							Lawrence County Scho	ol District Ca	len	dar	202	24-2	025	5 (A	Iterna	ate)
		J	uly 20	24			July			Jar	uary	2025			Janua	arv
Su	М	Tu	W	Th	F	Sa	4 Independence day	Su	М	Tu		Th	F	Sa	1-3	No School- Christmas Break
- Cu	1	2	3	4	5	6	i independence day	- Cu			1	2	3	4	6	Professional Development (6)
7	8	9	10	11	12	13		5	6	7	8	9	10	11	7	Begin Quarter 3
14	15	16	17	18	19	20		12	13	14	15	16	17	18		
21	22	23	24	25	26	27		19	20	21	22	23	24	25	20	Professional Development (no school MLK) (7)
28	29	30	31					26	27	28	29	30	31		20	Make Up Snow Day 1
		Au	gust 2	2024			August			Feb	ruary	2025			Febru	ıary
Su	М	Tu	W	Th	F	Sa	5-8,13 Professional Development (5)	Su	M	Tu	W	Th	F	Sa	21	Parent Teacher Conf
				1	2	3	14 First Day of School							1		
4	5	6	7	8	9	10		2	3	4	5	6	7	8		
11	12	13	14	15	16	17		9	10	11	12	13	14	15		
18	19	20	21	22	23	24		16	17	18	19	20	21	22		
25	26	27	28	29	30	31		23	24	25	26	27	28			
		Sont	embe	r 2024			September			M	arch 2	025			Marci	h
Su	M	Tu	W	Th	F	Sa	2 Labor Day	Su	М	Tu	W	Th	F	Sa	7	End Quarter 3 (42 Days)
1	2	3	4	5	6	7	20 Parent Teacher Conf	Su	IVI	ıu	VV		<u> </u>	1	10	Begin Quarter 4
8	9	10	11	12	13	14	20 Talent reacher Com	2	3	4	5	6	7	8		No School- Spring Break
15	16	17	18	19	20	21		9	10	11	12	13	14	15	2120	The control opining break
22	23	24	25	26	27	28		16	17	18	19	20	21	22		
29	30							23	24	25	26	27	28	29		
								30	31							
		Oct	ober :	2024			October			Α	pril 20)25			April	
Su	М	Tu	W	Th	F	Sa	11 End of Quarter 1 (41 Days)	Su	М	Tu	W	Th	F	Sa	18	Good Friday
		1	2	3	4	5	14 Begin Quarter 2			1	2	3	4	5	18	Make Up Snow Day 2
6	7	8	9	10	11	12		6	7	8	9	10	11	12		
13	14	15	16	17	18	19		13	14	15	16	17	18	19		
20	21	22	23	24	25	26		20	21	22	23	24	25	26		
27	28	29	30	31		+		27	28	29	30					
		Nove	ember	2024			November			N.	lay 20	25			May	
Su	M	Tu	W	Th	F	Sa	25-29 No School- Thanksgiving Break	Su	М	Tu		Th	F	Sa	11	Baccalaureate
Su	IVI	Tu	44	111	1	2 2	25-29 NO School- Hanksgiving break	Su	IVI	Tu	VV	1n 1	<u>г</u>	3	12	Graduation
3	4	5	6	7	8	9		4	5	6	7	8	9	10	16	End Quarter 4- Last day of school (43 Days)
10	11	12	13	14	15	16		11	12	13	14	15	16	17	19-21	
17	18	19	20	21	22	23		18	19	20	21	22	23	24		Make Up Snow Day 3-5
24	25	26	27		29	30		25	26	27	28	_	30	31	26	Memorial Day
		Dece	ember	2024			December			Jı	ıne 20	025			June	
Su	М	Tu	W	Th	F	Sa	20 End Quarter 2 (45 Days)	Su	М	Tu	W	Th	F	Sa		
1	2	3	4	5	6	7	23-31 No School- Christmas Break	1	2	3	4	5	6	7		
8	9	10	11	12	13	14		8	9	10	11	12	13	14		School Days = 1068 Instructional Hours
15	16	17	18		20	21		15	16	17	18		20	21	171 S	student Days= 6.25 hours per day (375 minimum
22	22	0.4	25	0.0	07	ാര		22	22	24) 2F	26	27	20		- 1069 75 hours

23 24 25 26 27 28

10

= 1068.75 hours

Professional Development Days

Parent Teacher Conf. Days

22

29

30

Walnut Ridge School Telephone Numbers

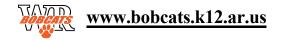
Elementary Building	886-3482
Middle Level Building	886-6697
High School Building	886-6623
Superintendent Office	886-6634
Bus Shop	886-2571
Cafeteria	819-0555
Parent Center	819-0443

WALNUT RIDGE SCHOOL ADMINISTRATION

Superintendent	Terry Belcher
High School Principal (7-12)	Jacob Kersey
Asst. Principal (K-12)	
Elem. Principal (K-6)	Lea Andra Foster

LAWRENCE COUNTY SCHOOL BOARD OF DIRECTORS 2024-2025

Vickie Mitchell, Joe Penn, Pat Roby, Brittany Farmer, Greg Gill, Adam Davis, Scott Brady



LAWRENCE COUNTY SCHOOL DISTRICT

Walnut Ridge Public Schools (870) 886-6634 508 East Free Walnut Ridge, AR 72476

August 14, 2024

Dear Parents,

The Lawrence County School District receives federal funds for Title I, Part A programs. Throughout the school year, we will be providing you with important information about this law as it relates to your child's education. This letter lets you know about your right to request information regarding the professional qualifications of the classroom staff working with your child. Our district or school will be able to provide you with the following information regarding the qualifications of your child's teacher(s):

- Whether their child's teacher has met state qualification and licensing criteria for the grade levels and subject areas in which the teacher provides instruction.
- Whether the teacher is teaching under emergency or other provisional status through which state qualification or licensing criteria has been waived.
- What baccalaureate/degree/major the teacher has and any other graduate certification or degree major held by the teacher and the field of discipline of the certification.

If at any time your student has been taught for four (4) or more consecutive weeks by a teacher(s) that is not highly qualified, then you will be notified by the school.

You also have the right to request information regarding the qualifications of the paraprofessional(s) assisting your child's teacher(s). If your child is receiving Title I, Part A services from a paraprofessional, then our district or school is able to provide you with the following information:

- Whether the paraprofessional has completed at least two years of study at an institution of higher education.
- Whether the paraprofessional has completed an associate's degree (or higher).
- Whether the paraprofessional has met a rigorous standard of quality through our state's certification procedure for determining the quality of paraprofessional staff.
- Whether the paraprofessional has: (a) the knowledge of and the ability to assist in instructing reading, writing, and mathematics or (b) the knowledge of and the ability to assist in learning activities, such as homework, reading readiness, writing, mathematics, and other support as appropriate.

To request this information please contact your child's school:
Walnut Ridge 870-886-3482 or by e-mail at leaandra.foster@bobcats.k12.ar.us
Should you have any other questions regarding your child's education, please do not hesitate to contact the superintendent's office at 870-886-6634.

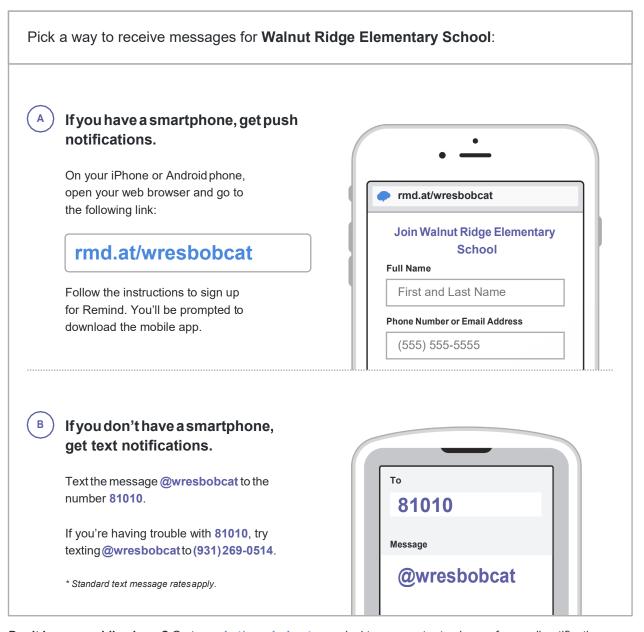
Sincerely,

Terry Belcher Superintendent Lawrence County School District



Sign up for important updates from Walnut Ridge Elementary School.

Get information for Walnut Ridge Elementary School right on your phone—not on handouts.

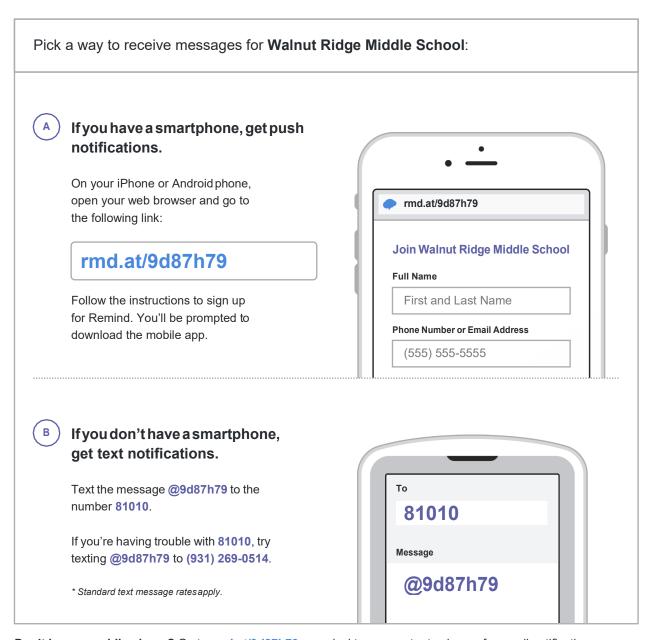


Don't have a mobile phone? Go to rmd.at/wresbobcat on a desktop computer to sign up for email notifications.



Sign up for important updates from Walnut Ridge Middle School.

Get information for Walnut Ridge Middle School right on your phone—not on handouts.

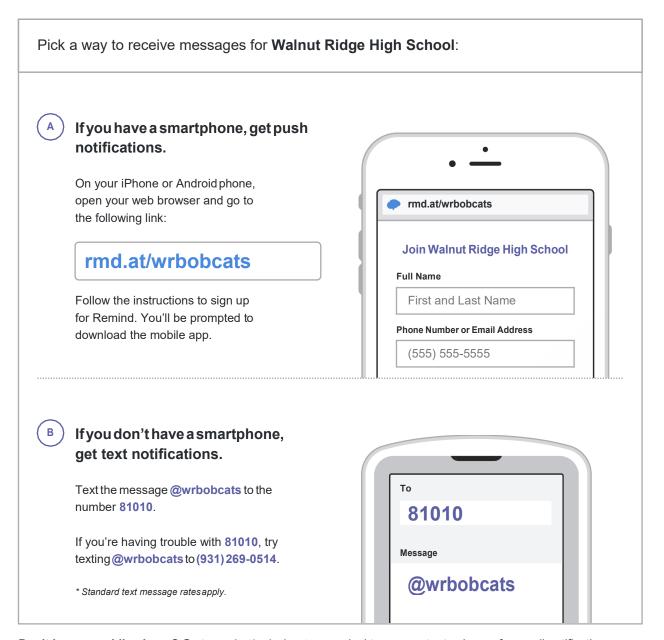


Don't have a mobile phone? Go to rmd.at/9d87h79 on a desktop computer to sign up for email notifications.



Sign up for important updates from Walnut Ridge High School.

Get information for Walnut Ridge High School right on your phone—not on handouts.



Don't have a mobile phone? Go to rmd.at/wrbobcats on a desktop computer to sign up for email notifications.

LAWRENCE COUNTY SCHOOL DISTRICT MISSION STATEMENT

It is the mission of the Lawrence County School District to develop the ability of all students by motivating, challenging, and fostering independent learning. To accomplish this mission, the Lawrence County School District will ensure a positive educational environment that enhances learning, fosters growth, and provides opportunities for all students and faculty to exceed and excel beyond the educational setting.

LAWRENCE COUNTY SCHOOL DISTRICT COMPACT Parents for Excellence

LAWRENCE COUNTY SCHOOL DISTRICT'S PLEDGE:

Lawrence County Schools are committed to the belief that all children can learn and acknowledge that all of us – teachers, administrators, and parents –working together can make a positive difference in student achievement. The school district will provide an optimum learning environment in which students will experience success and achieve excellence in learning.

PARENT'S PLEDGE:

As parents, we want our children to have the best possible education and realize that strong school systems are essential. We, therefore, join with the Lawrence County School District in providing an optimum learning environment for our children.

- 1) I will insist that all homework assignments are done each night.
- I will discuss at some point each day what my child has learned at school each day.
- 3) I will remind my child of the necessity of discipline in the classroom especially self-discipline.
- 4) I will provide for my child a period of uninterrupted time which will be devoted to an instructional activity.

PARENT Signature
STUDENT Signature
TEACHER Signature
PRINCIPAL Signature

Parental Involvement Plan

Walnut Ridge Elementary & Walnut Ridge High Schools

2024-2025

Abridged version of the LCSD Parental Involvement Plan. The complete version can be found at http://www.bobcats.k12.ar.us/view/walnut-ridge-elementary-plan or http://www.bobcats.k12.ar.us/view/walnut-ridge-high-plan. If you would like a copy of or more information about the Parent Involvement Policy or information about the Parent Center, contact Dyan Heard at 870-819-0441 or Lindsey Romine at 870-819-0443.

Lawrence County School District Parent Involvement Policy

Lawrence County School District (LCSD) will involve parents in regular, two-way meaningful communication addressing student achievement and ensuring:

- that parents play an integral role in assisting their child's learning
- that parents are encouraged to be actively involved in their child's education
- that parents are full partners in their child's education and are included, as appropriate, in decision-making and on advisory committees to assist in the education of their child.

In compliance with Section 1118(a)(2), of the Elementary and Secondary Education Act (ESEA), **LCSD** agrees to implement required statutory requirements to:

- Involve parents in the joint planning and development of the district's Title I plan through representation on the district ESEA team and participation in fall and spring ESEA meetings.
- Involve parents in an Annual Local Review of the Title I Program and use the results of the Annual Review to address any identified barriers to parental participation. The Annual Review will be conducted each spring and will include an analysis of state and local assessment data, a review of grade level needs and services provided, parent/teacher/and/or student survey data, and a summary analysis of the effectiveness of Title I Services.
- Involve parents in the development, implementation, and review of Parent-School Compacts. The compact will be discussed and signed during fall parent-teacher conferences and reviewed during spring conferences. The compact will also be posted on the district website.
- Involve parents in the planning and development of effective parent involvement activities through representation on each building's Title I Needs Assessment/Evaluation Committee or Schoolwide Committee. Committee meetings will be scheduled flexibly with the scheduling needs of parents in mind.
- Build the schools' and parents' capacity for parent involvement by:
 - o providing parents with information on state standards, assessments, requirements of Title I, monitoring their child's progress, and working with educators. Information will be provided during an annual fall meeting, through quarterly progress notices, at parent-teacher conferences, in the district newsletter, and on the district website.
 - o providing materials, resources and training to help parents work with their children to improve academic achievement. Resources will be provided in classroom newsletters and communications, through the school website, and the Parent Center. Parent trainings and family education nights will be planned each year based on the school needs assessment and may include a family Literacy Night, Math Night, etc.
 - communicating regularly with parents in clear and understandable terms. This will include opportunities for parents to participate in decision-making roles, volunteer opportunities, classroom newsletters, an annual parent survey, parent-school compacts, and parent-teacher conferences. Parent-teacher meetings will be scheduled at any time, as requested by parents.
 - o coordinating parent involvement activities with other initiatives including HeadStart, after-school programs, etc.

The LCSD Parental Involvement Policy has been developed jointly with, and agreed on with, parents of children participating in Title I programs as evidenced by meeting minutes.

Bobcat Faculty



Elementary Building

Office

Lea Andra Foster Jason Belcher **Cameron Priest** Natalie Ezell

Principal K-12 Assistant Principal

Counselor Secretary

Kindergarten

Kristy Nichols **Emily Sheets** Amanda Moskop Morgan Stone

First Grade

Heather Dickson Kera Kellv Natosha Ward Erin Manning Amanda Henry

Second Grade

Mary Beth Dickson Sarah Hudson Stephan Miller Sarah Haney

Third Grade

Ali Carey Jennifer Brown **Emily Herring** Hannah Morgan Fourth Grade

Jessica Richey Madalyn Heard Makavla Durham Sarah Parnell

Resource

Michelle Smelser Leslie Rutledge

Reading

Interventionist Jessica Light Heather C. Dickson

Title I Dyan Heard

Library Keely Huskey

Keyboarding

Stacy Owens

Music

Elisabeth Schoenecke

Literacy Coach Brooke Bramlett

GT Coordinator

Susan Ashlock

Art

Jean Fowler

Aides DeeDee Bridges Jill Caldwell Terri Stevens Teri Jones Jennifer Smith Rebeccah Shipman Jessica Harris Mary Davis Henrietta Williams Harley Burgett Larah Fry

Jessica Horn

Rebecca Catron

ESOL Testing/Math Intv

Jenny Andrews

School Nurse

Anna Lou Shaw Stephanie Nichols

Cafeteria

Kristal Jones Angie Trinidad Tammy Winfrey Samantha Burton Pam Smith Lila Cook Kelli Porter **Destiny Watson**

Physical Education

Seth Hart Andrew Meyer Will Weir

Parent Center

Dyan Heard Facilitator **Lindsey Romine Coordinator**

Bobcat Faculty



Middle Level Building

Office

Susan Dovle

Lea Andra Foster Principal (Grades 5-6)
Jacob Kersey Principal (Grades 7-8)
Jason Belcher K-12 Assistant Principal
Jennifer Roark Counselor

Secretary

Language/Reading

Marcia Martin Tralee Ellington Courtney Coffman Travis Fleming

Social Studies

Natalie Wallin Grant Smith Felissa Craig

Science

Tracy Jared AnnMarie Brogdon Felissa Craig

GTC Coordinator

Susan Ashlock

<u>Title I</u> Dyan Heard

<u>Parent Center</u> Dyan Heard- Facilitator Lindsey Romine- Coordinator **Math**

Hollie Thielemier Tashena Tate Rebecca Bullard Megan Cole

Special Education

Amy Privett Sarah Hoffman Angie Simmons-Aide Candis White-Aide Callie Broadway-Aide

Music

Elisabeth Schoeneche Nick Weber

Nick webei

<u>Band</u> John Long

Library

Hillary Anderson

School Nurse

Anna Lou Shaw Stephanie Nichols Health

Jason Ward

<u>Art</u>

Jean Fowler Jamie Farrar

Physical Education

Blake Coffman Jason Ward Andrew Meyer Sarah Moore Vanessa Hufstedler

Business Stacy Owens Angela Horner

<u>Math Interventionist</u>

Angela Brady

Reading Interventionist

Kristy Bateman

DeeDee Bridges –Aide

Bobcat Faculty



High School Building

<u>Office</u>

Jacob Kersey Principal

Jason Belcher K-12 Assistant Principal

Debbie Findley Counselor Shelia Britton Secretary

Stephanie Denton Student Attendance/Data Entry

Teachers

Denee Wheeless Biology/AP Biology/Environmental

Jamie Farrar Science Art
Courtney Smith Social Studies
Joe Fisher Math/Athletics
Tracy Hallman English/Oral Comm
Alyssa Paskel Algebra I/Geometry

Dr. Ellen Holloway Chemistry/Physics/Physical Sci.

Malessie Milton
Becky Robinson
Lindy Baker
Joey Rice
Special Education
English/AP English
Remediation
Agri/Sci. &Tech

John Long Band Nick Weber Chorus

Stacy Rice English/Journalism

Mary Smith Librarian

DeAnna Steele Special Education

Linda Smith
Vanessa Hufstedler
Tommy Ford
U.S. Gov't/American History
Business Education/Athletics
Civics/Economics/Drivers Ed.

Skip Dulaney Athletics Ashton Roby English

Jerry Haynes Algebra II/Pre-AP Algebra II

Schelley Davis EAST

Will Weir P.E./Athletics

Sarah Moore
Tyler Roby
Health /P.E./Athletics
Computer Science/ALE

Aides

Latricia Meyer Emily Archer

WALNUT RIDGE SCHOOL

PARENT CENTER SURVEY

Walnut Ridge School is committed to parental involvement within our school system. Parents are welcomed and encouraged to be involved in their child's education. This survey is to help us improve and better understand your needs. Please complete the form and return to the school with your child or mail to Walnut Ridge School, Attn: Parent Center, 508 East Free Street, Walnut Ridge, AR 72476. Thank you in advance for your time.

1.	Are you aware the Parent Center provides materials and services for parents to aid their children with homework and school projects? YESNO						
2.	Are you aware the Parent Center is available to parents with children in Kindergarten through 12 th grades?YESNO						
3.	Are you aware the materials in the Parent Center are available for your use free of charge? YESNO						
4.	Are you interested in utilizing the Parent Center for educational or parenting needs?YESNO						
	If yes, what time of day would be the most convenient for you to use the Parent Center? MORNINGNOONAFTERNOONEVENING						
5.	Would you be willing to volunteer some of your time at the Parent Center? YESNO						
3.	Would you be interested in attending parent meetings (approx. 1 hr. in length)?YESNO						
	If yes, which would be the best time for you to attend parent meetings? MORNINGEVENING						
	e Parent Center provides parent meetings throughout the school year. Please check any eas in which you are interested in or that would benefit you the most.						
	Homework StrategiesVolunteering						
	Health/NutritionInternet Safety						
	Family RelationshipsSingle Parenting						
	Managing StressOther						
	Materials in the Parent Center range from preschool through 12 th grade, along with a variety of parenting books. If you would like to see more materials in a specific area, please list.						
⊃l€	Please check the appropriate grade level(s) of your child(ren) enrolled in Walnut Ridge School.						
	Kindergarten - 6 th grade7 th -12 th grade						

Walnut Ridge School Volunteer Information Sheet

We are looking for parents and other adults who are committed to supporting Walnut Ridge School by helping to provide the community's children with the best possible education. Our school gives students a variety of opportunities for challenge and enrichment, but we could do even more with your help.

We invite you to participate in our volunteer program. Could you spend an hour a week during story time, helping students with an art project, tutoring a child, or volunteering in the parent center? Could you speak to classes about your business or hobby when they are studying a related topic? We have a need that you could fill.

Please check any areas	which you would b	be interested in vo	lunteering:
Reading with a stu	dentParent	CenterV	olunteer from home
Tutoring a student	Teache	r Helper	
Do you have an age lev	el you would prefe	er to work with? _	
•		•	usiness or hobby?
Circle which time of da Morning	y would be most c Afternoon	_	to volunteer: Either
Name		Phone Nu	ımber
Address			
Child(ren) you have enr	olled in our schoo	1	
Name	Grade	Name	Grade
Name	Grade_	Name	Grade

Volunteer Survey

We love volunteers at Walnut Ridge School and we want you! In addition to providing important services to the school, volunteering provides a chance to meet and work with other parents and staff. If you are interested in volunteering please fill out this survey and return to school as soon as possible so we can begin putting your talents to use.

I am interested in volunteering in the classroom in the areas checked.

- Tutoring Students
- Reading with students
- Working with small groups
- Attending field trips
- Assisting with special events (celebrations, pep rallies)
- Help with class projects
- Appearing as a guest speaker to:

	Share my profession	Please list:	
	Share my travels	Please list:	
	Share my culture	Please list:	
•	Share a talent, skill, or	craft List:	

I am interested in volunteering in other areas. I'd like to:

- Work in high school library
- Do copying and laminating
- Prepare posters, displays, etc.

I am interested in volunteering in the parent center in the areas checked.

- Preparing newsletters
- Copying
- Laminating
- Cutting letters
- Making folder games
- Trim and bundle Box Tops and other labels
- Put together parent information packets
- Assist with Family Movie/Game Nights

I am interested in volunteering by **working at home** in the areas checked.

- Helping prepare materials for the classroom
- o Trimming Box Tops, labels, etc.
- o Call parents, organize phone trees for special projects

Your Name	
Address	
Phone	
E-mail	
Please mark a	n * by the best method of reaching you when assistance is needed.
Child(ren) _	Teacher
	Teacher
	Teacher
	Teacher

Volunteers are asked to attend a volunteer training class. We will contact you on the next available date. If you have any questions, contact Lindsey Romine, Parent Center Coordinator, at 819-0443.



Walnut Ridge Parent Center

Providing parents with materials and services to improve children's academic achievement.

*ABOUT THE PARENT CENTER...

We are here to help parents by providing a variety of materials for your use when helping your children with school work. We can also help you design specialized materials to help meet your child's specific educational needs.

Parenting materials are also available to check out that cover a variety of topics. Some topics, just to name a few, include ADD/ADHD, homework, discipline, behavior, listening, drug and alcohol prevention, and how to encourage a child to read.

*COST...

All materials are FREE for your use!!!

*VOLUNTEERS...

Volunteers are also welcome and needed. If you have a willingness to help we could use you on our team!

Materials:

- PARENTING BOOKS
- PAMPHLETS
- VIDEOS
- LEARNING GAMES
- FLASH CARDS
- SCIENCE KITS
- GEO BLOCKS
- LEAPSTER LEAP FROG SYSTEM
- GEO SAFARI
- MUCH, MUCH, MORE

Equipment Available:

- COPY MACHINE
- LAMINATOR
- CUTTING/TRIMMING BOARD
- ELLISON LETTER CUTTING SYSTEM

Activities in the Parent Center:

- Parenting Classes
- Newsletter Production
- Volunteering
- Collecting Box Tops, Best Choice UPC Codes, and Tyson Project A+ Labels

LOCATION:

The Parent Center is the middle yellow building between the Middle School and the W.R. Community Center.

HOURS:

We are open throughout the school day. Extended hours available by appointment.

Lindsey Romine, Coordinator Dyan Heard, Facilitator







EARN CASH FOR YOUR SCHOOL

LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

The Box Tops mobile app uses state-of-the-art technology to scan your store receipt, find participating products and instantly add Box Tops to your school's earnings online.

LOOK FOR THE LABEL:



HERE'S HOW IT WORKS:



You can find Box Tops on hundreds of products throughout the store.



YOUR RECEIPT

Use the app to snap a photo of your receipt within 14 days of purchase.



CASH FOR YOUR SCHOOL

Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

You can still earn Box Tops for your school with your e-receipt!

See how at BTFE.com/emailgroceryreceipts



BOX TOPS CLIPS

You may occasionally find an old Box Tops clip on packages in stores. You can still clip them and send them to school, as long as each clip has a valid expiration date.





RAISING MONEY FOR YOUR SCHOOL IS EASY AS 1-2-3!



SHOP AT YOUR LOCAL COMMUNITY GROCER FOR BEST CHOICE PRODUCTS

Use the Store Locator to find more than 4,400 Best Choice family of brand items at more than 3,000 stores in 28 states. Brands include Best Choice, Clearly by Best Choice, and Best Choice Superior Selections.



SAVE THE LABELS FROM YOUR PRODUCTS

Clip the labels off your Best Choice family of brand products and collect them. Be sure to save the UPC portion.





SEND TO YOUR SCHOOL

Put Best Choice labels in a baggie or envelope.

Please include student name, homeroom teacher, and number of Best Choice labels.

THANK YOU FOR PARTICIPATING IN THE BEST CHOICE SAVE-A-LABEL



WRES Child Care Programs

The Walnut Ridge School District recognizes the needs of our parents in regard to the hours they work and the fact that these hours may not match the regular school day. To help our parents, we provide quality Child Care Programs during the school year and the summer.

Paw Patch, a before and after school child care program, is open on days school is in session, unless otherwise noted. In the event school is dismissed early due due to inclement weather, Paw Patch will be closed, too.

Eligible children must be enrolled in the Walnut Ridge School District (Kindergarten through 6th grade). Fees are based on the number of children in a family and the hours they attend. Children may attend either before school, after school, or a combination of both. They may be enrolled full-time, part-time, or drop in.

Paw Patch opens at 6 am and closes at 6 pm. Children are provided an afternoon snack at no additional charge.

The opening day for Vacation Station, a summer child care program, depends on the school calendar. It closes for the summer on or near the end of July.

Any child enrolled at WRES who has had their 5th birthday and are enrolled in Kindergarten through the 6th grade for the next school year may participate.

Vacation Station opens at 6 am and closes at 6 pm. During the summer, children are provided breakfast, lunch, and a snack at no additional charge. Various field trips and activities may be planned throughout the summer.

Both programs are approved by the Department of Human Services. A special enrollment form to participate in either program must be completed and turned in each year.

To enroll or ask questions for either program, contact Jessica Harris, Director.

Email jessica.harris@bobcats.k12.ar.us

Remind App (www.remind.com) Class Name: WR Child Care 2024

Class Code: @wrchi



Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?







Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.







At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity.**







Is it moderate or vigorous?
Use the "talk test" to find out.

When you're being active, try talking:

- If you're breathing hard but can still have a conversation easily, it's moderate-intensity activity
- ✓ If you can only say a few words before you have to take a breath, it's vigorous-intensity activity

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity At least 3 days a week







Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity At least 3 days a week







Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

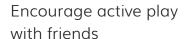
- Aim to keep them moving 3 hours a day and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!











Give them rewards for active chores





Sign them up for free or low-cost sports or classes

Or get active together!



Make your morning walks a race



Dance while dinner's in the oven



Show them your favorite ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life. So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day. health.gov/MoveYourWay/Get-Kids-Active



Parent Activities Planned for 2024-2025

The following are parent involvement activities planned for the 2024-2025 school year. More information will be posted on the website and in the newsletters when the event date is near. We look forward to and encourage involvement from all of our parents.

Activity	Date

WRHS Orientation (9th Graders & New Students)

Open House

Volunteer Training

August 08

October

Booster Club Quarterly

8th Grade Parent Meeting October

Parent/Teacher Conferences September 20

Character Parade (Grades K-4) October

Senior Class Parent Meeting September 11

Band Parent Association (Grades 6-12) Fall, Winter, Spring

Book Fair December

One School, One Book (Grades K-8) Jan/Feb

Financial Aide Night February

Parent/Teacher Conferences February 21

Kindergarten Registration April

Volunteering Ongoing

Parent/Teacher Organization Ongoing

If you would like a paper copy please contact our office at:

Elementary School 870-886-3482

Middle School 870-886-6697

High School 870-886-6623