



USD 270 OCTOBER 2017 NEWSLETTER

RIBBON CUTTING FOR THE NEW PLAYGROUND



The ribbon cutting for the new playground was September 8th at 1:45 p.m. USD 270 would like to thank everyone who helped with the installation of the new playground. Your hard work was greatly appreciated.



Homecoming 2017 Candidates: Maeson Dewey, Kayla Garvert, WillowHunt, Hunter Meyers, Taylor Stahl, Chase Cellmer, Hayden Gillum, Noah Hansen, Nate Normandin, Jaron Rathbun.

HOMECOMING SCHEDULE OF EVENTS

Friday, September 29th

Homecoming Ceremony 2:15 p.m.

In the High School Auditorium

Parade approximately 2:45 p.m.

Pep Rally Downtown approximately 3:00 p.m.

Homecoming Crowning 6:30 p.m. at
Cardinal Field

Homecoming Dance Saturday, September 30th
8-11 p.m. in the Cafeteria

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October Social/Emotional Character Development in Grades 7/8 Tom Winters and Shari Bobek

Middle school is a time when bullying among peers peaks. This month we will start a new topic in the Second Step program: bullying. Your student will learn to recognize bullying, whether it happens to the student or to someone else.

Seventh grade will also take a closer look at sexual harassment and cyber bullying.

Eighth grade will take a closer look at bullying between friends and in dating relationships, as well as how labels and stereotypes can lead to these behaviors.

We will focus on what students can do about bullying so they can be safe and happy at school.

- Ask **seventh graders** to talk to you about
 - the Bystander Power suggestions.
 - how to identify and deal with sexual harassment and cyber bullying.
 - your experiences with bullying and/or sexual harassment, either from what you remember from your youth or what you have experienced in the workplace.
 - what kinds of bullying he or she sees happening at school.
- Ask **eighth graders** to talk to you about
 - the Bystander Power suggestions.
 - how labels and stereotypes can be harmful, and the early warning signs of dating violence.

- your experiences with bullying and/or prejudice and stereotyping, either what you remember from your youth or what you have experienced in the workplace.
- what kinds of bullying he or she sees happening at school.

Here at school, we are creating a safe learning environment. We would like to work with you to make this happen. There are several warning signs that could indicate that your child is experiencing bullying at school. Please be on the alert for

- damaged or missing clothing, books, or other belongings
- unexpected bruises, cuts, or scratches
- few or no friends to spend time with
- fear of going to school
- fear of riding the bus or walking to school
- taking an illogical or long route home
- an unexpected drop in grades and/or interest in school
- unusual moodiness, depression, anxiety, or crying
- frequent headaches or stomachaches
- loss of appetite
- trouble sleeping

If you suspect your student is being bullied or bullying others, contact the school for help. Together, we can help our youth stay safe and develop confidence and empathy during the middle school years.

Make sure to join www.secondstep.org with the activation key **SSP7 FAMI LY23** (for 7th graders) or **SSP8 FAMI LY34** (for 8th graders) to watch the videos about the Second Step program and read information about what your student is learning.

Hi everyone! I wanted to take a minute to introduce myself. My name is Sara Thummel and I am the new Kindergarten teacher. I am beyond blessed and excited for this opportunity and start of my teaching career. I am a recent FHSU graduate and I am excited to call Plainville Elementary home. It's a great day to be a Cardinal!

My husband, Justin, and I moved to Plainville in 2009 and we have two daughters, who are also students at PES. I love spending time with my family, I have a massive Pinterest addiction, and I love to bake.

Can you believe that we have been in school over a month now? In our Kindergarten room, we are moving right along. The students are getting comfortable being in school all day and are continuing to master expectations and routines. We are mastering name writing, learning multiple sight words, and we are learning how to write sentences. In Math, we are continuing to learn and write numbers, understanding their representations, and learning different ways to make specific numbers. One of the student's favorite activities has become Math centers. Every week, there are new activities for students to do that focus on enriching their math learning. It is so fun to see each student complete tasks at each center. The rest of the first 9 weeks will be jam packed with learning and full of fun.

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1st Grade with Mrs. Friend

“Bright Lights, Bright Students!” is our theme for this year and our classroom is full of first grade Hollywood stars! Our class has 17 students; 13 girls and 4 boys. We are lucky to have some volunteers from the community along with Mrs. Ralph and the school's para-professionals who offer their help to our students.

Reading is what we do in first grade. I am amazed at how our vocabulary and fluency is developing. We are very anxious to start the Book-it reading program that Pizza Hut sponsors. We are also participating in the Accelerated Reader program, which identifies the student's reading level and allows them to read a book and take a test over it. They earn points toward a teacher set goal, and then are rewarded at the end of the year if they reach that goal.

Basic facts, place value, and numbers to 120 are all first grade math concepts! We work on each of these every morning during our calendar and in our daily math lessons.

This year we have implemented a new Social Emotional Learning curriculum which addresses things we need to do to be able to learn. We have already touched upon listening to learn and focusing our attention. We will soon be addressing problem solving and people skills.

We also learn science, social studies, spelling, and handwriting. We have a very busy schedule that includes music, P.E., computers, library, art, show-and-tell, and everybody's favorite, RECESS! ☺ It is fun to watch the students learn, grow, and develop.

Our classroom has an open door, so please feel free to come in for a visit or have lunch with us. We eat at 11:05. Please call the office at 434-4508 and reserve your meal before 9:00am. The students love to have guests. We have a volunteer reading program. Please let someone at the school know if you are interested in reading with our students. We are looking forward to a very successful year!

Every year questions arise regarding school lunches, and necessitate the need to remind patrons of the rules and regulations by which USD 270 must adhere. Please know these regulations are state and federal requirements - not just our district policies.

In order to participate in the Child Nutrition and Wellness program (including free and reduced meals) and receive government funding for all meals served, USD 270 is required to abide by stringent guidelines.

Our Food Service Department is audited locally and by the Kansas State Department of Education (KSDE) annually, with a Federal audit occurring every third year. If USD 270 is deemed out of compliance with the regulations, the district is required to pay back funds received from the government subsidies. Non-compliance may also affect the district's ability to be part of the National School Lunch Program (NSLP) to offer free or reduced meals.

The following description is found on the KSDE, Child Nutrition and Wellness page (http://www.kn-eat.org/SNP/SNP_Menus/SNP_Home.htm#NSLP):

Kansas school sponsors that participate in the lunch program receive reimbursement from USDA for each meal served to eligible students. In return, they must serve lunches that meet federal requirements, and offer reduced price and free lunches to eligible students.

To meet USDA nutrition requirements, local sponsors choose the menus and use Nutrition Standards for School Meals, a food-based preparation method. Regulations establish a standard for school lunches to provide one-third (1/3) of the Recommended Daily Allowances (RDA) of protein, vitamin A, vitamin C, iron, calcium, and calories. Regulations also require schools to meet the Dietary Guidelines for Americans, which recommend that no more than 30 percent of an individual's calories come from fat, and less than 10 percent from saturated fat.

The calorie, fat and sodium allowances are strict. The table included, breaks food offerings down by numbers so you can see exactly what your child may be offered, as well as the quantities/varieties the state requires the district to offer on average each week.

Beginning July 1, 2014, the federal regulations required that all grains offered in the NSLP and School Breakfast Program be whole grain-rich. This means that 51% or more of the product must be made up of a whole grain. This includes, but is not limited to: buns, rolls, pizza crust, cinnamon rolls, cookies/brownies, pastas and noodles.

The USD 270 Food Service department strives to offer your child a variety of options each week and works to introduce new foods periodically. We work hard to make your child's meals the best they can be! You are always welcome to join your child for a meal (adult lunch price - \$3.60).

If you have questions or concerns about the USD 270 Food Service, please contact Debra Meyers, Director, by telephone (785) 434-2715 or email: dmeyers@plainville270.net

The district thanks you for your support of Plainville Public Schools and our Food Service Department. Have a great school year, and Go Cardinals!

Lunch Meal Pattern Requirements

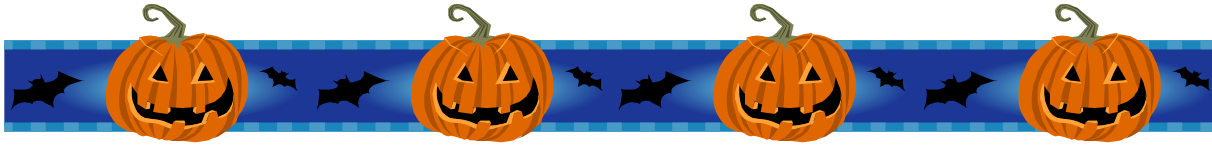
	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
	Amount of Food Per Week (Minimum Per Day)		
Fruits (cups)	2.5 (.5)	2.5 (.5)	5 (1)
Vegetables (cups)	3.75 (.75)	3.75 (.75)	5 (1)
Dark green	.5	.5	.5
Red/Orange	.75	.75	1.25
Beans/Peas (Legumes)	.5	.5	.5
Starchy	.5	.5	.5
Other	.5	.5	.75
Additional Vegetables needed to meet weekly requirement	1	1	1.5
Grains (oz eq)	8-9 (1)	8-10 (1)	10-12 (2)
Meats/Meat Alternates (oz eq)	8-10 (1)	9-10 (1)	10-12 (2)
Fluid milk (cups)	5 (1)	5 (1)	5 (1)
Dietary Specifications: Daily Amount Based on the Average for a 5-Day Week			
Min-Max calories (kcal)	550-650	600-700	750-850
Saturated Fat (% of total calories)	< 10	< 10	< 10
Sodium (mg) SY 14-15 target	≤ 1230	≤ 1360	≤ 1420
Trans fat	Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.		

06/2014

Child Nutrition & Wellness, Kansas State Dept. of Education

Form 17-A



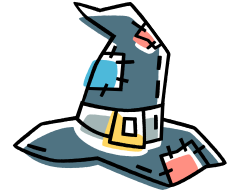


October 2017 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
2. Biscuits Sausage Gravy Tropical Fruit Milk	3. Banana Bread Cereal Orange Milk	4. Cheese Omelet Potato Triangle Toast Apple Milk	5. Yogurt Graham Gold Fish Or Cereal Pears Milk	6. Cereal Choice Peaches Juice Milk
9. NO SCHOOL Teacher in service	10. Pancakes/Syrup Sausage Links Or Cereal Mand. Oranges Milk	11. Cereal Choice Toast Peaches Juice Milk	12. French Toast Or Cereal Pineapple Milk	13. Bagel w/Toppings Or Cereal Banana Milk
16. Yogurt Toast Or Cereal Cinn. Applesauce Milk	17. Breakfast Bites Or Cereal Pears Milk	18. Cereal Choice Apples Juice Milk	19. WW Orange Mini Loaf String Cheese Or Cereal Peaches Milk	20. Waffles Sausage Links Or Cereal Mand. Oranges Milk
23. Cereal Choices Pears Juice Milk	24. Oatmeal Breakfast Round Or Cereal Pineapple Milk	25. Biscuit Breakfast Sandwich Oranges Milk	26. NO SCHOOL Teacher in Service and Collaboration	27. NO SCHOOL Teacher Comp Day
30. Cereal Bar String Cheese Or Cereal Peaches Milk	31. Pancake on a Stick Or Cereal Applesauce Milk			

**All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk
Extra Milk .35**

**ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit
This institution is an equal opportunity provider.**



October 2017 Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
2. Taco Soup WG Corn Tortilla Chips Fresh Broccoli Pears Snickerdoodle Cookie (9-12) Milk	3. Whole Grain Corn Dog Fresh Carrots Pasta-Veggie Salad Apple Milk NO Opt. Salad	4. Chicken n Noodles Mashed Potatoes Corn Roll Pineapple Chunks Milk	5. Chicken Fajita Salad w/wg Chips Refried Beans Cinnamon Bun Pears Milk NO Opt. Salad	6. Cowboy Cavatini Tossed Salad w/ Spinach Steamed Carrots Whole Wheat Roll (9-12) Fresh Banana Milk
9. NO SCHOOL Teacher In Service	10. Pork Rib on a Bun Romaine & Tomato Tri-Tater/Seasoned Fries Broccoli Fresh Kiwi Milk Opt. Side Salad One (6-12)	11. Lasagna Corn WG French Garlic Bread Apple Milk	12. BBQ Grilled Chicken Patty Mashed Potatoes/Gravy Steamed Carrots WW Roll Mandarin Oranges Milk Opt. Side Salad One (6-12)	13. Taco Ciabatta Burger Fiesta Beans Rosy Applesauce Milk
16. Pig in a Blanket Potato Wedges Broccoli w/Cheese Mandarin Oranges Milk	17. Chicken Wrap Romaine/Tomato Spanish Rice (6-12) Steamed Carrots Cinnamon Apples Milk Opt. Side Salad One (6-12)	18. Skroodlegetti Salad Peas (9-12) Garlic Bread Sticks (9-12) Peaches Milk	19. Walking Taco Black Beans Cinnamon Bun Pineapple Rings Milk	20. 1/2 DAY NO LUNCH Teacher Work Day
23. Hamburger/Bun Romaine/Tomato Sweet Potato Fries Oatmeal Cookie Pears Milk	24. Chicken Nuggets Mash. Potatoes/Gravy Broccoli WW Roll (6-12) Strawberries Milk Opt:Side Salad One(6-12)	25. Chili Celery/Cucumber/Carrots Cinnamon Roll Peaches Milk	26. NO SCHOOL Teacher In Service and Collaboration	27. NO SCHOOL Teacher Comp Day
30. Cheeseburger Pockets Potato Wedges Broccoli Tropical Fruit Milk	31. Cheese Pizza Romaine/Spinach Salad Cinnamon Apples Milk			

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk
 Extra Milk is .35

ALL students will have choices of fruit (K-12)
 ALL BREADS made in the USD 270 Kitchen are Whole Grain
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