



1-12-2024 Update

DONUTS WITH DAD-REGISTRATION REQUESTED TODAY!

Our annual "Donuts with Dad" event will be on Friday, January 19, from 7:00 am-8:00 am. We invite Fathers and Father-Figures to join us for some free donuts and breakfast drinks before school. Registration form requested to the HS or GS offices **by Friday, January 12th**, or email Becky @ becky.nickelson@vfalls338.com Here's the link for details and form:

<https://docs.google.com/document/d/1KTb-HqBCW7p-AqbYf4xc17qSOwodpFsf/edit?usp=sharing&oid=118286694658376193465&rtpof=true&sd=true>

CONGRATULATIONS TO OUR SECOND QUARTER MIDDLE SCHOOL HONOR ROLL STUDENTS! WE ARE SO PROUD OF EACH OF YOU!

8TH GRADE

GOLD (4.0)

Lily Brown
Hollie Dollen
Breckyn Moore
Marley Nickelson

BLACK (3.6-3.99)

Emily Bozarth
Jayden Brede
Haillie Dollen
Shaun Nickelson
Avalon Portenier
Jesse James Tyler
Lexie Welsh
Kaycin Williams

DRAGON (3.2-3.59)

Alila Brown
Jamie Koch
Chandler Martins
Raegan O'Conner
Alex Solis
Raydyn Walker

7TH GRADE

GOLD (4.0)

Brooklynn Bickford
Harley Brown
Birkley Hernandez
Bree Meyer
Sage Nickelson

BLACK(3.6-3.99)

Avery Adcock
Benten Heinen
Kevin Olson
Nolan Reich
Ellie Shipley

DRAGON(3.2-3.59)

Rudy Aranda
Peyton Burge
Greysen Correll
Carabella Dillon
Emily Eaton

Camden Smith
Jadyn Vessar

Elliot Harper
Jasmyne Hobart
Landon Lux
Caydren Strickler
Brayden Voss

6TH GRADE

GOLD(4.0)

Sawyer Schmelzle

BLACK(3.6-3.99)

Zyriah Bowers
Malia Boyce
Abby Burton
Brittyn Cottrell
Seth Essman
Kileigh Evans
Bentley Miller
Olivia Partridge
Raylan Reynolds
Tucker Schmelzle
Ezra Tracy
Bently Turecek

DRAGON(3.2-3.59)

Jenny Bailey
Kensli Bond
Eliza Branam
Kalia Brown
Amaya Dollen
Chris Giebler
Simon Krayenhagen
Levi Regan
Oliver Turner
Jack Warth
Tommy Welsh

SPELLING BEE WINNERS

Thank you to each Spelling Bee Participant in today's contest. Winners are:

Grades 5-6: Bailey Marshall (5th) and Olivia Partridge (6th-Runner-Up)

Grades 7-8: Avery Adcock (7th) and Raynah Guenther-Perry (7th-Runner-Up)

CONGRATULATIONS and Good Luck to Bailey and Avery at the County Spelling Bee that will be hosted by JCN.

Inclement Weather Procedures if School needs to be Canceled (please contact john.hamon@vfalls338.com if you are not receiving the notifications)

- Decision made by 6am
- Notification by text, email, phone call
- Notification on website, Facebook, Twitter
- Notification on WIBW, KSNT, KNZA, KAIR

The upcoming forecast is for a very low wind chill, which may cause school to be canceled. Thanks for your support in keeping our students safe.

[Counseling Connection](#) - check out the link on our website. A shout out to our Mental Health team of Stacy Cervantez , Ellen Guess , and Liz Jones for setting up this page that has a lot of resources in one place.

UPCOMING HSBBS TOURNAMENT IN OSKALOOSA

Following is a link to the tournament bracket for games on January 16th, 19th and 20th: https://drive.google.com/file/d/1P9cRuSterQOIEWV-e3saE_I9FH1aCQzy/view?usp=sharing Come out and support our Dragons!

January is **School Board Recognition Month**, a great opportunity to say thank you to the USD 338 Valley Falls Board of Education who are committed to the success of every student in our community. Our board of education includes Jesse Nickelson, Aaron Sprang, Caleb Clark, Donny Smith, Kimberly Kirkham, Jessica Clark, and Jami Heinen.

Dolly Parton Imagination Library

All Kansas children ages 0-5 are eligible to enroll and participate in The Dolly Parton Imagination Library of Kansas. Simply click [HERE](#) to enroll your child in the program to receive a free, age-appropriate book every month in the mail until your child's 5th birthday. [FLIER](#) with information.

Share a giggle today! 😊

Why do math books always look so sad?
They are full of problems.

Where do pencils go on vacation?
Pencil-vania.

What do you get if you cross a snowman and a shark?
Frostbite!

Weekly Activities

Friday, Jan. 12	Spelling Bee begins @ 8:30 am HSBBB @ Maur Hill @ 4:30 pm
Monday, Jan. 15	No school-Teacher In-Service Day MSBBB @ HOME vs Xavier @ 4:30 pm
Tuesday, Jan. 16	HSBBB Tourney begins @ Oskaloosa
Wednesday, Jan. 17	NEK JV League Scholar's Bowl Meet @ Maur Hill
Thursday, Jan. 18	MSBBB @ PR @ 4:30 pm
Friday, Jan. 19	HSBBB Tourney @ Oskaloosa
Saturday, Jan. 20	HSBBB Tourney @ Oskaloosa

[Breakfast and Lunch Menu](#)



Supporting Your Child

TIPS for Helping an Anxious Child (Part 2 of 3)

Calming Strategies might include...

- Deep belly breathing lowers heart rate, blood pressure and stress hormones and helps the thinking/rational brain function.
- Mindfulness exercises focus on the here and now using the 5 senses.
- Some kids might need us to talk through a plan on how to handle things if the fear were to come true.
- Distract with an alternative activity. “What do you want to do besides worry?”
- Make a worry box to write down and put worries away and set aside a short time (10-15 min.) for them to share about their worries.

Adapted from Imperfect Families “How to Break the Cycle of Anxiety in Your Family” and Child Mind Institute