

Nominate a SFTJH/CAC staff member for the February Shining Star award. Use this link.

<https://forms.gle/qi4PMEejEwK8t7Jp8>

March, 2023	<h1>The Charger</h1>	Jodi Testa, Principal Austin Hershberger, AP/AD 1.800.836.9525
The Official Newsletter of SFTJH/CAC		
<h2>You Belong Here!</h2>		
<p>Thank you to the numerous parents who were able to join us for the academic award assemblies in February. It's always so much fun celebrating our students.</p> <p>As we near the end of the third quarter grading period we encourage parents to review their child's academic progress in PowerSchool. It's not too late to focus on bringing some grades up. The grading period does end on 3/9/2023. Spring break will be 3/13-17. Students will bring home report cards on March 21st. Another opportunity to join us at school will be during parent-teacher conferences on March 29 and 30. We will be here from 4:00-7:00 pm. In the meantime if you want to connect with your child's teacher, please feel free to call the office or email the teacher.</p>		

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MARCH 2023

StuCo News

by Tiffany Burget

StuCo students students have made big strides with their snack cart plans. They have officially been approved by the administration and we have a hopeful day to start selling. StuCo continues to work on their positivity board each week. After our snack cart is up and running, we will decided on another project to work on for the rest of the school year.

Leads on Learning

by Kaytee Deines

As we look to the end of the third quarter, state assessments are right around the corner. Here are some tips to help your student succeed this year:

1. Prioritize attendance and homework
2. Communicate with teachers
3. Talk to your student about test taking
4. Offer positive reinforcement
5. Support healthy habits
6. Give your child a study space
7. Keep testing in perspective
8. Debrief after the test

NURSING OFFICE

newsletter

The "B's" of when to see the nurse

BLOOD!!

Fresh cuts, actively bleeding bloody noses that haven't quit on their own, (not paper cuts or old, picked scabs—these are not URGENT needs)

BURNS!!

Burns from heat sources that blister

BONES/BREAKS!!

Any deformed body part that occurred here at school (Injuries that happened at home are NOT URGENT)

BRAIN!!

Injuries to the head/face/neck need to be seen by me!

BURNING UP!!

If just out of PE, recess, etc...allow 20-30 minutes of cool down time then send if they are still overheated! Dehydration causes temps to rise—DRINK WATER!!

BREATHING

Any difficulty with breathing, change in color or choking. **send asthmatics even if they don't look to be struggling**

BOWELS & BARFING...

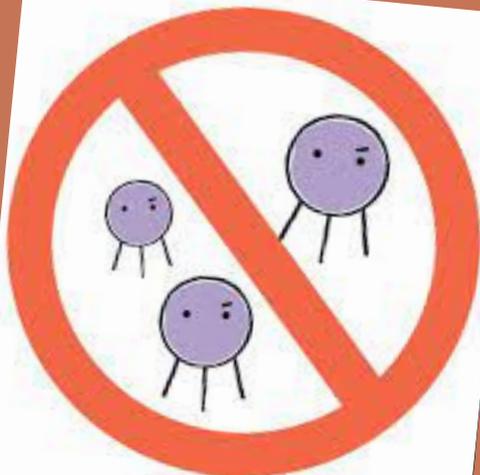
"verping" is not vomiting
(burping up food, swallowing or spitting up food)

One (1) loose stool is not diarrhea!!

Being nauseated is not an emergency!

Children often perceive hunger as a stomachache...or thirst.
(try water and wait 20-30 minutes)

EVERYONE gets stomach aches...
learning to live with them is part of life!



NO GERMS!

REMINDERS

Parents,

Please talk to your children about when it is appropriate to visit the nurses office! With the current bugs/illnesses we have going around, the nurses office is a busy place--and an "incubator of illness"... Keeping healthy kids away from the ill ones will help everyone feel better sooner!

COUNSELOR

Corner

In today's fast-paced world, conflicts are inevitable. They can occur in any setting, whether it's at school, at home, in the workplace, or even in our communities. However, what matters most is how we choose to handle these conflicts. Conflict resolution is a crucial skill that everyone should possess, as it can lead to more harmonious relationships, increased productivity, and ultimately, a better quality of life.

Conflict resolution refers to the process of addressing and resolving disagreements in a peaceful and constructive manner. It involves listening to the other party, understanding their perspective, and finding a mutually agreeable solution. This approach is crucial in preventing disputes from escalating into more significant problems that may be difficult to resolve.

One of the primary benefits of conflict resolution is that it promotes healthier relationships. When conflicts are left unresolved, they can create tension, stress, and even animosity between people. However, when conflicts are resolved in a respectful and constructive manner, it can lead to greater understanding, trust, and respect between parties. This, in turn, can lead to more fulfilling relationships.

Conflict Resolution Strategies

1. **Active Listening:** Listen actively and attentively to the other person's perspective without interrupting or judging. This can help to diffuse tension and make the other person feel heard and understood.
2. **Find Common Ground:** Identify areas of agreement and common interests, and focus on those to build a sense of shared purpose.
3. **Brainstorm Solutions:** Brainstorm potential solutions to the conflict, and encourage the other person to do the same. This can help to shift the focus from the problem to finding a solution.
4. **Compromise:** Find a solution that is mutually acceptable to both parties. This may involve compromising on certain issues or finding a middle ground.
5. **Seek Mediation:** If the conflict cannot be resolved on your own, consider seeking the help of a mediator. A mediator can act as a neutral third-party to help facilitate communication and find a mutually acceptable solution.
6. **Take a Break:** If emotions are running high, take a break to allow everyone involved to cool down and collect their thoughts. This can help to prevent the conflict from escalating further.
7. **Apologize:** If you have played a role in the conflict, apologize for your part in it. This can help to de-escalate the situation and show the other person that you are willing to take responsibility for your actions.



CAC LIBRARY NEWS

Spring is an exciting time at the library! March Madness & The Battle of the Books Competitions are starting, Read Across America Day is March 2, Spring Break is March 13-17, and Parent-Teacher Conferences and the CAC Scholastic Book Fair are both right around the corner.

Get ready for fun activities celebrating the joy of reading all month long!



SCHOLASTIC

BOOK FAIR

It's Book Fair Time!

THE BOOK FAIR IS COMING! SAVE THE DATES!

Shop in person in the CAC Library
March 27 - March 31

Online Shopping available March 27-April 9.
<https://www.scholastic.com/bf/CACSFTJH>

Dates/Times/Place

Check out with Book Fair eWallet, the convenient, cash-free payment system and earn BIG rewards for our school! Woo hoo!

BOOK FAIR
eWallet

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The Fair
Choose books
You Love*

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Band Announcements

by McKenzie Rice and Lance Quilling

Hello Everyone! The CAC band students have been doing an excellent job at keeping their expectations high and plowing through their music! We are extremely excited for the upcoming performances this spring which can be found in the dates below.

8th Grade Band Parents Only: Our band trip has officially been approved for spring break 2024! We will be holding our first informational meeting on March 23rd 6:30pm in the high school commons. Please sign up for the remind 101 below to receive up to date information about meetings and fundraisers.

Phone Number to Text: 81010

Text Message to Send: @aebfbf

Upcoming Performances:

Tuesday March 21st 7th/8th only League Band in Iola time TBD
Friday May 5th 5th-12th Spring Band Concert

Choir/Music Announcements

By Kara Holbert (Mason) & Jen Slaght

March is a busy month for Music at CAC! Our 5th Graders start us off with their program "Disney: The Movies, The Music" on Thursday, March 2nd, that they have been working hard on all quarter. Then we have our 4th Grade Music Performance on Monday, March 6th! Finally our JH Singers will be performing with the SFTHS Choirs on Tuesday March 7th. We LOVE celebrating music in our schools!

Coming up:

- 5th Grade Music Program
 - March 2nd @ 7pm in the CAC Gym
- 4th Grade Music Performance
 - March 6th @ 6:30pm in the SFTHS Auditorium
- Junior High Choir/High School Choir Combined Concert
 - Tuesday, March 7th at SFTHS @ 7pm

Dear 4th Grade Families,

Please mark your calendars for the upcoming 4th grade music performance on Monday, March 6th, 2023 at 6:30 PM.

Please plan to have your child at SFTHS no later than 6:10 PM on March 6th.

For more information about where to drop your student off, concert attire, and other frequently asked questions, keep an eye out for a paper letter that will be sent home with your student in February.

We're looking forward to having a rockin' concert with you!

Rock on, CAC!
Jen Slaght
Music Teacher

Some people think Music Education is a privilege, but I think it's essential to being Human.

Jewel



MUSIC IN OUR SCHOOLS MONTH® 



KAY News

by Alicia Amborski

KAY attended Unit Conference at West Franklin High School at the end of January. The club enjoyed getting to learn about service animals and having a chance to make dog treats at this event. They were also able to meet several peers in the state of Kansas. At the end of their time at this event, the event for KAY Leadership Camp was announced, Leadership Roundup.

KAY members who are in good standing in their clubs are encouraged to attend KAY Leadership Camp as this is a great time to surround yourself with other leadership-minded folks. The camp involves members in team meetings where individuals design and present projects to the group, creating and contributing to camp activities, special interest speakers, and a large assortment of recreational activities. Camp fees are set at \$335 for the week, including room and board for five days. This year's camp takes place on July 24-28. If your child is interested in attending camp, please see Mrs. Amborski. There are scholarships and other opportunities to make up the money for the fees if it might be a hardship for your family.

FBLA- Middle Level Chapter

by Kim Dayhoff & Rob Colvin

Even though the district competition was canceled at ESU due to weather in January, the FBLA members took their event objective tests online at school in Mrs. Dayhoff's computer lab. The members signed up for at least 4 to 7 tests and I was ecstatic when I received the results and to say they ROCKED it is an understatement. All of the members worked hard, took their time and provided each member with a quiet atmosphere to concentrate during the testing sessions.

There are 3 middle school FBLA chapters in our district and over 90% of the 21 SFT members scored in the top 10 and an average of 5 members scored in the top 10 of **EVERY** category. In the financial literacy category, the SFT middle school FBLA members took the top 8 out of 10 places. We are so proud of all of the students for their hard work, extra time they put into preparing for these objective tests and their hard work shows.

The 8th graders who scored in the top 10 are:

Kynlee Ard- 1st in Exploring Technology, 2nd in Digital Citizenship, 6th in Running an Effective Meeting, 9th in Exploring Computer Science and 10th in Business Etiquette

Claire Greenfield- 1st in Running an Effective Meeting, 2nd in both Business Etiquette & Leadership and 4th in Financial Literacy

Addie Kuhlmann- 6th in Exploring Economics, Interpersonal Communication & Learning Strategies, 7th in Exploring Computer Science and 8th in Financial Literacy

Brynna Perry- 1st in Business Etiquette, Career Exploration, Financial Literacy, FBLA Concepts, 5th in Digital Citizenship and 7th in Exploring Technology

Gabe Smith- 3rd in Exploring Computer Science, Running an Effective Meeting and Leadership. He also scored 5th in Exploring Technology.

The 7th graders who scored in the top 10 are:

Skylar Boggs- 1st in Learning Strategies, 3rd in Exploring Technology and 6th in Business Etiquette

Tanner Bolt- 2nd in Career Exploration, 7th in Digital Citizenship and 10th in Exploring Computer Science

Amanda Donley- 7th in Interpersonal Communication and 9th in Running an Effective Meeting

Matthew Fechter- 1st in Interpersonal Communication and Exploring Economics, 3rd in Learning Strategies and 6th in Exploring Technology

Alexa Heder- 2nd in Learning Strategies, 3rd in Financial Literacy, 4th in Interpersonal Communication and 5th in Business Etiquette

Trenton Jones- 2nd in Financial Literacy and Interpersonal Communication, 5th in Learning Strategies and 9th in Exploring Technology

Layla Lattimer- 3rd in FBLA Concepts, 5th in Career Exploration and 10th in Digital Citizenship

Jackson McFarland- 2nd in Running an Effective Meeting, 3rd in Exploring Economics, 4th in Career Exploration, 5th in Financial Literacy and 10th in Learning Strategies

Daniel McKee- 7th in Leadership and Learning Strategies

Dana Mohler- 6th in Financial Literacy, 7th in FBLA Concepts and 9th in Digital Citizenship

Jill Mohler- 4th in Running an Effective Meeting, 7th in Financial Literacy and 10th in Interpersonal Communication

Elizabeth Parkhill- 4th in FBLA Concepts and Leadership, 6th in Career Exploration and 8th in Digital Citizenship

The students are preparing for their state competition which will be Thursday, March 30, 2023 at the Stormont Vail Events Center. All students are competing in the same events they competed in during districts in addition to the elevator speech and critical thinking. Those 2 events were canceled due to not being able to meet on site for districts in January. A permission slip will be given to the students the week of March 6th and needs to be returned no later than March 21st.

The annual spring fundraiser will start on Monday, March 6th to the 9th from 7:15 am to 7:50 am in the hallway outside the library. The FBLA students will be selling pretzel rods that are nut free and come in 4 flavors, salted caramel, rainbow sprinkles, crunchy toffee and chocolate bits. They are \$1 each and the money raised helps pay for the student's registration fees for district and state competitions.

FBLA will continue to have their monthly meetings on the 2nd Tuesday of each month at 7:30 am in Mr. Colvin's classroom. The next meeting will be March 21st, since the 2nd Tuesday would be during spring break.



Donations Needed!!

Our teachers are in need of school supplies. If you would like to donate, please drop off the items at the front office.

Here are some requests from our amazing teachers!

- | | |
|--|--|
| <input type="checkbox"/> Pencils | <input type="checkbox"/> Craft felt |
| <input type="checkbox"/> Colored pencils | <input type="checkbox"/> Pipe cleaners |
| <input type="checkbox"/> Erasers | <input type="checkbox"/> Any craft supplies |
| <input type="checkbox"/> Markers | <input type="checkbox"/> Glue sticks |
| <input type="checkbox"/> Construction paper | <input type="checkbox"/> 1-subject notebooks wide rule |
| <input type="checkbox"/> Colored cardstock | <input type="checkbox"/> Magazine organizers |
| <input type="checkbox"/> Watercolor paint palettes | <input type="checkbox"/> Balloons |
| <input type="checkbox"/> Yellow highlighters | <input type="checkbox"/> Clorox wipes |
| <input type="checkbox"/> Post-it notes (all sizes) | <input type="checkbox"/> Tissues |
| <input type="checkbox"/> Hole reinforcement stickers | <input type="checkbox"/> Ziploc bags (sandwich/snack) |
| <input type="checkbox"/> Colored sharpies | <input type="checkbox"/> Command hooks |
| <input type="checkbox"/> Regular black sharpies | <input type="checkbox"/> New/gently used tennis shoes for boys & girls |
| <input type="checkbox"/> Ultra fine black Sharpies | |
| <input type="checkbox"/> Beads | |
| <input type="checkbox"/> Yarn | |
| <input type="checkbox"/> Glitter | |

THANK
YOU!



ACTIVITIES

NEWS

By: Austin Hershberger

Our Boys Basketball teams officially wrapped up their seasons on February 21st after their final game of the season vs lola was canceled due to the Snow Day. As a replacement for the canceled game, the boys teams got the opportunity to compete against their parents in a scrimmage held at CAC. This was a fun and memorable experience for all involved. Thank you to all that participated, and to all those that have shown support throughout the season!

On the season, 8th Grade finished with a league record of 4-7, while 7th Grade finished with a league record of 11-1. and claimed the title of "2023 MS Pioneer League Champs". This is the 3rd League title our Chargers have claimed at the MS level this school year, joining 7th grade football and 8th grade Girls Basketball. Way to go Chargers!



UpComing Events:

March 8: 7th Grade Track equipment check out, followed by coach/parent meeting

March 9: 8th Grade Track equipment check out, followed by coach/parent meeting

March 20: First Day of Track Practice

April 4: SFTJH Track Invitational

April 13: SFTJH 8th Grade Track Inv.

April 18: Track @ Osawatomie

April 27: Track @ Rossville

May 1: JV MS League Track @ Anderson County

May 4: MS League Track @ SFT

Congratulations to our Junior High Cheer squad! They competed in their first ever cheer competition, which was held at Baldwin Junior High on Feb 4. As a team, they received a 2 star rating trophy as well as a plaque for stunts and projection. The team was 7 points away from a 1 star rating. The team performed individual stunt routines as well, with one group receiving a 1 star rating and the other receiving a 2 star rating.

We are beyond proud of this group and how far they have come in just a short amount of time. Thank you to our amazing coach, Kaitlyn Ball, for the time and energy she has committed to each team member this year!



Junior Track

Junior High Track practices will begin on March 20, following Spring Break. If your child has participated in a KSHSAA sponsored activity this school year (football, volleyball, cross country, cheer, girls basketball, wrestling, boys basketball), all necessary paperwork has already been submitted in order to participate in track. If they have not participated in the above mentioned activities this school year and are interested in going out for track, please check with the office to ensure all forms have been submitted prior to the first practice.

March

Art News

Spring Art Trip

The spring semester of art students will be going on a field trip. We will be going to the Nelson Atkins Museum of Art in Kansas City. In order to have the full experience of the trip, students are encouraged to bring lunch money of \$15-\$20. Students may also bring a sack lunch.

YAM Art Show

Seventh grader, Ashlynn H., will be representing our school in the youth art month art show at the Topeka and Shawnee County Library. Voting for fan favorite art begins on March 1st. Please make sure to show our representative some love and go vote!

Glow Show

The seventh and eighth grade art students will be partnering up with the high school to create a glow show. This is art that is done with fluorescent paints and black lights. This event will be held during the high school's cultural show.

Art Club

Art Club continues to meet every Tuesday from 3:45 to 4:45. If your student would like to join, please send me an email at: ctew@usd434.us

Art Show

We will be having a bake sale during the spring art show to raise money for art room supplies. Please email Ms. Tew for more information.

Current Supply Needs

We are in current need for: Clorox wipes, glue sticks, and classroom packs of markers.