

December, 2023

The Charger

Jodi Testa, Principal
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The Official Newsletter of SFTJH/CAC

December, what a great time of year! It is exciting to see the joy in the faces of our students during the holiday season. Due to the busy nature of the season, sometimes schedules and added responsibilities can cause stress families and students alike. Concerts, parties, family visits and so many other events seem to be packed into a limited amount of time. Scheduling becomes an issue and we all seem to be looking for ways to complete our to-do lists. During this season of the year we would like to say thanks to everyone who made school activities a family priority. Whether it be to attend a sporting event, band concert, musical performance, classroom party, or the art show, your presence means the world to our Chargers! I personally appreciate your efforts and dedication. Hopefully years from now, during the holiday season, you and your child will remember many wonderful times spent together as Chargers. With the school year nearly half over students will take 2 very important tests next week. They will take the FastBridge ELA test on Monday, 12/11 and the FastBridge math test on Wednesday, 12/13. We are looking for academic growth from each student on both tests since their beginning of the year testing sessions in August/September. To support your child it will be helpful to make sure he/she gets adequate sleep without disruptions of technology, healthy meals and snacks on the testing days, as well as home support in the completion and turning in all classroom assignments for grading and feedback. We will share the test results with your child shortly after the holiday break if not before. We will also share the results with families at our parent-teacher conferences held on January 1 and February 1. If you prefer to get your child's score before then, please just reach out to me. I'm happy to discuss it with you when you choose. My goal is to support students and parents alike. I am here for you and hope to be easily reached at JTesta@usd434.us. On behalf of the SFTJH/CAC students and staff have a joyous holiday season and a safe and prosperous 2024! Thank you again for your positive support of our school community in 2023.

Charger Proud, Jodi Testa

Nursing News....

It is the season of spreading joy not illness!! Please help keep our kids healthy...

- stay home when sick
- DON'T share water bottles
- Speaking of water bottles... bring them and make it a goal to drink 3-4 refills a day!



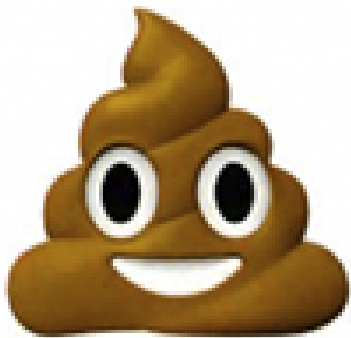
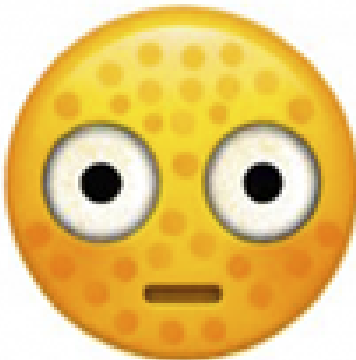



See the next page for information about how long to stay home when sick.

[National Handwashing Week Dec 2nd thru 8th](#)


Click on the above link for a fun video on handwashing!

What is wrong with me? Why am I feeling so bad?

SYMPTOMS	COLD	FLU	STOMACH BUG
Symptom Onset	Gradual	Abrupt	Abrupt
Fever <small>Your paragraph text</small>	Rare	Usual; lasts 3-4 days	Common
Aches	Slight	Usual; often severe	Common; cramps & stomach ache
Chills	Uncommon	Fairly Common	Common
Fatigue/Weakness	Sometimes	Usual	Common
Sneezing	Common	Sometimes	None
Chest Discomfort/ Cough	Mild to Moderate: hacking cough	Common; can be severe	None
Stuffy Nose	Common	Sometimes	None
Sore Throat	Common	Sometimes	None
Headache	Rare	Common	Common

I HAVE A FEVER	I AM VOMITING	I HAVE DIARRHEA	I HAVE A RASH	I HAVE HEAD LICE	I HAVE AN EYE INFECTION	I HAVE BEEN IN THE HOSPITAL
						
Temperature of 100° F or higher	Within the past 24 hours	Within the past 24 hours	Body rash with oozing, drainage or fever	Check with your school district policy	Redness, itching, and/or pus draining from eye	Hospital stay and/or emergency room visit

I am ready to go back to school when I am...

Fever free without the assistance of medication for 24 hours (i.e., Tylenol, Motrin, Advil)	Free from vomiting for 24 hours.	Free from diarrhea for 24 hours.	Free from rash or fever and have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home.	Free from drainage and/or have been evaluated by my doctor if needed.	Released by my medical provider to return to school.
 <i>It's ok to have a runny nose and/or small cough.</i>						

If your child has strep throat or another bacterial infection, he/she should stay home until the antibiotic has been given for at least 24 hours and your health care provider has given permission for your child to return to school. We encourage you to seek medical attention when your child is sick and to follow your health care provider's recommendations about returning to school and other activities.

StuCo News

by Tiffany Burget

StuCo has been keeping busy. The StuCo members run a snack cart selling 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. The members of StuCo also helped with serving our Thanksgiving dinner. Members helped set up and cleaned up with Mr. Quilling. They were a tremendous help with this event and it would not have been successful without them!

Leads on Learning

by Kaytee Deines

December brings our district-wide winter testing dates. During the month of December our building will be completing both math and reading FastBridge Winter Benchmark testing. These two tests serve as the first data point when identifying students who are in need of interventions. Students may qualify based on these scores, after being given a diagnostic screener which serves as the second data point. As always we encourage all of our students to take their time and do their very best on these assessments. Testing will occur for ELA on December 11 and for math on December 13. If you have any questions or concerns please feel free to reach out!

CHOIR & MUSIC ANNOUNCEMENTS

by Kara Holbert



*“When words leave off, music begins”
Heinrich Heine*

This semester has absolutely flown by! The JH Singers did a fabulous job at the Veterans Day Assembly in early November and on their Fall Concert that was combined with 7th and 8th Grade Band last week. 6th Graders are working hard for their concert coming up later this week, filled with fun music we have been working on for the entire semester. 5th graders have started learning about their music program coming up at the end of February and have enjoyed learning about all of the different instrument families in the orchestra.

Coming up:

- 6th Grade Music/Band Concert - December 6th @ 7pm
- JH Choir led Christmas Sing - December 19th during school
- 5th Grade Program - February 29th @ 7pm at CAC

CONGRATULATIONS

To these four JH Choir Students for being the FIRST students in SFTJH History to make the **Kansas Choral Directors Association State Treble Honor Choir!**

Lillian Barnes, Amanda Donley,
Elizabeth Parkhill, & Kaylen Rutherford-McNeil



4th Grade Music

with Mrs. Sheri Moore
smoore@usd434.us

STUDENTS ARE SHOWING THEIR RHYTHMS WITH CLAPPING AND PLAYING QUARTER NOTES, QUARTER RESTS, EIGHTH NOTES, HALF NOTES AND WHOLE NOTES. MUSIC IS GREAT MATH. WE ARE ENTERING INTO AUDIATING PITCH PATTERNS WITH THE **ORANGE BELT LEVEL** WHICH INCLUDES FIVE PITCHES: DO, RE, ME, FA AND SOL.

HERE'S THAT PRACTICE LINK FOR RECORDER:
[HTTPS://MUSICPLAYONLINE.COM/](https://musicplayonline.com/)
LOGIN: CLICK ON: "STUDENT"
ENTER THE CODE: S456512

IN THE SEARCH BAR TYPE RECORDER, AND YOU CAN FIND ALL KINDS OF RECORDER MUSIC TO PRACTICE!
**'TIS THE SEASON: YOU ARE INVITED TO COME AND ENJOY THE JOLLY MUSIC OF K & 1ST CONCERTS AT SFHS:
THURSDAY, DEC. 7TH AT 6:00 FOR K AND 7:00 FOR 1ST.**

YEARBOOKS ARE ON SALE! - - - - Softcover Yearbook \$20
Order now at www.inter-state.com/order Enter this code: 83579K
Orders due: Sunday, March 17, 2024 or until sold out of all books.



ATHLETICS & ACTIVITIES

DEC 2023

By: Austin Hershberger



Winter Sports

Girls Basketball season is coming to a close as we approach December, and the Chargers have seen a lot of success this season. The 7th Grade squad currently holds a 5-4 record in League and have won 4 of their last 5 games. They are looking to continue their recent success with 3 games left to play. 8th Grade is in sole possession of 1st Place in the League with an 8-1 record. On November 27, they faced a Wellsville squad that was tied for 1st with SFT at the time and had previously defeated the Chargers in Wellsville earlier in the season. The Chargers avenged that loss, beating the Eagles in a thrilling game, 21-20. Good luck to our girls the rest of the way!

Junior High Wrestling closed out their season on November 28 at Shawnee Heights. Each Charger has experienced success this season in different ways. Quite a few have placed 1st or 2nd in their weight class at some point, while others have grown their skills from Day 1 as wrestlers new to the support.

Boys Basketball practices will begin on December 11. The team is coached this season by Rob Colvin, Christian Gulker, and Matt Lyda.

**If your child wishes to participate in a Junior High sport, please contact the CAC office to ensure that all required forms are on file.*



UpComing Events:

- Dec 4 - Girls Basketball vs Osawatomie 4p
- Dec 7 - Girls Basketball @ Iola 4p
- Dec 11 - Boys Basketball Practice Begins
- Jan 4 - Boys Basketball vs Prairie View 4p
- Jan 6 - Boys B Team Tourney @ Central Heights 9a
- Jan 9 - Boys Basketball vs Baldwin (7th @ Baldwin, 8th vs Baldwin) 4p
- Jan 11 - Boys Basketball @ Osawatomie 4p
- Jan 16 - Boys Basketball @ Wellsville 4p
- Jan 18 - Boys Basketball @ Prairie View 4p
- Jan 22 - Boys Basketball @ Anderson County 4p
- Jan 25 - Boys Basketball vs Wellsville 4p
- Jan 27 - Boys Basketball Classic 7th @ Rock Creek, 8th @ Wabaunsee 9a

For more, please visit usd434.org

*Inspiring and Empowering
Every Charger, Every Day!*

DECEMBER 2023

FBLA- Middle Level Chapter

by Kim Dayhoff & Rob Colvin

Students will have access through the FBLA google classroom to practice and gain more knowledge before they choose which 3-5 events they would like to compete in for their district competition.

The district competition will be held at Washburn University on Wednesday, January 31, 2024.

The state level competition will be held at the Stormont Vail Event Center in Topeka on Thursday, April 4th.



KAY News

by Alicia Amborski

Our KAY group has been going strong lately, helping in several ways. However, before I tell you about all of our activities I want to thank all for contributing to our successful Boo Bag sales. It was during this event that we sold enough to donate a total of \$220.00 to cancer research. Additionally, I want to thank each of our students that brought in food during our most recent food drive. We had enough to offer a meal for ten families as well have a few items left over to donate to our community food banks. This month our KAY contributed to counting the items brought in during the food drive, and serving at the all school Thanksgiving meal. Much appreciation goes out to each of the members that dedicated their time to these events. In addition, our officers also had the chance to represent our club at the Region I KAY Conference at Blue Valley High School. Here, they were able to learn about new service opportunities and network with other like minded individuals. We also received our Red Bar Award noting the standing of the group at a state level. As we move on to the month of December, you will begin to hear about our upcoming candy cane sales and our CAC Holiday Door Contest. It is through the sales of candy canes that we are able to support and provide gifts for two foster children in the vicinity. This year we have been provided with a wishlist for a four year old girl and boy. These children will be gifted clothing, shoes, and toys from the profit of the candy canes. Our Holiday Door Contest allows us to offer a little fun competition between the classrooms as they compete to win one of three prizes. May the holiday fun begin!



KAY Officers Liz Parkhill, Addison Kramer, Brenna Heder, Lea Roberts, and Alexa Heder represented CAC at the Regional Conference at Blue Valley High School.

Technology Classes

4th & 5th grade

The students in 4th and 5th grade tech class will continue to focus on learning proper keyboarding skills.

The students are working on “design” by designing a winter scene using one google slide and only using shapes and line drawing tool. I encourage the students to be creative, innovative and have lots of detail in their overall winter scene. They will learn new skills such as Ctrl+D for duplicating their shapes, mirroring a shape, ordering the shapes by sending some to the front and some to the back and grouping shapes that will be easier to move around as one whole shape. They will then learn how to save the slide as an image file (jpg).

6th Grade Tech

6th grade is learning about what it means to be a digital citizen and all the do’s and don’ts that comes with living in the digital world. Students continue to practice their typing skills twice a week along with activities about the 6 topics of digital citizenship.

Students learned real life situations through banzai.org digital citizenship simulation program and they will finish their 9 week class by creating an animation using animaker.com about a specific digital citizenship topic.

Mrs. Dayhoff

7th/8th Grade

The students will end their semester class by learning about financial literacy. They will participate in the program banzai.org and complete simulation activities that deal with budgeting, running a lemonade stand and choosing real life budgeting situations.

Students continue to practice their typing skills twice a week with formal typing lessons using www.typing.com and they are always encouraged to carry over their typing skills onto each computer lesson.

The students also have time throughout the week to work on their independent projects and some have enjoyed using the Cricut which is a vinyl and paper cutting machine.



Band Announcements

by McKenzie Rice and Lance Quilling

Congratulations to Skylar Boggs, Annabella Torneden and Lillian Barnes on their wonderful performance at the district honor band. Another congratulations to the 5th, 7th, and 8th grade bands for completing their first concerts of the year! You all performed wonderfully and we are very proud of the hard work they have put in this semester. Our final band concert for the semester will be the 6th grade band taking place on December 6th at 7:00pm in the CAC gymnasium. Again, so proud of all of the hard work they have done this semester and we are looking forward to diving into next semester with many fun songs coming their way.



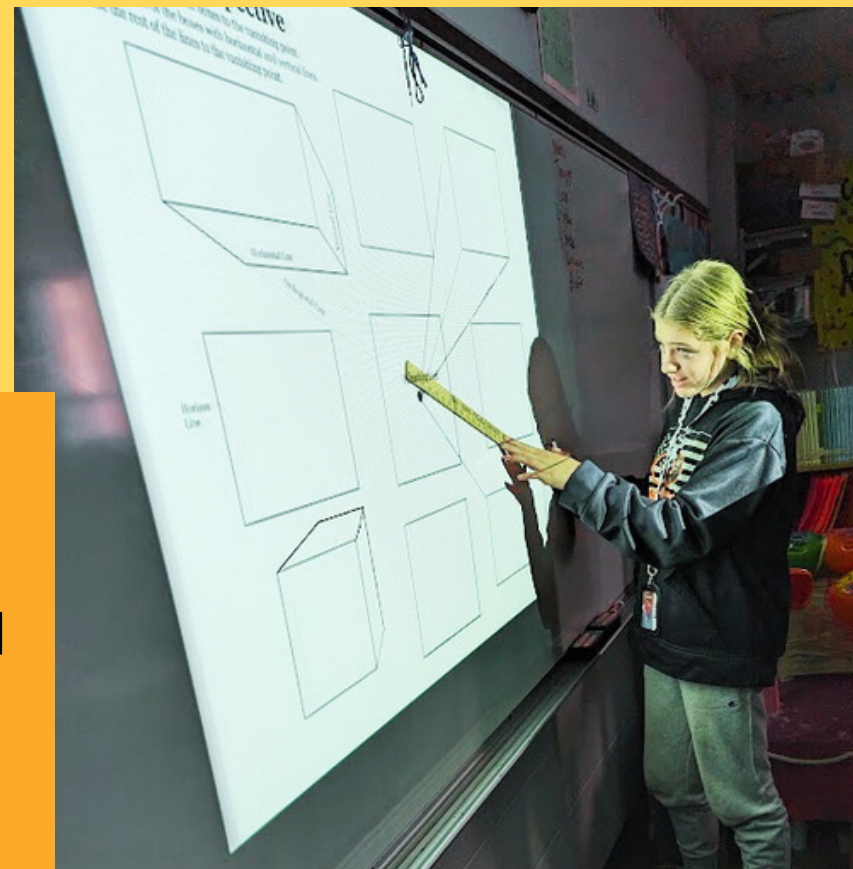
4th and 5th graders have been enjoying more freedom in the art room with materials and supplies.

6th graders wrapped up their Bridge Drawings and are working hard on the next project: Perspective Cityscapes.



ART SHOW

Join us in the CAC Library on December 6th, at 6:00pm, for our Art Show! 6th through 8th grade art will be featured and a variety of techniques and mediums will be on display. Baked goods will be available for purchase. Buy some cookies and vote for the art pieces you love most.



Junior High students have been working all month long on cardboard sculptures of their choice - check out their creations at the art show!

Weights and PE



Questions & Answers
with Coaches

Favorite Sport?

Favorite Hobby?

Favorite TV Show?

Favorite Singer?

Favorite Pet?

Favorite Food?



Watch football and play golf

Duck Hunting

My TV only gets Sports

Chris Stapleton

My Chocolate Lab, Ca\$h

Meatloaf

Football
Deer Hunting or Fishing
Yellowstone
Toby Keith
My Dog, Riley
Steak and Potatoes

Counselor's Corner

During the month of December, our 4th and 5th grade classroom guidance lessons will focus on accepting the differences of others and emotion management. These skills will help students learn compassion and empathy for others, identify and manage strong emotions, and build respectful relationships with their peers. Parents can help children learn empathy by encouraging them to consider the feelings and perspectives of others. Emotional management strategies, including deep breathing and taking short breaks, can be practiced at home to help children learn to manage strong emotions.



Thank you to Midtown Market in Carbondale for their generous donation of 10 turkeys to Carbondale Attendance Center in November. The turkeys were donated to families in need for Thanksgiving. KAY members, pictured above with Tim Padgett, accepted this generous donation.