WCES FEBRUARY NEWSLETTER

Valentine's Day

The classroom Valentine's Day parties will take place on Friday, February 13th at 2:45 p.m. Parents on the Valentine's party list are encouraged to contact the teachers. The students can bring a valentine to share with his/her classmates as long as he/she brings enough for everyone.

*Reminder - No deliveries to the elementary school.

Parent Engagement Night

Mark your calendars for our first annual Parent-Engagement Night on Thursdsay, March 26th. This event will take the place of our first night of Parent/Teacher Conferences. More details will be coming.

Booster Club Events

Booster Club will be hosting two events on Saturday, February 7th. Sign up using the links below:

Mother-Son Movie Daddy Daughter Dance

T.I.G.E.R.

The "G" in Tiger is for grit. This is our focus in the third 9-weeks.

Upcoming Events

Wednesday, Feb. 4th - February Birthday Lunch

Friday, Feb. 6th - Tiger Friday (wear any Tiger or red/black shirt)

Monday, Feb. 9th - No School - Teacher Professional Development

Wednesday, Feb. 11th - August Birthday Lunch

Friday, Feb. 13th - Tiger Friday (wear any Tiger or red/black shirt)
8:00 a.m. - 1st Grade Donuts with Dad
2:45 p.m. - Valentine's Parties in the Classrooms

Monday, Feb. 16th - No School

Friday, Feb. 20th - Tiger Friday (wear any Tiger or red/black shirt)

Friday, Feb. 27th - Tiger Friday (wear any Tiger or red/black shirt)

MENU

February 2026 Menus

Menus are subject to change with or without notice.
MILK IS SERVED WITH EVERY MEAL.

2	3	4	5	6
breakfast breakfast nuggets fruit cocktail/ juice **lunch** fiestade pizza broccoli pears fresh fruit & vegetable bar	**breakfast** muffin pears/ juice **lunch** taco crunch corn pineapple fresh fruit & vegetable bar	**breakfast** cinn minis pineapple/ juice **Birthday Lunch** oven fried chicken leg mashed potatoes / gravy green beans mandarin oranges birthday cake	**breakfast** mini donuts mandarin oranges / juice **lunch** bbq pork sandwich macaroni & cheese peas strawberries & bananas fresh fruit & vegetable bar	**breakfast** breakfast pizza strawberries & bananas / juice **lunch** chicken strips tri tater broccoli w/cheese peaches fresh fruit & vegetable bar
9	10	11	12	13
NO SCHOOL PROFESSIONAL DEVELOPMENT DAY FOR TEACHERS	**breakfast** pancake wrap peaches / juice **lunch** corn dog carrots rosy applesauce fresh fruit & vegetable bar	**breakfast** pb & j rosy applesauce / juice **1/2 BIRTHDAY LUNCH-AUGUST** chicken drummies baked beans fruit cocktail brownie fresh fruit & vegetable bar	**breakfast** breakfast bowl / toast fruit cocktail/ juice **lunch** cheese breadstick broccoli mandarin oranges fresh fruit & vegetable bar	**breakfast** glazed donut / cheese stick mandarin oranges/ juice **lunch** grilled chicken sandwich green beans applesauce fresh fruit & vegetable bar
16	17	18	19	20
NO SCHOOL PRESIDENTS DAY	**breakfast** selection of cereal applesauce / juice **lunch** tiger rib sandwich corn pears fresh fruit & vegetable bar	**breakfast** waffle pears / juice **lunch** fish nuggets french fries pineapple fresh fruit & vegetable bar ASH WEDNESDAY	**breakfast** french toast sticks pineapple / juice **lunch** ham patty sandwich broccoli w/cheese sauce fruit cocktail fresh fruit & vegetable bar	**breakfast** strawberry bagels fruit cocktail / juice **lunch** cheese pizza carrots rosy applesauce fresh fruit & vegetable bar
23	24	25	26	27
breakfast muffin rosy applesauce / juice **lunch** chicken quesadilla peas peaches fresh fruit & vegetable bar	**breakfast** cinnamon roll peaches / juice **lunch** chicken nuggets tri tater mandarin oranges fresh fruit & vegetable bar	**breakfast** cinn minis mandarin oranges / juice **lunch** hamburger in a bun baked beans pineapple fresh fruit & vegetable bar	**breakfast** mini donuts pineapple/ juice **lunch** chicken fried steak mashed potatoes w/gravy corn pears fresh fruit & vegetable bar	**breakfast** pb & j pears/ juice **lunch** cheese breadstick broccoli applesauce fresh fruit & vegetable bar

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!!

This institution is an equal opportunity provider.

Counselor's Corner

February, 2026

CONNECTION POINT

Have you noticed your child doing something kind or helpful? Saying it out loud helps them see it, too. You might say, "I saw you hold the door open for your sister," "You were really patient when I was on the phone," or "I noticed you gave your friend a turn without being asked." These everyday moments might feel small, but noticing and naming them helps your child build a habit of kindness and see themselves as someone who cares for others.

CONTACT INFO

Please feel free to reach out to me if you have any concerns about your child(ren).
Fallon Craig
fcraig@usd108.org
(785) 325-2261 ext. 125

THIS MONTH AT WCES

February is the month of kindness so along with some more focused lessons for our K-4th graders on listening and following directions and being self-starters we will also be filling in with some lessons on kindness and being a good friend. All of these are important skills to have as students grow into adolescents and adults.

5th grade is continuing to work on a Media Literacy project. This is called the Whole Story Project. The focus question has been "What is this trying to make me feel?" It has been very interesting to hear the different view points from the students.

6th grade is continuing on their Passion Projects. There are so many great ideas blooming! They are excited to really get started into developing their ideas!

ALWAYS CHOOSE KINDNESS

ACCUWEATHER

Click on the link!

SCHOOL Nurse

National Children's Dental Health Month

What Parents and Caregivers Can Do For Babies

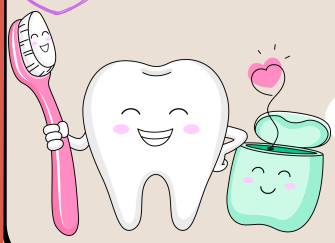
- Wipe gums twice a day with a soft, clean cloth in the morning after the first feeding and right before bed. This wipes away bacteria and sugars that can cause cavities.
- When teeth come in, start brushing twice a day with a soft, small-bristled toothbrush and plain water.
- Visit the dentist by your baby's first birthday to spot signs of problems early.
- Talk to your dentist or doctor about putting fluoride varnish on your child's teeth as soon as the first tooth appears.

For children younger than 2 years, consult first with your doctor or dentist about the use of fluoride toothpaste.

For Children

- Brush their teeth twice a day with fluoride toothpaste.
- Help your child brush their teeth until they have good brushing skills. If your child is younger than 6 years, watch them brush. Make sure they use a pea-sized amount of toothpaste and always spit it out rather than swallow.
- Ask your child's dentist to apply dental sealants when appropriate.
- Drink tap water that contains fluoride.

Click the Link **Fun Dental Health Resources**



Lisa Ouellette, LPN
louellette@usd108.org
785-747-6843

February

American Heart Month







Heart Smart Quiz

True or False

- High blood pressure is also known as hypertension and occurs when your blood pressure is consistently 130/80 mm Hg or higher.
- Your body mass index, or BMI, shows if your weight is in a healthy range for your height and is one measure of your future risk for heart disease.
- Cholesterol helps make hormones, vitamin D, and substances to help you digest foods. Your body needs it for good health, but in the right amounts.
- Eating lots of vegetables, fruits, and whole grains,using fat-free or low-fat dairy products, and limiting foods high in saturated fat or sugar-sweetened beverages are all part of a heart-healthy diet.
- Not getting enough sleep or getting poor quality sleep on a regular basis increases the risk of having high blood pressure, heart disease, and other medical conditions.
- To strengthen their heart, adults should aim to get at least 150 minutes of moderate-intensity aerobic activity such as brisk walking each week.

Answer Key: All answers are True.

Stay home if:

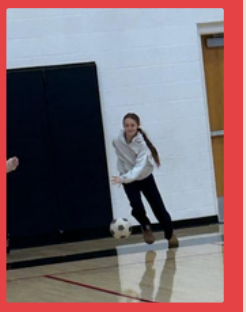
***VOMITING OR DIARRHEA *FEVER OVER 100 DEGREES**
(Be symptom-free for 24 hours before returning.)
***SORE THROAT WITH FEVER OR SWOLLEN GLANDS**
***PINK EYE(S) WITH YELLOW DISCHARGE**
***SEVERE OR PERSISTENT EARACHE**
***SHARP OR PERSISTENT ABDOMINAL PAIN**
***HEAD LICE UNTIL TREATED ONCE**

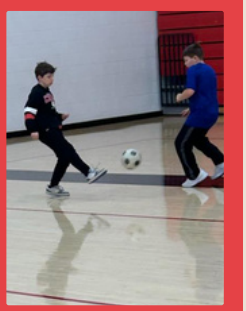
January Clubs for 3rd–6th Grades

Soccer



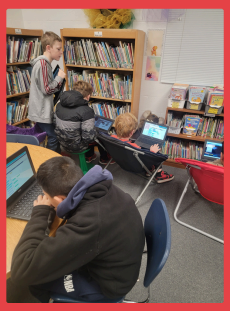






Coding









Snowman Craft









Boomwhackers









Trivia







