

## Santa Fe Trail High School

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### **Principal's Building Report**

January, 2014

Santa Fe Trail High School

### **SFTHS Weightlifting Update**

A regular activity in Mr. Duncan's weightlifting class is a "Top 10" weightlifting chart each 9 weeks. The goal a couple of years ago was to get everybody who was on the "Bench Press Top 10" over 200 lbs. This 9 weeks our 10th place Bench Presser was benching 225!!! We had 23 kids who bench pressed 200 lbs or more. That is a big accomplishment for our Physical Education Department. Darric Cashier was leading the way benching 295lbs, 93lbs over his body weight. We know that strength and conditioning is a big part of successful athletic programs. Congratulations to our PE department on their great gains.

### **Athletics and Activities at Santa Fe Trail High School**

Basketball and Wrestling continue to be in full swing for this winter season. With that said, the spring sports season is just around the corner with practices starting on Monday, March 3rd. Be sure your student athlete has their physical, district activity form and concussion form completed and turned in. There will be a High School Spring Sports Parent Meeting on Monday, March 10th at 7:00 pm in the high school gym.

#### **Basketball**

The Santa Fe Trail boys and girls basketball teams have had a tough slate of action this season. During the week of January 20th both teams participated in the Burlington Tournament. The girls were able to get a 4th place finish and the boys placed 5th. Chase Logan was named to the boy's all-tournament team and Shelby Dahl and Amber Moore were named to the girl's all-tournament team. Both teams will participate in the sub-state hosted by Eudora during the week of March 3rd. The winners will then advance to state to be held at Hartman Arena in Wichita

#### **Wrestling**

The Big 7 League Wrestling Tournament will be held at Perry-Lecompton on Saturday, February 15th. Santa Fe Trail will travel to Burlington for Regionals on February 21st and 22nd. Those wrestlers who place 1st, 2nd, 3rd or 4th will then go on to state competition in Salina.

#### **Scholars Bowl**

The Santa Fe Trail Scholars Bowl team placed 1st at the Big 7 League Meet held at Riverside on Monday, January 13th.

## FBLA

The Santa Fe Trail FBLA chapter had their District 7 conference rescheduled to Monday, February 10 at Ottawa University. SFT-FBLA will also be observing National FBLA week, February 9-15, by recognizing classes with a “Secret FBLA Member” contest, scheduling our annual March of Dimes Tape Race (to benefit the Topeka Chapter of the March of Dimes, which helps prematurity in babies), Dress for Success day, and inviting the current District 7 Vice President, Carlie Snethen from West Franklin HS, to our monthly meeting on February 12. Junior SFT-FBLA member, Elizabeth Hill, will be running for the state FBLA office of District 7 Vice President at the State FBLA Leadership Conference, March 25-26.

## Washburn Tech Announces December Graduates

Topeka, Kan. – More than 160 students graduated from Washburn Tech’s career programs in December. Among the graduates are six Santa Fe Trail High School students who successfully completed the Health Care Technology program; Dallan Cowley, Taylor Greene, Kiley Hall, Cara Martin, Tatum Padgett and Taylor Vandevord.

Washburn Tech offers 30 career programs in one of five divisions: construction, health care, transportation, human services and technology. In addition, short-term continuing education and custom courses are offered. Washburn Tech, which serves post-secondary and high school students, has an 81 percent graduation rate\* which is the highest in the state among public higher education institutions. Congratulations to our SFT graduates for December!

## SFTHS FBLA NEWS

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## ACCC Information

The following information recently went out to parents regarding ACCC opportunities.

The Allen Career Connection Program provides students at Santa Fe Trail High School the opportunity to gain skills needed for future workplace success. Qualified high school juniors and seniors are eligible for a special partnership between the college, Santa Fe Trail High School and the Kansas Board of Regents that allows them to complete career and technical education coursework and receive enrollment at no cost or with just the cost of a book.

Career Connection courses help students develop skills and knowledge for a variety of career fields. All courses are certified by the Kansas Board of Regents as Career and Technical Education Courses and many programs include an industry recognized credential. Students may also take exploratory coursework to gain insight into possible employment fields to assist with future career planning. Students planning on attending college after high school graduation can complete training while in high school to enhance their earning options while completing their university education.

Many SFTHS students have chosen to take advantage of the CTE options through online course work. We provide students the opportunity to take online courses through an independent study

class during the regular school day. Parents and students should pay close attention to the enrollment guide when it comes out as well as the list of online courses offered through ACC. Students should ask about the cost on a particular class before enrolling to make sure it is a CTE course that they want to take. Further questions may be directed to Dave Swaim in the main office.

**In the Industrial Education classes our motto is “Finish Strong”**

When was the last time you made something from scratch? You started with raw materials, made a plan or found a recipe to follow so you could make that item, then calculated the cost of the ingredients needed to complete the finished product. It might sound simple when you are making macaroni and cheese, but when you’re making a piece of furniture that will take you an entire semester or even a year to complete; it’s a long term commitment.

This semester, the industrial education classes displayed their projects in the first ever “Fall Art and Woodworking Show on December 16th. From benches to kitchen tables, students worked with inspired effort to finish the project they started by the end of the semester. All of the students finished their projects with accuracy, accountability, and the satisfaction of achievement of a finished product. This is not just a goal for a few students in the class, it is an expectation that 100% of the students build a project, working on the project every day so they can finish.

**SFTHS 2013-2014 Big Seven Scholar Bowl Champions**

Congratulations are in order for the Santa Fe Trail High School Scholars Bowl Team. SFTHS traveled to Riverside High School on January 13 and came away Big Seven League Champions! The team is coached by Eric Lynch. Team members and their scores for the meet are listed below.

Zane Cersovsky	30
Dusty Master-Ralston	5
Dustin Rhoades	5
Colin McIver	1
Jeremy Mayfield	3
Mackinzie Foster	3

The team has worked hard all year long and well deserves to carry the title of Big Seven League Champions. Congratulations again to Coach Lynch and the SFTHS team!