

March 2025

# The Charger

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The Official Newsletter of SFTJH/CAC

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As we head into Spring Break, I want to share some important updates and reminders for the coming weeks. First, state testing is right around the corner! After Spring Break, we will begin taking these important assessments. Please help your child be ready by ensuring they get plenty of rest, eat a healthy breakfast, and come to school on time. Your support makes a big difference in their success!

Mark your calendars—School Picture Day is Wednesday, April 9. This is a great opportunity for students to capture memories of the school year, so please remind them to come dressed appropriately and bring their best smiles!

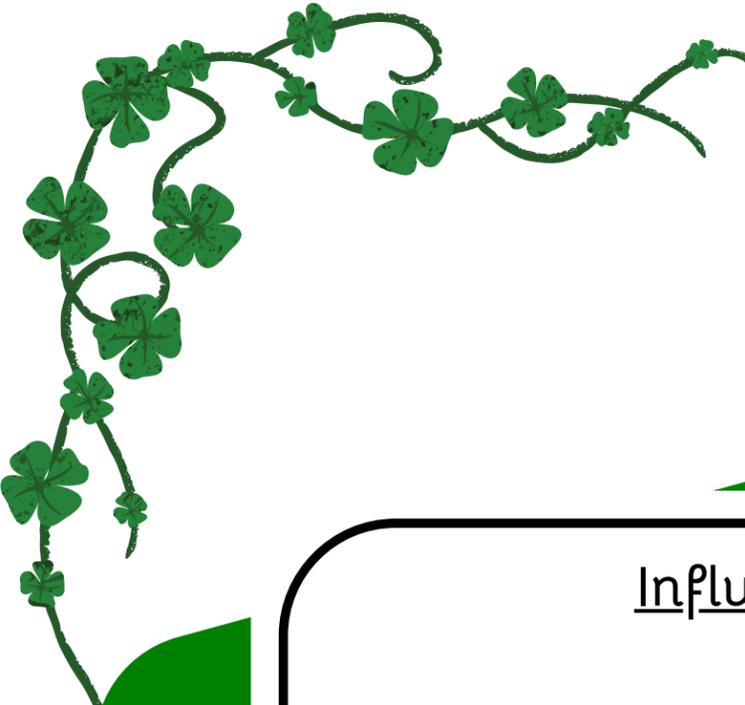
Exciting things are happening in our library, and we encourage all students to stop by and explore. Whether they're looking for a great book, a quiet place to study, or new learning opportunities, the library is a fantastic resource.

If your child has lost any belongings, please remind them to check the Lost and Found before the items are donated. We want to reunite students with their missing jackets, lunchboxes, and other personal items.

Don't forget—the deadline to order your child's 2024/2025 school yearbook is Friday, April 4. Be sure to secure a copy so they can look back on all the great memories of the year! See the yearbook page in this newsletter.

Report cards will be sent home with students on Wednesday, March 12. Please take time to review your child's progress and reach out to teachers if you have any questions or concerns.

Finally, I want to wish all of our students and families a safe and restful Spring Break! We look forward to seeing everyone back, ready to Be Ready, Be Respectful, and Be Responsible as we finish the school year strong.



# Nursing News ...

## Influenza and RSV

Cases continue to be high in Osage and surrounding counties!

Please encourage your child to:

1. wash, wash, wash their hands!!!
2. Do not touch their face
3. Cover cough in bend of elbow
4. get enough sleep!!
5. eat balanced, nutritious meals!!
6. drink water!!
7. STAY home when sick (temp over 100.4, uncontrollable cough, vomiting, diarrhea)

## Parent Reminders:

- *ALL medicine/inhalers **must** be kept in the nursing office* (the only exception is inhalers for 7th & 8th grade students)

- *Water bottles!!!*

Please remind students to bring water bottles to school--we are seeing a lot of headaches from not drinking water!!

- *Extra clothes!!*

If your child is one who seems to always find the mud, now is a great time to put some spare clothes in their bag--the nursing office does not keep extra clothes for students...this includes socks (for those who love their crocks or flip flops and have PE!)

- *Do not send ENERGY DRINKS with your kids! Why??*

- *<https://health.clevelandclinic.org/are-energy-drinks-for-kids-a-good-idea>*



# STATE ASSESSMENT SCHEDULE

4th grade 9:15

5th grade 8:30

6/7/8 8:15

03/31/25 Monday	04/01/25 Tuesday	04/02/25 Wednesday	04/03/25 Thursday	04/04/25 Friday
	6th grade ELA 5th grade ELA	6th grade ELA 5th grade ELA	7th grade ELA 8th grade ELA	7th grade ELA 8th grade ELA
04/07/25 Monday	04/08/25 Tuesday	04/09/25 Wednesday	04/10/25 Thursday	04/11/25 Friday
	4th grade ELA 9:15	4th grade ELA 9:15	5th grade math 6th grade math	5th grade math 6th grade math
04/14/25 Monday	04/15/25 Tuesday	04/16/25 Wednesday	04/17/25 Thursday	04/18/25 Friday
4th grade math 9:15	4th grade math 9:15	7th grade math 8th grade math	7th grade math 8th grade math	NO SCHOOL
04/21/25 Monday	04/22/25 Tuesday	04/23/25 Wednesday	04/24/25 Thursday	04/25/25 Friday
NO SCHOOL	5th grade Science 8th grade Science	5th grade Science 8th grade Science	MAKE UP TESTING	MAKE UP TESTING

**You can count on CAC staff, under the leadership 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)**

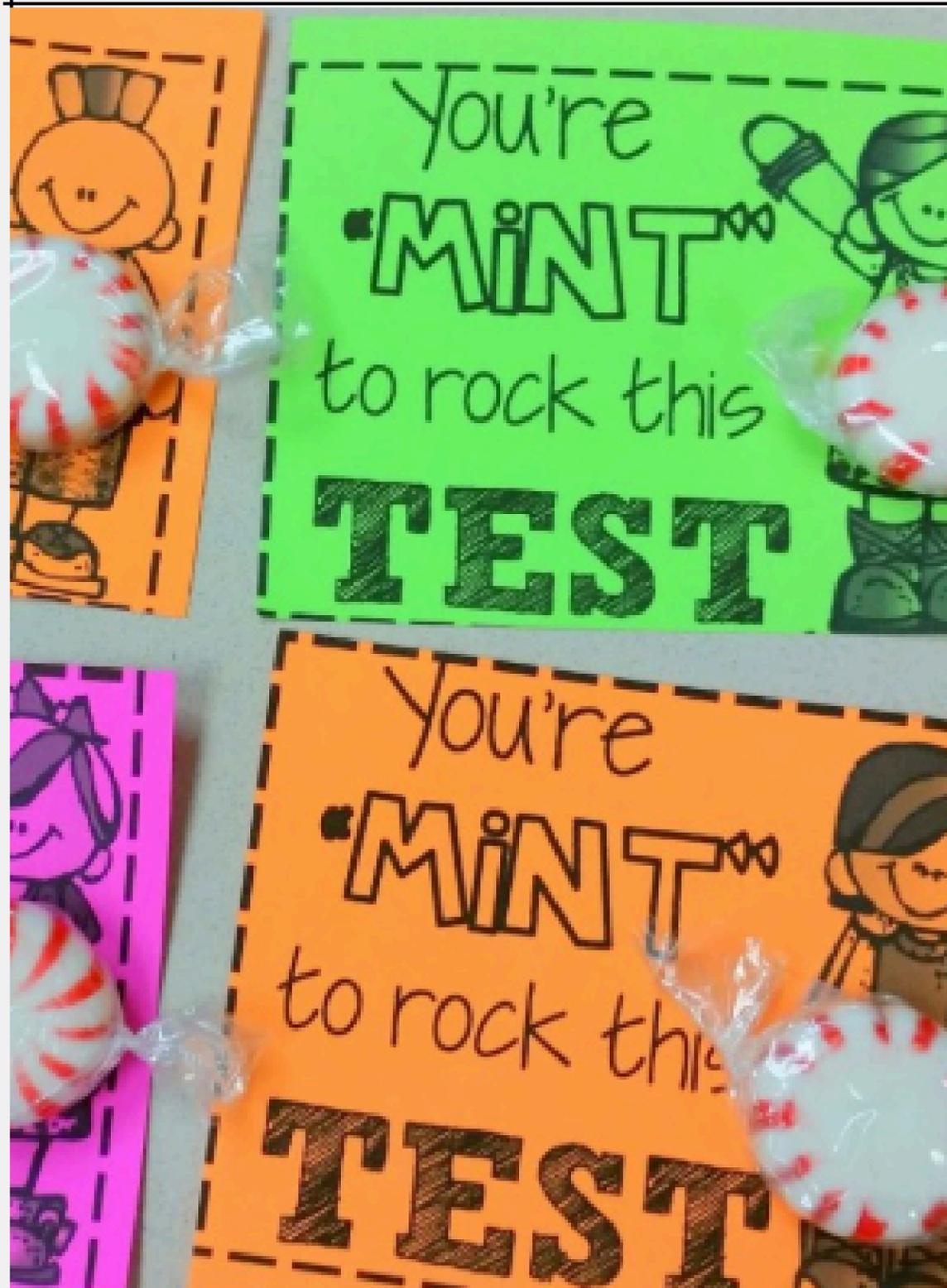
**and enter this code: 90907Q**

**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 only:**

**\$20.00**



## Leads on Learning

by Kaytee Deines

Tips and Tricks for successful Spring State 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.

March 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 hard on music they'll be performing very soon in a concert combined with the High School Choirs at the beginning of March. We can't wait to see all their hard work!

**6th Graders** have been doing a great job at reading choral music octavos, and are having lots of fun preparing new music. The music they are learning to read will be performed in their concert at the beginning of May with the JH Choir!

**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 before Spring Break. 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



Junior High Choir Students at their concert in December.

# Congratulations KCDA State Honor Choir Participants!

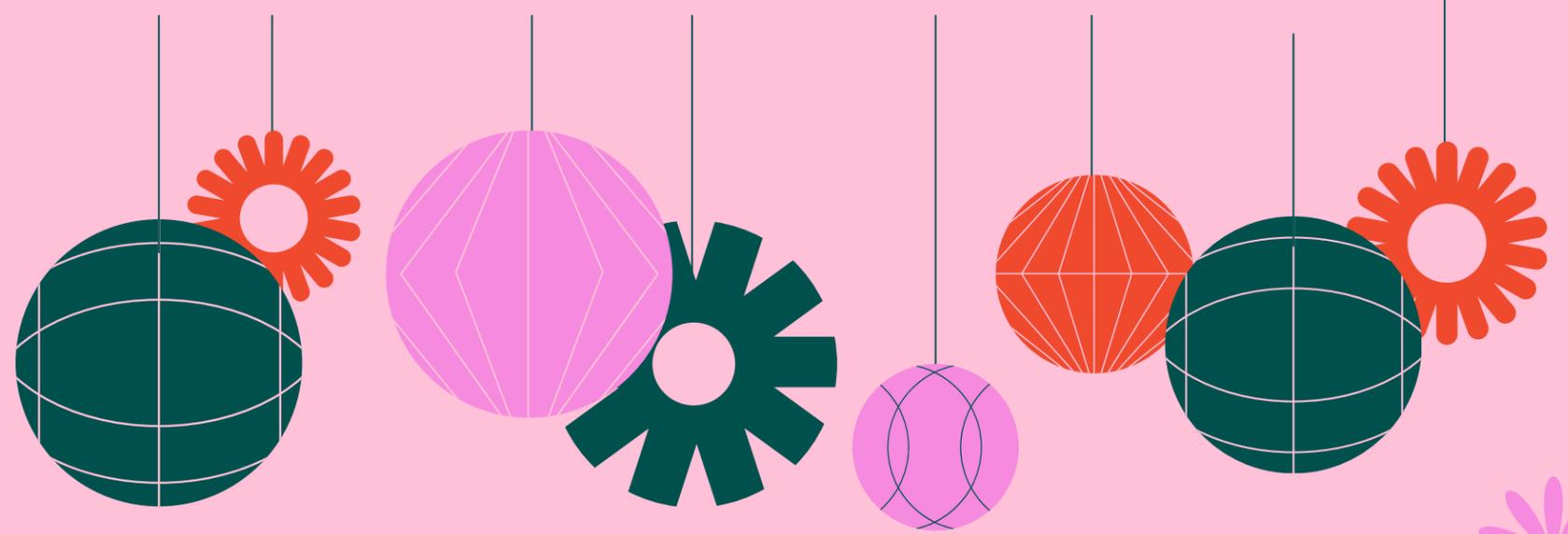


## **Sabina Hager, Nathan Rose, & Laetyn Gibbens**

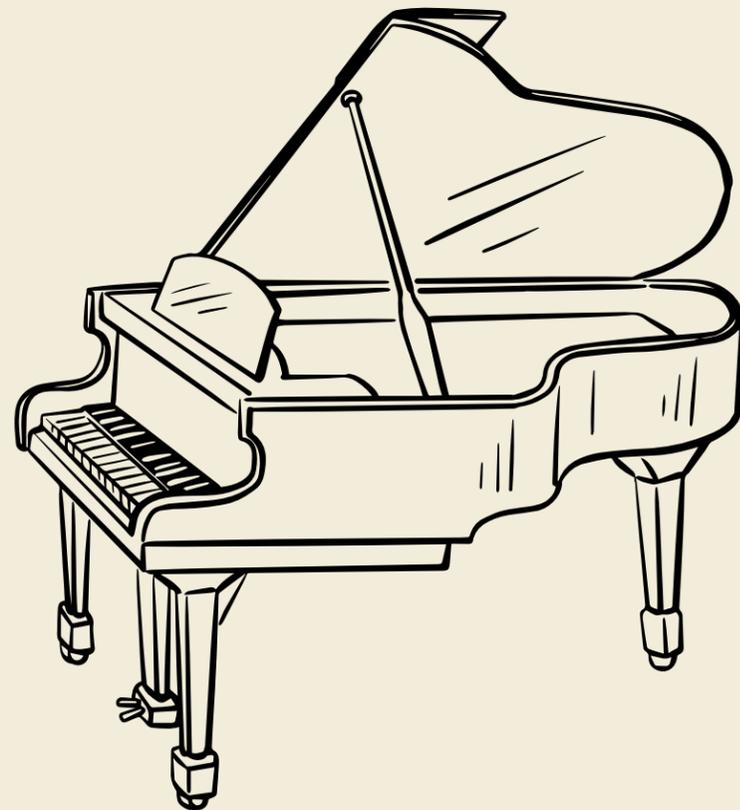
We want to give a huge congratulations to the students who participated in the Kansas Choral Director's Association (KCDA) Middle Level Treble Honor Choir at the Kansas Music Education Association Conference in Wichita, KS! After auditioning back in October, these three students were selected to be a part of this prestigious ensemble with over 200 students grades 5-9 from across the state of Kansas. They prepared for their performance all semester and did a fantastic job!

Way to go, Chargers! We are so proud of you!

# 4th Grade Music



Students are finishing up their instrument unit through various interactive activities. Once completing our instrument unit, we will dive back into a little bit of music history! Be on the lookout for a fun music history project coming up in your student's future! This will allow them to select and research about a famous composer and learn a little more about how music has evolved over the years! Happy March!



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

## MAR 2025

By: Austin Hershberger

We are officially finished with Winter Sports and onto the Spring! Spring Sports practices for the Junior High will begin March 24, after Spring Break. It will be a quick but very busy Spring with track and golf! Our Junior High Cheer team has recently capped off their season competing at the Baldwin Cheer competition on February 22. The team showcased their Charger spirit and represented well! Last but not least, JH Scholars Bowl finished their season on March 4 by hosting the League Scholars Bowl meet at CAC.

## STUDENT SPOTLIGHT



Nathan Dickeson, 8th



Presley Abernathy, 7th

Weights

Mr. Staten

Grandpa

Baseball

KU & Chiefs

Steak - Texas Roadhouse

Bull riding is the best event in the rodeo

Favorite Class

Favorite Teacher

Role Model

Favorite Sport

Favorite Team

Favorite Food/Restraunt

Hot Take

Weights

Mrs. Washington

Addy Kramer

Cheer

Chiefs

Pasta

Pickles should be banned

## UPCOMING EVENTS

March 24 - JH Spring Sports Practices Begin

April 1 - JH Track @ Baldwin

- Throwing events at BHS 2:00
- All other events at Liston Stadium (Baker) 3:45

April 8 - JH Track @ Wellsville 4:00pm

April 15 - JH Track SFT Inv. @ SFTHS 2:00pm

April 17 - JH Golf Inv. @ Lamont Hill 2:30pm

April 22 - JH Track League Quad @ SFTHS 3:30pm

April 23 - JH Golf @ Garnett CC 2:30pm

April 24 - JH Varsity Track @ Wamego 12:00pm

April 24 - JH JV Track @ Royal Valley 4:00pm

April 30 - JH Golf @ Rolling Meadows GC 10:00am

May 1 - JH Varsity Track @ Rossville 12:30pm

May 6 - JH Golf @ Wamego CC 10:00am

May 8 - JH JV & V League Track @ SFTHS 10:00am





# FBLA March Update: Preparing for State!

**Hello SFTJH FBLA Families,**

We're just weeks away from an exciting and competitive event – the **State Leadership Conference on March 31st** at the **Stormont Vail Convention Center** in Topeka! Our chapter has been hard at work preparing for this prestigious event, and we're eager to see them showcase their skills against hundreds of other middle school students from North East Kansas.

## **State Prep: Reviewing & Practicing**

Our members are staying busy by reviewing sample questions, watching test prep videos, and diving deep into their specific test subjects. Whether they're competing individually or as part of a team, this is their chance to shine! Keeping up the great work and continuing to practice are the keys to helping them succeed.

## **The Road to State**

As we count down the days until the conference, remember that their hard work and dedication will pay off. The State Leadership Conference is a fantastic opportunity to test their knowledge, demonstrate their business skills, and network with future leaders from across the region. This is also an important moment to reflect on all the hard work they've put in leading up to this event!

## **Key Event Details:**

**State Leadership Conference Date:** March 31st

**Location:** Stormont Vail Convention Center, Topeka, KS

**Competition:** Prepare to compete with other middle school students in various business-related events!

## **Stay Focused & Keep Preparing**

Remind your child to study materials and continue reviewing their test topics. The more familiar they are with the content, the more confident they will feel at the conference. Remember, this event is not just about competition – it's about growing as a leader, building skills, and having fun while doing it!

**Be sure to stay tuned for any final updates as we approach the event. If you have any questions or need additional help with your preparations, feel free to reach out to Mr. or Mrs. Colvin. We're here to support you every step of the way.**

**Let's make SFTJH proud at State!**

Sincerely,  
**Rob Colvin & Amy Colvin**  
FBLA Sponsors



# Mental Health Minute

As we approach state testing, it's essential to ensure that our students are well prepared and confident. Here are some tips and strategies to help students get ready for the upcoming tests.

## 1. Practice self-care

Encourage healthy, eating, hydrating, and getting adequate sleep in the next couple of weeks. A well rested body and mind, can significantly impact test performance.

## 2. Practice stress reducing strategies.

Test anxiety is common among students. Help your student practice, relaxation techniques, such as deep, breathing, visualization, or mindfulness to help manage stress levels. A positive mindset can enhance focus and performance.

## 3. Stay positive

A supportive and encouraging environment can make a big difference. Remind students that it's ok not to know everything and that effort is what counts. Celebrate each of their achievements to help build confidence!

