

July 2022						
S	M	T	W	T	F	S
					1	2
3	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	30
31						

August 2022						
S	M	T	W	T	F	S
	1	2	3	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	30	31			

September 2022						
S	M	T	W	T	F	S
				1	2	3
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	30	

October 2022						
S	M	T	W	T	F	S
						1
2	3	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
30	31					

November 2022						
S	M	T	W	T	F	S
		1	2	3	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	30			

December 2022						
S	M	T	W	T	F	S
				1	2	3
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	30	31

Lawrence County School District

2022-2023 School Calendar

Teacher In-Service – 5	Aug. 4-5,8-10
1 st Day of School	Aug.11
Labor Day Holiday	Sept. 5
End of 1 st Quarter (44 days)	Oct 12
Parent/Teacher Conferences	Sept. 16
Thanksgiving Holiday	Nov 21-25
End of 2 nd Quarter (41 days)	Dec 16
Christmas Break	Dec 19-Jan 2
School Reconvenes	Jan 3
Teacher In-Service 6 (MLK)	Jan 16
Teacher In-Service 7 (Pres Day)	Feb 20
End of 3 rd Quarter (47 days)	March 10
Student Day/PT Conference 3-8	March 16
Spring Break	March 17-24
Good Friday	April 7
Baccalaureate	May 14
Graduation	May 15
Last Day for Students	May 24
End of 4 th Quarter (46 days)	May 24
Teacher In-Service (8,9,10)	May 25,26,30
Memorial Day	May 29

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

January 2023						
S	M	T	W	T	F	S
1	2	3	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	30	31				

February 2023						
S	M	T	W	T	F	S
			1	2	3	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				

March 2023						
S	M	T	W	T	F	S
			1	2	3	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	30	31	

April 2023						
S	M	T	W	T	F	S
						1
2	3	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
30						

May 2023						
S	M	T	W	T	F	S
	1	2	3	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	30	31			

June 2023						
S	M	T	W	T	F	S
				1	2	3
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	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 (7-12) Jason Belcher
Elem. Principal (K-6) Lea Andra Foster

LAWRENCE COUNTY SCHOOL BOARD OF DIRECTORS 2022-2023

Clay Sloan, Joe Penn, Pat Roby,
Vickie Mitchell, Brittany Schmidt,
Greg Gill, Adam Davis



www.bobcats.k12.ar.us

LAWRENCE COUNTY SCHOOL DISTRICT

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

August 11, 2022

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.

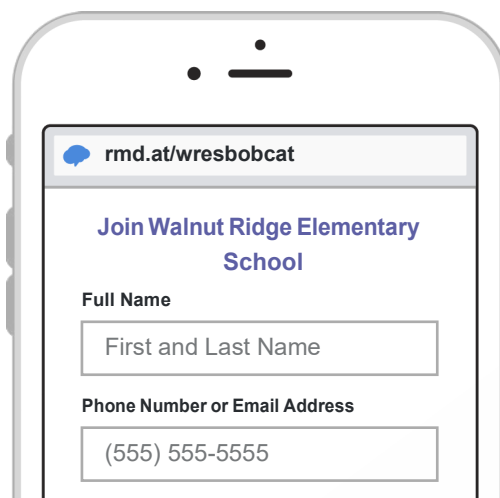
Pick a way to receive messages for **Walnut Ridge Elementary School**:

A **If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/wresbobcat

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B **If you don't have a smartphone, get text notifications.**

Text the message [@wresbobcat](https://www.remind.com/@wresbobcat) to the number **81010**.

If you're having trouble with **81010**, try texting [@wresbobcat](https://www.remind.com/@wresbobcat) to **(931) 269-0514**.

** Standard text message rates apply.*



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.

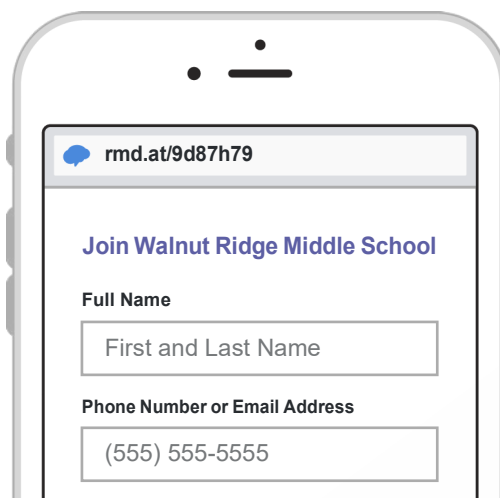
Pick a way to receive messages for **Walnut Ridge Middle School**:

A **If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/9d87h79

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B **If you don't have a smartphone, get text notifications.**

Text the message [@9d87h79](https://t.me/@9d87h79) to the number **81010**.

If you're having trouble with **81010**, try texting [@9d87h79](https://t.me/@9d87h79) to **(931) 269-0514**.

** Standard text message rates apply.*



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.

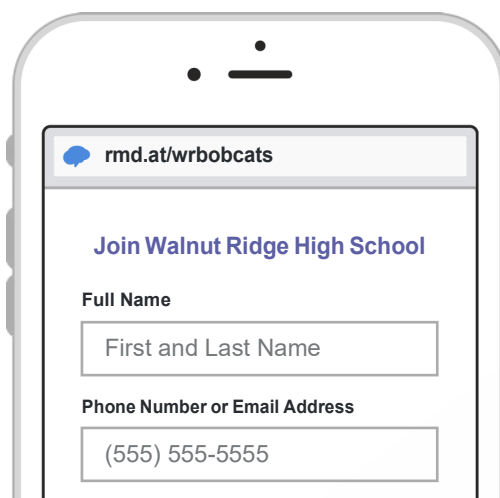
Pick a way to receive messages for **Walnut Ridge High School**:

A **If you have a smartphone, get push notifications.**

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/wrbobcats

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B **If you don't have a smartphone, get text notifications.**

Text the message [@wrbobcats](https://www.remind.com/help/faq/what-is-a-remind-message) to the number **81010**.

If you're having trouble with **81010**, try texting [@wrbobcats](https://www.remind.com/help/faq/what-is-a-remind-message) to **(931) 269-0514**.

** Standard text message rates apply.*



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.
- 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

2022-2023

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:
 - 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.
 - 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.
 - 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
Penny Sloan
Stephanie Denton

Principal
Assistant Principal
Counselor
Secretary

Kindergarten

Ginger Atkinson
Emily Sheets
Amanda Henry
Amanda Moskop

First Grade

Heather Dickson
Natosha Ward
Jennifer Brown
Erin Manning

Second Grade

Mary Beth Dickson
Sarah Hudson
Stephan Miller
Sarah Rogers

Third Grade

Cameron Priest
Susan Ashlock
Emily Herring

Fourth Grade

Jenny Andrews
Madalyn Manus
Ali Carey
Felissa Craig

Resource

Michelle Smelser
Alyssa Nichols

Reading Interventionist

Jessica Light
Heather C. Dickson

Title I

Dyan Heard

Library

Keely Huskey

Literacy Coach

Brooke Bramlett

Keyboarding

Vanessa Hufstедler

Music

Elisabeth Schoenecke

Art

Jean Fowler

GT Coordinator

Tonda Brand

School Nurse

Anna Lou Shaw
Stephanie Nichols

Parent Center

Dyan Heard Facilitator
Lindsey Romine Coordinator

Physical Education

Seth Hart
Jason Ward
Isaac Middlebrooks
Will Weir

Cafeteria

Kristal Jones
Angie Trinidad
Tammy Winfrey
Samantha Burton
Vicky Davis
Lila Cook
Kelli Porter

Aides

DeeDee Bridges
Jill Caldwell
Terri Stevens
Teri Jones
Shelly Milgram
Tristan Williams
Zoe Davis
Cheryl Englert
Jennifer Smith
Rebecca Shipman

Bobcat Faculty



Middle Level Building

Office

Lea Andra Foster
Jacob Kersey
Jason Belcher
Jennifer Roark
Susan Doyle

Principal (Grades 5-6)
Principal (Grades 7-8)
Assistant Principal
Counselor
Secretary

Language/Reading

Makayla Durham
Marcia Martin
Sherry Schafer
Courtney Coffman

Math

Hollie Thielemier
Tashena Tate
Rebecca Bullard
Megan Cole

Health

Jason Ward

Art

Jean Fowler
Jamie Farrar

Social Studies

Natalie Wallin
Travis Fleming
Grant Smith

Special Education

Amy Privett
Sarah Hoffman
Jessica Harris -Aide
Destyni Miller-Aide
Tammy Fisher-Aide

Physical Education

Blake Coffman
Shane Duncan
Jason Ward
Isaac Middlebrooks
Sarah Moore
Vanessa Hufstedler

GTC Coordinator

Tonda Brand

Music

Elisabeth Schoeneche
Nick Weber

Business

Vanessa Hufstedler
Angela Horner

Title I

Dyan Heard

Band

John Long

Library

Hillary Anderson

School Nurse

Anna Lou Shaw
Stephanie Nichols

Math Interventionist

Angela Brady

Parent Center

Dyan Heard - Facilitator
Lindsey Romine - Coordinator

Science

Tracy Jared
AnnMarie Brogdon

Reading Interventionist

Kristy Bateman
DeeDee Bridges -Aide

Bobcat Faculty



High School Building

Office

Jacob Kersey	Principal
Jason Belcher	Assistant Principal
Debbie Findley	Counselor
Shelia Britton	Secretary
Brenda Alls	Student Attendance/Data Entry

Teachers

Denee Wheelless	Pre & AP Biology/Anatomy & Physiology
Jamie Farrar	Art
Rachel Shelby	Trans. College Math/Finite Math/ Athletics
Joe Fisher	ALE/Athletics
Tracy Hallman	English/AP English
Alyssa Paskel	Algebra I/Geometry
Dr. Ellen Holloway	Chemistry/Physics/Physical Sci.
Malessie Milton	Special Education
Becky Robinson	English/Oral Comm
Lindy Baker	Remediation
Joey Rice	Agri/Sci. &Tech
John Long	Band
Chris Harper	Spanish
Nick Weber	Chorus
Stacy Rice	English/Drama/Journalism
Linda Ross	Librarian
DeAnna Steele	Special Education
Linda Smith	U.S. Gov't/American History
Mary Smith	Business Education
Tommy Ford	World History/Civics/Economics
Shane Duncan	Drivers Ed.
Jason Ward	Health /P.E./Athletics
Isaac Middlebrooks	P.E./Athletics
Judith Holland	English/ALE
Jerry Haynes	Algebra I/Algebra II/Pre-AP Algebra II
Abby Tyler	Career Coach
Schelley Davis	EAST
Will Weir	P.E./Athletics
Sarah Moore	Health /P.E./Athletics

Aides

Leslie Rutledge- 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.

1. Are you aware the Parent Center provides materials and services for parents to aid their children with homework and school projects?

___ YES ___ NO

2. Are you aware the Parent Center is available to parents with children in Kindergarten through 12th grades?

___ YES ___ NO

3. Are you aware the materials in the Parent Center are available for your use free of charge?

___ YES ___ NO

4. Are you interested in utilizing the Parent Center for educational or parenting needs?

___ YES ___ NO

If yes, what time of day would be the most convenient for you to use the Parent Center?

___ MORNING ___ NOON ___ AFTERNOON ___ EVENING

5. Would you be willing to volunteer some of your time at the Parent Center?

___ YES ___ NO

6. Would you be interested in attending parent meetings (approx. 1 hr. in length)?

___ YES ___ NO

If yes, which would be the best time for you to attend parent meetings?

___ MORNING ___ EVENING

The Parent Center provides parent meetings throughout the school year. Please check any areas in which you are interested in or that would benefit you the most.

___ Homework Strategies

___ Volunteering

___ Health/Nutrition

___ Internet Safety

___ Family Relationships

___ Single Parenting

___ Managing Stress

___ Other _____

Materials in the Parent Center range from preschool through 12th grade, along with a variety of parenting books. If you would like to see more materials in a specific area, please list.

Please check the appropriate grade level(s) of your child(ren) enrolled in Walnut Ridge School.

___ Kindergarten - 6th grade

___ 7th -12th 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 be interested in volunteering:

Reading with a student Parent Center Volunteer from home
 Tutoring a student Teacher Helper

Do you have an age level you would prefer to work with? _____

Would you be interested in speaking to a class about your business or hobby? _____
If so, what is your business or hobby? _____

Circle which time of day would be most convenient for you to volunteer:

Morning Afternoon Either

Name _____ Phone Number _____

Address _____

Child(ren) you have enrolled in our school

Name _____ Grade _____ Name _____ Grade _____

Name _____ Grade _____ Name _____ Grade _____



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:

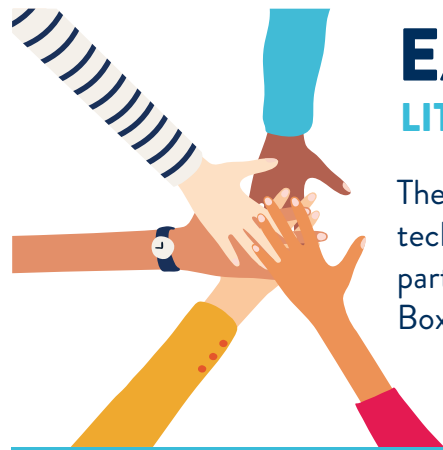
The Parent Center is the middle yellow building between the Middle School and the W.R. Community Center.

HOURS:

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

Lindsey Romine, Coordinator
Dyan Heard, Facilitator





EARN CASH FOR YOUR SCHOOL

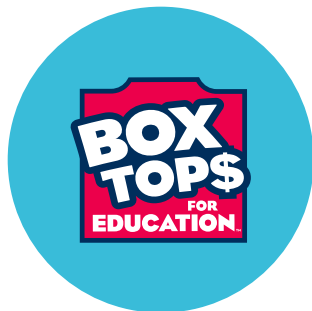
LITTLE BY LITTLE WE CAN MAKE A BIG DIFFERENCE.

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:

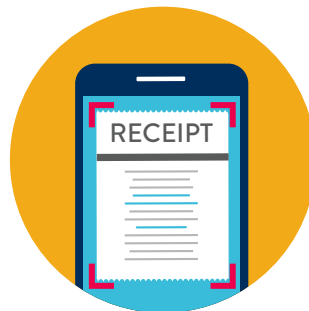


HERE'S HOW IT WORKS:



BUY BOX TOPS PRODUCTS

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



SCAN YOUR RECEIPT

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



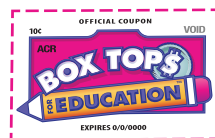
EARN CASH FOR YOUR SCHOOL

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](https://www.btfef.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.

SEE PRODUCTS & LEARN MORE ABOUT
THE BOX TOPS APP AT [BTFE.COM](https://www.btfef.com)

DON'T HAVE THE BOX TOPS
APP YET? DOWNLOAD IT NOW:





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, 2022, through March 31, 2023. 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 2022 hasta el 31 de marzo de 2023. 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!

A continuación se muestra el nombre y la dirección de nuestra tienda participante.

Apples for the Students

You can help our school earn
FREE classroom equipment!



Courtesy Of



- Shop at Hays Grocery Store store and save receipts
(sponsoring supermarket)
- Receipts must be dated between September 1, 2022 - March 31, 2023
- Please drop off your receipts in our collection box at school by April 8, 2023.

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!

1

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®.

2

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.



3

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.

Paw Patch

Child Care
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

Vacation Station



Ages 5-12

6 a.m. to 6 p.m.

**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

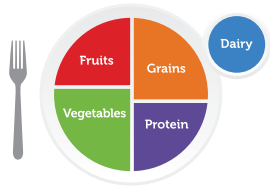
Parent Activities Planned for 2022-2023

The following are parent involvement activities planned for the 2021-2022 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 8
Open House	August 8
Volunteer Training	October
Booster Club	Quarterly
8 th Grade Parent Meeting	October
Parent/Teacher Conferences	Sept. 16
Character Parade (Grades K-4)	October
Senior Class Parent Meeting	September 6
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	March 16
Kindergarten Registration	April
Volunteering	Ongoing
Parent/Teacher Organization	Ongoing



Start simple with MyPlate



Dine Out/Take Out

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:



Decode the menu

Look for choices that are baked, broiled, grilled, poached, steamed, boiled, or roasted to limit extra saturated fat and salt. If you aren't sure, ask how menu items are prepared and/or if they can be prepared a different way.



Start your meal with veggies

If you start your meal with a salad or eat your vegetables first, you will feel full sooner and ensure that you get valuable vegetable nutrients.



Split your dish

When ordering food, portions can be very large. Consider sharing a meal with someone else or making two meals out of it by saving half for the next day.



Look for fruits and veggies

Pick dishes that highlight vegetables like stir-fries, veggie wraps, or kabobs. Select fruit as a side dish or for dessert.



Plan ahead and compare choices

Before you order takeout or head to a restaurant, see if menu information is available on a website. Look for choices that are lower in calories, sodium, and saturated fat.



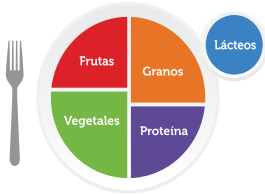
Choose your sauce

Pick sauces made from vegetables like marinara, rather than cream or butter sauces to limit calories from saturated fat. You can ask for them on the side or for the dish to be prepared with less or no sauce.





Comience de una forma sencilla con **MiPlato**



Salir a Comer/ Comprar Comida para Llevar

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:



Descifre el menú

Busque opciones que estén horneadas, asadas, cocinadas en la parrilla, hervidas, cocinadas al vapor o asadas para limitar las grasas saturadas y la sal extras. Si no está seguro, pregunte cómo se preparan las opciones del menú o si pueden prepararse de otra forma.



Empiece comiendo los vegetales

Si comienza su comida comiendo una ensalada o los vegetales primero, se sentirá lleno más rápido y se asegurará de obtener los nutrientes valiosos de los vegetales.



Divida su plato

Cuando pide comida, las porciones pueden ser muy grandes. Puede compartir su comida con otra persona o dividir la comida en dos y guardar una mitad para el día siguiente.



Busque frutas y vegetales

Elija platos en los que resalten los vegetales, como los salteados, los wrap vegetarianos o los kebabs. Elija frutas como guarnición o postre.



Planifique con tiempo y compare las opciones

Antes de comprar comida para llevar o ir a un restaurante, verifique si la información del menú está disponible en un sitio web. Busque opciones que tengan pocas calorías, sodio y grasa saturada.



Elija su salsa

Elija salsas hechas con vegetales, como la marinara, en lugar de salsas con crema o manteca para limitar las calorías de las grasa saturada. Puede pedir que se la traigan separada del plato o que el plato se prepare con menos salsa o sin salsa.



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