

**December 2024**

# The Charger

**Jodi Testa, Principal**  
**Austin Hershberger, AP/AD**  
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## The Official Newsletter of SFTJH/CAC

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As the holiday season approaches, it brings with it the close of our first semester. It's hard to believe we are nearly halfway through the academic year! This is a pivotal time for our students as they continue to build on their academic growth. One of the most critical factors in student success is consistent and timely attendance at school. Every day counts, and your child's presence and participation in classroom lessons plays a significant role in their ability to learn and thrive academically, socially, and behaviorally.

Looking ahead, we have our mid-year FastBridge ELA and Math assessments scheduled for December 9–18. These assessments help us measure your child's progress and identify areas for support and enrichment. Please encourage your child to give 100% effort during these assessments and throughout their daily learning journey. Every day is an opportunity to achieve their academic potential.

I invite you to our Christmas Extravaganza on the evening of Wednesday, December 4. It will be a wonderful celebration of our 7th and 8th grade band and choir students as well as our student artists. I hope you will stop by the Title 1 table to participate in a game with two chances to win \$50 in Scholastic Book Club cash. Mrs. Kaytee Deines will be available to discuss your child's FastBridge data if you would like. I would love to see you join us Wednesday evening! It will be a great family time.

On behalf of our CAC staff, I wish you and your family a joyous and restful holiday season. Thank you for your continued partnership in your child's education.

Warm regards, Jodi



**A VERY SPECIAL EVENING AT CAC**


**CHRISTMAS  
EXTRAVAGANZA**

**DECEMBER 4, 2024**

**ART SHOW 6:00-8:00**

**7TH BAND, 7/8 CHOIR, 8TH BAND PERFORMANCES 7:00**

**TITLE 1 FAMILY GAME/INFO SHARE 7:00-8:00**



**This newsletter is full of important dates/times of the many student athletic competitions and activities we will host in December and January. Please plan to bring your family and community friends to each of these events. We would love to see you pulling together to support our CHARGERS!**





# Nursing News ... from the District Nurse

Charger Families,

As we continue to move through the fall and into the winter season, I wanted to take a moment and review the Santa Fe Trail Sick/Exclusion Policy for students/staff as we are seeing an increased number of individuals with flu/cold like symptoms.

Most common symptoms being seen are (but not limited to)

- Fever
- Chills
- Fatigue & weakness
- Cough
- Wheezing
- Runny or Stuffy Nose
- Sneezing
- Nausea/Vomiting
- Diarrhea
- chest discomfort/congestion
- decreased appetite
- muscle/body aches
- sore throat
- headache

All district building nursing offices continue to have onsite Rapid COVID/Flu A&B tests available for students, staff and community members. We also have a large supply of OTC Home testing kits that can be sent home upon request.

**\*\*Unfortunately , we no longer are able to offer Strep Testing.**

The full policy is posted on the school website, but a few quick reminders:

- Students and staff can return to school with:
  - Overall Symptom improvement
  - Fever free without use of fever reducing medications for 24hours
  - Symptom free after a positive COVID/Flu test
  - Vomit/Diarrhea free for 24 hours without use of medications
  - Able to conduct daily routine in the classroom

If you have any questions or would like to be tested or obtain home tests, please contact one of the nursing offic

It's a Great Day To Be A Charger, because TOGETHER we can change lives.

*Kim Kest. BSN RN*





## StuCo News

*by Tiffany Burget*

StuCo has been busy this month. They helped organize and run the Thanksgiving Dinner at CAC. They were servers and part of the set up and clean up crew. They also assisted KAY with their food drive for Thanksgiving by making posters to put up around the school. Our next task, is to set up a Christmas Spirit week the last week of the quarter. Watch our Carbondale Attendance Center Facebook page for the details.

## Leads on Learning

*by Kaytee Deines*

Tips and Tricks for successful December FastBridge Testing:

### 1. Eat a Balanced Breakfast

- Why it helps: A healthy breakfast fuels the brain, improving concentration, memory, and energy levels during the test.


### 2. Get Enough Sleep

- Why it helps: Sleep is essential for memory consolidation and cognitive function. Lack of sleep can impair focus, problem-solving skills, and overall performance.

### 3. Practice Relaxation Techniques

- Why it helps: Reducing stress helps you stay calm and focused during the test. Relaxation exercises can lower anxiety and improve performance.
- How to do it: Practice deep breathing, mindfulness, or progressive muscle relaxation at home. These techniques can be especially helpful the night before the test or right before you go into the testing room.

### 4. Stay Hydrated

- Why it helps: Dehydration can negatively impact concentration, energy levels, and mood. Drinking enough water keeps the brain sharp and helps maintain focus.
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December 2024 | by Kara Holbert

# CHOIR & MUSIC ANNOUNCEMENTS

## UPCOMING PERFORMANCES

December 4th @ 7pm - 7th & 8th Grade Choir/Band @ CAC Gym

December 11th @ 7pm - 6th Grade Choir/Band @ CAC Gym

December 17th (during school) - 6, 7, 8 Choir Trip to Brookside

March 6th @ 7pm - 5th Grade Program @ CAC Gym

March 12th @ 7pm - JH & HS Combined Choir Concert @ SFTHS



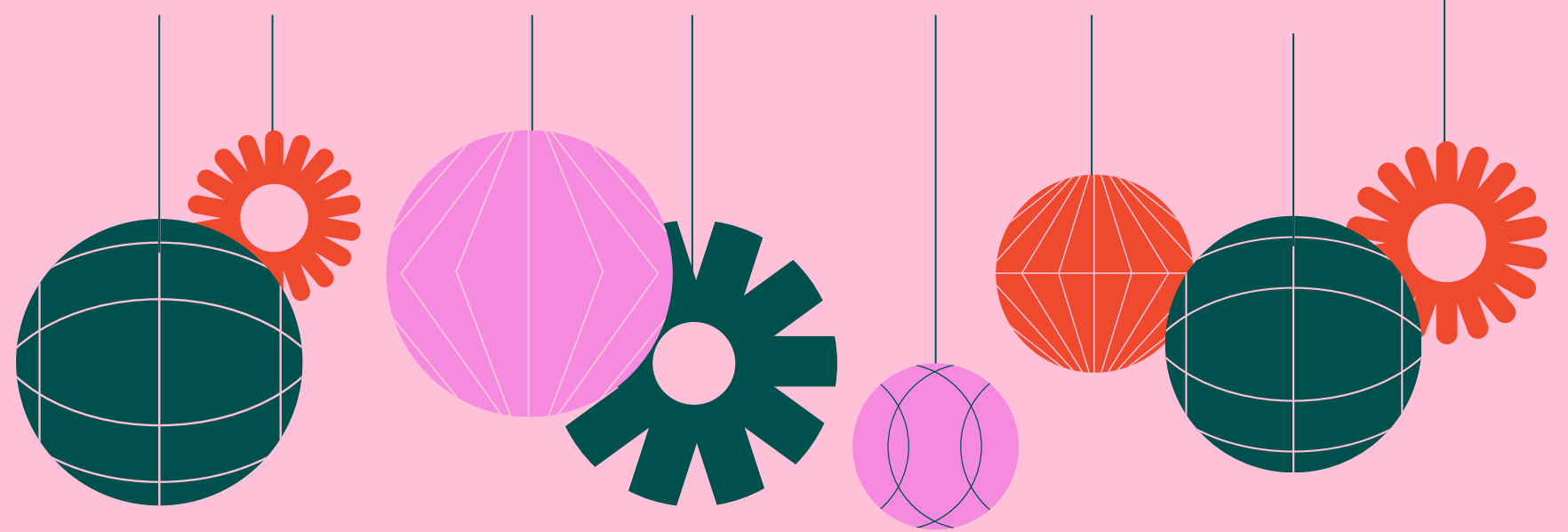
## ANNOUNCEMENTS

Students in each grade level have been working diligently on their music for their upcoming performances at the end of the semester.

Students in 6th, 7th, and 8th grade are excited to take a short trip to be perform for residents at Brookside Retirement Community in Overbrook on December 17th. We can't wait to share our music with them!



# 4th Grade Music



## Mark Your Calendars!

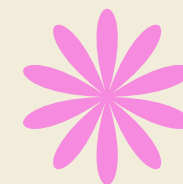
Who: 4th Grade Students

What: Christmas Program

When: Wednesday, December 18, 2024 @ 7:00 pm

- Students should arrive NO LATER than 6:40 pm

Where: Carbondale Attendance Center Gymnasium

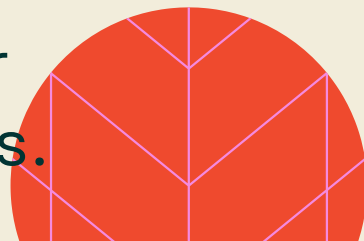


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### FAQ

What should I wear?

- Please plan to wear something nice or your Sunday best! No sweatpants or shorts. If you wear jeans, please make sure they do not have holes or stains.



Questions? Please contact Mrs. Nelson - [anelson@usd434.us](mailto:anelson@usd434.us)





## Upcoming Performances

December 4th: 7th and 8th Band/Choir @ CAC 7:00pm

December 11th: 6th Band/Choir @ CAC 7:00pm

March 25th: JH League Band 7th/8th Band @ SFT TBD

May 9th: 5th - 12th Band Concert @ SFT 5:30pm

## Band Announcements

We are so proud of the 7th/8th Veteran's Day performance and 5th grade performance this past month! All of the students have been working extremely hard preparing for all of the fall semester performances, and we are excited for you to hear them! One final congratulations to Tapanga Fisher, Brenna Heder, Addison Kramer, and Riley Kraft for making the district honor band. They will be performing at Blue Valley High School on December 7th at 1:00pm if you would like to watch! Have a wonderful winter break everyone!



# ATHLETICS & ACTIVITIES

## DEC 2024

Girls Basketball finished the season on November 25. For the first time in SFTJH history, both teams came away from the season as League Champs! 7th Grade finished the season undefeated (16-0), while 8th grade finished 14-2. Congratulations to these hard working girls and coaches on a great season!

By: Austin Hershberger

### STUDENT SPOTLIGHT



Walker Johnson, 8th



Karli DaPrato, 7th

PE  
Mr. Duncan  
Mike Tyson  
Golf  
KU & Chiefs  
McDonalds - Big Mac  
Bryson DeChambeau is better than Tiger

Favorite Class  
Favorite Teacher  
Role Model  
Favorite Sport  
Favorite Team  
Favorite Food/Restaunt  
Hot Take

Math  
Mrs. Washington  
Parents  
Softball  
KU & Chiefs  
Kiku's - Hibachi  
Soup is nasty

### UPCOMING EVENTS

- Dec 9 - Girls Wrestling @ Wellsville 4pm
- Dec 12 - Girls Wrestling @ Osawatomie 4pm
- Dec 16 - Girls Wrestling HOME (CAC) vs Anderson County & Iola 4pm
- Dec 19 - Girls League Wrestling @ Burlington 4pm
- Jan 6 - Boys Basketball vs Burlington 4pm
- Jan 9 - Boys Basketball @ Prairie View 4pm
- Jan 13 - Boys Basketball @ Abilene 4:30pm
- Jan 14 - Boys Basketball w/ Baldwin (7th vs Baldin, 8th @ Baldwin) 4pm
- Jan 16 - Boys Basketball @ Osawatomie 4pm
- Jan 21 - Boys Basketball @ Wellsville 4pm
- Jan 23 - Boys Basketball vs Prairie View 4pm
- Jan 27 - Boys Basketball vs Anderson County 4pm
- Jan 30 - Boys Basketball vs Wellsville 4pm



