

KELLY LANE MIDDLE SCHOOL'S KNIGHTLY NEWS

Kelly Lane Middle School, Pflugerville ISD

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A Brand New Six Weeks

A new six weeks represents a fresh start of sorts. Although a grade from the 1st six weeks follows our students, today each is able to start on the right foot through their performance in the classroom and classwork. We're looking forward to a solid and "predictable" 2nd six weeks, since the 1st six weeks threw us plenty of "curveballs." Although the changes of the 1st six weeks added to our "to-do lists," our campus goals and focus keep us operating at a very high level.

Long story, short: We're working hard to promote a positive and challenging environment for students to learn and it's paying off. Your child's teachers are doing great things.

Mrs. Holub, Our 8th Grade Math Department Chair, pointed out that this coming six weeks is actually only 5 weeks long and one of those weeks is only 4 days. In essence, this current grading period is 6 days shorter than any other. This means that our students will have a very short turnaround time from the time IPRs go home to the final report card.

To help monitor grades, all of our students have been provided access to the online gradebook. A BIG thanks to Sarah Coleman, Cynthia Grochowski, and all of our science teachers for helping us get this done. By the end of this week, each student will have the ability to check their grades and any missing assignments as long as they have internet access. Please let us know if you or your child experience any technical glitches. We

Upcoming News and Announcements for Kelly Lane Families

7th Grade Football: Tuesday, 5:30 vs. CD Fulkes (There)

8th Grade Football: Wed., 5:30 vs. CD Fulkes (Here)

Cross Country Meet: Wednesday, 5:30 @ Park Crest

Thursday Volleyball: WVMS @ 5:00 (8th Home, 7th Away)

Free/Reduced Lunch: Last year's free/reduced lunch application expires 10.08. Please pick up a form from the KLMS office if you think you apply for reduced rates.

Devin Padavil, Campus Principal
Sarah Coleman, Administrative Associate

Curtis Seiferman, 8th Grade Principal
Rose Marques, 7th Grade Principal
Ben O'Connor, 6th Grade Principal

Sherri Vigil, 7th Grade Counselor, 8th Grade A-L
Cristina Garza, 6th Grade Counselor, 8th Grade M-Z

hope this tool will help students to self-monitor and take greater ownership over the most important job at KLMS: learning.

The Knight Football teams took on Dessau last week. Although the 8th grade A-Team lost, each of the remaining 7th/8th grade teams were victorious. X-Country boys/girls took 1st PLACE at our lone home meet. The girls/boys also had strong showings at the McNeil invitational this weekend. Volleyball's 7th grade A-Team beat Pflugerville MS last week, but every other team fell in hard fought losses.

Lastly, I'd like to extend another last word of thanks to our PTO for their generous service to the KLMS staff by providing lunch last Friday. The simple act of a great home-made meal (and not having to do dishes) made for a great ending to the six-weeks. We truly appreciate our parents.

Best regards,

Devin Padavil

College Day: October 6th for all of PISD. Staff / students encouraged to wear college gear. Another "college day" for KLMS will be in the spring.

National Walk to School Day: Wednesday, October 7th. Lots of walkers planned for this AM. Please be careful when driving around the MES/KLMS area.

CATCH: Healthy Choices Article

What's CATCH?

Your child will begin seeing signs in the halls at KLMS promoting CATCH, a state initiative to help students live more healthy lifestyles. This is done through choices in meals combined with an emphasis on physical activity. Below is an article sent from the CATCH coordinators to help inform you about some of their messages.

The terms below are used in our cafeteria when students are buying food. In addition, KLMS has a "CATCH Committee," made up of staff that will plan events for students and staff to promote active lifestyles later in the year. Please let me know if you have any questions.

–Devin Padavil

One of the CATCH goals is for students to eat more GO foods than SLOW foods, and more SLOW foods than WHOA foods.

GO foods contain the lowest amount of fat/sugar and are the least processed (**GO** foods include: vegetables, fruit, non-fat or skim milk, water, brown rice).

SLOW foods are higher in fat/sugar and are more processed than **GO** foods (**SLOW** foods include: 2% milk, granola, lean ground beef, peanut butter).

WHOA foods are the highest in fat/sugar and are the most processed (**WHOA** foods include: chips, dough-nuts, whole milk, gravy).

Please ask your student about CATCH at school and how it influences their choice in lunch.

Nutrition Fact:

Adolescent boys should get **11 milligrams** of iron a day while adolescent girls should get **15 milligrams**.

Iron deficiency, which is the most common nutritional deficiency, can cause anemia, which prevents your body's cells from getting enough oxygen.



Kelly Lane's teachers are committed to serving our students best! Stay connected and let us know if we can do anything to provide excellence in learning for our students or your child.

Principal: devin.padavil@pflugervilleisd.net