**A Note from the School Social Worker...**

Dear Parents

We are excited to tell you about a six-week residency program that began this week at Kenny. *Moving and Learning* (which many of you might know as *Yoga Calm*) is being offered to students throughout the school day as a way to learn skills to develop self-regulation, manage strong emotions and build physical and emotional strength. It is used by thousands of educators, parents and therapists nation-wide. Supported by the latest research in neuroscience and social/emotional learning, the curriculum assists us in strengthening our educational environment to improve children’s focus, behavioral skills, physical health and emotional stability.

We have residents who are coming into each of our classrooms for 30 minutes to teach breathing techniques, mindfulness activities, social/emotional skills and yoga-based movements. The residents have been trained and are supervised by Kathy Flaminio who is the founder of 1000 Petals, LLC and the National Director of Training Development for Yoga Calm. We encourage you to look at Kathy’s website to learn more information about The Science and Practice of Mindfulness and Movement: [http://www.1000-petals.com/](http://www.1000-petals.com/)

During the residency, Kenny students and staff are learning simple relaxation techniques to help us calm our bodies and manage strong emotions. We are practicing positive thinking – “I am strong, I am responsible, I can focus, and I can do it” – to help us gain confidence in our abilities. We are doing specific physical exercises to increase concentration and self-regulation. We are strengthening our community by having opportunities for all students and staff to lead and follow. This is a school-wide initiative that we are integrating into all aspects of our learning environment as part of our Positive School Wide Engagement plan.

Please ask your child about breathing with the Hoberman Sphere, listening for the silence of the Chime, demonstrating Volcano Breath, and other stretching exercises to help them be grounded. We will be learning new techniques each week so be sure to ask your child to show you what they are learning.

We have scheduled a one-hour training for parents and children on Tuesday, April 11th from 7-8 pm. We encourage you to attend with your child to experience firsthand what we are learning.

Last, but not least, we want to express our deep gratitude to each of you for making this residency program possible through the Kenny Foundation. We are all very thankful for your support and for this incredible opportunity.

If you should have questions, please feel free to contact me. Thank you and we look forward to seeing you on April 11th at 7:00 p.m.!

Karen Shannon
Kenny Community School Social Worker
612-668-3345
Kshannon@mpls.k12.mn.us

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**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>Thursday</td>
<td>End of 2nd Quarter</td>
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<tr>
<td>Friday</td>
<td>NO SCHOOL Recordkeeping Day</td>
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<tr>
<td>Monday</td>
<td>NO SCHOOL Staff Development</td>
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<tr>
<td>Tuesday</td>
<td>4th Grade Field Trip to MN Orchestra 9:15</td>
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<tr>
<td>Monday</td>
<td>National African American Parent Involvement Day</td>
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<td>Student of the Month Assembly 8:15</td>
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<tr>
<td>Tuesday</td>
<td>Child Safety Workshop 6pm in Media Center</td>
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<td>Mon-Wed</td>
<td>4th &amp; 5th Grade Field Trip to Eagle Bluff</td>
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<tr>
<td>Thursday</td>
<td>Variety Show 12:30 &amp; 6:30</td>
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<tr>
<td>Monday</td>
<td>NO SCHOOL President’s Day Holiday</td>
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<tr>
<td>Wednesday</td>
<td>Family Reading Night 6-8pm</td>
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<tr>
<td>Saturday</td>
<td>Foundation Event: March Magic 7:00pm</td>
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Kenny Community School along with the Kenny Foundation is partnering again this year with *The Sheridan Story: Fighting Child Hunger*. **Over 200,000 children** in the state of Minnesota live in food insecurity and do not always know when they will receive their next meal.

The Sheridan Story’s purpose is to respond to this need by closing the weekend food gap between Friday and Monday by delivering individual bags of dry and canned food to Kenny School every Friday. The bags are then discreetly sent home in student's backpacks, always keeping the student's and the family's information confidential.

If your family needs assistance with food, and have not already filled out the form, please complete the form that was sent home, again, in the Wednesday Folder and return to Susie Friederich, Community Resource Liaison.

Please contact Susie with any questions at susan.friederich@mpls.k12.mn.us or (612) 668-3365.

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**Art Adventure is underway!**

Once again, Kenny is pleased to partner with the Minneapolis Institute of Art (Mia) to offer the Art Adventure program in every Kenny classroom. Thanks to a large group of parent volunteers (18 volunteers this year, the largest group ever!), generous funding from the PTA, and the welcome of classroom teachers, students at every level will have a chance to look closely at reproductions from Mia's collection and to discuss what they see, learn, and think about the art.

This fall, volunteers trained for the program at Mia. These volunteers will be visiting classrooms in January and February (schedules vary by classroom). Then, later this spring, most classrooms will visit Mia to see the art up close. This year’s theme is American Art. You can view the artwork for this theme online at [http://new.artsmia.org/discover/art-adventure/american-art-sampler/](http://new.artsmia.org/discover/art-adventure/american-art-sampler/). (And you can go see the art in person at Mia -- admission is free!)

Art Adventure builds visual literacy and critical thinking skills, and creates a connection between Kenny kids and one of our great local cultural resources. Be sure to ask your kids about their Art Adventure!

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**REGISTRATION NOW OPEN!** Sign up your child for 10u-11u traveling baseball this upcoming 2017 season, and watch them experience and learn the game, good sportsmanship, and teamwork, while making memories to last a lifetime.

To learn more go to [www.myba.us](http://www.myba.us)
Dear Parents and Friends of the Arts,

Thank you for your generous contributions. May your New Year be healthy, happy, and filled with beautiful art.

Mrs. McGovern, Kenny Art Teacher, K, 1, 3, 4, 5
Mrs. Kris McComas, Kenny Art Teacher 2

Telephone books (small and large)

Odds and ends of old jewelry

Fake flowers, fruit or veg

Ribbon-bits and pieces too!

Cardboard cylinders-small size around 15-Oz (bread crumbs, oats, grits)
Please do not send TP cardboards

Chopsticks

Yarn—any amount

Paint stir sticks

Cardboard paper trays (fish and chips, fries)

Egg cartons-cardboard only. Please do not send styro or plastic egg cartons

Plastic containers with or without lids. 5oz—32oz. cottage cheese, sour cream, yogurt, Parmesan, feta, dips...all sizes
PTA Updates:

Thank you everyone for your continued support of the PTA and for all those who attended the meeting last week.

Our next meeting (Feb 7th) will be a partnership event with the Foundation and the Jacob Wetterling Resource Center, “Teachable Safety Skills: Replacing Myths with Facts”. We will be discussing how to talk with our kids about personal safety without scaring them. See details below.

The discussion will start at 6pm in the media center, and child care will be provided in the computer room for all kids.

This program is made possible by the Kenny PTA and Kenny School Foundation.

The Child Safety Workshop will be held in lieu of both the Foundation Meeting and PTA meetings

Tuesday, February 7
6-7pm

Gundersen National Child Protection Training Center
JWRC

Save the date!

Free parent and caregiver workshop:
“Teachable Safety Skills: Replacing Myths with Facts”
Tuesday, February 7* 6-7pm
Kenny Media Center

*This event is FREE and childcare will be provided.

Ever wonder....How do I talk to my children about personal safety without scaring them? How do I talk to my pre-teen about their online choices without alienating them?

Talks on personal safety do not have to be top-down, heavy, or scary. This workshop provides caregivers with practical tools they can use in talking about online and personal safety concerns with youth of all ages in a positive and empowering way.

Alison Feigh is the Program Director at the Jacob Wetterling Resource Center, a program of Gundersen National Child Protection Training Center. This is their most popular workshop and has received positive feedback at numerous Twin Cities elementary schools this year.

This program is made possible by the Kenny PTA and Kenny School Foundation.
Hello Kenny Families,

One of our goals at Kenny is to keep your child well and attending school. Here are some very simple steps that parents can take to help prevent the spread of illness (National Association of School Nurses, 2007, American Academy of Pediatrics):

**Vaccinate:** It is not too late to for your child to get a flu shot. Call your health care provider to make an appointment or Hennepin County Public Health Department at (612) 348-2884 for their shot clinic dates and times. If you have internet access, the Minnesota Department of Health has excellent information available including how to locate a nearby flu shot clinic at: http://www.health.state.mn.us/divs/idepc/diseases/flu/index.html

**Good Hygiene, Nutrition and Adequate Sleep:** Teach your child to wash their hands often. They should count to 20 while washing and wash with friction. It is important that your child eat nutritional meals and snacks and get plenty of sleep each night to prevent illness.

**Know when to keep your child home from school:** If your child has a fever over 101 degrees, vomiting or has a sore throat that has persisted over several days, keep your child home from school.

**Cover your cough:** Teach your children to cover their mouth with their arm or a tissue when they cough. Model to your children how you cover their cough and practice with them how to do it.

If you have any questions or concerns, please call the Health Office at 612-668-3346.

Ann D. Lumbar Bendson, RN LSN
Minneapolis Public Schools
Kenny Elementary, DeLaSalle High School, and homeschool students
Be sure to sign-up for the Kenny Electronic Newsletter!

*Printed newsletters are only sent home to families who specifically request a paper version.*

Bookmark the Kenny Website for quick access to the Staff Directory, the school schedule, meeting times, and new information.

If you have information you would like to submit to the newsletter please send email to: AllisonThiesing@kennynewsletter@hotmail.com by 5pm on Friday.

Email the Kenny School PTA and we will add you to our school's electronic communications:

kennyPTA33721@gmail.com

Join us on Facebook & keep up with all the latest Kenny news at http://www.facebook.com/kennypta
STUDENT DROP OFF:
The staff is respectfully requesting students be dropped off at the front door in the morning.

- Teachers need to be able to greet and assist children.
- Students become more responsible and gain independence when allowed to walk to the classroom on their own.
- Children have morning work assignments that need to be completed before the morning meeting that starts at 8:10.

Thank you for your help with this as it allows us to give your children our undivided attention for greetings and assistance with morning work and routines.

Children will be admitted to the building at 7:50am.

**All adults entering the building must sign in at the office.**

TRANSPORTATION:

Send Information to School when:

1. You have an address or daycare change.

2. If you are picking up your child and they usually ride a bus, they must be signed out in the office even with advanced notice.

3. Your student is using a different bus stop.

4. Your student is going home with another student.
   (Note: we need notification from BOTH families).

Information will be sent home when:

1. Your student has been added to a bus route.

2. The bus stop for your student has had a change in location.

3. The IN bus stop for your student has had a cumulative time change of five minutes or more.

Changes can become effective any day of the week so watch for the effective dates on the notices sent home with your student.

ATTENDANCE:

Call the Attendance line (612-668-3346) when your student will be absent.

Doctors or dentists notes should be brought into school when the student returns to the building. Your help with this is appreciated.