

**October  
Edition**

# **Mulvane Grade School Newsletter**

HELLO! WELCOME TO THE MGS NEWSLETTER! THIS NEWSLETTER IS HERE TO HELP PARENTS AND GUARDIANS NAVIGATE THE COMINGS AND GOINGS OF OUR SCHOOL. WE AT MGS KNOW HOW CRAZY SCHEDULES CAN BE AND DON'T WANT TO SEE ANY OF OUR STUDENTS (OR PARENTS) MISS OUT ON ANYTHING HAPPENING AT SCHOOL. FROM THE SCHOOL CALENDAR, TO THE NURSES OFFICE, BREAKFAST/LUNCH MENU, BIRTHDAY'S, PTO, CUBS CLUB, MUSIC PROGRAMS, AND SO MANY OTHER ACTIVITIES, WE HAVE ALL THE INFORMATION RIGHT HERE!





# October Schedule:

Oct. 1-4		Homecoming - Spirit Week
Oct. 4	8:05 am	Wildcat Leaders Announced
Oct. 4	8:30 am	MHS Traveling Pep Rally to MMS
Oct. 7	12-1 pm	Team Green to MMS
Oct. 10	1:15-2:15 pm	Drawing Winners to Lil Deuce Scoop
Oct. 14	3:30 pm	Cubs Club
Oct. 14, 15, 17		Parent Teacher Conferences
Oct. 17 & 18		NO SCHOOL
Oct. 25	8:05 am	Wildcat Leaders Announced
Oct. 28	3:30 pm	Cubs Club
Oct. 28		Bullying Awareness & Red Ribbon Week ~ Team Gear
Oct. 29		Bullying Awareness & Red Ribbon Week ~ Neon
Oct. 30		Bullying Awareness & Red Ribbon Week ~ Tie Dye
Oct. 31		Bullying Awareness & Red Ribbon Week ~ Costume

# Capturing Kids Hearts Self-Direct



CONGRATULATIONS TO THESE STUDENTS WHO WERE CHOSEN AS WILDCAT LEADERS FOR SHOWING THE CHARACTERISTIC: SELF-DIRECTION.

# Think, Choose, Act

Lead yourself to who you want to be.

*This month, we're challenging students to envision future goals and take intentional steps toward who they want to be. We are partnering with you to grow and develop your child's ability to self-direct. We can model self-direction by celebrating the positive in each day, seeking the good in others, and emphasizing our responsibility to make positive choices.*



## 1 ENGAGE: Find the Good!

Self-direct your thoughts and share Good Things as a family each day. After school, around the dinner table, or before bed, ask each family member to share something good from the day. We often see what we seek! Let's focus on finding the good.



## 2 EMPOWER: Make a Plan

If your student doesn't already use a planner, empower them to start using one to manage their time better. Have a weekly meeting with your student to share what they have added to their planners. You can help them add family gatherings, school events, and due dates.



## 3 EXCEL: Affirm Daily

Practice growing as a family through positive affirmations. At dinner or some point during the day, give affirmations to each other and share the good things you see. Take it to the next level and think of someone you could affirm outside your family. Challenge each family member to affirm or thank a different person every day this month for something they do or who they are. You can even handwrite a note to thank that person and send them the note in the mail.

## Conversation Starters

- ♥ What is one way you can be more responsible at home or school?
- ♥ How do you feel when you finish a project?
- ♥ What is an activity you want to continue to improve?
- ♥ What is something you want to learn to do?

# Adelántate

Desarrolla las fuerzas para enfrentar algo difícil.

*Este mes estamos enfocados en ayudar a los estudiantes a comprender que la valentía no es un remedio mágico para el miedo. En cambio, la valentía es una decisión a avanzar a través del miedo, la inseguridad, y la ansiedad de hacer cosas que se sienten difíciles o aterradoras. Estamos colaborando contigo este mes para desarrollar la valentía de tu niño. Las actividades de este mes van a ayudar a tu niño a entender que la valentía puede equiparlo para hacer un impacto positivo en la casa, en la escuela, y en la comunidad.*



## 1 CAPTAR: Juego de Roles de Valentía

Discute lo que es tener valentía para hacer lo que es correcto. Como familia, haz un juego de roles de situaciones en que tu hijo tuviera que demostrar valentía. Por ejemplo, actúen como fuera si tu hijo viera a un amigo siendo rudo a otra persona en la escuela. ¿Qué haría? ¿Cómo podría la valentía ayudarlo a defender lo que es justo?



## 2 EMPODERAR: Roles en la Casa

Crea una lista de quehaceres de casa. Asigna los varios quehaceres a cada miembro de la familia. Discute el apoyo o herramientas adicionales que podrían necesitar para cumplir cada trabajo. Ten una junta de familia semanal para celebrar el éxito de haber cumplido cada trabajo y háganlo tomando turnos en dar una afirmación a cada miembro de la familia. Alterna los quehaceres y pregunta cuál soporte adicional es necesario.



## 3 EMPLEAR: Intenta Algo Nuevo

Pídele a cada miembro de la familia que cuente algo positivo que quiere hacer pero ha tenido miedo de intentar. Discute qué miedos están entremetiendo y los pasos para superar estos miedos. Anima a cada uno que intente algo nuevo este mes. ¡No se olviden de celebrar a cada miembro de la familia cuando lo hace!

## Iniciadores de Conversación

- ♥ Piensa en un amigo en la escuela que consideras como alguien valiente. ¿Cuáles son unas maneras en que demuestra valentía?
- ♥ Describe una ocasión cuando fuiste tímido en la escuela, pero pudiste superarlo por causa de tu valentía. ¿Qué te ayudó para ser valiente?
- ♥ Piensa en un fracaso reciente en la escuela. ¿Cuál fue una lección que aprendiste de esta experiencia?



# Mrs. Miller's Counselor Corner



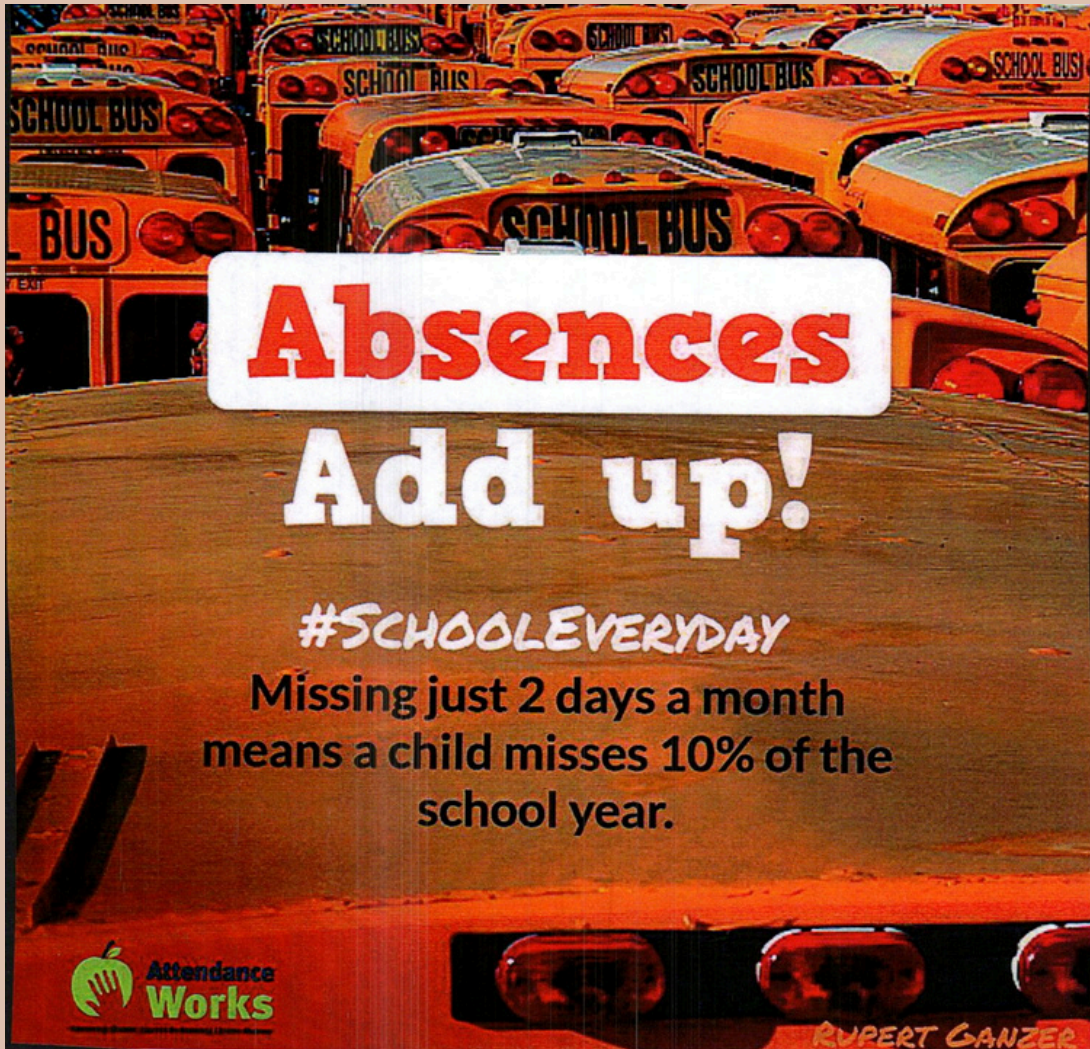
Kansas has done its thing where it is 90 degrees one day and near freezing three days later. If you need help with a winter coat, feel free to contact me. We have several gently used, and even some new coats with tags still attached, that are available.

This is also the time of year when organizations reach out to us wanting to help others in our community for the holidays. If you need assistance for the holidays, I will be sending out information as I receive it and can get you on my list.

My contact information is  
316-777-1981, ext. 2113  
or [lmiller@usd263.org](mailto:lmiller@usd263.org).




# WANTED



**Absences**  
**Add up!**

**#SCHOOLEVERYDAY**  
Missing just 2 days a month  
means a child misses 10% of the  
school year.

 Attendance Works

RUPERT CANZER

# KIDS IN SCHOOL

# ATTENDANCE MATTERS

Missing a day of school here and there may not seem like much, but absences add up!

When a student misses **2** days a month..

They will miss 20 DAYS a year.

They will miss 30 HOURS of math over the school year.

They will miss 60 HOURS of reading & writing over the school year.

They will miss over 1 YEAR of school by graduation.

When a student misses **4** days a month..

They will miss 40 DAYS a year.

They will miss 60 HOURS of math over the school year.

They will miss 120 HOURS of reading & writing over the school year.

They will miss over 2 YEARS of school by graduation.





# STAFF BIRTHDAYS

Oct. 15

Mr. Nic Slayton

Oct 16

Mrs. Caylene Crouse

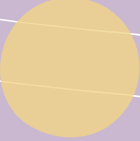
Oct. 26

Ms. Tehya Applegate-Martinez




Quote:

“Autumn is a gentle reminder that changes can be beautiful.”



## Did you Know?



October takes its name from the Latin word “Octo” and was the 8th month of the Roman calendar. When the Gregorian calendar was introduced in 1582, and January and February were added, the month became 10th in the calendar lineup but kept its original name.

# Bullying Awareness & Red Ribbon Week

**OCT 28 - NOV 1**

• *Monday*

**Team Up for Good Choices!**

Wear your favorite team gear! At home, have a family dinner!

• *Tuesday*

**We Are Too Bright to Bully!**

Wear neon colors! At home, take a family walk!

• *Thursday*

**No Tricks-Treat Others with Respect!**

Wear your Halloween costumes! At home, play a game as a family!

• *Wednesday*

**We Choose PEACE!**

Wear tie-dye! At home, read a story as a family!

• *Friday*

**We're Comfortable being Kind!**

Wear your pajamas and comfy clothes! At home, share good things!

# Drills and Standard Response Protocols

- Over the course of the year we will be holding multiple drills with students to practice our Standard Response Protocols.
- This includes a full scale LOCKDOWN practice with SRO Bohannon facilitating the drill.
- Please take a moment to review these protocols with your student and explain the importance of taking them seriously.
- Building access will be limited during these drills.
- Click [HERE](#) to read more about Standard Response Protocols.





**Students of the Mulvane schools have the ability to provide anonymous tips to keep friends and schools safe.**

- **Dangerous Behaviors**
- **Self-Harm**
- **Bullying/Harassment**
- **Alcohol, Tobacco, Drugs**

Click [HERE](#) for Speak Up website reporting page.

# Ghost Jokes

- Where do ghosts buy their clothes?
- What room does a ghost not need in a house?
- Why didn't the ghost eat his candy?
- Where do ghosts go on vacation?
- Why do ghosts love elevators?



at a BOO-tique  
a LIVING room  
he didn't have the STOMACH  
the BOO-hamas  
it lifts their SPIRITS

# LUNCH ~ BREAKFAST

Oct 23

**Domino's Cheese Pizza**  
**Hot Peas, Mixed Salad, Strawberries & Bananas, Choc Chip Cookie**

Oct 24

**Chicken Nuggets & Gravy**  
**Dinner Roll, Mashed Potatoes, Green Beans, Mixed Salad, Grape Tomatoes, Fruit Cocktail**

Oct 25

**Breakfast Stick**  
**Savory Potato Wedges**  
**Mixed Salad**  
**Wild Cherry Frozen Juice Cup**

Oct 28

**Rib Patty Sandwich**  
**Tater Tots, Mixed Salad, Cherry Applesauce**

Oct 29th

**Beef Taco Burger**  
**Ranchero Beans, Mixed Salad, Grape Tomatoes, Pineapple Tidbits,**

Oct 30

**Bosco Cheese Breadsticks**  
**Spaghetti Sauce**  
**Green Beans, Mixed Salad**  
**Tropical Fruit**  
**Choc Tiger Bites**  
**Carnival Candy Cookie**

Oct 31

**Chicken Fried Steak & Gravy**  
**Dinner Roll, Mashed Potatoes, Corn, Mixed Salad, Grape Tomatoes, Rosy Pears**

Oct 23

**Honey Bun**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin, Apple Slices**

Oct 24

**Chicken Biscuit,**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Cherry Applesauce**

Oct 25

**French Toast Sticks**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Orange Wedges**

Oct 28

**Mini Maple Pancakes**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Sour Watermelon Raisins**

Oct 29th

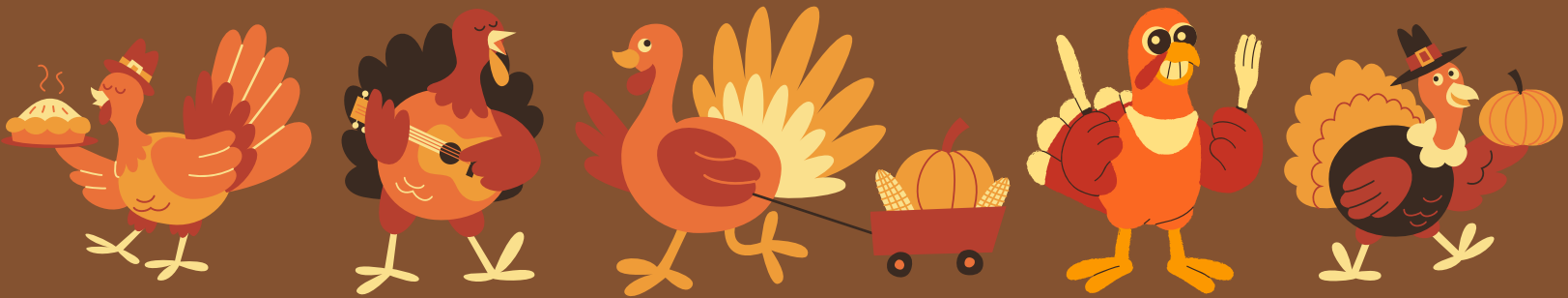
**Sausage Croissant**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Mandarin Oranges**

Oct 30

**Mini Cinnamon Pull Apart**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Applesauce**

Oct 31

**Breakfast Sticks**  
**Apple Cinnamon, Banana, Blueberry, Choc chip, or Double Choc Chip Muffin**  
**Orange Wedges**



# Coming Next Month

Nov. 8	TBD	PTO Fun Run
Nov. 18	6 pm	PTO Meeting
Nov. 21		Thanksgiving Dinner
Nov. 22		Capture the Turkey
Nov. 25-29		Thanksgiving Break

