



# W.F. Flyer

USD287

Volume 15, Issue 3  
November, 2011

## From Superintendent Bradbury

What's New in USD 287

**School Reach** is the latest technology to come to the district. It is an automatic calling system which delivers a pre-recorded message to each caller. We have used the system several times this year already. Recently, parents were called to let them know school would be dismissed early on September 23<sup>rd</sup> because of a water problem. A second call went out on Sunday, October 9<sup>th</sup>, reminding parents there would be no school on Monday due to the district wide in-service. We hope you find this new notification system very helpful, informative, and a better, faster way of receiving important information.

In other news, at the October board meeting, the board approved bids taken to sell the one used school van and four of the six used school buses which had been declared surplus property. Bids for two of the six school buses were the lowest bids and were rejected. These buses were donated to the Pomona Fire Department.

The Pomona Fire Department, along with other fire departments from the area, will use the two donated buses to participate in a training exercise of extrication. As the Pomona Fire Chief explained to the board, fire departments seldom have an opportunity to train in the rescue of persons trapped in a school bus. While we hope these dedicated professionals never have to employ the extrication training these buses will provide, the board felt this was an excellent opportunity to assist local fire departments in learning how to save student lives or prevent student injuries at a cost to the district of less than \$1,600.

The board has completed the tours of all facilities, with the last tour being Appanoose Elementary School on October 10<sup>th</sup>. The next step in this process will be for the board to consider how to address the many infrastructure challenges our current facilities face.

As always, community input and involvement is welcomed. I hope if you have questions, you will call me at the district office at 785-566-3396. Thank you for your continued support of the West Franklin School District and remember, "It's a great day to be a Falcon".

**Due to changing weather conditions, there is always the possibility classes may have to dismiss early. If you are not home during the day, please make arrangements for your children in the event this should happen.**

**Please listen to KOFO-AM 1220, WIBW-TV Channel 13, KLWN 1320 AM, KSNT Channel 27, and WDAF-61 Country for announcements on the 10:00 p.m. and/or 6:30 a.m. newscast.**

### West Franklin USD #287 Websites:

- ◆ Access each school's webpage from the district webpage: <http://usd287.org>. From the district webpage, click on the Power School link to check your student's attendance, grades, assignments and lunch balances.
- ◆ Go to Power School at: <http://ps.usd287.org/public>

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**Daylight Savings Time Ends  
Sunday, November 7**

Don't forget to set your clocks back one hour and grab some extra sleep!



**West Franklin USD 287**

Board of Education Meeting  
510 E. Franklin  
Pomona, Ks 66076  
Monday, October 10, 2011  
*Unofficial Minutes*

**Call to Order**

The regular meeting of the West Franklin USD 287 Board of Education was called to order by President Thayne Bush with the following members present: Curt Altic, Sherry Harris, Stacy Hower, Tim Matthias, Stacia Spencer, Lisa Reece

Also present: Mr. Dotson Bradbury, Superintendent, Teresa Hawkins, Clerk, Principals Cahty Brandt, Rick Smith, Robert Allen and Susan Wildeman, Curriculum Director Andy Azwell, Virginia Cook, Ryan Sink, Jeff Alterman, Stan Lantis, Bret Carey, Coleby Carey, Bill Lloyd, Jerry Engel, Richard Adler and Carol Adler

**Amend Agenda**

The board voted to amend the agenda by adding: 4.2.1 Used Vehicle Bids and 4.7 Surplus Property

**Approve Consent Agenda**

The board voted to approve the following items on the consent agenda: Minutes of the September 12, 2011 Meeting and Financial Reports/Pay Bills

**Patron Forum**

Ryan Sink informed the School Board that the West Franklin Recreation Commission would be holding their first quarterly meeting on Wednesday, October 12, 2011 at 6:00 pm at Appanoose Elementary. He also congratulated the West Franklin Math Bee students for a job well done at the recent Vera Mae Schultz Math Bee.

Jeff Alterman voiced concerns regarding the high school football program.

**Reports**

**Principal Rick Smith** commended Mr. Allen, who was in charge of the Vera Mae Schultz Math Bee, for his great job of organizing and making sure the Math Bee ran smoothly. He also congratulated the West Franklin students who competed for their 1<sup>st</sup> Place overall finish.

Mr. Smith also reported that the high school and middle school have finished their fall MAP testing and are showing growth. His only concern was the growing gap between special education and regular education students.

**Principal Cathy Brandt** had nothing to add to her report in the board management letter.

**Principal Susan Wildeman** reported that the Williamsburg Elementary teachers participated in a "Teachers Night" at McDonalds on October 4<sup>th</sup> from 4:00 – 8:00 pm. Williamsburg Elementary will receive 20% of the proceeds from that time period (approximately \$625.00).

**Curriculum Director Andy Azwell** had nothing to add to his report in the board management letter

**Superintendent Dotson** had nothing to add to his report in the board management letter.

**Three Lakes Educational Coop** Lisa Reece reported that all member districts will have to make all four (4) of their assessment payments this year. She also stated that the Three Lakes Board will begin looking at their staffing needs for the future.

**West Franklin USD 287**

Monday, October 10, 2011

*Unofficial Minutes continued***District UHF Bus Communication Upgrade**

The board voted to purchase the equipment necessary to upgrade the bus communication system to narrow band. Federal regulations require that all communication systems be changed to narrow band by 2013. This upgrade will allow better communication with bus drivers and will eliminate the current dead spots.

**City of Pomona Fire Department Request**

Fire Chief Stan Lantis asked that one (1) of the used buses that the district has taken bids on, be donated to the Pomona Fire Department for a county-wide school bus extrication training. The training will be conducted by the KU Fire Rescue & Training team and will be on the site of a salvage yard, which will eliminate the need for removal of the demolished bus.

**Used Vehicle Bids**

The board voted to reject the bids on the 1991 Chevrolet/Wayne Lifeguard School Bus and the 1992 IHC Thomas School Bus and to accept the high bids on all other used vehicles.

A copy of the bid recap is made a part of these minutes.

**City of Pomona Fire Department Request**

A motion was made by Stacy Hower and seconded by Sherry Harris to donate the 1991 Chevrolet/Wayne Lifeguard School Bus and the 1992 IHC/Thomas School Bus to the City of Pomona Fire Department for their use in extrication training. When the training is completed ½ of the salvage proceeds will go to the Pomona Fire Department and ½ will go to USD #287.

Carried: 5-2 (Bush & Matthias – “no” votes)

**Site Council Appointments**

The following appointments were approved by the board:

**Appanoose Elementary:** Carol Adler, Noel Young, Laura Love, Ginger Judd, Fonda Spencer, Nancy Baker, Pattie Piersol and Ryan Sink

**Williamsburg Elementary:** Kim Link, Lisa Ifland and Heather Conway

**High School:** Betty Greer, Vicki Homer and Tara Geist

**Middle School:** Nancy Parkin, Sheila Shaw, Ben Wray and Trisha Rogers

**Technology Upgrade**

Andy Azwell explained the proposed upgrade of the library tracking system to Destiny Library Software and the proposed migration to the Windows operating system. The board approved the purchase of the Destiny Library Software package and voted to accept bids on the equipment needed for the migration to the Windows operating system.

**District Beverage Contract**

A motion was made by Tim Matthias and seconded by Stacia Spencer to accept the Pepsi contract as presented.

Carried: 6-1 (Hower - “no” vote)

**West Franklin USD 287**

Monday, October 10, 2011

*Unofficial Minutes continued***Donation**

The board voted to accept the Wal-Mart Distribution Center donation of ten (10) \$100 gift certificates to Appanoose Elementary School. Donation is to be used for classroom supplies.

**Travel Requests**

The following travel requests were approved by the board:

Cathy Brandt and Susan Wildeman to attend the KAESP Fall Conference in Wichita – Nov. 8<sup>th</sup> & 9<sup>th</sup>

FCCLA commercial bus contract for their trip to Denver. This Leadership Conference was approved at an earlier board meeting.

**Surplus Property**

The board voted to declare the old proofer from the high school kitchen as surplus property and to be disposed of by administration.

**ExecutiveSession**

At 8:15 pm, the board voted to enter executive session for 20 minutes for the purpose of discussing non-elected personnel to protect the privacy interests of the individuals to be discussed and for the purpose of discussing negotiations to protect the public interest in negotiating a fair and equitable contract.

**The Board of Education returned to open meeting at 8:35 pm**

The board voted to re-enter executive session at 8:35 pm for 20 minutes for the purpose of discussing non-elected personnel to protect the privacy interests of the individuals to be discussed and for the purpose of discussing negotiations to protect the public interest in negotiating a fair and equitable contract.

**The Board of Education returned to open meeting at 8:55 pm****Employment Recommendations**

The board voted to accept the following employment recommendations.

**Employment:**

Deanna Romine – AES – AM SPED Monitor

LaRhonda Stevenson – Shuttle Bus Monitor

**Resignations:**

Tom Harmon – WFHS – Assistant Softball Coach

**Adjournment**

The meeting adjourned at 9:00 pm.

*\*Due to space in the newsletter, these minutes have been condensed. For a copy of the official minutes, please visit the web at: <http://www.usd287.org/MinutesList.htm> or contact the District Office.*



**APPANOOSE ELEMENTARY**  
**November 2011**



Mrs. Bradford's and Mrs. Diehl's First Grade  
November News-2011:

What an AWESOME 1<sup>st</sup> grade class! They have been working very hard and have made so much progress. They are becoming wonderful beginning readers. One of the new programs that we have been working on during Intervention is the Reading Eggs Program. This is a research based computer program that targets reading skills. It places each student at their reading level and tracks their progress. The students really enjoy the activities and games and are really excited to go each day to the computer lab for Reading Eggs. We are also learning the Math Intervention on-line program called Study Island. Here is what 1<sup>st</sup> Graders have to say:

- Sarah- "Study Island is going to be just right for me!"
- George: "I like the timed reading games."
- Katie: "I like the color puzzle matching game."
- Lynsi: "I get to do Reading Eggs at home, too!"
- Matthew: "I like the reading dot-to-dot word building game!"
- Billy: "The bath bubble word making game is the best!"
- Samantha: "I like the ant game that matches the words and pictures!"
- Stacie: "I like when the hen sings and dances in the reading game!"
- Duke: "I like when the egg sings and dances!"
- Brayden: "My favorite is the stamping letter game!"
- Dylon: "I like the pig game that teaches about sounds."
- Sheldon: "I like the fishing game that matches words."
- Sturgis: "The best is when we can print certificates when we master a level!"
- Piper: "My favorite is the hat game when we look for certain letters."
- Emma: "Where it has a picture of the Reading Egg and you get to paint".
- Alisa: "Playing the game where you match the letters and put them on the train."
- Chloe: "I like playing the new games."
- Morgan: "I like playing all the games, even the new ones."
- Kinsley: "I like playing the games."
- Gracey: "I like the games I get to play."
- Austin: "EVERYTHING!"
- Nevaeh: "I like to play all the games."
- Nick: "I like playing the games, because they are fun."
- Tyler: "Getting my rewards."
- Trey: "I like playing the games because when you click on a letter, the fat man jumps."
- Mason: "Reading Eggs makes you smart."
- Dalton: "I like the water one, where you go click, click, click on the letters."
- Chandler: "I like the games because they are cool."



Mrs. Bradford's Class



Mrs. Diehl's Class

**November 2011**

- 2nd Early Dismissal 12:30pm  
AES PTO 6:30pm
- 8th Free Dental Screenings
- 9th Free Dental Screenings
- 15th AES Site Council 3:45pm
- 18th AES Thanksgiving Dinner 11:00am  
(Reservations Required)
- 23rd NO SCHOOL
- 24th NO SCHOOL  
HAPPY THANKSGIVING
- 25th NO SCHOOL

# Williamsburg Elementary

## What Does WES PTO Do??

Have you ever wondered what exactly the WES PTO does? At the end of the 2010-2011 school year the WES PTO took some time to evaluate the things we've done, and we also began looking forward. The result was the following list for the 2011-2012 school year:

### Student Programs:

Art Friday- Once a month during the WES teacher collaboration meetings the PTO volunteers provide 45 minutes of art instruction and creative time for each class.

Caught In the Act of Reading Awards- A monthly award to encourage students in their reading efforts at home.



Serving up some goodies at McTeacher Night: Janine Henry, Miki Rocker, Sarah Kuhn



WES staff worked at McDonald's Tuesday, October 4th from 4-8pm as a fundraiser for our school. WES received 20% of monies brought in that night.

Thank you to our local McDonald's, Jody Leach, staff and patrons for supporting WES!

Halloween Treat Bags- A little something for the kids to carry while they trick-or-treat. (Our local Country-Mart supports this activity)  
Financial Support of School Reading Programs- The PTO has donated \$300 for this school year for the new reading lab.

### Teacher/Staff Support:

Teacher Meal- Thanks to parents who donate food we are able to provide the teachers a meal during parent/teacher conferences.

Teacher/Staff Appreciation Gifts- Throughout the year we show appreciation to those who impact our children's lives on a daily basis.

Snack Bar for Teachers/Staff- The PTO stocks a snack bar.

Christmas Gifts - We would hate to ruin the surprise for this year by telling, but last year we provided a new stove for the teacher's lounge & new games for indoor recess.

### Family Fun:

Food for Open House- To encourage fellowship among students, parents, and staff we provide food for the back to school open house.

Family Movie Night- This event was held Oct. 1st. Students and their families were invited to view the movie Spirit and enjoy yummy fresh popped popcorn.

### Fund Raising:

T-Shirt Sales- We sale t-shirts to promote school spirit and use the proceeds to fund other projects.

Label Collection- We collect Best Choice, Box Top, Campbell's Soup, Sunny D, and Tyson labels. Each of these offer dollars back to our school, we appreciate everyone's efforts in collecting and turning in these labels.

Pancake Feed- We will be hosting a Pancake Feed on January 21st from 7 am—11 am. This event will be in conjunction with the West Franklin Rec. Basketball games held at the Williamsburg School.

### Community Service:

Harvester's Food Drive- During the Month of March we coordinate a food drive for Harvester's

School Improvements- The PTO has been active in creating a better play environment for the kids of WES. This year we are painting the sidewalks of the playground with games such as 4 square and hop scotch and other images to promote learning such as shapes and the alphabet.

Clothes Drive- We are collecting clothes to distribute to area families.

This is what the WES PTO does. We are always looking for ways to better serve our students and teachers and would love to have your help. Please join us at our next monthly meeting November 11th at 6pm. The financial support of our efforts is also greatly appreciated.

Woods Runner by Gary Paulsen started out as an okay book, and then quickly turned into one of the best books I've ever read. Woods Runner is filled with history and emotions. If you love history, then this is the book for you. Woods Runner takes place during the Revolutionary War. It is about a kid named Samuel whose parents were kidnapped by soldiers. Along the way, he meets a friendly girl named Annie. Can he get his parents back? Pick up the book and READ! I rate this book four stars (\*\*\*\*) and recommend it not only because it is really good for history lovers, but because it is sure to keep you on your toes!  
Kennedi Meiers, Fifth Grade

November, 2011

Edition

# West Franklin Middle School

## *Home of the Falcons*

### **Important Dates**

November 2, 2011

Early Release @  
12:30 p.m.

November 3, 2011

MS BB @ Lyndon  
4:30p.m.

November 10, 2011

MS BB vs. Council Grove  
4:30 p.m.

November 15, 2011

MS Site Council  
4:30 p.m.

November 17, 2011

MS BB vs. Lyndon  
4:30 p.m.

November 21, 2011

MS PTO 5:30 p.m.  
MS BB vs. Osage City  
4:30 p.m.

November 23 - 25, 2011

No School  
Thanksgiving Break

November 29, 2011

MS BB @ Chase Co.  
4:30 p.m.

## **Monsters & Red Bull Oh My!!**

It is not uncommon each school morning to witness numerous students coming into the buildings or getting off the bus with some type of caffeinated beverage. Most often students have energy drinks, coffee, or sports drinks. The first reaction to all these drinks is to imagine how students acquired so much disposable income, but secondary thoughts envision the damage students must be doing to their bodies because of elevated caffeine and sugar intake.

“The American Academy of Pediatrics warns that energy drinks, or any other drink with caffeine, should be off limits to children and teenagers.” Although doctors warn about all drinks such as colas and coffee, of particular concern are energy drinks. This is because of the escalated amounts of caffeine in these drinks. Those amounts of caffeine can interfere with sleep, cause anxiety, raise heartbeats and increase the risks of dehydration. All of these things add stress to a body that is already being stressed because of maturational changes.

Dr. Holly Benjamin, sports medicine specialist at the University of Chicago, warns of the hazards of sports drinks as well. Drinks like Gatorade contain large amounts of sugar. Large amounts of sugar can lead to obesity and tooth decay in children. Dr. Benjamin recommends that children should drink lots of water, low fat milk and two glasses of juice per day. These drinks would provide children with protein, vitamin D and calcium. Dr. Benjamin notes that there is a place for sports drinks in the replacement of sugar, sodium and potassium but only after an athlete has exercised intensely for up to an hour

It is not uncommon to hear complaints about government restrictions on school lunches or how the government has taken all the “good” food out of the vending machines at school or that Michelle Obama is trying to control the lives of kids by making them eat healthy and exercise. Although some media outlets would like these issues to appear controversial, the reality is that we, as a nation, have not done an adequate job of developing healthy kids. Our nation’s children are some of the most robust, poorly cardiovascular conditioned kids in the world. Juvenile Diabetes is at epidemic levels. Perhaps the time has come for the government to get involved in the preventative health of our children because, after all, schools are government entities. The health of our children is an issue of national security importance. In a recent discussion with a Marine recruiter a group of educators was informed that the Marines Corps was having a difficult time finding qualified recruits because kids coming out of school were “too fat.” Is it possible that the same citizens that complain about government intrusion into what our kids eat at school would be the same people that expect assistance from the government when it comes to providing free or low cost health care to our children?

*Pediatricians warn against energy and sports drinks for kids by Nancy Shute at*

[http://www.npr.org/blogs/health/2011\\_May\\_30\\_2011](http://www.npr.org/blogs/health/2011_May_30_2011)

Kays Club will  
be selling Gold  
Canyon Candles

Oct 13<sup>th</sup> thru  
Nov 10<sup>th</sup>



November 2011

## FALCON NEWS

### WFHS PRESENTS Let's Hang Him & Read the Will

By: Pat Cook

Curtain opens

Nov 10th &amp; 11th @ 7pm

### BOYS & GIRLS BASKETBALL Practice begins NOVEMBER 14th



Physical Forms must be completed and turned in before athletes may practice!  
Come show your Falcon Pride at the home opener DECEMBER 2nd vs Mission Valley!!  
GO FALCONS!!!!



### WFHS National Honor Society Inducts Five

Five new members were inducted into the John Whetstone Chapter of the National Honor Society of West Franklin High School on October 5, 2011 in candle light ceremonies held in the high school commons area. This is the fifth induction ceremony for the West Franklin High School Chapter. Along with the eleven current members, this make a total of 16 members for the 2011-12 school year.

NHS President Hunter Rockhold presided over the induction ceremonies, with members presenting the four standards required for NHS membership. Presenters were Melissa Evans in *Character*, Nathaniel Snethen in *Service*, Taylor Slavens in *Leadership*, and Emily Sommer in *Scholarship*. Old members escorted new members to the stage, as a pictorial display of the inductees was presented. As the inductee waited to sign the registry, light the candle and take the pledge, the parents saluted their child with an inspirational message.

New members include the following: Shelbi Allen, daughter of Robert and Cheryl Allen; Seth Bollinger, son of Aaron and Samantha Bollinger; Whitney Earnest, daughter of Bill and Julie Earnest; Sierra Miller, daughter of John and Michele Miller; and Mitchell Walters, son of Shawn and Joanne Walters.

### STATE CLASSIFICATIONS

KSHSAA recently released 2010-2011 classifications of schools. West Franklin will once again be classified as a 3A in all sports/activities. Football classifications are based on this year's enrollment from grades 9, 10, and 11. Everything else is based on this year's enrollment from grades 9, 10, 11, and 12. The following are the Flint Hills League enrollment numbers for this year.

School	Grades 9-11	Grades 9-12
Chase County	91 (2A)	122 (2A)
Council Grove	166 (3A)	226 (3A)
Herington	111 (2A)	145 (2A)
Lyndon	115 (2A)	144 (2A)
Mission Valley	128 (3A)	158 (2A)
Northern Heights	107 (2A)	131 (2A)
Osage City	163 (3A)	221 (3A)
West Franklin	162 (3A)	215 (3A)

West Franklin's football district for the next two years (2012 and 2013 football seasons) will include Wellsville, Central Heights, and Osage City.

### SUPPORT OUR BAND

It has been a very positive first nine weeks for the band program at West Franklin. The high school band pep band has learned a lot of new material and has been helping to create an exciting atmosphere at Friday night football games. Our excellent cheer squad has collaborated with the band on several short songs and cheers and it has been a lot of fun to see the crowd respond and show some spirit.

The 7<sup>th</sup> and 8<sup>th</sup> grade band is getting involved with high school band two times this semester.



First, on October 14<sup>th</sup> all band members in 7<sup>th</sup> through 12<sup>th</sup> grade played at half-time of the high school football game. They were joined by the high school dance team. It was amazing to see all 54 band members on the field playing their hearts out and having a good time, and the collaboration with the dance team made it a very special night. Also, on Saturday November 5<sup>th</sup> all band members in 7<sup>th</sup> through 12<sup>th</sup> grade will be marching in the Ottawa Veteran's Day Parade. The band is looking forward to making its first appearance in that

parade for many years and will be proud to honor our veterans with a medley of patriotic songs. The parade starts at 10:45. Please come out and support your West Franklin Band!

### FBLA UPDATE

This month West Franklin FBLA has been very busy with a number of fun activities that are helping us pass through the Gateway to Greatness. One of the first projects was the float for homecoming. FBLA and FCCLA joined together and decorated a float for the homecoming parade. The float was a merging of the two organizations themes which combined to make the Gateway to Imagination.

Secretary Alexis Yelland has been attending a number of Williamsburg Jayhawker meetings to involve FBLA more with the community. Members helped set up and prepare for a local breakfast for the booster club. The members cooked breakfast and helped serve everyone who attended.

FBLA also had a booth at the Pomona Fall Festival, where children had the opportunity to have pictures taken with the Great Pumpkin or throw pies in the face of members.

### FCCLA IS OUT AND ABOUT

FCCLA members are getting involved with leadership development and teamwork on projects. Our FCCLA members were excited to work with FBLA for the Homecoming Parade with our float theme of "Gateway to Imagination". Twenty members worked hard on our food preparation and leadership working with Franklin County Agribusiness Committee and organizations for the Day At The Farm for 550 Franklin County 3<sup>rd</sup> graders. At the Pomona Fall Festival, members worked in the Kids Zone using their creativity with face painting and games to benefit Gracie Ferguson. We did a 9-1-1 patriotic school display as well as catering food for several projects.

Twelve members are excited about the Denver FCCLA Leadership Cluster Conference in November and are working on fundraising at football games while our chapter fundraiser starts up soon. Committees are working on projects for American Education Week and our FBLA/FCCLA Trick or Treat for the local food pantry. Members will be working on activities for Red Ribbon Week and our District H Fall Leadership Conference Nov. 3 at Burlington.

*Andy's Answers* by Andrew Azwell, Curriculum Director**Common Core Standards** *continued*

“The Common Core State Standards define the knowledge and skills students should have within their K-12 education careers so that they will graduate high school able to succeed in entry-level, credit-bearing academic college courses and in workforce training programs. The standards:

- Are aligned with college and work expectations;
- Are clear, understandable and consistent;
- Include rigorous content and application of knowledge through high-order skills;
- Build upon strengths and lessons of current state standards;
- Are informed by other top performing countries, so that all students are prepared to succeed in our global economy and society; and
- Are evidence-based.

”(“Common core standards,” 2010)

“The standards are informed by the highest, most effective models from states across the country and countries around the world, and provide teachers and parents with a common understanding of what students are expected to learn. Consistent standards will provide appropriate benchmarks for all students, regardless of where they live.” (“Common core standards,” 2010)

## Reference

*Common core standards initiative.* (2010). Retrieved from <http://www.corestandards.org/>



Diana Ritzel, left, receives the Above and Beyond reward for the many things she does in addition to her job as library aide.

She helps students learn site words, punches tickets in the lunchline, and even helps in the computer lab. We're very lucky to have her helping, wherever she is! :-)

Pattie Piersol, right, became Appanoose Secretary at the beginning of this school year.

She was a real “cool hand Luke” when it came to a recent crisis and performed her duties admirably.

Congratulations on your Above and Beyond award, Pattie - you deserve it!



# West Franklin November 2011 Lunch Menu

W.F. Flyer




Mon	Tue	Wed	Thu	Fri
<p><i>All menus served with choice of milk: 1% chocolate or strawberry. Our homemade bread is whole wheat. "C" denotes vitamin C content "A" denotes vitamin A content "WG" denotes whole grain We try to offer 4 choices of vegetables/ fruits daily.</i></p> <p><b>7</b>                      Chicken Teriyaki                      Chicken Flavored Rice  <i>Peas</i>                      Cucumber Slices &amp; Dip                      Mandarin Oranges (A&amp;C)                      Fruit Choice                      Oatmeal Muffin Squares (WG)</p>	<p><b>1</b>                      BBQ Beef on a Bun (WG)                      Sunchips                      Sweet Potato Fries (A)                      Baked Beans                      Tossed Salad &amp; Dressing (A&amp;C)                      Rosey Applesauce</p>	<p><b>2 Early Dismissal</b>                      Cheese Pizza                      Green Beans                      Fresh Carrots (A)                      Orange Wedges (C)                      Garlic Breadsticks (WW)                      Marinara (C)</p>	<p><b>3</b>                      Chicken Fajita                      (WG) Tortilla Chips &amp; Salsa                      Corn                      Peaches (A)                      Strawberries (C)</p>	<p><b>4</b>                      Salisbury Steak                      Mashed Potatoes &amp; Gravy                      Garden Spinach Salad (A&amp;C)                      Grapes                      Apricots (A)                      Hot Roll (WW)                      Pumpkin Cake (A)</p>
<p><b>14</b>                      Beef &amp; Noodles                      Mashed Potatoes                      Corn                      Broccoli &amp; Dip (A&amp;C)                      Mandarin Oranges (A&amp;C)                      Hot Roll</p>	<p><b>15</b>                      Hot Chicken Sandwiches made w/                      Whole Grain Bun                      Tossed Salad w/Dressing (A&amp;C)                      Green Beans                      Pineapple (C)                      Peas                      Rice Krispy Treat</p>	<p><b>16</b>                      Pepperoni Pizza                      Garlic Breadsticks w/Marinara                      Peas (A)                      Celery Sticks                      Orange Wedges (C)</p>	<p><b>17</b>                      Taco Burger w/Lettuce &amp; Tomato (C)                      Mexican Rice                      Refried Beans                      Peaches (A)                      Fresh Apple</p>	<p><b>18</b>                      Turkey &amp; Dressing                      Mashed Potatoes                      Turkey Gravy                      Broccoli Salad (A&amp;C)                      Fruit Four Salad (A)                      Pumpkin Pie                      Hot Rolls (WW)</p>
<p><b>21</b>                      Cheeseburger on a Bun                      Lettuce &amp; Tomato (C)                      Sun Chips                      Baked Beans                      Carrot Sticks (A)                      Kiwi (C)</p>	<p><b>22</b>                      Football Chicken Nuggets                      Mashed Potatoes &amp; Gravy                      Broc/Cauliflower &amp; Dip (A&amp;C)                      Strawberries (C)                      Applesauce                      Hot Biscuits w/Jelly</p>	<p><b>23 NO SCHOOL</b></p>	<p><b>24 NO SCHOOL</b></p>	<p><b>25 NO SCHOOL</b></p>
<p><b>28</b>                      Hot Dog on a Bun                      Sweet Potato Fries (A&amp;C)                      Green Beans                      Mandarin Oranges (A&amp;C)                      Fruit Cocktail                      Sunberry Blast Granola Round (WG)</p>	<p><b>29</b>                      Spaghetti &amp; Meat sauce                      Corn                      Pineapple (C)                      Peaches (A)                      Garlic Breadsticks (WW)</p>	<p><b>30</b>                      Sausage, Biscuits (WG)                      Gravy                      Hash Browns                      Broccoli (A&amp;C) &amp; Cheese                      Strawberries (C)                      Assorted Fruit Juice                      Coffeecake</p>	<p>In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.</p> <p>To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (866) 632-9992 (voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.</p>	





# November 2011

**Sun**      **Mon**      **Tue**      **Wed**      **Thu**      **Fri**      **Sat**

		<b>1</b> Free Dental Screenings • HS FB Bi-Districts	<b>2</b> <i>Early Dismissal 12:30</i> District Staff Development Free Dental Screenings • AES PTO 6:30 pm • FCCLA Fall Leadership Conf.	<b>3</b> • MS BB @ Lyndon 4:30	<b>4</b> <i>Pay Period Ends</i> Newletter Articles Due	<b>5</b> • HS FB Regionals
<b>6</b>	<b>7</b> • Bus Mtg 2 pm @ DO Board Room	<b>8</b> • Custodial Mtg 2 pm @ DO Board Room • HS Play Matinee for MS 1:45 pm	<b>9</b> • Non-tenured meeting 4-5 pm @ WFHS	<b>10</b> • MS BB vs Council Grove 4:30 • HS Play Performance 7pm	<b>11</b> • HS FB Sectionals • HS Play Performance 7pm	<b>12</b>
<b>13</b>	<b>14</b> • BOE @ DO 7pm • HS BB Practice Starts • HS Site Council 5:15	<b>15</b> • AES Site Council 3:45 pm • WES Site Council 5:30 pm • WES PTO 6 pm • MS Site Council 4:30 pm	<b>16</b> • FFA Job Interviews @ Dover • HS Fall Athletic Awards 6:30 pm	<b>17</b> • MS BB vs. Lyndon 4:30 pm	<b>18</b> • AES Thanksgiving Reservations Required 11 am • HS FB Sub-State	<b>19</b>
<b>20</b>	<b>21</b> • ARC 7 pm • MS BB vs. Osage City 4:30 pm • MS PTO 5:30 pm	<b>22</b> • WES Awards Assembly 2:30 pm	<b>23</b> <i>NO SCHOOL</i>	<b>24</b> <i>NO SCHOOL</i> 	<b>25</b> <i>NO SCHOOL</i>	<b>26</b> • HS FB State
<b>27</b>	<b>28</b>	<b>29</b> • MS BB @ Chase Co 4:30pm	<b>30</b>			

← High School Buffer Week Nov 7-13

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FCCLA Cluster Mtg in Denver November 11-13

Last Day of HS Buffer Week

FBLA National Fall Leadership Little Rock, AK

West Franklin USD#287

510 E. Franklin

Pomona, KS 66076

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Have a question about good nutrition?

Try [www.choosemyplate.gov](http://www.choosemyplate.gov),  
sponsored by the USDA.

You'll find things like:

Healthy Eating on a Budget

What are Empty Calories?

Daily Food Plan & Daily Food Tracker

Weight Loss...to name a few

**Visit My Plate and get the goods on  
good nutrition!**

*Here's some nutrition tips from the  
USDA:*

### *Balancing Calories*

- Enjoy your food, but eat less.
- Avoid oversized portions.

### *Foods to Increase*

- Make half your plate fruits and vegetables.
- Make at least half your grains whole grains.
- Switch to fat-free or low-fat (1%) milk.

### *Foods to Reduce*

- Compare sodium in foods like soup, bread, and frozen meals — and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

Reference

USDA's MyPlate - Home Page. Retrieved October 14, 2011 from <http://www.choosemyplate.gov/>

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