

Southeast of Saline

Excellence In Education ... Preparing Future Leaders

USD #306 Newsletter

February 2020

Southeast of Saline
USD #306
5056 East K-4 Highway
Gypsum, KS 67448
785-536-4287
FAX 785-536-4292
www.usd306.com

Mr. Roger Stumpf
Superintendent
785-536-4291

Mrs. Cassie Gorman
Elementary Principal
785-536-4215

Dr. Paul Ogle
Secondary Principal
785-536-4286

Mr. Wayne Sager
Assistant K-12 Principal

Board of Education

Jill Ade

Lori Blake

Steve Bartholomew

Dwight Conley

Justin Knopf

Charisse Nurnberg

Jimmy Shelby

Southeast School District publishes a newsletter every month except July. Deadlines to submit information is generally the 3rd Monday of each month. Details and further information should be directed to Cindy Mueller, Special Projects Coordinator, at 785-536-4287 or cmueller@susd306.org Use the same number for subscription cancellations.

MATCHING GIFT CAMPAIGN



The Playground Committee would like to sincerely thank each and every person that has donated their time and/or money towards the playground renovation! Our SES family is the best! We are closing in on our fundraising goal - there is just over \$6,000 left to raise that can be doubled with the matching campaign...we're so close to making this entire plan happen! We have also made some BIG, exciting changes to the original plan. Check out pictures of the new plans on Facebook or next time you go by the elementary office. We're getting really excited the closer we get to starting the renovation - be on the lookout for volunteer opportunities soon!

From our Superintendent Roger Stumpf

The Early Childhood Survey has been approved and is on its way. Some time in February you should receive an envelope from Southeast of Saline that contains a survey. Although the survey is specifically about early childhood education and care, we are not just looking for the opinions of the parents of small children. We want everyone's thoughts on preschool and child care in our area. Please look for this survey in the mail as we value your opinion.

The latest Spotlight included an article from me that focused on how schools are changing to meet expectations. To highlight this change, we are expecting this year's senior class to include three students who are also graduating from Salina Area Technical College with an associates degree. These students will receive both their high school diploma and their associates degree in the same month. Many of our students will graduate from SES with enough college credits to be classified as a college sophomore when they first set foot on campus.

One final reminder, if you are not receiving the school announcement through the messenger service you can sign up by visiting our website. If you go to usd306.org you can look under the Parent/Patron tab to find an entire section on Communication. This works for the Messenger service as well as our social media and newsletters. Also, our main line to the school is 536-4287. Each building has a direct line but this number will allow you to choose whichever office you are looking for from one menu. I encourage you to use this number as the one and only number you will need to reach out to us.

Emergency School Closings

www.usd306.org Sign up on list serve to be notified by e-mail at home or work with our automated calling system (be sure we have your current phone number)

K-93.7 KSAL KSAJ KJIL KZBZ KABI
KSALLINK KWCH Ch 12 KAKE Ch 10
KSN Ch 3 KHCD KHCT KINA Eagle 99.9
Please have a plan for your children so they know where to go in case of early dismissal.



Our varsity scholars bowl is on a roll! They are having a great season. Keep up with them on our SES Facebook page! B. Monday, C. Cooper, L. Van Tassel, D. Hansen, M. Roths. Coached by Bob Sauber

Parent Teacher Conferences



Monday, February 10

10:00 am-8:00 pm

School Schedule for Elementary, Junior & Senior High

Kindergarten - 5th grade: Conferences will be held in the classrooms

6th Grade: Conferences held in Elementary Cafeteria

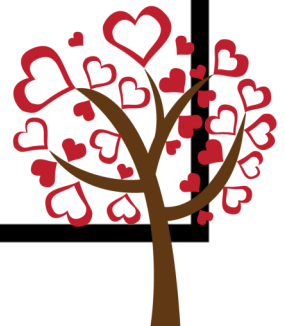
Junior High Students: The junior high student-led conferences will have no scheduled times, they will be a come and go event taking place in either the Commons or Tech Lab. A letter from the school will be sent to each family to share the important details.

Senior High Students: The senior high student-led conferences will be scheduled through your student's Seminar teacher. They will be held in the Seminar teacher's room with some time available after each conference to meet with other teachers. These conferences are required for the student and parent/guardian to be present. If you have any questions please contact your student's Seminar teacher.

All 8th grade parents and students are asked to attend an informational meeting on transitioning to high school.

This meeting will be February 10 at 6:00 pm.

It will be held in the Theater.



Southeast of Saline Drama
Department

Presents



The Boys Next Door

By
Tom Griffin



Saturday, February 22 at 7:30 p.m.
Sunday, February 23 at 2:00 p.m.



2020 Senior Citizens' Day

Friday morning from 8:30-12:30, SES High School Student Council invites senior citizens to see the all school play as well as other arts such as vocal music, instrumental music, forensics and activities going on in several of our other departments. Admission is free and you can stay for a free lunch!

2020 All School Play

For the third time on the SES stage, we bring you Tom Griffin's *The Boys Next Door*, a moving story of four men with mental disabilities living in a group home overseen by their caretaker. Cast members include Luke Van Tassel, Ben Monday, Treyton Sutton, Drew Hanson, Makenna Roths, Jailynn Hammel, Kennedy Gottschalk, Dorothy Ann Sparacino, Karson Hall, Matthew Redden, Taylor McQuillan, Rayvanna Garcia, Amber Beaumont, Jocelyn Pembleton, Madison Lawson, Brie Standley, Carter Smith, Thea Holland. The Student Assistant Director is Luisa Ortega. Tickets are \$8.00.

Scholastic Book Fair—Elementary Library

It's Spring Book Fair time! We will again be holding it during the week of Parent Teacher conferences. Times are as follows:

February 10 Monday (no school) 10:00am-7:30pm
(during P/T conferences)

February 11-14 Tuesday—Friday 7:45am-3:15pm

Our library benefits with each purchase you make. Thank you!
And many, many, *many* thanks to our parent volunteers. You are the ones who make our Book Fairs possible.



After Prom Tailgate Supper

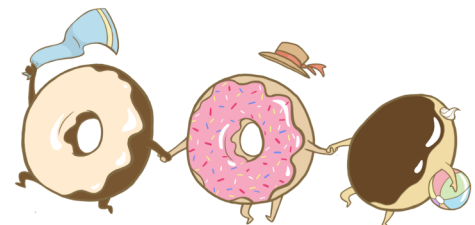
WHEN: FRIDAY, FEBRUARY 7TH @ 5 - 7 PM

WHERE: SES HIGH SCHOOL COMMONS

**WHAT: FREE WILL DONATION
SES CHILI & CINNAMON ROLL**



Mrs. Swank's Grade 4 "We loved reading *The Donut Dance*! It's pretty awesome when books come to life! "



GIVE A ROMANTIC (AND FUN) GIFT
TO YOUR VALENTINE
SEND A
“SINGING VALENTINE”

The Southeast of Saline Madrigal Singers will be delivering
Singing Valentines

FRIDAY, FEBRUARY 14TH

We will provide a long stemmed rose and a song.

Please fill out and deliver the form below to the SES office (or any Madrigal Singers Member) by Monday, February 10th so that we can make arrangements for your delivery.

Name of Purchaser _____

Purchaser Cell Phone Number _____

Name of Recipient _____

Location of Delivery _____

Approximate best delivery time _____

Please select one song from the following list:

- _____ Sh-Boom (Life Could be a Dream) (doo-wop song, featured in “Cars”)
- _____ (Let Me Be Your) Teddy Bear (Elvis)
- _____ You Are My Sunshine
- _____ Let Me Call You Sweetheart
- _____ Kiss the Girl (from “The Little Mermaid”)

Please include with this form a check for \$20.00 made out to SES Madrigals.

Have form turned in by Feb. 10, 2019

Thanks for your support.



SES Valentine's Tailgate Supper

WHEN: FRIDAY, FEBRUARY 14TH @ 5 - 7 PM

WHERE: SES HIGH SCHOOL COMMONS

WHAT: FREE WILL DONATION
PIZZA (WHOLE OR BY THE SLICE),
CHOCOLATES, & BEVERAGE



ALL PROCEEDS TO SES SOFTBALL



The SES Spelling bee took place Jan. 16th in the theatre. The top 10 spellers from each grade from 4-6 were invited to participate, after a preliminary written test that was held the week before in classrooms. Allison Moddlemog, 7th grader, won the bee by correctly spelling "personnel".

Band Events for the month of February

February 7—HS Basketball vs. Chapman (6:30 report time)

February 10—League Honor Band @ SES (only for those students selected)

February 14—HS Basketball vs. Russell (6:30 pm report time)

Feb. 25th—MS Music Festival @ SES (starts 3:30 pm; all middle students performing; dress will be jeans and black music department shirt)

Feb. 27-29—KMEA Music Convention/State Band & Choir @ Wichita (only for those students selected)



Dear SES JH Students and Parents:

Get your pictures in the yearbook! The Southeast Yearbook Staff invites students to submit photos for the yearbook. If you've got great photos of school and community events or you and your friends just have fun, we'd like to see them. Our photographers can't be everywhere. Help us get as many photos as possible to create a terrific book everyone in the JH will want to have.

Here is how you can submit photos online:

Go to <https://images.memoryebooks.com/login>
If it does not automatically log you into the site, enter user name: 414763674
Browse to select the photo(s) you wish to upload.
Enter information about the photo and provide contact information in case the staff needs additional information.
Click "Save Details."
It's that easy! Submit your photos today! The last day to submit photos is 03/31/2020.

Thank you!
Mrs. Schoenfeld and the JH Yearbook Staff



Please notify the school if your child is going to be absent. Please call the school by 8:00 am — we remind you that we have a 24 hour voice-mail system.

Junior/Senior High 785-536-4287 email *Somer Tucker* stucker@usd306.org

Elementary 785-536-4215 or email *Ann Garrison*

agarrison@usd306.org Thanks!



CONVENIENT AUTOMATIC PAYMENTS

You can set up automatic payments for lunches or fees any time during the year. Just contact Lindy Wooten at 536-4247 or lwooten@usd306.com

FREE & REDUCED MEAL BENEFITS

Applications for free or reduced price meals are available at any time during the school year. If you are having difficulty paying for your child's school lunches, please contact Mrs. Mueller at 536-4287 to discuss options available to you. You can also email cmueller@usd306.com

***Come eat lunch anytime with your students!
Cost is \$3.75 per guest and exact change is appreciated!***

Home Sporting Events in February

Thursday, 6th—HS Basketball vs. Republic
County

Friday, 7th—HS Basketball vs. Chapman

Monday, 10th—JH Wrestling

Friday, 14th—HS BB vs. Minneapolis

Saturday, 15th—HS Basketball Boys JV Tour-
nament

Tuesday, 18th—HS Basketball vs. Ellsworth

Friday, 21st—HS Basketball
vs. Russell (Sr. Recognition)



SES Education Foundation Board of Trustees

Elizabeth Caselman
Cheryl Murray
Tobin Sawyers
Scott Schlesener
Jennifer Stutterheim
Dorothy Sparacino
Jessica Sprecker
Kim Vanier
Steve Weis



Leave A Legacy



Our Alternative afternoon for grades 9-12 included
Yoga, art, self defense and stress relieving techniques



Joining the Trojan Alumni band in early January were Madison Roths ('17) Hope Reinert ('17) and Hailey Harp ('14)



NATIONAL FFA WEEK

FEBRUARY 22-29 2020



You're invited to help SES FFA celebrate National FFA Week

TUESDAY, FEBRUARY 23RD
* SUPPORTERS BREAKFAST
IN THE AG ROOM
SERVING FROM 7:00 - 8:00

THURSDAY, FEBRUARY 25TH
* LABOR AUCTION
STARTS AT 6:00
WITH A MEAL IN THE
ELEMENTARY CAFETERIA
LABOR ACTUATION IN THE
THEATER
PROCEEDS WILL GO TO SENIOR
SCHOLARSHIPS

LOOK OUT FOR OUR SOCIAL MEDIA
POSTS THROUGHOUT THE WEEK!



@SOUTHESTOFSALINEFFA



@SESFFA1



@SESFFA

Chalupas



Tuesday, February 18
5:00-8:00 pm
SES Commons

Chalupa Meal Deal

Cost: \$6.00

Chalupa, Dessert & Drink

A La Carte Items

Chalupa—\$4.50

Pie or Cake—\$1.50

Tea or Coffee—\$1.00

Assaria & Gypsum Lions Clubs

Proceeds support Southeast
of Saline students attending
the State Lions Band Camp



SES vs Ellsworth Basketball
Mini Sparklers perform



“We Serve”

How We Can Improve Child Nutrition When Healthy Eating Isn't Accessible

Children are the products of their environment and experiences; like sponges, they absorb all that's around them. They're constantly picking up language, mannerisms, ideas and habits. The people in a child's life — especially during their formative years — will have a lasting influence on them for years to come.

That's why it's critical for everyone from family members to teachers to coaches to faith leaders to understand the impact they have on a child's diet and nutrition and the resources they have available to support children's healthy eating habits from the start. Diet quality can not only affect a child's growth and physical development, but it impacts cognition, behavior, well-being and ability to deal with life's challenges as kids grow older.

[Read more from our latest article about the challenges and available resources](#) that we can apply at home, in school, and in the community to ensure kids have access to nutritious foods and become the products of a healthy, informed and supportive environment.

Happy New Year!

The winter activities at SES are in full swing with only a few weather-related cancellations. The SES Booster Club shared the holiday spirit by passing out SES Spirit Soup at the home basketball game before winter break. Players, officials, parents, and fans from Hillsboro and SES were appreciative of the gesture. This is just one of many ways that SES Booster club supports our junior high and senior high students. We invite you to help us plan the next spirit sharing event by attending the **Booster Club meeting on February 13, 2020, at 5:30 in the SES Commons.**



SES Booster Club is seeking nominations for the next **SES SUPER BOOSTER.**



The SES Super Booster award is presented annually to an individual(s) from our community in recognition of their loyal support of SES activities. If you know of someone who is a Super Booster and would like to nominate them please contact Ingrid Pohl via phone at 785.452.8786 or email: ingridannpohl@gmail.com or Trina Schlesener @ trina.schlesener@gmail.com.

2020 After Prom Vegas Nights

WHEN: SUNDAY, APRIL 26TH

WHERE: THE ALLEY 115 E. ASH ST.

TIME: 12:30 A.M. – 3:00 A.M.

WHAT: GAMES, FOOD, PRIZES, & CASH



Kindergarten Registration 2020-2021 School Year

Round-Up Scheduled for March 26th

The enrollment process for the Southeast of Saline Kindergarten class of 2020-2021 will start with Kindergarten Round-Up on March 26 at 5:45 pm. Please fill out the form if you are interested in having your child attend. If you have already called the office and signed up you DO NOT need to fill out. Children must be 5 years old on or before August 31, 2020 to be eligible for the kindergarten class.

Round-Up is a great way to acquaint parents and students with the kindergarten program at Southeast of Saline. At the Round-Up meeting you can also sign up for the KINDERGARTEN SCREENING which will be on April 1, and receive information about the BRIGHT BEGINNINGS PROGRAM.



SES Kindergarten Round-Up

Please fill out and return to the
Elementary Secretary

Child's Name: _____

Birth Date: _____

Sex: M / F _____

Social Security Number: _____

Parents/Guardian: _____

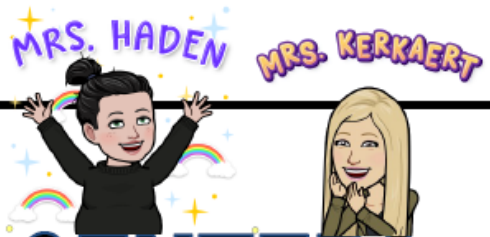
Address: _____

City: _____

Home phone # _____

Email: _____

To: Southeast of Saline Elementary
% Ann Garrison
5056 E. K-4 Highway
Gypsum, KS 67448
agarrison@usd306.com



What's going on in the **7-12 COUNSELING CENTER?**

SCHOOL COUNSELOR - McKayla Kerkaert
785.536.4287 ext. 1018 * mkerkaert@usd306.com

CAREER & GUIDANCE COUNSELOR - Megan Haden
785.536.4287 ext. 1017 * mhaden@usd306.com

coffee with the counselors

**Join McKayla & Megan for
coffee & great conversation.**

BRING YOUR FAVORITE CUP!



Date: Fri, March 27th

When: 7:30 am - 8:00 am

Where: Room 119 (FACS Rm)

NO STUDENTS PLEASE—PARENTS & GUARDIANS ONLY

POINTS of INTEREST

- * Coffee w/ the Counselors
- * Things You Need to Know!
- * HS College Prep Checklist
- * Summer Opportunities
- * Juniors ACT/ACT WorkKeys
- * Senior Athletes
- * 8th Grade Orientation
- * Pre-enrollment Dates
- * Summer Opportunites

STATE OF KANSAS ACT® TESTING **JUNIORS ONLY | ACT TEST FEB 25TH | ACT WORKKEYS FEB 26TH**

Juniors will be administered the ACT test on February 25th and the ACT WorkKeys on February 26th. The ACT is an entrance exam used by most colleges and universities to make admission decisions. Overall, the higher the score on the ACT, the more options for attending and paying for college will be available to your student. The ACT WorkKeys is a skills assessment test that looks at career readiness and gauges your students foundational and soft skills. The test scores are used to determine your aptitude for a specific career or to demonstrate your student's expertise to future employers.

This is a great opportunity provided by the State of Kansas

POWERSCHOOL PARENT PORTAL

The parent portal is an online portal accessible anywhere on the web that parents can log into and see all of their children in one place, their grades, assignments, scores, attendance, and schedules. Make sure you can login! Directions are available on our website by going to www.usd306.com then clicking on Parents/Patrons > PowerSchool Instructions.

CAREER CRUISING PARENT PORTAL

The Career Cruising Parent Portal is a centralized dashboard that allows you to keep in touch with your son or daughter's Academic and Career Planning process. As the parent or guardian you can:

- View your child's goals, interests, achievements, and experiences
- Track your child's plans and progress
- Explore Career Cruising to learn more about career and education options

Ask your student to add "invite" you!

FREE PRACTICE FOR ACT

One of my favorites is ACT Academy. ACT Academy is a free online tool and test practice program designed to help you get the best score possible on the ACT test.

GOOGLE CLASSROOM

The majority of our teachers use Google Classroom to communicate assignments. If you are wondering what they are doing in class or if they have something to turn in, ask them to show you their Google Classroom.

ACT WAIVERS

ACT Waivers are available to 11th and 12th grade students who are on Free/Reduced Lunch. Students can get a maximum of 2 waivers a year. The waiver allows your student free study materials as well! These are available in the Counseling Center.

THINGS YOU NEED TO KNOW!

TRANSCRIPTS

If you need an official transcript sent to a school or scholarship you need to come to the Counseling Center and fill out a Transcript Request Form. If you need an unofficial transcript, feel free to email mhaden@usd306.com and one will be emailed back.

SELECTIVE SERVICE SYSTEM (SSS) REGISTRATION

Males are required to register with SSS within 30 days of their 18th birthday. If a young man reaches the age of 26 without registering, he can be permanently barred from receiving federal student loans, being placed in a federal job training program, being eligible for a job with the federal government, or receiving a driver's license/license renewal in most states.

HIGH SCHOOL CHECKLISTS

- ◇ Finish your senior year strong
- ◇ Compare admission decisions and financial aid packages
- ◇ May 1 is the national deadline to confirm your enrollment—decide which school you want to attend
- ◇ Figure out housing arrangements, orientation dates and placement testing requirements



JUNIOR

- ◇ Keep your grades up
- ◇ Join clubs, volunteer, and be involved in extra-curricular activities
- ◇ Take the Spring ACT seriously! Study for it.
- ◇ Talk with your parents and counselor about colleges you are interested in
- ◇ Prepare a list of questions to ask on campus visits
- ◇ List, compare, and visit colleges
- ◇ Start or update academic resume
- ◇ Consider putting together a portfolio that highlights your special skills and talents
- ◇ Investigate scholarship opportunities
- ◇ Get a part-time job, apprenticeship, or internship OR job shadow in a profession that interests you

- ◇ Challenge yourself! Work on keeping grades up. Good grades during your freshman and sophomore years will put you in the right track for the rest of high school.
- ◇ Choose extra-curriculars: colleges want to see you become passionate about a few worthwhile endeavors.
- ◇ Build your vocabulary! Building up your word knowledge now will help you with the college entrance exams in the future.
- ◇ Explore careers that you are interested in
- ◇ Start researching colleges and develop a system for organizing college material



If you are a senior and planning to compete in Division I or II college level sports next year, you have to sign up with the NCAA.

CONTACT YOUR COLLEGE W/ QUESTIONS

<http://www.ncaa.org/student-athletes/future/how-register>

What you will need to enroll:

- Valid email address
- Basic education history—get a transcript from Mrs. Ingrassia
- Sports participation history
- Payment



SES 8TH GRADE ORIENTATION

MONDAY. FEBRUARY 10th
6:00PM
SES THEATRE

CURRENT 8TH GRADE STUDENTS AND THEIR FAMILIES ARE INVITED TO LEARN MORE ABOUT COURSES, ACTIVITIES, AND HIGH SCHOOL EXPECTATIONS

JUNIORS

*****CALLING ALL JUNIORS*****

College & Career Planning Meeting for Juniors and Parents @ P/T Conferences

February 10th - ALL DAY

Students will be scheduling a meeting time with Mrs. Haden!!!



6-11 PRE-ENROLLMENT DATES ARE SET

6TH GRADE: February 26th
7TH GRADE: February 25th
8TH GRADE: February 24th
9TH GRADE: February 20th
10TH GRADE: February 18th
11TH GRADE: February 13th

Counselors will visit with classes during seminar as a group to provide students with information about the course selection process. During the presentation each student will receive:

- 4-year Planning Guide (high-school only)
- List of courses offered
- Instructions on how to register online (Career Cruising)

*****PAPERS WILL BE COMING HOME FOR PARENT APPROVAL*****

Summer ACADEMIC OPPORTUNITIES

SCHOLARSHIP CNA TRAINING PROGRAM



Lindsborg Community Hospital and Bethany Home will once again be hosting the Scholarship CNA Training Program in conjunction with Hutchinson Community College. As the name implies, tuition, books, fees, and meals are completely underwritten with no cost to the student.



Students must be 16 on the first day of class. There are 3 sessions with a limit of 12 students in each session. Application deadline is March 27, 2020. An application was emailed to your student in January.

Encourage them to focus on the essay questions and get those applications as soon as possible!

KANSAS FUTURE TEACHER ACADEMY @ ESU

The Kansas Future Teacher Academy at Emporia State University is an intense 5-day program. Participants share in a variety of activities that help them understand what teachers do and will help them determine whether or not they have the potential for meeting this professional challenge.

This program is good for current 9th—11th graders. This is a great opportunity to spend an entire week on a college campus! Check out their website for FAQs, applications, and more information. Just “Google” it! Applications are due in April.



SUMMER SCHOOL @ SES



Students in the Junior or Senior High level will take summer school for two reasons. Either they have failed a course or they would like to open up their schedule the following year. Students that have failed a course are given the opportunity to re-take up to two courses during the month of June. Information will be sent home in the Spring, but it is a good idea to start planning for it if your student qualifies.

Sophomore student Ben Monday, clarinet, was selected to the State KMEA Honor Band. On February 27th he will travel down to Century II in Wichita to perform and rehearse with this ensemble. The State KMEA Honor Band is made up of students of 1234A schools, who auditioned and were selected to perform.



The season for Junior High Scholar's Bowl is just getting started! Both the 7th and 8th grade teams brought home gold from the Minneapolis meet.

Pictured above are 7th graders K. Isaacson, L. Albrecht, A. Sawyers, A. Richardson, R. Rodriguez, K. Stumpf

Pictured right is the 8th grade team: A. Hansen, K. Blake, J. Monday, L. Obermeyer, D. Kejr, A. Swank, M. Mondt Coached by Gary McClure




These great signs are appearing everywhere! So excited and proud to share them with our students. Here's Lila from Mrs. Harris' Class



Ever wondered how many snowballs tall you are? Kindergarteners were finding out this month!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>February</h1>						1 Forensics @ Chapman 8:00 am FFA @ K-State 8:00 pm Holly Ball
2	3 4:00 pm JH Scholars' Bowl @ Ellsworth 4:30 pm JH WR @ Republic County	4 4:30 pm HS BB @ Sacred Heart	5 FCCLA District Competition	6 4:30 pm HS BB vs. Republic County 5:00 pm HS WR @ Herington	7 4:30 pm HS BB vs. Chapman 5:00 pm Chili Tailgate	8 8:00 am HS WR @ Silver Lake 9:00 am Regional MathCounts 10:00 am County Spelling Bee @ SES
						JH Cheer Lock In
9	10 NO SCHOOL 10:00 am –8:00 pm Parent Teacher Conference 1:00 pm NCAA League Honor Band 4:00 pm JH Scholar's Bowl @ Tescott 4:00 pm JH WR SES Meet 5:30 pm HS BB JV Girls @ Smoky Valley 6:30 pm Board of Education	11 4:30 pm HS BB @ Beloit 6:30 pm Elementary Parent's Club	12 6:00 pm SES Education Foundation	13 <i>End of 2nd JH Trimester</i> 3:00 pm HS WR NCAA Tourney @ Russell 5:30 pm Booster Club	14 Madrigals Singing Valentines 2:30 pm Elementary Valentine Parties 4:30 pm HS BB vs. Minneapolis 5:00 pm Pizza Tailgate	15 8:00 am Forensics @ Beloit 10:00 am HS BB JV Boys SES Tourney
						
16	17 3:30 pm Mini Dance Clinic 4:00 pm JH WR @ Minneapolis	18 4:30 pm HS BB vs Ellsworth 5:00 pm Chalupa Supper	19	20 Cheer Competition @ Valley Center 4:00 pm JH Scholars Bowl @ Beloit 4:00 pm JH WR @ Herington	21 8:00 pm Senior Citizens Day 4:30 pm HS VBB vs. Russell (Sr. Rec.)	22 8:00 am FFA @ Ellsworth 7:30 pm High School. Play
						KSHSAA Regional Wrestling
23 2:00 pm High School Play	24 4:00 pm JH Scholars' Bowl @ Lincoln 5:00 pm JH WR @ Beloit	25 ACT Test Date 3:00 pm Middle Level Band & Choir Festival @ SES 4:30 pm HS BB @ Republic Country	26 FFA Selection Day	27 4:00 pm JH Scholars' Bowl @ Sacred Heart 5:00 pm FFA Labor Auction & Dinner	28	29
						KSHSAA State Wrestling
						KMEA @ Wichita



Southeast of Saline FCCLA

February, 2020



Dream, Believe, Achieve with FCCLA

FCCLA Members Busy Volunteering for Holiday Community Causes!



FCCLA members conducted a food drive, "Stack up Against Hunger", with seminars to compete for most items collected. Mrs Weis' seminar won the contest!(pictured to the left). Members then volunteered on Dec. 6 at the Salina Food Bank, helping to sort and pack food items to be distributed in Holiday Meal packs for needy families. (pictures below left). Members also volunteered to assist the Eaglecrest Retirement facility with their decorating before Christmas. Members carried down trees and decorated several areas of the facility, including this tree in the main lobby. (pictured to the right)



Happy
Valentine's
Day

**GIVE YOUR CRUSH
AN ORANGE CRUSH!!!**



FCCLA will be selling Orange Crush soda again as a gift for Valentine's Day, delivered here at school. For **\$2.50 an order**, help SES FCCLA support the people and animals **affected by the Australian Wildfires**. The Orange Crush will be delivered to Jr. High and Sr. High students and to elementary classrooms on Valentine's Day (Feb. 14th). Only orders turned in with payment to SES FCCLA **before Feb. 7th** will be filled. THANK YOU.

To: _____ (INCLUDE FIRST & LAST NAME) Grade: _____

Teacher: _____ From: _____

Helpers Share Lessons with Students

FCCLA members and students from the Life Dimensions classes at SES have created lessons to share with SES elementary students. Students have studied child development and created lessons to teach positive character traits such as sharing, helping, and responsibility. Thanks to our elementary teachers whose schedules matched our class time, we were able to share our lessons with kindergarten and 3rd grade classes. Students also volunteered to help kindergarten students with a project for several days in Mrs. Smith's computer lab. Pictures to the right are students sharing in Mrs. Pearson and Mr. Jacobson's 3rd grade rooms.

Another group observed at the Assaria Little Tots Preschool and then designed a lesson to be taught to the students there. The lesson plan included numerous ways to teach concepts around the common theme of Snowmen! Hearing the story, building a snowman while learning different shapes, and singing a song with actions about building a snowman! Pictures below are from the lessons with the Preschool!

In addition, to increase our opportunity to impact needs of children, FCCLA has been working to volunteer with local organizations who work with children. We have been working to raise funds for the Love Chloe Foundation who works with children who are suffering with childhood cancers. This foundation's roots are in Salina and have helped hundreds of children locally and in several surrounding states. A Gift Card Wreath Raffle and the Kid's Carnival were to benefit Love Chloe Foundation. Students are also planning to volunteer at the CAPS charity auction to be held on Feb 1.





Southeast of Saline



LUNCH MENU

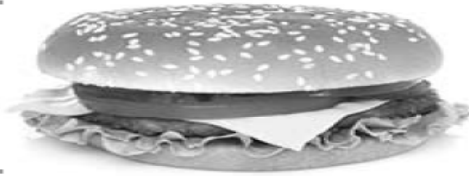
February 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				USDA is an Equal Opportunity provider and employer
3	4	5	6	7
<u>Pancake on a Stick</u> Tri-Tator Frosty Strawberries Orange Juice Milk	<u>Cheesy Chicken Pasta</u> Peas WG Roll Fruit Cocktail Milk	<u>SES Famous Chili</u> Cinnamon Roll Carrot Sticks Applesauce Milk	<u>Chicken on a Bun</u> AuGratin Potatoes Green Beans Fruit Cup Milk	<u>Hot Dog</u> Baked Beans Chips Fruit Slushies Milk
10	11	12	13	14
<u>NO SCHOOL!!</u> <u>Parent Teacher</u> <u>Conferences!!</u>	<u>Macaroni & Cheese w/ Little Smokies</u> Wheat Roll Carrots Coins Orange Wheels Milk	<u>Beef Enchilada Bake-HS</u> <u>Crispito-E</u> Mexicom Spanish Rice Pears Milk	<u>Hamburger on Wheat Bun</u> French Fries Fruit Cocktail Milk	<u>Ham & Cheese Hot Pocket-HS</u> <u>Corn Dog-E</u> AuGratin Potatoes Mixed Vegetable Pineapple Milk
17	18	19	20	21
<u>Toasted Cheese Sandwich</u> Chicken Noodle Soup Or Tomato soup HS Carrot Sticks Peaches Milk	<u>Nacho's- HS Soft Shell Taco-E</u> Refried Beans Fruit Cocktail Milk	<u>Spaghetti w/ Sauce</u> Green Beans Sliced Bread Grapes Milk	<u>Pulled Pork Sandwich</u> Potato Salad Applesauce Peanut Butter Bar-HS Rice Crispy Treat-E Milk	<u>Teriyaki Chicken</u> Savory Rice Catalina Blend Vegetables Jello w/ Fruit Milk
24	25	26	27	28
<u>Taco Burger</u> Refried Beans Tortilla Chips & Salsa-HS Pears Milk	<u>Chicken Quesadilla</u> Enchilada Soup-HS Peas & Carrots-E Mandarin Oranges Milk	<u>Breaded Beef Patty</u> Mashed Potatoes & Gravy Broccoli WG Roll Milk	<u>Meatball Sub Sandwich-HS</u> <u>Pizza Stick-E</u> Tri Tator Banana Half Chocolate Pudding Milk	<u>Cheese Pizza</u> Corn Apple Muffin-HS Tropical Fruit Milk

Students will be offered 5 items--a meat/meat alternate, grain, vegetable, fruit and milk--and students must take 3 items, one of which must be a fruit or vegetable. Other Junior/Senior High Daily main dish choices include Cold Sandwich Bar, Yogurt, Chef Salad Bowl or occasionally Peanut Butter & Jelly. Elementary students may also choose a Peanut Butter & Jelly Sandwich or occasionally a Yogurt instead of the main dish. Additional vegetables and fruits are available daily on the Salad Bars in both cafeterias.

PORTION DISTORTION

THEN
333 Calories



NOW
590 Calories



by Susan Figaro Grace, MSEd, RD, CWC

Food portions over the years have increased tremendously. Eating sensible amounts of foods is not easy with a food environment that promotes overeating. For example, restaurants offer “all you can eat” buffets and serve large amounts of food on platters rather than dinner plates.

Portions and Servings: What’s the Difference?

A **portion** is the amount of food that you choose to eat for a meal or snack. A **serving** is a measured amount of food or drink, such as one slice of bread or one cup (eight ounces) of milk.

Many foods that come as a single portion actually contain multiple servings. For example, look at the nutrition facts on the food label of a 20-ounce soda (usually consumed as one portion). It has 2.5 servings in it!

Comparison of Portions and Calories: 20 Years Ago to Present Day

	20 Years Ago		Present Day	
	Portion	Calories	Portion	Calories
Bagel	3" diameter	140	6" diameter	350
Cheeseburger	1 burger	333	1 burger	590
Spaghetti with meatballs	1 cup sauce 3 small meatballs	500	2 cup sauce 3 large meatballs	1,020
Soda	6.5 ounces	82	20 ounces	250
Blueberry Muffin	1.5 ounces	210	5 ounces	500

Tips to Curb Portion Distortion:

- 1 If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.
- 2 Turn off the television when eating. Distracted eating leads to overeating.
- 3 To minimize the temptation of second and third helpings, offer one serving of meat and grain per person at the meal and only allow seconds on fruits and vegetables.
- 4 When eating at a restaurant, ask the wait person for a “to-go” box and wrap up half your meal as soon as it’s brought to the table.
- 5 Store tempting, high-calorie foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of the freezer. Move the healthier food to the front, at eye level.
- 6 While buying in bulk can save you money, it may add extra inches to your waistline if you are not careful about dividing the food into reasonable, one serving containers.

LEARN MORE

http://www.cdc.gov/nccdphp/dnpa/nutrition/pdf/portion_size



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WINTER SAFETY.....

Cold Temperatures can be dangerous. STAY safe by planning ahead!

PREVENT Carbon Monoxide(CO) Emergencies:

Install carbon monoxide detectors to alert you of the presence of the deadly, odorless, colorless gas. *IF the detector sounds off, leave your home immediately and call 911. Seek prompt medical attention if you suspect CO poisoning and are feeling dizzy, light-headed or nauseous. NEVER leave a vehicle running in a garage, even with the garage door open. Exhaust fumes can quickly accumulate and seep into your home. NEVER use a generator, charcoal grill, camp stove, or other gas or charcoal-burning device inside your home.*

PREPARE Your Car:

Winterizing your vehicle includes checking the antifreeze and windshield washer solution. Swallowing even a small amount of these can be very dangerous. Always store antifreeze and windshield washer solution in its original container, locker up and away. Clean up any spills or leaks immediately. These are poisonous to pets as well as humans!

BE POISON SAFE:

Salt and Ice Melt help keep our walkways safe, but can cause problems if used incorrectly. Store them locked up and away from children and pets.

ARE YOU PREPARED:

Do you have plenty of food, water, required medications, blankets, etc for family members, should the electricity go out and remain out and you can’t get out of your house? What about your pets and animals? Do you have supplies and water for them as well? Do you have needed supplies in your vehicle should you become stranded? Is the gas tank full? Is your phone charged when you leave your house? Do you have an extra blanket or 2 in your vehicle to aid in staying warm? Do you have a working flashlight or other emergency light? Do you have a small shovel in the vehicle, maybe some sand or cat litter for tire traction?

IT IS BETTER TO BE SAFE THAN SORRY!!



FEBRUARY PLAYGROUPS

Storytime at the Library

Gypsum Community Library

Friday mornings 9:30 am



How does your child see herself ?

Self-concept or self-image is how a child thinks of herself in relation to the people and things in the rest of her world.

What is your child's concept of herself? Is she a very important person in her own eyes? Or does she think she's not too good of a person?

It is very important that a child have a genuine feeling that she matters in the world.



Psychologists have developed several ways to measure self-concept. Research about school-aged children shows that a child's self-concept is directly related to later achievement in school.

Children who have a poor self concept do poorly in school learning tasks. Those who feel good about themselves generally do well in school.

Parents can influence their child's self-concept development. Here are three general principles which will help your child develop a good self concept:

1. Let your child know that you love her. A child needs to know that she is important to you, that she has your love—even when she has engaged in some unlovable activities. (“I love you but I don't like what you have just done.”)
2. Help your child handle her failures. What messages are you giving her when she fails? She needs to know that you're on her side, that you accept her—win or lose—for who she is. Your corrections should deal with what she's done, not what she “is.”
3. Don't be dishonest. Your child knows when she hasn't done well, when she has failed you. If you acknowledge that you know that, but that it isn't the end of the world, your child gains confidence in you to reflect an honest value to her.

As a child grows, she tries to find her place in the world. She experiments with different ideas and concepts, looking to you from time to time for guidance and support.

Make sure you give her the room she needs to learn and make mistakes. But also make sure she knows you're on her side—win or lose.

When do pacifier use and thumb and finger sucking become a problem?

If your child sucks strongly on a pacifier or his thumb or fingers beyond 2 to 4 years of age, this behavior may affect the shape of his mouth or how his teeth are lining up. If your child stops sucking on a pacifier or his thumb or fingers before his permanent front teeth come in, there's a good chance his bite will correct itself. However, if the bite does not correct itself and the upper adult teeth are sticking out, orthodontic treatment may be needed to realign the teeth and help prevent broken front teeth.



How can I help my child stop her pacifier use or thumb- or finger-sucking habit?

As a first step in dealing with your child's sucking habits, ignore them! Most often, they will stop on their own. Harsh words, teasing, or punishment may upset your child and is not an effective way to get rid of habits. Instead, try the following:

- Praise and reward your child when she does not suck her thumb or use the pacifier. Star charts, daily rewards, and gentle reminders, especially during the day, are also very helpful.
- If your child uses sucking to relieve boredom, keep her hands busy or distract her with things she finds fun.
- If you see changes in the roof of your child's mouth (palate) or in the way the teeth are lining up, talk with your pediatrician or pediatric dentist. There are devices that can be put in the mouth that make it uncomfortable to suck on a finger or thumb.
- No matter what method you try, be sure to explain it to your child. If it makes your child afraid or tense, stop it at once.

The good news is that most children stop their sucking habits before they get very far in school. This is because of peer pressure. While your child might still use sucking as a way of going to sleep or calming down when upset, this is usually done in private and is not harmful. Putting too much pressure on your child to stop may cause more harm than good. Be assured your child will eventually stop the habit on her own.

Dental care for toddlers

raisingchildren.net.au



The best way to brush your child's teeth

You might like to try the following routine when brushing your child's teeth:

1. Stand or sit behind your child so that he feels secure. Brushing teeth in front of a mirror is good too, because it lets you see your child's mouth.
 2. Cup your child's chin in your hands with her head resting against your body.
 3. Angle the bristles of the toothbrush towards the gum. Move the brush in gentle circles to clean the outer and inner sides of the teeth and gums.
 4. Brush back and forth on the chewing surfaces of the teeth.
 5. Gently brush your child's tongue.
 6. Encourage your child to brush without swallowing. When your child starts using toothpaste, get him to spit it out. There's no need to rinse after brushing because the fluoride toothpaste left behind protects your child's teeth.
- If you're using an **electric toothbrush**, avoid moving the brush in circles. Keep your hand still, and guide the brush across your child's teeth and gums.

Tips to make brushing teeth easier

Toddlers often don't like brushing their teeth. But even a quick brush is better than nothing, because it helps your child learn that brushing teeth is a normal part of her daily routine.

Children are more likely to go along with cleaning teeth if it's fun. Here are some ideas:

- Sing while you're brushing. You could try 'This is the way we brush our teeth, brush our teeth, brush our teeth, so early in the morning'.
- Pretend the toothbrush is a train. You could try saying 'Toot toot chugga chugga' as you move the brush around your child's teeth.
- Let your child play with his favorite toy while you're brushing.