

Starside Elementary  
 35400W. 91st Street  
 De Soto, KS 66018  
 913.667.6270  
 FAX 913.667.6271  
 www.usd232.org/se



# COMET CONNECTION



## UPCOMING EVENTS

### September

- 2nd- Earth Keepers 3:50-4:45
- 6th- NO SCHOOL  
(School/Office Closed)
- 7th- NO SCHOOL (K-5)
- 9th- Earth Keepers- 3:50-4:45
- 10th-Java with Jessica  
9:00- 10:00
- 16th- Earth Keepers 3:50-4:45
- 16th- Mad Science 4:00-5:00
- 18th- Skating Party @ Skate  
City 4:30-6:30
- 23rd- Earth Keepers 3:50-4:45
- 23rd- Mad Science 4:00-5:00
- 30th- Read Night @ 6:30-8:00
- 30th- Mad Science 4:00-5:00

Student Absences:  
 Call Parent Link Line (24hours a  
 day)  
 667-6279 (Absences should be Re-  
 ported by 9:00 AM.)



Transportation Changes:  
 Please notify the  
 office at 667-6270 by  
 3:00 of any travel  
 changes.



Dr. Jessica Dain, Principal

August 30, 2010

### SUNNY D UPC LABELS

We are very excited to tell you about the programs that first grade is involved in that can help earn free books for our classroom and our school library!!!!

It is called the **Sunny D Book Spree.**

This starts now and runs through November. If our class can collect 20 Sunny D UPC labels and have them turned in by November 30<sup>th</sup>, Sunny D will send us 20 free books for our classroom. IT IS THAT EASY!!!! What a great way to provide our students with more choices during independent reading time! Almost every type of Sunny D label will work. The only ones that will NOT work are the 6.75 oz., 11.3 oz., 8 oz. cans, and 12 oz. cans. If you drink Sunny D, you can start sending those labels in now! You can also ask you family and co-workers to help in this project. If we collect extra labels, we can send those in and have a chance at earning hundreds of books for our school library!



### ORIENTATION AT 8:15

September 8, Wednesday: Mark Schutte  
 September 9, Thursday: Steven Denny  
 September 10, Friday: Dan Dillon



### "DINE WITH DR. DAIN"

Ella Haden and MaKenna Kerr enjoy lunch with Dr. Dain.



**Chase Zimmerman** showing the Johnson County Fair blue and purple ribbons that Starside won for their jalapeno peppers. Thank you Zimmerman's for taking them to the fair for us.



**Mission Statement** - Through a collaborative learning community we will build a foundation upon which all students can develop essential academic and life skills. **Our Vision:** Starside will be a Learning Community (staff students, parents, and community members) that collaborates to: Provide a safe, positive environment that promotes academic growth, good character, and values diversity; Implement researched-based strategies to ensure students achieve academic skills; maximize learning time to focus on essential skills; monitor student growth based on high expectations

## RECYCLING



Starside takes recycling seriously because our students have told us over and over again it is important to them. This year we have added a cardboard recycling bin that is located by the other commingle bins. The cardboard bin is being paid for by a grant Starside written last year. Please break down all cardboard before putting it in the recycling bin. We continue to recycle cell phones and ink cartridges from printers.

Bob and Betty always need “feeding” so send that aluminum foil too.

Our commingled recycling program takes recycled; newspaper, catalogs, ad inserts, magazines, phone books, brochures, office paper, manila folders, junk mail, chipboard (cereal boxes, shoe or gift boxes, #1-#7 plastics, yogurt or margarine tubs, steel food and drink containers. Please empty and rinse all containers, labels are okay, and flatten large plastic bottles.

### YES — ACCEPTABLE RECYCLABLE MATERIALS

- Newspaper • Advertising Inserts • Office Paper • Chipboard • Telephone Books • Carrier Stock
- Envelopes • Manila File Folders • Junk Mail • Magazines • Catalogs • Aluminum Cans
- Corrugated Cartons • Steel (tin) Food and Beverage Cans • #1—7 Plastics (except Styrofoam) • Yogurt or Margarine Tubs Deli or Salad Bar “Clamshells”

### NO — UNACCEPTABLE MATERIALS

#### **\*\* NO GLASS JARS OR BOTTLES WILL BE ACCEPTED**

Glass can be taken to any Ripple Glass recycling drop-off center around the Metro area and in Lawrence, KS. Please visit [www.rippleglasskc.com](http://www.rippleglasskc.com) for a list of drop-off locations. Other unacceptable materials include: • Automotive Product Bottles • Blueprints • Carbon Paper • Construction Paper • Drink Pouches • Egg Cartons • Film Canisters • Foil • Frozen Food Containers

• Frozen Juice Containers or Straws • Gift Wrap • Hanging Folders • Hardback Books • Microwave Trays • Motor Oil Bottles • Paper Plates or Cups • Paper Towels • Paperback Books

• Photographs

• Pizza Boxes

• Plastic Bags

• Plastic Cereal Box or Cake Box Liner Bags • Plastic Lids or 6-Pack Holders • Scrap Metal • Shredded Paper • Tissue

Paper • Trash • Vitamin or Prescription Bottles

• Wax Cardboard

## Wind Power Introduces Staff

Our wind turbine was installed right before school was out last year. We felt we should be able to “see” that it was truly producing energy so we decided to put a train in the front showcase and plugged it into one of the wind turbine outlets. All Starside staff members were asked to create themselves, with clay, including something interesting about themselves and place the figure somewhere in the train-cape. Naturally the staff has gone all out and the result is very interesting. We have lots of pets, interests and pastimes shown in the train-cape. Please stop by and see the staff of Starside.



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## De Soto, Unified School District 232 Extreme Weather Guidelines for Elementary Recess

In accordance with our commitment to student safety, and recognizing the impact extreme temperature can have on student health and wellness, USD #232 has established the following guidelines for outdoor recess/activities:

### Heat Index Considerations:

Full recess (and other outdoor activities) permitted when heat index temperature is at (or below) 96 degrees and when water is available for students on the play ground or a process is in place by which students (upon request) may enter the building for water breaks

Fresh air breaks, of no more than 10 minutes, are permissible (according to individual teacher discretion and administrative consultation) when the heat index temperature is between 97 and 99 degrees and when water is available for students on the play ground or a process is in place by which students (upon request) may enter the building for water breaks

### Wind Chill Considerations:

Full recess (and other outdoor activities) permitted when wind chill temperature is at (or above) 25 degrees and participating students are considered to be appropriately dressed

Fresh air breaks, of no more than 10 minutes, are permissible (according to individual teacher discretion and administrative consultation) when wind chill temperature is between 20 and 24 degrees and participating students are considered to be appropriately dressed

## Discount Software FOR STUDENTS & TEACHERS

**Extra low student and faculty pricing on popular software.  
Microsoft, Adobe and more!**

The Southeast Kansas Education Service Center (Greenbush) is pleased to announce that selected software titles are available for purchase by Kansas K-12 Faculty, Staff and Students\* at deeply discounted prices.

**Please note:** The software purchased through this service is for home use only.

### **How do I receive the deep discount?**

Once you choose your software and are ready to purchase, you **may** be asked to verify that you are a student or a teacher by sending *academic proof*.

Go to District Website Under Parent Link or see link below.

<http://www.usd232.org/education/components/scrapbook/default.php?sectiondetailid=30183>

## NEW STARSIDE VISITOR SIGN IN/OUT POLICY



As part of the District's "Safe Schools" initiative to improve security within all buildings of USD #232, Starside Elementary has implemented a new policy to identify visitors to our school.

### ***When you arrive in the building, please:***

- report to the office first.
- sign the Visitor's notebook - stating name, time, location
- pick up a Visitor Sticker- secure the sticker in a highly visible area just below your left-front shoulder

### ***When you are ready to exit the building, please:***

- return to the front office area
- remove your visitor's sticker and list the time of departure in the Visitor's notebook.
- exit through the main doors of the building

### ***Please note:***

- \* EVERYONE who enters the building must follow this procedure.
- \* Anyone spotted in the building without a visible visitor's sticker will be politely directed/escorted back to the office to obtain a sticker.

THANK YOU to everyone for following our procedures. Your cooperation will help ensure the safety and security of all of our Starside Students!

## **SAFETY CONCERNS**

### **JCPR**

This year, Starside is pleased to welcome Johnson County Parks and Recreation (JCPR) as a childcare provider on campus for students before and after school, along with providing half day kindergarten enrichment for our kindergarten students. For safety reasons, we ask that parents utilizing JCPR services drop off and pick up their students using the back door off the courtyard. If JCPR parents need to enter the building, we ask that you use the front office door, sign in, and obtain a visitors sticker. Please understand that this is a safety precaution and we apologize for any inconvenience.



### **CAR / BUS LOOP**

We hope you understand, for safety reasons, we cannot have any cars parking in the car drop off lane or bus loops. If a parent needs to walk a student in, please park in the parking lot in front of the building. If there are no parking spots, parents can park on 91<sup>st</sup> Street, and use the sidewalk to walk up with their children. We just do not want anyone, especially our students, to get hit by a moving car or bus! Thank you for your understanding!

### **Java with Jessica!**



Jessica Dain would like to set up informal opportunities for parents to come in and visit about Starside. Parents are invited to come, meet other parents, and have the opportunities to ask questions and learn more about our wonderful school. PTA has graciously volunteered to provide the coffee! Please join us September 10<sup>th</sup> at 9:00 AM!

## WATCH D.O.G.S. DADS PROGRAM



We are pleased to offer this program as a way to get dads or father figures involved more at school. **WATCH D.O.G.S. Across America®** started after a 1998 middle-school shooting in Jonesboro, Ark., prompted one father, WATCH D.O.G.S. founder Jim Moore, to get involved. He wanted to help prevent such violence from occurring at his child's school – or at any school. He suggested to the principal a way to involve fathers, help create a safer, stronger school setting and provide positive male role models for students. Today **WATCH D.O.G.S.** is a 501(c)3 educational organization helping thousands of fathers reconnect with their children at hundreds of schools across the country. **WATCH D.O.G.S. (Dad's Of Great Students)** perform a **variety of tasks** during their day. Examples are: monitoring the school entrance, assisting with buses and cars, reading to classes, small groups or individual students, assisting with recess, eating lunch with the students and other activities that engage the **WATCH D.O.G.S.** with not only their own

### From the Lunch Room

Parents wanting to order a lunch with their students need to put their order in by 9:15 AM. Students will sit at a special table with their parents, without friends, to enjoy their special lunch.



To check these and other flyers out please go to [www.usd232.org](http://www.usd232.org) and click on the E-Backpack link. You can also subscribe to this page if you would like to receive notice each time a new flyer is posted. This week in E-Backpack you can find flyers from the following organizations you might be interested in: There are none posted this week.

### A BIG STARSIDE THANK YOU TO.....

The families who tended our worms this summer. Thank you Bedford's, Nimrod's, Richardson's and Leisten's. Thank you staff members Mrs. Miller and Mrs. Navarre. The "travel guides" during the staff activity "The Starside Green Amazing Race": Karen Zimmerman, Hollie Hall, Tami Reeves, Tonya Mallozzi, Gabrielle Mallozzi and Brenna Zimmerman. The Zimmerman family who worked our garden this summer. Doug and Kim Bedford and Candace Boehm who built props for our train scene in the front showcase.



### JOHNSON COUNTY LIBRARY

The Johnson County Library now offers Mango Languages, an online language-learning system, for those with a Johnson County Library card and PIN. Mango is free of charge and is advertised as an easy way to learn to speak a foreign language. Mango's online language learning system focuses on teaching actual conversation skills for a wide variety of languages. Each lesson combines real-life situations and audio from native speakers with simple, clear instructions. Because it is web-based, library patrons can learn from anywhere they have an Internet connection at the library, a coffee shop, or at home. To access the Library's Mango Language learning system, go to [jocolibrary.org/languages](http://jocolibrary.org/languages) and enter your Johnson County Library card and PIN.

## **DISTRICT ADOPTS NEW TABACCO FREE SCHOOL GROUNDS POLICY**



The Board of Education of De Soto Unified School District #232 adopted a stronger tobacco policy at its regular meeting on Monday, August 16, 2010. The move places De Soto on a growing list of 72 other school systems in Kansas with tobacco-free school grounds policies, including Shawnee Mission, Olathe, Gardner-Edgerton, Bonner Springs, Turner, and Kansas City, to name a few.

### **Highlight of New Policy**

The change applies to employees, students, and visitors. It disallows tobacco use on school property with no variance for

visitors. The school district requests and encourages staff, students, and visitors to support a tobacco-free environment on all district property and at school district events and activities. Parents and others visiting or attending school events and activities are requested to cooperate and assist in providing our students a tobacco-free setting in which to learn and participate in activities.

### **Key Components of the Policy**

- Prohibits tobacco use on all school grounds and school-owned property 24 hours a day by any student, staff or visitor and includes an enforcement component.
- Prohibits tobacco industry advertising, marketing and sponsorship on school property, at school functions and in school publications.
- Uses signage to advertise policy.
- Offers a cessation program for anyone in violation of the policy.
- Prohibits exhibition of tobacco-related gear or paraphernalia.
- Prohibits school acceptance of gifts or funds from the tobacco industry.

### **Policy Text: Tobacco Use**

Tobacco use of any kind is not permitted by any person (employee, student, or visitor) at any time in or on USD 232 property, whether owned, leased, or rented. Staff and students who violate this policy will be subject to disciplinary measures in accordance with applicable school and district policies. Visitors who violate this policy will be asked to cease use of tobacco products in all areas regularly accessible to others and near any facility entry, doorway, open window or air intake where smoking is prohibited. Visitors who refuse to comply with this request may be referred to school security or local law enforcement for violation of district policy and state law related to the Clean Air Act or unwanted presence on school district property. The policy further prohibits tobacco advertising, marketing, and sponsorship on district property, at school functions, and in school publications. USD 232 will use signage and, when possible, provide written and verbal notices in district communications and announcements at events to provide awareness of this policy. The district will make available current information regarding smoking and tobacco use cessation programs and provide information to employees who wish to participate in a tobacco cessation program.

## **Timely Tidbits from PTA!**

### **Starside Spirit Wear!!!**

- T-shirts, hoodies, ball caps and more are still available for order! There is an order form within the newsletter for your convenience. Just send in your form with your payment by **September 10<sup>th</sup>!!** Orders received will be sent to print and then distributed to students as soon as they are available.

### **Upcoming Walk-A-Thon Fundraiser!!!**

- Starside PTAs annual Walk-A-Thon Fundraiser is coming up soon! For those of you new to Starside the Walk-A-Thon provides the opportunity for **students to obtain** "pledges" from people they know and in turn will walk as many laps around the field as they can. The pledges received become the funds to help support things such as classroom supplies, family centered school events and field trips. **The Walk-A-Thon will take place on Friday, October 1<sup>st</sup>** on the field behind the school (weather permitting ☺). More information will be coming home with your child soon!
- **Thank you to the many who have volunteered to assist at this event!** We are so pleased to have you!! It is our volunteers who make this event possible!! If any would still like to sign up to volunteer please contact Starside PTA at [starsidepta@gmail.com](mailto:starsidepta@gmail.com) or contact Tonya Mallozzi at 585-1675.


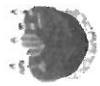



# September 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 E	2 T	3 C	4
5	6 Labor Day	7 In-Service	8 O	9 M	10 E	11
12	13 T	14 C	15 O	16 M	17 E	18
19	20 T	21 C	22 O	23 M	24 E	25
26	27 T	28 C	29 O	30 M		

**Elementary**  
**September 2010**

**Alternates: Wk 1: Chicken Patty on a Bun    Wk 2: Cornedog    Wk 3: Hamburger on a Bun    Wk 4: Hotdog**

**Daily Alternate:**  
**Yogurt Plate**

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>No School !!</b>	<b>6</b> <b>No School !!</b>	<b>7</b> Meatball Sub Tri-Tater Corn Pineapple Tidbits Milk/Juice Selection	<b>8</b> Chicken Nuggets Mashed Potatoes Peas Orange Smiles Homemade Dinner Roll Milk/Juice Selection	<b>9</b> Macaroni & Cheese Green Beans Tossed Salad Fresh Fruit Milk/Juice Selection
<b>13</b> Chicken Quesadilla Tater Tots Chilled Peaches Frozen Juice Bar Milk/Juice Selection	<b>14</b> Spaghetti and Meat Sauce Tossed Salad Mixed Vegetables Fresh Watermelon Warm Biscuit Milk/Juice Selection 	<b>15</b> Cheese Pizza Green Beans Mini Carrots Fresh Banana Happy Birthday Cake! Milk/Juice Selection	<b>16</b> Chicken Teriyaki Bites White Rice Tossed Salad Corn Fresh Apple Warm Breadstick Milk/Juice Selection	<b>17</b> Toasted Cheese Sandwich Tomato Soup Baked Beans Fresh Fruit Milk/Juice Selection
<b>20</b> Pancake Sausage on a Stick Hash Brown Patty Fruit Cocktail Milk/Juice Selection	<b>21</b> Soft Taco Spanish Rice Lettuce, Tomato, Cheese Refried Beans Fresh Grapes Milk/Juice Selection 	<b>22</b> Shrimp Poppers Buttered Potatoes Tossed Salad Fresh Kiwi Fresh Baked Cookie Milk/Juice Selection	<b>23</b> Chicken Nuggets Mashed Potatoes Green Beans Orange Smiles Homemade Dinner Roll Milk/Juice Selection	<b>24</b> Pepperoni Pizza Broccoli w/Cheese Cucumber Wheels Fresh Fruit Milk/Juice Selection 
<b>27</b> BBQ Ribette on a Bun French Fries Mixed Vegetables Mandarin Oranges Milk/Juice Selection	<b>28</b> Chili Tossed Salad Fresh Broccoli Fresh Cantaloupe Warm Cinnamon Roll Milk/Juice Selection 	<b>29</b> Southwest Mega Bites Baked Beans Pasta Salad Fresh Banana Milk/Juice Selection	<b>30</b> Oriental Eggroll White Rice Green Beans Tossed Salad Fresh Apple Chocolate Brownie Milk/Juice Selection	<b>3</b> Pepperoni Pizza Stick Mixed Vegetables Tossed Salad Fresh Fruit Milk/Juice Selection

**Unscramble these:**  
 i p p k n m u  
 c e l a m e r c  
 i p p e l a e n  
 (pumpkin, ice cream, pineapple)



# Character Counts Newsletter

## Respect

Welcome to the DeSoto School District Elementary Counselor's Newsletter! As a parent or a grandparent or an aunt or an uncle, we would like for you to consider the following scenario: your child, grandchild, niece or nephew makes the A/B honor roll. A friend meets you in the grocery store and notes the recognition of the child's name in the local newspaper. As modestly as you can, you tell your friend that you and your family are proud of his achievements. A week later another friend approaches you as you are getting into your car. She states that your child/grandchild/niece/nephew is such a kind, caring child. She says, "You can always count on him to do the right thing with such a kind heart."

Out of these two compliments, which one means the most to you? If you are like most adults, you answer the second one. Why? After all, grades are definitely important, and often schools and school districts are being assessed solely on their test scores. Children who maintain academic excellence are recognized in schools and communities. Yet you know that anyone can make straight 'A's in school or score at the highest level on test scores and still flunk life. We want our children to do well academically in school. Anyone who does not want this for their child is failing to help educate their child. But there is more to being an educated person than academics. An educated person has also developed the habits of civility and kindness along with the intellectual aptitudes that enable this person to assess and act in a morally consistent manner. This aptitude is the development of character.

What do we mean by the word character?

The English word *character* comes from the Greek word *charassein*, which means, "to engrave," such as on a wax tablet, a gemstone, or a metal surface. From that root evolved the meaning of *character* as a distinctive mark or sign, and from there grew our conception of character as "an individual's pattern of behavior...his moral constitution."

So one's character reflects a pattern of behavior or our moral constitution. Our moral constitution is developed by observing those who are around us: parent(s), relatives, teachers, coaches, neighbors. It is from this observation that we begin to develop habits of common courtesy. Additionally, our character is shaped by what and how we give to others and how we serve others in our school and in our community. Each of these is instrumental in developing our moral roadmaps.

What type of roadmaps for respect are you helping your children, grandchildren, nieces or nephews form? Use the following self-test to determine your "roadmap" for the character trait RESPECT:

- I treat people the way I want to be treated.
- I treat people with civility, courtesy and dignity.
- I am sensitive to other people's feelings.
- I never insult people or make fun of them.
- I never ridicule or embarrass people
- I never go along with prejudices.

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## Check out these great books!

### Primary

- [Manners](#) by Aliko
- [My Dream of Martin Luther King](#) by Faith Ringgold
- [Prize in the Snow](#) by Bill Easterling
- [Peace Begins with You](#) by Katherine Scholes
- "The Sun and the Wind" by Aesop

### Intermediate

- [A Circle of Giving](#) by Ellen Howard
- [The Star Fisher](#) by Laurence Yep
- [Maniac Magee](#) by Jerry Spinelli
- [Shiloh](#) by Phyllis Reynolds Naylor
- [The 18<sup>th</sup> Emergency](#) by Robert Grossman

## Quotes:

When people do not respect us we are sharply offended; yet in his private heart no man much respects himself.—Mark Twain

Football is like life- it requires perseverance, self-denial, hard work, sacrifice, dedication and respect for authority.—Vince Lombardi

When you are content to be simply yourself and don't compare or compete, everyone will respect you.—Lao Tzu

Knowledge will give you power, but character respect.—Bruce Lee

Respect your efforts, respect yourself. Self-respect leads to self-discipline. When you have both firmly under your belt, that's real power.—Clint Eastwood

A child who is allowed to be disrespectful to his parents will not have true respect from anyone.—Billy Graham

Respect for ourselves guides our morals: respect for others guides our manners.—Laurence Sterne



## Earth Keepers Tips! Going Green

### Beware of 'Vampire Power'

As we talk about RESPECT throughout USD 232 we have to remember to respect the earth and do our part as how we use energy.

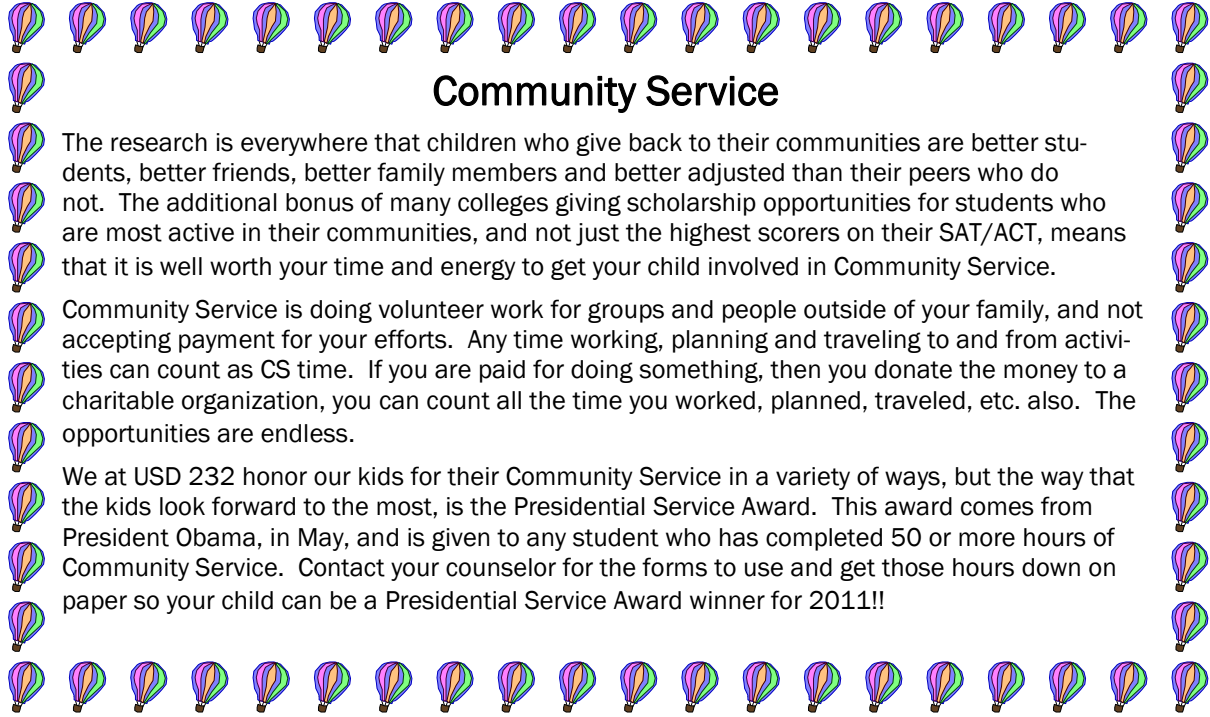
Are there vampires sucking the energy right out of your home? There probably are, and the problem is not one that can be fixed with a handful of garlic. Vampire power refers to the energy your home appliances, computers, and other gadgets consume when you aren't even using them. According to the U.S. Department of Energy, 75% of the power consumed in the U.S. is used when electronics and appliances are turned off.

Here are some likely spots to look for wasted, 'vampire' power:

- Televisions
- Rechargeable power tools
- Coffee pots
- Rechargeable vacuum cleaners
- Cordless phones
- Baby monitors
- Stereo systems

If you want to rid your home of vampires, conserve energy, and save a buck, simply unplug anything you aren't actively using. If this seems like an inconvenience, plug as many of your home electronics as possible into power strips. Then you can cut the power to multiple items with just one switch.

Going green is not just a catch phrase, it is a way of life!



## Community Service

The research is everywhere that children who give back to their communities are better students, better friends, better family members and better adjusted than their peers who do not. The additional bonus of many colleges giving scholarship opportunities for students who are most active in their communities, and not just the highest scorers on their SAT/ACT, means that it is well worth your time and energy to get your child involved in Community Service.

Community Service is doing volunteer work for groups and people outside of your family, and not accepting payment for your efforts. Any time working, planning and traveling to and from activities can count as CS time. If you are paid for doing something, then you donate the money to a charitable organization, you can count all the time you worked, planned, traveled, etc. also. The opportunities are endless.

We at USD 232 honor our kids for their Community Service in a variety of ways, but the way that the kids look forward to the most, is the Presidential Service Award. This award comes from President Obama, in May, and is given to any student who has completed 50 or more hours of Community Service. Contact your counselor for the forms to use and get those hours down on paper so your child can be a Presidential Service Award winner for 2011!!

## Spotlight on Character



**Attention Parents!**

Please let us know when your child demonstrates the pillar we are spotlighting at school. Fill in this coupon and return to your child's teacher or the school office.

**Aug/September, 2010**

**Elementary Counselors:**

**Vicki Holman, CCE**

**Kim Gasiorowski, HE**

**Monica Wooten, BE**

**Mandy Brown, PRE**

**Toni Munsey, RE**

**Paula Henderson, SE**

**Lindsay Walters, ME**

## Character Counts!

Name \_\_\_\_\_

Classroom Teacher \_\_\_\_\_

Awarded By \_\_\_\_\_

\_\_\_ Respect      \_\_\_ Responsibility      \_\_\_ Caring

\_\_\_ Citizenship      \_\_\_ Trustworthiness      \_\_\_ Fairness

I showed good character by:

\_\_\_\_\_

## Diabetes KNOW NOW!

*Did you know that more than 6 million Americans have diabetes or pre-diabetes and don't know?*

Blue Cross and Blue Shield of Kansas City is making it easy for you to find out if you're at risk in less than 10 minutes. Go to [www.BlueKC.com](http://www.BlueKC.com) and click on the Diabetes Know Now! logo.

If you're a Blue KC member and the online assessment shows you're at risk, we'll send you an at-home test kit at no charge. Non-members can take the online risk assessment for free and obtain a kit for a nominal fee. Don't wait! Find out if you're at risk today.



## beat the heat AND STAY HEALTHY

Most of the country has been under excessive heat warnings or watches this summer. Heat exhaustion and heatstroke occur when your body can't cool itself. As the outside temperature rises, your body stays cool when your sweat evaporates.

On hot, humid days, that evaporation slows because of the increased moisture in the air.

When sweating isn't enough to cool your body, your body temperature rises, and you may become sick.

The heat index tells you how hot it feels outside in the shade. It is not the same as the outside temperature. The heat index is a measurement of how hot it feels when relative humidity is combined with the effects of the air temperature. When you are standing in full sunshine, the heat index value is even higher. A heat index of 90°F or above is dangerous.

When the heat index is high, stay indoors in air-conditioning if possible. If you must go outside, take the following precautions:

- Wear lightweight, light-colored and loose-fitting clothing.
- Wear a hat.
- Use sunscreen with a 30 SPF or higher.
- Drink plenty of water before starting an outdoor activity  
Drink extra water all day and consider drinking a sports drink to help replenish the salt your body loses by sweating.
- Avoid alcohol and caffeinated drinks.
- Schedule rigorous activities for cooler times of the day – before 10 a.m. and after 6 p.m.
- Take frequent breaks and drink water every 15 to 20 minutes.
- Remember that after you have experienced a heat-related illness, you'll be more sensitive to hot conditions for about a week afterward. Avoid hot weather and do not exercise too hard.



### did you know?

The smallest serving of Cold Stone Creamery® chocolate ice cream contains 320 calories.

A 150-pound person would have to bike for just over an hour, walk for nearly two hours, or do power yoga for just under an hour to burn the calories.



BlueCross BlueShield  
of Kansas City

An Independent Licensee of the  
Blue Cross and Blue Shield Association



## cool off

### WITH A YOGURT-BERRY SMOOTHIE

This recipe from Better Homes & Gardens® is packed with vitamins and makes four servings.

#### Ingredients

- 2 8-ounce cartons of plain fat-free yogurt
- 2 ripe small bananas, peeled and sliced
- 1 cup sliced fresh strawberries
- 1 cup fresh mixed berries

#### Directions

In a blender, combine all ingredients until creamy. Pour into glasses and drink up.

## the dark side

### OF SMOOTHIES

Fruit smoothies sound delicious and nutritious and are perfect way to cool off. The ugly truth about fruit smoothies is that they can contain a ton of calories found in added sugar.

For instance, a 16-ounce Jamba Juice® Razzamatazz has 270 calories, 63 grams of carbohydrates (15 grams equals one serving of carbs) and 51 grams of sugar.

By comparison, a similar yogurt-berry smoothie made at home (see recipe above) contains 125 calories and only 24 grams of carbohydrates (amount of sugar is negligible).



## enough sleep MAKES ONE SMART

*Most of us have experienced a workday after not getting enough sleep and know how difficult it can be to concentrate and complete tasks.*

The same seems to hold true for children. Recent studies indicate that children who get the proper amount of sleep each night and have a regular bedtime routine score higher on reading and math scores than children who do not have a regular routine. School-age children need 10 to 12 hours of sleep per day and teens need at least eight hours of sleep to perform at their optimum ability.

If routines have slipped through the summer, start back on a regular bedtime routine at least one week before school starts to get children back in the habit of getting to bed and getting up at the same time. It will make for an easier transition when school starts and help prevent illness too.

## healthy sight HELPS KIDS START SCHOOL RIGHT

*Eyesight is just as important as a well-child check and having vaccines.*



It helps children start off school on the right foot. Vision screenings for children starting kindergarten can help identify any vision correction that is needed, paving the way to optimum learning.

It is estimated that as much as 80 percent of the learning a child does is done with the eyes. Chalkboard and computer work, reading and writing are the main visual tasks students perform daily. If they can't see properly, they can't do their work properly, slowing learning.

The state of Missouri has joined a growing list of states requiring children starting public school to have an eye exam by a licensed optometrist or ophthalmologist. You can check with your school district to find out if a vision screening is necessary for your student.



BlueCross BlueShield  
of Kansas City



Unified School District 232  
De Soto - Shawnee - Lenexa - Olathe  
[www.usd232.org](http://www.usd232.org)

# STARSLIDE

## 2010-2011 Order Form

### BLUE ITEMS ONLY

(Gold with White Outline)



### DESIGN #1 on GREY

(Blue with Gold Outline)



### DESIGN #2 on GREY

(Gold with Blue Outline)



### DESIGN #3 on GREY

(Black Distressed Print)



### T-SHIRTS

### HOODIE

### ZIP HOODIE

### WINDSHIRT



S/S Tshirts \$7

Sport Grey YXS-YXL, AS-5X  
Royal YXS-YXL, AS-5X

L/S Tshirts \$9

Sport Grey YS-YXL, AS-3X  
Royal YS-YXL, AS-5X



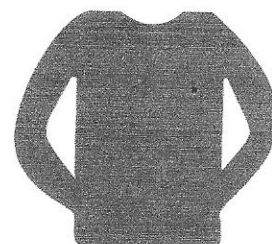
Hoodie \$17

Sport Grey YS-YL, AS-3X  
Royal YS-YXL, AS-3X



Zip Hoodie

\$21 Youth \$24 Adult  
Royal YS-YXL, AS-2X  
Sport Grey YS-YXL, AS-3X



Windshirt \$26

Royal AS-A3XL



Caps \$10.00

\*\*\*\* ADD \$1 FOR XXL, \$2 FOR XXXL, ETC \*\*\*\*

**Order your 2010-2011 Spiritwear Now !**

**Return order with payment to your child's teacher. Check or money order must accompany order.**

**Make payable to Starside PTA. Completed orders will be sent home with your child.**

**Questions contact Renee James at 913-927-0186 or email [crtjames@kc.rr.com](mailto:crtjames@kc.rr.com)**

**Deadline Sept. 10, 2010**

**Child's Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Grade/Teacher:** \_\_\_\_\_

Item	Garment Color	Size (Y or A)	Design #	Price
Item	Garment Color	Size (Y or A)	Design #	Price
Item	Garment Color	Size (Y or A)	Design #	Price
Item	Garment Color	Size (Y or A)	Design #	Price
Item	Garment Color	Size (Y or A)	Design #	Price

PERFORMANCE

**TOTAL:**

# STARSLIDE

## 2010-2011 Order Form

**Articulos en Azul Solamente**

(Letras en oro con el esbozo en blanco)

**Diseno #1 en Gris**

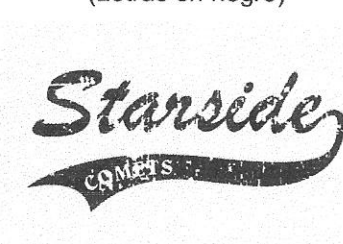
(Letras en azul con el esbozo en oro)

**Diseno #2 en Gris**

(Letras en oro con el esbozo azul)

**Diseno #3 en Gris**

(Letras en negro)



**CAMISETAS**

**SUDADERA CON GORRO**

**SUDADERA CON CIERRE**

**CAMISA CONTRA EL VIENT**



S/S Camiseta \$7

Gris YXS-YXL, AS-5X  
Azul YXS-YXL, AS-5X

L/S Camiseta \$9

Gris YS-YXL, AS-3X  
Azul YS-YXL, AS-5X



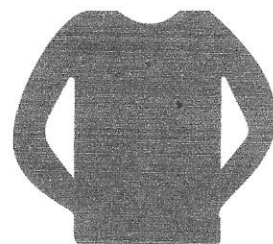
\$17

Gris YS-YL, AS-3X  
Azul YS-YXL, AS-3X



\$21 Joven \$24 Adulto

Azul YS-YXL, AS-2X  
Gris YS-YXL, AS-3X



\$26

Azul AS-A3XL



Gorras \$10.00

\*\*\*\* ADD \$1 FOR XXL, \$2 FOR XXXL, ETC \*\*\*\*

**Ordene ahora su ropa con el emblema de Starside 2010-2011!**

**Devuelva su orden con pago a el/la maestro(a). Cheque o giro postal necesita venir incluido en la orden.**

**Cheques a nombre de Starside PTA. La orden sera enviada a casa con su hijo(a).**

**Si tiene alguna pregunta, por favor comuniquese con Renee James al 913-927-0186 o por correo**

**electronico a crtjames@kc.rr.com . Ultimo dia para ordenar septiembre 10, 2010**

**Nombre del nino(A): \_\_\_\_\_ Telefono: \_\_\_\_\_ Grado/Maestro(a): \_\_\_\_\_**

<b>Articulo</b> _____	<b>Articulo Color</b> _____	<b>Talla (J or A)</b> _____	<b>Diseno #</b> _____	<b>Precio</b> _____
<b>Articulo</b> _____	<b>Articulo Color</b> _____	<b>Talla (J or A)</b> _____	<b>Diseno #</b> _____	<b>Precio</b> _____
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<b>Articulo</b> _____	<b>Articulo Color</b> _____	<b>Talla (J or A)</b> _____	<b>Diseno #</b> _____	<b>Precio</b> _____
<b>Articulo</b> _____	<b>Articulo Color</b> _____	<b>Talla (J or A)</b> _____	<b>Diseno #</b> _____	<b>Precio</b> _____

**TOTAL: \_\_\_\_\_**



Escuela Primaria Starside  
35400W. 91st Street  
De Soto, KS 66018  
913.667.6270  
FAX 913.667.6271  
www.usd232.org/se



# CONEXION COMETA



## PROXIMO EVENTOS

### Septiembre

- 2- Protectores de la Tierra  
3:50-4:45
- 6- NO HAY ESCUELA  
(Oficinas cerradas)
- 7- NO HAY ESCUELA (K-5)
- 9- Protectores de la Tierra  
3:50-4:45
- 10-Java con Jessica  
9:00- 10:00
- 16- Protectores de la Tierra  
3:50-4:45
- 16- Mad Science 4:00-5:00
- 18- Fiesta de Patinaje en  
SkateCity 4:30-6:30
- 23- Protectores de la Tierra  
3:50-4:45
- 23- Mad Science 4:00-5:00
- 30- Noche de Lectura  
6:30-8:00
- 30- Mad Science 4:00-5:00



Línea de información  
para los padres  
(24horas al día 667-6279  
(Ausencias deben reportarse no  
mas tardar de las 9:00 AM.)

Para cambios de transportación por  
favor notificar a la oficina al  
667-6270 no mas tardar de las 3:00



Dr. Jessica Dain, Directora

30 de agosto, 2010

### ETIQUETAS UPC DE SUNNY D

Estamos muy emocionados de decirles que el grado de primero esta participando en unos programas que pueden ayudar a nuestra salones a obtener libros gratis y también para la biblioteca de la escuela!!!!

Se llama de **Sunny D Book Spree**. Esto empieza ahora y se extiende hasta noviembre, Si nuestra clase colecta 20 etiquetas del jugo y se entregan para el 30 de noviembre, Sunny D nos enviara 20 libros gratis para nuestro salón. ES HACI DE FACIL!!!! Que gran manera de proporcionar a nuestros estudiantes con mas opciones durante el tiempo independiente de lectura! Casi todo tipo de etiqueta Sunny D funcionara. Las únicas que NO funcionaran son las de 6.75 oz., 11.3 oz., latas de 8 oz. y las latas de 12 oz. Si usted toma el jugo Sunny D, puede empezar a mandar las etiquetas ya! Puede usted también preguntarle a la familia o compañeros de trabajo que ayuden con este proyecto. Si colectamos extras, tenemos la oportunidad de ganar cientos de libros para la biblioteca de la escuela!!.



### ORIENTACION 8:15

Septiembre 8, Miercoles: Mark Schutte  
Septiembre 9, Jueves: Steven Denny  
Septiembre 10, Viernes: Dan Dillon



### ALMORZANDO CON DR. DAIN

Ella Haden y MaKenna Kerr disfrutaron su almuerzo con Dr. Dain.



**Chase Zimmerman** enseñando el listón azul y morado que Starside gano por los chiles jalapeños que llevaron a la Feria del Condado de Johnson. Damos las gracias a la familia Zimmerman.

**Mission Statement** - Through a collaborative learning community we will build a foundation upon which all students can develop essential academic and life skills. **Our Vision:** Starside will be a Learning Community (staff students, parents, and community members) that collaborates to: Provide a safe, positive environment that promotes academic growth, good character, and values diversity; Implement researched-based strategies to ensure students achieve academic skills; maximize learning time to focus on essential skills; monitor student growth based on high expectations



## RECICLAR



Starside toma en serio el reciclar por que todos nuestros estudiantes nos han dicho una y otra vez que importante es para ellos. Este año hemos añadido otro bote para reciclar cartón que esta localizado donde se encuentran los otros bote. Por favor cuando traiga cartón para reciclar, le pedimos que si son cajas, las desarmen antes de ponerlas en el bote, Seguimos reciclando los teléfonos celulares y los cartuchos de tinta de las copadoras. La pelota Bob y Betty siempre necesitan que se les “alimente” siga mandando el papel aluminio.

Nuestro programa de reciclar acepta; periódico, catálogos, revistas, directorios telefónicos, folletos, papel de oficina, folders, cajas de cereal, de zapatos, plástico como el recipiente de yogurt o de mantequilla y latas. Por favor vacíe y limpie con agua todos los recipientes y aplane las botellas de plástico.

### SI — MATERIALES ACEPTABLES

- Periódico • Volantes de Publicidad • Papel de Oficina • Cartón • Directorios Telefónicos •
- Sobres • Sobres de Manila • Revistas • Catálogos • Latas
- Recipientes de Yogurt o Mantequilla (NO los de Papel Espuma)

### NO — ACEPTABLES

#### **\*\* NO RECIPIENTES DE VIDRIO O BOTELLAS**

Hay un lugar en Lawrence y en Kansas llamado Ripple Glass donde se puede reciclar vidrio. Por favor visite la pagina web [www.rippleglasskc.com](http://www.rippleglasskc.com) para otras localidades. Otros materiales no aceptables son • Botellas de productos de Automóvil

- Papel de Carbón • Papel de Construcción • Cartones de Huevos • Recipientes de comida congelada
- Recipientes de jugo congelado o popotes • Papel de regalo • Ganchos de ropa • Libros • Aceite de Carro • Vasos o Tazas de Papel • Papel de cocina
- Fotos
- Cajas de Pizza
- Bolsas de Plástico
- Cajas de Plástico de Cereal • Tapas de Plástico • Metal • Kleenex • Basura
- Botellitas de medicina o vitaminas
- Papel o Cartón de Cera

## Wind Power Introduces Staff

Our wind turbine was installed right before school was out last year. We felt we should be able to “see” that it was truly producing energy so we decided to put a train in the front showcase and plugged it into one of the wind turbine outlets. All Starside staff members were asked to create themselves, with clay, including something interesting about themselves and place the figure somewhere in the train-cape. Naturally the staff has gone all out and the result is very interesting. We have lots of pets, interests and pastimes shown in the train-cape. Please stop by and see the staff of Starside



**Mission Statement** - Through a collaborative learning community we will build a foundation upon which all students can develop essential academic and life skills. **Our Vision:** Starside will be a Learning Community (staff students, parents, and community members) that collaborates to: Provide a safe, positive environment that promotes academic growth, good character, and values diversity; Implement researched-based strategies to ensure students achieve academic skills; maximize learning time to focus on essential skills; monitor



## NUEVO REGLAMENTO PARA LOS VISITANTES DE STARSIDE

Como parte de la iniciativa del Distrito para que todos los edificios dentro del Distrito Escolar #232 se mantengan seguros la escuela Primaria Starside ha implementado un nuevo reglamento para identificar a los visitantes que entran a nuestra escuela.

***Cuando llegue al edificio, por favor:***

- repórtese a la oficina.
- firme la hoja de Visitantes- nombre, hora, sitio que va a visitar
- obtenga una etiqueta de visitante-- colocarla donde sea visible

***Cuando este listo para salir del edificio, por favor:***

- regrese a la oficina
- retirar la etiqueta de visitante y anotar en la hoja de visitantes la hora en la que salió del edificio.
- salir por las puertas principales del edificio.

\* TODA PERSONA que entre al edificio necesita seguir este procedimiento.

□\*Cualquier persona que no tenga visiblemente la etiqueta de visitante será dirigido a la oficina.

GRACIAS A TODOS por seguir nuestro procedimiento. Su cooperación asegurara la seguridad de todos nuestros estudiantes de Starside!

## PREOCUPACIONES DE SEGURIDAD

### JCPR

Este año , Starside le da la bien venida a Johnson County Parks and Recreation (JCPR)- (Condado de Parques y Recreación de Johnson) guardería con servicios de cuidado para antes y después de la escuela, como también medio día de Kínder para apoyar el currículo de enseñanza de las horas normales de Kínder. Por razones de seguridad, le pedimos a los padres que utilicen la zona designada para dejar y recoger a sus estudiantes. Por favor usen la puerta de atrás donde se localiza el patio de recreo de la escuela. Si los padres necesitan entrar al edificio, les pedimos que entren por la puerta principal de la escuela y firme en la forma asignada para visitantes. Por favor comprenda que se trata de una precaución de seguridad y le pedimos disculpas por cualquier inconveniencia.



### LINEA DE CARROS Y AUTOBUSES

Por razones de seguridad, no puede ningún carro pararse en el área designada para los padres que traen a sus hijos en carro y en el área designada para los autobuses. Si algún padre necesita caminar con su hijo/a a la escuela, por favor estacionese en el estacionamiento de frente de la escuela. Si no hay lugar, se pueden estacionar sobre la calle 91<sup>st</sup>, y caminar por la acera/banqueta con su hijos/as. No queremos que ni un carro o autobús le vaya a pegar a alguien , especialmente a nuestros a estudiantes! Gracias por su comprensión!



### Java con Jessica!

A Jessica Dain le gustaría hacer una cita informal para dar la oportunidad a los padres de venir y visitar Starside. Los padres están invitados a venir, conocer a otros padres y tener la oportunidad de hacer preguntas y aprender más acerca de esta maravillosa escuela. El comité PTA voluntariamente se ha ofrecido para proveer el café! Por favor acompañenos septiembre 10 a las 9:00am!

## PROGRAMA WATCH D.O.G.S.



Estamos muy contentos de ofrecer este programa como una manera de conseguir papás o figures paternas que participen más en la escuela. **WATCH D.O.G.S. Across America®** fue formado en 1998 después de un tiroteo en la escuela media de Jonesboro, Arkansas. Esto hizo que un padre llamado Jim Moore fundara la organización WATCH D.O.G.S. El quería ayudar a prevenir que ese tipo de violencia no ocurriera en la escuela de su hijo o en cualquiera otra escuela. El le sugirió al director que involucrara a los padres, para que ayudaran a crear un ambiente mas seguro y proveer figuras positivas masculinas para los estudiantes. Hoy **WATCH D.O.G.S.** es una 501(c)3 organización educativa que ayuda a los padres a conectar con sus hijos/as en cientos de escuelas en todo el país. **WATCH D.O.G.S. (Dad's Of Great Students)- Papás de Grandes Estudiantes** realizan una variedad de tareas durante el día. Algunos ejemplos son: controlan la entrada a la escuela, asisten a los autobuses y carros, leen a los estudiantes, asisten a las/los maestras/os con grupos pequeños o individual, almuerzan con los estudiantes y otras mas actividades. **WATCH D.O.G.S.** no solo compar ten con sus hijos/as si no también con otros niños **Si esta interesado, por favor comuníquese a la escuela al numero 913-667-6270**



### NOTICIAS DESDE EL COMEDOR

Le pedimos por favor, que se comunicó a la escuela no mas tardar de las 9:15am.  
Los estudiantes se sentaran en una mesa designada especialmente para comer con los padres.



*Por favor entre a la pagina web: [www.usd232.org/ebackpack](http://www.usd232.org/ebackpack) para informarse de las oportunidades actuales de la comunidad . Con frecuencia se publica nueva información. Para estar informado solamente subscribase entrando a la pagina web de la escuela . Los siguientes son volantes de diferentes organizaciones en las cuales usted puede estar interesado.*

### Bibliotecas del Condado de Johnson

Las bibliotecas de el Condado de Johnson están ofreciendo por linea un sistema de lenguaje llamado Mango Languages. Si usted tiene tarjeta de las bibliotecas de Johnson, usted podrá tener acceso gratuito a este sistema . Este es un sistema de aprendizaje que se enfoca en enseñar una variedad de habilidades de conversación en el lenguaje que usted necesite aprender o practicar. Cada lección es fácil de seguir con claras instrucciones. Si desea acceso a este programa gratuito, vaya a la pagina web: [jocolibrary.org/languages](http://jocolibrary.org/languages). Entre el numero que se encuentra en su tarjeta de la biblioteca y su contraseña. Si no tiene una tarjeta de la biblioteca, solo vaya a cualquiera biblioteca de Johnson y aplique para recibir una.



### EL DISTRITO ADOPTA LA NUEVA LEY DE LIBRE DE TABACO EN LOS ALREDEDORES DE LA ESCUELA

La Junta Directiva de Educación del Distrito Escolar Unificado De Soto # 232 ha adoptado una norma mas severa en cuanto el tabaco. Otros Distritos Escolares también han adoptado esta norma, incluyendo Shawnee Mission, Olathe, Gardner-Edgerton, Bonner Springs, Turner, and Kansas City por nombrar algunos.

#### **Puntos nuevos de la nueva ley**

El cambio aplica a los empleados, estudiantes y visitantes. Es prohibido el consumo de tabaco en la propiedad escolar sin excluir a los visitantes. El distrito escolar solicita y alienta al personal, estudiantes y visitantes para apoyar un ambiente libre de tabaco en toda propiedad del distrito y en eventos y actividades del distrito escolar. Padres y otros visitantes o asistentes a eventos y actividades escolares, se les pide su cooperación y asistencia para proveer a nuestros estudiantes un ambiente libre de tabaco en el que puedan aprender y participar en actividades.

#### **Componentes claves**

- El uso del tabaco se prohíbe en todos los terrenos y propiedades de la escuela las 24 horas al día por cualquier estudiante, personal o visitante.
- Se prohíbe hacer publicidad del tabaco en las propiedades escolares, en las funciones escolares y en publicaciones de la escuela
- Se prohíbe vestir algo con algún emblema o anuncio de tabaco como métodos de publicidad
- Prohíbe a la escuela de aceptar algún regalo o fondo monetario de parte de la industria tabacalera.

#### **El consumo de tabaco**

El consumo de tabaco de cualquier tipo no está permitido por el personal (empleado, estudiante o visitante) en cualquier momento o propiedades de USD 232 , incluyendo propiedades rentadas o alquiladas. Personal y estudiantes que violen esta regla serán sujetos a medidas disciplinarias de acuerdo con las reglas del distrito. Los visitantes que violen esta regla se le pedirá que no fumen en las instalaciones de la escuela donde claramente se prohíbe fumar. Los visitantes que se nieguen a cumplir con esta ley serán referidos al departamento de seguridad de la escuela o la ley local por violación a las normas del distrito y la ley estatal en relación con la Ley de Aire Limpio.