

CAC/SFTJH CHARGER NEWS

December 2018

The end of semester one is quickly approaching. Please be sure to look over the calendar of events at the end of the Newsletter and make note of those that pertain to your student.

The Leader In Me - Organizational Skills: Imagine a school morning where everyone knows what to do and is ready on time. Sound too good to be true? Well, it's possible! Organization is a skill learned over time. By teaching organization at home, your child will learn this very important skill.

Use the first three habits as a learning tool for you and your child:

Habit 1: Be Proactive Habit 1 is about initiative and responsibility. Help your child determine what he or she will need for the next day. To start, writing a list may be helpful. Next, have your child gather the non-perishable items and put them in his or her school bag.

Habit 2: Begin With the End in Mind Habit 2 is about visualizing how you would like something to turn out before it happens. If a smooth morning is the goal, brainstorm with your child how that will look and feel like. Your child may actually have time to do something extra in the morning if he or she is organized and you will all have a happy start to the day.

Habit 3: Put First Things First Habit 3 means focusing on the task when there's something else you would rather be doing — the hardest part of all! Help your child learn how to avoid distractions by reminding him or her that, if they stick to it, all the fun things can come right after—with no guilt or nagging!

Once children know these habits, and how to apply them, they can start tackling more difficult tasks independently. They will begin to feel self-confident and proud when they're able to complete homework, chores, and other tasks by themselves. They're also sure to be pleased when they find they have some extra free time to do what they'd like to do.

Remember, it may take time to teach your child these skills. Sometimes, it will seem simpler just to do it for them. But remember, your child won't learn how to be independent and successful if you always do it for them. Using Habits 1-3 is a life skill that will benefit them their entire lives.

Fall / Winter Sports - The **girls basketball** season will wrap up on Thursday, December 6th with a final match against Iola. The girls have played hard and had a successful season with the 7A-team finishing undefeated.

The **wrestlers** competed in their final duel on November 27th at Shawnee Heights. There were quite a few wins with one 8th-grade student finishing up the season undefeated.

The **boys basketball** parent meeting is scheduled for Monday, December 3rd at CAC beginning at 5:30 p.m. Because we have many students interested in playing, an instructional team will be added this year. Information on this option will be shared at the parent meeting as well. Practices will begin on Monday, December 10th. The first games of the season will be at home on January 7th against Burlington.

STARBASE 2.0 - The STARBASE 2.0 program will continue during the second semester. If you have a 6th, 7th, or 8th-grade student interested in participating please have them visit with Mrs. Dobbs to pick-up a program application. The group meets on Wednesday afternoons until 5:15 p.m. and students can ride the activity bus back to Scranton or Overbook if needed. Community volunteers help facilitate the program and if you are interested or know of someone that might be willing to help, please contact Mrs. Dobbs or Mrs. Hamit.

Recycling - Please remember to send the following items to school with your student to be recycled: cereal bags, toothpaste tubes, toothbrushes, mouthwash bottles, shampoo and conditioner containers, hand lotion containers, deodorant sticks, body wash containers, Chap Stick tubes, dental floss containers, and granola bar wrappers with the inner foil.

New Recyclable Items: *Hasbro* toys and games - including board games, electronic toys and games, metal/plastic/wood toys and games, action figures, dolls, and plush toys

Any and all contributions you can make add up and are greatly appreciated.

Box Tops & Coke Rewards - CAC classes collect both Box Tops and Coke Rewards. The elementary and JH Charger Time classes compete for traveling trophies awarded to the class collecting the most Box Tops and Coke Rewards each semester. The first semester winners were Mrs. Riggs and Mrs. Arb's classes.

PTO - The next PTO meeting will be held at CAC on January 8th at 6:00 p.m. For more PTO information, check out their Facebook page, "Santa Fe Trail Attendance Centers' PTO".

5th-Grade Musical - Thursday, December 13th beginning at 7:00 p.m. the 5th-grade students will perform, "Twas One Crazy Night Before Christmas". The performance will take place at the Carbondale Attendance Center.

Bolt Buddy Lunch - The November 20th Bolt Buddy lunch was a huge success. Many former teachers and BOE members took time out of their busy schedules to join the fun.

Warm Clothing - Most days students will go outside for recess and brain breaks when the temperature/wind chill is above 20 degrees. Please be sure your student comes to school prepared with warm clothing and a coat. If your child is in need of a coat, the counselors do have some sizes available. Don't hesitate to make contact with Mrs. Mead or Ms. Black if you could use some help in this area.

Lunch Balances and Enrollment Fees - As the end of the semester approaches, please be sure lunch balances and outstanding fees are being addressed. If you have any questions or to make payment arrangements contact Mrs. Mercer or Mrs. Courtwright at the CAC office.

School Programs - Thank you for your support of the Carbondale School programs. Your attendance and involvement in the Veterans Day Assembly, Grandparent's/VIP Day, the Book Fair, 8th-grade concerts, 6th-grade band concert, as well as the 7th-grade band and choir concerts and the JH sporting events, validates for our students and staff that their hard work is important and appreciated.

Social Media - Carbondale Attendance Center and SFT Junior High information and updates are frequently posted to the District FaceBook page and the cac/sftjh Twitter account which can also be accessed from the District FaceBook page.

Food Drive - Thank you so much for contributing toward the November food drive. We bypassed the goal of 500 items by collecting a total of 755! Many families in the Trail community will benefit from your generosity.

Some of the donated items will be added to the CAC food bank. If your family is in need of nonperishable food products, please do not hesitate to contact one of the CAC counselors.

Honor Band Participants - Four eighth-grade students represented Santa Fe Trail Junior High in the East Central Kansas Music Educators Association Middle Level Honor Band. Matthew Coltrane (percussion), Max Black (trumpet), Ella Huizenga (trombone), and Rachel Simpson (clarinet) traveled to Blue Valley High School on Saturday, December 1st. The students spent the morning rehearsing and then performed at 1:30 p.m. for a very supportive crowd. The guest director had nothing but compliments for the musicians he worked with.



Positive Office Referrals - Throughout the month of November, 32 Positive Office Referrals were recognized during Morning Assembly. CAC is fortunate to have so many caring students who have pride in their school and take the initiative to help others.



Some of the students who received Positive Office Referrals during November.

For Your Calendar -

- December 3 - Community Service Class to Brookside, 1:30 p.m.
 - GBB @ Osawatomie, 4:00 p.m.
 - Boys Basketball Parent Meeting @ CAC, 5:30 p.m.
- December 5 - Arb & Washington's Nutrition Lessons
 - STARBASE 2.0
 - District Site Council Meeting @ SFTHS, 6:00 p.m.
- December 6 - GBB vs. Iola, 4:15 p.m.
- December 7 - Tuba Christmas
 - 4th-Grade to The Nutcracker
- December 10 - Boys Basketball Practice Begins
- December 12 - STARBASE 2.0 Family Night
 - Board of Education Meeting @ DAC, 6:00 p.m.
- December 13 - 5th Grade Musical @ CAC, 7:00 p.m.
- December 14 - CAC Festive Hat Day
- December 17 - 6th-Grade to Brookside
- December 20 - End of Semester 1
 - CAC Christmas Sing
- December 21-January 7 - Winter Break