

# Altamont Eagle News

Phone Number: 620-784-5511

March 2023

## Preschool and Kindergarten Students



Do you know a child who is going to be 3 or 4 and ready for preschool? If so, please have them contact Mrs. Rohling to get their name on the list and to get preschool enrollment information. Preschool Screening will be held on Friday, April 14. Also, if there are any new 5 year olds who are coming to AGS for the first time, please contact AGS so Mrs. Rohling can visit with the parents about kindergarten roundup and enrollment.

## Transportation Corner

Lost and Found Items: I know this will come as a shock to many of you but we occasionally have some items left on a bus. Many of our buses do not get used on the same route each day or it may get used for several trips on the same day. Because of this, there are times we end up with items left at the bus barn in Altamont. Each building also has a lost and found for items turned in. Should your child lose something and you think it may have been left on the bus, please try these in order.

- #1. Contact your child's bus driver if your child is a regular rider.
- #2. Contact your child's building and check out the lost and found there.
- #3. Contact the bus barn – 620-784-5412. \*Please understand that if something ends up in the lost and found at the bus barn we do not have any clue as to where it may have come from after it has been there a day or two. Also, be aware that after a few weeks at the bus barn, we will dispose of those items.

## Important Dates in March

- 1 - Book Fair - 3:30 - 5:30  
Family Night
- 2 - AGS Virtual Quiz Bowl -  
4:00  
Read Across America Day  
8th grade to LCHS
- 3 - Last Day for the book fair
- 6 - Quiz Bowl @ AGS 4:00  
Read-A-Thon Packets  
Due today.
- 7- PTO meeting - 6:00 pm
- 9 - End of the 3rd Quarter  
Live Quiz Bowl Meet -  
4:00 pm @ Bartlett  
Board Meeting - 7:00 @  
Bartlett
- 10 - No School - ½ PD, ½  
Work Day for teachers
- 11 - 19 Spring Break
- 20 - JH Track practice begins
- 21- 8th Grade Parent Night -  
6:00 pm @ AGS
- 22 - Report Cards sent home
- 23 - Band 6-8th Grades  
JH Clinic Concert 7PM

## **Parents of Kindergarteners:**

It is that time in the school year when we expect our kindergarteners to know how to tie their shoes. Please be practicing with your child, if they are unable to tie their shoes. Thanks.



## **Good Mental Health Practices**

Children and adults can have big emotions for a number of reasons or perhaps for none at all, it seems. Sometimes we get stuck in a rut and forget there are many ways for us to care for ourselves and little ones. One of these self-care options might be just what you or your child needs to get out the rut.

## **SELF - CARE INSPIRATION**

- ☐ Go to sleep early
- ☐ Wake up early
- ☐ Make no plans
- ☐ Take a bubble bath
- ☐ Use less technology
- ☐ Spend time alone
- ☐ Watch a movie
- ☐ Read a book
- ☐ Don't judge yourself
- ☐ Spend time with friends
- ☐ Meditate
- ☐ Dance
- ☐ Play outside
- ☐ Volunteer to help others
- ☐ Write in your journal
- ☐ Write a letter to someone

**HOW WILL YOU CARE FOR YOURSELF THIS WEEK?**