

A Note from Mrs. Schuhmacher...

This week offered many opportunities for time with older students from across campus, which you know our Lower School students love! Middle School students from Mr. O'Connell's Drama class performed for students during Chapel. Students in Kindergarten spread some early Valentine's love writing Valentines for their senior buddies, while students in second grade enjoyed a Writing Workshop with Upper School students from Mrs. Julie Fitz's Writing class. [Watch a slideshow of the Writing Workshop here!](#) We love these opportunities for students to engage with older students, showing them how the fun and friendships continue as a Wildcat even on the other side of campus.

PSL basketball teams finish up their season this weekend as they compete in the grade-level championships. We wish them all well as they conclude the season. Nearly 50 young Wildcats participated in the first-ever Varsity Cheer Clinic last weekend. They then performed for a big crowd at Senior Night during half time of the varsity game on Tuesday night against Mayflower. I'd like to thank our Varsity Cheer Coaches, Ms. Elicia Owen and Ms. Selby Whitbeck, as well as Mrs. Jamie Jones for coordinating efforts to make this cheer clinic a huge success.

Finally, I would like to share our [latest edition of ECTV, Jr.](#) As always, Mr. Rogers, Mrs. Linder, and our fifth-grade students worked tirelessly to create an action-packed broadcast for us all. Please enjoy and share with your families!

Catherine Schuhmacher

Head of Lower School

LS Calendar

[LS Calendar](#)

Upcoming Events:

Monday, February 11

- Quiz Bowl, 3:15-3:45pm
- Taekwondo, Grades K-1, 3:30-4pm
- Taekwondo, Grades PreK 4, 4-4:30pm
- Taekwondo, Grades 2-5, 4:30-5pm

Tuesday, February 12

- Minecraft Edu, 3:15-4:30pm
- Wildcat Chorale, 3:15-4:30pm

Wednesday, February 13

- Wee Little Arts, 3:20-4 p.m.
- Zoomba Kids, PreK-K, 3:30-4 p.m.
- Zoomba Kids, 1st-3rd, 4-4:30 p.m.
- VEX Robotics, 3:15-5pm, LS Exploratory Design

Thursday, February 14

- Chess Club, 3:15-4:30 p.m.
- Tiny Dancers, 3:30-4 p.m.

Friday, February 15 - Mid-Winter Break, No School

Monday, February 18 - Mid-Winter Break, No School

Looking Ahead

2/20 - Lower School Eucharist, Dress Uniform, Option B

3/18-3/22 - Spring Break - No School

4/4 - Capstone Day & Maker Night

4/5- Grandparents' Day

Wildcat Athletic Calendar

[Wildcat Athletic Calendar](#)

Friday, February 8

- Girls Varsity Basketball vs. Lisa Academy, AWAY @6:00 p.m.
- Boys Varsity Basketball vs. Lisa Academy, AWAY @7:15 p.m.

Tuesday, February 12

- Varsity/MS Wrestling - Lake Hamilton, HOME @5:00 p.m.

Wild Game Dinner - Chef Spotlight: A Tale of Two Roberts: Roberts Lee and Robert Bateman

The next two teams present a Tale of Two Roberts: Robert Bateman and Roberts Lee.

Robert Bateman is dad to senior Will and eighth grader John Robert. He will be making an old family chili recipe, which is a compilation of slow-simmered, select cuts of both venison and wild hog, along with hand-picked tomatoes, onions, peppers, and an amalgamation of herbs and spices.

Team "Little Rock LeRoux" will be headed up by Roberts Lee, who is dad to eighth grader Gray and fifth grader Cash. His crew includes Jeff Utecht, dad to eighth grader Ryan, and Tony Gary, dad to eighth grader Grant and sixth grader Ella. They will be making pheasant, duck, wild hog, and alligator gumbo, along with Roberts' world famous black eyed peas.

You don't want to miss this, [buy tickets here!](#)

A Note from Nurse Hopkins...

The Flu Season has arrived. Please heed the advice below!

Signs and symptoms of the flu are abrupt: HEADACHE, followed by fever, fatigue, cough, muscle or bone aches, nausea, vomiting and diarrhea. You can have a few or all the symptoms.

What if my child is sick with flu-like symptoms or has been diagnosed with the flu? When can my child return to school?

- Are you still having flu-like symptoms? If you are, please stay at home.
- Are you still coughing and sneezing, but have been fever free? You can return to school but remember that you can still share the virus through droplets. Droplets are expelled into the air when you sneeze and cough for up to two weeks. The droplets from a sneeze can reach up to six feet away. Protect others by sneezing and coughing in your sleeve, not your hands.
- The CDC recommends that patients diagnosed with the flu stay at home until they have been **fever free for at least 24 hours** without the aid of medication for reducing fever. This is usually between 5 to 7 days if you didn't have the flu vaccine.
- Taking or not taking anti-viral medication like Tamiflu or homeopathic remedies like Oscillococcinum is irrelevant to returning to school. **It is all about the symptoms.**

What is Episcopal doing to help? We are taking precautions at school by practicing good hygiene. We are washing our hands more frequently, with soap and water, encouraging everyone to cough/sneeze in their sleeves, not in their hands, and we are wiping down tables,

door handles, handrails, computer keyboards, and faucets during the day with Clorox wipes. There are hand sanitizer stations located in each building and in both dining halls. We are reminding students to not share food, drinks, or put their fingers in their mouths. We are taking every precaution on behalf of your children.

What can you do to help at home? Encourage your children to remove their shoes and wash their hands with soap and water, as soon as they get home. It is also important to have your children shower each evening to wash off the day's germs. Make sure that they are getting plenty of rest and keep them home when they are sick.

*Thank you,
Nurse Hopkins*

Little Rock Marathon Aid Station

Little Rock Marathon Episcopal Aid Station - WE NEED YOU!

T-minus 24 days until the BIG DAY! We are in need of volunteers to help out with this event. It really is a win-win for all runners and volunteers involved.

- A great way to represent our school in a spirited and positive way. The more people the better! We will be right in front of Episcopal, and it is a great way to promote our school.
- **COMMUNITY SERVICE HOURS! COMMUNITY SERVICE HOURS! COMMUNITY SERVICE HOURS!** It's fun, it's outdoors, and lunch and event t-shirts will be provided. Stress-free!!

Our goal is to have 50 Episcopal volunteers! Currently, we are at 15. We need your help! Sign up TODAY!

Make sure to pick the Episcopal Collegiate Aid Station on the volunteer application

Must sign-up through the Little Rock Marathon website:

<https://littlerockmarathon.com/volunteers/>

Box Tops for Education

It's time to turn in your Box Tops! Please have your Box Tops turned in by Friday, February 15. There are collection boxes at each school office and the Braunfisch - Stella Boyle Smith Lower

School Library. If you have any questions, please contact Meredith Flanagin at 501-247-3956 or mmflanagin@gmail.com. Thank you to everyone for clipping and collecting!

LS Summer @ the E!

We are thrilled to offer these exciting summer opportunities for your children and non-Episcopal students. As you will see, we have many offerings, as well as lunch provided here during as camp as an option, as an added convenience.

[Registration is now open](#) and we hope you will share the Summer @ the E! Brochure with your friends and family who attend other schools, as all children are welcome to attend.

Questions: Contact [Morgan Dlouhy](#) or [Leigh Jacobs](#)

LS Counseling News

Friendliness is the character trait for the month of February. We will be focusing on how to show friendliness everyday and the positive impact it has on self and others. We love for these character traits to be encouraged and discussed at home! First grade students will be presenting in chapel on February 27, and we invite all parents to attend. They will be excited to present all they have learned about friendliness! As always, we will be giving out wildcat tickets throughout the month to those students who exhibit this trait and they are entered for a chance to win a special prize!!

Thank you to those who attended the Parent Roundtable this past week with Mrs. Abbott. We discussed the importance of setting realistic expectations for your children, as well as topics for future roundtables. [Click here](#) for the handout from this past week's meeting. Please [email Mrs. Abbott](#) with any additional suggestions.

LS Super Session Offerings

Click [here](#) to register for Spring 2019 Super Sessions. If you have any questions or concerns, please contact [Leigh Jacobs](#) or [Morgan Dlouhy](#).

LS Valentine's Day Celebration

We will celebrate Valentine's Day on Thursday, February 14. Students are encouraged to wear a Valentine's, red or pink shirt, and jeans to celebrate if they would like. PreK parties will take place at 10:45 a.m. and Kindergarten through 5th grade parties will take place at 2:15 p.m.

Please follow your teacher's guidelines regarding Valentines sent home to classmates, and please contact your classroom parent representative with any questions regarding party needs.

Check out these photos from the most recent "Painting with Pate"!

LS Chapel News

In Godly Play, we will begin exploring the mission and development work of Heifer International as we talk about how we are all called to help our neighbors. The Lower School will participate in a Read to Feed Program from February 14- March 1st. We are challenging students to begin their reading goal over Winter break. A letter about Read to Feed will be coming home in your child's backpack next week.

Pre-K and Kindergarten will be learning about how to care for the earth and how the animals given by Heifer help families around the world. Students in 1st through 5th grades will be learning about Heifer's work and setting classroom reading goals. Students may choose to find sponsors for their reading goals to support Heifer. We are so excited to have this service learning opportunity as we learn about how we can help struggling families.

In our Community Chapel, we have a special speaker from Heifer coming to help us learn about how Heifer helps families break the cycle of poverty around the world.

Chapel Readers: **Kai Nayles** and **Lindley Bailey**

Cantors: **Gray Dickinson, Claire Lammers,** and **Rhett Braunecker**

Many Blessings,

Sandra Curtis+

Lower School Chaplain

LS Pride Patrol 2/11-2/14

Students assigned to Pride Patrol please be here and ready to start welcoming students at 7:30 a.m. If you cannot make it one day, please contact [Tonya Thomas](#). Please note that if temperatures are frigid, students are not expected to complete Pride Patrol duties outside.

PreK: Lucy Haynes, Alex Sebree, Mallory Stewart, Olivia Tulgetske, Leslie Wallace

K - 5: Leo Davis, Ellis Glover, Madison Smith, Jaren Tritt, Madison Zamilpa