

February, 2024

The Charger

Jodi Testa, Principal
Austin Hershberger, AP/AD
1.800.836.9525

The Official Newsletter of SFTJH/CAC

Happy February, Charger Family! I am sure hopeful we have all the snow days of this winter behind us so our CAC staff can continue focusing consistently on your child's academic and social growth. Your child's attendance at school is always important though consistent, timely attendance during the winter months is even more crucial as school staff design lessons geared toward each child's individual successes on required Kansas ELA, math, social studies, and science assessments. When your child must miss school it is important he/she completes required assignments so staff can best identify learning gaps and learning successes of their students. I also ask that all parents, along with their CAC Charger, track assignment completion and grades in the PowerSchool app. Our office staff are happy to provide login information to parents should that be needed. Our teachers are available to explain scores/grades, assignments, and strategies as questions arise. Please email your child's teacher to schedule a phone or in-person conversation any time he/she can support. State assessments will be taken throughout the month of April. Those exact dates/times will be shared in our upcoming newsletters.

In January we presented students with semester 1 Outstanding Attendance, A Honor Roll, A/B Honor Roll, Citizenship, and Outstanding Effort certificates and medals. I hope you will ask your child to share his/her certificates and medals earned if you haven't yet seen them. In May we will present our semester 2 awards. We look forward to presenting more awards than ever!

Please reach out when I can support. I am always here for you and your child. Jodi JTesta@usd434.us



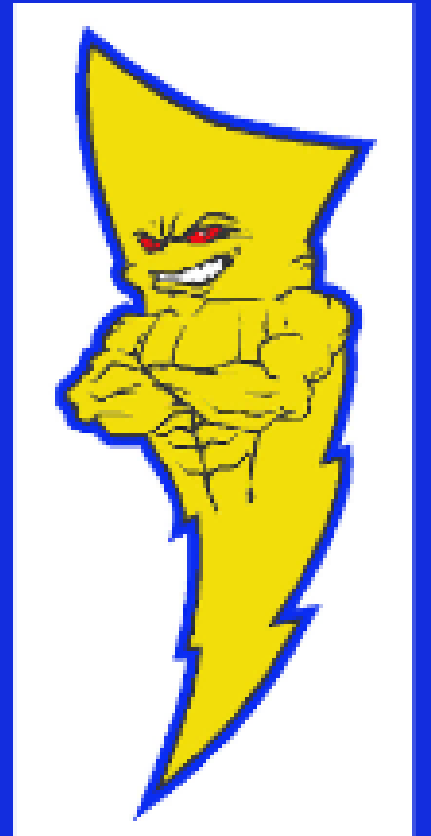
Santa Fe Trail Junior High/CAC

HIRING NOW

EVENING CUSTODIAN
CLASSROOM TUTORS (ALSO KNOWN AS ACADEMIC
COACHES AND/OR PARAS)
NO EXPERIENCE? NO PROBLEM-WE TRAIN!

OUR STUDENTS ARE KIND AND CARING AND OUR STAFF IS
DEDICATED AND SUPPORTIVE. JOIN US!

apply at usd434.org
1.800.836.9525 option 3
JTesta@usd434.us



Nursing News ...

Pediatric Dental Health Month

When your teeth don't hurt and you have all your teeth, it allows you to be a more confident person.

You are more likely to show them off with a smile!

It is not just about brushing twice a day and flossing-- it is also about limiting juice, pop, and foods with high amounts of sugar to special occasions rather than having them all the time.

Drinking a lot of water will rinse other drinks and foods off your teeth and is better for you.



Feel the urge to help the nursing office?

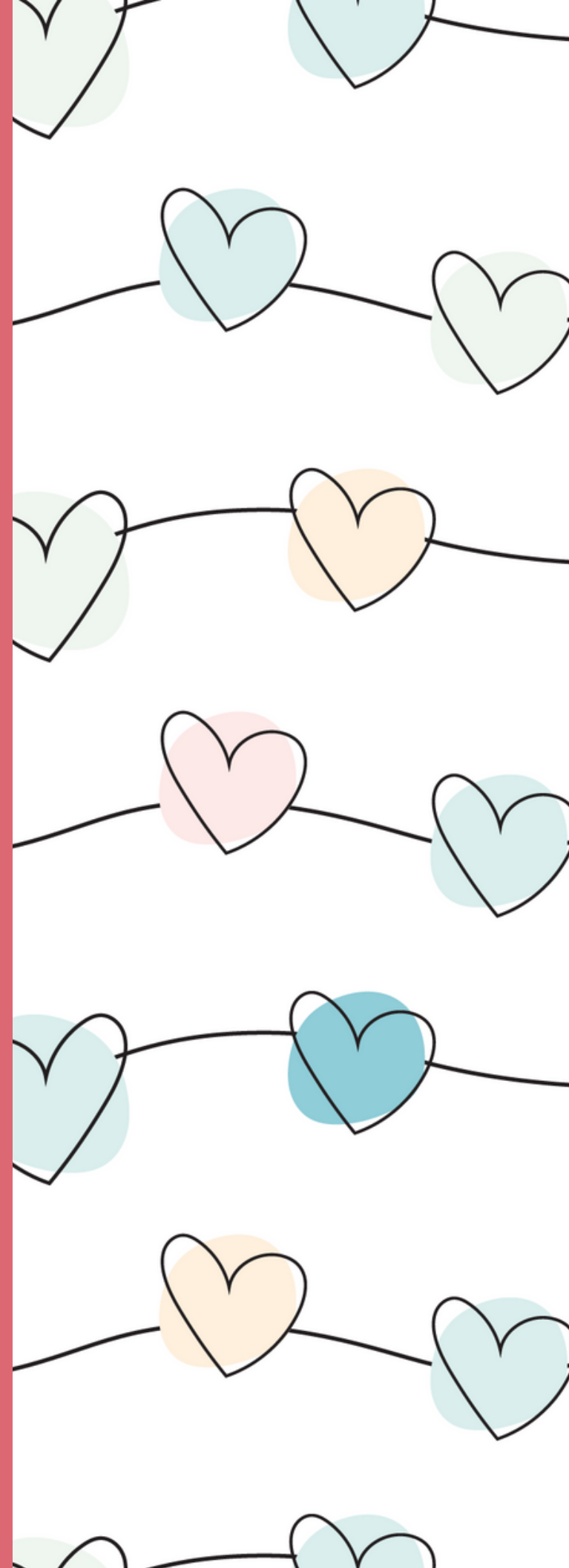
We will never say no to:

tampons

snacks

hot hands

mints



February is Heart Month

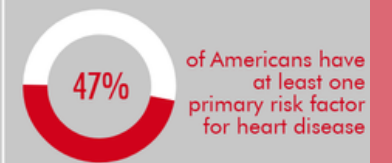


February is for lovers and everything heart-related. Here's what you need to know about the leading cause of death for U.S. adults.

Heartbreaking Facts



200,000 deaths from heart attack and stroke are preventable



What You Can Do



Are you low risk?
According to a new study, you should be able to climb four flights of stairs in under a minute without stopping.



At age 20, begin getting your cholesterol checked.



Blood pressure readings of 130/80 or higher indicate hypertension.


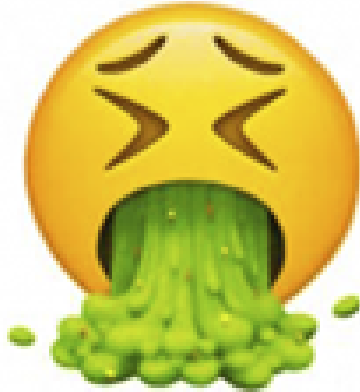
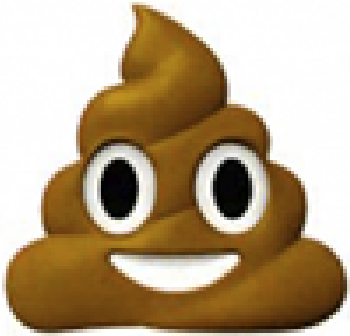
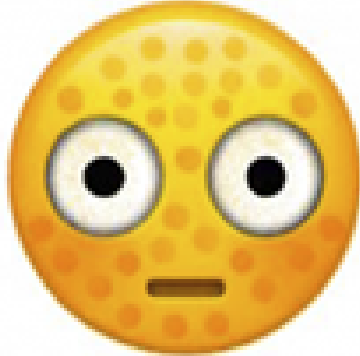
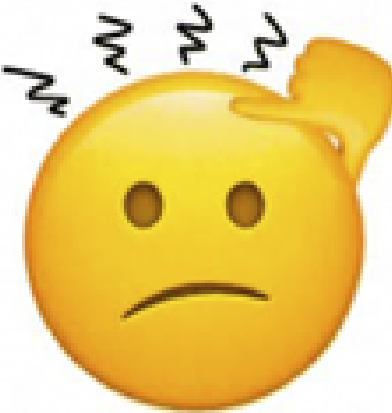




Research shows that dark chocolate contains antioxidants that may help prevent cholesterol from sticking to artery walls.


Want more heart-healthy tips?

Get heart-healthy tips at uvahealth.com/heartmonth



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

With all the snow days, it has been a slow start back for StuCo. They are still running a 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.

Leads on Learning

by Kaytee Deines

With winter weather keeping us inside many days and evenings I thought I would share a math games this month that only take a deck of cards.

Close Call

Skill: Two-Digit Subtraction

Materials: Deck of Cards, Remove 10s, Jacks, Kings, Jokers; Ace=1

Queen= 0 Number of Players: 2-4

1. Shuffle the remaining cards and deal each player four cards.
2. Using their cards, players will create two, 2-digit numbers. The object is to create two numbers when subtracted come as close to 0 as possible, without creating a negative number.
 - a. For example, if you pick 2, 3, 4, and 5, then create the numbers 35 and 24. The difference between these numbers is 11.
3. The player closest to zero will win one point. The player with the highest score after the end of five rounds is the winner.

Variation: Instead of subtracting, students can add two 2-digit numbers to get as close to 100 as possible without going over.

Source (modified from): <https://mathgeekmama.com/2-digit-addition-card-game/>

FEBRUARY 2024 | BY KARA HOLBERT

CHOIR & MUSIC ANNOUNCEMENTS

Even with all of our snow days, music and choir classes have been getting started on lots of fun things!

JH Choir has started working on music to perform in a concert combined with the High School Choirs at the beginning of March.

6th Graders have started learning how to read choral music octavos. The music they are learning to read will eventually be performed in their concert at the end of April with the JH Choir! 6th Graders were sent home with a Syllabus in January that has all information about policies and procedures, including information about the concert and communication. It is also available on Google Classroom.

5th Graders are learning their music program “Making The Band!” coming up at the end of February. Info has been sent out to via Email, and a paper flyer was sent home recently as well! Please contact Mrs. Holbert with any questions or concerns.

Coming up:

- 5th Grade Program - February 29th @ 7pm at CAC
- JH Choir/HS Choir Combined Concert - March 6th @ SFTHS
- 6th Grade/JH Choir Combined Concert - April 30th @ 7pm



6th Grade students at their Winter Concert last semester.

4th Grade Music

Mrs. Sheri Moore- smoore@usd434.us

REVIN' UP OUR SONGS

Students are finishing their second level of orange belts for their rhythm and solfege learning. We have started Helper of the Day which gives each student a chance to help with attendance, passing out, collecting, and other assistance up front. Students have up to 3 bonus points added to their grade for their "Helper of the Day" assistance. This 3rd quarter, students can look forward to an invigorating time with ukulele and recorder songs. We will also be singing and practicing with the green belt level up of rhythm and solfege. Save the date for their important concert at Carbondale Attendance Center: Monday, March 4th at 6:00 p.m. This concert performance and any rhythm and solfege test of this quarter make 20% of the student's grade.

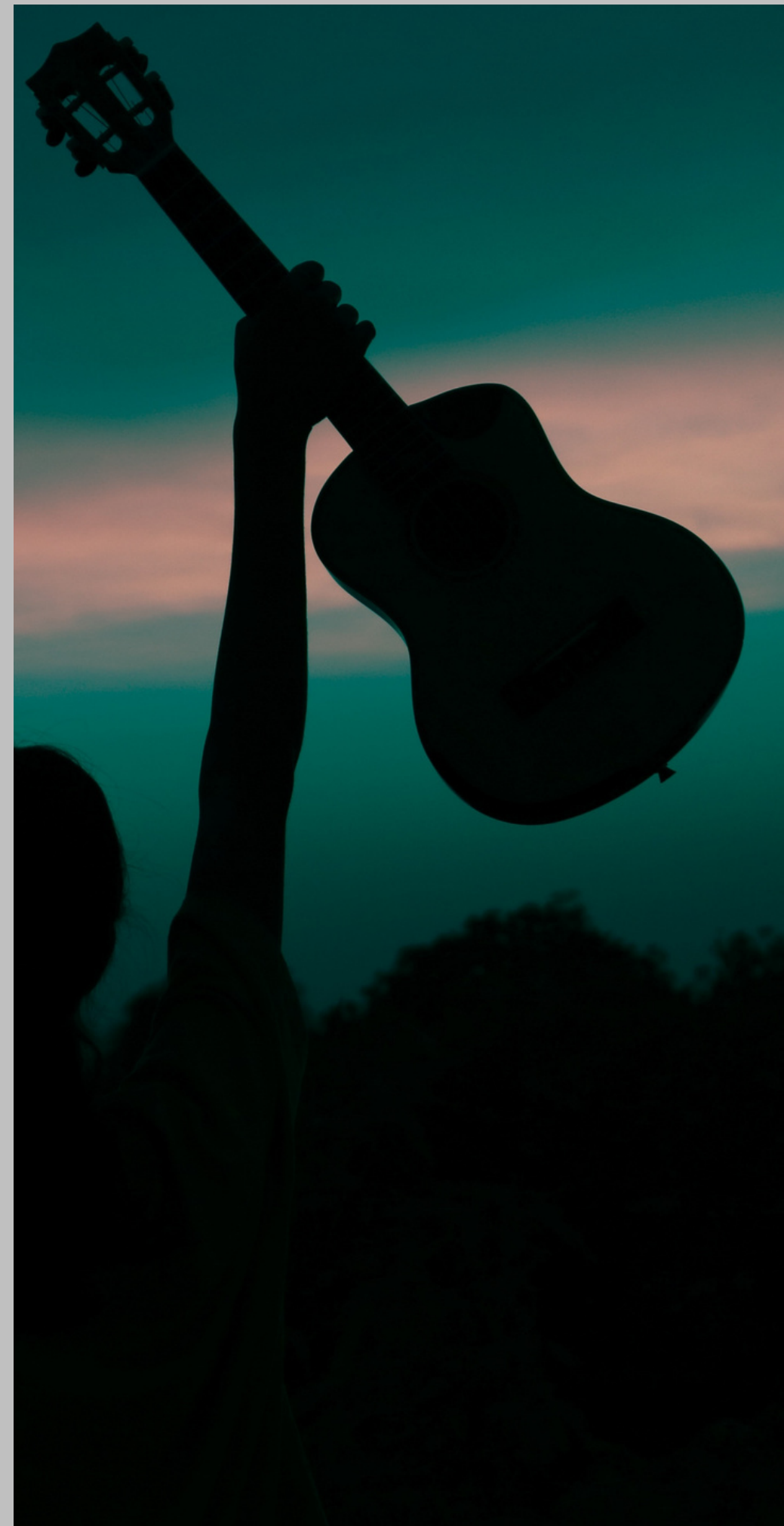
If your child has access to a recorder or ukulele at home, get on this practice link for helpful songs:

<https://musicplayonline.com/>

Login: Click on: "Student"

Enter the code: s456512

On the left hand search tab, locate the Instruments tab, type in ukulele or recorder for more resources. For ukulele this site has 1-2-3 Chord (in C) 1-2-3 Chord (in D) Pop Songs (in D) Pop Songs (in C)



ATHLETICS & ACTIVITIES

FEB 2024

By: Austin Hershberger



Winter Sports

Boys Basketball is at the half way point in their season. They had a few games rescheduled in January due to snow days, but are back on track and a regular practice schedule. The 7th grade team currently holds a 1-6 overall record, and are 0-4 in League competition. The team is competing from the tip-off to the final whistle, and continuing to develop each game. The 8th grade team is 7-0 overall, and 4-0 in League. They will face a challenging stretch in February, playing 3 games in as many days facing Anderson County, Wellsville, and Burlington during that span.

Scholars Bowl practices began at the Junior High the middle of January. The 8th grade team currently has 17 students involved, while the 7th grade team has 20. Total, this exceeds our numbers from last year by 11 students! We're thrilled to have the student interest and exposure to Scholars Bowl at the Junior High!

Our JH Cheer team will compete at Baldwin Junior High on February 17. This will be their 2nd year competing at this competition. Last year, the team came back with some hardware, earning a 2 rating and a judges choice award. Best of luck this year to the cheer squad!

**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:

- Feb 6 - BBball vs Anderson County 4p
- Feb 6 - JH Scholars Bowl @ Burlington 4p
- Feb 7 - BBball @ Wellsville 4p
- Feb 8 - BBball vs Burlington 4p
- Feb 13 - BBball @ St. Mary's Academy 4:30p
- Feb 15 - BBball vs Iola 4p
- Feb 16 - JH Cheer Showcase @ SAC 4p
- Feb 17 - JH Cheer Competition @ Baldwin 8a
- Feb 19 - BBball @ Burlington 4p
- Feb 19 - JH Scholars Bowl @ Anderson County 4p
- Feb 20 - BBball @ Anderson County 4p
- Feb 22 - JH Scholars Bowl @ CAC 4p
- Feb 27 - JH League Scholars Bowl @ Burlington 4p

For more, please visit usd434.org

*Inspiring and Empowering
Every Charger, Every Day!*

FEBRUARY 2024

FBLA- Middle Level Chapter

by Kim Dayhoff & Rob Colvin



All 14 members competed at the district level on Wednesday, January 31, 2024 which was held at the Memorial Union on the Washburn University campus. There were 3 other middle level teams that the students competed against.

They all were dressed for success and ready to do their best in their 3-5 objective tests that they signed up for. Each test consisted of 50 multiple choice questions and there were 14 different topics such as financial literacy, computer concepts, running an effective meeting, digital citizenship and leadership, just to name a few. There were 2 speaking events, elevator speech and Mission and Pledge.

The results are in and specific student placings will be announced at the morning announcements on Friday, Feb. 9th. We are super proud of all the members as all 14 placed in the top 10 in either 1 or more of their events and 6 members placed in the top 2 in 1 or more of their events.

The state level competition will be held at the Stormont Vail Events Center in Topeka on Thursday, April 4th. All students will be able to compete at the state level.

Future Business Leaders of America



KAY members at the Region 1 Conference held at Santa Fe Trail High School.

KAY News

by Alicia Amborski

On January 5th our members enjoyed a time gathering with other KAY members at the Regional 1 KAY Conference held at our very own high school. This day was full of learning more about being a service leader. The members attended sessions that offered service project ideas, heard from local speakers, and even participated in a hands-on service project making Valentine cards and placemats.

At the end of their time here, they learned about KLC. KLC is Kansas Leadership Camp, a camp dedicated to our members held at Rock Springs each July. This year's camp will be held on the week of July 22-26. If any member is interest in gaining more information about camp they should see Mrs. Amborski.

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 in the online program called typing.com

Students will continue to design projects that reinforce typing skills and other technical skills they have learned along with building on new ones. They are working on stop motion animation as the 4th graders are using "Animate" in abcya.com and the 5th graders are using google slides and adding more details for their stop motion animation.

6th Grade

The students in the 3rd 9 weeks class are learning about digital citizenship which includes new vocabulary and all the do's and don'ts when living in a digital world. They just finished designing a poster about rules of being a responsible digital citizen and those posters will be placed around the school to help educate others on this important topic.

Students will continue to practice and work on their typing technique on Tuesday and Thursdays using typing.com.

The students are also learning real life situations through banzai.org which is a digital citizenship simulation program.

Mrs. Dayhoff



7th/8th Grade

This semester's new combo class of 7th and 8th graders started off with some basic google doc skills and then will advance those skills as they will also learn the rest of the google apps suite: google sheets, google slides and forms.

They have typing lessons twice a week using typing.com website and they will then continue to practice 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.

Students are learning 3D design, using the 3D pens, coding, use of the Cricut and how to use google sheets for pixel art or a wordsearch creator. I encourage the students to think outside the box and if they can tie their project to a technology skill or many skills then I allow their project idea. 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 too.



Band Announcements

by McKenzie Rice and Lance Quilling

We are finally back into full swing and the students have been doing great with everything we have thrown their way! We have been building our student leadership opportunities, preparing for playing test, and diving into some of our spring concert music. Below you can find our required performance dates for the semester.

Wednesday March 20th: 7th/8th League Band Day at Prairie View

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



4th and 5th grade students celebrated Kansas Day by making Kansas themed paper craft projects, and sharing what they believe represents Kansas with their classes. Students are also wrapping up “Stained Glass” Landscape projects.



Junior High and 6th grade students finished up their first project “Urban Homes” where they got to practice using value to create a sense of depth within their compositions. Students also had the opportunity to problem-solve in teams during their first “Art Chopped” competition. 6th - 8th graders are currently wrapping up Bridge Drawings and will move on to perspective next.



Weights VS PE

WEIGHTS

Trininty Fawl (aka 1/2 Pint:

"I like to workout, get stronge,r see my improvements, and it is fun. Plus the PE teacher has to be crazy."

Which do you like better?



Draw

PE

Addison Barrington:

"I like to play all the games and it keeps me in shape and Duncan is my favorite teacher."

Chloe Cannon:

"It's the most fun class."

Rigley Sleichter (aka Lil Sleicky: "I like being physical in weights and I like the oppurtunity to whip old man Duncan in PE."

Blayne Lind (aka Cowboy) : "I like to get stronger in weights, In PE I like to use my athletic ability and play brisketball."

Grayson Orwig (aka Big Bird) : "I like both, I enjoy both teachers and they make it fun. I like the strength in wieghts and the skill work in PE."

Mental Health Minute



Mental Health Clinician

It is with great enthusiasm and a deep sense of purpose that I introduce myself as the new USD 434 Mental Health Clinician! My name is Michelle Schwartz and I am honored to be joining this educational community and getting the opportunity to serve the well-being of our students, families, and community.

With warm regards,

Michelle Schwartz LSCSW, LCSW

Your paragraph text

School Counselor

In February, 4th and 5th grade students will continue learning emotional awareness and how to manage big emotions through healthy self-expression. Students will learn to identify when they are experiencing emotions such as anger, sadness, or frustration, along with strategies to express their feelings appropriately. To extend their learning at home, encourage your child to name their emotions, practice simple breathing exercises, and find creative outlets such as drawing, listening to music, or journaling.

