

April, 2024

The Charger

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The Official Newsletter of SFTJH/CAC

As we approach the end of yet another remarkable school year, I urge each member of our school community to embrace the final stretch with renewed energy and determination. The journey we've embarked upon together has been filled with triumphs, challenges, and moments of growth, and as we near the finish line, it's essential that we maintain our focus and commitment to finishing strong.

To our students: You have demonstrated incredible resilience, adaptability, and perseverance throughout the year. Your dedication to learning, your passion for our Charger family, and your willingness to overcome obstacles have not gone unnoticed. As you prepare for final exams, complete projects, and participate in extracurricular activities, remember to give it your all and take pride in your achievements and our school. The skills and knowledge you've gained this year will serve as a solid foundation for your future endeavors throughout our school district.

Due to calendar conflicts our grade 4 music program will be held on Wednesday, 5/1. Please note!

To the parents and guardians of our Chargers: Your unwavering support and encouragement have been instrumental in the success of our students and our student body. Your involvement in their education, whether it be through attending parent-teacher conferences, volunteering with the PTO, or simply providing a listening ear, has made a significantly positive impact. As we enter the final six weeks of the school year, I encourage you to continue cheering on your children and offering them the guidance and support they need to thrive.

As a school community, let's continue to come together to celebrate our achievements, support one another, and finish the year on a high note. Let's cherish the memories we've created thus far, the friendships we've forged, and the knowledge we've gained. Let's make the most of these final weeks and ensure that we leave nothing on the table. Together, we can accomplish anything we set our minds to.

Thank you for your dedication to excellence, and here's to crossing the finish line stronger and more united than ever before!

Go CHARGERS!

Nursing News ...

Just say no to sunburns!

Please consider putting sunscreen on your children before school--students are outside more with the nicer weather & the school does not supply sunscreen!!



It's allergy and bug season!!

see these helpful hints



Spider



Mosquito



Tick



Bed Bug



Bee



SURVIVING SPRING Allergies

1 in 4 people suffer from allergies

Common Symptoms

- Runny nose
- Nasal congestion
- Coughing
- Sneezing
- Watery eyes
- Itchy nose and eyes
- Worsened asthma symptoms (for asthmatics)
- Decreased quality of sleep

Triggers
Spring allergies are most commonly related to tree pollens:

- Birch
- Elm
- Maple
- White Ash
- Walnut

Remedies

- Nasal saline rinses
- Nasal steroid sprays
- Antihistamines (oral or prescription nasal spray)
- Immunotherapy (allergy shots)

Prevention

- Overall avoidance
- Check pollen counts daily and stay inside on high pollen days
- HEPA filter air cleaners in your home
- Wash bedding and clothing often in hot water
- Shower and change clothes after you've been outside on high pollen day

Allergy Testing
Testing can be done with a skin test or a blood test.

MASSACHUSETTS EYE AND EAR

VACCINATIONS!!!!!!

Per the student handbook: "In May, the nurse notifies the parent/guardian of students in need of immunizations for the following year. Therefore, the 90-day notification period is effective over the summer break and students will present current immunization histories before entering school in the fall.

Medical exemptions for immunizations must be renewed yearly."

StuCo News

by Tiffany Burget

StuCo has been busy running the snack cart that sells healthy snack options for the student body every Monday, Wednesday, and Friday morning. All items are on sale for \$1.00 or less. StuCo members have decided that they will split the profit of the snack cart evenly between each grade level to help with quarter 4 field trips. StuCo has also come up with incentives for students to work hard on their upcoming Fastbridge tests and are excited to share these with the student body.

Leads on Learning

by Kaytee Deines

State Assessment time is here and FastBridge testing will follow at the end of the month of April. Here are some testing tips to help your student feel prepared and do their best!

- Ensure your child eats nutritious meals leading up to the assessment. A balanced diet can support concentration and cognitive function, helping them perform their best.
- Encourage regular physical activity as part of your child's routine. Exercise can help reduce stress, improve mood, and enhance cognitive function, all of which can contribute to better performance on the assessment.
- Validate your child's feelings of anxiety or stress about the assessment. Listen to their concerns, offer words of encouragement, and remind them that it's normal to feel nervous before a big test.
- Teach your child the importance of self-care leading up to the assessment. Encourage them to get enough sleep, take breaks when needed, and engage in activities they enjoy to help reduce stress.

APRIL 2024 | BY KARA HOLBERT

CHOIR & MUSIC ANNOUNCEMENTS

JH Choir did a fantastic job at their combined concert with the High School Choirs back in March. They worked so hard to be able to pull off an incredible performance, and we are so proud of them! They are now working on some new pop music for their upcoming concert in April with the 6th Graders.

Way to go, JH Singers!

6th Graders are working on the music they will be performed in their concert at the end of this month with the JH Choir! They have been exploring different kinds of choral music, including a song that is sung entirely on Solfege! We are excited to show you what they've learned at the end of the semester!

5th Graders did a PHENOMENAL job with their program this last month, and are now exploring a very new, fun instrument--the ukulele! We have started learning the basics and hope to soon be able to perform songs as a whole group and as individuals!

Coming up:

- 6th Grade/JH Choir Combined Concert - April 30th @ 7pm



JH Choir at their Combined Concert at SFTHS on March 6th.

4th Grade Music

Please note the date of our grade 4 music program changed to **Wednesday, May 1st.**

Research shows that at-least some musical education has a positive impact on social and cognitive development of children. And these effects are long lasting - better hearing, better motor skills, improved memory, better verbal and literacy skills.

In April, students are practicing audiation by keeping their part in a 4 part round. Students are continuing rhythmic fingering of recorder notes. Moving with a partner in "Frere Jacques" is fun and practices some social skills. Students are also coordinating singing together while playing one to three ukulele chords. We invite you to save the date of Tuesday, May 7th at 6:00 and come enjoy our performance. If your student is unable to participate May 7th and needs the alternate report assignment, please let me know.

Musically Yours,

Mrs. Sheri Moore smoore@usd434.us

ATHLETICS & ACTIVITIES

APRIL 2024

By: Austin Hershberger



Winter Sports

Spring Sports practices began on March 18. New to SFTJH this year is the Junior High Golf program. In it's first year, we currently have 25 students participating in Golf. The team practices Mondays and Wednesdays at Lamont Hill Golf Course alongside the High School Boys program. We look forward to our first ever JH Golf Tournament on April 3rd at Allen County Country Club in Iola. The JH team is coached by Jess Lewis, Kaytee Deines, and Jason Buessing. There are currently 59 students participating in JH track this season. Ten of those students are playing dual sports this Spring between track and golf. The track team will begin competition at Osawatomie on April 2nd, before hosting the first home meet of the season on April 4th at Santa Fe Trail High School. Our JH track team is coached by Angie Portlock, Emily Roberts, Lizzy Olorunfemi, Garrett Staten, and Stetsyn Roberts. Good luck this season to both of our Spring sports programs!



Over Spring Break, we had several students compete in the Special Olympics State Basketball Tournament in Manhattan. Our students compete on the Three Lakes Special Olympics team called the 3 Lakes Lazars! The team is made up of students throughout the coop. The team is coached by our very own Jess Lewis, Kathy Kearns, and Megan Aguirre. The team competed very well and brought home 2nd Place medals! Congrats to the 3 Lakes Lazars!

Cheer Tryouts will be held at the end of April for all current 6th and 7th graders that are interested in cheering next school year in Junior High. Dates are listed in the Upcoming Events. For more information, please contact Coach Ball, kball@usd434.us or Austin Hershberger.

UpComing Events:

- April 2 - JH Track @ Osawatomie 4p
- April 3 - JH Golf @ Iola 3p
- April 4 - JH Track @ SFT 3:30p
- April 9 - JH Track @ SFT 3:30p
- April 11 - JH Golf @ Lamont Hill 3p
- April 16 - JH Track @ Burlington 4p
- April 17 - JH Golf @ Anderson Co. 2:30p
- April 23 - JH Track @ Baldwin 3:45p
- April 24 - JH Golf @ Topeka Seaman 1:00p
- April 25 - JH Track @ Rossville 12:30p
- April 25 - JH Cheer Parent Meeting 6p @ CAC
- April 26 - JH Cheer Tryouts 5:30p @ CAC
- April 27 - JH Cheer Tryouts 9:00a @ CAC
- April 29 - JH League JV Track @ Osawatomie 4p
- April 30 - JH Golf @ Wamego 10:00a
- May 2 - JH League Track @ Wellsville 2:00p



*Inspiring and Empowering
Every Charger, Every Day!*

A P R I L 2 0 2 4

FBLA- Middle Level Chapter



by Kim Dayhoff & Rob Colvin

The FBLA members had their annual fundraiser the week of March 25th and they sold pretzel rods for \$1 each. This fundraiser is always a huge success as the students enjoy the 4 different kinds of chocolate covered pretzel sticks. The money from the fundraiser will replenish the FBLA account since the account paid \$40 per member for their partial dues and registration fees for the district and state competitions.

The students have been encouraged to keep studying for the events they signed up for as they prepare for state. The information is in their FBLA google classroom.

The state level competition will be held at the Stormont Vail Events Center in Topeka on Thursday, April 4th. The bus will be leaving at 7:30 am and returning around 2:00 pm.

Students were given the permission slip on Tuesday, March 26th and it is due back with their McDonald's lunch money by Monday, April 1st.

Students who place in 1st or 2nd at state are eligible to compete at the national level. This will have to be approved by the board of education and students being able to provide/fundraise some extra money to help with their expenses.

Nationals is in Orlando Florida from June 29-July 2nd, 2024.

Future Business Leaders of America

KAY

By Alicia Amborski

KAY has continued to take care of recycling paper at CAC throughout this month. Upcoming events for our group include planting of flowers and also a possible contest between the classes for sock collection.

At this time we have three of our members who have signed up for Kansas Leadership Camp this July. If your child has any interest in attending camp, yet you are not sure that you have the money to invest in it at this time, please contact me as there are scholarships available.

Technology Classes

4th & 5th grade

The students in 4th and 5th grade tech class will continue to focus on learning proper keyboarding skills as they practice using [typing.com](#)

Students will continue to design projects that reinforce typing skills and other technical skills they have learned along with building new ones.

Students are learning skills using the google docs app. They are given a video to follow for all the detailed steps in creating an avatar and inserting it onto a google document. They also learned how to download it as a pdf file and email the pdf to their teacher.

They will continue to learn more about the google docs and google sheets apps.

6th Grade

I have a new class this 4th Nine weeks and they are learning about digital citizenship which includes new vocabulary and all the do's and don'ts when living in a digital world.

Students will continue to practice and work on their typing technique on Tuesday and Thursdays using [typing.com](#).

Students have been discussing and learning what they think the "rules" should be for students of any age when it comes to their digital footprint and making choices in their digital world.

Mrs. Dayhoff



7th/8th Grade

This 9 weeks the class will focus on google sheets, google forms and financial literacy. The student's will be given most of their instruction either from a video that gives every step of the lesson or from reading from a handout. This allows them to work on their technical reading skills and also being able to perform tasks by watching, pausing, rewinding a video of their teacher talking and showing the screen with all the steps.

Students will continue to have typing lessons twice a week using [typing.com](#) and they will then continue to practice typing through all their daily lessons.

Students are also working on independent projects that provide them a very wide variety of technology and innovative programs, skills and interests. This 9 weeks they must turn in 8 projects that will involve all the google apps along with 3D design and coding.

The students work on these projects when they are done with their regular assigned work and most Fridays are set aside for project work time.

CAC BAND



We are so proud of our 7th and 8th grade band students for their participation in the League Band Day on March 19th. They played fantastic and represented USD 434 in a wonderful light! Our next big event will be our spring band concert night on Friday May 3rd. This is such a fun and excited event where ALL band students in our district present all of the hard work they have done this semester, along with lots of yummy treats for the band kids and audience members. Please come on out to the high school that evening to enjoy some incredible music! More details on specific times will be coming to parents in the near future through a letter home and email. Looking forward to seeing a full gymnasium!

Friday May 3rd: 5th-12th Spring Band Concert



It's springtime in the art room! 4th & 5th graders brought "Spring Rabbits" to life with watercolor and a focus on pattern & repetition. We're looking forward to making 3-D pieces to share with parents and visitors at the upcoming show. 6th graders started the quarter learning about Value and how it can be manipulated to create interest and drive focus in their artwork.



**Mark your calendars!
CAC students are getting ready for TWO upcoming art shows to celebrate the hard work and creativity they've brought to the art room.
April 30th - 6th,7th,8th grade
May 6th - 4th & 5th grade
Both shows run from 5:30p-8:00p in CAC's library.**



Junior High students are in the middle of their Object Portrait projects, inspired by Guiseppe Arcimboldo. They're looking forward to sculpting with cardboard for their show at the end of this month.

Weights & PE

UPCOMING UNITS

WEIGHTS MAX WEEK

April 22nd - Broad Jump & Push Ups
April 23rd - Deadlift & Pull Ups
April 24th - Power Clean & Bench Press
April 25th - Squat



PE

Hand Eye Cordination

Week 1 - Pickle Ball
Week 2 - Badminton
Week 3 - Eclipse ball

MAY 7th - FEILD DAY CAC 4th - 7th grade



Mental Health Minute

With state assessments quickly approaching, we would like to share some tips to help your student stay focused and feel successful.

- Get adequate rest and nutrition. Help your child prioritize self-care by getting enough sleep, eating healthy foods, and staying hydrated.
- Help your child manage stress and test anxiety by reminding them to practice relaxation and breathing techniques.
- Remind your child to stay confident and maintain a positive mindset.

Michelle Schwartz, LSCSW
Emily Watts, School Counselor

