



GARDNER GAZETTE

January 2024

Please remember to leave a message on the attendance line if your child is going to be late or absent to school, 618-939-3060.

From Principal Huels

Happy New Year! It's so great to see students at school today! Yesterday, teachers and staff worked on planning for students, especially for interventions and enrichment. We are looking forward to starting these plans on January 10. I always find the new year as an exciting chance to try something new. Here are two opportunities for you to consider as a Gardner family:

1. Thank you to the parents who have already responded about our Gardner Parent Academy. This is an informal opportunity to visit with other parents and me for ideas to use at home about homework, studying, etc. Sometimes as a parent, I feel it's hard to know where to look for ideas. If you would like to know more, [please follow this link](#).
2. Sage Manning, a Gardner 5th grader, is planning a Girl Scout project this spring. She is looking for a small group of students who are interested in creating a video that demonstrates our Gardner Great Expectations of being respectful, responsible, and safe. If your child enjoys SHOW, this might be the perfect situation. [Please complete this form](#) to let Sage know you are interested.

Our January Above and Beyond trait is Integrity, which seems to summarize all our topics in POP so far this year. On the announcements today, I offered the following integrity examples:

1. Admitting you made a mistake instead of lying or covering it up
2. Giving others hula hoop space and helping them feel comfortable
3. Including others in a group effort
4. Asking others to use their property before doing so
5. Treating others with kindness, avoiding gossip, spreading rumors, or name calling
6. Offering empathy. Thinking about how others feel and how you can help
7. Being a good sport, whether you win or lose, and playing by the rules

Your diet is not only what you eat.

© MINDSET OF GREATNESS

It's what you watch, what you listen to, what you read, the people you hang around.

Be mindful of the things you put into your body emotionally, spiritually, and physically.

Regarding integrity at home, please think about the quote to the left. In December, I learned that some fourth and fifth graders are learning topics of an adult nature on TikTok and YouTube. Some students use their phone or tablet through the night and have troubles in the afternoon with attention and staying awake. While it isn't easy, please pay attention to screen time choices and storage at home and what your choices might be teaching your children.

As a parent and educator, I enjoy the messages of [Tanner Clark](#), which challenge me to consider my habits. While his ideas are about teenagers, I find that many of the ideas relate to our fourth and fifth graders. If you can find 15 minutes after your kids go to bed, I hope you will watch. I would love to know what you think.

Thank you for reading the January Gardner Gazette! Happy 2024!

Maple Gardner

Maple Gardner is 4 months old and weighs about 250 pounds. She is eating more and more like an adult cow, but she still requires extra care and attention to make sure she continues to be healthy as she grows. She's now able to play in a pen with other calves. Just like you, your calf has best friends that she frolics with.



Papa Johns Night

Our next [Papa Johns](#) Night is Wednesday, January 10th. Take the night off from cooking and make it a pizza night! A flyer is on the last page of the gazette.

Yearbooks

Yearbooks are now on sale! You can order a yearbook thru March 1st. Orders can only be made online. To order please visit inter-state.com/order and use the code 82325E. Yearbooks are \$16.00. Students will receive their yearbooks in May.

Band and Chorus News

Chorus News

Congratulations to the chorus members on a great Christmas Concert. We have begun working on our next concert, "The Gardner Comedy Show" which will be on Tuesday, February 27, 2024 at 7:00 pm.

Band News

Congratulations to the band members on their first concert. The band sounded amazing. Third quarter practice records will be given out during the first week of the third quarter. Band members are reminded that practice records are due every Tuesday. Please remember to also go to your weekly band lessons. Practicing and attending lessons are the ways to improve your playing.

Report cards

Second quarter report cards for 4th and 5th graders will be posted to Skyward on Friday, January 5th. Paper copies will not be sent home. You can access report cards by logging into your Skyward account and clicking on the portfolio tab.






January Calendar

Jan. 4th - School begins for students! Welcome back!
 Jan. 5th - 2nd quarter report cards
 Jan. 10th - Papa John's Night
 Jan. 12th - Half day for students. 11:10 town dismissal, 11:25 bus dismissal or once traffic has cleared
 Jan. 15th - No school in observance of Martin Luther King Jr.

[January lunch calendar](#)

WATERLOO ELEMENTARY SCHOOLS ZAHNOW-ROGERS-GARDNER

January 2024

	Sun	Mon	Tue	Wed	Thu	Fri
DW ER LA IP		1 HAPPY NEW YEAR 	2 WINTER BREAK	3 TEACHER'S INSTITUTE DAY 	4 Cheeseburger with Potato Wedges and Peaches BREAKFAST: Pancakes with Syrup and Fresh Fruit	5 French Bread Pizza with Garden Salad and Fresh Apples BREAKFAST: Breakfast Muffin and Fresh Fruit
G C R H I E L S D E		8 Chicken Nuggets w/ Crackers and Mixed Veggies and Pears BREAKFAST: French Toast Sticks and Fresh Fruit	9 Spaghetti with Meatsauce and Breadstick Pasta House Salad and Applesauce BREAKFAST: Mini Cinni with Fresh Fruit	10 Pizza Bagels with Baby Carrots and Grapes BREAKFAST: Sausage Egg Biscuit and Fresh Fruit	11 Walking Taco with Refried Beans and Dried Cherries BREAKFAST: Donut and Fresh Fruit	12 1/2 DAY OF SCHOOL BREAKFAST: Pop Tart and Fresh Fruit
S S U A N N B D T R		15 MLK JR HOLIDAY 	16 Toasted Ravioli w/Sauce Corn and Mandarin Oranges BREAKFAST: Funnel Cake with Fresh Fruit	17 PIZZA HUT PIZZA Grape Tomatoes and Mixed Fruit BREAKFAST: Mini Waffles with Fresh Fruit 	18 Chili with 1/2 Sunbutter Sandwich Celery and Apricots BREAKFAST: Breakfast Pizza and Fresh Fruit	19 Stuffed Crust Pizza with Fresh Broccoli and Fruit Slushie BREAKFAST: Donut and Fresh Fruit
L S U T N A C C H K R		22 Sloppy Joe on Bun with Curly Fries and Tropical Fruit BREAKFAST: Breakfast Muffin with Fresh Fruit	23 Mini Corn Dogs with Green Beans and Orange Smiles BREAKFAST: Cinnamon Roll w/ Fresh Fruit	24 Mac and Cheese with Garden Salad and Strawberries ** BIRTHDAY TREAT ** BRKFAS: Breakfast on a Stix & Fresh Fruit	25 Soft Taco Mexican Beans and Peaches BREAKFAST: Pancake and Sausage Sandwich and Fresh Fruit	26 Chicken Patty on Bun Sweet Potato Fries and Banana BREAKFAST: Bagel with Cream Cheese & Fresh Fruit
G G O R G A U M R S T		29 Hamburger on Bun Steamed Carrots and Pears BREAKFAST: Breakfast Bar & Fresh Fruit	30 Brunch for Lunch Diced Potatoes and Craisins BREAKFAST: Breakfast Bagel w/ Fresh Fruit	31 BBQ Riblet on Bun w/ Baked Beans and Pineapple BREAKFAST: French Toast Sticks w/ Syrup and Fresh Fruit		



Girls on the Run is for **EVERY** girl.



Girls on the Run is an afterschool program like no other! Twice per week for 8 weeks, girls of all abilities will have fun, make friends, increase their physical activity levels and learn important life skills. Trained and caring coaches lead 3 - 5 grade girls through interactive lessons and running activities. The season ends with her and her adult Running Buddy (parent/guardian, etc.) completing a noncompetitive 5K event.

WHY IT MATTERS

It's Fun. It's Effective.

Participating in Girls on the Run transforms girls' lives by helping them increase their self-confidence, develop healthy relationships and feel good about themselves, inside and out.



Girls who were the least active at the start of the program increased their physical activity by more than **40%***



97% of participants said they learned critical skills to manage emotions, resolve intentional decisions*

*Results based on a 2016 independent study conducted by Positive Youth Development expert Maureen R. Weiss, Ph.D.

Questions?

Contact Megan Perschbacher at mperschbacher@wcusd5.net

Location: Gardner Elementary

Program Dates

Tuesday and Wednesday from 3:15 – 4:30 PM, starting week of 3/4 and ending with 5K Event on 5/11 in Forest Park

Program Fee: \$150

Scholarships, payment plans, and sibling discounts available. Payment not due at time of registration.

Registration

Open January 16 – February 25*



Online at gotrstl.org



Phone at (314) 862-6266

*If spots available, Late Registration open Feb 28th – March 8th or until team is full

gotrstl.org

(314) 862-6266

GOTR FAQs

When and how can I register for the program? Online registration can be found at www.gotrstl.org. You can register over the phone by calling our office at 314-862-6266 in any language. See front page for General and Late Registration dates.

Will there be a final 5K at the end of the season? Yes! The end of season 5K will be in-person at Forest Park on a Saturday morning (see website www.gotrstl.org/5k for date). Teams will receive more information regarding the 5K throughout the season. While we are planning on (and excited for!) an in-person 5K, we will closely follow CDC and local public health guidelines and make adjustments, as necessary. Girls will need a registered Running Buddy.

Is there a fee? Girls on the Run St. Louis offers site-based fees on a sliding scale, ranging from \$25/girl to \$200/girl. Regardless of the fee at your site, all girls are eligible to access additional financial assistance (as low as \$5) and payment plans, and sibling discounts. GOTR-STL is committed to accessibility, and we will never turn a girl away because of financial reasons.

What is included in registration? Registration includes 16 lessons led by trained GOTR/H&S coaches, Girls on the Run T-shirt and water bottle, 5K registration, a snack at in-person practices, and an activity journal to use during lessons.

Does my girl need to attend both days? Yes, girls must attend both days to ensure she receives the full program experience, is physically ready for the 5K and to maintain stable group dynamics. Girls can miss up to four sessions per season.

What does my girl need for practice? Girls need a comfortable pair of athletic shoes and layers of play clothes for practices. Parts of practices may be indoors and outdoors on the same day. If you do not have access to comfortable, well-fitting shoes, you can request a shoe voucher in your registration. While a shoe voucher request is not guaranteed, we will do our best to accommodate requests.

What do I need to know about the 5K? *We recommend that all girls participate in the 5K with an adult Running Buddy.* A Running Buddy can be a parent/guardian, other family member, friend, Coach, etc. The Running Buddy needs to register separately for the 5K, and the cost is \$25-\$35. We offer financial assistance for Running Buddies, available by calling our office at 314-862-6266. Please note: All girls and Coaches are PRE-REGISTERED for the 5K and should not register again.

What will happen if school shifts to remote learning? We are prepared for this to happen. We have been working diligently to create a program that can work in-person and virtually, and can seamlessly transition between the two. Coaches are prepared to shift to virtual Girls on the Run at any point during the season, and your daughter will still be able to interact with her friends and remain engaged with the GOTR lessons for the remainder of the season. Virtual lessons can be accessed on computer, smartphone or tablet (wi-fi connection encouraged), or audio call-in.

Are in-person practices safe? Yes, careful precautions and protocols are in place to mitigate the risk of Covid-19 at each practice. You can read more about it [here](#). Since the pandemic began, over 2,500 girls have participated, and there has been zero Covid-19 transmission at GOTR practices, thanks to diligent Coaches and effective policies.

Can I get a refund if I cancel my girl's registration? It is your responsibility as a parent or guardian (not the Coach) to contact the GOTR-STL office if your girl is dropping from the program. GOTR-STL will issue a full refund if a girl drops by the end of the 2nd week of practice. A 50% refund will be issued during the 3rd week of practice. No refunds will be issued after the 3rd week of practice.

Will I be refunded if in-person Girls on the Run has to switch to virtual? No, program fees will not be refunded for transitioning to virtual programming. We understand that nothing replaces meeting together as a team. However, most of Girls on the Run's costs are incurred before the first team meeting – everything from curriculum and activity materials to background checks and Coach Training. In addition, we have invested in developing a robust remote learning option.

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Jan 10**

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Gardner Elementary

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	\$301 to \$1,200	20%
	\$1,201 & up	25%



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