

The Barkley Brief



"You are never too old to set another goal or to dream a new dream". ~ C.S. Lewis

Dear Barkley Beavers,

We hope that you enjoyed your holiday and that you are finding creative ways to stay safe and enjoy family time. We are excited to welcome you back to school after Winter Break. We will keep you informed of any new information connected to the spread of COVID and its impact on our return to face to face learning in January.

As we prepare to welcome the new year, take some time to reflect on any good that was mixed in with all of the challenges that we faced during 2020. Make the choice to take the good and the lessons learned from the challenges and start 2021 with a renewed mindset.

Have a safe and happy New Year!!!

Sincerely,

Mrs. Parris and Mrs. Blount

Free School Meals

DoDEA is offering free meals for our families. The **last lunch pick-up** during the winter recess is on **Wednesday (tomorrow)**. Just stop by the school anytime between 11:00-1:30 each day. Pick-up takes place at the main entrance.



UPDATE: DODEA COVID OPERATIONAL GUIDELINES AND PROTOCOLS (VERSION 4, DECEMBER 2020)

The DoDEA COVID Operational Guidelines and Protocols manual has been updated. With information constantly changing, please take some time to review the updated guide. Please don't hesitate to reach out with any questions. The link to the guide can be found below:

<https://www.dodea.edu/newsroom/publications/upload/DoDEA-COVID-19-Operational-Guidelines-and-Protocols-V4-12-08-20.pdf>

BARKLEY PARENTS,

PLEASE BE SURE THAT YOU ARE WASHING YOUR CHILD'S FACE MASK DAILY.

BACTERIA AND VIRUSES CAN LIVE ON CLOTH FABRIC FOR UP TO 12 HOURS.

YOU SHOULD BE SENDING YOUR CHILD TO SCHOOL EVERYDAY WITH A CLEAN FACE MASK.

NURSE ALICIA



"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

~ Colin Powell

If you have questions, please reach out:

Registration
janette.sicardo@dodea.edu

Attendance
barkley.attendance@dodea.edu

Student Health Concerns
alicia.rayburn@dodea.edu

Feedback/Concerns
PrincipalBarkleyES@dodea.edu

FLU VACCINE DUE DATE IS JANUARY 15, 2021

Due to the clinics on post not immunizing school age children until late November, we have pushed the due date back. The new due date is **Friday, January 15th.**

All DoDEA students are **REQUIRED** to receive the annual influenza vaccine, in accordance with DoDEA Regulation 2942.1. Proof of the influenza immunization must be submitted to the school nurse by **January 15th.** Parents who do not want their child immunized for influenza should follow DoDEA's established practice of obtaining the request for waiving the immunization from the school nurse, in person. We appreciate your support and attention to this very important school and public safety issue.



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Fort Campbell, KY 42223*

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PrincipalBarkleyES@dodea.edu
<https://www.dodea.edu/BarkleyES/>
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Barkley Elementary PTO Newsletter

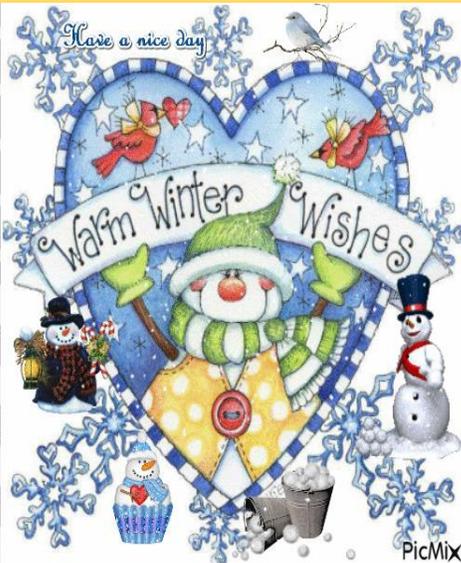
December 2020 & January 2021



February 1st
Spirit Night!



Barkley PTO will receive a portion of the drive thru sales from 5-8pm 2/1. Hopkinsville, KY location



PicMix

amazon

smile

You shop. Amazon gives.

Amazon will donate 0.5% of the price of your eligible Amazon Smile purchases to Barkley Elementary PTO whenever you shop on Amazon Smile. Go to the link below:

<http://smile.amazon.com/ch/38-3765709>

NO MORE CLIPPING



SCAN YOUR RECEIPT
SEE HOW AT BTFE.COM

Clip Box Top\$ and send them into school. You can also download the app and scan your receipt. Box Top\$ are worth 10 cents each. The app will find participating products purchased at any store and instantly add cash to your school's earning online.

Fun Fact: In the 2019-2020 school year Barkley earned \$884 from the collection of Box Top\$

December Dates to Remember:

Dec 21-31:

Winter Break-
No School

January Dates to Remember:

Jan 1:

New Year's Day-
No School

Jan 15:

P/T Conferences-
No School (PK-5th)

Jan 18:

Martin Luther King Jr's
Birthday- No School

Jan 22:

Report Card Prep-
No School



This year PTO memberships are **FREE** of charge. All you have to do is fill out the google document

<https://forms.gle/4R5zYK65M9zfdy7j6>



Please "like" our (Barkley Elementary PTO) Facebook page to keep up to date on news & events. Feel free to contact us for information, and/or share your thoughts & ideas with us!



LIKE US ON FACEBOOK!

LEARN*PLAY*CONNECT



Featured Topic: Sleep Hygiene

Sufficient sleep is vital for good health.

During sleep several important functions are taking place: energy is being restored, tissues are growing and repairing and important hormones for growth and development are being released. It is especially important that children get an adequate amount of sleep each night. Poor sleep patterns can lead to mood swings and behavioral problems.

The amount of sleep children need varies by age. For optimal functioning follow this guide:

- **Infants** (3-11 month) need **14-15 hours** of sleep in a 24 hour period.
- **Toddlers** (1-3 yrs) need **12-14 hours** of sleep in a 24 hour period.
- **Preschoolers** (3-5 yrs) need **11-13 hours** of sleep each night
- **School Age** (5-12 yrs) need **10-11 hours** of sleep each night

A regular sleep and wake pattern seven days a week is the most important sleep hygiene measure to remember. Here are some other important tips:

- Child's bedroom should be cool, quiet, and comfortable.
- Bedtime should follow a predictable sequence of events; brush teeth, read a book, etc.

Connection Corner

Let creativity shine (and support sleep!) by decorating pillow cases together!

1. Use plain white pillowcases.
2. Use fabric markers or fabric paint.
3. Get a piece of cardboard that is as big as the pillowcase and slide it inside the pillowcase. This is to avoid the marker/paint leaking onto the other side, or going all splotchy.

- Avoid high stimulation activities before bed: exercise, video games, tv, computer, phones.
- Avoid caffeine

Here is an example of a good bedtime routine:

1. Light snack
2. Warm bath
3. Favorite sleeping clothes
4. Watch child brush teeth
5. Read a favorite story
6. Assure that the room is quiet and a comfortable temperature
7. Give hugs and kisses
8. Say good night and leave room

Bedtime should be a relaxing and positive experience. Children should be encouraged to fall asleep alone and sleep alone.

More information can be found on www.cdc.gov and www.sleepfoundation.org



4. When you have the cardboard in, just smooth out the pillowcase and make sure there are no creases.
5. Now, create anything you like!

Other ideas: tie dye, sew embellishments on, write the date you did the project or take turns drawing on each others!

A Simple Thought

"Always kiss your children goodnight- even if they're already asleep."

~H. Jackson Brown, Jr.

TIPS and ADVICE

Relaxation

Those who know and do relaxation techniques sleep longer at night!

Relaxation techniques:

*Slow your heart rate
Lower blood pressure
Slow your breathing
Reduce activity of stress hormones
Reduce muscle tension
Improve mood*

Relaxation techniques overall remove worries and thoughts from your mind before you sleep.!

Techniques include:

- Guided imagery
- Progressive Muscle Relaxation
- Deep Breathing Exercises
- Mindfulness Exercises

If those don't work, these might: reading, journaling, or yoga.

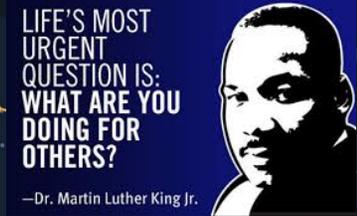
For a better night sleep use relaxation. The added bonus is that you will be role-modeling some great tools for your children!



JANUARY

2021

K-8 Breakfast Menu



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Special Announcements:

Fill out a Lunch Application SY 2020-2021.
FREE/REDUCED BENEFITS FROM SY 2019-2020 expired on 10/2/2020.
<https://www.LunchApplication.com>

Cereal
 Pear **HOLIDAY**
 Juice **NO SCHOOL**
 Milk
 Meal Pick up on Dec. 30th, no meal distribution today. 1.

Strawberry Filled Bagel
 Cereal
 Diced Peaches
 Juice
 Milk 4.

Cinnamon Roll
 Cereal
 Mixed Fruit
 Juice
 Milk 5.

Blueberry Yogurt Parfait
 Toast with Jelly
 Cereal
 Banana
 Juice Milk 6.

Sausage, Egg, & Cheese Sandwich
 Cereal
 Diced Peaches
 Juice Milk 7.

Blueberry Muffin
 Cereal
 Fruit Cocktail
 Juice
 Milk 8.

Donut Holes
 Toast with Jelly
 Cereal
 Diced Pears
 Juice Milk 11.

Chicken and Waffles
 Cereal
 Apple
 Juice
 Milk 12.

Cinnamon Filled Bagel
 Cereal
 Orange
 Juice
 Milk 13.

Pancake with Syrup
 Sausage Patty
 Banana
 Juice
 Milk 14.

Pop Tart
 Peaches **NO SCHOOL FOR ELEMENTARY**
 Juice
 Milk
 Meal Pick-up at Marshall Elementary for 15th and 18th. 15.

Cereal
 Craisen
 Juice
 Milk
Martin Luther King Jr. Day NO SCHOOL - NO MEAL P/U 18.

Sausage, Egg, & Cheese Sandwich
 Cereal
 Apple Sauce Cup
 Juice Milk 19.

Blueberry Yogurt Parfait
 Toast with Jelly
 Cereal
 Banana
 Juice Milk 20.

Chicken and Waffles
 Cereal
 Tropical Fruit
 Juice
 Milk 21.

Nutri Grain Bar
 Mixed Fruit
 Juice **NO SCHOOL**
 Milk
 Meal Pick-up at Marshall Elementary 22.

Bagel with Cream Cheese
 Cereal
 Diced Peaches
 Juice
 Milk 25.

Dutch Waffle
 Cereal
 Apple
 Juice
 Milk 26.

Breakfast Pizza
 Cereal
 Orange
 Juice
 Milk 27.

French Toast
 Sausage Patty
 Diced Pear
 Juice
 Milk 28.

Cinnamon Roll
 Cereal
 Mixed Fruit
 Juice
 Milk 29.

This product was funded by USDA. This institution is and equal opportunity provider.

Fort Campbell Schools will be offering
FREE
 Breakfast and Lunch to
ALL STUDENTS through June 30, 2021

The Child Nutrition Department does not accept personal checks.

Please send cash in a sealed envelope with students First and Last Name, Serving Number, and what it's for, ie Ice Cream, Lunch Payment, etc.

Payments using credit or debit card can be made by creating an account on www.k12paymentcenter.com



JANUARY

2021

K-8 Lunch Menu

LIFE'S MOST URGENT QUESTION IS: WHAT ARE YOU DOING FOR OTHERS?

—Dr. Martin Luther King Jr.



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Hoagie Sandwich
 Goldfish Crackers **HOLIDAY**
 Apple **NO SCHOOL**
 Corn
 Milk
 Meal Pick up on Dec. 30th, no meal distribution today. 1.

Cheese Bites w/Marinara Sauce
 Green Beans
 Craisins
 Gold Fish
 Milk 4.

Chicken Nuggets
 Navy Beans
 Corn
 Mandarin Oranges
 Milk 5.

Spaghetti with Meat Sauce
 Garlic Bread
 California Normandy Mix
 Diced Peaches
 Cheese Stick Milk 6.

Pizza
 Side Salad
 Glazed Carrots
 Mixed Fruit
 Milk 7.

Grilled Cheese
 Tomato Soup
 Broccoli
 Banana
 Milk 8.

Teriyaki Chicken
 Fried Rice
 Red Beans
 Mixed Fruit Peas
 Milk 11.

BBQ Chicken
 Mashed Potatoes with Gravy
 Sunshine Carrots
 Banana
 Milk 12.

Beef Shepard's Pie
 Roll
 Green Beans
 Mandarin Oranges
 Milk 13.

Pizza
 Tossed Salad
 Broccoli
 Tropical Fruit
 Milk 14.

Chicken Patty Sandwich
 Corn **NO SCHOOL**
 Apple **FOR ELEMENTARY**
 Milk
 Meal Pick-up at Marshall Elementary for 15th and 18th. 15.

PB&J Sandwich
 Vegetable Juice
 Orange Milk
Martin Luther King Jr. Day
NO SCHOOL - NO MEAL P/U 18.

Grilled Cheese
 Chili
 Broccoli
 Peaches
 Milk 19.

BBQ Pork Sandwich
 French Fries
 Baked Beans
 Corn
 Diced Pears
 Milk 20.

Pizza
 Side Salad
 Mixed Vegetables
 Banana
 Milk 21.

Corn Dog
 Green Beans **NO SCHOOL**
 Raisins
 Milk
 Meal Pick-up at Marshall Elementary 22.

Salisbury Steak
 Roll
 Mashed Potatoes with Gravy
 Green Beans Banana
 Milk 25.

Beefy Cheesy Nachos
 Spanish Rice
 Pinto Beans
 Corn Confetti Raisins
 Milk 26.

Chicken Noodles
 Cheese Bites
 Peas
 Tropical Fruit
 Milk 27.

Pizza
 Caesar Salad
 Cucumber and Tomato Salad
 Mixed Fruit
 Cheese Stick Milk 28.

Cheeseburger
 Fries
 Baked Beans
 Carrot Sticks Apple
 Milk 29.

Students receive 1/2 cup of vegetable with lunch meal.

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