



11-17-23 Update

Volunteering and its Surprising Benefits (Benefit Three/Part B)

Change! BENEFIT THREE/PART B - Gaining Career Experience

Volunteering offers you the chance to **try out a new career** without making a long-term commitment. It is also a great way to gain experience in a new field. In some fields, you can volunteer directly at an organization that does the kind of work you're interested in. For example, if you're interested in nursing, you could volunteer at a hospital or a nursing home.

Your volunteer work might also expose you to professional organizations or internships that could benefit your career.

When it comes to volunteering, passion and positivity are the only requirements. While learning new skills can be beneficial to many, it's not a requirement for a fulfilling volunteer experience. Bear in mind that the most valuable assets you can bring to any volunteer effort are compassion, an open mind, a willingness to pitch in wherever needed, and a positive attitude.

Stay tuned for more information on each additional benefit in the weeks ahead.
(HelpGuide.org)

TURKEY BOWLING

Valley Falls PTO will be having their turkey bowling, bingo and soup supper **this Saturday, November 18, starting at 5:00 pm in the east gym**. If you've never attended, you are missing out! Come join the fun! Here's the link for more details:
<https://drive.google.com/file/d/1XFQ8xKy8YpatOwsgKYqDqibphnv-XIOo/view?usp=sharing>

SCHOOL THANKSGIVING LUNCH

For our thanksgiving lunch, we will be doing the traditional meal and dessert. We will not be offering PBJ's as everyone will be eating lunch here. If not, bring your own lunch. We will not have a salad or fruit bar that day.

LATE NIGHT BASKETBALL, AUCTION AND SOUP SUPPER

Join us for a fun night of basketball, auction items and delicious food! Our annual Late Night will be held on Tuesday, November 21, beginning at 6:00 pm. HS basketball will be having practice until 6:00 pm, so please remain in the commons area until practice is over. Here's the link to the timeline for this event:

<https://docs.google.com/document/d/1ZIM4niat85ohkEn2IIJEJdHwhIXLRKe9/edit?usp=sharing&ouid=118286694658376193465&rtpof=true&sd=true>

HOMETOWN CHRISTMAS IN VALLEY FALLS

Don't miss the fun activities planned for Hometown Christmas on November 25th. See more details at:

https://drive.google.com/file/d/1_Au3vUYh30uUF4cUmk79tajwkQ93nh5N/view?usp=sharing

AMERICAN EDUCATION WEEK

This past week we have expressed our appreciation to our teachers and support staff by providing treats for them to enjoy. A big thank you to our PTO and Jeanette Shipley for providing popcorn toppings that were over the top for sure! We appreciate everyone's efforts in making this a special week.

USD 338 EDUCATION FOUNDATION

The USD 338 Foundation is actively accepting applications for their Spring 2024 Dual Credit/CTE Scholarship. If you plan on taking classes through Highland Community College/other programs for dual credit or need assistance with CTE program certification/programs please see Mrs. Cervantez or come to the VFHS office for a scholarship application. The deadline for applications is **November 30th** and recipients will be notified by the USD 338 Foundation by January 5th of awards.

BOARD OF EDUCATION MEETING

The USD 338 BOE met on 11/13/23. Here are the [minutes](#). Some of the highlights:

- FFA students reported on their trip to the National Convention.
- The Open Enrollment Policy was approved. This policy goes into effect on January 1, 2024.
- Out of district passes to athletic events were approved. Family members of current USD 338 students would be eligible for these passes.
- The December 11 BOE meeting time was moved to 7:30pm because of the PreK-5 Holiday Concert.

“LITTLE THISTLES” CHILDREN’S BUSINESS SHOWCASE

Have you ever wanted to start your own business? Now is your chance! Apply by December 7th to be a youth vendor at the 1st Annual "Little Thistles" Children's Business Showcase! It will be held Saturday, December 16, from 9:00 am-1:00 pm at the Thistle & Thread Company in Valley Falls (Former Western Auto Building). Here's the link for more details:

https://drive.google.com/file/d/15ti2oD_UkTzBHtnmQX-B38GoAdYhLEL3/view?usp=sharing

CHILD SAFETY

There have been several reports of STOP SIGN RUNNERS around our School Buses across Jefferson County, Kansas. This is a Violation of Kansas Law KSA 8-1556 and endangers children and is punishable by a fine and court costs in excess of \$420.00

Jefferson County Sheriff Department and ALL City Police Departments will stop violators and issue tickets if observed passing a stopped School Bus with lights and Stop Arm activated.

Schools are now installing cameras to take photos and license plates of violators who WILL BE contacted by Law Enforcement.

PLEASE stop and keep our children safe. Kids may not be visible when they step out away from the bus.

SLOW DOWN when in school zones, STOP when you see the bus activate the Stop Sign Arm and Flashing Red Lights.

KEEP OUR CHILDREN SAFE!

DRAGON BACKERS

There's a few more spots for families or businesses on our sport's program for Dragon Backers. Two levels of support include \$25.00 for Dragon Club members and \$250.00 for the Black & Gold Club. Funds will be used for new playground equipment and materials for our new STEM classroom. Contact john.hamon@vfalls338.com for more information

VERY LOW COST MEDICAL CARE

The Jerry White Family Care Clinic was established to care for the health needs of uninsured residents. The clinic provides patient-centered medical care for any Jefferson County resident without health insurance.

Where: Jefferson County Health Department, Oskaloosa, KS

When: Usually the last Monday of the month: October 30, November 27, December 18

How: Call for an appointment. (785-403-0025 ext. 216)

DRAGON PRIDE

Following are the students who have earned K-5 Dragon PRIDE (**P**ositive attitude, **R**espect, **I**ntegrity, **D**etermination and **E**xcellence) awards this week. The recipients should be bringing home the certificates for you to see. **Congratulations!!**

Wren Coder, Heath Gier, Ainsley Bonnel, Jocelin Thomas, Mylie Merz, Frank Demby, Bodee Dollen, Mason Belveal, Lane Amack, Katrina Fitzhenry, Drake Heinen, Wade Welborn, Bridget Fitzhenry, May Warth, Swayze Weishaar, Camden Garza, Udayah Gadsden

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.

“Education is not the filling of a bucket, but the lighting of a fire.”

W. B. Yeats

Weekly Activities

November 18	Turkey Bowling, Bingo & Soup Supper-5:00-8:00 pm-East Gym
November 20	MSGBB vs Everest @ HOME @ 4:30 pm
November 21	Late Night Basketball & Meal @ 6:00 pm
November 22-24	No School-Happy Thanksgiving!
November 25	Hometown Christmas in Valley Falls

[Breakfast and Lunch Menu](#)



Supporting Your Child

**Supporting Your
Child**

FAMILY DINNER

***When a family sits down together, it helps everyone handle the everyday hassles and stresses of daily life.**

***It's a great time to connect with and listen to your kids.**

***Eating together promotes better eating habits, which helps family members manage their weight more easily.**

***Everyone benefits from and can share in the planning, preparation, serving and clean up.**

from Stanford Medicine Children's Health