

LMS EAGLE NEWS

SEPTEMBER 7

FROM THE DESK OF RYAN COLBURN

Red dots stress me out! I was just talking with someone this week about how much the little red alerts on my phone apps stress me out. It used to really bother me when I had those **red dots** for text messages, emails, Facebook notifications, Twitter, Instagram, etc..... The list goes on and on. I'm such a quirky person sometimes! I used to not be able to go to bed until all those **red dots** were gone. And then it hit me one day that I was adding more and more apps and was creating my own stress. Something definitely needed to change.

So, in the nature of adaptation, I decided a few years ago to be more open to change. Nevertheless, that mind shift was very difficult for me. I find I am such a creature of habit. I think we all are. Some of these habits are simple and some are complex. For example, I go to bed around the same time most nights. My body even recognizes when I should wake up and I often wake up before my alarm. We all live within patterns and habits. When things come along and change these patterns, it can really be a stressor. I have to remind myself to be open to opportunities and things out of my control and that change is okay.

Here is a simple example. I have had access to a number of smart devices for years. Podcasts have always been available but I have never listened. Someone suggested I listen to a few different Podcasts they enjoy. I listened to one...now I'm hooked. Ironically, one of the topics embedded in the Podcast outlined issues airplane captains often deal with called "get-there-itis." In short, it outlines how pilots will stick to a plan in an effort to get to a destination despite changing conditions or plans. I think I suffer from this myself. So how does this all apply and tie together?

I think we sometimes get stuck in our routines for the sake of completing the task at hand. We have to be careful we don't do this to our kids as well. The truth is the red dots are always going to be there and in fact in many cases, they will be there the next day.

Myself? I am working to not get stuck on the **red dots**. I've learned to let them go somewhat and it has been okay. I am still able to sleep knowing there are **red dots** on my phone. I am also learning to change my plans. It's okay and I survive. We all can. Because in the end, I've learned to rely on the people who support me, and that makes all the difference, and I've learned to organize my **red**

dots into the things I need to know about and the things I can let go for a while. These are good lessons for the kids as well. But most importantly, we need to model this for them by the daily life we lead.

Sincerely,
Ryan Colburn

SCHOOL PICTURES AND RETAKES

Retakes and first time pictures for any student who missed this chance on locker picture day will be October 8th. More information to come!

BVN CHEER CLINIC ON SATURDAY, SEPT. 20TH. SEE ATTACHED.



Little Mustangs Social Flyer.pdf

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255.1 KB

LMS YEARBOOKS

This week you may have received an alert from School Cash regarding time to purchase LMS Yearbooks. If not, please take a moment to log into School Cash, our new purchasing website, to purchase your student(s) yearbooks for the spring. You will need to register an account when you first log in, if you have not already done so.

TEACHER OF THE YEAR

The Blue Valley Teacher of the Year Program identifies and recognizes outstanding teachers in our elementary and secondary classrooms. The two nominees (one elementary and one secondary) named Blue Valley Teacher of the Year (BVTOTY) will represent Blue Valley Schools in the Kansas Teacher of the Year (KTOY) Program. The process is lengthy and is therefore for the individual named Kansas Teacher of the Year for 2027 (the year they will serve in the role if selected).

Congratulations to Mrs. Katelyn Osborne, 6th grade math and science teacher, who is the Leawood Middle School nominee this year!!!! Good Luck Mrs. Osborne and congratulations on this huge honor!!!



BORN TO SOAR

Please take a moment to nominate one of our awesome staff members for the Born to Soar Award. We look at the nominations each week and pick a winner and present them with an amazing framed picture to keep in their room for a week commemorating their award.

Nomination Form

FROM THE PTO

Save the Date for Eagle Fest, a fun, community event 10/7 after school... watch for details to be announced soon!

A quick reminder to support The Eagle Fund. Your donation helps provide support for our staff and students all year long - from classroom resources to special programming and events throughout the year. If you haven't yet contributed, it's not too late! Every donation, big or small, makes a difference. This can be done here <https://leawoodmspto.membershiptoolkit.com/packet/18392> or through ParentVue.

BVN CHEER FUNDRAISER

BVN CHEER MIDWEST MUMS

Fundraiser

Mums in FIVE colors:
Red, Yellow, Orange, Purple, & White
\$24 per 2-gallon 10" pot

ORDERS DUE SEPT 22

PICK UP BVN BACK
PARKING LOT
SEPT 30 @ 430-630PM

LINK TO ORDER:



SCAN TO PAY:



HEARING AND VISION SCREENING

Hearing and Vision Screening for 7th Graders – Volunteers Needed!

Hearing and Vision screening for all 7th grade students is coming up on Thursday, September 18th, 2025. Parent volunteers are needed from 7:45am-10am to help check students in/out, direct traffic, organize students, help students remain quiet in hallways, etc. Please follow this link ([Screening Volunteer SignUp](#)) to sign up for a volunteer slot if you are interested. If you have any questions, please contact Nurse Jess via email at jlrose@bluevalleyk12.org or phone at (913) 239-5313.

PROFESSIONAL LEARNING DAY...LAST WEEK

Thank you for your support of our professional learning day we engaged in last Tuesday. Those learning days for our staff are so valuable. We spent some time reviewing our new hall pass system and working within our strategic plan exploring tools in Canvas to increase differentiation options. Thank you for your support of our professional learning.

OPPORTUNITIES

BackSnack Program - A variety of food items are provided weekly for the student to take home once a week.

Giving the Basics Program - Personal care items such as deodorant, shampoo, toothpaste, soap, laundry soap, etc. are available in the school social worker's office or can be requested and delivered to school.

[Blue Valley Food Pantry](#) – By appointment only and will reopen 9/4/2025. The pantry is available to shop by appointment during fall semester on Tuesday / Thursdays from 10:00 AM - 11:00 AM and 1:00 PM - 2:30 PM. Address: 7700 W 143rd St., Overland Park, KS 66221. If you'd make a donation or contribute to the Amazon Wishlist please visit [Food Pantry Website](#).

Other Resources – holiday assistance, mental health, utilities, shelters, healthcare, household, etc. These programs are:

- voluntary
- confidential
- have no income requirements
- offered at no cost to participants

If interested in supporting or receiving, please contact the school social worker, Alisa Galvin at amgalvin@bluevalleyk12.org or call directly at 913-239-5320.

BVN FALL BOYS BASKETBALL ACADEMY



BVN.pdf

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Patti Christian

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