice Milk	15 Max Cheese stick/dip Pineapple Chunks Assorted Fruit Juice Milk
18 Pancake w Syrup Sausage Link Assorted Fruit Juice Milk	19 Breakfast Burrito Pineapple Chunks Milk	20 Chicken Strips Biscuit Assorted Fruit Juice Milk	21 Breakfast Round Assorted Fruit Juice Milk	22 Coffee Cake Orange Section Milk
25 French Toast Stick Sausage Link Assorted Fruit Juice Milk	26 Breakfast Pizza Assorted Fruit Juice Milk	27 Thanksgiving Break No School	28 Thanksgiving Break No School	29 Thanksgiving Break No School

## 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 Teacher Inservice No school for Students	
4 Whole Grain Corn Dog Garden Salad Seasoned Peas Applesauce Milk	5 Taco Soup Nacho Chips Steamed Broccoli Rosy Peas Milk	6 Hamburger on a Bun Oven Roasted Potato Orange Sections Pork and Beans Milk	7 Chicken Quesadilla Nacho Chips Salsa Refried Beans Bananas Milk	8 Spaghetti w Meatballs Salad w Tomatoes Peach Slices Milk	Cals. 615 Carbs 96.4g S. Fat 4.6g
11 Chicken Nuggets Mashed Potatoes Gravy Broccoli Pineapple Chunks Jelly Milk	12 Ravioli Green Beans w Bacon Fresh Apples Italian Garlic Roll Milk	13 Chicken Tetrazzini Garden Salad Carrots Pears Whole Grain Breadstick Milk	14 Sloppy Joe on a Bun Nacho Chips Fresh Grapes Pork and Beans Milk	15 Baked Chicken Savory Rice Fresh Baby Carrots Golden Corn Peach Slices Milk	Cals. 627 Carbs 97.9g S. Fat 4.1g
18 Baked Ham Mashed Potatoes Seasoned Peas Orange Sections Roll, White w Cin Bun Jelly Milk	19 Chicken Ranch Wrap Lettuce & Tomato Carrots Rosy Peas Milk	20 Baked Italian Pasta Peas and Carrots Applesauce Royal Brownie Milk	21 Taco Salad Lettuce & Tomato Nacho Chips Salsa Refried Beans Pineapple Chunks Roll, White w Cin Bun Milk	22 Turkey Mashed Potatoes Green Beans w Bacon Fresh Apples Turkey Dressing Whole Grain Roll Pumpkin Dessert Milk	Cals. 628 Carbs 100.4g S. Fat 4.0g
25 Mr Ribb on a Bun Lettuce & Tomato Potato Triangles Green Beans w Bacon Peach Slices Milk	26 Chicken Sandwich Oven Fries Fresh Baby Carrots Fresh Apples Milk	27 Thanksgiving Break No School	28 Thanksgiving Break No School	29 Thanksgiving Break No School	Cals. 708 Carbs 104.5g S. Fat 5.4g

## 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](mailto:ahale@usd343.org) or to Perry Elementary School, Attn: Autumn Hale, PO Box 168, Perry KS 66073

### DATES TO REMEMBER

- October 2<sup>nd</sup> – PLPK & K-12 Parent/Teacher Conferences, 4:00 – 8:00 PM
- October 2<sup>nd</sup> - PLHS Picture Retakes
- October 7<sup>th</sup> – PLES Picture Retakes
- October 9<sup>th</sup> – 7<sup>th</sup>/8th Band Concert, 7:00 PM
- October 11<sup>th</sup> – Homecoming Parade, 2:00 PM
- October 19<sup>th</sup> – Taste of Elegance 2013 at PLHS, 7:15 PM
- October 21<sup>st</sup> – Inservice/Workday – No School for Students
- October 23<sup>rd</sup> – 7<sup>th</sup> – 12<sup>th</sup> Vocal Music Concert, 7:00 PM
- October 28<sup>th</sup> – PLES PTO Meeting at PES, 7:00 PM
- October 30<sup>th</sup> – No Kaw Camp
- October 30<sup>th</sup> - 3<sup>rd</sup> Grade Music Program at LES, 6:30 PM
- October 31<sup>st</sup> – No Kaw Camp
- October 31<sup>st</sup> - PES Halloween Party 12:15 PM
- October 31<sup>st</sup> - LES Halloween Party 2:00 PM
- November 1<sup>st</sup> Teacher Inservice – No School for Students
- November 1<sup>st</sup> - PLHS International Club Halloween Dance, 7:30 PM
- November 3<sup>rd</sup> – Daylight Savings Time Ends
- November 8<sup>th</sup> – PLHS Boon Drive
- November 11<sup>th</sup> – PLES Grandfriend's Day
- November 25<sup>th</sup> – PLES PTO Meeting at PES, 7:00 PM
- November 27<sup>th</sup> – Thanksgiving Break/No School
- November 28<sup>th</sup> – Thanksgiving Break/ No School
- November 29<sup>th</sup> – Thanksgiving Break/ No School



# 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**