

September 2018

Volume 6 Issue 1

# Lansdowne Ledger

Fayette County Public Schools



## Calendar

### September

- 6th/7th 4th Grade Equine Center
- 10th Cooking Club
- 12th Young Men of Lansdowne (YML)
- 13th 1st/4th Grade Curriculum Night
- 14th Frozen Friday
- 5th Grade-UK Admission Office trip
- 17th-21st Book Fair
- 19th Picture Day
- 20th 2nd/3rd Grade Curriculum Night
- 24th Cooking Club
- 27th Kindergarten/5th Curriculum Night

## Inside this Issue

- Administration .....1
- Art .....2
- PE Quarters .....2
- LEAP .....2

# Leopard “SPOTTS”

## Setting up your kids for success!!

Lansdowne friends,

This year is off to a great start and our kids are responding well by giving it their all everyday. I wanted to write to everybody to help remind and reinforce how important a healthy lifestyle is and how it can help kids go above and beyond in and out of the classroom.

**Diet:** No, I don't mean putting your kids on a diet. In fact, the word diet means that there is an “end” to it. We will eat healthy for a few weeks and then go back to our normal patterns. We want our kids to understand the importance of a healthy life style. Food is the fuel for our bodies, premium cars need premium gas!! If you want your student to get and stay on top, they will need the best fuel for their bodies. We strongly encourage a well-balanced diet with lots of fruits and veggies, and try your best to limit foods high in sugar. An easy way to start cutting down on the sugars is to limit drinks high in sugar, even juice has a lot of extra sugar in it and can be detrimental to a kid's health.

**Sleep:** The myth for most of us is that we need 8 hours of sleep a day. That is for adults our young ones while they are growing need as much as 11 hours a day!! Of course 5<sup>th</sup> graders and Kindergarten students are much different, but they still need more sleep than adults. We see kids dragging in all the time talking about how they were watching TV until 11:00 and even midnight. For this reason I always suggest that students do not have TVs or electronics in their rooms. Many of them will stay up for hours glued to a screen.

**Exercise:** This one is close to the heart to me. One of the main reasons as a school we have worked to cut down on the amount of homework is so that our kids after school can be kids. Now this term has changed so much since the start of cable, tablets, and video games. Kids are spending WAY too much time with their electronics. Of course, TV is a good way to rest and relax after a long day, but we need to limit the amount of time kids are stuck in front of a screen and get them outside to play, discover, and explore. It is strongly recommended that students get at **least** 60 minutes of vigorous physical exercise a day. This will help your student in more ways than one.

We do what we can at school, but it is up to our parents to help reinforce this from home. A healthy student is a happy student. A healthy student is a confident student, and here at LES we are pushing for healthy, happy, confident students ready for success at this level and beyond.



Peace, Love, Leopards,

Mr. Spottswood

## P.E. Quarters

Movement is crucial not only for physical development, but also cognitive development. I encourage parents to actively participate with your child outside of sports and school. Create games, toss and catch simple objects, get out get active. Use Kirklevington Park, Lansdowne playground, even Wildwood Park behind the school. The Urban Ninja Project is located off of Bryan Station Road and is an affordable resource to utilize to physically challenge kids. Look them up online and check out their facility.

HUGE REMINDER—"WEAR SHOES TO PHYSICAL EDUCATION. Flip Flops do not work.

Actively,

Mr. Brassfield

# ART

Hello Lansdowne families!

My name is Katie Knapik and I am the new art teacher at Lansdowne! I am **SO** excited to be here and I have **LOVED** getting to know your students these first few weeks of school. We started out the year by making dot paintings and talking about the book, "The Dot," by Peter Reynolds. Come see our beautiful paintings in the halls!

If you should ever need anything, please don't hesitate to come see me, call or email me ([katie.raffertyknapik@fayette.kyschools.us](mailto:katie.raffertyknapik@fayette.kyschools.us)). My door is always open to Lansdowne students and families! Also, follow the Art Room on Facebook @[LansdowneArtStudio](https://www.facebook.com/LansdowneArtStudio).

This is going to be a great year in Art! Go Leopards!  
Mrs. Knapik

## Lansdowne\*Enrichment\*Afterschool\*Program



### The Leopard's LEAP

Lansdowne's Enrichment Afterschool Program (LEAP) is off to a fantastic start for the 2018-2019 school year. Over one hundred-twenty students participate on a daily basis in activities that include arts and crafts, educational technology, organized gym time, and games. Time is provided in a structured setting for reading, math, Lexia, and Dreambox, and we encourage students to take advantage of this opportunity to increase their academic skills.

During September, we will begin to explore our environment with the help of staff from Bluegrass Green-source, and concentrate on health and safety with assistance from the UK nursing students who mentor on Tuesdays at our school. This year we will be offering cooking classes for our 3<sup>rd</sup> grade students with an emphasis on math and measurement. Another new component will be "On the Move Art Studio" with Josh Nadzam. Your students will be full of excitement after participating in these enriching activities.

LEAP begins after students are dismissed from their classrooms, and they must be picked up by 6:00 p.m. The cost is \$10 per day, and CCAP is accepted. There are currently a limited number of openings in the LEAP Program. Please direct inquiries to [betty.simson@fayette.kyschools.us](mailto:betty.simson@fayette.kyschools.us) or via phone at 381-3500.