	July 2023											
S	M	T	W	T	F	S						
						1						
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9	10	11	12	13	14	15						
16	17	18	19	20	21	22						
23 30	24 31	25	26	27	28	29						

	August 2023											
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6	7	8	9	10	11	12						
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20	21	22	23	24	25	26						
27	28	29	30	31								

	September 2023										
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17	18	19	20	21	22	23					
24	25	26	27	28	29	30					

	October 2023										
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29	30	31									

	November 2023											
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26	27	28	29	30								

	December 2023										
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17	18	19	20	21	22	23					
24 31	25	26	27	28	29	30					

Lawrence County School District

2023-2024 Traditional School Calendar

Teacher In-Service – 7	Aug. 3-4, 7-11
1st Day of School	Aug.14
Labor Day Holiday	Sept. 4
End of 1 st Quarter (43 days)	Oct 13
Parent/Teacher Conferences	Sept. 15
Thanksgiving Holiday	Nov 20-24
End of 2 nd Quarter (42 days)	Dec 19
Christmas Break	Dec 20-Jan 2
School Reconvenes	Jan 3
Teacher In-Service 8 (MLK)	Jan 15
Parent/Teacher Conferences	Feb 16
Teacher In-Service 9 (Pres Day)	Feb 19
End of 3 rd Quarter (48 days)	March 13
Spring Break	March 15-22
Good Friday	March 29
Baccalaureate	May 12
Graduation	May 13
Memorial Day	May 27
Last Day for Students	May 24
End of 4 th Quarter (45 days)	May 24
Teacher In-Service 10	May 28
Make Up Days	Jan 15
	Feb 19

Total Student Days	178
Teacher In-Service Days	10
Parent/Teacher Days	2
Teacher Days	190

May 28-30

	January 2024										
S	M	T	W	T	F	S					
	1	2	3	4	5	6					
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14	15	16	17	18	19	20					
21	22	23	24	25	26	27					
28	29	30	31								

	February 2024										
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4	5	6	7	8	9	10					
11	12	13	14	15	16	17					
18	19	20	21	22	23	24					
25	26	27	28	29							

March 2024										
S	M	T	W	T	F	S				
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17	18	19	20	21	22	23				
24	25	26	27	28	29	30				
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		Ap	ril 20)24						
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7	8	9	10	11	12	13				
14	15	16	17	18	19	20				
21	22	23	24	25	26	27				
28	29	30								

	May 2024										
S	M T W T F S										
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19	20	21	22	23	24	25					
26	27	28	29	30	31						

June 2024								
S	M	T	W	T	F	S		
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2	3	4	5	6	7	8		
9	10	11	12	13	14	15		
16	17	18	19	20	21	22		
23 30	24	25	26	27	28	29		

Walnut Ridge School Telephone Numbers

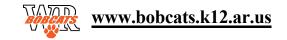
Elementary Building	886-3482
Middle Level Building	886-6697
High School Building	886-6623
Superintendent Office	886-6634
Bus Shop	886-2571
Cafeteria	819-0555
Parent Center	819-0443

WALNUT RIDGE SCHOOL ADMINISTRATION

Superintendent	Terry Belcher
High School Principal (7-12	2)Jacob Kersey
Asst. Principal (K-12)	Jason Belcher
Elem. Principal (K-6)	Lea Andra Foster

LAWRENCE COUNTY SCHOOL BOARD OF DIRECTORS 2023-2024

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, 2023

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.

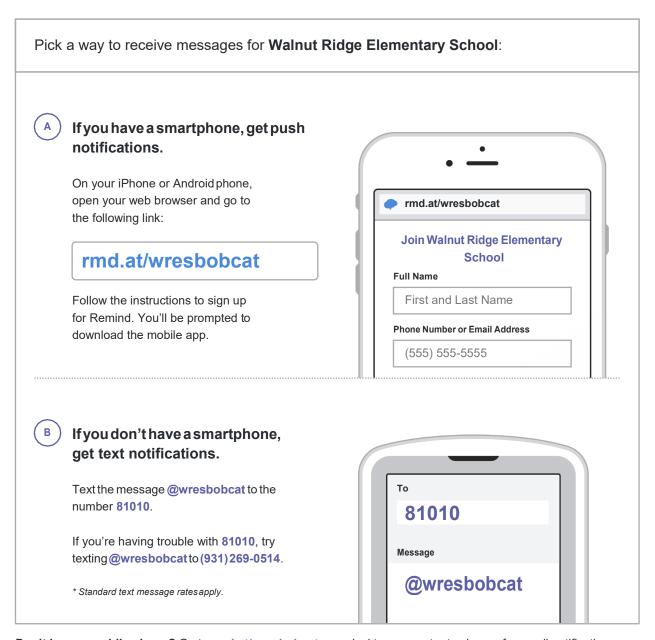
Sincerely,

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.

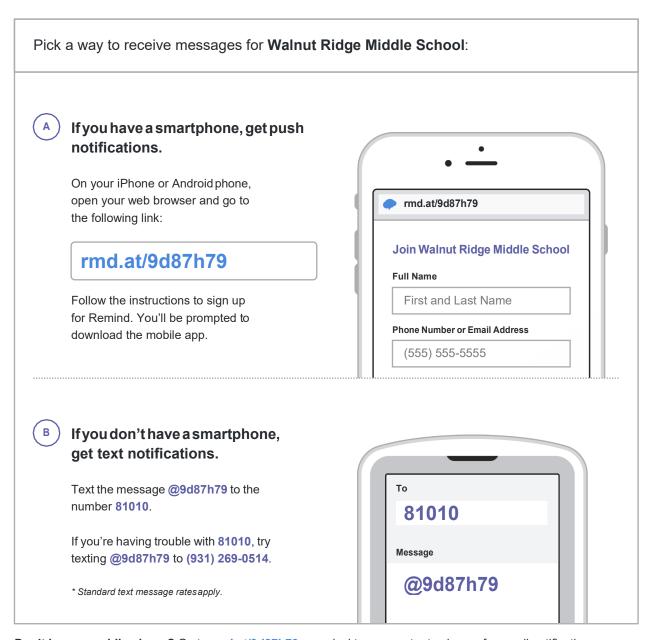


Don't have a mobile phone? Go to rmd.at/wresbobcat on a desktop computer to sign up for email notifications.



Sign up for important updates from Walnut Ridge Middle School.

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

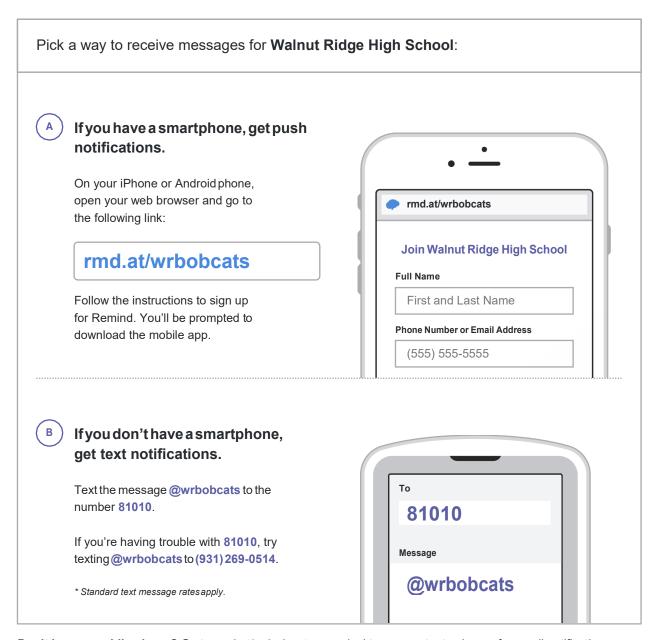


Don't have a mobile phone? Go to rmd.at/9d87h79 on a desktop computer to sign up for email notifications.



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.



Re: Affordable Connectivity Program

Dear Valued Customer:

As the need for in-home internet connectivity continues to grow, RightFiber by Ritter Communications understands the importance of options to fit every budget. We would like to make you aware of an assistance program for broadband subscribers called the Affordable Connectivity Program operated by the Federal Communications Commission.

If you or a member of your household participate in certain government assistance programs such as SNAP, Medicaid, WIC, have a student that qualifies for free or reduced lunch, have received a Federal Pell Grant or if you already receive a Lifeline benefit, you may qualify to receive a recurring monthly credit of up to \$30 on your internet service under this program.

If the program ends or if your household is no longer eligible, you will be subject to RightFiber by Ritter Communications regular rates, terms, and conditions. Participation is non-transferrable and limited to one internet discount per household.

If you would like to apply, go to www.acpbenefit.org and follow the instructions provided. Once your eligibility is confirmed, contact us at 888-336-4466 to enroll.

Sincerely,

Your RightFiber Team

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.
- 2) 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

2023-2024

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.
 - o 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 Stephanie Denton **Principal**

K-12 Assistant Principal

Counselor Secretary

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

First Grade Heather Dickson Kera Kellv Natosha Ward **Erin Manning**

Second Grade Mary Beth Dickson Sarah Hudson Stephan Miller Sarah Rogers

Third Grade Ali Carey Jennifer Brown **Emily Herring** Hannah Morgan Fourth Grade Jessica Richey Madalyn Heard Felissa Craig

Resource Michelle Smelser Leslie Rutledge

Reading Interventionist Jessica Light

Heather C. Dickson

Dyan Heard Library Keely Huskey

Keyboarding Stacy Owens

Title I

GT Coordinator Susan Ashlock

Music Elisabeth Schoenecke

Literacy Coach **Brooke Bramlett**

Art Jean Fowler

Cafeteria

Kristal Jones

Pam Smith

Kelli Porter

Destiny Flinn

Lila Cook

Angie Trinidad

Tammy Winfrey

Samantha Burton

Physical Education Seth Hart Jason Ward Will Weir

School Nurse Anna Lou Shaw Stephanie Nichols

Jenny Andrews

ESOL Testing/Math Intv

Parent Center Dyan Heard Facilitator

Lindsey Romine Coordinator

Aides DeeDee Bridges Jill Caldwell Terri Stevens Teri Jones Shelly Milgram Jennifer Smith Elizabeth Carter Chervl Englert

Lural Williams Mary Davis

Henrietta Williams

Rebecca Shipman Jessica Harris

Bobcat Faculty



Middle Level Building

Office

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

Jennifer Roark Counselor Susan Doyle Secretary

Language/Reading

Makayla Durham Marcia Martin Tralee Ellington Courtney

Courtney Coffman

Social Studies

Natalie Wallin Travis Fleming Grant Smith

GTC Coordinator

Susan Ashlock

Title I

Dyan Heard

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

Hollie Thielemier Tashena Tate Rebecca Bullard Megan Cole

Special Education

Amy Privett Sarah Hoffman Destyni Miller-Aide

Music

Elisabeth Schoeneche Nick Weber

Band

John Long

Library

Hillary Anderson

School Nurse

Anna Lou Shaw Stephanie Nichols

Science

Tracy Jared AnnMarie Brogdon <u>Health</u>

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

Math Interventionist

Angela Brady

Reading Interventionist

Kristy Bateman

DeeDee Bridges -Aide

Bobcat Faculty

High School Building

Office

Jacob Kersey Principal

Jason Belcher K-12 Assistant Principal

Debbie Findley Counselor Shelia Britton Secretary

Brenda Alls Student Attendance/Data Entry

Teachers

Denee Wheeless Biology/AP Biology/Environmental Science

Jamie Farrar Art

Courtney Smith Social Studies
Joe Fisher Math/Athletics

Tracy Hallman English

Alyssa Paskel Algebra I/Geometry

Dr. Ellen Holloway Chemistry/Physics/Physical Sci.

Malessie Milton Special Education

Becky Robinson English/AP English/Oral Comm

Lindy Baker Remediation Joey Rice 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
Judith Holland English/ALE

Jerry Haynes

Oak all an David

Algebra II/Pre-AP Algebra II

Schelley Davis
Will Weir

EAST

P. F. (4)

P.E./Athletics

Sarah Moore Health /P.E./Athletics

Aides

Emily Archer- Aide Sarah Long- Aide

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.

cł	re you aware the Parent Center provides ma hildren with homework and school projects? YESNO	terials and services fo	r parents to aid their
th	Are you aware the Parent Center is available nrough 12 th grades?YESNO	to parents with childre	n in Kindergarten
	re you aware the materials in the Parent Cer YESNO	ter are available for yo	our use free of charge?
	re you interested in utilizing the Parent Center YESNO	er for educational or pa	arenting needs?
	yes, what time of day would be the most conMORNINGNOONAFT		
	ould you be willing to volunteer some of youYESNO	r time at the Parent Ce	enter?
	ould you be interested in attending parent me YESNO	eetings (approx. 1 hr. i	n length)?
	yes, which would be the best time for you to a MORNINGEVENING	attend parent meeting:	s?
	Parent Center provides parent meetings throus in which you are interested in or that would		. Please check any
	_Homework Strategies	Volunteering	
	_Health/Nutrition	Internet Safety	
_	_Family Relationships	Single Parenting	g
	_Managing Stress	Other	
	rials in the Parent Center range from preschonting books. If you would like to see more ma	-	•
Pleas	se check the appropriate grade level(s) of you	ır child(ren) enrolled ir	······································
	Kindergarten - 6 th grade	7 th -12 th ar	ade

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	e interested in vol	unteering:
Reading with a stu	identParent	CenterVo	lunteer from home
Tutoring a student	Teache	r Helper	
Do you have an age lev	rel you would prefe	r to work with?	
			usiness or hobby?
Circle which time of da Morning	y would be most co Afternoon	•	to volunteer: Either
Name		Phone Nu	mber
Address			
Child(ren) you have en	rolled in our school	[
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	an * 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:







YOUR RECEIPT
Use the app to snap a photo of your



Box Tops earnings are identified and automatically updated online.

SHOPPING FOR GROCERIES ONLINE?

receipt within 14 days of purchase.

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.





Dear Parent,

Educational technology and its funding change daily. To keep up with these changes and their accompanying expenses, our school is participating in our local supermarket's Apples for the Students Program.

The Apples for the Students Program enables our school to earn computers and iPads, sporting goods, audio visual equipment, and science supplies, with choices from hundreds of other awards, too! And, they're all free!

To earn these FREE awards we simply have to collect as many register receipts as possible from September 1, 2023, through March 31, 2024. Ask your friends and relatives to shop at the sponsoring supermarket identified below and save every receipt.

Send the receipts to school with your student as often as possible. The school will count the value of the register tapes collected and redeem them for great educational awards that benefit your child.

Thank you in advance for your participation!

Below is the name and address of our participating store.

Hays Grocery Store			
1000 SW Front St			
Walnut Ridge			



Querida madre, Querido padre,

La tecnología educativa y su financiación cambian a diario. Para mantenerse al día con estos cambios y los gastos que los acompañan, nuestra escuela está participando en el programa Apples for the Students de nuestro supermercado local.

El programa Apples for the Students le permite a nuestra escuela obtener computadoras y iPads, artículos deportivos, equipos audiovisuales y suministros de ciencia, ¡con opciones de cientos de otros premios también! ¡Y son todos gratis!

Para ganar estos premios GRATIS, simplemente tenemos que recolectar tantos recibos de caja registradora como sea posible desde el 1 de septiembre de 2023 hasta el 31 de marzo de 2024. Pida a sus amigos y familiares que compren en el supermercado patrocinador identificado a continuación y guarde cada recibo.

Envíe los recibos a la escuela con su estudiante con la mayor frecuencia posible. La escuela contará el valor de las cintas de registro recolectadas y las canjeará por grandes premios educativos que beneficiarán a su hijo.

¡Gracias de antemano por tu participación!

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Courtesy Of



• Shop at Hays Grocery Store

store and save receipts

(sponsoring supermarket)

- Receipts must be dated between September 1, 2023- March 31, 2024
- Please drop off your receipts in our collection box at school by April 8,
 2024. For more information visit: www.aftsAWG.com



"Magic Envelope"

Fold Here

Fold paper on the dotted line.
Staple or tape the edges to make an envelope.
Tape to refrigerator or pin to note board.

Save register receipts from

Store Name: ____Hays Grocery Store

and send them to school.

THANK YOU for your support!



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 PROGRAM.



at
Walnut Ridge Elementary School

Kindergarten Through 6th Grade (Ages 5-12)

Before School

Hours: 6:00 am - 7:30 am

After School

Hours: 3:15 pm - 6:00 pm

After school snack provided



Michelle Smelser -Director 870-809-0289
Michelle.Smelser@bobcats.k12.ar.us





JOIN OUR TEAM DURING JUNE AND JULY SUPER FUN AND ACTION PACKED GOOD TIMES!

ACTIVITIES

SWIMMING, COMPUTER LAB,

LIBRARY.

FIELD TRIPS, MOVIES, ETC.

Michelle Smelser - Director 870-809-0289 Michelle.Smelser@bobcats.k12.ar.us

Start simple

Cut Back on Added Sugars



Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Think about your drinks

Balance your meal by drinking water instead of sugary drinks like soda, lemonade, or sports drinks. Try some sparkling water with a lemon wedge or a small piece of fresh fruit.



Enjoy a sprinkle or two

Skip the sugar and top your coffee with a dash of cinnamon, nutmeg, or cocoa powder instead. This adds a little variety to the flavor of your coffee.



Satisfy your sweet tooth

Indulge in a naturally sweet dessert—fruit! Enjoy a fresh fruit salad, baked apples with cinnamon, or a piece of fruit right out of the fridge.



Split the sweets

Share dessert with a friend. Half a pastry or slice of cake means only half the added sugars (and calories) for each of you.



Pick lower sugar options

Choose packaged foods that have less or no added sugars such as plain low-fat or fat-free yogurt, unsweetened applesauce, or canned fruit packed in its own juice or water.



Check the label

Added sugars are now prominently displayed on the Nutrition Facts label of packaged foods. Use this information to compare added sugars on similar products. Keep in mind that there are many names for added sugars, such as fructose, dextrose, maple syrup, and cane juice.



Comience de una forma sencilla con **MiPlato**



Reduzca los Azúcares Añadidos

Una alimentación saludable es importante en todas las edades. Coma una variedad de frutas, vegetales, granos, alimentos ricos en proteínas y productos lácteos o derivados de la soya fortificados. Cuando decida qué comer o beber, elija opciones con muchos nutrientes y bajo contenido de azúcares añadidos, grasa saturada y sodio. Comience con estos consejos:



Piense en sus bebidas

Equilibre su comida bebiendo agua en lugar de bebidas azucaradas como refrescos, limonada o bebidas deportivas. Pruebe un poco de agua con gas con una rodaja de limón o un pequeño trozo de fruta fresca.



Disfrute de una pizca o dos

Evite el azúcar y añada a su café una pizca de canela, nuez moscada o cacao en polvo. Esto le agrega un poco de variedad al sabor de su café.



Satisfaga su gusto por lo dulce

Dese el gusto de un postre naturalmente dulce: ilas frutas! Disfrute de una ensalada de frutas frescas, manzanas asadas con canela o un trozo de fruta recién sacada del refrigerador.



Divida los dulces

Comparta el postre con un amigo. La mitad de una masa dulce o una rebanada de pastel representa solo la mitad de los azúcares (y calorías) añadidos para ambos.



Elija opciones con menos azúcar

Elija alimentos empaquetados sin azúcares añadidos, o que tengan menos, como el yogur natural, el puré de manzana sin azúcar o las frutas enlatadas con su propio jugo o agua.



Lea la etiqueta

Ahora, los azúcares añadidos se destacan en la etiqueta de información nutricional de las comidas empaquetadas. Use esta información para comparar los azúcares añadidos de productos similares. Tenga en cuenta que existen muchos nombres para los azúcares añadidos, como fructosa, dextrosa, jarabe de arce y jugo de caña.



Parent Activities Planned for 2023-2024

The following are parent involvement activities planned for the 2023-2024 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.

<u>Activity</u>	<u>Date</u>
WRHS Orientation (9 th Graders & New Students)	August 10
Open House	August 10
Volunteer Training	October
Booster Club	Quarterly
8 th Grade Parent Meeting	October
Parent/Teacher Conferences	Sept. 15
Character Parade (Grades K-4)	October
Senior Class Parent Meeting	September
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	Feb 16
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