

DECEMBER NEWSLETTER

BOE



Principal - Mrs. Lorle Bolt

A message from our principal

Dear Charger Families,

Students will begin their Winter assessments on Fastbridge throughout the month of December. Staff will utilize this data to aide in academic growth for students in grade level data meetings. By analyzing the results we can assist team members with implementation of identified next steps to continue to facilitate student learning. This process allows us to:

- Improve academics
- Increase ability to use data to drive instruction
- Identify students in need of additional services



Counselor's Corner

We started talking about anger this month. Part of our lesson was looking at what parts of our brain control anger and how it can be a dangerous emotion if we do not have strategies to help control that anger. Something that we are going to do next is to build an anger toolbox. This will

include three strategies that students will pick that they feel could help them if they start to get frustrated or angry. We will learn different breathing exercises, touch activities, and movement to help regulate/calm our bodies when we start to get frustrated.

Upcoming Dates:

12/3

OAC Picture Retakes

12/5

6pm Kindergarten Music Concert @ SFTHS

7pm First Grade Music Concert @ SFTHS

12/11

K & 1st grade Holiday Lunch

12/20

End of Semester

12/23-1/7

NO SCHOOL

Family Resources

Let's Help in Topeka, KS would gladly like to help out Osage County families that are in need of food or assistance during the holidays. The family is required to bring an ID so they can be put into their system, but will not be turned away despite living outside of Shawnee County.

Let's Help offers emergency services for families that need help paying rent, utilities and paying for medications. They have a clothing bank and food pantry.

Let's Help

200 SE Kansas Ave.

Topeka KS

(785) 234-6208

Outside Recess

If the temperature is 20 degrees or higher (temperature or wind chill) and the weather is not inclement, students will go outside for recess. Please send coats with your children or let us know if you need us to provide a coat for them. We are happy to help! If students need to stay inside for recess due to illness, etc please provide a doctor's note.

from the Nurse's Office

Charger Families,

As we continue to move through the fall and into the winter season, I wanted to take a moment and review the Santa Fe Trail Sick/Exclusion Policy for students/staff as we are seeing an increased number of individuals with flu/cold like symptoms.

Most common symptoms being seen are (but not limited to)

- Fever
- Chills
- Fatigue & weakness
- Cough
- Wheezing
- Runny or Stuffy Nose
- Headache
- Chest Discomfort &/or Congestion
- Decreased appetite
- Muscle/Body Aches
- Sore Throat
- Sneezing
- Nausea/Vomiting
- Diarrhea



All district building nursing offices continue to have onsite Rapid COVID/Flu A&B tests available for students, staff and community members. We also have a large supply of OTC Home testing kits that can be sent home upon request. Unfortunately, we no longer are able to offer Strep Testing.

The full policy is posted on the school website, but a few quick reminders:

Students and staff can return to school with:

- Overall Symptom improvement
- Fever free without use of fever reducing medications for 24hours
- Symptom free after a positive COVID/Flu test
- Vomit/Diarrhea free for 24 hours without use of medications
- Able to conduct daily routine in the classroom

If you have any questions or would like to be tested or obtain home tests, please contact one of the nursing offices.

It's a Great Day To Be A Charger, because TOGETHER we can change lives.

CONTACT NOW

Kimberly Kesl, RN

USD 434 DIRECTOR OF NURSING



1-800-836-9525 X1172



KKESL@USD434.US

Holiday Spirit Week



**ROCK YOUR SCHOOL
SHIRTS
WILL BE HANDED OUT
AT SCHOOL**

OAC Holiday
Spirit Week

School Concerts - Mark your Calendars

December 5th - K/1 Music Concert @ the SFTHS Auditorium - see flyer below

- Reminder: if you are absent from school for illness you may not attend an evening school event.
- K/1 students will travel to Brookside during their music class time to perform for the residents on 12/6.



Important Program Information

KINDERGARTEN PROGRAM

THURSDAY

5

DECEMBER



HO



HO

HO!

- Please arrive in the SFT High School library by 5:40pm
- Program begins at 6:00pm
- Students are asked to dress nicely for the program.

SEE YOU AT 5:40PM!



Important Program Information

1ST GRADE PROGRAM

THURSDAY

5

DECEMBER



HO



HO

HO!

- Please arrive in the SFT High School library by 6:40pm
- Program begins at 7:00pm
- Students are asked to dress nicely for the program.

SEE YOU AT 6:40PM!

A Note from Our Specials Teachers



OAC SPECIALS NEWSLETTER



THIS MONTH IN DECEMBER

- **Art-** Art in December is filled with lots of crafting, and learning about patterns and movement.
- **Explore-** In December we will have a Bakery Room transformation to practice the skills learned in each gradelevels class. We will learn about the Arctic Tundra and what we would need to survive its freezing temperatures. Finally, we will wrap up the second semester with some Christmas Around the World STEM activities.
- **Music-** So many exciting things are happening this month. This is my favorite time of the year for many reasons other than the music! The Kindergarten and 1st Grade Holiday Programs are taking place at 6 and 7pm on Thursday, December 5th! If you have that evening free, come support these musicians! They have been working so hard! In addition, Kindergarten and 1st Grade are traveling to Brookside Retirement Facility to perform their program music for the residents. The rest of the month, students will get to participate in several Holiday sing-a-longs, hands-on activities, history, note reading, composing, and much more!
- **P.E.-** December is here; with it, we will continue with our Striking Unit and move to more complicated implements. This will include baseball bats, rackets, hockey sticks, and more. With the holidays coming up now would be a great time to check and see if your children need new PE shoes. I've seen a lot of shoes having a bit of wear and tear and also some that are starting to get a little small.

EVENTS THIS MONTH

KINDERGARTEN & 1ST GRADE HOLIDAY PROGRAM
BROOKSIDE HOLIDAY PERFORMANCE



Lorle Bolt

Lorle is using Smore to create beautiful newsletters