

WCES NOVEMBER NEWSLETTER

4th, 5th, 6th Grades to KSU Womens Basketball Game

On Tuesday, November 10th the 4th, 5th, and 6th grade students will be attending the KSU Womens Basketball game versus Montana as a reward for all their hard work during last springs state assessments.

Students will have a choice to bring their own lunch or have a school provided sack lunch. All students are asked to wear either a KSU or Tiger shirt.

We will leave the school at 9:15 a.m. and should return by 3:00 p.m.



Montana



Kansas State

Nov 10
11:00 AM

Home-School Connection

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

- **Explore nonfiction texts together**

Use articles, magazines, or informational books to build background knowledge and vocabulary.

- **Measure and estimate lengths**

Practice using rulers, measuring tapes, or compare lengths of household items.

Tiger Strong

The "I" in Tiger is for Integrity.
This is our focus in the second 9-weeks.



Showing Appreciation

As we enter this season of thankfulness, I want to take a moment to recognize the many dedicated staff members who support our students each day.

Beyond the classroom walls and doors,
A dedicated team ensures our school soars.
From the early morning light to the end of the day,
You guide our steps and light our way.
To our Teachers, you ignite the spark,
Helping us learn and leaving your mark.
To our Paras and Aides, right by our side,
You give us patience, support, and pride.
To the Office Staff, who keep us on track,
With a welcoming smile and the answers we lack.
To our Nurse, with a band-aid and care,
Whenever we're hurting, you're always right there.
To our Counselor, who listens and cheers,
Calming our minds and easing our fears.
To our Custodians, who keep our halls bright,
Working so hard from morning till night.
To our Cafeteria Workers, who fuel us each day,
With a warm, hearty meal as we go on our way.
To our Bus Drivers, navigating the street,
You're the very first friendly face that we meet.
Thank you, school staff, for all that you do,
Our school is a family because of **you!**

Upcoming Events

Wednesday, Nov. 4th – November Birthday Lunch

Friday, Nov. 6th – Tiger Friday (wear any Tiger or red/black shirt)

Tuesday, Nov. 10th – 4th, 5th, 6th, and 7th grade students to KSU Womens Basketball game

Friday, Nov. 13th – Tiger Friday (wear any Tiger or red/black shirt)

Saturday, Nov. 14th – HS Play Performance @ 7:00 p.m. (\$5 admission)

Sunday, Nov. 15th – HS Play Performance @ 2:00 p.m. (\$5 admission)

Monday, Nov. 16th – NO SCHOOL – Teacher Professional Development

Friday, Nov. 20th – Tiger Friday (wear any Tiger or red/black shirt)

Wed, Nov. 25th – Friday, Nov. 27th – NO SCHOOL – Thanksgiving Break

Counselor's Corner

In October we really focused on what kindness looks like, feels like, and sounds like in the lower elementary. The upper elementary's focus was on what kind of friend do we want to be and how we can change our actions to be that friend. We also worked on being assertive when facing peer pressure, bullying, or conflicts.

In November we are going to focus on gratitude. Sometimes it is hard to remember to be grateful for the people in our lives and the things that we have. We are really going to focus on noticing the small things that make our lives better and the people in our lives who help us. This is one of my favorite topics to explore with the students!

Happy Healthy Kids Tip:

One of the best things parents can do for their children is read to them for 20 minutes each day. Reading together grows your bond, sparks imagination, expands their vocabulary, improves their emotional intelligence and more!

Menu

NOVEMBER | 2026

Washington County Schools USD 108

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 breakfast muffin fresh fruit fruit juice lunch tater tot casserole peas mandarin oranges roll fresh veggies	3 breakfast croissant w/ham & cheese mandarin oranges fruit juice lunch chicken drummies baked beans applesauce dessert fresh veggies	4 breakfast pop tart applesauce fruit juice birthday lunch chicken fried steak mashed potatoes / gravy green beans mandarin oranges birthday cake fresh veggies	5 breakfast strawberry bagel mandarin oranges fruit juice lunch teriyaki chicken rice stir fry vegetables mango fresh veggies	6 breakfast french toast sticks mango fruit juice lunch soft shell taco spanish rice carrots pears fresh veggies
9 NATIONAL SCHOOL LUNCH WEEK - CAFETERIA CIRCUS breakfast Mini Car Cinnis pears fruit juice lunch High Wire Ham & Potatoes (scalloped ham & pot.) Trapeze Peas Patron Peaches Roll-Me-Up (dinner roll) Circus Salad (fresh veggies) The Greatest Sip (milk)	10 breakfast Daredevil Donuts pears / fruit juice lunch Center Ring Chicken (grilled sandwich) Big Top Broccoli w/ Cheese Flying Berry Nanas (strawberries & bananas) Dancing Dessert Circus Salad (fresh veggies) The Greatest Sip (milk)	11 breakfast Stilt Walking Pancakes strawberries & bananas fruit juice lunch Carry Dog (hot dog / bun) Strongman Wedges (natural cut potatoes) Roly Polys (peas) Patron Peaches Circus Salad (fresh veggies) The Greatest Sip (milk)	12 breakfast Juggling Cereal O's peaches fruit juice lunch Ringmaster Bites (chicken nuggets) Clown Crisps (french fries) Cotton Candy (rosy) Applesauce Circus Salad (fresh veggies) The Greatest Sip (milk)	13 breakfast Tony Tiger's Pizza rosy applesauce fruit juice lunch Balancing Stick (cheese bread stick) Contortionist Carrots Flying Bartlett's (pears) Dancing Dessert Circus Salad (fresh veggies) The Greatest Sip (milk)
16 NO SCHOOL FOR STUDENTS Professional Development Day for Teachers	17 breakfast pb & j pears fruit juice lunch hamburger / bun baked beans fruit cocktail dessert fresh veggies	18 breakfast pancakes fruit cocktail fruit juice lunch chicken w/orange sauce rice stir fry vegetables pears fresh veggies	19 breakfast breakfast bowl pears fruit juice lunch chicken wrap green beans mandarin oranges dessert fresh veggies	20 breakfast pb & j mandarin oranges fruit juice THANKSGIVING DINNER roast turkey mashed potatoes gravy green beans roll pumpkin bar
23 breakfast sausage breakfast sandwich fruit cocktail fruit juice lunch crispito broccoli corn chips pineapple chunks fresh veggies	24 breakfast glazed donut pineapple fruit juice lunch corn dog carrots fruit cup fresh veggies	25	26	27
30 breakfast waffle fruit cup fruit juice lunch tiger rib / bun broccoli w/cheese applesauce fresh veggies	THANKSGIVING BREAK Thanksgiving Break			

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!!

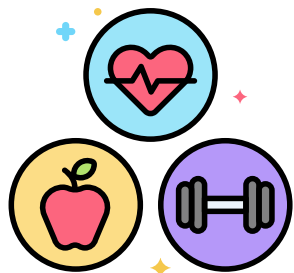
Extra milk
50¢
7th - 12th Additional Entrée
\$1.85
Adult Lunch
\$5.50

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.



Nurse's Notes



THIS MONTH

NOVEMBER IS NATIONAL DIABETES MONTH

Most of us have been affected by diabetes in one way or another. If not personally, maybe a family member, friend, or classmate has been diagnosed with Type 1 or Type 2 diabetes. While you can help prevent or delay Type 2 diabetes, Type 1 diabetes cannot be prevented or cured. It is an autoimmune condition that causes the body's immune system to attack and destroy insulin producing cells in the pancreas.

LEARNING

Studies have shown that a few factors may increase a person's risk of developing T1DM:

- Family history/genetics
- Age
- Viral & Environmental Factors

Factors that can increase your risk for T2DM:

- Age
- Overweight or obese
- Genetics
- Exercising less than 3 times a week
- History of gestational diabetes

[HTTPS://WWW.CDC.GOV/DIABETES/
RISK-FACTORS/INDEX.HTML](https://www.cdc.gov/diabetes/risk-factors/index.html)

TIPS

Signs of LOW blood sugar:

- Shakiness
- Dizzy/Lightheaded
- Rapid or pounding heart
- Confusion/Trouble concentrating
- Sweating and chills

Signs of HIGH blood sugar:

- Increased thirst
- Frequent urination
- Fatigue/tired
- Blurred vision
- Headaches
- Unintentional weight loss



**DENTAL SCREENINGS
NOVEMBER 4TH**

STAY IN TOUCH

Nurse Lisa

louellette@usd108.org
785-325-2261 x 104
785-747-6843



STAY HOME IF:



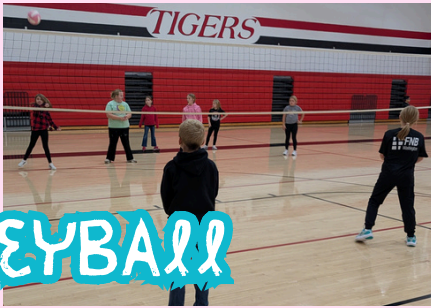
- *VOMITING OR DIARRHEA *FEVER OVER 100 DEGREES
(Must Be symptom-free for 24 hours before returning.)
- *SORE THROAT WITH FEVER OR SWOLLEN GLANDS
- *PINK EYE(S) WITH YELLOW DISCHARGE
- *SEVERE OR PERSISTENT EARACHE
- *SHARP OR PERSISTENT ABDOMINAL PAIN
- *HEAD LICE UNTIL TREATED ONCE

October Clubs

HALLOWEEN CRAFTS



VOLLEYBALL



Origami



READING A Book

