



West Indianola Elementary
4201 NW Brickyard Rd.
Topeka, KS 66618
(785) 286-8550

August 3, 2015
Welcome Back!

Note from the principal:

For those of you who are new to WI, "Welcome!" For those of you who are returning, "Welcome Back!" I hope everyone had a relaxing and fun summer. I know I did. It is exciting to be back, especially with all the wonderful changes that took place over the summer. Construction will be complete by the first day of school. In addition to 12 new classrooms, we also have a new gym, library, special education room, office, music room, conference room, teacher workroom, public restrooms, and offices for our school psychologist and other support staff. The pod area was remodeled last year. We have 4 new pieces of playground equipment as well as an additional playground area.

I would like to invite you to Sneak Peek on Wednesday, Aug. 12, from 5:30-6:30 p.m. This is a time for your child to see his/her classroom and meet staff. We will also have Back to School Night for parents/guardians on Monday, August 24. You will be able to tour the building during both events. Back to School Night has different times scheduled for different grade levels so watch for your specific time. You will meet in your child's classroom.

We have added new staff for the 2015-2016 school year. Mrs. Amber Campidilli and Mrs. Nancy Kennedy will be joining Miss Kelsie Shafer on our kindergarten team. Mrs. Kimbre Haflich will join Mrs. Cristin Casteel on our 3rd grade team. Mr. Joshua Gomez will be our new P.E. teacher, and Mrs. Kristie McBratney will join Mr. Ted Jacobson as our new special education teacher. Miss Rachael Jones became Mrs. Rachael Salum over the summer and will be joining Mrs. Angie Loy on our first grade team. Jess Oliver is our new speech para and Janelle Hamilton is our new interpreter. We are also happy to have Mr. Dan Guzman as a full-time night custodian.

Again, it is an exciting time for WI. I look forward to another great year of working with the wonderful staff, students, and families in our WI community. Enjoy your last days of summer!

Mrs. Sherry Helus, Principal

WEST INDIANOLA VISION STATEMENT

West Indianola ensures a positive, safe environment that values and accommodates the needs of all learners. We promote learning through collaboration, effective planning, technology, and assessment, with the goal of instilling the value of lifelong learning.

Mark Your Calendars:

Wed., Aug. 12: Sneak Peek/PTO Ice Cream Social, 5:30-6:30 p.m.

Thurs., Aug. 13: First Day of School (8:50 a.m.-4:00 p.m.)

Wed., Aug. 19: Elementary Band & Orchestra Information & Enrollment Night, lab opens at 6 p.m., meeting at 7 p.m.; SHS

Mon., Aug. 24: Back To School Night, Gr. K-1, 6 p.m.; Gr. 2-3, 6:30 p.m.; Gr. 4-5, 7 p.m.; Gr. 6, 7:30 p.m.) – parents only

Thurs., Aug. 27: Boy & Girl Scouts Recruiting Night, 7 p.m.

Tues., Sept. 1: Watch DOGS Sign-Up, 6:30-7:30 p.m.

Mon., Sept. 7: No School (Labor Day)

Mon., Sept. 21: Site Council, 6 p.m.; PTO, 7 p.m.

SCHOOL SAFETY PROCEDURES

At West Indianola your child's safety is our top priority. Consequently, **ALL building doors are locked at the beginning of the school day.** Please enter through the front set of doors and ring doorbell outside the office. You will then be buzzed into the office. Once inside the office, please sign-in. If you plan to stay at WI, you will be asked to wear a visitor's badge. You must then visit the office and sign out when you leave the building.

Please make arrangements with your child's teacher prior to visiting the classroom. We do not want to interrupt instructional time. Thank you for understanding.

BE A PART OF OUR PTO

The West Indianola PTO generally meets the 3rd Monday of the month. The first meeting will be on Sept. 21. The meetings take place at 7:00 p.m. in the WI library. All parents and guardians are invited and encouraged to attend these meetings. You can follow West Indianola PTO on Facebook.



END OF DAY DISMISSAL – PLEASE READ!

Please let the school know if you want your child to do something other than the normal routine after school.

Only with the principal's permission will a student be allowed to ride a bus different from his/her regular bus. Parents should send a note with the student for Mrs. Helus or Mrs. Lockhart to sign. Students will not be allowed to call during the school day or after school to change their plans.

BUS RIDERS will be escorted by teachers to the buses at 4:00 p.m. As soon as the school buses are loaded, they will leave the parking lot.

CAR RIDERS will exit front doors of building with teachers at 4 p.m. If you are picking up your child, please pull into the circle drive and form two lines. Do NOT park in the south parking lot. This lot is for buses only. Once in the circle drive, please do NOT get out of your car. Please ask your child to watch for your vehicle and let a teacher know when he/she sees you. Teachers will load your child into your vehicle. We ask that no one PARK in the circle drive and enter the building after 3:30 p.m. If you must enter the building, please park in the lot designated as visitor's parking at the front of the building.

BIKE RIDERS AND WALKERS will be supervised by teachers as they depart from the school.

ELEMENTARY BAND & STRINGS ENROLLMENT

Enrollment for elementary band and orchestra is on-line. Parents may enroll from home using the links below, or at the Band & Orchestra Enrollment Night on school computers.

Elementary Band enrollment: seamanvikingbands.com/elementary
Elementary Strings enrollment: www.usd345.com/strings

Band & Orchestra Enrollment Night: WEDNESDAY, AUGUST 19th Seaman High School Auditorium

Public computer lab opens: 6pm

Information meeting: 7pm

5th graders may enroll in beginning band or strings, and 6th graders with at least 1 year of experience may enroll in advanced band or strings. New 6th graders are welcome to join the beginning groups as well.

Families with band/string experience are welcome but not required to stay for the informational meeting on Aug. 19, while families that are new to the programs are encouraged to attend the 20-minute presentation at 7:00. Students who are new to the string program must attend the meeting with their parents so they can be properly sized for their instrument if they are renting it from the district.

On-line enrollment ends at midnight on Friday, September 4th.

The first day of band/strings will be a dry-run (no instruments):

Beginning – Tuesday, Sept. 24

Advanced – Monday, Sept. 25

Weekly rehearsal schedule

Advanced – M, W, F 7:45-8:20

Beginning – T, Th 7:45-8:20

For more information, please email:

Ryan Simpson (BAND) - rsimpson@usd345.com

Mariah Barnett (STRINGS) – mbarnett@usd345.com

SAFETY TO AND FROM SCHOOL

Safety is important to us. We stress the importance of safe play here at school and encourage students to develop good safety habits while coming to school and going home from school. Please take a minute and go over the following bike and pedestrian safety rules with your child:

1. Students should park their bicycle immediately upon arrival at school.
2. No riding double on bicycles.
3. Bicycles should be ridden with traffic, and students should walk facing traffic.
4. If possible, encourage your child to walk to and from school with others.
5. Children should stay away from strangers and report any problems.

West Indianola's Theme for the 2015-2016 School Year is "20/20 Vision: With A Focus on Learning".

AN EQUAL EMPLOYMENT/EDUCATIONAL OPPORTUNITY AGENCY: Seaman Unified School District #345 does not discriminate on the basis of sex, race, color, national origin, handicap, or age in admission or access to or treatment of employment in its programs or activities. Any questions regarding the districts' compliance with Title VI, Title IX or the Title VI and Section 504 contact the coordinator at 785-575-8600, 901 NW Lyman Road, Topeka, KS 66608.

Notice for a Drug Free Workplace: The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD 345. Violators will be prosecuted.



SCHOOL HOURS:

8:45 a.m. First bell - students may enter the building

8:50 a.m. Class starts

4:00 p.m. School dismissed

Students achieve best when they attend school on a regular basis and are at school on time daily. Thank you for your assistance.

SCHOOL LUNCH PRICES

Student meal prices are \$2.65 for student lunches at the secondary level and \$2.40 for student lunches at the elementary level. Adult lunch prices are \$3.65. If you send lunch money to school, please send it in an envelope with your child's name and teacher's name. Also, indicate on the envelope that it is for lunches.



Check out our new website. Go to www.seamanschools.org. Click on the header marked "Schools" and then click on "West Indianola Elementary School". I will be updating the calendar on our school webpage frequently. There will be some information that you may not see if you merely look at the district calendar. You can also find other useful information on our school webpage.

If you gave us your email address when you enrolled online, you will also receive weekly email updates from me. If you are not receiving these weekly updates, please let Shande know.

Watch for monthly newsletters to be added to our webpage or sent home if you requested a hard copy. Monthly newsletters come out at the beginning of each month.

Tips For Heading Back to School

The back-to-school season can arouse dread in parents and kids alike, especially when it comes to sickness and health. Aside from marking the end of summer's lazy days, "back to school" signals the start of a crazy time for many families, a time during which we scramble to update immunizations, see our doctors for check-ups, re-establish more structured eating, television, and bedtime routines, and keep our kids healthy. To help you plan a healthy and anxiety-free school year, here are some tips to reduce stress and adopt some other healthy habits.

Reduce Stress

- *Slow start.* Want to help make the start of school easier -- and halt the moans and groans before they begin? Set up back-to-school routines early and ease kids into them gradually.
- *Open sesame.* Encourage your child to talk about the anxiety he may feel about starting school. Remind him he's not the only kid feeling nervous and that teachers are there to help.
- *Meet and greet.* Take your child to visit the school at Sneak Peek so your child knows where his/her room is and can meet the teacher, the school nurse, and other staff before school starts.
- *Buddy system.* A friendly face can reduce first-day jitters. Have your child ride the bus or meet on the playground with a friend.

Other healthy habits

- *Hands on.* Adopting good hand-washing habits is the best way to avoid illness. Teach your child to rub hands for at least 20 seconds with soap and warm water before eating and after using the restroom and playing outside.
- *Cover up.* Teach your child to sneeze and cough into a tissue or the inside of the elbow to keep infectious droplets from spraying into the air and making other kids sick.
- *Lighten up.* Carrying a backpack shouldn't be a workout for your child. Pack the bag as lightly as possible, with heavier items in the center compartment. The load should never be more than 10% to 20% of your child's body weight.



Back-to-School Ice Cream Social and Sneak Peek

Wednesday, Aug. 12

5:30-6:30 p.m.



Ice Cream Social

Visit classrooms and drop off school supplies. PTO is providing ice cream in the cafeteria with a free will donation. Hope to see you then!

ATTENTION 6TH GRADE PARENTS:

The Shawnee County Health Agency's Immunization Department has partnered with Seaman USD #345 elementary schools to provide mandated and recommended immunization boosters for 6th grade students. A series of vaccination clinics will be offered in our elementary schools by nurses from Shawnee County Health Agency to provide convenience to parents, help ensure students are protected from disease, and to make sure they are ready to start 7th grade next year.

These clinics will have three vaccines available for students including:

- Human Papillomavirus (HPV)
- Tetanus, Diphtheria, Pertussis (Tdap) – **(mandatory for entry into 7th grade by law)**
- Meningitis

Three clinics will take place as the HPV vaccine is a three series shot. The dates of the first clinics will be **September 14th at 9:30 Elmont; September 15th at 9:30 North Fairview; September 16th at 9:30 Logan; September 17th at 9:30 Pleasant Hill and 1:00 at Rochester; September 18th at 9:30 at West Indianola.**

Other clinic dates will be announced at a later time.

PLEASE CHECK YOUR CHILD'S BOOK BAGS FOR ADDITIONAL INFORMATION, including a consent form, and health insurance information. (Accepted health insurance includes Aetna, Blue Cross and Blue Shield, Century, Coventry, Coventry Medicare Advantage Plan, Medicare, Medicaid-KanCare (Amerigroup, Sunflower State Health and United Healthcare), United Healthcare Commercial Insurance, excluding TRICARE), and United Healthcare Medicare Advantage Plan).

IF YOUR CHILD DOES NOT HAVE HEALTH INSURANCE, THE COST OF EACH VACCINATION IS \$20.25. You will be billed after the clinics via your home mailing address.

For additional information, please contact your building school nurse, or Chris Tuck, Health Services Director (ctuck@usd345.com, 575-8700).



PARENT BACK-TO-SCHOOL Information Night at West Indianola

Monday, Aug. 24
Gr. K-1, 6:00-6:30 p.m.
Gr. 2-3, 6:30-7:00 p.m.
Gr. 4-5, 7:00-7:30 p.m.
Gr. 6, 7:30-8:00 p.m.

Parents will go to their child(ren)'s classroom(s) to learn about classroom rules, grading procedures, what students will learn this year, and the teacher's expectations. This is also a time when parents can sign up for classroom parties. This is not a conference time, so to insure privacy, please make an appointment if you wish to discuss individual concerns regarding your child.

This evening is for parents/guardians only.

6:00-8:00 P.M. - The following teachers will be available in their classrooms/offices to answer any questions you may have: Mrs. Brinkley (Music), Mr. Joshua Gomez (P.E.), Mr. Jacobson & Mrs. McBratney (Special Services), Mrs. McCullough (Speech Pathologist), and Mrs. Michael (School Counselor)



WatchD.O.G.S. is Coming to WI!

Dads, grandfathers, and father-figures are invited to learn about Watch D.O.G.S. and become a Watch D.O.G.S. volunteer.

Watch D.O.G.S. Information and Fun Night
Tuesday, Sept. 1
6:30-7:30 p.m.
W.I. Cafeteria

Bring a lawn chair and your child/ren.



Back to School Wellness

Keep Germs at Bay

Preventing our children from illnesses once back in school, is important. Illnesses are caused by viruses, bacteria, parasites and fungi that are transmitted from one person to another. Droplets from a cough or sneeze of an infected person goes through the air and lands on a surface like a desk. Germs are easily spread when someone touches the object that has been contaminated with germs and then touch their eyes, nose or mouth. Keeping the hands away from the nose and mouth are the most helpful steps in prevention. School-age children average five or six colds a year and adolescents approximately four colds a year. In addition, children can have diarrhea illnesses with or without vomiting two to three times per year. The main cause of frequent colds or illness is your child being exposed to new viruses. Viruses will increase in the wintertime, when we spend more time crowded together indoors.

Practice Good Hand Hygiene

Good hand-washing is still the most effective way to prevent the spread of colds, the flu, and viruses. Washing your hands after using the bathroom, blowing your nose, handling trash, and touching animals prior to touching food will help eliminate germs. Soap and water can be used for 20 seconds to hands to wash away those germs. Using alcohol-based hand cleaners is also effective when washing with soap and water is not an option.

Help Your Immune System

An unhealthy diet and not enough sleep can also affect the immune system and lower resistance to illnesses. Normally our bodies can help fight off organisms before we get sick. However, staying up late, cramming for an exam, or eating too many cheeseburgers and fries can wear our body down. Poor nutrition and not getting good rest can weaken the immune system. Eating plenty of fruits and vegetables can prevent health problems. Drinking water helps prevent dehydration and helps flush out the body. Sleep is crucial to maintaining your child's health. Sleep is the body's time to repair and rejuvenate itself.

Continue to exercise during the school year as well. Exercise is good for us physically and mentally. Exercise helps with anxiety and stress, and we sleep better too. Exercise gives us a higher energy level and can promote better concentration in school.

Stress is the body's normal response to troubling situations. Children can experience stress when entering a new grade, a new school, or when worrying about an upcoming test at school. So preparing your child ahead of time can help reduce stress. Accompany them to the "Back to School" and "Open House" events at their school in order to meet your child's teacher before school starts. Also, encourage older children to study each evening versus cramming the night before a test, which reduces their stress as well.

Stay Home if You're Sick

We can take many actions that can help guard children's bodies against these infections and build up their immune systems to make them strong and resistant to illness. However, if they do get sick, remember to keep them home until they have been symptom-free for 24 hours. It is typical when a child runs a fever that the fever is elevated in the evening and lower in the morning. So if they had a fever (100°F or higher) prior to going to bed that evening, they should probably stay home the next day from school. This is to keep from infecting others and spreading the illness further.



Calendar Errors – Seaman District Printed Calendar

There are six mistakes in the printed Seaman calendar. These are important, because two include days off from school in October. The corrections are listed below.

October Days Off:

1. No School (Professional Development) is actually 10/19.
2. No School (Parent / Teacher Conferences) is actually 10/29-10/30.
(Both of these are off by a week in the calendar.)

Additional Corrections:

3. SFC/SHS 9th Grade & New Student Orientation is listed twice in August. This event is 8/10 at 7:30 p.m.
4. Elementary Band/Orchestra Enrollment is actually 8/19 @ 7:00 p.m.
5. Fall Into Fitness is actually 11/14 @ 8:30 a.m.
6. West Indianola 6th Grade Parent Night is at 7:30 p.m. on 8/24.

All dates are correct at www.SeamanSchools.org.

Summer Reading Celebration!

Did your child participate in a summer reading program? We will be celebrating the joy and importance of summer reading with an ice cream party on Friday, August 28, at 3:30 p.m. In order to be invited to the party/celebration, your child needs to bring evidence to school of participating in any summer reading program. The evidence can come from the Topeka Shawnee County Public Library, Barnes & Noble, or the West Indianola form that was sent home in May. This documentation should be turned in at school by Friday, August 21. Hope everyone read some good books this summer!

Student Accident Insurance

The district will no longer be paying for secondary student accident insurance beginning with the 2015-16 school year. This is the insurance that parents could access at district expense to submit a claim on any out-of-pocket expenses incurred when a student had an accident on district property. As in years past, optional 24-hour student accident insurance will be made available to families at their expense through Student Assurance Services. District schools will be provided informational brochures to distribute to the students in their building.

BIONIC Club Applications for 5th and 6th Grade Students

Applications for the 2015-2016 BIONIC Club will be coming home in August. Mrs. Michael will pass them out during students' first class meeting. They will be due September 11, and the first after-school meeting will be Thursday, September 17, from 4:00-5:15 p.m. BIONIC Club is a service organization that strives to help our school and community. The club plans and organizes service projects throughout the year, including food drives, bell ringing, helping with Red Ribbon Week and Anti-Bullying Week, and more based on student interest. To apply, students will need to complete the application, have parent permission, and get a teacher recommendation. The BIONIC Club is looking forward to another year of serving together!