
KEPLER'S KORNER NEWSLETTER



LEAGUE STREET SCHOOL



Staff & Student Spotlight

By: Addilyn Brant & Mrs. Englehart

In this interview, Mrs. Lambert, the staff and students were interviewed. Mrs. Lambert shared *"He calms everyone down and brightens their day. Every time he walks into the room their faces light up."* Blake shared that he loves Kepler. He also loves petting him. Max loves that he's a boy and loves petting him. Aevaeh likes how he comforts her when she is sad. Aiden likes how soft he is. Lee likes how he is nice and soft, stating he thinks Kepler is obedient. Students were asked what they would do if they could spend a day with him. Aevaeh would take him on a walk, give him food, and take a nap with him. Blake would walk with him and hug him. Max would brush him and give him treats. Lee would play on his tablet with him and eat with him. Aiden would take him on a walk and give him a bath.

From the students' experiences to the adult's insights, one thing stands out: Kepler helps everyone feel more connected, comfortable, and ready to succeed.



PHOTO BY AEVAEH HUDSON BROWN

WHO DOES KEPLER HELP AND HOW?

BY CATHRYN HASSELBACH

Kepler the lovable dog helps many people. It's his job. Kepler helps student and staff. He gives them support and love. Kepler helps students overcome anxiety, stress, behaviors, social and emotional growth. He also helps with communication. Research shows school facility dogs reduce student stress by lowering salivary cortisol levels. Continued or excessive stress negatively affects learning and this is how too much cortisol can be produced in the body. The brain doesn't operate as well. A study was done to show that there was decreased cortisol levels after dog interventions were done with students (2022, Meints, Breisford, Dimolareva, Marechal, Pennington, Rowan, Gee). Studies also show that school facility dogs have long time benefits for students and staff, and provide a safe environment for students. Kepler the lovable dog continues to make people smile every single day and helps others all the time while he is reinforcing a positive environment.

*Creative Writing Contest Due: April 21, 2026

Hey Fourth, Fifth and Sixth Graders! It's your chance to shine in your creativity!

The Kepler's Korner News Team is excited to announce a **creative writing contest** for *grades 4th through 6th*! There will be 1 winner from each grade.

Guidelines: There is a mystery and Kepler needs your help. Write a story on how you help him and finish the case. Use the coloring page from the last Newsletter to start your mystery story. You must include your name, grade, homeroom, and a Title to the mystery. Must be one to two pages. ~ Created by Leah Dimon

Coloring Contest Announcement Congratulations!



Preschooler:
Easton Schadwil



Kindergartner: Asher Rogers



First Grader: Salem Holtz



Second Grader:
Olivia Stower



Third Grader: Reagan Webb

Kepler's Health Tip

By Peyton Holtz, Anna Pigman

Did you know that dogs need sleep too? Miss Brittney Murphy educated our News Team that dogs need to sleep 17 to 20 hours a day. When most dogs are sleeping, Kepler is busy working at school. This is why it is important for Kepler to have time to sleep in the comfort of his safe bed during the school day. If he is in his safe bed, do not approach him or try to get his attention. He really does need sleep. Humans also need sleep. It is important because sleep helps produce cytokines (sigh-toe-kines), which are proteins that fight infection. So, if you get a good night's rest you could also be building your immune system! Sleep helps us to manage stress, improve our mood, and boosts your concentration, focus, and decision-making skills. When we sleep we feel better mentally, emotionally and physically. Here are some tips about what Mrs. Englehart calls "sleep hygiene": *"Have a nightly routine and stick with it. My typical night routine is to drink a cup of decaffeinated tea, brush my teeth, wash face, then decide what I am going to wear the next day. This trains my brain to know it should shut down to get a good night sleep. I also make sure all electronics are off and limited light so I can stay asleep. Blue light from electronics is really bad on the brain at night. But reading a book 20 minutes before bed also relaxes the brain. Kepler and I hope you really get a good night sleep!"*

