

Wamego West Words

Volume 14, Issue 2

October 1, 2011



PRINCIPAL'S POINTS . . .

The end of the first nine weeks is quickly approaching! My, how time flies when we are having fun!☺ With the end of the first quarter comes **Parent/Student/Teacher Conferences**. I hope that each of you will schedule a time to meet with your child's teacher to discuss his/her progress in school. Please remember to **bring your child with you** to conferences. It is vital that we keep the lines of communication open between home and school to best serve the needs of your child. Even if your child has not demonstrated problems in school, it is still critical that you talk with your child's teacher in person to continue the progress already achieved. **A conference schedule is included with this newsletter.**

Parents, please remember to drop your children off on the south side of 6th Street in the morning and pick them up on the south side after school. **Please remember also that the driveway entering the school parking lot is "one-way" before and after school. I ask that you only enter the parking lot if you need to park and come into the building.** We need to keep our parking lot free of traffic for buses in the morning and after school. Thank you for your cooperation on this matter!

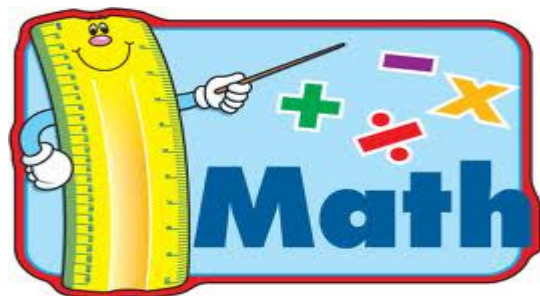
Are you checking Power School frequently? This is a great tool for you to stay informed of your child's progress in school. Please understand that we are no longer sending home progress reports, as you have "real time" access to your child's grades on a daily basis.

West Elementary Staff Participate in Project Renew Math Leadership Academy at Kansas State University

A total of 11 West Elementary staff were selected last spring to participate in Project Renew this past summer, a Math Leadership Academy sponsored by Kansas State University. These teachers received two weeks of rigorous professional development in conceptual math instruction, as well as in the content area of mathematics. They also received a \$1,000 stipend, as well as the opportunity to provide training to other teachers across the state in math instruction.

Those staff from West that participated are as follows: Angie McCune (second year), Sherry Helus (second year), Kandy Williams, Cathy Wilber, Tonya Ickes, Cathy Woodyard (second year), Amanda Beason, Samantha Vargas, Alison Strathman, and Kelsey Feyes.

We are very excited that so many of our staff were selected for this leadership opportunity. Over 66% of our regular classroom teachers were selected to participate! They have developed an Action Plan that will be implemented at West Elementary this school year to ensure we continue to grow in our math practices and mathematical knowledge.





Read for the Record – Pajama Day

Jumpstart's annual [Read for the Record](#) event is set for Thursday, Oct. 6. West Elementary will join in the effort to promote the importance of early learning and early reading by attempting to set the record for the largest number of people reading the same book on the same day.

This year's featured book is *Llama Llama Red Pajama*. To promote the event, it will be pajama day for students and staff at West Elementary.

West Junior Raiders Day and Student Store

West Junior Raiders Day for October will be Friday, October 7 and Friday, October 28. Students and staff should wear their Junior Raiders shirts or red on these days! Student Store will be open on Thursday, October 7.

Birthday Dinner

The date for October's birthday dinner will be Wednesday, October 19. Parents (or other guests) who would like to eat Birthday Dinner should call the school office (456-8333) for reservations by 8:30am the day of birthday dinner.

School Picture Day

School pictures for West will be taken on Monday, October 10. Students should dress nicely for their pictures. Order envelopes have been sent home with students. If you would like to order pictures, please return the envelopes with payment enclosed.

Parent/Student/Teacher Conference Schedule

Conferences for West will be held the week of October 17. The dates and times are as follows: Tuesday, October 18 from 4-8pm; Wednesday, October 19 from 4-6pm; and Thursday, October 20 from 11am to 8pm. Confirmation notices for your scheduled conference time will be emailed to you or if you do not have email access a hard copy will be sent home! It is very important that you attend conferences to discuss your child's progress in school. Don't forget to bring your child to your scheduled conference!

Scholastic Book Fair

West Elementary will be hosting the Scholastic Book Fair from October 12 through October 20. The Book Fair will be set up in the library and will be open throughout the school day and during conferences. Many of the William Allen White books will be for sale. Students may buy books to donate to their classrooms. They should refer to their "Teacher's Wish List". Please come visit the Book Fair!

School and Bus Safety Week and Red Ribbon Week

During the month of October, West students will participate in activities that promote personal, as well as school safety. We will recognize America's Safe Schools Week and National School Bus Safety Week October 17-20. During October 24-31, we will celebrate Red Ribbon Week. Scheduled activities will be planned for the week. Mrs. Butler, School Counselor, will coordinate these activities.

Halloween Classroom Parties

Halloween classroom parties will be Monday, October 31 beginning at 2:30pm. Students are not to wear their Halloween costumes to school. Room Parents will provide treats, as well as games and activities for the students to enjoy. **Please do not send additional treats to school with your child for their party.** Also, latex balloons are prohibited in USD 320.

Additional School Information

Remember to visit our district and school website at

www.usd320.com. The Wamego West Words is posted on this site. We will also be emailing the West Words in a pdf file for your convenience. Also, all West faculty email addresses can be found on this website, as well as other important information! Check it out!

The next West PTO and West Site Council meetings will be on Thursday, October 6.

Our goals for 2011-2012 are as follows:

- Monitor School Improvement progress toward targeted goals with respect to QPA regulations and AYP standards.
- Maintain communication efforts between West Elementary and the USD 320 Board of Education (Site Council members will attend BOE meetings monthly.)
- Learn about specific programs in place at West Elementary School:
 - Project Renew Math Leadership Academy and Common Core Math Standards
 - INSIGHT STEM Project
 - Review of MTSS Reading Interventions
 - Outdoor Classroom
 - Robotics Club
- Support the vision of West Elementary Staff with respect to technology advancements and the acquisition of technology tools.
- Continue Books for Kids Literacy Project to provide books to underprivileged children or those with limited access to books.
- Build awareness of assessment practices and school-wide performance on specific assessments.
- Learn more about school funding and budget.

Presentations for meetings are as follows:

- October 6—Books for Kids Literacy Project and Technology
- November 3—Project Renew and Common Core Math Standards
- December 1—INSIGHT STEM Project; Technology Plans/Planning
- February 2—MTSS Interventions Review: Corrective Reading, Phonics for Reading, and Rewards
- March 1—Outdoor Classroom; Books for Kids Update
- April 5—Robotics Club; Books for Kids Update
- May 3—Review of Kansas Assessments Performance Data; Budget Projections for 2012-2013

The Site Council will meet on the following dates:

- October 6
- November 3
- December 1
- No meeting in January
- February 2
- March 1
- April 5
- May 3

West Elementary PTO News

General PTO Information. . .

The West PTO will meet Thursday, October 6 at 6pm in the West library. All parents are invited to attend!

If you have any questions regarding PTO, please contact one of our officers:

- **President**—Amy Schwein-456-8014
- **Vice-President**—Angie Matthews-456-7527
- **Secretary**—Amy Donahue-456-8985
- **Treasurer**—Jill Hupe-456-7113

Campbell's Labels for Education

We are collecting Campbell's Labels for Education. Many foods qualify for the program. Check out www.labelsforeducation.com and www.tyson.com/projectaplus to see if your favorite foods qualify!

Be Green, Earn Green

Don't forget about our "Drink Pouch Brigade", as well as our "Chip Bag Brigade" that we began two years ago. Every used foil juice pouch such as Kool-Aid Jammers, Capri Sun, or Honest Kids drinks can be saved and recycled to earn money for West Elementary. The same is true for all empty Frito Lay bags (both large and small)! You just remove the straw from any foil pouch or turn in any empty Frito Lay chip bag to the school and we will send them off to be recycled for cash! Check out this website for more info as well: www.terracycle.net.

West Carnival a Huge Success!

Our School Carnival was once again a huge success! Total profit for the school was over \$8,000! This money will be pooled with other resources to advance technology tools for students at West. A special thank-you goes out to the following individuals for all they did to put together a highly successful event: Jen Faulkner, Amanda Jantz, Amy Schwein, Angie Matthews, Lori Rice, Laura Ebert, Amy Donahue, Jill Hupe, Dossie Langford, Christine Chainey, Mary Kay Elder, Eli Jantz, Eric Schwein, Allan Fritz, Neil Ebert. We also send out our thanks to the 1-1 ARB from Fort Riley who sent 10 Soldiers to assist with the Carnival as part of our Adopt-A-School partnership with the Unit. The meal was a big hit this year, with a total profit of over \$1,000. The Silent Auction was also quite successful with a profit of \$2,400. Thanks again to all who attended and all that contributed to the success of the night!

PTO Fundraiser Underway!

The West PTO fundraiser for the 2011-2012 school year began on Monday, September 26! This fundraiser has been highly successful for our school and has helped us raise over \$86,000 for West programs and materials.

We are challenging our students and parents to match the \$11,400 profit we earned with last year's fundraiser! The money raised will be pooled with Carnival proceeds, PTO funds, and other funds to enhance the instructional technology available to West students. If you would like to contribute, but don't want to sell any items, we will certainly take a cash donation! We also understand if you cannot participate at this time.

If your child needs more order forms, please have him/her come to the office. Checks should be made payable to West Elementary PTO. **Please make sure you collect payment at the time of the sale!**

The sale concludes on Monday, October 10.

Students need to turn in both copies of their order forms to their teachers. Students will get the original (top, white) copy back with their orders.

Please be sure that the student's name and home phone number is completed on the top of the order form before it is turned in to the teacher.

Pick up day is set for Tuesday, November 8 from 5:00-6:30pm. For your convenience, we are offering "drive through pick-up" of your items. Simply drive through our parking lot and we will load your vehicle with your merchandise. You won't even need to get out of your car! Of course, in the event of inclement weather, pick-up will be inside in the lunchroom.

Students are rewarded with prizes for participating. The more they sell, the bigger the prize. Also, the class with the most sales and the class with the highest participation rate will receive a popcorn party. Students that sell 15 items or more will be invited to a Root Beer Float party and students that sell 25 items or more will be entered into a drawing for a \$100 food basket. All students at West will get to attend the pig race, regardless if they participate in the fundraiser or not. PTO will also provide Wal-Mart gift cards to the top five sellers. Thank you for supporting these fundraising efforts! We are very excited about what we will be able to offer our students with the money raised!

West PLC Leadership Team Goals for 2011-2012

The West Professional Learning Communities Leadership Team continues to be a driving force behind important decisions made at the building level. A brainstorming session of goals for 2011-2012 took place during the May meeting. Proposed goals are as follows:

- Ensuring continuity across grade levels K-5 in reporting reading progress
- Common Core Standards
- Math MTSS—exploring options
- Six Trait Writing—continuation from last year
- Continuing to Align Assessment Practices within each grade level and across the building
- Monitoring MTSS Reading Interventions/Progress
- Exploring Positive Behavior Supports model (Specialized Teachers)

The PLC Leadership Team consists of teachers and the building principal. We meet monthly to discuss issues of importance to the success of our students and our school and make recommendations to continue the growth of West Elementary.

Suggestions for Parents for Meaningful Parent/Teacher Conferences:

In order to help you have a successful Parent/Teacher Conference with your child's teachers this fall, we are sharing some "sample" questions that parents often have concerning their child's performance. Please remember to bring your child with you to conferences to be a part of this learning experience.

Suggested questions to ask your child's teacher:

- Does my child meet your class expectations?
- Does my child meet standards for completing assignments?
- Does my child participate in class?
- My concerns regarding my child's performance in this class are _____.
- What areas should my child focus on to improve his/her performance for the remainder of the semester?
- What can I do as a parent to support my child in your class?
- If we need to talk again, what is the best way to contact you (the teacher)?

INSIGHT STEM Project

Fourth grade teacher, Lori Rice, Enhanced Learning Teacher, Jennifer Nider, and West Elementary School, were selected last spring to participate in the INSIGHT Program sponsored by Kansas State University and the National Science Foundation. INSIGHT (Infusing System Design and Sensor Technology in Education) is an exciting partnership between K-State, Kansas Schools, and the National Science Foundation working to instill the use of current sensor technologies into regular classroom learning. It is the second GK-12 program offered by Kansas State, alongside project EIDroP.

The INSIGHT Program partners graduate students studying Engineering disciplines with Kansas Teachers - giving the teacher an excellent resource to draw upon when developing and teaching lessons incorporating the latest in sensor research. The graduate students also benefit from the opportunity to work with high school, junior high, and even elementary students, developing valuable communication skills and inspiring the next generation of engineers and scientists.

Mr. Cain is currently working with the fourth grade students in Ms. Rice's reading class to write computer programs. The students are creating scenes from their books using Scratch. This program was created by MIT and is a free download.

Ms. Rice's class has also been talking about coordinate graphs in math. With the help of Mr. Cain our KSU expert, we used the Kinect system to create our bodies on a coordinate grid. The students used those prints to find points for themselves. Next we will use the system to make angles and find measurement.

Program implementation began this fall. We will provide more updates on our students' experiences from this program in future *West Words* newsletters!

Third Grade Goes on a Scavenger Hunt

The third grade classes went on a digital scavenger hunt around Wamego at the end of September. Students located historical, commercial, and residential buildings. While on their hunt, students found items that are paid for by taxes and business that provide goods and services. The scavenger hunt supports the third grade social studies curriculum. The afternoon was spent at the park, as students learned about the park history. Theresa Peddicord, from Friends of the Park, spoke about volunteering and fundraising. Michelle Crisler, from the City Offices, spoke about city services that are paid for with taxpayers' dollars.

Fourth Grade Creates "Life Maps"

Fourth grade language arts students completed their first major writing project of the year during September. For this project, the students were asked to sit down with their parents and/or other family members to come up with two significant events that happened during each year of their lives. After their conversations at home, the students brought back very entertaining stories about things that have happened to them over the last nine to ten years. After verbally sharing some of these events with each other, the students worked to create "life map" timelines of their lives with a creative theme, using both descriptive language and illustrations to display the events of their lives. The fourth grade team enjoyed seeing their students' creativity, as well as getting to know their students better.

Fifth Grade Studies Geography

Fifth grade students will be studying a unit on geography. Students will participate in a simulated plane race where they use map skills to navigate across an imaginary continent. They will be working in cooperative teams creating daily flight plans and logs. Students will also create their own countries. The country will have a theme and include at least 12 different geographical terms, a compass rose, a scale, and a legend.

Free Online Tutoring Service Available for Kansas Kids

Homework Kansas is a tutoring service that connects Kansas students one-on-one with live tutors. It is targeted at students in Kindergarten through 12th grades, college introductory students, adult GED students, and other adult learners. Students can connect to tutors from 8am to 11pm, seven days a week. Homework Kansas is also available in Spanish, Sunday through Thursday, from 8am to midnight. Help is available in the following subjects:

- Math: elementary, algebra I, algebra II, geometry, trigonometry and calculus
- Science: elementary, earth science, biology, chemistry, physics
- Social studies: American History, World History, Political Science and more
- English: spelling, grammar, book reports, essay writing and more

The service is high tech and sophisticated, but easy to use—students indicate their grade level and the subject in which they need help. Homework Kansas connects them to the best available tutor in just a few minutes. Tutors don't provide answers, they provide help. The actual tutoring takes place in an online classroom, via chat and instant messaging; problems may be illustrated on an electronic whiteboard. A variety of drawing and other web-based tools are available to enhance the tutoring session. There is also a "Skills Center" available 24 hours a day that provides thousands of worksheets, tutorials, study guides, and more!

Homework Kansas offers a safe and secure environment for students to seek help. All tutors complete a third-party background and reference check. In addition, tutors complete a rigorous application and training program, and participate in ongoing in depth evaluation and mentoring. Tutors are experts in their fields; they are certified teachers, college professors, professional tutors, graduate and undergraduate students from accredited colleges and universities, and other professionals.

This service can be accessed at www.homeworkkansas.org and is free to Kansas residents throughout the state. You must first obtain a Kansas Library Card, available free of charge at the Wamego Public Library. For more information about Homework Kansas, please contact the State Library of Kansas between 8am and 5pm Monday – Friday. You can also send emails to egivens@kslib.info or call (785) 296-8152.

Multi-Tiered System of Supports: Interventions for West Elementary Students

West Elementary implemented the Multi-Tiered System of Supports last year in reading. MTSS is a coherent continuum of evidence based, system-wide practices to support a rapid response to academic and behavioral needs, with frequent data-based monitoring for instructional decision-making to empower each Kansas student to achieve high standards. The interventions consist of three “Tiers”. Tier I is our general curriculum, which includes best practices in reading instruction, such as guided reading, shared reading, interactive reading, and modeled reading. Tier II is a strategic level intervention for students that need additional support beyond what is already provided in the regular classroom. Tier III is an intensive level intervention for students that demonstrate higher needs with respect to reading performance. The interventions we have selected are as follows: Phonics for Reading (Grade 3 only) and REWARDS (Grades 4-5 only), which are strategic level interventions and Corrective Reading (Grades 3-5), which is an intensive level intervention.

Phonics for Reading is a supplementary phonics program designed to teach phonemic decoding to students who have not yet mastered those skills. Daily lessons require 40-50 minutes to complete, or the teacher may choose to complete a lesson in two sessions. Phonics for Reading includes a clear scope and sequence that enables teachers to see the development of each lesson’s objective. The program consists of three sequential levels. Within each level, students are taught to access pronunciation of phonetically regular, one-syllable, and multi-syllable words by careful examination of a word’s internal structure using letter-sound correspondences, word endings, and units such as prefixes and suffixes. The First Level introduces students to the short vowels, double consonants, digraphs, and consonant blends. The focus of the Second Level is on long vowels, vowel combinations, CVCe words, common endings, and r-controlled vowels. The Third Level continues to develop and expand the previous level with letter and vowel combinations, prefixes and suffixes, and the variant pronunciations of vowel combinations and of c and g.

The first part of a Phonics for Reading lesson involves instruction in word recognition. To begin a lesson, a word is introduced initially and either a single letter or letter combination is highlighted. Students practice the sound in isolation and then participate in a discrimination activity with the target sound and other previously learned sounds. This is followed by oral blending or segmenting of words, which contain the target sound and the previously learned sounds. Next, students practice reading 15 new words that contain the target sound and finish this activity by matching some of the new words to an illustration. At this point, students are taught 10-18 high frequency words, which are defined as irregular words and words that contain phonic elements that have not yet been introduced. After that, students learn a specific strategy to read two syllable or multi-syllable words that contain the lesson’s target sound. The next three parts of the lesson involve passage reading, spelling, and independent activities. All of these activities are directly related to the lesson’s objective and include the target sound or sounds. These activities may vary slightly depending upon whether the focus of the lesson is on letter introduction or practice.

REWARDS Intermediate is an intense, short-term intervention program for older students who have mastered the basic reading skills associated with first and second grade, but experience difficulty reading multisyllabic words in grade level materials, and/or who read slowly (i.e. 60-120 words correct per minute). REWARDS is an acronym for Reading Excellence: Word Attack and Rate Development Strategies. The program is designed to teach flexible strategies for fluently reading long words consisting of two to eight syllables in content area texts. A further expectation is increased comprehension, as a result of an increase in vocabulary and fluency. Rewards Intermediate is for students in Grades 4-6 and consists of 25 lessons. Lessons are approximately 50 minutes in length.

The overarching structure of the REWARDS program consists of a series of pre-skill lessons followed by several strategy lessons, which are intended to lead the student in a step-by-step fashion from assisted to independent decoding of multisyllabic words in sentences and content passages. Pre-skill lesson activities focus on learning the component skills necessary for applying the flexible decoding strategy. This includes listening to words pronounced in parts and blending the parts back to form the word, becoming automatic with the identification of vowel combinations, prefixes and suffixes, correcting mispronounced words, and learning the meanings of prefixes and suffixes. During the strategy lessons, students learn, practice, and apply the flexible decoding strategy, which is the essence of the REWARDS program. Students also receive vocabulary instruction and practice with word families and spelling. REWARDS was designed for students in Grades 4, 5 and 6 who read at or above a 2.5 grade level and have difficulty reading long words. REWARDS is a reading intervention program designed to teach intermediate students a flexible strategy for decoding long words and to increase their oral and silent reading fluency.

Corrective Reading is a comprehensive intervention program designed for students in Grades 3-12. It targets students who are reading one or more years below grade level. The three essential goals of the program are increasing reading accuracy (decoding), developing reading fluency, and building reading comprehension. Corrective Reading can be implemented in small groups (4-5 students) or whole-class format. Each lesson is 45-minutes in length and intended to be taught by teachers 4-5 times per week.

The Corrective Reading program is tightly sequenced, offering two distinct Intervention Strands: Decoding and Comprehension. There are four levels at each of these two strands that address varied reading skills and ability levels. The Decoding strand is appropriate for students that have trouble identifying words, understanding how the arrangement of letters in a word relate to its pronunciation, and whose reading rate is inefficient. Comprehension programs are suitable for students that have limited vocabulary, narrow background knowledge, and that need support with thinking skills. The Decoding strand lesson format incorporates word-attack skills practice, group reading, individual reading checkouts, and workbook exercises. The Comprehension strand lesson format synthesizes thinking operations, workbook exercises, information, and oral group work.

We have several staff assisting us with the implementation of these interventions including Abby Ross, Phyllis Herzog, Marcia Beachler, Kelsey Feyes, Amy Hantzis, and Kathleen Scherer. If your child qualified for a reading intervention, you have been notified. Please feel free to contact your child’s teacher with any questions. We are excited to offer students these specific interventions to help them achieve reading success!

West Participates in Fort Riley Adopt-A-School Program

For the second year in a row, we are partnering with Fort Riley in the Adopt-A-School Program. West Elementary has been matched with the 1st Attack Reconnaissance Battalion, 1st Aviation Regiment "Gunfighters: 1-1 ARB", Combat Aviation Brigade (Apaches). The mission of this program is to establish partnerships between Fort Riley Soldiers and community schools in support of the Fort Riley 2015 Campaign Plan.

The new partnership will increase awareness of the Army's mission, provide Soldier mentors, speakers, and volunteer workers in our school. The first project included volunteer Soldiers from the 1-1 ARB to work at the West Carnival. We are still in the planning stages for how the Soldiers will continue to be active volunteers in our school.

We look forward to getting to know our Soldiers and know this will be a very positive collaboration for both West Elementary and Fort Riley!

Fourth Grade Explore Civics Education

The primary goal of "We the People: The Citizen and the Constitution" workshop is to promote civic competence and responsibility among elementary and secondary students. The instructional program enhances students' understanding of the institutions of American constitutional democracy. At the same time, students discover the contemporary relevance of the Constitution and Bill of Rights. The program is successful because of design of the instructional program and the innovative culminating activity. Students celebrated Constitution Day on Monday, Sept. 19th. Students learned that the Constitution is the plan for our government and that our Founding Fathers spent many long hours working the make this plan. The Constitution is a living document that changes constantly. It guides the laws and direction of our country and protects all citizens.



Nurse's News

Adequate hours of sleep are important for students to maintain their energy levels through the day for work and play. A tired child is more likely to become ill. Beat the clock, beat the virus, and stay well!

If your child is complaining of "not feeling well", please take a few minutes to talk with your child and find out what is bothering him/her. If the complaint is a headache, sore throat, earache, nausea, diarrhea, or a persistent cough, you may need to take your child's temperature to see if his/her body is trying to fight infection. If your child's temperature is 99.6 or above, you need to keep your child home and have him/her rest. If you find your child needs medication at school, you will need to have a medication form signed by the doctor and parent.

Please also remind your children to wash their hands frequently with warm, soapy water. This simple procedure can help protect your children from acquiring many different illnesses.

Please be on the lookout for head lice. It is a good idea to check your child's hair weekly and be alerted if you have a child who is complaining about his/her head itching. You can obtain treatment for head lice over the counter or with a prescription from your physician. It is important to follow the directions on the product that you use and to wash bedding and clothes at the time of treatment. Please also notify the school if your child has head lice.

Bullying Prevention Kick-Off at West!

West students participated in our annual "Bullying Prevention Kick-off" on September 23. USD 320 implemented the Olweus Bullying Prevention model seven years ago in our district.

The event began with an all school assembly, where Mrs. Butler introduced the Bullying Prevention Team and reviewed the school rules against bullying. Students watched a short video called "Hero in the Hallway" that exemplifies how we expect students to behave. We teach students to "Be a H.E.R.O."—Help rescue the victim, educate others, report bullying, and offer friendship.

Following the assembly, students went through different stations to learn more about the topic of bullying. Stations and presenters were as follows: Types of Bullying (Mrs. Butler), Reporting/Consequences (Mr. Eckart), Playground Rules/Sportsmanship (Mrs. Callender), Cyber-bullying (Mrs. McCune), and Role of the Bystander (Mrs. Cowan).

It was a purposeful and meaningful afternoon for all!



Mr. Brown visited students at West Elementary on Tuesday, September 20. He travels the United States and speaks to thousands of students each year.

Mr. Brown's theme is "choices are the puzzle pieces of life...choose well." Mr. Brown talked to the students about the importance of the choices you make and that all choices have a consequence. He also talked about respect and had the students repeat: "I choose to care about others, my world and myself."

Mr. Brown also spent time talking about bullying and the power of one. He shared with students that bystanders have the power to help the victim and stop the bullying.

Finally, Mr. Brown went to the lunchroom and spent some extra time with fifth grade students. If you would like to learn more about Mr. Brown, visit his website at www.hellomrbrown.com.

Sherry Helus Names Kansas Teacher of the Year Region 2 Finalist

West Elementary School is pleased to announce that our own Sherry Helus was selected as the Region 2 finalist for Kansas Teacher of the Year. Sherry will receive a \$2,000 cash award from Security Benefit, a major partner in the Kansas Teacher of the Year program. In addition, she is eligible to be named Kansas Teacher of the Year, an award that will be announced in Wichita on November 19.

If selected as the Kansas Teacher of the Year, Mrs. Helus will be eligible for the national distinction as Teacher of the Year. The Kansas Teacher of the Year team, comprised of the Teacher of the Year and state finalists, travels the state advocating for education and the teaching profession.

We are very proud of Mrs. Helus and she is deserving of this honor.

Calendar of Events

October 4 Vision Screenings at West Bigs in Schools
Kansas Association of Teachers of Mathematics Conference (Mrs. Wilber, Mrs. Woodyard, and Miss Strathman to attend)
Fifth Grade Robotics Club Session 1

October 5-6 Title I Reading Academy (Mrs. Dau, Mrs. Dobie, Mrs. Hantzis, Mrs. Flanary and Mrs. Flanary to attend)

October 6 Vision Screenings at West
Read for the Record – Pajama Day!
West PTO Meeting in Library 6-7:00pm
West Site Council in Library 7-8:00pm

October 7 Junior Raiders Day
Popcorn Frenzy
Student Store Opens!
Third Grade Literature Group—11:35-12:00

October 9 Central Elem. Community Open House – 1-4pm

October 10 Picture Day at West Elementary!
Club's Choice Fundraiser Ends
Fifth Grade Robotics Club Session 1
National School Lunch Week begins!
Board of Education Meeting—7pm

October 12 Scholastic Book Fair opens!

October 13 Hearing Screenings at West
End of First Nine Weeks
N.A.C.—7:45am

October 14 No School PreK-12
Professional Development in AM
Teacher Work Day in PM

October 17 America's Safe Schools Week
National School Bus Safety Week
Hearing Screenings at West
Fifth Grade Robotics Club Session 1

October 18 WHS Marching Band Performs at West
P/T/S Conferences—4-8pm

October 19 Birthday Dinner
P/T/S Conferences—4-6pm

October 20 No School PreK-5
P/T/S Conferences 11am-8pm
Last day for Scholastic Book Fair!

October 21 No School PreK-5

October 23 Red Ribbon Week begins!
Robotics Club Share Fair—4:30-5:00pm

October 25 Bigs in Schools

October 28 Junior Raiders Day
5th Grade Literature Group – 11:00-11:25am

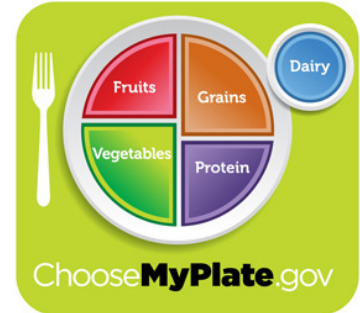
October 31 Halloween Classroom Parties—2:30pm
Say Boo to Drugs Downtown—5-7pm

All the News That's Fit to Eat!

Brought to you by USD320 Food Service

The Food Pyramid is no more! But never fear, the USDA has created a new tool for helping both kids and adults make healthy food choices. The new MyPlate icon is simple to understand and visually appealing. MyPlate is part of a larger communications initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices.

It is designed to *remind* Americans to eat healthfully; it is not intended to change consumer behavior alone. MyPlate illustrates the five food groups using a familiar mealtime visual, a place setting.



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Click [My Plate Top 10 Tips](#) to learn more! You can learn even more about MyPlate by going to www.choosemyplate.gov or by looking for links on the Food Service page of the USD320 website.

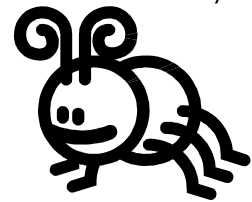
The **October Menu** is also available on the USD320 website.

Q & A Too Many Snacks

Q. When my child comes home from schools, he snacks all afternoon and then isn't hungry for dinner. How can I get him to change this habit?

A. You may be surprised to know that children actually need snacks. Their stomachs are small, so they can't get all the food and nutrients they need in just three meals a day. The trick is to give your youngster a snack that's both healthy and filling so he will be able to wait until dinnertime to eat again.

Try giving your child a choice of snacks when he comes home. Offer food like microwave low-fat popcorn, string cheese and fruit or "ants on a log" (peanut butter on celery stalks and covered with raisins).



Looking for an easy, healthy Halloween party snack?

Ingredients

- Apples
- Slivered almonds

Instructions

1. Just quarter and core an apple, cut a wedge from the skin side of each quarter, then press slivered almonds in place for teeth.

Tip: If you're not going to serve them right away, baste the apples with orange juice

to keep them from browning.