

# Panther Press

Decemeber 6, 2019

9 F-Day	10 A-Day	11 B-Day Chess Club 3:40pm	12 C-Day	13 D-Day Dental Screenings
16 E-Day	17 F-Day Freddy's Spirit Night 4-8pm	18 A-Day Community Service 3:40pm	19 B-Day	20 Winter Parties 11:00am Early Dismissal 11:45 am
23	24	25	26	27



winter break

## It's Getting Cold Outside

As our weather is getting colder, please make sure your kids come to school with cold weather attire (coats, gloves, hats, scarves). The weather can change during the day and we want to make sure all students have the proper clothing for their outdoor recesses and dismissal.

## Bell Ringers Needed!

Valley Park families can now sign up to be bell ringers for the Salvation Army. Students can log their time for Community Service too! This is a great opportunity to get your child involved in giving back to the community! The time is broken up into 30 minute increments and can have up to two families per time slot. Go to <https://vpepto.membershiptoolkit.com>



Giving  
Hope  
Today

to sign up now! The location, dates, and times are listed below.

Location: Hobby Lobby at Rosana Square

Dates and Times:

Friday December 6th 6:00 pm - 8:00 pm

Saturday December 7th 12:00 pm - 4:00 pm



**ENJOY *Fresh* FOOD  
& RAISE *Funds***

Join your friends and family at Freddy's

**7301 W 135th St  
Overland Park  
Tuesday, December 17th  
4pm-8pm**

**Valley Park**  
will receive a percentage of the sales from this event!



**FreddysUSA.com |   **

Be sure to tell  
the cashier  
you're part of  
this group!



Community Service Signups are open now! The December meeting will be held on Wednesday, December 18th from 3:40pm-4:40pm in the VPE library. To sign up go to <https://vpepto.membershiptoolkit.com/> and click on "Online Forms". Reach out to Erica Beermann at [ericabeermann@yahoo.com](mailto:ericabeermann@yahoo.com) if you are interested in helping out at the meeting!

## Breaking Down the Bond: How can bond funds be used?

In January 2020, registered voters in Blue Valley will have an opportunity to vote in a mail-ballot bond election. So, how can bond funds be used? Watch "[Breaking Down the Bond: How can bond funds be used?](#)" to learn more.

## Super Paras

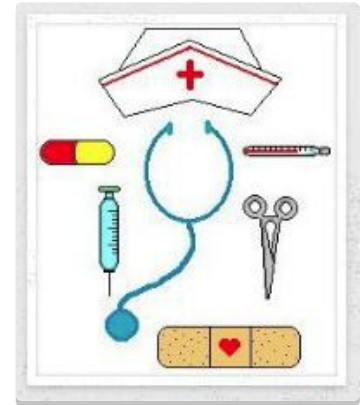


The Blue Valley Special Education Advisory Council is seeking nominations for outstanding paraprofessionals in our school district. Paraprofessionals provide an important role in supporting students and teachers in the learning environment. If your student has been positively impacted by the care, support, and guidance of a Super Para, please consider completing a nomination to recognize them. Here is the link to the nomination form: <https://www.surveymonkey.com/r/DG3G6CC>

Award recipients will be chosen from nominations across the district and will be honored next semester.

## News From Nurse Katie

Happy December! I hope everyone is staying warm and spending time with loved ones. Please reach out to me with any diagnosed illnesses as we get into the heart of the cold. *Pink eye* tends to be on the rise around this time due to all the bacteria children get on their hands. Education regarding hand hygiene and not touching their eyes continues to be important. Watch for redness, drainage, crustiness upon waking and discomfort when blinking. If it looks like pink eye – it might be!



**Cough drops** can be sent to school in a bag with your child's name on it – your child will need to bring them to my office and is allowed to come get them as needed – please be aware I try to limit cough drop intake to no more than 3 in a school day.

We are still looking for one more parent to assist with dental screenings from first bell until about noon. If you are able to volunteer to help with that process on Friday, December 13th, please e-mail me at [keclark@bluevalleyk12.org](mailto:keclark@bluevalleyk12.org), we would truly appreciate your time!

**CHECK OUT VPE LIBRARY TWEETS ON TWITTER  
@vpelib**

# Home & School CONNECTION<sup>®</sup>

Working Together for School Success

December 2019

Blue Valley Elementary Counselors

## SHORT NOTES



### Spot the object

Finding hidden pictures is not only fun—it also improves your youngster's attention to detail. Try a book from a series like *Where's Waldo?* (Martin Handford) or *I Spy* (Jean Marzollo). Or search the internet for "hidden pictures." She can print out the pages or play online.

### Tell the truth

Show your child that being truthful matters—even in situations where no one would know the difference. For example, if you leave a store without noticing an item under your cart, let him see you return to pay for it. Explain that being honest is the right thing to do and it makes you feel good.

### The best gifts

This holiday season, help your youngster brainstorm presents that don't cost a lot of money. For instance, she might make a book of coupons that family members can redeem ("Good for one dog wash"). Or the two of you could bake muffins for teachers and neighbors.

### Worth quoting

"Kindness is like snow. It beautifies everything it covers." Kahlil Gibran

## JUST FOR FUN



**Q:** Why did the walrus stand on the marshmallow?

**A:** So she wouldn't fall into the hot cocoa!

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## We're a family of readers

When families share a love of reading, children develop stronger literacy skills and are more motivated to pick up a book. Here's how some of our readers have made reading a family affair.



### After-dinner novel

"We pick a novel all ages can enjoy—often one my wife or I enjoyed as a child—and take turns reading a chapter a night. The kids look forward to it, especially if we stopped at a cliff-hanger the day before. After each chapter, we share our opinions of the book and say what we think will happen tomorrow."

### Reading adventures

"Every time we visit the library, we look for books related to someplace we're going soon. Before a visit to the aquarium, we found nonfiction books about sharks and dolphins. And before a trip to my sister's apartment in the city, we read about skyscrapers, subways, and taxis."

### Treasure hunts

"When my son first learned to read, he searched for free reading 'treasure.' He'd collect maps from parks and malls, brochures from the vet's office, and even fortunes from cookies. Soon, our whole family was adding to the 'treasure chest.' We've learned a lot, like how dogs communicate and what fun things there are to do at our favorite park." ♥

## Clearing out clutter

Try these ideas for decluttering during winter break, and your youngster will start the New Year with organized spaces to work and play:

- Have your child sort through her backpack and study area. She could file old tests and quizzes, save favorite papers and projects, and discard anything she won't need when school starts again.
- Let your youngster start a donation box in her closet for outgrown clothes and toys. Once the box is full, decide together where to donate it—she'll discover the satisfaction that comes from helping others.
- Suggest that your child label separate containers for smaller items like erasers and sticky notes. Putting them into the correct bins gives her practice with sorting and makes school supplies easy to find at homework time. ♥





## I can handle that!

What is your child capable of doing for herself? Probably more than she realizes. Encourage her to become more responsible with these tips.

**Manage a social life.** Let your youngster call friends to set up her own get-togethers. She can also RSVP to birthday parties and pick out and wrap gifts. If she's sleeping over at a friend or relative's house, ask her to pack her own overnight bag herself.

**Do minor repairs.** Teach your child how to use a screwdriver and other tools safely. You can watch as she puts her



know-how to work fixing a younger sibling's toy or tightening a loose doorknob.

**Track "inventory!"** Is your youngster running low on crayons, shampoo, or her favorite cereal? Have her keep a list on the refrigerator.

**Cook food.** Your child can learn to make sandwiches and salads, mash potatoes, and whisk eggs. With supervision, she could peel and chop vegetables and use the microwave. *Idea:* Encourage her to be creative in the kitchen and come up with her own recipes. ▼

### ACTIVITY CORNER

#### Connect with history

Become history "tourists" in your own town. These activities help your child learn about history and make connections to what he's learning in school.

##### Exhibits

Visit historic sites and museums. Your youngster may learn how people made hand-dipped candles or crafted armor. Encourage him to ask staffers questions about the time period. He might inquire about chores children did, for instance.



##### Historical markers

These plaques tell what happened in specific locations. Perhaps a one-room schoolhouse once stood in your town or a famous inventor was born nearby. Stop to read and discuss the markers. *Tip:* Search for markers near you at [hmlb.org](http://hmlb.org). ▼

**OUR PURPOSE**  
To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.  
Resources for Educators,  
a division of C2H Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
800-304-3052 • [educators@volunteerskewer.com](mailto:educators@volunteerskewer.com)  
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#### Drugs: Start a conversation

It's never too early to discuss drugs with your youngster. In fact, opening the lines of communication now will pave the way for more serious conversations as he gets older. Consider this advice.

• **Begin with questions.** Find out what your child knows about drugs.

What has he learned in health class or heard from other kids? Using his knowledge as a starting point will lead to a more meaningful discussion and allow you to correct misconceptions.

• **Discuss safety rules.** When you take medication or give any to your youngster, read the instructions together. Explain that taking more than directed is dangerous and that he's not allowed to take medicine without your permission. *Note:* Be sure to keep your medicine cabinet locked. ▼



#### Q&A Motivated from within

**Q:** My daughter told me that her friends "all" get rewards for good grades and she wants to get rewards, too. How should I handle this?

**A:** Help your child see that doing well is a reward in itself. That way, she won't get in the habit of depending on rewards like money or stickers.

First, encourage her to focus on the excitement of learning rather than just on her grades. Say she aced a science test. Of course you're proud of her and you'll let her know it. But also

ask her to explain a concept or show you an experiment or activity she did in class. ("You answered that an apple floats but a grape sinks—I'd like to see that!")

Also, help her see how her effort leads to natural rewards. If she brings home a good math grade on her report card, you could say, "Great job. I know you worked hard to learn multiplication facts. Bigger problems will be easier now that you've memorized those."

Over time, she'll realize how rewarding it is to learn new things, work hard, and succeed—without rewards from anyone else. ▼



## VPE Lunch Menu

### Free and Reduced Lunch Applications

Blue Valley families planning to apply for Free and Reduced meal benefits may do so online through [EZMealApp.com](http://EZMealApp.com). Families received an email on Monday, July 15th with details about the online application. If you have any questions regarding the online Free and Reduced Meal Program application, please use this link: [www.bluevalleyk12.org/nutrition](http://www.bluevalleyk12.org/nutrition) You can also contact Bobbi Valverde in the Food and Nutrition office at [bvalverde@bluevalleyk12.org](mailto:bvalverde@bluevalleyk12.org) or at (913) 239-4106





## Nut-Safer Guidelines

Please read and review the nut-safer guidelines for the Blue Valley School District. **Anything that goes back to the classroom that will be consumed in the classroom for any reason must come off of this list.** Students can bring any food for lunch.


### Nut-Safer-Guidelines 2019-2020





## Valley Park Elementary School

 @BV\_ValleyPark

Absence Line: 913-239-7605

 12301 Lamar, Overland Park, K...

 valleyparkelementary@bluevall...

 913-239-7600

 district.bluevalleyk12.org/scho...