

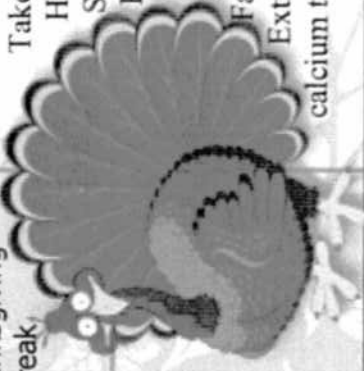
Monday

Tuesday

Wednesday

Thursday

Friday

<p>7 GRILL CHICKEN WRAP Lettuce &amp; Tomato Fresh Broccoli &amp; Carrots Crisp Apple Quarter Bread Stick, Milk Choice</p>	<p>8 COUNTRY STEAK Potatoes &amp; Gravy Green Beans Orange Half Wheat Roll &amp; Jelly Milk Choice</p>	<p>9 SAUSAGE PIZZA Baby Carrots Pineapple Chunks Graham Snack Milk Choice</p>	<p>10 PIG IN A BLANKET Baked Beans Coleslaw Apricot Halves Milk Choice</p>	<p>11 LASAGNA Tossed Salad w/Spinach Diced Peaches Garlic Bread WG Sugar Cookie Milk Choice</p>
<p>14 No School Teacher in-Service</p>	<p>15 BISCUITS &amp; GRAVY Sausage Patty Tri-tater Baby Carrots Spicy Warm Apples Milk Choice</p>	<p>16 MEAT LOAF Potatoes &amp; Br. Gravy Sweet Peas Cherry Cloud Wheat Roll &amp; Jelly Milk Choice</p>	<p>17 CHICKEN FAJITA Lettuce &amp; Salsa Seasoned Rice Apple Sauce Orange Slices Milk Choice</p>	<p>18 ELL-SALINE PIZZA Spinach Salad Pineapple Chunks Vanilla Pudding Milk Choice</p>
<p>Thanksgiving Dinner Turkey Potatoes &amp; Gravy Green Bean Casserole Fruit Cocktail Wheat Roll &amp; Jelly Pumpkin Dessert Milk Choice</p>	<p>21 CORN DOG Tri-Tater Baked Beans Crisp Apple Quarter Bread Stick Milk Choice</p>	<p>23 No School Thanksgiving Break</p>	<p>24 No School Thanksgiving Day</p>	<p>25 No School Thanksgiving Break</p>
<p>28 CHICKEN PATTY Potatoes &amp; Gravy Fresh Broccoli Berries &amp; Banana's Wheat Roll &amp; Jelly Milk Choice</p>	<p>30 Cheese Burger on Whole Wheat Bun Lettuce &amp; Tomato Slices Sweet Potato Tots Orange Half Milk Choice</p>	<p>31 CHILI &amp; CHIPS Green Pepper Strips &amp; Baby Carrots Apple Sauce Crisp Apple Quarters Cinnamon Roll Milk Choice</p>	<p>HAPPY THANKSGIVING!</p> 	

**LET'S MOVE**

Parents, encourage your kids to be physically active, both in and out of school, and join in the fun to set a good example.

Studies show that kids who believe they are competent and have the skills to be physically active are more likely to be active.

Encourage your children to join a sports team or try a new physical activity.

Find time to spend together with a fun activity like a family park day, or bike day.

**Cafeteria Plan**

Variety is the name of the game in today's

Ell-Saline cafeterias.

Encourage your Child, Tween or Teen to

Take advantage of Healthy offerings

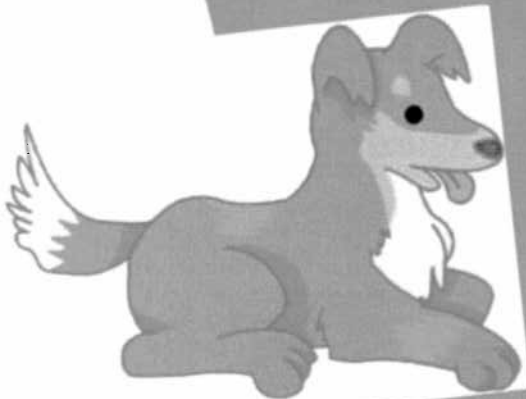
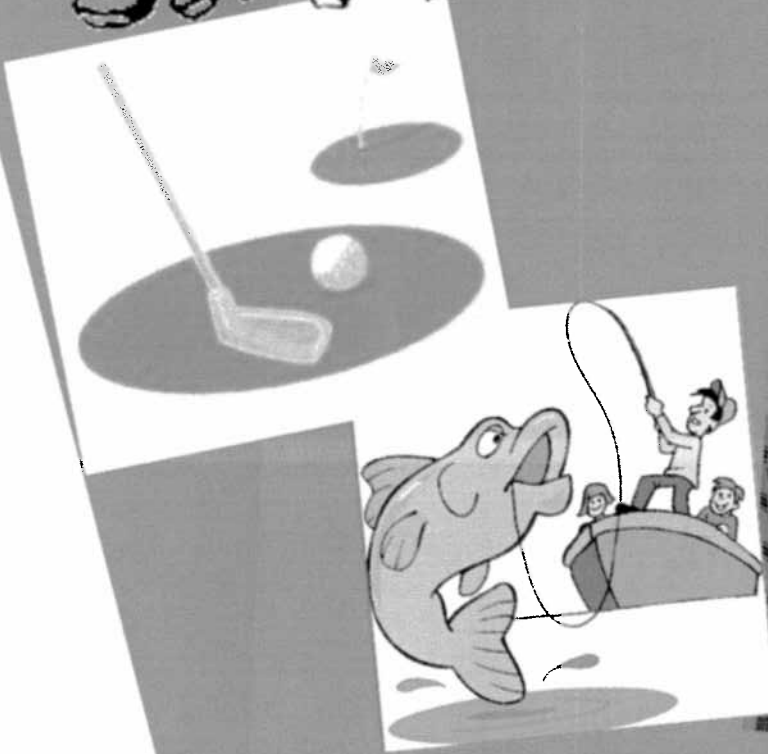
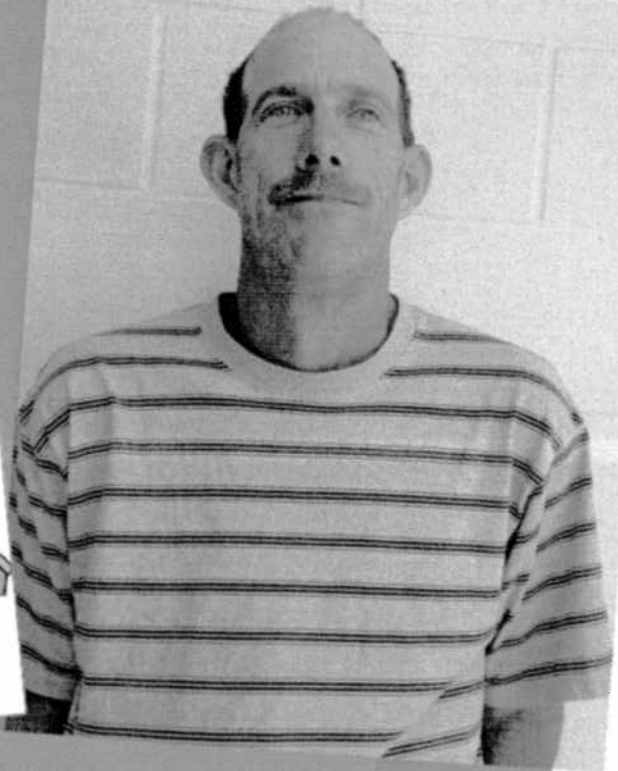
Such as the salad Bar, Fresh Fruits, & Whole Wheat

Breads. Drinking Fat free milk will add

Extra protein and calcium to their meal.

# October Staff Member of the Month

## DAVID GRAF



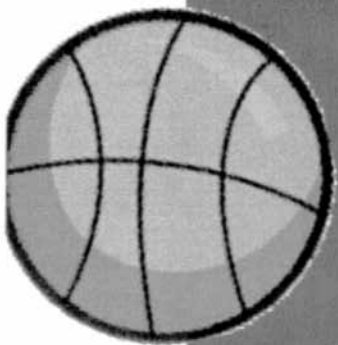
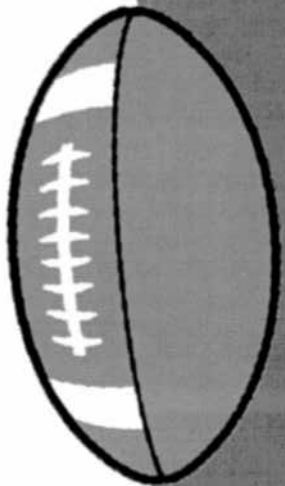
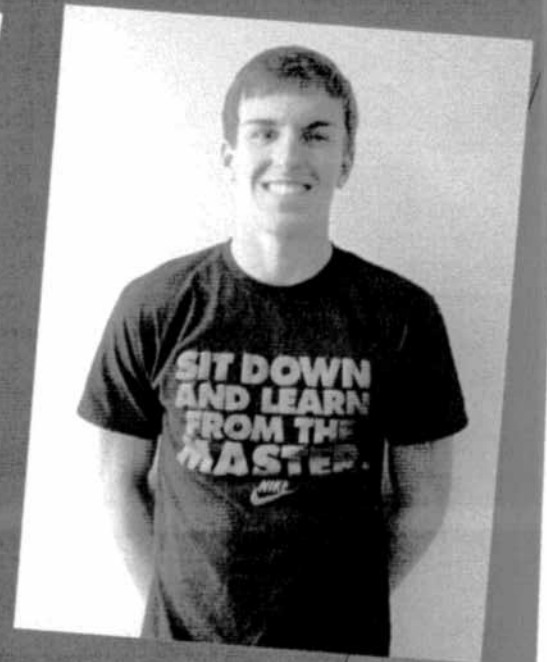
**David Graf is the October Staff Member of the Month. David has been a custodian here for a year and a head custodian for four months. In his spare time, Mr. Graf enjoys hunting, fishing, golfing, auto racing, wood working, and spending time with friends and family. At home, Mr. Graf loves spending time with his wife and their two dogs.**

# October Student of the Month

## Kaleb Whitehair

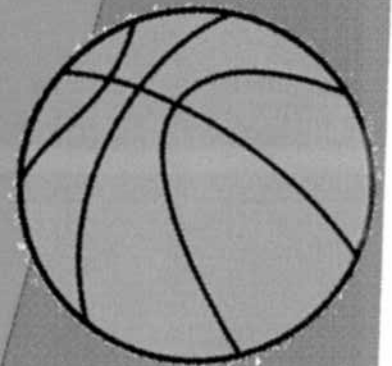
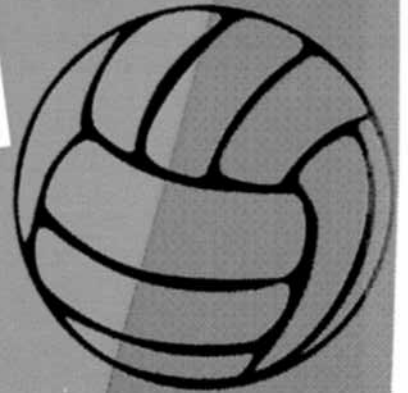
Kaleb Whitehair is the October Student of the Month. Kaleb is the son of Paul Whitehair and Denise Thompson. He has 2 brothers, Kendle and Kolby. Kaleb is a member of Friends of Rachel, FCA, the Bullying Committee, football, basketball, track, Big Brothers/Big Sisters, and is the "Hashtag #Swag" Vice-President.

He enjoys sports, eating, working out, video games, and spending time with his family. Kaleb's future plans involve going to college to play Division 1 football and to major in sports marketing, with a minor in business and to become a sports agent. After college, he plans on getting married and moving to Colorado or New York. He doesn't plan on having kids, because they are expensive and eat everything. After retirement, he would like to travel the world.



# October Student of the Month

## Stalee Diehl



**Stalee Diehl is the October Student of the Month. She is an eighth grader and the daughter of Staton and Mandy Diehl. She has two brothers, Staton and Gavynn. Stalee is involved in Student Council, volleyball, basketball, track, FCA, and PALS. Outside of school, she is involved in her Youth Group and Relay for Life. She enjoys being with her family, riding horses, working outside with her dad, and sports. After high school, Stalee plans on going to K-State with an undecided major and to play volleyball or basketball.**

November  
2011

JENNY SMITH COORDINATOR/PARENT EDUCATOR  
(785) 577-4270

## Ell-Saline Parents as Teachers

# Reading Together to Build Early Literacy

**Early stages** Developing language is the first step in learning to read, and it occurs very early in life. When you read to your child from the time she is born, you provide a rich language environment for her. Your child hears words that may not occur in the normal course of a day, increasing her exposure to a wide variety of speech sounds. When you cradle your baby and read with inflection in your voice, your child learns to associate reading with love, comfort and pleasure—the beginning of a positive attitude which provides motivation for learning to read.

**Toddler years** Toddlers have the reputation for being on the go, and you may be discouraged in your attempts to read to your child during this stage of development. But toddlers learn important things from reading—they just learn them standing up! Children this age like books that have photographs of objects and text that names the pictures. Nursery rhymes and books with rhyming text are important because rhyming promotes the awareness of letter sounds, which is necessary for reading. Toddlerhood is the time to

learn how to handle a book, such as holding the book right side up and turning paper pages.

**Preschool** As children enter the preschool years, they develop an appreciation of the plot and characters of a story. Exposure to quality picture books increases your child's enjoyment of reading and engages his imagination. More complex stories build your child's comprehension skills and provide a knowledge base from which he can understand concepts and new ideas. Skills such as identifying the title of a book, tracing text with a finger while it is read, talking about pictures, and speculating about where the plot is going are setting the stage for learning to read in the early years of school. Literacy also develops when your child sees printed words in his environment, such as signs, lists, menus or labels. When you read this "environmental print" to your child, you show him that reading is important in every day life. Read to your child each day, no matter how young she is. You will be giving her just the right experiences she needs to become a good reader in the future!

**Experts say...** Reading experts Susan Hall and Louise Moats sum up the benefits of reading aloud to your child in the early years.

Your child:

develops background knowledge for more complicated learning

builds vocabulary

is exposed to rich language patterns

learns the structure of a story

learns how to handle books and becomes familiar with reading

identifies reading as a pleasurable activity

Want to read more about the importance of reading to your child? Look for these resources: ***Straight Talk About Reading*** by S. Hall and L. Moats  
***Helping Your Child Become a Reader*** by U. S. Department of Education Office of Intergovernmental Affairs

## Birthdays!!!

- *Kolter October 14th*
- *Reese October 18th*
- *Breck October 25th*
- *Anton November 30th*





**SMOKY HILL  
EDUCATION  
SERVICE CENTER**

Phone: (785-577-4270)  
Alt Phone: (785)825-9185

*jrsmith@smokyhill.org*

**[ Your Baby Was Born To  
Learn! ]**

## Playgroups

- Mon Nov 7th **Story Time**- Pumpkin Theme
- Mon Nov 14th **Music & Me**
- Tue Nov 15th **Tumbling**
- Sat Nov 19th **Zoo**- Turkey theme



### **Join Parents as Teachers Today!**

PAT is for **all** families in the *Ell-Saline School District* with a child aged birth – 3 years of age.

# Thanksgiving Fun

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The Turkey  
Original Author Unknown

**The turkey is a funny bird.**  
*Hook thumbs together and spread fingers to create turkey tail.*

**Its head goes wobble, wobble.**  
*Wobble head back and forth.*

**And all it knows is just one word:**  
*Hold up one finger.*

**"Gobble, gobble, gobble."**  
*Make mouth shape with hand, opening and closing it while gobbling.*

### **If You're Thankful and You Know It**

*to the tune of "If You're Happy and You Know It"*  
If you're thankful and you know it, clap your hands.

If you're thankful and you know it, clap your hands.

If you're thankful and you know it,  
Then your face will surely show it.

If you're thankful and you know it, clap your hands.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it,  
Then your face will surely show it.

If you're thankful and you know it, stomp your feet.

If you're thankful and you know it, shout "I am!"

If you're thankful and you know it, shout "I am!"

If you're thankful and you know it,  
Then your face will surely show it.

If you're thankful and you know it, shout "I am!"

If you're thankful and you know it, do all three.

If you're thankful and you know it, do all three.

If you're thankful and you know it,  
Then your face will surely show it.

If you're thankful and you know it, do all three.

