S.H.E.S. SCHOOL NEWS
Edward R. Pettit Building

WE ARE READY FOR S'MORE READING DURING CHILDREN’S BOOK

Shawnee Heights Elementary will be celebrating Children’s Book Week/American Education Week from November 12th – 16th. We plan to have several activities to encourage our students to read during this special week. Experience the sweet goodness of reading! We hope everyone will enjoy some great books at home as well.

DARE GRADUATION DATE SET FOR SIXTH GRADE

To help keep our children on the path to success, the Kansas Attorney General’s Office sponsors and coordinates the statewide DARE program. The DARE program has been present in Kansas for over 25 years. In 1999 the legislature established the coordinator’s office as a program in the Attorney General’s office. Since then, the efforts have grown to include School Resource Officers and GREAT Officers in addition to DARE officers. It is a cooperative effort between the three law enforcement programs that includes parents and schools.

SHES sixth graders will be recognized for their participation in the Shawnee County Sheriff’s DARE program at an assembly on Friday, November 30 at 3 pm in the SHES cafeteria. Selected students will read their DARE essays and all graduates will receive certificates, rewards, and refreshments. Parents are invited to attend this special event.

VETERAN’S DAY SING-A-LONG

On Monday, November 12 from 9:15 –9:45 a.m., SHES will have an assembly to recognize the Veteran’s Day holiday and have an old fashioned, patriotic sing-a-long. Family and community members are invited to wear their red, white and blue and sing along to songs like America the Beautiful and You’re A Grand Old Flag!

THANK YOU FOR ATTENDING PARENT TEACHER CONFERENCES

Thanks to all parents who attended our scheduled Fall Parent/Teacher conferences! As a building, we had 95% of our families attend this important event on our scheduled days. We appreciate your support and the opportunity to share student academic and social progress with you. Thank you to the parents who provided food for our meals during the conferences. Special thanks to Tasha Morrissey, DJ Morrissey, Gracie Morrissey, Miranda Lingard and Lessa Crouch for coordinating and serving the meals.

It’s not too early to mark your calendar for our Spring conferences which will be held on Tuesday, February 19 and Thursday, February 21.
READING IN YOUR JAMMIES FAMILY ENGAGEMENT NIGHT AT SHES!

Please plan to join us for our Reading in your Jammies night at SHES on Thursday, November 15th from 6:00-7:00 p.m. We hope all families can make it to this special night centered upon Brush, Book, Bed nightly routine an initiative from American Academy of Pediatrics. All families, students and staff are encouraged to attend in jamsies and spend an hour together for hands-on activities connected to tooth-brushing, learning about literacy resources and programs offered through the Topeka & Shawnee County Public Library, enjoying read-alouds, taking a family picture at our photo booth as well as enjoying a bedtime snack. Don’t forget to bring your PTO passport for your next sticker and drawing entry!

FIRST QUARTER AWARDS ASSEMBLY

At our first quarter awards assembly in October, our students were recognized for their outstanding performance and hard work:

- Ellery Ogle and Baylee Hanson were recognized for their academic effort and outstanding citizenship with the Lorraine Guth Memorial Award.
- Our student readers participating in the recreational reading program received ribbons and certificates for the first quarter.

STUDENT COUNCIL FOOD DRIVE RESULTS

From October 16 to October 24 STUCO collected 3773 canned goods and non-perishable items from SHES students and staff. The canned goods were picked up by Harvesters and will provide 4,397 meals to those in need in our community. Sixth grade collected the most cans and will be awarded a pizza party. Fifth grade and fourth grade came in second and third. Totals from the food drive were announced at the Washburn University versus Emporia State football game on October 27.

WHAT IS 20/20 VISION?

We have all heard of 20/20 vision, but do you know what that means? 20/20 is considered “the norm”. It means you can clearly see an object that is 20 feet away. For someone that is 20/40, it means they see an object clearly at 20 feet, that a “normal seeing” person sees clearly at 40 feet. Someone that is 20/50 sees at 20 feet what others would be able to see at 50 feet, and so on.

Did you know your three year old is eligible for a FREE vision assessment (regardless of economic status)? More than 80% of everything we learn is a result of visual processing. Young children do not realize they may not be seeing as well as others, because they assume everyone sees the same way they do. Even though vision problems among the very young are uncommon, there are some conditions that require care before age five. Please call 1-800-960-EYES (3937) or visit see2olearn.com to find a local participating optometrist. —Tammy Beaver, RN, BSN, Health Services Team Leader

SHES DONATES TO UNITED WAY

United Way of Greater Topeka brings together people, companies and nonprofits to create positive sustainable change in our community. They work to solve issues no single donor, charity, or government agency can handle alone. By focusing on education, financial stability and health, they help more children graduate and get stable jobs, help families become financially stable and improve the overall health of our community. At SHES we had 43 staff members generously donate $4465 and the student body donated $1546. Our GRAND TOTAL was $6011.02! Both are increases from last year!

Congratulations to Staci Fleischer. She will retain the United Way parking spot as the highest donor.
Mint Chocolate Chip Smoothie

Recipe courtesy of Integrative Medicine at The University of Kansas Health System.

Ingredients

½ cup boiling water
1 peppermint tea bag
½ cup nondairy milk (such as rice, coconut or hemp)
2 cups spinach
1 medium frozen banana
2 Tbsp. hemp seeds
6 ice cubes
3 Tbsp. chocolate chips, divided (nondairy, if you prefer)

Directions

Steep the tea in the ½ cup boiling water, about 5-7 minutes. Allow to cool, about 30 minutes.
Place the tea and all other ingredients but chocolate chips in a blender in the order listed. Blend for 30 seconds or until smooth.
Drop in half of the chocolate chips and pulse quickly.
Pour into a cup and top with leftover chocolate chips.