

February 2024

Dare to SOAR!

SUNSET NEWS



A Note from the Principal

Sunset Families,

We have had a wonderful start to the third nine weeks of school. It has been great seeing the students back. The school year seems to be going by so quickly. We will be celebrating the 100th day of school soon.

We are focused on helping each student improve in school. Please ensure that you are working to encourage the students to read daily and practice math skills.

The month of February is recognized as Black History Month. I am reminded of this quote by Harriet Tubman, "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

We have some great dreamers at Sunset Elementary. I hope that each of them are able to reach their potential and keep improving.

We had the opportunity to add two new staff members to Sunset. We would like to welcome Mr. Gaskill as a first grade teacher and Mr. Baird as a second grade teacher.

I look forward to the students finishing strong and doing well on state assessments as they continue to prepare for them.



Best regards,

Mr. Brandon J. Cheeks

Principal

Sunset Elementary School

P: 785-309-4520

Brandon.cheeks@usd305.com

Music Programs Coming Up...

Third grade program: "Squirm," March 5, 2024, 6:00 p.m.

Fourth grade program: "Rockin' Recorders," March 5, 2024, 7:00 p.m.

Celebration of Belonging

Join us for FamJam

Sunset's biggest family jamboree
of the year!

Tuesday, February 27

6:00 p.m.-7:00 p.m.



- Try to break a pinata with Mr. Weir!
- Taste food from all around the world!
- Learn folk dances with Miss Rishel!
- Participate in a family art project with Mrs. Allgier and Mrs. Lidgett!

News from the Nurse

February is Heart Month.

Click on the heart or the Life's Essential 8 icon below to see how to take better care of your family's hearts.



Social Emotional Learning

Social Emotional Small Groups will be offered this semester to first through fifth grade during the school day. If you have any questions or would like for your student to participate, reach out to the Social Worker at

Taylor.Stockwell@usd305.com or
call 785-309-4581.



Sunset continues to be involved in the Back Pack program that assists youth by providing a little extra food over the weekend. If this sounds like something your family can benefit from, contact Taylor.Stockwell@usd305.com

PTA News



Bingo Night
Friday, Feb. 2
5:30-7:30 p.m.
Sunset Gym

Spotlight on Second Grade



Hello from Second Grade!

We are doing a bunch of learning and expanding our knowledge! We have started a program called Reflex math where students practice adding and subtracting 1-20. We are finishing up our adding and subtracting module and getting ready to start working on arrays in math!

In ELA, we are working on identifying the qualities of a leader!

In social-emotional learning, we are practicing how to de-escalate during certain situations and get ourselves back to the green zone!



Pictures

Spring Pictures
Feb. 7, 2024

Conferences

Parent/Teacher
Conferences
Wednesday, Feb. 7
Thursday, Feb. 8

No School

Feb. 8-12,
2024

Valentine's Day

Watch for notes
from your child's
teacher for more
information.



Lost and Found

Our primary hallway has lots of coats needing young students.

Please come in and see if we have your child's missing coat.



The gym hallway also has lots of coats in larger sizes needing their owners to claim them.





STAY WARM. STAY CONNECTED.



Cold Weather Rule | November 1 – March 31

The **Cold Weather Rule** is designed to keep your utilities connected during the winter months, even when you're unable to pay your bill in full. Contact your utility company to see if you qualify to make payment arrangements under the Cold Weather Rule.

How do I sign up?

If you can't pay your entire bill, call your utility company to make pay arrangements:

- Agree to pay 1/12 of the overdue amount of your bill, plus 1/12 of your current bill, all disconnection and connection fees plus any applicable deposit owed to the utility, and agree to pay the remainder in equal payments over the next 11 months; or
- Negotiate a payment plan to pay the overdue amount off quicker than 12 months.

Remember, you must also pay your full bills for any new service you use while paying off the overdue amount.

If you are behind in a previous payment plan and cannot catch up, you need to make a new payment agreement with the utility.

What will the utility company do?

Utilities must inform you of the Cold Weather Rule payment plan as well as other available payment plans. Remember, under the Cold Weather Rule, you always have the option of spreading your payment over a total of 12 months.

Utilities must send written notice to customers 10 days before disconnection, plus attempt a phone call or personal contact the day before.

Utilities must tell customers about agencies that may have funds available to help pay utility bills.

Can I be disconnected during the Cold Weather Rule?

A utility cannot disconnect you when the local National Weather Service forecasts that the temperature will be below 35 degrees Fahrenheit within the following 48-hour period.

A utility may start the final notification and disconnection process if there is a 48-hour forecast of temperatures above 35 degrees. If the 48-hour forecast changes before the period ends and there is a forecast of below 35 degrees, the utility cannot disconnect until there is another 48-hour forecast of temperatures above 35 degrees.

To prevent disconnection when it is 35 degrees or above, or to be reconnected regardless of temperature, you must make pay arrangements with your utility.

Please Note

The Cold Weather Rule applies only to residential customers of electric, natural gas, and water utility companies under the Kansas Corporation Commission's jurisdiction.



For more information:

Call your utility company or the Kansas Corporation Commission at (800) 662-0027.


10/23

Winter/Spring 2024 Parenting Classes

 • In-Person • FREE • Childcare provided

A Cure for the Wintertime Blues

Monday, January 29

6:00-9:00 pm | 

[Register here: capsofsalina.org/parenting-classes/](https://capsofsalina.org/parenting-classes/)

Learn strategies to teach instead of blame and shame; connect and problem solve with your child and take better care of yourself.

Ingrid Pohl, MS and Vicki Price, MS, CAPS Education Program Director

*** KDHE approved

Cooperative Parenting in Divorce

Mondays, Feb. 12, 19 & 26

6:00-8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

[Register here: capsofsalina.org/parenting-classes/](https://capsofsalina.org/parenting-classes/)

This 3-session course will assist divorcing or divorced parents in reducing parental conflict and improving their child's post-divorce adjustment.

Katy Vinson, BS, and Ingrid Pohl, MS, CAPS Parent Education Partners.

Pre-registration required for childcare.

The Grief Recovery Method

Wednesdays, March 6, 20, 27 & April 3, 10, 17, 24 & May 1

6:00-8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

[Register here: capsofsalina.org/parenting-classes/](https://capsofsalina.org/parenting-classes/)


The Grief Recovery Method® Support Group is an 8-week program that provides a safe environment, using evidence-based practices, for you to look at your old beliefs about dealing with loss, which losses have affected your life, and take actions that will lead you to complete unresolved emotions that may still be causing you pain.

Rex Cearley, MS, CAPS Parent Education Partner and Certified Grief Recovery Method Specialist

Pre-registration required for childcare.

Internet Safety: Child Predators in the Mobile Age

Wednesdays, March 20, 27 & April 3

6:00-8:00 pm | 

[Register here: capsofsalina.org/parenting-classes/](https://capsofsalina.org/parenting-classes/)

How to keep your kids safe from the ever-changing internet including topics like cyberbullying, sextortion, sexting, online grooming, social media and gaming apps.

Katy Vinson, BS, CAPS Parent Education Partner and Melissa Buhrlé, Chris's Place - CAC Victim Advocate



Child Advocacy & Parenting Services, Inc.

"Helping good parents...become GREAT parents!"

Winter/Spring 2024 Parenting Classes

 • In-Person • Free • Childcare provided

Helping Children with Loss

1st session: Wednesdays, Jan. 10, 17, 24 & 31 [Register here: capsosalina.org/parenting-classes/](https://capsosalina.org/parenting-classes/)
2nd session: Tuesdays, Feb. 6, 13, 20 & 27 [Register here: capsosalina.org/parenting-classes/](https://capsosalina.org/parenting-classes/)
6:00-8:30 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

For adults to help children deal with death, divorce, moving and other forms of loss. There are many myths about dealing with sad emotions that confuse children, like, "Time heals all wounds," and, "Be strong for others." In this program you will learn how to replace these myths with practical guidance for your children.

Rex Cearley, MS, CAPS Parent Education Partner and Certified Grief Recovery Method Specialist
Pre-registration required for childcare.

El Proyecto Padre® (The Parent Project taught en Español)

Thursdays, Jan. 18- Mar.21 (no class on Mar. 14) [Register here: capsosalina.org/parenting-classes/](https://capsosalina.org/parenting-classes/)
5:30-8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

This 10-week series is designed for parents raising difficult or out-of-control adolescents, ages 10 and up. The Parent Project® provides concrete, no-nonsense solutions to even the most destructive adolescent behaviors.

Reyna Banda-Torres, CAPS Director of Spanish Speaking Services
Grecia Castaneda-Torres, CAPS Parent Education Partner
Pre-registration required for childcare.

The Explosive Child

Mondays, April 8, 15, 22 & 29 [Register here: capsosalina.org/parenting-classes/](https://capsosalina.org/parenting-classes/)
6:00-8:00 pm | 155 N. Oakdale, Suite 200, Salina, KS 67401

This class is based on the book of the same title. "Kids do well if they can—if the kid could do well, the kid would, because doing well is preferable"—Dr. Ross Greene, Ph.D, New York Times bestselling author of the influential books *The Explosive Child*, *Lost at School*, *Lost and Found*, and *Raising Human Beings*. If your child lacks the skills to be flexible, handle frustration and solve problems, this class is for you.

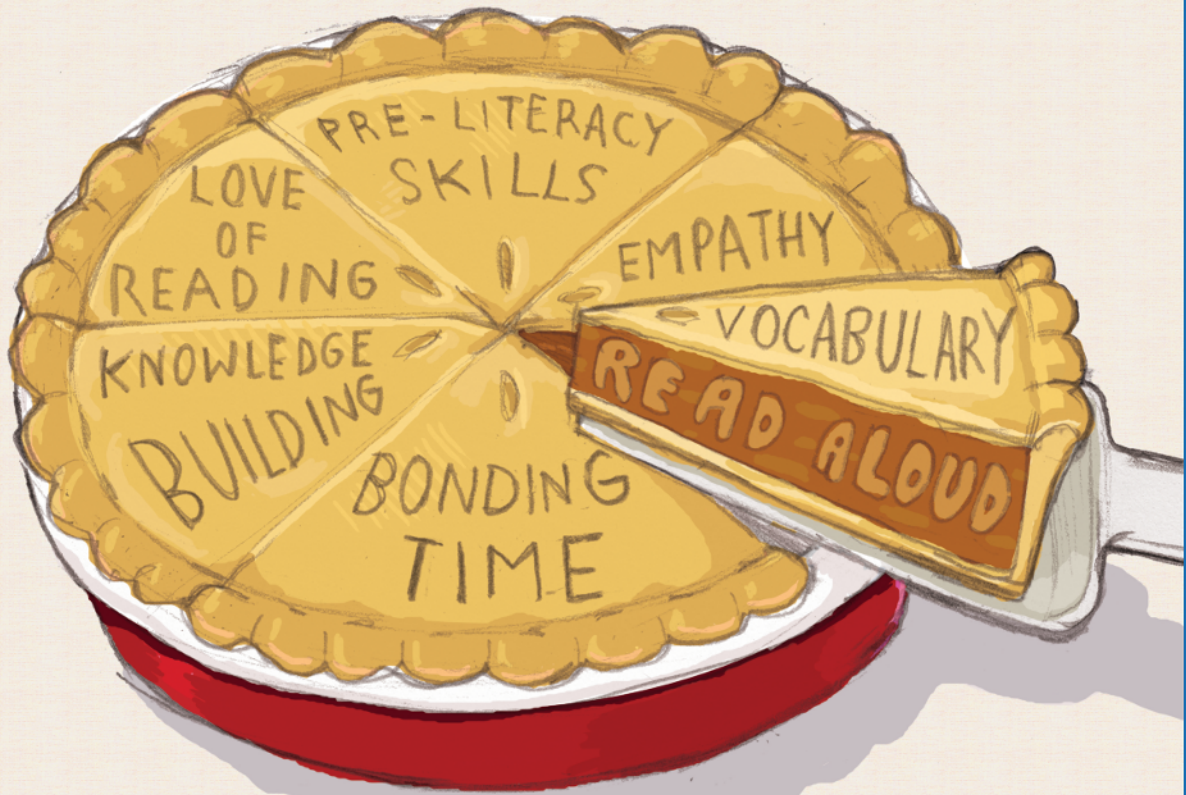
Vicki Price, MS, Education Director and Rex Cearley, MS, CAPS Parenting Education Partner
Pre-registration required for childcare.



For more information, to register or reserve your childcare, call 785-825-4493 today!
"Helping good parents...become GREAT parents!"



FEED YOUR CHILD'S BRAIN!



Has your child had their serving
of **Reading Aloud** today?



Every child. Every parent. Every day.



Learn more at ReadAloud.org

February Calendar

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

5 - Site Council

7 - Spring Picture Day

7 - Parent/Teacher Conferences

8 - Parent/Teacher Conferences

8 & 9 - No School



12 - No School

27 - FamJam

March

5 - Third and fourth grade music programs.

Contact Us

Brandon Cheeks - Principal

Christal Lantz - Lead Teacher

Gena Koch - Secretary

Main Office Phone Number: 785-309-4520

#SunsetGrowsGreatness

#305GrowsGreatness

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