11-03-23 Update

Volunteering and its Surprising Benefits
(Benefit Two/Part C)

BENEFIT TWO/PART C - Volunteering is good for your mind and body.
Volunteering provides many benefits to both mental and physical health.

I have limited mobility—can I still volunteer?

People with disabilities or chronic health conditions can still benefit greatly from volunteering. In fact, research has shown that adults with disabilities or health conditions ranging from hearing and vision loss to heart disease, diabetes or digestive disorders all show improvement after volunteering.

Whether due to a disability, a lack of transportation, or time constraints, many people choose to volunteer their time via phone or computer. In today's digital age, many organizations need help with writing, graphic design, email, and other web-based tasks. Some organizations may require you to attend an initial training session or periodical meetings while others can be conducted completely remotely. In any volunteer situation, make sure that you are getting enough social contact, and that the organization is available to support you should you have questions.

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

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

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

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!

EVACUATION DRILL

We had our evacuation drill on Wednesday. This was our last safety drill and everyone did great! Let us know if you have any questions about any of our safety drills and procedures.

FALL BACK

Reminder to set your clocks back one hour when you go to bed Saturday night. Enjoy your extra hour this weekend!

PICTURE RETAKES

School picture retakes will be Thursday, November 9th. Please let Becky in the elementary office know if you want retakes done by emailing her asap at: becky.nickelson@vfalls338.com.

COMMUNITY BLOOD DRIVE

The high school STUCO will be sponsoring a **blood drive** through the Community Blood Center on Thursday, November 9th, 2023 from 1pm-6pm at the Delaware Township Hall. To make an appointment online, visit savealifenow.org/group and use Group Code: **KCD3**. For additional details contact Stacy Cervantez at Stacy.cervantez@vfalls338.com. Thank you!

VETERAN'S DAY PROGRAM

Our annual Veteran's Day program will begin at 2:00 pm on Friday, November 10th. We hope many of our veterans and their families will be able to attend. Please invite veterans you know and ask them to **register today** with Linda in the District Office at 785-945-3214 or linda.gantz@usd338.com.

TURKEY BOWLING

Valley Falls PTO will be having their turkey bowling, bingo and soup supper on 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

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

FIRST APPLY FREE DAYS

Kansas's first Apply Free Days will be held on November 7-9th, 2023, for Kansas residents! During these three days, any Kansas resident, regardless of age or income, can apply for free at any of our 7 public universities, 19 community colleges, 6 Technical colleges, and the 21 private member institutions of the Kansas Independent College Association. Eligible programs include general applications, certificate programs, associate degree programs, and bachelor degree programs. (Graduate programs or other mid-degree applications will not qualify.) All institutions will still have application fee waivers available during the entire year for students who qualify for financial hardship. Those forms will not be required during the Apply Free window. (Remember- Kansas Community Colleges, PSU, Washburn U, and many of our private institutions never have general application fees. They are free to apply to everyday!)Visit https://www.kansasregents.org/students/apply-free-days 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!!**
Zevah Sears, Violet Herbster, Tresten Walker, Hazel Moffet, Gracie Dinger, Ashlynn Hager, Layla Stern, Naira Brown, Tony Rauch, Reylee Seymour, Mac Tyler, Jaxson Lux, Kennedy Bozarth, Bethany Hawks-Cottrell, Cayson Conser, Tiana Bryant, Ava Harper,

Madison Maldonado, Ava Cox, Braxton Garza, Wade Welborn, Tristan Bozarth, Avery VanWey, Waylon Allen, Presley Darveaux, Alicia Demby, Emma Welsh

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.

"Success is the sum of small efforts, repeated day in and day out." – Robert Collier

Weekly Activities

November 5-11	Buffer Week
November 6	No School-Teacher In-Service Day MSGBB @ Oskaloosa National Honor Society Induction Ceremony @ 6:00 pm
November 7	Election Day MSGBB vs McLouth @ HOME @ 4:30 pm
November 9	MSGBB vs JCN @ HOME @ 4:30 pm HS Student Council Blood Drive from 1:00-6:00 pm Picture Retakes starting at 10:00 am
November 10	Veterans Day Program @ 2:00 pm/Reception 1:30

Breakfast and Lunch Menu



Supporting Your Child

Helping Your Child Be a Great Reader by Reading 20 Minutes/Day

- Why?
  -It leads to better performance at school and a higher IQ.
  -It's a great bonding time.
  -It helps build listening and coping skills

- Tips
  -Ask them ??s while reading.
  -Choose books at their level and with their interests in mind.

Source: MomLovesBest.com

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