

Bluejacket-Flint Family Newsletter

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Shawnee, KS 66203
(913)993-2000
Twitter: @PendlandTeddi

Principal-Teddi Pendland
Admin Asst.-Kathy Crawford
Nurse – Cindy Connellan

BJF Mission Statement:

We are a diverse learning community dedicated to inspiring students as they achieve their full potential through grit and grace, in a safe and supportive environment.

Upcoming Events of the Week:

| | | |
|-------------------------|--|-------------------------------------|
| Monday, September 24 | Ms. Haberland's 5 th Grade to Starbase Good News Club | 8:30 a.m. 3:15 p.m. |
| Tuesday, September 25 | Mrs. Hatton and Koontz's 5 th Gr. To Starbase 2 nd Grade to Old Shawnee Town Dr. Fulton Meet & Greet – SMNorth | 8:30 a.m. 9:30 a.m. 5:00 p.m. |
| Wednesday, September 26 | BJF PICTURE DAY | |
| Thursday, September 27 | Math Club BJF Math Night | 3:15 p.m. 5:30 p.m. |

BJF Math Night!

Power Up Your Math Skills at BJF Math Night!

Bluejacket-Flint students, along with their families, are invited to attend a family night of fun!

Join us for free pizza in the cafeteria from 5:30- 6:00 followed by a time to play and enjoy math games with your children. There will be games available for grades kindergarten to sixth grade, so bring the whole family!

Please R.S.V.P. by Monday, September 24th!

We look forward to seeing you there!

The RSVP Sign UP link for Math Night is located on today's cover email!

THIS WEEK'S SOAR WINNER'S ARE...



Front Row: Camryn, Thomas, Brookelynn, Anthony, Lydia, Brisa, Sophia, Paisley, Donald
Back Row: Vaelyn, Dailan, Kaden, Giani, Selena, Annabelle, Cydnee, Olivia, Max, Michaela

News from BJF...

Superintendent Meet and Greet: More opportunities to meet Superintendent Mike Fulton are coming up in the Shawnee Mission School District. These informal events will take place in the five geographic areas of the district. Everyone is welcome to attend.

Tuesday, September 25, 5 - 7 p.m. at Shawnee Mission North HS Cafeteria, 7401 Johnson Drive.
This is an opportunity for Dr. Fulton and community members to begin to build relationships and engage in conversations about the Shawnee Mission School District.

Message from Nurse Connellan

There have been a few cases of influenza in SMSD schools. Johnson County Health Department would like to do a closer tracking on influenza cases. If your child is diagnosed with influenza, or has influenza like symptoms ([fever](#), [cough](#), [body aches](#)) please call the nurse for absences at 913-993 -2002 . Please be specific about symptoms and whether or not a physician diagnosed student with influenza. Thank you for your help in the surveillance effort by the County.

Name our Mascot! See the information below...

Exciting News for BJF: On **October 1st and 2nd** Gallup is conducting a study about innovative and creative approaches in education. BJF has been identified as a school that is unique in our innovation for students. We feel very honored to be identified for this study. (Please see the attached letter for further explanation.). If you do not want your child to be interviewed for this study, please either contact Principal Pendland at teddipendland@smsd.org or contact Gallup directly as directed in the letter.



Stephanie Marken
Gallup
901 F Street NW, Suite 400
Washington, DC
20004

Dear Parent,

Gallup is currently conducting a new, exciting study about innovative and creative approaches in education. The purpose of this study is to identify the characteristics and qualities of innovative and creative learning in schools nationally, in order to help inform policy-makers, leaders and educators nationally.

Among all public and private schools nationally, Gallup identified your student's school for its unique and amazing work. This month, Gallup's team of researchers, will be visiting your student's school to meet with its administrators, teachers and students and observe and learn more about how their approach to creativity and innovation is making a difference for students. During these visits, Gallup team members will interview some students to learn more about their education experiences at the school. We will audio record these interviews to make sure we catch all of the information these students share. Gallup may want to share some anonymous quotes from these conversations; however, we will not include any names or identifying information when we share these quotes.

We wanted to notify you of our visit in case you would prefer we not interview your student. If you would prefer your student not participate, please feel free to contact me directly and we will make sure to not interview him or her.

We believe deeply that visiting your student's school is critical to making sure that we cover some of the best and brightest examples of creativity in learning. We look forward to spending time within the school and thank you in advance for your student's potential participation in this important study.

If you have any additional questions about this study, please do not hesitate to reach out to me.

Thank you,

Stephanie Marken
Chief Methodologist
Stephanie_Marken@gallup.com
202-715-3084



NAME OUR BJF THUNDERBIRD MASCOT

It's hard to have the Thunderbird as our mascot, but not call it by a special name. We would like to have our Thunderbird mascot be personalized so it can join us for special events and help make everyone smile, aside from just being a picture on a shirt, piece of paper, envelope, or website. Sadly, our mascot doesn't have a name. We need your help!

We would like YOU to name our Thunderbird mascot!

What: The name should be fun and represent the culture and history of our amazing school and community.

Object: Create a mascot name that symbolizes the school, and its community, geography and values to foster Bluejacket-Flint Elementary spirit and pride.

Why: Bluejacket-Flint needs a name for our Thunderbird Mascot!

Who: The contest is open to individuals who are students, alumni, staff, etc., associated with Bluejacket-Flint Elementary in Shawnee, Kansas.

When: Contest runs from September 21-October 12.

Name suggestions should not include established product, service, character or mascot names (e.g., Buc-ees, Big Bird).

Only one entry per person or per group is permitted. If you are participating in a group submission, you cannot submit other individual entries.

A special prize will be awarded to the person or group with the winning name.

Final Four mascot names will be selected by BJF Staff during a staff meeting.

We will have the entire student body vote on the week of October 22nd for one of the final four names. Mascot's official name will be announced at the Quarterly PBIS Assembly the last week of October!

NAME THE MASCOT ENTRY FORM

Entry Form

Send your entries to :

bkpendla@smsd.org or place them in the **Name Our Mascot Box** located in the office!

Entries without a first and/or last name will be considered void.

Name (First and Last): _____

Thunderbird Name Entry: _____

Did you know that breakfast is available each day at BJF?

Eating a nutritious breakfast helps students achieve the classroom goals set for them. National studies consistently confirm that breakfast helps kids concentrate, think, behave and learn. Eating breakfast:

- improves children's classroom performance, including better test scores and grades
- increases children's ability to focus and concentrate on school work
- decreases behavior problems, tardiness and visits to the school nurse
- increases attendance rates
- decreases risk of food insecurity and hunger that impair development and learning
- may protect against childhood obesity

If it is difficult to fit breakfast into your morning routine, breakfast is available in all schools. A student must choose a full portion of at least three different items to receive a reimbursable school breakfast. One of the three items must be 1/2 cup of fruit or juice. Breakfast items include: protein, grain, fruit/juice, and milk.

Don't forget – if your child receives free or reduced meals, they are eligible for one breakfast and one lunch per day as part of this benefit. All breakfast and lunch meal choices are available for all students regardless of eligibility status.

The school breakfast menus, lunch menus, and other nutrition information are available on the district's website at <http://foodservices.smsd.org>

PTA News

2018 Bluejacket-Flint Fun Run Fall Fundraiser

We are almost a third of the way to our fundraising goal! The money collected helps to fund a lot of fun things for the students at BJF.

*BJF students are so excited about this Fun Run. Most of the laps will be done during P.E., the Fun Run is an extra fun way to wrap and celebrate the run and fundraising efforts!

We have two weeks left to collect donations online through the PledgeStar website, donations end 10/6 and all check and cash donations must be turned in with their collection envelope by the 26th of September. You can earn a prize just for setting up your PledgeStar account and entering in the email addresses or phone number of 10 people and sending them a sponsorship letter.

2018 BJF Fun Run!!

Register on the PledgeStar website <https://pledgestar.com/bluejacket/?>

PTA will have forms available to collect cash or check donations on Math Night. There is still time to fundraise on the website!!

- ❖ Set up your account, enter/send 10 Donors a request and receive (1) Homework Pass from Teacher (one pass per student)
- ❖ \$30 raised earns your student (1) Homework Pass from their Teacher and (1) BJF Brag-Tag for their backpack.
- ❖ \$40 raised earns your student (1) Homework Pass, (1) BragTag and a 2018 Fun Run T-Shirt.
- ❖ \$50 or more raised earns your student (1) Homework Pass, (1) BragTag, 2018 Fun Run T-Shirt and a BJF water bottle.

BJF BragTag



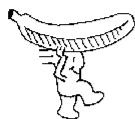
2018 Fun Run T-shirt



Nutrition Nuggets™

Food and Fitness for a Healthy Child

October 2018



BEST BITES

Cut the salt
Many jarred and canned foods—like pasta sauce, soup, and gravy—are high in sodium. Consider making your own versions when possible. Instead of salt, add herbs and spices for flavor. *Tip:* Let your child find a new sauce, soup, or gravy recipe she wants to try, and make it together.

What did you do in PE today? When you talk to your youngster about his day at school, ask about PE class. You'll show him that physical activity is important. Which activities does he like best? Turn his favorites, such as hula-



hooping, into a family activity night. He can be the "teacher" and show everyone how to keep the hoops spinning longer.

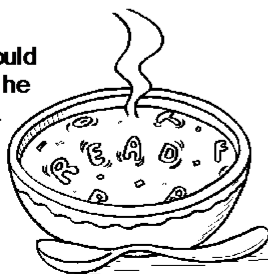
DID YOU KNOW?

Some fruits and vegetables—including apples, bananas, tomatoes, potatoes, and avocados—give off a gas that makes other produce ripen faster. Prevent spoilage by keeping them separate. Or use this to your advantage! Ripen a green banana by sealing it in a brown paper bag with an apple.

Just for fun

Q: Why did Sam want alphabet soup for lunch?

A: So he could read while he was eating.



Build character with family meals

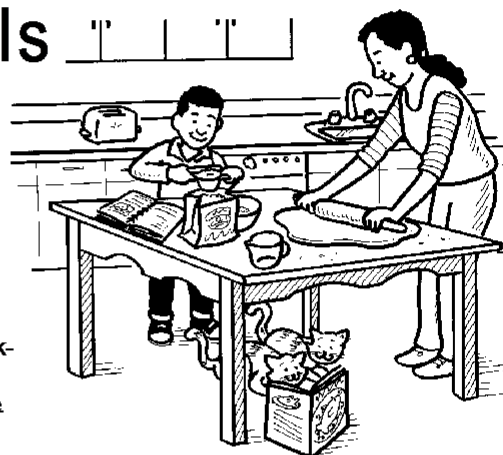
Family meals let you share healthy foods and bond with your youngster. They also offer the chance to instill character traits like independence, politeness, and responsibility. Try these ideas.

Develop kitchen skills

Teaching your child basic cooking skills is a great way to boost his confidence and independence. Depending on his age, he could squeeze juice from a lemon, measure and mix ingredients, crack eggs, or follow a simple recipe. While the two of you work, talk about healthy cooking methods like steaming vegetables or baking chicken instead of frying it.

Eat politely

The family dinner table is the perfect place for your youngster to practice manners and graciousness. As you pass dishes around, model saying "Thank you" and "You're welcome" so he will do the same. Also, talk about how to be polite if he's not sure he likes something, perhaps by



taking a small amount and trying a bite or two. *Tip:* Be sure to remind him to thank the cook.

Use teamwork to clean up

Your child can learn about cooperation and responsibility by pitching in after a meal. Give each person a job like carrying dirty dishes to the sink or wiping off the table and counters. You might also show your youngster how to put leftovers into containers, label with the contents and date, and store in the refrigerator or freezer. ●

Fun autumn outings

Get your youngster moving with active outings perfect for the season. Here are suggestions.

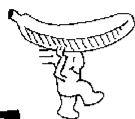
- **Pumpkin farm.** Your child could run through a corn maze or navigate an obstacle course at a local pumpkin patch. Let her pick the perfect pumpkin to take home—then carve it, and roast the seeds for a healthy snack.
- **Fall festival.** Look in the newspaper or online for events like a harvest festival with fun runs, relay races, or other activities for kids. If there's live music, encourage your youngster to dance to the beat! ●



Nutrition Nuggets™

Alimentación y forma física para niños sanos

Octubre de 2018



BOCADOS SELECTOS

Reduzcan la sal
Muchos alimentos enfrascados o enlatados—como salsa para pasta, sopa y salsas espesas—tienen mucho sodio. Considere la posibilidad de hacer sus propias versiones cuando sea posible. En lugar de sal, añada sabor con hierbas aromáticas y especias. *Consejo:* Deje que su hijo encuentre una nueva salsa, sopa o salsa espesa que quiera probar, y háganla juntas.

¿Qué hiciste hoy en gimnasia?

Cuando lo pregunte a su hijo por su día en el colegio, pregúntele por la clase de gimnasia. Le mostrará que la actividad física es importante. ¿Qué actividades le gustan más? Convierta sus favoritas, como jugar con el hula-hula, en una actividad familiar para la noche. Él puede ser el “maestro” y enseñarles a todos cómo lograr que el aro gire más tiempo.

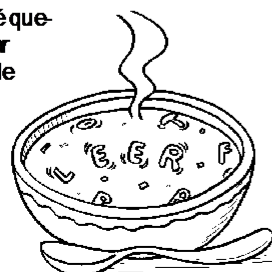
¿SABÍA USTED?

Algunas frutas y verduras—including las manzanas, las bananas, los tomates, las papas y los aguacates—producen un gas que hace que otras frutas maduren más rápidamente. Evite que se estén guardando por separado. ¡O bien aprovechése de ello! Madure una banana verde metiéndola en una bolsa de papel marrón con una manzana.

Simplemente cómico

P: ¿Por qué quería almorzar Sam sopa de letras?

R: Para poder leer mientras comía.



Formen el carácter con las comidas en familia

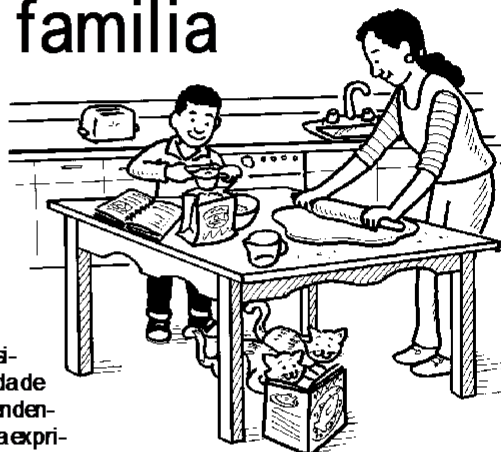
Las comidas en familia les permiten compartir alimentos sanos y conectar con su hijo. También son una ocasión de inculcar rasgos del carácter como independencia, cortesía y responsabilidad. Pongan a prueba estas ideas.

Desarrollen habilidades en la cocina

Enseñar a su hijo habilidades básicas de cocina es una forma estupenda de desarrollar su confianza y su independencia. Dependiendo de su edad, podría exprimir el jugo de un limón, medir y mezclar ingredientes, cascar huevos o seguir las instrucciones de una receta fácil. Mientras ustedes dos trabajan, hablen de métodos de cocina sanos como cocinar verduras al vapor o asar el pollo en lugar de freírlo.

Coman con educación

La mesa familiar a la hora de la cena es el lugar perfecto para que su hijo practique los modales y la cortesía. Cuando pasen los platos, dé ejemplo diciendo “Gracias” y “De nada” para que él haga lo mismo. Hablen también de cómo ser educado cuando no esté seguro de que algo le guste; quizá pueda



servirse una cantidad pequeña y probar uno o dos bocados. *Consejo:* Recuérdele que dé las gracias a quien cocinó la cena.

Limpiesen en equipo

Su hijo puede aprender cooperación y responsabilidad echando una mano después de las comidas. Dele a cada persona una tarea como llevar los platos sucios al fregadero o limpiar la mesa y las superficies de la cocina. También podría enseñar a su hijo a poner restos de comida en recipientes, etiquetarlos con el contenido y la fecha y guardarlos en la nevera o en el congelador. 🍎

Salidas otoñales agradables

Consiga que su hija se mueva organizando salidas llenas de actividad y perfectas para esta estación del año. He aquí algunas sugerencias.

- Huerto de calabazas. Su hija puede correr por un laberinto de maíz o sortear un circuito de obstáculos en un campo de calabazas de su localidad. Ella puede elegir la calabaza perfecta y llevársela a casa. Luego tállenla y hagan un aperitivo sano tostando las semillas.
- Festival de otoño. Busquen en un periódico o en la red actividades como un festival de la cosecha con marchas divertidas, carreras de relevos u otras actividades para niños. Si hay música en directo, ¡anime a su hija a que baile al ritmo de la música! 🍎

