

February 2025

# The Charger

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The Official Newsletter of SFTJH/CAC

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## **Charger Families,**

As we embrace the colder months, I want to take a moment to share some exciting updates, reminders, and celebrations happening in our Charger community.

### **Cold Weather Attire Reminder**

The chilly days are here, and it's important to ensure that students are dressed warmly for outdoor activities, including recess and arrival/dismissal times. Please encourage your child to wear coats, hats, gloves, and other appropriate attire to stay comfortable and safe in these winter temperatures.

### **Celebrating Adherence to Our Cell Phone Policy**

A big shoutout to our students and staff for their outstanding adherence to the new SFT cell phone policy! Everyone's commitment to staying focused and respectful in the learning environment is truly commendable. A short walk through our classrooms shows the focus at CAC is on student learning and development. Thank you, parents, for your continued support in reinforcing this at home.

### **Long Winter Days: Perfect for Reading**

Winter is the perfect time to curl up with a book. Encourage your child to dive into a new story or explore their favorite genres. Reading not only fosters creativity and imagination but also strengthens critical thinking skills. We have hundreds of books in our school library. On 2/3 Karla Wiscombe-Fisher will begin as our library clerk. It's a perfect time for each student to stop in for an introduction to Wiscombe-Fisher as well as some great books! Let's make this season an enriching one!

## **Yearbook Orders**

Don't miss out on capturing this school year's special memories! Information on ordering the 2024 Charger Yearbook can be found on the slide included in this newsletter. Be sure to place your order before the deadline to secure your copy.

## **Welcome Mrs. Erica French**

We are thrilled to welcome Mrs. Erica French to our CAC Charger family as our new art teacher! Mrs. French brings a wealth of creativity, passion, and experience to our school, and we can't wait to see the many ways she inspires and develops our students. Please join us in giving her a warm welcome. EFrench@usd434.us is a quick and easy way to send her a note of welcome or to inquire about your child's progress in class or particular assignments.

## **Principal Testa's Retirement Announcement**

It is with mixed emotions that I share my plans to retire this summer. My time as a Charger has been an incredible journey filled with countless memories, inspiring students, and dedicated staff. While I will miss the CAC family deeply, I look forward to spending more time with my family.

Our superintendent, Mrs. Flory, is actively seeking applications for the next CAC principal for the 2025-2026 school year. We are confident that the next leader will continue to uphold the strong traditions and values of our school.

Thank you for your unwavering support and partnership throughout the years. We have more fully developed truly special school for students, staff, and families. I will forever be grateful. Eternity is a great day to be a CHARGER!

Warm regards, Ms. Testa

**You can count on CAC staff, under the direction of Cyndee Washington, to capture your child's favorite 2024/2025 memories in our annual yearbook!**

**To order your yearbook visit:**

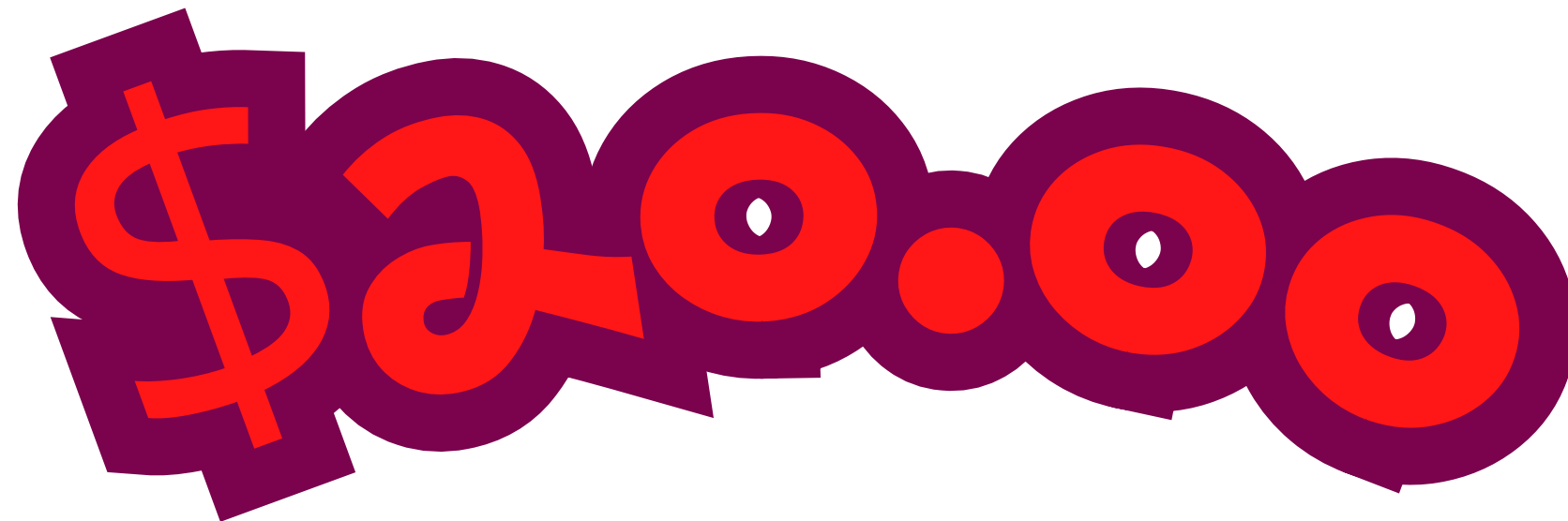
**[inter-state.com/order](https://inter-state.com/order)**

**and enter this code: 90907Q**

**There are a limited number of yearbooks so order today!**

**Online ordering ends on April 4, 2025, firm.**

**The CAC 2024/2025 yearbook can be purchased for:**



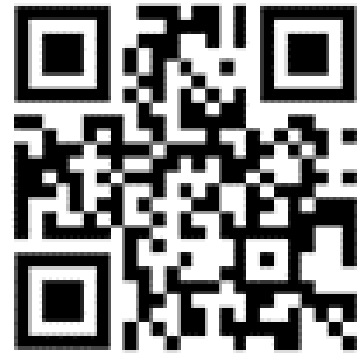
# Nursing News ...

February is heart healthy month!

Want more  
information on your  
heart health?

Want to learn  
CPR?

Want resources to  
share with friends &  
family?



American Heart Association  
website

Your heart beats 100,000 times per day!

Most heart attacks happen on a Monday morning.

The heart pumps 1.5 gallons of blood every minute!!

Your blood vessels total over 60,000 miles long!

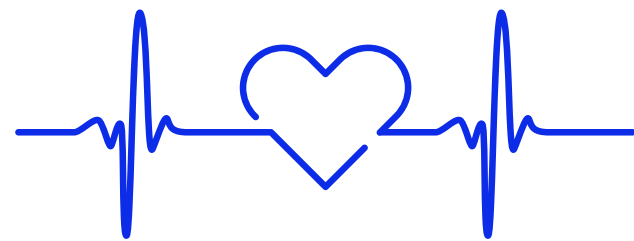
If you give a tennis ball a squeeze--really hard--you are using about the same force your heart has to use to pump blood out to the body.

At rest, your heart works 2x as hard as a person's leg muscles do when they are sprinting!

Kids--hold your hand out and make a fist--that is the size of your heart.

Adults--hold your hand out and make a fist--2 fists equal the approximate size of your heart.

A healthy heart...



Nothing beats it!!!!



# StuCo News

*by Tiffany Burget*

StuCo has had a slow start back to school. Their snack cart is still up and running every Monday, Wednesday and Friday before school. Items sold were all StuCo-selected, are reasonably priced, and all have 100 calories or fewer. Students are making significant efforts to make healthy choices at CAC! StuCo will meet in February to discuss our next project.

February 2025 | 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 beginning of May 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 “Hawaiian Beach Party!” coming up at the beginning of April. Info has been sent out to via Email, and a paper flyer will be sent out closer to the date. Please contact Mrs. Holbert with any questions or concerns.

## Coming up:

- JH Choir/HS Choir Combined Concert - March 12th @ SFTHS
- 5th Grade Program - April 2nd @ 7pm at CAC
- 6th Grade/JH Choir Combined Concert - May 6th @ 7pm



6th, 7th, and 8th Grade Choir students singing at Brookside Retirement Community in Overbrook, KS in December,

# 4th Grade Music



Students will be advancing rhythmic and pitch accuracy through our Instrument Unit.

Please reference the change in the grading rubric for this semester. Students will receive a total of 5 points per DAY that they attend music class. Therefore, if a class attends music only 2 times a week, they can earn up to 10 points. If a class attends music 3 times a week, they can earn up to 15 points.

How can my student earn all 5 points each day?

Students are graded through a rubric with 5 categories - each one worth 1 point:

1. Singing - Student participated by singing along with either lesson-based songs or program music.
2. Instrument - Student participated by playing along with the class, was safe with the instruments, and used proper instrument playing technique.
3. In-Class Discussions - Student participated in all-class discussions. Student asked and answered questions and was engaged in the entire lesson.
4. Behavior - Student presented a positive behavior and followed all of the classroom/building behavior expectations.
5. Cooperation - Student cooperated well with the teacher and their classmates.

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

# ATHLETICS & ACTIVITIES

## FEB 2025

Boys Basketball is in the thick of their season. These boys are a tough group that battles hard every night and leaves it all on the floor. They are focused on continuing to improve with each and every practice and game, and have done so this year. It is a very quick season at the Junior High level, and will wrap up on February 20 vs Iola. The boys are coached by Rob Colvin, Tyler Duncan, and Amy Colvin.

Junior High Scholars Bowl practices have begun. Each grade has about 16 students participating and are currently practicing twice a week. They are very much looking forward to their first taste of competition on February 4 at Burlington.

### UPCOMING EVENTS

- Feb 3 - Boys Basketball vs Osawatomie 4p
- Feb 4 - Scholars Bowl @ Burlington
- Feb 6 - Boys Basketball @ Iola 4p
- Feb 10 - Boys Basketball @ Anderson County 4pm
- Feb 13 - Boys Basketball @ Burlington 4pm
- Feb 20 - Boys Basketball vs Iola 4pm
- Feb 22 - JH Cheer Competition @ Baldwin
- Feb 24 - Scholars Bowl @ Anderson County 4pm
- Feb 27 - Scholars Bowl Home Meet @ CAC 4pm
- Mar 4 - League Scholars Bowl @ CAC 4pm

By: Austin Hershberger

## STUDENT SPOTLIGHT



Jadyn Hudson, 8th



Zane Widdop, 7th

Art  
Mrs. Burget  
Kaitlyn Ball & Natasha Dahl  
Cheer  
KU  
Mac N Cheese/Taco Bell  
N/A

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

PE/Weights  
Mr. Duncan  
Patrick Mahomes  
Baseball  
Chiefs  
Sushi  
Mushrooms are gross





# 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](http://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.

The students current project was a winter design using the google drawing program. The students did a fabulous job on being creative as they could only use shapes to create their winter design.

## 6th Grade

The students were learning about digital citizenship which includes new vocabulary and all the do's and don'ts when living in a digital world.

Students will continue to practice and work on their typing technique on Tuesday and Thursdays using [typing.com](http://typing.com). They are also designing projects that reflect what they know about the 6 topics of digital citizenship. Students created a digital poster that gave tips about the 6 topics of digital citizenship.

The students are also learning real life situations through [banzai.org](http://banzai.org) which is a digital citizenship simulation program.

**Mrs. Dayhoff**



## 7th/8th Grade

This semester's combo class of 7th and 8th graders ended their semester with a financial literacy unit. The students were introduced to vocabulary words along with using a simulation program called [Banzai.org](http://Banzai.org). They ran a lemonade stand and also had to make decisions within their budget when given real life situations such as a flat tire, car that broke down and how to budget their money to pay their bills.

They have typing lessons twice a week using [typing.com](http://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.

# Leads on Learning

by Kaytee Deines

As part of our districtwide initiative to increase student reading fluency, we're encouraging families to support their children's literacy development at home. Reading fluency—the ability to read smoothly, accurately, and with expression—is a key skill that helps students become more confident and successful readers. When children read fluently, they can focus more on understanding the text rather than stumbling over words.

One excellent (and free!) resource that can help is ReadWorks.org, a website packed with reading materials designed to boost fluency. Here's how you can use this tool to help your child improve their reading skills:

## 1. Get Started with ReadWorks

- Sign Up for Free: To access ReadWorks' materials, go to [www.readworks.org](http://www.readworks.org) and click on the "Sign Up" button. It's free for parents and educators. You can create an account using an email address.
- Explore the Library: Once you've created your account, you'll have access to thousands of reading passages. You can search for content by grade, topic, or skill, making it easy to find material that's just right for your child.

## 2. Choose the Right Material for Fluency Practice

- ReadWorks Passages: ReadWorks provides a wide variety of reading passages that come with comprehension questions, vocabulary support, and audio versions for guided reading practice. These materials can help your child practice reading aloud, focusing on expression and pacing.
- Fluency Sets: Under the "Fluency" section of the website, you'll find targeted sets of reading passages that are designed to help children build fluency over time. These passages are short, repetitive, and easy to practice multiple times.

## 3. Tips for Supporting Fluency Practice

- Practice Together: Read aloud with your child. Take turns reading passages, modeling fluent reading, and encouraging your child to follow your pacing and expression.
- Repetition is Key: Re-reading the same passage multiple times helps improve fluency. Encourage your child to read passages until they feel comfortable with them, making the experience fun and relaxed.
- Use Audio Versions: ReadWorks provides audio versions of many passages, which can help your child hear fluent reading and model it for themselves.

## 4. Set Reading Goals

- Track your child's progress by setting small, achievable reading goals. For example, aim for your child to read a specific number of passages each week or focus on improving fluency with specific words or sentence structures.

## 5. Engage with the Questions

- After reading, encourage your child to answer the comprehension questions that follow the passage. This not only supports understanding but also improves reading stamina and the ability to recall important information.

By supporting your child's fluency practice at home and using ReadWorks.org, you're helping them develop skills that will last a lifetime. Thank you for being a part of our district's efforts to foster strong, confident readers!



# What's going on in the Art Room?

## 4th & 5th Grade

In 4th and 5th grade art, students are exploring different mediums (colored pencil, marker, crayon, etc.) and creating a series of art “trading cards” that they will assemble in a grid design at the end creating a collaborative masterpiece.

## 6th - 8th Grade

In 6th, 7th, and 8th grade art, students are exploring different architectural designs as well as the concepts of scale and point of view while creating the house/property of their dreams.



# Mental Health Minute



## Maintaining Healthy Habits

The start of a new semester is a good time to re-establish routines and healthy habits. Remaining consistent with daily routines helps reduce stress and fosters academic and emotional success. Below are some tips to support your child's healthy habits.

- **Monitoring and limiting screen time** - It is important to be aware of the information your children are accessing on their phones and tablets to ensure they are using it responsibly, safely, and respectfully. To make sure your child has enough time for studying and other activities, set boundaries for recreational screen time.
- **Get enough sleep** - Aim for 7 to 9 hours of sleep each night to help improve focus, mood, and energy levels.
- **Staying active** - It can be challenging to stay active during the cold winter months, but is important for physical, emotional, and mental health.

