

September 2023



Take Flight at Meadowlark Ridge

A Note from the Principal

It has been a great start to the 23-24 school year. Thank you to all the parents and staff!

- Heather Galvan, Principal

WHAT'S HAPPENING AT MLR?



Marathon

Another Meadowlark Marathon is off and running! Students, parents, and volunteers gathered on the blacktop the morning of August 28th to begin the annual Meadowlark Marathon. MLR is able to provide this opportunity to students with the help of The School Marathon Foundation and a grant funded through the Salina Regional Health Center, the support of our wonderful parent volunteers, and race directors, Leah Wilson and John Zamora. Students K - 5 will run two laps around the outside of the playground this year. Each student will have a QR code on a bracelet that will be scanned each time they go around the school. Marathon special events are posted on the calendar.

Make the Most of Your Parent-Teacher Conference!

Parent-teacher conferences provide an invaluable opportunity for adults at home and school to come together and discuss how to help students succeed. This open dialogue is an important support in students' school progress.

Scheduled for September 13 and 14, these meetings are an ideal avenue for parents to ask questions about their student's performance and behavior. Conferences provide space for communication with parents in a more personal manner, giving them insight into their student's strengths and weaknesses that they may not otherwise see from test scores or grades alone.

We look forward to visiting with you at parent-teacher conferences and working together to build a strong foundation that will help your student learn and grow. With continued communication between home and school, we can make sure our students get the support they need to succeed

Parents can sign up starting September 1st through www.myconferencetime.com/mlr. Directions for signing up for conferences will be sent out to parents/guardians. We strive for a 100% turnout! For children who reside in two different households, we hold one conference. Please communicate to determine an agreed upon conference time. If you need to change your conference date and time, please call the MLR office at 785-309-4300. The book fair will be held in the library during conferences.



Join Us for MLR Fun Night



MLR Fun night will be on **September 22** and it will be held outside. The event will begin at 5:00 p.m. and go until dark.

Wristbands and prize drawing tickets will be available for purchase. Wristbands will allow children to play games.

Tickets are used for the prize drawing. Snacks will also be available for purchase at the event.

Additional information will be sent home from PTO soon! October 6 will be the backup date if weather is bad on September 22.

Drop Off and Pick Up

There have been many safety concerns during drop off and pick up times. There are cones around the building on the corners and by the crosswalks. Do not park in those areas.

When cars pull all the way up to the end of the street, children can't see if another car is coming without stepping out into the street.

Please remember to also drive slow. There aren't stop signs on all of the corners; we all need to be mindful of children crossing the streets. Each corner will now have a crosswalk attendant helping students cross the street.



Staff Spotlight

Each week, we will be celebrating 2 staff members by posting their picture and a little bit about them on the website and Facebook. Make sure to check it out!



Skill of the Month

Composure

No one can make you angry without your permission. Reclaim your power by actively calming yourself in times of distress.



HANDLING UPSET

The Adult-First Mindset Shift

Salina Public Schools and Saline County are excited to bring *FREE* training opportunities to our community.

Gain insight about why an adult-first approach to self-regulation is absolutely necessary and respond to others with positive intent and composure; modeling and teaching the behaviors we want children to acquire.

Through this social-emotional program, we will learn to discipline ourselves to help our children learn. Conscious Discipline provides an array of behavior management strategies that anyone can use to turn everyday situations into learning opportunities.

Who Should Attend:

Free and open to all adults

When & Where:

This event has 3 time options to choose from. Content and materials at each time option will be the same.

Handling Upset is an 8 week E-Learning course from Conscious Discipline. Attendees will be provided with:

- **FREE KDHE Hours**
- Material resources
- Individual registration for E-Learning course
- Free childcare, limited slots available
- Snacks

Option 1:

- **Monday evenings from 5:30-7:30 p.m.**
- 9/11, 9/18, 9/25, 10/02, 10/09, 10/16, 10/23, 10/30
- Central High School, Cafeteria, 650 E. Crawford St.
- Facilitator: Karas Fairchild
- Free childcare for ages 2+ provided, limited slots

Option 2:

- **Saturday mornings from 9:00-11:00 a.m.**
- 9/16, 9/23, 9/30, 10/07, 10/14, 10/21, 10/28, 11/04
- Heartland Early Education, 700 Jupiter Ave.
- Facilitator: Loree Beason
- Free childcare for ages 8 months+ provided, limited slots

Option 3:

- **Thursday evenings from 6:00-8:00 p.m.**
- 9/21, 9/28, 10/05, 10/12, 10/19, 10/26, 11/02, 11/09
- South High School, Commons, 730 E. Magnolia Rd.
- Facilitator: Graysyn Krebs
- Free childcare for ages 2+ provided, limited slots

Questions? Contact Jody at jody.craddockiselin@usd305.com

Facilitators:

Option 1: Karas Fairchild

Karas has worked in the family services field for 15 years and has been with Heartland for six years as a Mental Health Consultant. In her sessions you can expect humor, easy to understand analogies and connections.

Option 2: Loree Beason

Loree has enjoyed 28 years of working in Early Childhood Education. She has held a variety of positions during these years from preschool teacher to center director. Loree's high energy makes for a fun filled learning experience.

Option 3: Graysyn Krebs

Graysyn has worked with USD 305 for the past six years, in the classroom and as a support staff. Graysyn was raised by a mother who practiced Conscious Discipline. She now passes that knowledge on to the next generation.



Register by either clicking the button or scanning the QR code. Registration will close one week before the first day of class.

[Click Here](#)

This event is being presented by Salina Public Schools. We extend our thanks to Saline County for their sponsorship.



September Calendar

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

4 - Labor Day/No School

26 - Color Run

13-14 - Parent Teacher Conferences

28 - Fall Pictures

14-15 - No School



22 - Fun Night

Contact Us

Heather Galvan - Principal

Decelia Brungardt - Lead Teacher

Buffy True - Secretary

Main Office Phone Number: 785-309-4300

 MLR Facebook

 School Website

 District Website

#MLRProud
#305GrowsGreatness