

BRANSON GETAWAY!!

Through the generosity of an Ell-Saline patron, the Cardinal Foundation for Educational Excellence has been given a 3-night stay in a deluxe one bedroom accommodation in Branson, MO. It was the decision of the Cardinal Foundation's Board of Directors to raffle off this gift as a fund raiser. The destination is a Wyndham resort in Branson and it can be used anytime before January 30, 2012, based on availability of space. A \$1 donation entitles you to 1 ticket, a \$5 donation entitles you to 6 tickets and a \$10 donation entitles you to 15 tickets. The drawing will be held at half-time of the final regular season high school home football game with Inman on Friday, October 17. You need not be present to win. To make your donation and receive your tickets see any of the Cardinal Foundation Board of Directors members—Jamie Bradley, Nikki Davenport, Mitch Drees, Michelle Griffin, Marty Kramer, Larry Laas, Tom Omli, Kathy White or Jerry Minneman.

FROM THE SUPERINTENDENT'S DESK

Welcome to autumn from Ell-Saline USD 307. After our extremely dry summer the rains of the last week have been welcome and encouraging. There was not enough to save some of the soybeans and sorghum but it will help in preparing the ground for wheat planting. With the daylight hours becoming fewer, there is a definite coolness in the air as evening approaches and we see the beginning stages of color changes in the tree leaves and in some of the crops. Yes, autumn is such a beautiful, picturesque time of year!

It is hard to imagine that by the time this reaches you September will be almost behind us and that we will have been in school for more than a month. Where has the time gone and what has been accomplished? Normally when time goes so quickly it is because of being busy and of things going smoothly and this has been the case this year. Overall it has been one of the most positive beginnings to a year that I have been a part of for a while. The atmosphere in the buildings is one of calm and order, even as the construction is finishing up, and the staff and students are working hard. Our students have taken the MAP assessment, DRA assessment, attended STARBASE, had a Book Fair, attended the state fair, played volleyball and football games, been on FFA, yearbook and other class field trips, and ordered sophomore class rings and senior graduation announcements just to mention some of what has been taking place. Our staff has attended out-of-district workshops, as well as several meetings within their buildings or the district, to gain information on teaching strategies and assessments. It is a busy, productive start to the school year.

As a district we are only as strong as all parts working together are. Last week there was another great opportunity for this to happen. That opportunity was in taking part in Parent-Teacher Conferences. It was again refreshing to see the large turnout and the serious approach that our parents/guardians take in the education of their children. Please don't hesitate to visit your child's teacher at any time during the year that you have questions or concerns. You can also check on your child's progress at any time by going to the PowerSchool link on our district website. Contact the building principal if you need help with your username or password.

Again last year the joint effort among the staff, students and parents points out the strength of our academic programs as both our elementary school and middle/high school continued to do very well as we strive to meet the Adequate Yearly Progress (AYP) goal of 100% of our students scoring at Meets Standards or above in 2014. Both of our buildings did MEET THE STANDARD on the state reading and math assessments last year. In addition to the accomplishments on the state assessments, our high school students that took the ACT exam had a Composite Score **ABOVE** the state average. All of this helps illustrate not only the strength of our faculty and curriculum in grades K-12 but also the importance that you as parents place on the education of your children by encouraging and helping them with their studies. We appreciate all that you do to help make our jobs more rewarding.

Although we've not heard any predictions yet for an outbreak of any flu like illness this winter, it is still important at all times of the year to take precautions and practice good hygiene measures. Reducing the potential spread of any virus provides another opportunity for us all to work together. Three ways for families, students and school staff to reduce the risk of getting sick from the flu are: (1) Practice good hand hygiene by washing your hands often with soap and water, especially after sneezing or coughing. (2) Practice respiratory etiquette by covering your mouth and nose with a tissue when sneezing or coughing. If a tissue is not available then you should sneeze or cough into your elbow or shoulder rather than into your hands. (3) Staying home when you are sick. Staying at home means that you keep the virus to yourself rather than sharing it with others. It is recommended that individuals with flu-like illnesses stay at home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever reducing medications.

Thank you for your continued trust and confidence in the Ell-Saline USD 307 school district. You can be assured that your children are receiving a quality education. I hope to see many of you at one of the Open House opportunities on October 7 and 9 so that I can thank you in person for providing us the opportunity to make much needed improvements and additions to our facilities.

WELLNESS AT ELL-SALINE

This Past year the Ell-Saline Wellness Committee discussed and planned some new goals for our School. These Goals were chosen to help our Staff and Students consider healthier options in what we eat and how to put what we learn about nutrition into action.

These are the 2010-2011 Goals our School accomplished:

Goal 1 - At least 10 different fruits and 10 different vegetables are offered monthly.

Goal 2 - Teachers will discuss with students the nutrition education materials displayed in the dining area. (Elementary)

Goal 3 - Desserts with 5 grams of Fat or more are only offered 2 times a week or less.

Goal 4 - Attractive poster with nutrition education are displayed and changed every 3-6 months.

Goal 5 - Students will learn about nutrition requirements for school meals and some students will be involved in helping plan menus.

Other Health Related Activities at Ell-Saline this past year.

*The After-School program in January and February. The themes included nutritional education and Kitchen science.

Measuring, creating, cooking, and eating healthy snacks with activities and games to get us moving were taught.

*The Power Panther/Kids a Cookin' grant funded program from USDA was taught in the 1st and 4th grade classes.

*4th Grade Nutrition Unit put together a lunch menu to help prepare for the Elementary students and their parents. They then helped the cooks get lunch prepared, served and cleaned up.

*Ell-Saline students participated in the jump for Heart and Hoops for Heart. Middle School and High School help with this.

*All Elementary students were given the opportunity to run a marathon. At the beginning of the school year Krista Russell and the students ran one mile every morning for 28 days. Parents were also invited to run.

Here are the Wellness Committee Goals for the 2011-2012 year:

Goal 1 - Foods and Beverages for class room rewards, parties and celebrations will meet the basic guidelines for A la Carte foods and beverages.

- No Foods of Minimal Nutritional Value- includes all soda water, water ices, chewing gum, hard candies, jellies and gummies, marshmallow candies, fondant, licorice, spun candy and candy coated popcorn.
- Sugar-Except for fruit without added sugar, (less than 9 g. per 100 calories)
- Fat-Except for nuts, seeds or nut butters (less than 4 g. per 100 calories)
- Calories-200 calories or less

Goal 2 - Students will learn about nutrition requirements for school meals and some students will be involved in helping plan menus. MS/HS

Goal 3 - Students will participate in taste tests and or surveys to obtain their input on foods offered in the cafeteria.

Goal 4 - A community or media partner will be involved in a least on school-wide event by helping with planning or actively participating in the event. Both before and after the event related lessons will be used to reinforce learning of the information presented at the event.

The Wellness Committee would like to challenge all students and staff to find ways to be more Fit and Active in 2011-2012.

We welcome Nathan Burgess to the Committee.

Your Ell-Saline Wellness Committee,

Nathan Burgess, Tami Jensen, Jerry Minneman, Margaret Shaver, Delisa Nelson, Susie Omli, Ch. Becky Walters

October 2011



Ell-Saline-Go Cardinals!

Monday

Tuesday

Wednesday

Thursday

Friday

3 PANCAKES
Sausage Patties
Tri Tater
Warm Spicy Apples
Milk Choice

4 CHILI
Whole Grain Corn Chips
Celery & Cucumbers
Apple Sauce
Ell-Saline Cinnamon Roll
Milk Choice

5 CHICKEN FAJITA
Lettuce & Salsa
Seasoned Rice
Apricot Halves
Milk Choice

6 MAC & CHEESE
Smokies
Sweet Peas
Orange Half
Bread Stick
Milk Choice

7 CHICKEN PATTY
Potatoes & Gravy
Fresh Broccoli
Berries & Bananas
Roll & Jelly
Milk Choice

National School Lunch WK
10 CHICKEN NUGGETS
Oven Fries
Broccoli & Cheese
Orange Half
Bread Stick
Milk Choice
Curley's BBQ Sauce

11 TACO SALAD
WG Corn Tortilla Chips
Tomato Salsa
Crisp Apple Quarters
Banana Cake
Milk Choice
Eggs, Chase KS.

12 HOT HAM & CHEESE
Baked Beans
Treasure Salad
Milk Choice
Kansas Apples

13 BEEF & NOODLES
Mashed Potatoes
Green Beans, Peaches
W Wheat Roll & Jelly
Milk Choice
*Emporia KS-
Whole Wheat Flour*

14 SAUSAGE PIZZA
Tossed Salad
Pineapple Chunks
Chocolate Pudding
Milk Choice
Tony's Pizza-Salina

17 RIB ON A BUN
Sun Chips
Celery & Cucumbers
Orange Half
Milk Choice
Frito Lay-Topeka KS

18 Mix it up Day
Elem-Sack Lunch
WG-PBJ, Sun Chips,
Carrots, Apple Sauce,
Graham Snack, Milk
MS/HS-Teriyaki Chicken
Baked Potato, Carrots,
Apple ,B.Stick, Milk

19 CRISPITO
WG Corn Tortilla chips
Refried Beans
Pineapple Chunks
Cinnamon Puff
Milk Choice

20 CHEESY HAMBURGER HELPER
Sweet Peas
Tropical Fruit
Bread Stick
Milk Choice

21
No School
Teacher Work Day

24 Sweet & Sour Chicken
Seasoned Rice, Egg Roll
Baby Carrots
Banana Half
Milk Choice
Lem's Sweet/Sour Sauce

25 ITALIAN PASTA BAKE
Green Pepper strips &
Baby Carrots
WG Garlic Bread
Kiwi Fruit Salad
Milk Choice

26 CORN DOG
Tri Tater
Baked Beans
Crisp Apple Quarter
Milk Choice

27 TURKEY & CHEESE
Sub Sandwich
Home Made Vegetable Stew *
Orange Slices
Brownie
Milk Choice

28
No School
Teacher In Service

HAMBURGER On a Whole Wheat Bun
Lettuce & Tomato
Oven Fries
Banana Half
Milk Choice



Lunch & Breakfast for 19 days
Elem-Breakfast \$26.60
Lunch-\$42.75
MS/HS-Breakfast-\$28.50
Lunch-\$45.60
Reduced-Breakfast-\$5.70
Lunch-\$7.60

National School Lunch Week

October 10-14

School Lunch

“Let’s Grow Healthy”

Supporting *Kansas Made products *

**Breakfast ?
No Time?**

*Bag up an orange, apple or banana cut into bite size pieces. Yogurt tube?
*String cheese with a handful of Whole Grain crackers along with Raisins or Grapes?
*Remember Breakfast is Brain Power for Our Ell-Saline Students!



ElSaline Lions club

presents a Family Fun

Haunted House

**In Brookville at the City Hall
building on corner of Perry & 2nd
Street.**

Fri. Oct. 28, Sat. Oct. 29,
Sun Oct. 30 & Mon. Oct. 31

Times are 7:30 to 10:30 p.m.

**Free full size candy bar given to all children
in costumes!**

Free will donations are accepted & appreciated!

Bring the whole family for a fun filled time!

For Questions call Delbert Armbrust @ 225-6673

Shondra Abker @ 822-4842