

July 2020						
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		

August 2020						
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 2020						
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 2020						
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 2020						
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 2020						
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

## 2020-2021 School Calendar

Teacher In-Service – 9	Aug. 6,10,11,12 17,18,19,24,25
1 <sup>st</sup> Day of School	Aug. 26
Labor Day Holiday	Sept. 7
End of 1 <sup>st</sup> Quarter (40 days)	Oct 21
Parent/Teacher Conferences	Oct 23
Thanksgiving Holiday	Nov 23-27
Last Day of School Student	Dec 18
Christmas Break	Dec 21-Jan 3
School Reconvenes	Jan 4
End of 2 <sup>nd</sup> Quarter (46 days)	Jan 15
End of 3 <sup>rd</sup> Quarter (43 days)	March 17
Student Day/PT Conference 3-8	March 18
Spring Break	March 19-26
Good Friday	April 2
Baccalaureate	May (tba)
Graduation	May (tba)
Memorial Day	May 31
Last Day for Students	June 4
End of 4 <sup>th</sup> Quarter (49 days)	June 4
Teacher In-Service (#10)	June 7

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

January 2021						
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 2021						
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 2021						
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 2021						
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 2021						
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 2021						
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 2020-2021**

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



[www.bobcats.k12.ar.us](http://www.bobcats.k12.ar.us)

# LAWRENCE COUNTY SCHOOL DISTRICT

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

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August 26, 2020

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](mailto: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.

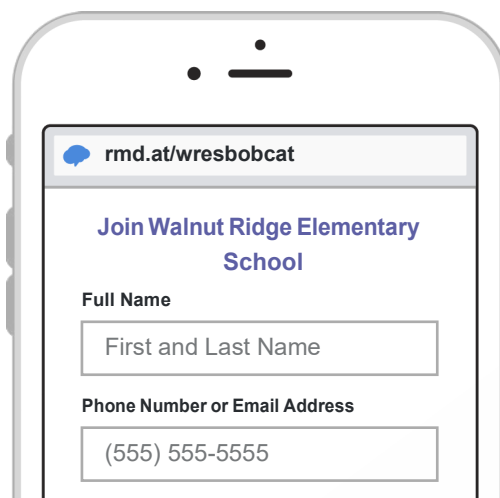
Pick a way to receive messages for **Walnut Ridge Elementary School**:

**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](https://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://t.me/wresbobcat) to the number **81010**.

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

*\* Standard text message rates apply.*



**Don't have a mobile phone?** Go to [rmd.at/wresbobcat](https://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.

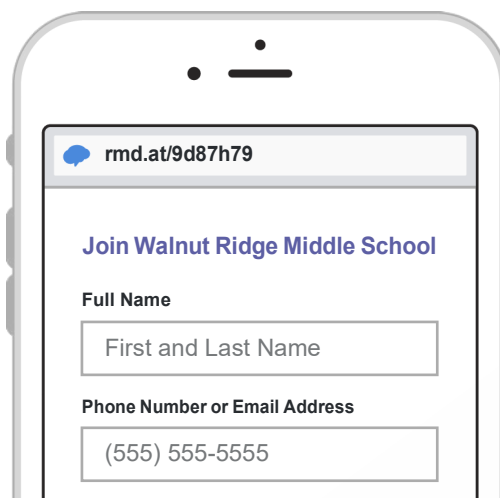
Pick a way to receive messages for **Walnut Ridge Middle School**:

**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](https://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](https://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.

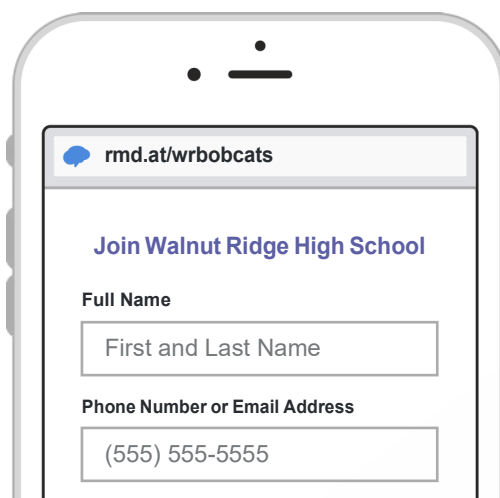
Pick a way to receive messages for **Walnut Ridge High School**:

**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](http://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](http://rmd.at/wrbobcats) on a desktop computer to sign up for email notifications.

# Parental Involvement Plan

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Walnut Ridge Elementary & Walnut Ridge High Schools

2020-2021

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  
Andrea Roark  
Stephanie Denton

Principal  
Counselor  
Secretary

### Kindergarten

Ginger Atkinson  
Cameron Priest  
Amanda Henry  
Amanda Moskop

### First Grade

Heather Dickson  
Natosha Ward  
Jennifer Brown

### Second Grade

Jennifer Roark  
Heather C. Dickson  
Stephen Petty  
Mary Beth Dickson

### Third Grade

Felissa Craig  
Erin Manning  
Susan Ashlock

### Fourth Grade

Jenny Andrews  
Natalie Wallin  
Marcia Martin

### Resource

Terrie Ponder  
Rachel McQuay

### Reading Recovery

Jessica Light

### Title I

Dyan Heard  
DeeDee Bridges-Aide  
Jill Caldwell – Aide

### Library

Keely Huskey

### Literacy Coach

Brooke Bramlett

### Keyboarding

Vanessa Hufstedler

### 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  
Blake Coffman  
Isaac Middlebrooks

### Speech

Melanie Hicks

### Cafeteria

Kristal Jones  
Angie Trinidad  
Tammy Winfrey  
Samantha Burton  
Angie Perez  
Autumn Robinett  
Vicky Davis

### Aides

Debbie Blalock  
Cassie Bullard  
Terri Stevens  
Raven Dobbs  
Destyni Miller  
Teri Jones  
Ashley Manning

# Bobcat Faculty



## Middle Level Building

### Office

Lea Andra Foster      Principal (Grades 5-6)  
Jacob Kersey          Principal (Grades 7-8)  
Jason Belcher         Assistant Principal  
Candace Eveland     Counselor  
Susan Doyle           Secretary

### Language/Reading

Tashena Tate  
Sherry Schafer  
Kristy Bateman  
Courtney Coffman

### Social Studies

Grant Smith  
Karen Wallin  
Travis Fleming

### GTC Coordinator

Tonda Brand

### Title I

Dyan Heard  
DeeDee Bridges –Aide

### Speech

Melanie Hicks

### Parent Center

Dyan Heard –Facilitator  
Lindsey Romine -  
Coordinator

### Math

Hollie Thielemier  
Angela Brady  
Rebecca Bullard  
Dawn Craft

### Special Education

Sarah Hoffman  
Amy Privett  
Jean Baltz -Aide  
Courtney Wilcoxson-Aide  
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

### Health

Jason Ward

### Art

Jean Fowler  
Jamie Farrar

### Physical Education

Blake Coffman  
Isaac  
Middlebrooks  
Shane Duncan  
Jason Ward

### Business

Angela Horner

### Family Work

### Connections

Diana Howard

# 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
Schellely Davis	Algebra I/Geometry
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
Diana Howard	Family & Consumer Science
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	EAST
Abby Tyler	Career Coach

### Aides

Leslie Rutledge- Aide  
Sarah Long- Aide



# 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, Tyson Project A+ Labels, and Ink Cartridges

## **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



# 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 12<sup>th</sup> 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 12<sup>th</sup> 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 - 6<sup>th</sup> grade

7<sup>th</sup> -12<sup>th</sup> 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

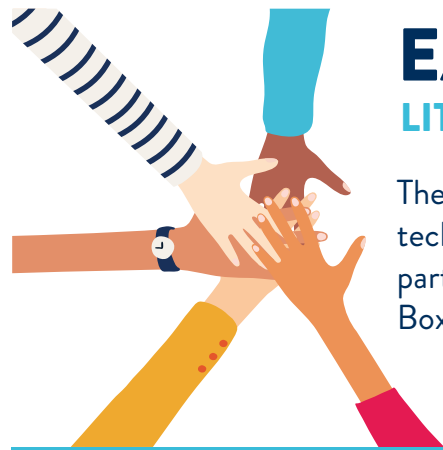
Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Address \_\_\_\_\_

Child(ren) you have enrolled in our school

Name \_\_\_\_\_ Grade \_\_\_\_\_    Name \_\_\_\_\_ Grade \_\_\_\_\_

Name \_\_\_\_\_ Grade \_\_\_\_\_    Name \_\_\_\_\_ Grade \_\_\_\_\_



# 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:

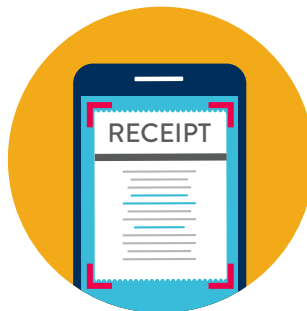


## HERE'S HOW IT WORKS:



### 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.btfec.com/emailgroceryreceipts)



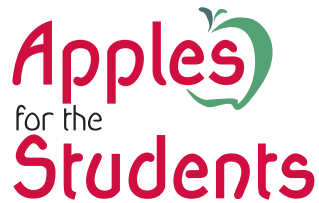
## BOX TOPS CLIPS

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.btfec.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 1st, 2020, through March 1st, 2021. 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 Supermarket**

---

1000 SW Front St

---

Walnut Ridge, Ar

---



# Apples for the Students

## “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 noteboard.

Send collected register receipts  
to: **Walnut Ridge Elementary**  
to: \_\_\_\_\_

THANK YOU for your support!

# 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



**Heather Dickson-Director**  
**1-870-819-0431**  
**heather.dickson@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.**

**For more information contact**

**Heather Dickson-Director**

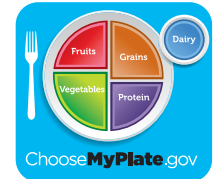
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## Parent Activities Planned for 2020-2021

The following are parent involvement activities planned for the 2020-2021 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.

<b><u>Activity</u></b>	<b><u>Date</u></b>
WRHS Orientation (9 <sup>th</sup> Graders & New Students)	August 24
Open House	August 17
Volunteer Training	October
Booster Club	Quarterly
8 <sup>th</sup> Grade Parent Meeting	October
Parent/Teacher Conferences	Oct. 23 / Mar. 18
Senior Class Parent Meeting	September
Junior Class Parent Meeting	September
Sophomore Parent Meeting	October
Band Parent Association (Grades 6-12)	Fall, Winter, Spring
Book Fair	December
Science Fair Project Night (Grades K-6)	January
Financial Aide Night	February
Pi Day Activity (5/6 Grade)	March
Kindergarten Registration Night	April
Volunteering	Ongoing



Fit kids are physically active and play for at least 1 hour every day. Look for ways to make physical activity a part of your day. Do activities that build your muscles, get your heart pumping, and make you feel good about yourself.

### 1 tie up your laces and walk

Go for a walk around your neighborhood or walk to your friend's house instead of taking the bus or asking for a ride. Forget the elevator and take the stairs every chance you get! Remember to be safe by using sidewalks and crosswalks.

### 2 turn up the music

Shake, rattle, and roll to your favorite songs. Turn on some hip hop, country, salsa, or pop music and move your body. Dancing is a great way to get some physical activity.



### 3 ride a bike

Grab your helmet and safety gear and go for a bike ride. Ride your bike to school or grab your friends and enjoy a ride in the neighborhood.

### 4 join a team

Show your team spirit and join a sport at your school or community center. There are tons of fun teams such as basketball, baseball, gymnastics, dancing, soccer, swimming, and tennis. Choose an activity that you like and have fun!

### 5 go out and play

Ditch the TV and go outside with friends, family, and even your pets! Walk your dog. Make a snowman. Fly a kite. Have a Hula-Hoop contest. Play basketball with friends. Try jumping rope. Or simply play a game of tag.



### 6 dive right in!

Go to your local indoor or outdoor pool and swim. Swim laps, play water games with friends, or have diving contests for fun.

### 7 get paid to be fit

Earn extra cash by mowing lawns, washing cars, shoveling snow, or walking dogs for your family or for your neighbors. Listen to music while you work to keep you going.

### 8 try skating or skateboarding

Grab your friends and go to a local park or indoor skating rink! It's easy to learn and a great way to be active while still having fun! Remember to wear your helmet and safety pads.



### 9 plant a garden

Plant and grow flowers, fruits, and vegetables with your family, or even with your friends! Creating a garden is tough work and a good way to keep fit. Be sure to check on your plants and water them every day!

### 10 stuck inside?

Play a game of hide-and-seek or plan a scavenger hunt in your house with friends and family. Another great way to stay active indoors is by doing crunches and jumping jacks—see how many you can complete!

