

November 2024

The Charger

Jodi Testa, Principal
Austin Hershberger, AP/AD
1.800.836.9525

The Official Newsletter of SFTJH/CAC

I hope our newsletter finds you well. I want to extend my heartfelt gratitude to the parents and guardians who attended our recent parent-teacher conferences. It was wonderful to see so many actively engaged in your children's education, collaborating with our teachers to support student growth and success.

I would also like to thank the many parents and community members who generously volunteered their time and resources for our 4th and 5th grade Halloween parties and costume parade. It was a delightful day, and it means so much to our students to see how much they are supported by a caring community of adults. Your involvement truly enhances the sense of warmth and belonging within our school.

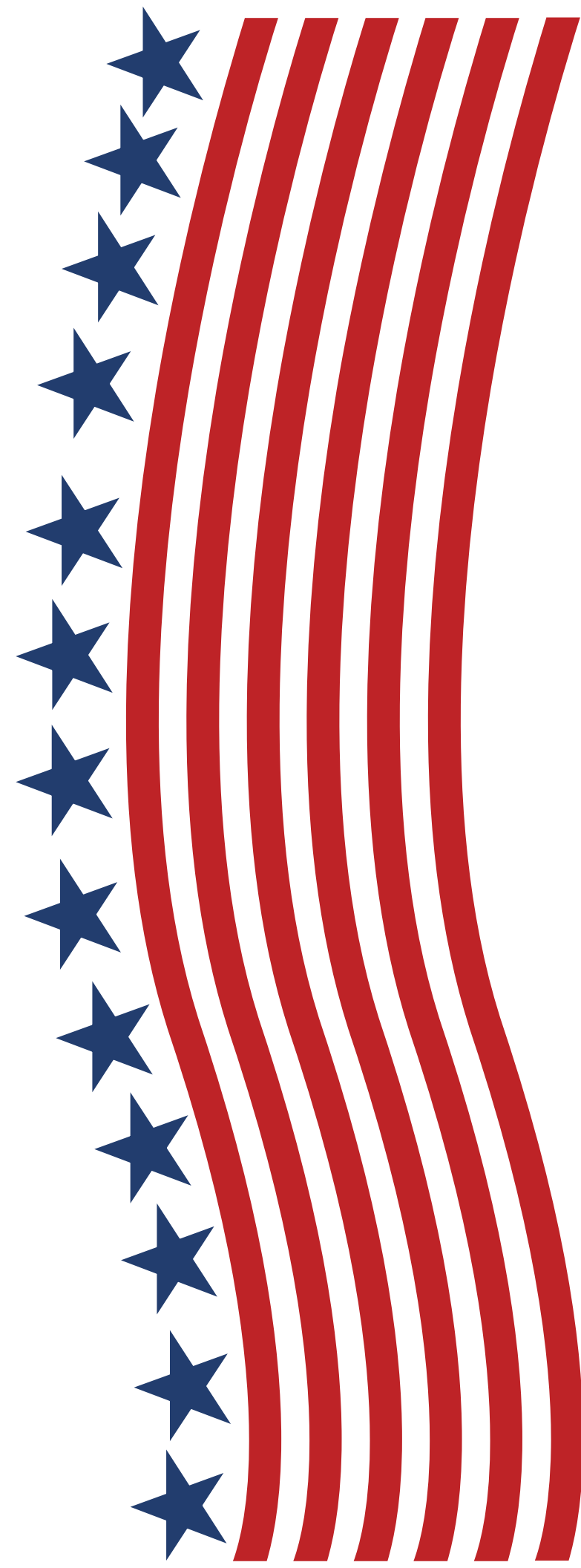
As we look ahead, I would like to extend an invitation to our upcoming Veterans Day celebration. Please join us on Monday, November 11, at 9:30 a.m., as we honor the brave men and women who serve and have served our country. We welcome all parents, families, and veterans in our community to be part of this special event as we express our gratitude to those who have given so much. We hope you enjoy our choir students, band members, and student artists whose talents we will showcase.

Lastly, I would like to take a moment to emphasize the importance of regular school attendance. Chronic absenteeism can significantly impact student learning and character development, as frequent absences disrupt the flow of instruction, affect academic progress, and challenge the establishment of good habits and routines. When students miss school, they miss valuable opportunities to learn and connect with their peers. Together, let's support our students in building strong, positive attendance habits that will benefit them throughout their lives.

Thank you for your ongoing partnership, commitment, and support in creating a positive and enriching school environment here at Carbondale Attendance Center. I look forward to seeing you at our Veterans Day Celebration and continuing to work together for the success of all our students. Please know I value your communication. If I can support, please do reach out.

Happy Thanksgiving!

Warm regards, Jodi



Santa Fe Trail Junior High
Carbondale Attendance Center

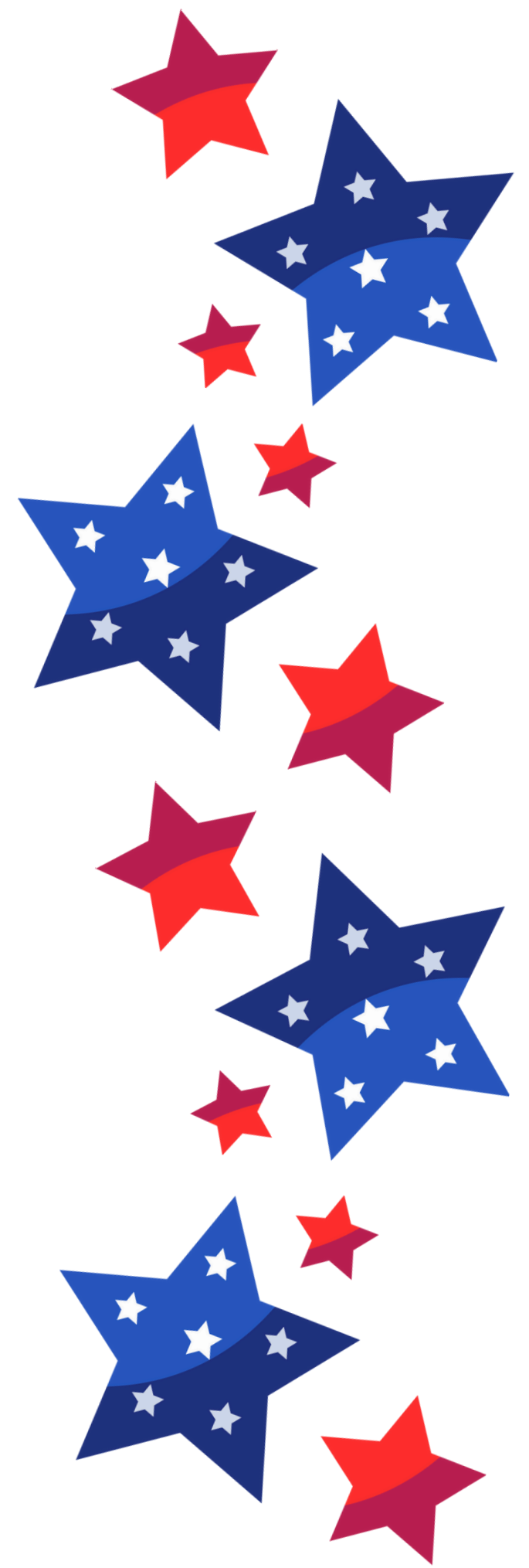
VETERANS

DAY



HONORING ALL WHO SERVED

Please join us as we celebrate American veterans 9:30 am.



Nursing News ...

It's cold and flu season...

Wash hands often!

Get adequate sleep!

Drink water!

Eat healthy foods!

Cover mouth/nose when coughing
and sneezing!!



IS IT A COLD OR FLU?

SIGNS AND SYMPTOMS	COLD	FLU
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Headache	Rare	Common

#FIGHT FLU



DIABETES

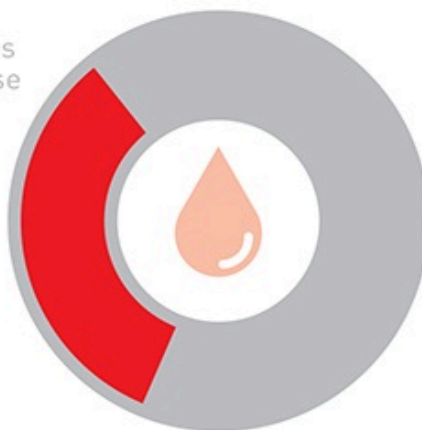
DIABETES IS ON THE RISE



422 MILLION adults have diabetes

3.7 MILLION deaths due to diabetes and high blood glucose

1.5 MILLION deaths caused by diabetes



THAT'S 1 PERSON IN 11



Main types of diabetes



TYPE 1 DIABETES

Body does not produce enough insulin



TYPE 2 DIABETES

Body produces insulin but can't use it well



GESTATIONAL DIABETES

A temporary condition in pregnancy

Consequences

Diabetes can lead to complications in many parts of the body and increase the risk of dying prematurely.

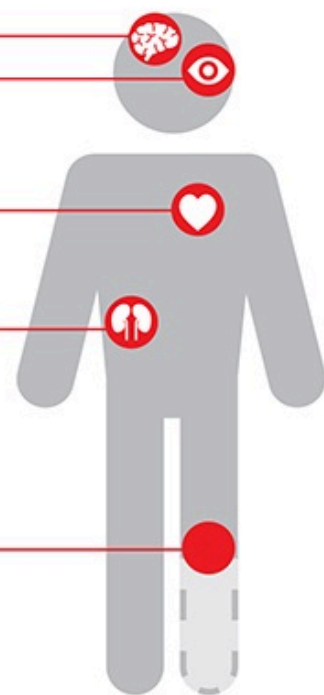
Stroke

Blindness

Heart attack

Kidney failure

Amputation



Diabetes Awareness Month



Take Charge of Tomorrow: Preventing Diabetes Health Problems



From a US national research authority >

Take Charge of Tomorrow

Preventing Diabetes Health Problems

Watch on YouTube

StuCo News

by Tiffany Burget

StuCo is officially up and running. Congratulations to the following on being selected to be part of StuCo: Evan Stillwell, Camden Austin, Austin Criqui, Emmaley Thompson, Ashlynn Hartford, Storm Masters, Alex Menke, Krislynn Pickett, Brooklyn Gomez, Charleigh Combes, Daphne Roney, Kaylynn Warren, Declan Austin, Marissa Sigwing, Jady Hudson, Kennedy Portlock, and Ella Lacey. These students have already been hard at work and came up with spirit days for our Red Ribbon Week. StuCo will also be starting this snack cart in the days to come.

Leads on Learning

by Kaytee Deines

As we finish out first quarter I wanted to provide parents with two resources that can be used at home to support fluent readers with great comprehension skills. ReadWorks is a free resource that parents can sign up for online and find grade level passages for their child. If your child struggles with oral reading I suggest going down one to two grade levels and gradually working up to build confidence. These passages also include vocabulary and comprehension questions. CommonLit is another great resource to increase your child's fluency and comprehension skills. This is another free website where parents can sign up for a free account, and find passages with comprehension questions based on grade level. Have your child read out loud to you often!

See the websites below:

www.readworks.org

www.commonlit.org

NOVEMBER 2024 | BY KARA HOLBERT

CHOIR & MUSIC ANNOUNCEMENTS

6th Grade Choir - Students have been working hard this past quarter learning all about how to read Choral Music and perform music in two parts! They have lots of energy and we have been having lots of fun making music, and are excited to perform in December!

7th & 8th Grade Choir - Students did an amazing job performing at the Pioneer League Concert at Osawatomie on October 23rd. They worked so hard to learn 6 songs during the first quarter and represented our school amazingly! Now we are learning music to perform at the Veteran's Day Assembly and our end-of-the-semester performances!



JH Choir students @ the Pioneer League Concert in Osawatomie on October 23rd

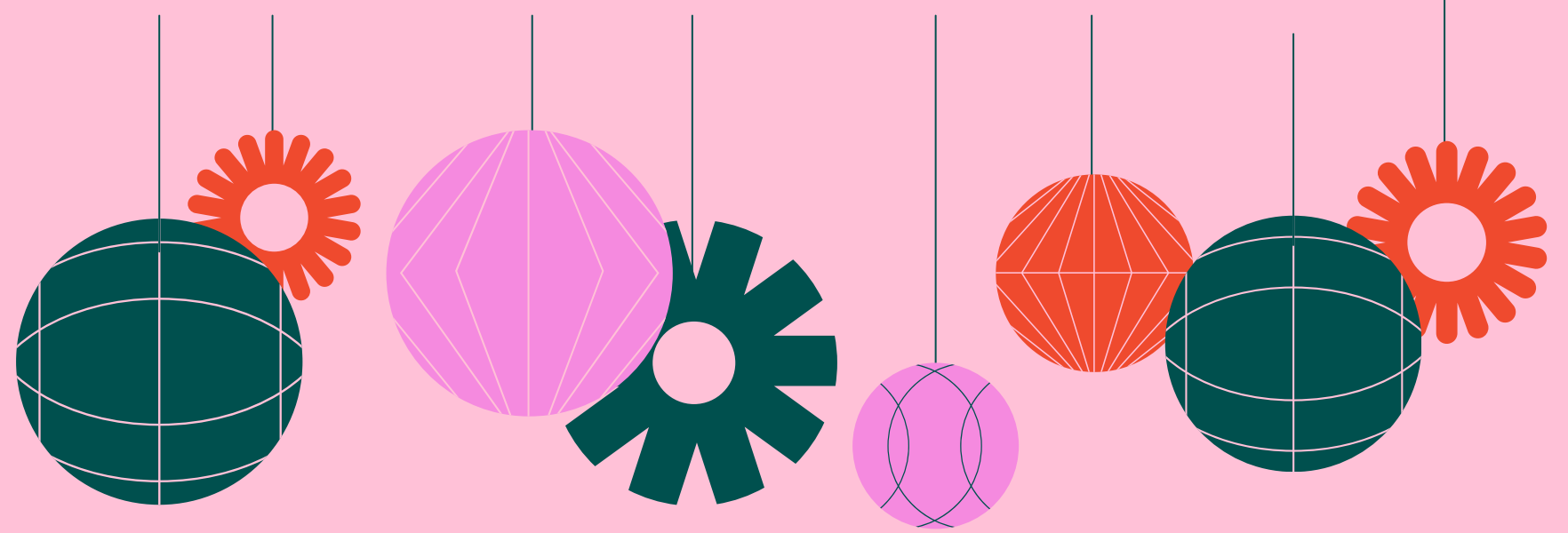
COMING UP:

November 11th - Veteran's Day Assembly @ CAC

December 4th - 7th & 8th Grade Band & Choir Concert

December 11th - 6th Grade Band & Choir Concert

4th Grade Music



Program Preparation Begins!

Students have begun learning their music for their upcoming Holiday Program scheduled for December 18. Each student was provided their very own personalized music book with their names on them. Students are welcome to take these home to practice outside of music class, but they must bring them to music class each day! The books are also plain white which allows the students to decorate them however they would like!



**SAVE THE
DATE**

December 18

7:00PM

4th Grade Music Program in the CAC Gymnasium

We are looking forward to sharing our hard work with all of you!



Upcoming Performances

November 11th: 7th/8th Veteran's Day Assembly

November 20th: 5th Grade Band Concert 7:00pm

December 4th: 7th/8th Band Concert 7:00pm

December 11th: 6th Grade Band Concert 7:00pm

Announcements

The band members have been working extremely hard preparing for their upcoming performances! We are also excited to announce that Tapanga Fisher, Brenna Heder, Addison Kramer, and Riley Kraft were selected to perform at the middle level district honor band at Blue Valley High School in December! We are proud of all the hard work the students have been doing and are very excited for them to show off their skills at their performances!

ATHLETICS & ACTIVITIES

NOV 2024

By: Austin Hershberger



Early Winter Sports

Fall sports are officially finished, and we are onto our early winter sports season at the Junior High level. Both girls basketball and boys wrestling are in full swing!

A quick recap of our fall sports results...

Volleyball competed in the league tournament in Osawatomie on October 5th. Our 8th grade team finished their season as Pioneer League Runner-Up with a league record of 8-1, and an overall season record of 13-4. The 7th grade team finished their season 15-2, with a 9-0 league record, and Pioneer League Championship. Cross country closed out its season on October 17. Our boys team finished in 2nd place in the league and had the overall individual champion, Wyatt Wood, at the league meet with a time of 13:00.81. Football finished the season competing in the 8th Grade bowl game vs Anderson County on October 22. This was a great opportunity for our 7th graders to play up with the 8th grade team against some stiff competition, and play a final 7th game of the season. Overall, it was a successful fall sports season. Charger Proud!

Girls basketball practices began on October 7. This will be a busy season, with 16 games played in just over 5 weeks. SFT has begun the season with games against Iola, Wellsville, Baldwin, and Burlington. The Chargers are coached by Cyndee Washington, Lizzy Olorunfemi, Ann Fawl, and Dana Workman.

Boys wrestling practices began on October 24. They kicked off the season hosting the Charger Invitational on Nov 2nd at Santa Fe Trail HS. There were 14 schools in this tournament. It was an exciting day of wrestling and a unique opportunity to showcase our HS facilities. The team is coached by Robby Madden, Matt Lyda, and Dakota Garrison.



UpComing Events:

- Nov 2 - Charger Inv MS Wrestling Tournament @ SFTHS 9am
- Nov 4 - Girls Basketball @ Prairie View 4pm
- Nov 5 - Girls Basketball @ Anderson County 4pm
- Nov 5 - Boys Wrestling @ Perry-Lecompton 4pm
- Nov 7 - Girls Basketball @ Iola 4pm
- Nov 7 - Boys Wrestling @ Osawatomie 4pm
- Nov 9 - Boys Wrestling @ Emporia 9am
- Nov 11 - Girls Basketball vs Wellsville 4pm
- Nov 12 - Boys Wrestling @ Iola 4pm
- Nov 12 - Girls Basketball @ Abilene 4:30pm
- Nov 14 - League Boys Wrestling @ Burlington 3:30pm
- Nov 14 - Girls Basketball vs Burlington 4pm
- Nov 16 - Boys Wrestling @ Silver Lake 8:15am
- Nov 18 - Girls Basketball @ Osawatomie 4pm
- Nov 21 - Girls Basketball vs Prairie View 4pm

*Inspiring and Empowering
Every Charger, Every Day!*



It's Art Show time, and You're Invited!
What: 6th-8th Grade Art Show
Where: CAC library
When: Wednesday, December 4th
6pm - 8pm
 Stop by before or after the band/choir concert; we hope to see you there!



Fantasy Scapes Addy K.



Complementary Landscapes Ellie S.



Quilt Block Patterns
 Exploring different kinds of balance in 6th grade



Artist Career Presentations



7th graders enjoyed a well-deserved break outside.

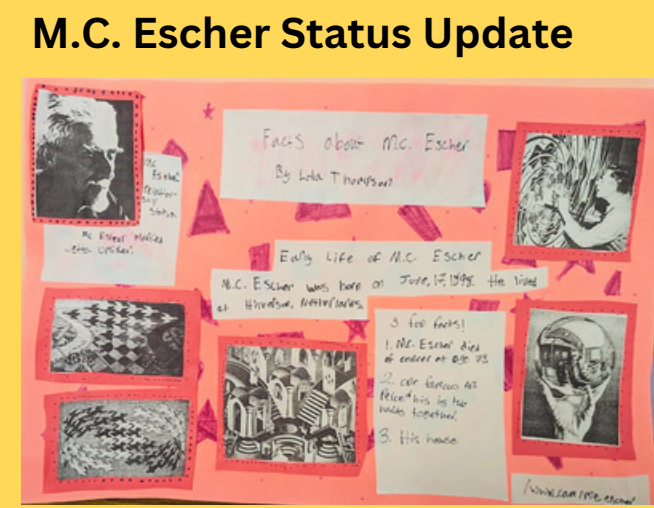


Storm M.



Malia M.

One quarter down and one to go! Shifting from Q1 to Q2 means introducing new 4th, 5th, and 6th grade classes to the art room while Junior High students continue exploring techniques and honing their skills the rest of the semester. Check out some of the student work, and mark your calendar for the Art Show!



M.C. Escher Status Update

Lola T.



Fantasy Scapes

Allison H.

Mental Health Minute

Social media can be a valuable tool for communication and creativity. It also comes with risks, such as bullying, privacy concerns, exposure to inappropriate content, and increased anxiety and depression. As your children navigate the challenges of social media, it is essential to provide guidance and set clear boundaries. Establishing boundaries helps protect your child while fostering responsible online behavior. Below are some tips for setting social media boundaries.

- Open communication and establishing rules - Create a safe space to talk about social media by asking questions about your child's online interactions, discuss acceptable content, and find out what friends they interact with.
- Monitor social media usage and content - Regularly check in on your child's social media accounts. Use parental controls and keep devices in shared spaces.
- Educate your child about the dangers of sharing personal and private information, including location, phone numbers, and other identifying information.
- Lead by example and encourage offline activities.

