

**USD 270  
FEBRUARY  
NEWSLETTER 2019**

*Happy  
Valentines  
Day*

**WINTER GLACADE  
CANDIDATES 2019**

**Rachel Gilliland  
Jenae Holmes  
Macie LeMarr  
Vanessa Mitchell  
Logan Nuss  
Tanner Copeland  
Izak Hays  
Brandon Rohr  
Kobe Spiess  
Chandler Yost**



**Plainville Chapter of the  
National Honor Society  
will be hosting its annual  
ceremony inducting new members.  
February 4<sup>th</sup>, at 7 p.m.**



**Winter Glacade  
2019 Candidates**



**Winter Glacade  
Queen Rachel Gilliland  
King Tanner Copeland**

**Top Spellers  
Plainville Elementary  
and Junior High  
Kaytlynn Butler  
Kaydence Grebowiec  
Sara Whitney  
Kyleigh Woodward  
Peyton Krob, Alternate  
Rooks County Spelling Bee  
will be January 31<sup>st</sup>, at 9:30 a.m.  
at the Nova Theater in Stockton.**

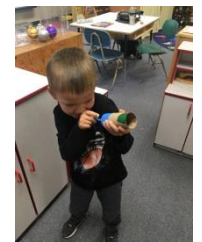
## Mrs. Becker's Preschool

We are having lots of fun in preschool! The students have learned about, and worked with letters a-o. Each week, we focus on one letter, and incorporate that letter into science experiments, art projects, and other activities! The class measured how far they could jump during 'j week,' made marshmallow shooters during 'm week,' and experimented with our noses during 'n week.' The students are also working on social skills, such as identifying emotions, asking for help, and understanding accidents.

Along with our pre-academic skills, we also get lots of time to play! Each day we get approximately 45 minutes to 1 hour of free play in centers. Our centers include a sensory table, writing/ drawing center, science center, dress up center, kitchen center, transportation center, library, and building center. Sadly, the importance of play in children is often overlooked, or considered a waste of time.



*According to the American Academy of Pediatrics, "Play allows children to use their creativity while developing their imagination, dexterity, and physical, cognitive, and emotional strength. Play is important to healthy brain development. It is through play that children at a very early age engage and interact in the world around them. Play allows children to create and explore a world they can master, conquering their fears while practicing adult roles, sometimes in conjunction with other children or adult caregivers. Undirected play allows children to learn how to work in groups, to share, to negotiate, to resolve conflicts, and to learn self-advocacy skills. When play is allowed to be child driven, children practice decision-making skills, move at their own pace, discover their own areas of interest, and ultimately engage fully in the passions they wish to pursue."*



I am very pleased with the growth and learning that is happening in our classroom! We are so lucky to have Mrs. Deb Junkermeier and Mrs. Randi Plante in our classroom to help with learning groups, one-on-one activities, and extra snuggles when needed! I am excited to see the continued progress of these students as we continue to prepare for Kindergarten!

## Junior High Honor Roll

### 1<sup>st</sup> Semester

#### All A

Carter Cellmer  
Alessa Dinkel  
Janey Eilers  
Gracie Kerns  
Corbyn Marquess  
Dominic Mayobre  
Aaron Raat  
Taylor Rogers  
Kaydence Grebowiec  
Hailey Langholz  
Shaun Mayobre  
Dayton Wallace  
Sara Whitney  
Kyleigh Woodward

#### A & B

Zayvier Chavez-Hays  
Destiny Foss  
Michael Garvert  
Raeleigh Harmon  
Cohen Kaiser  
Lilly LeMarr  
Jada Rathbun  
Stella Reese  
Josiah Slothower  
Caxton Smyth  
Emily Stamper  
Isaac Westhusin  
Danelle Bader  
Bradly Bebb  
AJ Brown  
Kaytlynn Butler  
Briley Gosselin  
Jolyn Johnson  
Hope Jones  
Madison Miller  
Morgan Stahl

## High School Honor Roll

### 1<sup>st</sup> Semester

#### Administrator's

Ava Brack  
Jacey Dopita  
Macie LeMarr  
Kathryn McClellan  
Vincent McLaughlin

#### Administrator's

Alyssa Sowles  
Rebecca Bebb  
Allison Bieker  
Jared Casey  
Alena Dinkel  
Jordan Finnesy  
Brianna Houser  
Aiden Jones  
Heidi Jones  
Jersey Kaiser  
Breanna Mesecher  
Emily Norton  
Shelby Paramore  
Melinda Ruder  
Kaiden VanSchuyver  
Grace Werner  
Brady Bouchey  
Elizabeth Brown  
Daniel Dopita  
Reagan Hageman  
Britynn Hovis  
Gabe Kerns  
Parker Krob  
Jami Morain  
Jenna Morain  
Clay Pelton  
Tyler Rohr  
Isaiah Russell  
Jonah Smith  
Brooklyn Staab  
Hayden Thiel  
Jaycie Waggoner  
Benjamin Hansen  
Logan Normandin  
Amber Paramore  
Abby Reif  
Cheyenne Rogers  
Emma Rudman

#### Regular

Pearl Birdsall  
Tanner Copeland  
Logan Nuss  
Brandon Rohr  
Davis Steed  
Kathryn Westhusin  
Reece Becker  
Carver Brown  
Aubree Dewey

#### Regular

Carly Ferland  
Halli Friend  
Braden Gosselin  
Jayde Hosier  
Joshua Russell  
Audri Shadle  
Nickolus Sutter  
Colten Wiesner  
Ashley Wise  
Jay Birdsall  
Cael Dobson  
Jenna Hinger  
James Leiker  
Brooke Nuss  
Harley Padgett  
Peyton Rathbun  
Ashlynn Stamper  
Garrett Whitney  
Anderson Dewey  
Ethan Hamilton  
Draxtin Hovis  
Kyron Kraushaar  
Honorable Mention  
Mackenzie Bear  
Alyssa Cole  
Noah Douglas  
Rachel Gilliland  
Ryan Junkermeier  
Savannah Reusch  
Kobe Spiess  
Chandler Yost  
Alexia Bice  
Molly Hunziker  
Kolton Sander  
Kyler Sander  
Reagan Wilkerson  
Trenton Wray  
Brianna Augustine  
Elijah Hays  
Oliver Wray  
Emalee Berg  
Taylor McDermott

**NICE WORK!**



**PHS Forensics Tournament  
in Need of Judges  
By Elissa Ternes**

PHS Forensics is excited to get its season underway. Our first tournament is January 24th at Sylvan-Lucas and our season will end with the state tournament on May 4th in Wichita.

This year's team includes Pearl Birdsall, Alena Dinkel, Noah Douglas, Jlynn Easterberg, Joey Eubanks, Kyron Kraushaar, Dalton Ganoung, Jayce Ganoung, Braden Gosselin, Reagan Hageman, Aiden Jones, Heidi Jones, Kiara Langholz, Macie LeMarr, Vincent McLaughlin, Justina Merritt, Jami Morain, Jenna Morain, Joshua Russell, Audri Shadle, Oliver Wray, and Zeven Werner.

On February 21, 2019, Plainville High School will host a Forensics invitational tournament. We are in need of people to serve as judges.

To judge a forensics tournament, you do not need to be an expert in acting or speaking. The only requirements are: you must be a high school graduate and be able to listen to 6 performances and rank them. As a judge, you will rank those students 1-6, with 1 being the best performer. You will provide some written feedback to the student on their performance, but you will not provide any verbal feedback. There will be a judge's meeting, prior to the tournament, to provide you with some judging tips. All judges will also be provided with a handout with overviews of each of the events and what a judge should be watching for during a round.

Here is the schedule of rounds for the tournament:

Judge's Meeting (Auditorium)	3:45 p.m.
(This is optional, but encouraged)	
Round 1	4:15-5:30 p.m.
Round 2	5:30-6:45 p.m.
Finals	7:15-8:30 p.m.

You can volunteer to judge one round, two rounds, or all three. A hospitality room, with snacks and a

meal, will be provided to all judges, coaches, and tournament workers.

The Forensics squad needs your help to make this event successful. Please contact Elissa Ternes or Amy Krob at the high school (785) 434-4547. You can also email us at [eternes@plainville270.net](mailto:eternes@plainville270.net) or [akrob@plainville270.net](mailto:akrob@plainville270.net) if you would be interested in judging. Feel free to talk to one of the Forensics team members to sign up as well.

**6<sup>th</sup> Grade Honor Roll**

**2<sup>nd</sup> Quarter**

**All A**

Trinity Arpin  
Zoe Brown  
Marlie Dobson  
Kane Fry  
Harley Gassmann  
Peyton Thummel

**A & B**

Owen Bailey  
Lily Bebb  
Ben Burke  
Michaela Rowe  
Haley Sheeley  
Abby Sneath  
Isaac Stamper

**6<sup>th</sup> Grade Honor Roll**

**1<sup>st</sup> Semester**

**All A**



Trinity Arpin  
Zoe Brown  
Marlie Dobson  
Kane Fry  
Harley Gassman  
Haley Sheeley  
Peyton Thummel

**A & B**

Owen Bailey  
Lily Bebb  
Ben Burke  
Michaela Rowe  
Abby Sneath  
Isaac Stamper



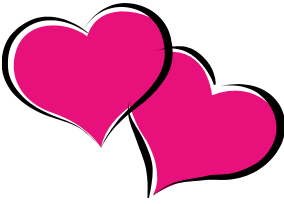
## February 2019 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
				1. Ham Breakfast Bars or Cereal Choice Pineapple Milk
4. Biscuits n Gravy or Cereal Choice Tropical Fruit Milk	5. Breakfast Burrito or Cereal Choice Orange Milk	6. Cheese Omelet or Cereal Choice Toast Apple Milk	7. Yogurt Parfait or Cereal Choice Graham Cracker Pears Juice Milk	8. Cereal Choices Peaches Juice Milk
11. Breakfast Lasagna or Cereal Choice Tropical Fruit Milk	12. Pancakes Sausage Links Fruit Juice Mandarin Oranges Milk	13. Cereal Choices Peaches Juice Milk  	14. Mini French Toast or Cereal Choice Pineapple Milk	15. Bagels W/Toppings or Cereal Choice Banana Milk
18. Yogurt or Cereal Choice Toast Pineapple Milk	19. Breakfast Bites or Cereal Choice Pears Juice Milk	20. Cereal Choices Apples Juice Milk	21. Banana Bread Slice String Cheese or Cereal Choice Oranges Milk	22.  No School  State Wrestling
25. Cereal Choices Pears Juice Milk	26. Oatmeal Breakfast Round or Cereal Pineapple Milk	27. Breakfast Biscuit Sandwich Or Cereal Orange Milk	28. Cereal Choices Graham Bug Bites Peaches Juice Milk	

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk



ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit

This institution is an equal Opportunity provider.



# February 2019 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>“ When you are kind to others, it not only changes you, it changes the world. ”</p> <p>- Harold Kushner</p>				1. Sloppy Joes Sw. Potato Puffs Corn Grapes Sun Chips (9-12) Milk
4. Pig in a Blanket Potato Wedges Broccoli Mandarin Oranges Milk	5. Chicken Wrap Romaine & Tomato Spanish Rice (6-12) Fresh Carrots Tropical Fruit Milk	6. Stroodlegetti Romaine/Spinach Salad Pears (9-12) Garlic Bread (9-12) Peaches Milk	7. Taco Salad Fiesta Black Beans Cinnamon Bun Pineapple Milk	8. Chicken n Noodles Mashed Potatoes Steamed Carrots Roll (6-12) Apples Milk
11. Hamburger Romaine/Tomato Sweet Potato Fries Peaches Oatmeal Cookie (9-12) Milk	12. Chicken Nuggets French Fries Broccoli WW Roll (6-12) Strawberries Milk	13. Chili Cinnamon Rolls Fresh Carrots/Celery Pears Milk	14. Baked Ham Slice Seasoned Potatoes Baked Beans WW Roll Rosy Applesauce Milk <b>Happy Valentine's Day!</b> 	15. Meatloaf Squares Mashed Potatoes Gravy Carrots Roll Mandarin Oranges Milk
18. Ham n Cheese Sandwich Tri-Taters Broccoli Tropical Fruit Milk	19. Pepperoni Pizza Romaine/Spinach Salad Fresh Carrots Apples Milk	20. Soft Tacos Shredded Romaine Diced Tomatoes Refried Beans Peaches Milk	21. Italian Pasta Bake Green Beans Garlic Bread (9-12) Rosy Applesauce Milk	22.  No School State Wrestling
25. Beef n Bean Burrito Romaine/Tomato Mexican Corn Salsa/Chips (9-12) Apples Milk	26. Stromboli Squares Fresh Broccoli n Carrots Tater Tots Tropical Fruit Milk	27. BBQ Beef on Bun Sweet Potato Fries Baked Beans Pears Oatmeal Cookie Milk	28. Turkey n Cheese Sub Romaine/Tomato Pears Seasoned Potatoes Orange Wedges Milk	

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk

ALL students will have choices of fruit (K-12)

ALL BREADS made or served in the USD 270 Kitchen are Whole Grain

This institution is an equal Opportunity provider.



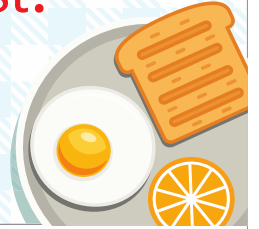
# Plainville USD 270

...where students walk through the doors of opportunity every day

## Fuel Your February with a Hot Breakfast!



What better way to start a chilly February day than with a hot breakfast? February is National Hot Breakfast month! We know it can be tough to serve up a healthy meal during the morning rush. That's why we offer so many tasty breakfast options at school! Starting the day with a hot breakfast isn't just delicious and satisfying – it also comes with many other benefits!



### Our Breakfast Promise

Schools that offer breakfast options must provide one quarter of your child's daily need for calories and essential vitamins such as:

- Protein
- Calcium
- Iron
- Vitamin A
- Vitamin C

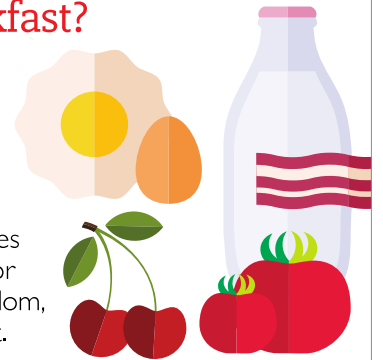
Your child can always choose from dairy options like milk and yogurt, a variety of fruit and vegetables, and grain-based options such as pancakes or waffles. Yum!<sup>3</sup>



### What Makes a Nutritious Breakfast?

The morning meal should include a protein source, such as eggs, milk, or meat options.<sup>1</sup> It should also include a fruit or vegetable. Red foods like cherries, peppers and tomatoes are especially rich in antioxidants.<sup>2</sup>

Allow children to mix-up their morning favorites so they don't have to eat the same meal two or three days in a row. This not only reduces boredom, but ensures they eat a more well-rounded diet.



### Breakfast Goals!

There are so many reasons to start the day with a tasty meal! Why not make it a goal to ensure your child gets a hot breakfast every school day this February? Have your child mark a calendar with a sticker every morning they have a hot breakfast.

### Did You Know?

Students who eat a nutritious breakfast in school have shown improved attentiveness and decreased tardiness and suspensions.<sup>4</sup>

1. <https://www.parents.com/recipes/scoop-on-food/do-your-kids-really-need-to-eat-breakfast/>  
 2. <https://www.everydayhealth.com/healthy-recipe-pictures/pick-from-a-rainbow-of-beautiful-fruits-and-veggies.aspx>  
 3. <https://www.eatright.org/food/nutrition/eat-right-at-school/breakfast-in-schools-healthy-nutritious>  
 4. <https://www.eatright.org/food/nutrition/eat-right-at-school/breakfast-in-schools-healthy-nutritious>

**BREAKFAST IS SERVED: 7:30 a.m. to 7:55 a.m. in the Cafeteria.**

**Grab and Go Breakfast: Available in the High School Office**