WCES OCTOBER NEWSLETTER

Home-School Connection

WCES values the partnership we have with families. WCES hopes to strengthen that partnershp by giving ways you can help your child become more confident in reading and math.

- **Read daily and discuss story elements (younger students)**

Ask questions about characters, setting, plot, and author's purpose.

- **Use math in everyday activities (younger students)**

Count objects, sort laundry by color/size, measure ingredients while cooking, or compare sizes and shapes during play.

- **Practice summarizing and retelling**

After having read 10 to 15 minutes, have your child give a short summary of what they read using beginning, middle, and end.

- **Build fluency in addition, subtraction, multiplication, and division. (depending on age)**

Use flashcards, games, and real-life math .

Parent-Teacher Conferences

📅 Thursday, Oct. 22nd & Tuesday, Oct. 27th

⏰ 4:00–8:00 p.m.

Scheduled times will be sent home the week of October 12th.

Please contact the teacher if your scheduled time does not work.



Tiger Strong

The "T" in Tiger is for teamwork. This is our focus in the first 9-weeks.

Guidelines for Elementary Students at JH/HS Events

These guidelines are to help all people enjoy their experience at our junior high and high school activities. We greatly appreciate our younger students cheering on the Tiger teams.

1) We ask a parent or other responsible adult to accompany your elementary aged student to the game.

2) At football games, parents will have the choice over what their child does during the games – whether that is sitting to cheer on the Tigers or playing on the grassy area or sitting with them. We do ask that students do not play on the track or the walk area in the bleachers or with football equipment under the bleachers.

3) At indoor events, do not let your child run the hallways or play in the lobby areas. Running in the hallways can be a hazard for other patrons who are entering the game or going to the concession stand or restrooms.

4) Students are encouraged to create a section in the stands to cheer on the Tigers.

5) Any incidents or problems that occur at an event will need to be handled by the adult that brought the student to the game.

6) Please do not let your student run up and down the stairs nor sit on the stairs. The stairs are for navigating to the bleachers and students sitting or running on them are a hazard to others.

7) Please know that elementary students who are unsupervised and/or not following the rules will be required to leave the event.

Upcoming Events

Friday, Oct. 2nd - Homecoming - Tiger Friday (Wear New Tiger Shirts)

Monday, Oct. 5th - Kindergarten, First, Second, and Third grades will attend the performance *"The Adventures of Tortoise and Hare: The Next Gen"* at McCain Auditorium in Manhattan.

Wednesday, Oct. 7th - October Birthday Lunch

Friday, Oct. 9th - No School (Teacher Work Day)

Monday, Oct. 12th - No School (Teacher Professional Development)

Friday, Oct. 16th - Tiger Friday (wear any Tiger or red/black shirt)

Friday, Oct. 25th - Tiger Friday (wear any Tiger or red/black shirt)

Wednesday, Oct. 28th - 4th-6th Students attend "Tom Sawyer" performed by Wichita Theatre in Clifton

Thursday, Oct. 29th - Halloween Parade @ 2:15 in elem. gym and class parties start after parade

Friday, Oct. 30th - No School (Parent-Teacher Conference Comp Day)

Kindergarten through 3rd Grade Students Headed to McCain

Our Kindergarten through 3rd grade students have the opportunity to attend "The Adventures of Tortoise and Hare: The Next Gen" on Monday, October 5th at 9:30 a.m. at McCain Auditorium in Manhattan, Kansas. We will plan to leave the school right at 7:55 a.m. If you drop your child off at school and your child eats breakfast at school, please make sure they are at school by 7:35 a.m. that day in order to have plenty of time to eat.

The performance is presented by Lightwire Theatre and uses darkness, light, music, and sound to bring the story to life. The theatre will be completely dark during the performance, with the costumes, sets, characters, and props created almost entirely through illuminated elements and lighting effects. The performance also includes loud music, sound effects, and changes in sound and lighting throughout the show. Because this production offers a more immersive sensory experience than a traditional stage performance, please let us know if your child may be sensitive to darkness, bright or changing lights, or loud sounds.

Menu

OCTOBER | 2026

Washington County Schools USD 108

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9/28 **breakfast** mini donuts peaches fruit juice **lunch** grilled chicken sandwich broccoli w/cheese strawberries & bananas fresh veggies	9/29 **breakfast** pancake wrap strawberries & bananas fruit juice **lunch** hot dog / bun natural cut potatoes peas peaches fresh veggies	9/30 **breakfast** selection of cereal peaches fruit juice **lunch** chicken nuggets french fries rosy applesauce fresh veggies	10/1 **breakfast** breakfast pizza rosy applesauce fruit juice **lunch** cheese bread stick carrots pears fresh veggies	2 **breakfast** muffins pears fruit juice **lunch** hamburger / bun baked beans fruit cocktail dessert fresh veggies
5 **breakfast** croissant w/ham & cheese fruit cocktail fruit juice **lunch** chicken wrap green beans mandarin oranges dessert fresh veggies	6 **breakfast** pop tart mandarin oranges fruit juice **lunch** sloppy joe / bun tri tater peas fresh fruit fresh veggies	7 **breakfast** mini donuts fresh fruit fruit juice **birthday lunch** chicken fried steak mashed potatoes / gravy green beans mandarin oranges birthday cake fresh veggies	8 **breakfast** french toast sticks mandarin oranges fruit juice **lunch** crispito broccoli corn chips pineapple chunks fresh veggies	9 **NO SCHOOL FOR STUDENTS** **Teacher Work Day**
12 **NO SCHOOL FOR STUDENTS** **Professional Development Day for Teachers**	13 **breakfast** cinn minis pineapple chunks fruit juice **lunch** corn dog carrots fruit cup fresh veggies	14 **breakfast** strawberry bagel fruit cup fruit juice **lunch** chicken drumstick mashed potatoes / gravy green beans mandarin oranges brownie / fresh veggies	15 **breakfast** pancakes mandarin oranges fruit juice **lunch** tiger rib / bun broccoli w/cheese applesauce fresh fruit fresh veggies	16 **breakfast** breakfast bowl applesauce fruit juice **lunch** taco crunch corn mango fresh veggies
19 **breakfast** sausage breakfast sandwich mango fruit juice **lunch** chicken quesadilla peas strawberries & bananas dessert fresh veggies	20 **breakfast** glazed donut / cheese stick strawberries & bananas fruit juice **lunch** chicken w/ orange sauce rice stir fry vegetables pears fresh veggies	21 **breakfast** waffle pears fruit juice **lunch** chicken patty / bun tri tater green beans peaches fresh veggies	22 **breakfast** cinnamon roll / sausage peaches fruit juice **lunch** chili mac broccoli fruit cocktail fresh veggies	23 **breakfast** pb & j fruit cocktail fruit juice **lunch** ham patty / bun carrots rosy applesauce dessert fresh veggies
26 **breakfast** pancake wrap rosy applesauce fruit juice **lunch** spaghetti w/ meat sauce garlic bread corn mandarin oranges fresh veggies	27 **breakfast** mini donuts mandarin oranges fruit juice **lunch** chicken strips tri tater broccoli w/ cheese fruit cup fresh veggies	28 **breakfast** biscuit & gravy fruit cup fruit juice **lunch** pizza peas fruit cocktail dessert fresh veggies	29 **Halloween breakfast** Bat Bites *(cereal)* Goblin Grub *(fruit cocktail)* Worm Juice *(fruit juice)* Mummy Milk *(milk)* **Halloween lunch** Pork-er-geist *(pork fritter)* Monster Mash *(mashed pot.)* Slime Sauce *(gravy)* Witches Fingers *(green beans)* Freaky Fruit *(fresh fruit)* Ghoulish Greens *(fresh veggies)* Mummy Milk Haunted Ranch *(dressing)*	30 **NO SCHOOL** **Compensation Day for P/T Conferences** Happy Halloween

Menus are subject to change with or without notice.

MILK IS SERVED WITH EVERY MEAL

This institution is an equal opportunity provider.

Days identified with the Power Tiger are serving items that were made with locally donated beef or pork.

Call 785-325-2261 x 3 for more information on Farm to School donations. Thank you for your generosity!

Together we are #TigerStrong!!

Extra milk
50¢
7th – 12th Additional Entrée
$1.85
Adult Lunch
$5.50

Unpaid Meal Charges (EE)--see also policy DP
A charge account for students paying full or reduced price for meals may be established with the district. Students may charge no more than 10 meals to this account without triggering the district's delinquent debt proceedings. Charging of a la carte or extra items to this account will not be permitted.

When the charge levels identified in this policy have been met, a student's meal account becomes delinquent. The student will be allowed to purchase a meal if the student pays for the meal when it is received. Students who have delinquent accounts and cannot pay out of pocket for a meal will be provided a regular, reimbursable meal from the cafeteria menu, which shall be charged to the student's account while the district proceeds with attempts to resolve the delinquent debt with the student's parent or guardian. If attempts to receive payment for charged meals do not result in full payment of the debt in the timelines provided herein, debt collection proceedings will begin.

At least one verbal and one written warning shall be provided to a student and the student's parent or guardian prior to reaching the delinquent debt threshold outlined herein. If payment of the negative balance is not received within 5 working days of the delinquent debt threshold being attained, the debt will be turned over to the superintendent or superintendent's designee for collection. If the debt is not paid within 10 days of mailing the final notice of the negative account, it shall be considered bad debt for the purposes of federal law concerning unpaid meal charges.

Counselor's Corner

We have been working hard during counseling time the month of September. We have really focused on understanding feelings and how to use our coping skills to manage our big feelings in a healthy way. Kindergarten through 2nd grade have been working really hard on their listening skills. Building these skills now will only benefit them as they move through school and into adulthood.

October we start to focus on the difference between bullying or a mean moment. This can be hard for kids and adults to understand so we really focus on the definitons of bullying and conflict. We will also learn about being kind and being a good friend.

The week of October 26th-30th we will participate in Stand Up to Bullying Week with theme days. You will find these listed below.

Happy, Healthy Kids Tip:
When your child is experiencing BIG, upset feelings, their brain cannot listen or learn in that moment. Rather than negotiating with or punishing them, help the child name their feelings. Then, practice a coping skill.

STAND UP TO BULLYING WEEK
October 26th-30th

Monday: Sock it to Bullying (mismatched or bright/colorful socks)



Tuesday: Hats off to Good Choices (wear a hat)



Wednesday: Turn Your Back on Bullying (backwards day, wear your clothes backwords)



Thursday: Put Bullying to Rest (pajamas or night time clothes)



Friday: NO SCHOOL



**Thursday students will change into their costumes for the Halloween parade and parties in the afternoon.

Nurse's Notes

THIS MONTH

October is Healthy Lung Month, a national observance focused on raising awareness about lung health and preventing respiratory diseases through education.

Getting your flu vaccine yearly is one way to support lung health. The Washington County Health Department will be here **Friday, October 2nd** to give flu shots to students and staff that have filled out the consent form.

[English Form](#) [Spanish Form](#)

TIPS

- Aim to Get Your Flu Vaccine by the End of October
- It takes 2 weeks for your body to develop immunity. So it's best to get the flu vaccine before the flu starts to spread in your community.
- Everyone age 6 months and older needs to get the flu vaccine every year. It's part of the routine vaccine schedules for children, teens, and adults.
- Flu season tends to be from October to May

LEARNING

How can I keep my lungs healthy?

- Avoid smoking,secondhand smoke,and vaping.
- Get your COVID, flu, and RSV vaccines to prevent severe respiratory infections.
- Improve air quality in your home by changing air filters, dusting, and vacuuming.
- Wash your hands frequently to avoid upper respiratory illnesses.
- If you have asthma or COPD, always have your quick-relief medication with you.
- Exercise regularly to strengthen your lungs. Move in a way that feels good to you!
- Stay hydrated by drinking enough water (sparkling water counts!), herbal tea, or electrolyte drinks.
- In cold weather, wear a mask or wrap a scarf loosely around your nose and mouth to warm up the air before breathing it in.

TALK TO YOUR CHILD ABOUT THE DANGERS OF VAPING-CLICK HERE

STAY IN TOUCH



Nurse Lisa

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785-325-2261 x 104

785-747-6843

STAY HOME IF:

*VOMITING OR DIARRHEA *FEVER OVER 100 DEGREES
(Must Be symptom-free for 24 hours before returning.)
*SORE THROAT WITH FEVER OR SWOLLEN GLANDS
*PINK EYE(S) WITH YELLOW DISCHARGE
*SEVERE OR PERSISTENT EARACHE
*SHARP OR PERSISTENT ABDOMINAL PAIN
*HEAD LICE UNTIL TREATED ONCE