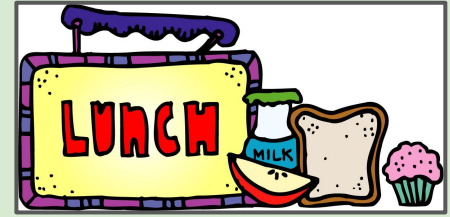


Hello Three Falls Families!



We are so
glad you
are here!

April 22-April 25



Tuesday: 22nd

- Quesadilla, refried beans, corn, cornmeal star, and milk

Wednesday, April 23rd

- Chicken noodle soup, cheese breadstick, vegetables, fruit, and milk

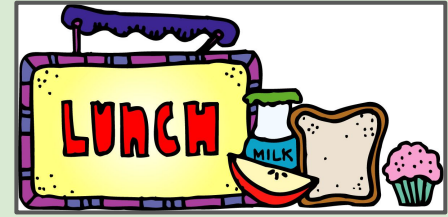
Thursday, April 24th

- Hamburger, french fries, sweet cake, fruit, and milk

Friday, April 25th

- Pizza rippers, salad, oatmeal cookie, fruit, and milk

April 28-April 30



Monday: 28th

- Orange chicken, brown rice, green beans, fortune cookie, and milk

Tuesday:

- Burrito, refried beans, corn, cowboy cookie, and milk

Wednesday:

- Chicken tenders, french fries, vegetables, garlic toast, and milk

In WCSD, we will always stop bullying, harassment, or teasing that is meant to hurt someone.

Zero Tolerance

Mean names, words, or pictures are not allowed about someone's skin color, where they come from, their beliefs, or if they have physical or mental disabilities.



Zero Tolerance

- **Speak Up and Seek Help:** *Reach out to parents, counselors, teachers, or trusted adults if you or someone else is being harassed or bullied.*
- **Be an Ally:** *Support victims, stand up against harassment and bullying, and promote treating everyone with kindness and respect.*
- **Online Safety:** *Use the internet responsibly and report online harassment or bullying.*



PE DAY

Wednesdays for 1st through 5th grades



Fridays for Kindergarten





Orchestra Concert

*Secondary students performing for
3rd, 4th, and 5th grade students

April 29th

10:30 a.m.

Secretary's Day

April 23rd

We



DeeAnna,

Jill,

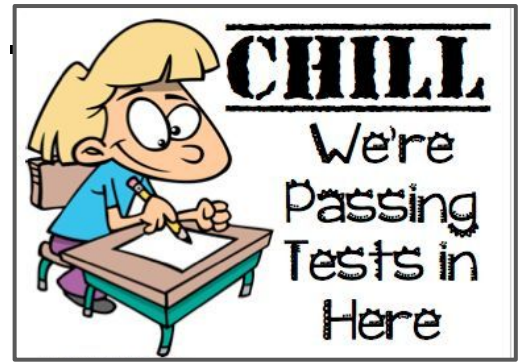
and Kellie!



It's end of year **testing season**.

YOU can help

your child do well...



- Establish healthy routines of good sleep and good food each day
- Review homework with your child
- Be positive and encouraging
- Engage in learning with your child, ask questions, and push them to problem solve
- Support your child's teacher

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

Problem-Solving Steps



S
Say the
problem
.....
without
blame

T
Think
of
solutions
.....
safe and
respectful

E
Explore
consequences
.....
what could
happen if...

P
Pick
the
best
solution
.....
make
your
plan

Spirit Friday

Students wear ANY school shirt, full color teal, or full color purple shirt.

*The goal is 70% - 100% school participation!



Go Falcons!