

PEORIA FLEX ACADEMY

SEPTEMBER NEWSLETTER

2022



IMPORTANT
DATES

9.05	Labor Day-No School
9.08	Fall Picture Day
9.09	End of Term 1 Progress Report Period

FROM THE FRONT OFFICE

The end of Term 1 Progress Report Period is September 9th. Grades will be available on ParentVue starting September 16th. If you are not yet set up on ParentVue, please stop by the PFA office and someone will be happy to help!

When your child is absent from school, please make sure to call our attendance line, 623-412-5481, so they will not be marked with an unverified absence. Per state law, we are unable to change attendance codes after 24 hours.

If you have moved recently, or changed your phone number, please stop by the front office so those changes can be made to your child's information.

If your student owes class fees for this term, please pay them as soon as possible. The money is used for classroom supplies. If you are not sure if you owe, please contact the school office and we will be happy to look that up for you, or email Ms. Young at myoung@pusd11.net

**#MODIFIED
WEDNESDAYS**
STUDENTS WILL BE
RELEASED AT 12:20PM
EVERY WEDNESDAY TO
ALLOW FOR STAFF
PROFESSIONAL
DEVELOPMENT. SEE
COMPLETE
22-23 CALENDAR
BELOW

COUNSELOR UPDATES:

Support groups will be starting up on September 14th. If you feel your child could benefit from taking part, please contact Mr. Barrett at vbarrett@pusd11.net, Mrs. Deeg at ideeg@pusd11.net or Mrs. Ross at aross@pusd11.net.

Do you or your child need to make an appointment with Mrs. Deeg? You can do so by clicking the link below:

<https://outlook.office365.com/owa/calendar/MrsDeeg@pusd11net.onmicrosoft.com/bookings/>

THIS WAS STUDENT COUNCIL'S FIRST WEEK ACTIVITY. EACH STUDENT COLORED A SHEET WITH LINES ON IT BUT WITH NO EXPLANATION EXCEPT COLOR THE PAGE HOWEVER YOU WANT. MRS. JAMERSON PUT IT ALL TOGETHER FOR THEM TO SEE THE NEXT DAY. AN AMAZING EXAMPLE OF INDIVIDUALS COMING TOGETHER TO FORM A TEAM!



DID YOU KNOW?

The USDA recently announced they will not be extending the free meal program for the 2022-2023 school year. All meals will be served based on the student's meal status of free, reduced or paid. A new application must be filled out every school year. Only one application is needed per family, even if the students go to different schools. You can apply online, or pick up a paper copy in the front office.

Self-Care September 2022

MONDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

TUESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

WEDNESDAY



7 Give yourself permission to say 'no'

THURSDAY

1 Find time for self-care. It's not selfish, it's essential

FRIDAY

2 Notice the things you do well, however small

SATURDAY

3 Let go of self-criticism and speak to yourself kindly

SUNDAY

4 Plan a fun or relaxing activity and make time for it



12 Get active outside and give your mind and body a natural boost

13 Be as kind to yourself as you would to a loved one

14 If you're busy, allow yourself to pause and take a break

15 Find a caring, calming phrase to use when you feel low

16 Leave positive messages for yourself to see regularly

17 No plans day. Make time to slow down and be kind to yourself

18 Ask a trusted friend to tell you what strengths they see in you

19 Notice what you are feeling, without any judgement

20 Enjoy photos from a time with happy memories

21 Don't compare how you feel inside to how others appear outside

22 Take your time. Make space to just breathe and be still

23 Let go of other people's expectations of you

24 Accept yourself and remember that you are worthy of love

25 Avoid saying 'I should' and make time to do nothing

26 Find a new way to use one of your strengths or talents

27 Free up time by cancelling any unnecessary plans

28 Choose to see your mistakes as steps to help you learn

29 Write down three things you appreciate about yourself

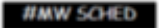

30 Remind yourself that you are enough, just as you are





September 2022



Sun	Mon	Tue	Wed	Thu	Fri	
				1  Blood Drive!	2	3
4	5  Happy LABOR DAY	6	7  #MW SCHED	8  Picture Day	9  End of 1st Term progress reports	10
11  WE WILL NEVER FORGET	12	13	14  #MW SCHED	15	16	17
18	19	20	21  #MW SCHED	22	23	24
25	26	27	28  #MW SCHED	29	30	

Daily Schedule Mon, Tues, Thurs, Fri		
1 st HOUR (80 min)	7:30	8:50
2 nd HOUR (80 min)	8:55	10:15
3 rd HOUR (80min)	10:20	11:40
PFA LUNCH (30 min)	11:40	12:10
5 th HOUR (90 min)	12:15	1:45
busses leave		1:50
5th HOUR RTI (30 min)	1:50	2:20
6 th HOUR (120 min)	2:30	4:30

#Modified Wednesday Early Release		
1 st HOUR (54 min)	7:30	8:24
2 nd HOUR (52 min)	8:29	9:21
3 rd HOUR (52 min)	9:26	10:18
5 th HOUR (52 min)	10:23	11:15
PFA lunch (30 min)	11:15	11:45
busses leave		11:45
3rd HOUR advisory (30 min)	11:50	12:20
6 th HOUR does not convene on Modified Wednesdays		

RTI daily reporting schedule:

Mondays—1st period

Tuesdays—2nd period

Wednesdays—3rd period (advisory)

Thursdays—3rd period

Fridays—5th period

school	bus	morning leave	midday bus	bus	MW	Daily leave	arrival
Cactus	82	7:07	class release 10:00 bus leaves 10:06	125	class release 11:45 bus leaves 11:50	class release 1:45 bus leaves 1:50	2:06
Centennial	71	7:11		130			2:00
Ironwood	73	7:08		133			2:04
Kellis	26	7:07		28			2:07
Liberty	145	6:58		27			2:12
Sunrise Mtn	145	7:05		258			2:10

PFA Shuttle Bus Times



Be. INFORMED

School Year Calendar | 2022-2023



July/August

S	M	T	W	T	F	S
24	25	26	27	28	29	30
31	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	30	31			

November

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	30			

February

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				

May

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	30	31			

September

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	30	

December

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	30	31

March

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	30	31	

June

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	30	

October

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
30	31					

January

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	30	31				

April

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
30						

July

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
30	31					

Federal Holiday/No School

Sept. 5	Labor Day
Oct. 10	Columbus Day*
	Indigenous Peoples' Day
Nov. 11	Veterans Day
Nov. 24	Thanksgiving Day
Dec. 26	Christmas Day (Observed)
Jan. 2	New Year's Day (Observed)
Jan. 16	ML King, Jr. Day
Feb. 20	Presidents' Day
April 21	April Break
May 29	Memorial Day
July 4	Independence Day

Early Release

- 8:00 Elem. schools dismiss at 11:00
- 8:40 Elem. schools dismiss at 11:40
- High schools dismiss at 10:20

Instructional Days

First Quarter	42 days
Second Quarter	47 days
First Semester	89 days
Third Quarter	47 days
Fourth Quarter	44 days
Second Semester	91 days

Total 180 days

Modified Wednesday*

- 8:00 Elem. schools dismiss at 1:00
- 8:40 Elem. schools dismiss at 1:40
- High schools dismiss at 12:20
- *Aug. 10 is a full-day for all campuses

Parent Teacher Conferences

- 8:00 Elem. schools dismiss at 11:00
- 8:40 Elem. schools dismiss at 11:40

Key

	Federal Holiday- No School
	Modified Wednesday
	Teacher Workday- No School
	First Day of Semester
	Last Day of Semester Early Release
	Parent Teacher Conf. Early Release
F	H.S. Finals Early Release

*Calendars are subject to change.