

Join us at Zaxby's on Tuesday, January 31 from 5-8 p.m.—Spirit Night!

LIFE ISN'T ABOUT WAITING FOR THE STORM TO PASS... ...IT'S LEARNING HOW TO DANCE IN THE RAIN!

During the winter break I made a list of all the things that I wanted to get done before returning to school. When the list expanded to two pages, I decided that not only was the list not practical, it was not reasonable to expect to get it all done in the time span that I had allotted. So, not wanting to set myself up for failure, I changed the title of my list to: "Things To-Do in January". As the month has progressed I realize that I was in serious danger of failure! My list only grew longer and the important things on my list were not being accomplished.

Sometimes when my Things-To-Do list becomes overwhelming, I find that taking the Scarlet O'Hara approach to 'worry about that tomorrow' is helpful. As I was sorting through some of my piles on my desk, I uncovered a copy of an email story that my niece sent. This one helped me to put the never-ending 'To Do List' in perspective and (with a few edits) seemed appropriate to share with all of you out there in Dolphin newsletter land who share the same issue as me.... too much to do and not knowing where to start:

Mayonnaise Jar, a glass of Kool-Aid and a cup of Coffee

When things in your life seem almost too much to handle, when 24 hours in a day are not enough, remember the mayonnaise jar, the glass of Kool-Aid and a cup of coffee:

A professor stood before his philosophy class and had some items in front of him.

When the class began, he wordlessly picked up a very large and empty mayonnaise jar and proceeded to fill it with golf balls.

He then asked the students if the jar was full...They agreed that it was.

The professor then picked up a box of pebbles and poured them into the jar. He shook the jar lightly.

The pebbles rolled into the open areas between the golf balls.

He then asked the students again if the jar was full.... They agreed it was.

The professor next picked up a box of sand and poured it into the jar. Of course, the sand filled up everything else.

He asked once more if the jar was full...The students responded with a unanimous 'yes.'

The professor then produced a glass of Kool-Aid and a cup of coffee from under the table and poured the entire contents of each into the jar effectively filling the empty space between the sand.

'Now,' said the professor as the laughter subsided, 'I want you to recognize that this jar represents your life.

The golf balls are the important things---your family, your children, your health, your friends and your favorite passions---and if everything else was lost and only they remained, your life would still be full.

The pebbles are the other things that matter like your job, your house and your car.

The sand is everything else---the small stuff.

'If you put the sand into the jar first,' he continued, 'there is no room for the pebbles or the golf balls. The same goes for life.

Moral of the Story:

**If you spend all your time and energy on the small stuff you will never have room for the things that are important to you.

**Pay attention to the things that are critical to your happiness. Take care of the golf balls first---the things that really matter.

**Set your priorities.

**The rest is just sand.

One of the students raised her hand and inquired what the Kool-Aid and the coffee represented.

The professor smiled and said, 'I'm glad you asked.'

The Kool-Aid and the cup of coffee just shows you that no matter how full your life may seem, there's always room for a glass of Kool-Aid with your child and a cup of coffee with a friend.

Thank you for taking the time to allow me to share a thought or two!

WHO'S GOT SPIRIT!?! ZAXBY'S!

Please join us at Zaxby's on Tuesday, January 31, 2012 from 5-8 p.m. for Ketterlinus Spirit night! Ketterlinus will receive a portion of all sales during this time... a great big thanks to Zaxby's for hosting spirit night this month! We hope to see you there!



What school am I zoned to attend next year??

With the new zoning changes in place for the 2012/2013 school year—be sure to check your address to see where your child will be zoned to attend school. Please visit: <http://www.gis.bocc.co.st-johns.fl.us/schoolaz2/>. The website is simple to use, simply enter your home address. Please note that if you are not zoned for Ketterlinus next year, or are currently attending KES on an approved zone waiver, you must apply each year.

Pre-Sale yearbooks are going FAST!

The cost for each yearbook will be \$20 now through February 29th. After that the price will increase to \$25.00 per book. The yearbook will be jam packed with fun photos and special times that we've had this school year! **Please note—at this time all payments must be made payable to "Leonard's" NOT Ketterlinus.** Only a small number of yearbooks have been ordered—be sure to order yours early to not only receive the best price, but to guarantee your copy! *This year we are offering on-line ordering where you can pay with your Debit or Credit Card. Please note, any payment that is made to Ketterlinus will be returned to your child. Please see the Yearbook order form for complete details. If you have questions, please contact Ms. Gwaltney at 547-8546.*

**** To order on line—visit www.leonards.com/yearbook and enter order # 53905**

TOT PERFORMANCES

Friday, January 27, 2012

9:30 a.m.— Ketterlinus School Performance, All 5 TOT teams will perform in full uniform at school

6:30 p.m.— TOT Family Night, all 5 Teams will perform for friends and family in the KES Gym.

Saturday, February 11, 2012

1:30 p.m.— Flagler College Women's Game—Tiny Tots Kindergarten & 1st Grade

3:30 p.m.— Flagler College Men's Game—Basic TOT, 2nd Grade

Saturday, February 25, 2012

3:30 p.m.— Flagler College Men's Game—Elite TOT - 5th Grade

It is very important that all TOT students attend their scheduled performance and arrive on time.



~ Dates to Remember *~*

1/27/12— School Wide TOTS performance
6:30 p.m.

1/31/12— Spirit Night at Zaxby's, 5-8 p.m.

2/2/12—KKids meet after school at KES

St. Johns Housing Partnership

The St. Johns Housing Partnership is accepting applications for weatherization assistance. Those who qualify must be a home owner that is homesteaded. The program is income based. For more information or to apply, please call 824-0902 or visit www.SJHP.org.

SIGN UP—GIRLS ON THE RUN!

Registration is underway for our Girls on the Run program! GOTR is for girls in grades 3-5. Registration information can be found in the front office, or by visiting www.gotrneflorida.org. GOTR of N.E. Florida provides a life-changing experience for all girls ages 8-11. This unique program combines running and training for a 5K race with life lessons that encourage healthy habits, self esteem, positive thinking and an active lifestyle. Through GOTR, girls are inspired to a lifetime of self-respect and health living! Hurry! Registration ends January 31, 2012. GOTR will be held after school here at Ketterlinus on Tuesdays and Thursdays.

Gifted Out of Zone Waivers

The Gifted Out of Zone waiver process will begin on March 1. There will be a link to the form on the district website. Please be reminded that parents only complete a form if they are requesting gifted services at a gifted cluster site. The form does not need to be completed if the student is going to receive gifted services at the home zoned school. If there are any questions regarding the Gifted out of zone waiver process, please call Tina Kennon at 547-7546.



News from Nurse Jean, R.N. Aggression and Healthy Habits

"Save the Parent." Have you ever wanted to say these words? If your child is taking prescription medication to balance and manage aggressive behavior, maybe you have felt this way. Or, if your child is having tantrums and aggressive behavior, you might feel this way too. Regardless of the situation, aggressive behavior creates stress. Help your child to identify and label his/her feelings. Children will react to their environment with negative emotions if they feel isolated or afraid. Communicate with your pediatrician and/or Guidance Counselor. Keep a diary of reactions and interventions. Create healthy patterns with your family lifestyle to promote balance which includes the proper diet, exercise and positive communication. School life is an extension of home life. Make it positive!



Little League Challenger League

St. Augustine Little League-Challenger League is for special needs children throughout the county. **Registration is FREE.** Games are played at the St. Augustine Little League Complex on Saturdays at 10:00 a.m. All perspective players have to do is fill out the player application and medical sheet. Sign ups can also be completed online. For more information, visit www.mysall.org or e-mail Dillion Hansen, St. Augustine Little League Board Member, at hansend@stjohns.k12.fl.us.

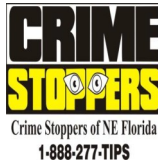
Looking for BASKETBALL set!



Coach Kettlerman is looking for donations of children's Fisher Price Basketball nets. We would like them in any condition—the kind that you can weigh down with sand or water. This will help us teach the younger students basketball skills! If you would like to donate, please contact Coach Kettlerman, or bring by the school. If you happen to see any great deals at yard sales or thrift sales, please let us know! Thanks for your help!

Congratulations, Alexis!

Way to go, Alexis Jackson! She, along with other members of her dance company, were invited to perform at Downtown Disney last weekend! Only an elite group of dancers are invited to this event, so we are very excited that Alexis was among them! The group did a fantastic job!



CRIME STOPPERS Poster Contest

Our school district is participating in the Crime Stoppers Poster Contest. The theme: **Make Your School, Your World, a Better Place.** Students can use artwork and/or original slogan if they choose. Full details are available on our school website and flyers are available in the front office. The deadline to enter is March 28, 2012. Entries must be the original artwork of the student and the use of copyrighted material is prohibited. Posters should be no smaller 8.5 x 11 and no larger than 11x14 inches. Suggested mediums are crayon, pastel, ink, paint or markers. Cash prizes for winners will be awarded.

The Dolphin Café "Lunch Box!"



This is our hot lunch menu. Please note that our menu is subject to change! Lunch is \$2.10 per day including milk. Milk is \$.60 if purchased separately.

Mon., 1/30

Grilled Cheese Sandwich OR Home-style Chili with a Roll, Whole Kernel Corn, 100% Fruit Sidekick, Assorted Fruit/Fruit Juices

Tues., 1/31

Chicken & Rice with a Garlic Breadstick OR Cheese Tortellini with a Garlic Breadstick, Steamed Broccoli Florets, Garden Salad, Pineapple Tidbits, Assorted Fruit/Fruit Juices

Wed., 2/1

Chef Boyardee Ravioli with a Roll or Oven Baked Chicken, Sweet Peas, Sliced Strawberries, Assorted Fruit/Fruit Juices

Thurs., 2/2

Breaded Beef Fingers with a Roll OR Chicken Quesadilla Max, Mixed Vegetables, Cinnamon Apples, Assorted Fruit/Fruit Juices

Fri., 2/3

Macaroni & Cheese with a Roll OR Assorted Pizzas, Seasoned Green Beans, Pears, Assorted Fruit/Fruit Juices