

# Altamont Eagle News

Phone Number: 620-784-5511

March 2022

## 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 8. 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. *Kindergarten Roundup will be held for students at AGS on April 8. Please call the office to set up an appointment 620-784-5511.*

## Important Dates in March

- 1** - Quiz Bowl @ AGS - 4:00 (make up meet)  
PTO - 6:00 p.m.
- 3** - Quiz Bowl @ AGS 4:00
- 7** - Board Meeting - 7:00 pm
- 8** - 2nd, 3rd & 5th to Greenbush  
Quiz Bowl @ AGS - 4:00
- 9** - 8th Grade Parent Meeting With Mr. Leake - 6:00 pm @ AGS
- 10** - End of 3rd Nine Weeks  
Live Quiz Bowl Meet - 4:00 pm @ AGS  
7:00 pm Band Clinic  
Concert at Harrison Auditorium
- 11** - No School - ½ PD, ½ Work Day for teachers
- 14 - 18** Spring Break
- 21** - JH Track practice begins

## 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.



## 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.



### **Good Mental Health Practices Pandemic or Not.**

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?**