



CAC students show off the heart monitor watches they wear during PE class to track their workouts.

## Carbondale Attendance Center teacher makes PE classes more high tech

Every day, Carbondale Attendance Center (CAC) students are using technology in their PE classes to monitor and improve their overall fitness levels.

Through Interactive Health Technologies (IHT) Spirit heart rate monitors, students track their workout levels and use the information to make changes, while class is in progress, said Kayla Chiddix, CAC PE teacher.

"The heart rate monitors are used daily to provide live feedback to students for them to evaluate how hard they are working and whether or not they are at a level to increase their cardiovascular fitness," she said. "They are simply a part of the daily instructional process, and the kids put the watches on, just like they would a regular wristwatch, at the beginning of each class."

Additionally, students are using iPads for various activities, including timing their daily class warm-ups and creating small videos to analyze their

movements for proficiency and skill development.

"Students can also access their Google drives to complete simple homework assignments, such as recording their resting heart rates, providing reflection on an activity, or answering short discussion questions in their Google classroom," she said.

This use of technology in the classroom is fulfilling two of the district's strategic plan goals. The first of which is to regularly communicate classroom information to parents.

"The IHT Spirit system sends a detailed daily report to each student and parent, identifying the activity of the day, minutes of the activity, and minutes in the target heart zones," she said. "Parents have commented how much they appreciate the daily reports and for some it is a way to start conversations with their child about their day."

*Continued on back cover.*



# A message from the Superintendent



We believe our students can overcome any obstacles and find success in whatever path they choose to follow. But they cannot do it alone.

As part of our continued focus on our strategic plan, we are giving our students the social and emotional tools and guidance they need to achieve this success – through the integration of The Leader in Me® program in our schools.

The Leader in Me®, which is based on Stephen Covey's The 7 Habits of Highly Effective People, teaches students 21st-century leadership and life skills and creates a culture of student empowerment, based on the idea that every child can be a leader.

During the first semester, Santa Fe Trail (STF) staff members were introduced to the program with the help of the Greenbush Southeast Kansas Education Center and have since been working to incorporate the program's leadership principles into their classrooms.

During the 2018-2019 school year, The Leader in Me® program will be fully implemented in all the buildings. During that time, students will learn about The 7 Habits, as well as about potential leadership opportunities.

Students will use what they learn to become more self-confident, take initiative, set, track and achieve goals, be leaders inside and outside of the classroom, and more. Furthermore, they will be urged to take a more active role in community projects.

*Continued on page 3.*

## Charger Calendar of Events

- ⚡ Mar. 30 – Good Friday, No school
- ⚡ April 3 – ACT Test, STF High School Juniors
- ⚡ April 3 – PTO Meeting, CAC, 6:30 p.m.
- ⚡ April 3-4 – SFT High School Parent/Teacher Conferences, 4 to 7 p.m.
- ⚡ April 9-10 – Preschool Parent/Teacher Conferences, All day
- ⚡ April 11 – Board of Education Meeting, 6 p.m.
- ⚡ April 13 – Parent Teacher Day, No school
- ⚡ April 14 – ACT Test
- ⚡ April 17 – OAC 2nd Grade Music Concert, 6 p.m. OAC 3rd Grade Music Concert, 7 p.m.
- ⚡ April 18 – STF High School Driver's Education Parent Meeting, 7 p.m.
- ⚡ April 19 – STF High School Art Show, 6 p.m.
- ⚡ April 21 – STF High School Prom, 8 p.m.
- ⚡ April 25 – STF High School Recognition Night, 7 p.m.
- ⚡ April 27 – Kindergarten Round-Up, 8:30 a.m.
- ⚡ April 27 – 5th, 7th, 8th Grade Band Concert, 7 p.m.

*All school district events can be found on the district's website, [www.usd434.org](http://www.usd434.org).*

# Capital outlay plan: Investing in the district's future

Santa Fe Trail School District (SFT) strives to provide a safe and enjoyable environment for student's learning and extracurricular activities. One step to help ensure this is the district's annual efforts to create a plan for maintenance, repairs, and upgrades of facilities, grounds, and equipment. These plans are communicated in the SFT Board of Education's capital outlay plan.

Were you aware the district was into the second year of this plan? To keep the community aware of this progress Superintendent of Schools Dr. Steve Pegram recently provided an update in *The Osage County Herald-Chronicle*. But to ensure everyone is reached with this news, this article shares what the Board has addressed and what it is working to address in the future.

The district's capital outlay fund is generated by local assessments (taxes) and some state aid. How these funds are used is limited. Generally, these funds can only be used to address buildings

and grounds. With the age of the district's current facilities, a large portion of the budget is used to maintain these buildings as repairs are needed. The funds are also used to replace equipment that has worn out, along with enhancing current district property.

One of the biggest costs soon to face the district is the replacement of the field lights at SFT High School. These light poles and fixtures are nearly 50 years old, and with age, comes necessary replacement.

Below is the district's three-year capital outlay plan. Please note year one of the plan was completed in the 2016-2017 school year. The district is currently working on year two and preparing for year three, which starts July 1, 2018. Prior to each new fiscal year, the Board of Education reviews the capital outlay plan to see if the items listed are still priorities. If not, the item is removed.

## Santa Fe Trail School District Three-year Capital Outlay Plan

### Year 1 (2016-2017)

- CAC camera update
- Door blockers
- Cameras and fob-keyless entry OAC west door
- PA system for the domes
- Asphalt OAC NE area
- Technology equipment
- Concrete between the bleachers

### Year 2 (2017-2018)

- OAC playground equipment
- Replace district phone system
- Repair and paint the press box
- Asphalt CAC E parking lot
- Asphalt SFT North lot
- Football sound system

### Year 3 (2018-2019)

- Replace football lights
- New lettering on the high school
- Wall mats
- Remove old backstop at CAC
- Cameras in the domes

*All plans are subject to change.*

*Superintendent's message continued from page 2.*

And the lessons aren't just for the students. All SFT buildings are planning to include parents in the learning process, so you can support your students along the way.

Ultimately, we hope this will provide students with the confidence and abilities they need to achieve

success today, tomorrow and in the future.

Cordially,



Dr. Steve Pegram  
Superintendent of Schools



# In the News

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In an effort to keep the community informed, the *Charger Connection* goes to every home in the Santa Fe Trail School District, even those without students in our schools. Thank you for your support of your community's schools!

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***Our mission is to support individual student needs in preparation for successful lifework.***

*PE classes more high tech continued from cover.*

It also supports the district's integration of The Leader in Me® program into each classroom (see story on page 2).

"It helps students set a daily goal, complete their activities, reflect on whether or not they were successful, and develop a plan for the next day," Chiddix said.

And the fitness and technology combination is a hit.

"It has increased students' motivation levels and also created greater accountability for them each day," she said. "It has helped students develop an understanding of how different types of activities can have different levels of intensity and impact the effectiveness of their workout."



Seventh-grader **Christian Gallagher** (foreground) and eighth-grader **Zack Johnson** (background) use the playground equipment to complete their workout.

