



3-08-2024 Update

EAST PARKING LOT CLOSED

The east parking lot by the elementary school closed March 4, for repairs. The lot will not be open (weather permitting) until March 16, 2024. Thank you for your cooperation!

STUDENTS GET A TASTE!



Mrs. Ellerman's Culinary Classes helped serve up their state award-winning Kansas

Granola and Berry Delicious Applesauce to our students during lunch on Tuesday, March 5th. Overwhelming responses were “yummy” and “delicious”! Thanks to all who helped share these great products with our staff and student body.

CHEERLEADING TRYOUTS

It's time for High School Cheerleader Tryouts for the 2024-25 School Year. Sign-ups are in the middle and high school offices for everyone going into 9-12th grade. We will have a mandatory parent meeting at 8:00 pm on April 1st in the West Gym. We would love to have you cheer with us! <https://tinyurl.com/VFHSCHEER> Email Cheryl Brosa (cheryl.brosa@vfalls338.com) or Tina Roberts (tina.roberts@vfalls338.com) if you have any questions.

BASEBALL/SOFTBALL ALUMNI SCRIMMAGE

Save the date and let others know that our alumni games will start at 6:00 pm on Monday, March 25, at the Valley fields.

READ ACROSS AMERICA

Lots of buddy reading took place Wednesday with our NHS members, Leadership students, and 6th-8th grade students reading to PK-2nd graders. Thanks to all that helped make this happen!



TRAPSHOOTING TEAM

Are you interested in joining the Valley Falls Trapshooting Team? Registration is now open for the 2024 Spring League. Deadline is March 25. Please contact Coach Jesica Clark at 785-817-1641 for more information.

EGG MY YARD EVENT

The Valley Falls Trapshooting Team is holding this annual event on Easter Eve. [Click here](#) for details. [Sign up here](#)



PRESCHOOL & KINDERGARTEN ROUND-UPS

Preschool Round-Up-If you have a child who is going to be four years old on or before August 31, and would like them to participate in our Preschool program, please contact Becky in our Elementary office at becky.nickelson@vfalls338.com.

Kindergarten Round-Up will be held April 29 & 30. If you have a child not currently in the Valley Falls Preschool program who will be in Kindergarten next year, please contact Becky in our Elementary office at becky.nickelson@vfalls338.com.

SPRING PLAY

Our Drama Club and the PTO proudly present "Back to the 80's" on April 13th and 14th. An added, great option is a dinner on Saturday and Tea Party on Sunday. [Click here](#) for details and reservation information.

Dear Kansas K-12 Parent/Guardian:

To help address the needs of current and future students, the Kansas State Department of Education is surveying parents and guardians of children 18 years of age or younger about their current perceptions about various post-high school opportunities. In other words, how do you as a parent or guardian define success for your child?

*Please take five minutes to complete the following survey, answering questions in respect to your oldest child who is today 18 years old or younger. **The survey will remain open through March 31, 2024.***

For your convenience, we have included an English and a Spanish version of the survey. Scan the QR code or click on the link provided to access the survey.

Thank you in advance for your participation in this short survey and for all you do to help our state prepare the next generation of Kansas children for tomorrow's workforce.

English version: Link: https://ksde.sjc1.qualtrics.com/jfe/form/SV_9ueQAONACmWdA7s

Spanish version: Link: https://ksde.sjc1.qualtrics.com/jfe/form/SV_5zg5SUKReBv7sA

PK-8 YEARBOOK ORDERS

It's time to order elementary yearbooks! Orders are due May 16th. Softcover yearbooks are \$20.00/each. [Click here](#) for order form and details.

HIGH SCHOOL YEARBOOK ORDERS

VFHS yearbooks are now on sale. Cost is \$60. If you would like to add personalization to your yearbook, it is an extra \$10 for a total of \$70. All high school yearbooks need to be ordered and paid for by April 15, 2024. For more information, contact Brenda Lloyd at brenda.lloyd@vfalls338.com

DRAGON PRIDE

Following are the students who have earned K-5 Dragon PRIDE (Positive attitude, Respect, Integrity, Determination and Excellence) awards this week. The recipients should be bringing home the certificates for you to see. **Congratulations!!!**
Allison Smith, Owen Strickler, Caleb Kirkham, Dahlia Jones, Maddy Fialkowski, Noah Bernasek, Jeremiah Clark, Cally Strickler, Jefferey VanGordon, Bailey Marshall, Seth Nickelson, Layla Stein, Lane Amack, Stetson Starkey, Ryland Voss, Ryken Guenther-Perry, Carly Bowen, Jasper Tyler

School Counseling Link

[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.

Online Safety Information for Parents

[Electronic Device Agreement.v3.pdf](#)

[Parents Guide to Instagram.pdf](#)

[Parents Guide to Smart Phone Safety.pdf](#)

[Parents-Guide-to-TikTok.pdf](#)

[Protecting Your Kids Online 2 0 EN.pdf](#)

[Thorn For Parents -Infographic.pdf](#)

[24 Apps parents need to know about.pdf](#)

SAVE THE DATE!

Dragon Family, please mark your calendar for April 24, 2024 at 6:00pm. On this date and time we will have a **Health/Wellness Night and Ribbon Cutting Open House for our Track and Multi-Purpose Room**. More details as we get closer to the date. This will be an evening of fun and movement for the whole family!

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.

Weekly Activities

Friday, March 8	End of third 9-weeks ½ Day of School/Dismiss @ 12:30, ½ Day Teacher Work
March 11-15	Spring Break Week-No School!
March 13-17	West Gym Closed
March 15-17	Fitness Room Closed for Repairs
March 16	Baseball/Softball Jamboree @ Riverside (Wathena)
March 18	Back to School! Honors Week State Assessment Window Opens
March 20	MS Scholar's Bowl @ SBCS (w/Everest, McLouth, JH) 4:00 Honor's Week Banquet (West Gym) @ 6:00 pm
March 21	MS Scholar's Bowl @ JCN (w/PR, Oskie, Everest) 4:00 pm

[Breakfast and Lunch Menu](#)



Supporting Your Child

TIPS for Stepparents (Part 2 of 2)

- Be ready to hear “You’re not my real mom/dad!” A good response might be “You’re right, I’m your stepparent but I still love and care about you.”
- Be careful about overstepping your bounds. Stepping back and allowing the biological parent to be the primary disciplinarian for at least the first year allows time to develop the relationship.
- Try to carve out one on one time with your stepchild once or twice a month to help build the bond.
- Don’t take things personally. Many kids still have hopes their parents will get back together. When a stepparent enters the picture, that dream dies. They are mourning a loss and it takes time to work through those feelings.

From WeBMD, author Colleen Oakley