

May 2025

# The Charger

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The Official Newsletter of SFTJH/CAC

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\*As we approach the final weeks of the school year, I want to take a moment to reflect on the tremendous growth we've seen in our students. Seventh grade is a pivotal year—academically, socially, and emotionally—and I'm incredibly proud of the progress our students have made. It's been a meaningful year full of learning, discovery, and community, and I want to thank our students, families, and staff for contributing to such a successful school year.

To celebrate, we have several end-of-year activities planned. These events are designed to recognize students who have consistently demonstrated positive behavior and met our school-wide expectations. Please encourage your child to finish strong—we want every student to be able to take part in these special moments.

\*Report cards will be sent home with grade 8 students on May 15<sup>th</sup> and grades 4-7 students on May 19th. We encourage you to take some time to review progress and celebrate both their achievements and the effort they've put in.

To help avoid the “summer slide,” we also recommend setting aside time each day for reading. Encourage your child to choose books that match their interests—it can make all the difference in building strong reading habits and a love for learning. Visiting your local library or starting a family reading challenge are great ways to stay engaged over the break.

\*As students spend more time outdoors, please remind them to stay safe. Whether they’re biking, swimming, or just hanging out with friends, it’s important to wear helmets, apply sunscreen, stay hydrated, and never go places alone. A few simple precautions can help ensure a safe and enjoyable summer.

\*Summer is also a great time for students to stay physically active. Encourage your child to explore outdoor activities like biking, walking, or participating in summer sports programs. Regular movement supports both physical and mental health—and it’s a great way to unwind and have fun.

\*Please be sure to check your email periodically throughout the summer. We’ll be sending out important information about enrollment for the 2025–2026 school year, student schedules, classroom assignments, and updates on athletics and extracurricular opportunities.

As this school year comes to a close and I soon begin transitioning into a new life chapter I want you to know that being part of the CAC Charger community has been one of the most meaningful and rewarding experiences of my career.

To my staff and students—YOU are the heart of this school. Watching you teach, grow, learn, lead, and overcome challenges has been a true privilege. I will always carry with me the laughter, lessons, and joy you brought into our halls every day. Your future is bright, and I'll be cheering you on every step of the way, even from afar.

To our CAC families—thank you for your trust, your partnership, and your unwavering commitment to our students. I leave with deep gratitude and confidence the members of the CAC family will continue to thrive with everyone's support!

With heartfelt appreciation and all my best for the future,

Charger Proud!

Jodi Testa

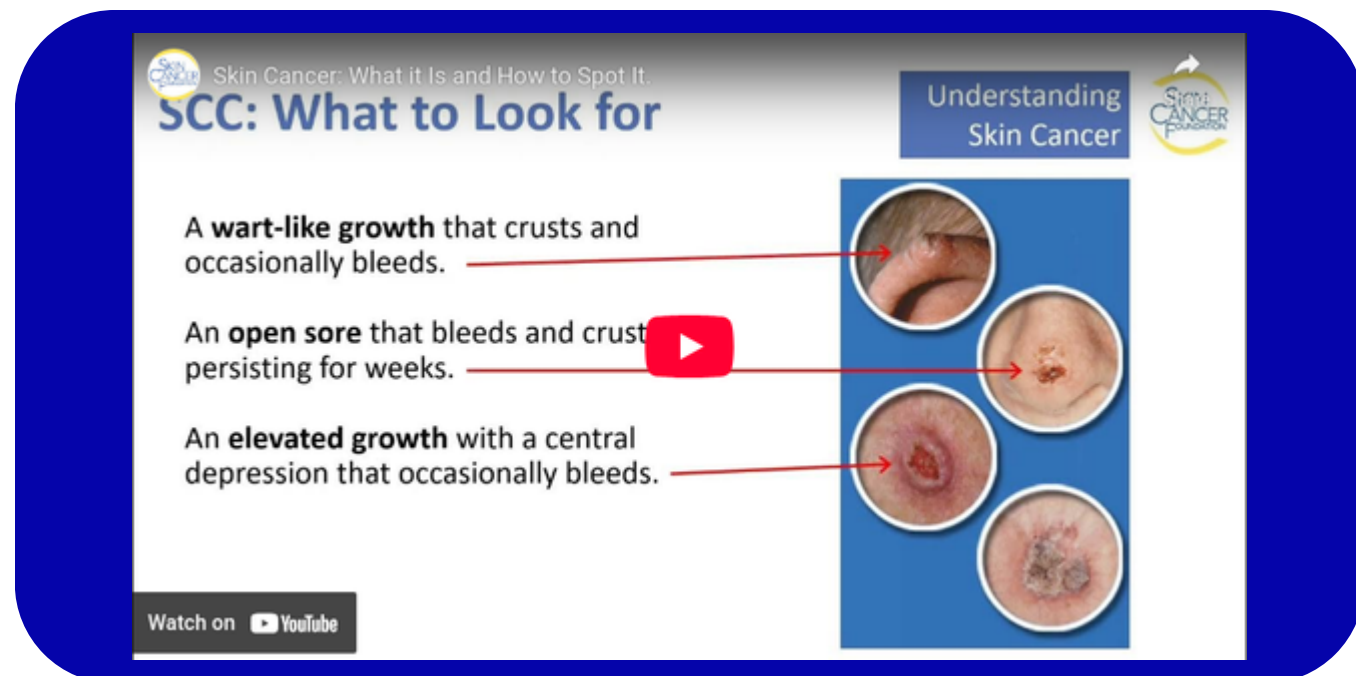
**Field Day for students in grades 4-6 will be the morning of Tuesday, May 13. Join us if you can.**

**We would love to see you.**

# Nursing News ...

## Melanoma/Skin Cancer Detection and Prevention Month

- 1 in 5 Americans will develop skin cancer by the age of 70.
- More than 2 people die of skin cancer in the U.S. every hour.
- Having 5 or more sunburns doubles your risk for melanoma.
- <https://www.skincancer.org/skin-cancer-prevention>
  - sunscreen!!!!
  - protective clothing
  - be aware of your daily UV numbers
  - check out the website for ways to prevent skin cancer



Double click  
to learn the  
facts!

### END OF SCHOOL INFO

- individual student medications will be sent home on the last day of school unless prior arrangements made for parent pick up
- please don't forget to treat your children's allergies...sinus pressure, headaches, post nasal drainage and stuffy/runny noses make learning hard and days miserable!!!



## StuCo News

*by Tiffany Burget*

StuCo has been rather quiet this time of year with everything else the spring brings. However, they have had their snack cart open Mondays, Wednesdays, and Fridays. They also plan on having grade wide incentives for Fastbridge testing.

## 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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May 2025 | by Kara Holbert

# CHOIR & MUSIC ANNOUNCEMENTS

Our 6th graders just finished out their semester with their concert that was combined with our Junior High (7th and 8th Grade) Choir. Both groups gave incredibly strong performances and had a wonderful time preparing for their last concert of the year. Thank you to the amazing friends and family who have supported their students in Choir and Music this entire school year! It means more than you know to hear your applause and see your smiling faces.



## SIGN UP FOR CHOIR!



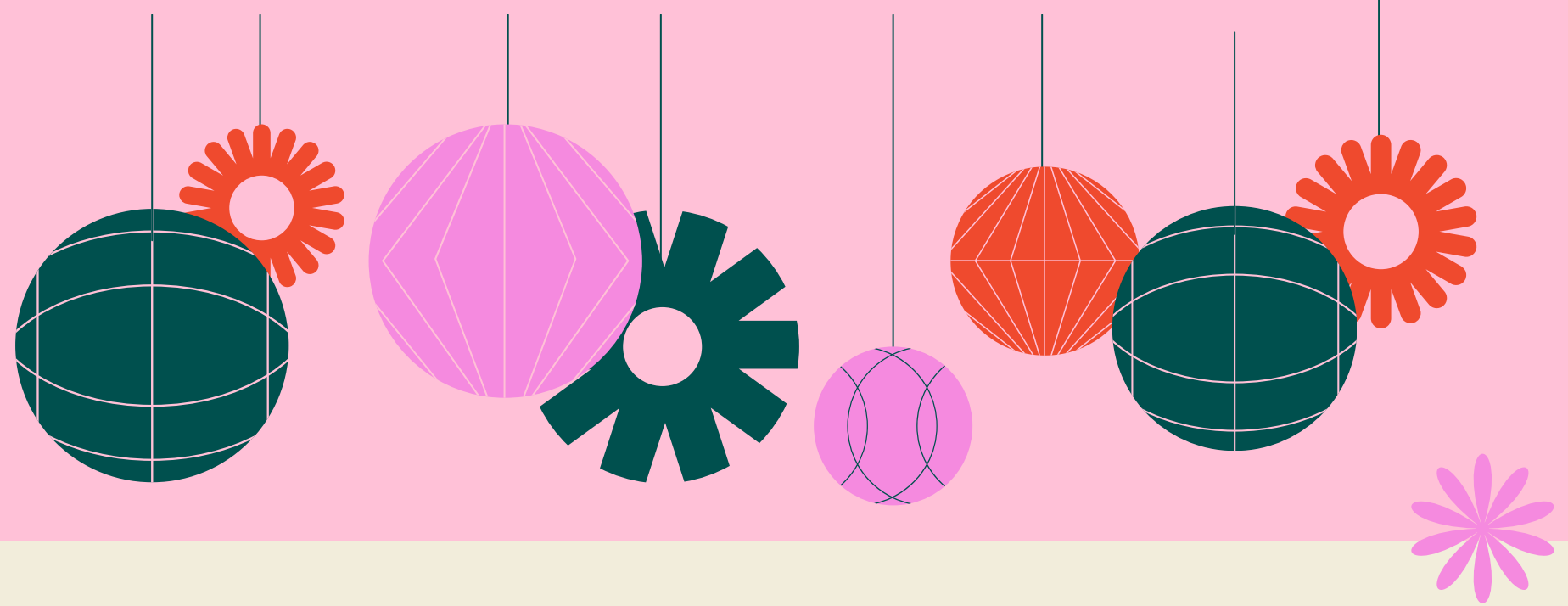
When signing up for classes for the 25-26 school year, keep Choir on your radar!



Incoming Students in grades **6, 7, and 8** can sign up for **CHOIR** here at CAC! We would love to have you!



# 4th Grade Music



## Introducing QuaverEd and Musicals

Wow! This school year has really flown by!! It have been a privilege getting to know your students!

This month, we will be finishing up our musical lesson over Shrek the Musical. This comical musical features several songs, dance features, comical scenes, and more! So far, the students have really enjoyed this musical.

You have also probably heard a lot about QuaverEd from your student. QuaverEd is the curriculum that was introduced to SFT this school year. This is a very interactive music curriculum with opportunities for composition, music history, music theory, genres, and more! Each student is provided with their own QuaverEd account that they can personalize! So much fun!!

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





# Upcoming Performances

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

- 5th Grade Call Time 5:10pm
- 6th Grade Call Time 5:30pm
- 7th Grade Call Time 5:40pm
- 8th Grade Call Time 5:50pm
- Jazz Band Call Time 6:15pm
- HS Band Call Time 6:30pm

# Band Announcements

We are wrapping up this school year very quickly! We would love for you to come support and celebrate all of these amazing kids hard work! Our end of the year concert is Friday May 9th and all grade levels will be performing! We will also have hotdogs, chips, and water provided by our band booster board members for everyone to enjoy!

Thank you again for supporting the SFT band program!



# ATHLETICS & ACTIVITIES

## MAY 2025

Spring sports season is in full swing! SFT hosted our home golf tournament at Lamont Hill on April 17. All JH golfers got to experience a competition at this meet through either individual formatting or scramble play. Our JH Track team will wrap up their season by hosting the MS League meet at SFTHS on May 8, beginning at 10am.

We will again hold JH Summer weights at CAC this summer. Weight sessions will be 7am to 8am Monday through Thursday, beginning after Memorial Day.

## UPCOMING EVENTS

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

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

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

May 13 - CAC Field Day

May 27 - 1st day of Summer weights @ CAC

By: Austin Hershberger

## STUDENT SPOTLIGHT



Donovan Trump, 7th

Weights/Mr. Duncan

Derrick Henry

Football

Timberwolves  
& Chiefs

Scoring my first  
points in basketball

Wings/Texas Roadhouse

The Timberwolves  
are going to win the  
Finals



Miley Brooks, 8th

Favorite  
Class/Teacher

Role Model

Favorite Sport

Favorite Team

Favorite JH  
Sports Memory

Favorite  
Food/Restraunt

Hot Take

Social Studies/Ms. Van  
Aalst

Mom

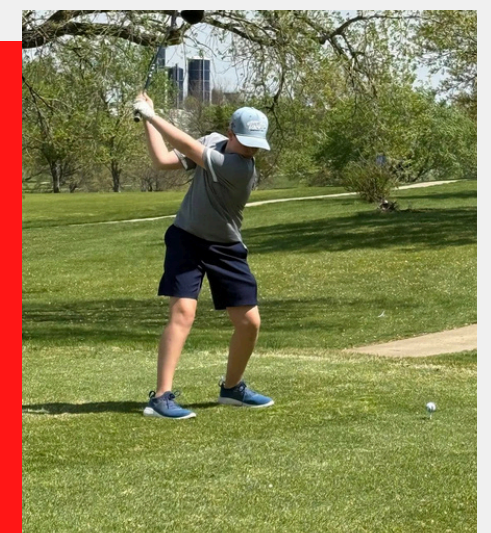
Track

KU

Winning 7th Grade  
League Volleyball

Chicken Alfredo/Texas  
Roadhouse

Socks and sandals  
are fashionable



# ***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.

The students have been working on following a video to complete specific skill tasks, so they can pause and do the new skill or rewind if they don't understand. The skills involve typing, formatting text's size, style and color and inserting images and adding borders. They also are learning about headers and footers on a google document. Students have also created a stop motion animation project using google slides along with using AI in an autodraw.com website.

## **6th Grade**

The students are continuing to learn 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.

The class will be using google sheets to create their own wordsearch with digital citizenship vocabulary along with participating in a jeopardy game to reinforce the facts about how to live in a digital world safely.

## **May**



## **7th/8th Grade**

This semester's combo class of 7th and 8th graders will end their semester with a financial literacy unit. The students will be introduced to vocabulary words, create a dream board digital slide show, along with using a simulation program called Banzai.org. They will run a lemonade stand and also have 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 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.



# PE & WEIGHTS

**MAY 13TH**

## GRADES 4-6 FIELD DAY SCHEDULE

9:00 - 9:20 - Team Sports (Floor Hockey/3 on 3 Basketball / Volleyball) (GYM) (Gregoire- Hayes)

9:25 - 9:45- Team Running (Relay Races/ Sack Races/3 Legged) (Adams)

9:50 - 10:10- Specialty Skills (Flag Football/ Home Run Derby/) (Ashlock/Prost)

10:15 - 10:35- Country Club (SNAG Golf/ Soccer) (Gates/Rhoades)

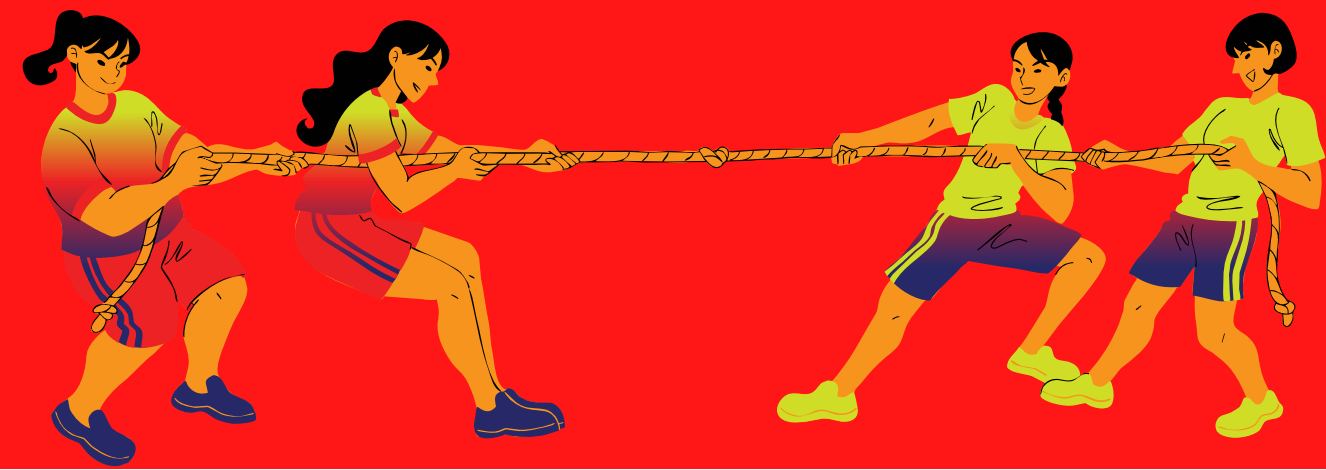
10:40 - 11:00 - Tailgate Games (Cornhole/Spike Ball/Frisbee Golf) (Swanson/Vandevord)

11:05 - 11:25- Tag Games (Sharks and Minnows/ Survivor) (Lattimer/Washington)

\*\*\* This is a rotation, 2 Classes Each- Every class will get every event. Rotate Down- Bottom Row goes up

\*\*\* We will be on practice football field/ playground/ gym

11:30 - 12:25 Burgers/ Hot Dog Lunch





# *May News for FBLA*

Hello FBLA Families,

We're excited to share some incredible news from our recent adventures at the Kansas FBLA State Leadership Conference! After a strong showing at state, eight of our outstanding students have qualified to compete at the National Leadership Conference in Anaheim, California this June!

🎉 Congratulations to our 2025 National Qualifiers:

- Emily Huffman (returning national qualifier)
- Andrew Lyda (returning national qualifier)
- Carson Bernhardt
- Ella Lacey
- Daphne Roney
- Colton Anderson
- Karli DaPrato
- Jacob Combes

These students worked incredibly hard, and their dedication has paid off! Nationals will be an unforgettable opportunity filled with leadership workshops, competitions, networking, and memories that will last a lifetime.

We've already begun preparing for fundraising efforts to help support the costs of travel and other expenses. We truly appreciate the continued encouragement and involvement from our FBLA community.

💙 A Huge Thank You to the SFT Board of Education

We are beyond grateful for the generous \$600 donation per student made by the SFT Board of Education. Their support covered registration and hotel costs for each national qualifier, helping us get off to a fantastic start!

Stay tuned for more updates soon—we'll be sharing information about upcoming fundraisers and ways you can support our amazing students on their road to Nationals!

With appreciation,  
Mr. Colvin & Mrs. Colvin  
CAC FBLA Sponsors



A yellow sunburst graphic with several rays of varying lengths and thicknesses, positioned on the left side of the slide.

# MENTAL HEALTH MINUTE

As the school year wraps up, it's the perfect time for reflection, celebration, and looking ahead. This year brought new challenges and milestones for all students. Whether your child mastered a new subject, made new friends, or reached academic goals, each success deserves recognition. Take a moment to reflect with your child on how far they have come this school year. These conversations help build confidence and reinforce a growth mindset. The upcoming summer break is a great opportunity to relax and recharge, but is also important to maintain some structure and positive habits. Here are some ideas to help your child this summer.

- Encourage reading – visit the local library or create a family reading challenge
- Foster connection – summer is a great time to strengthen friendships and family bonds.
- Goal setting – Help your child set personal goals or try something new, such as volunteering or learning a new skill or hobby
- Limit screen time – encourage a healthy balance of electronics and other activities, including playing games or spending time outside.

# SFT JH SUMMER WEIGHTS



MAY 27 - JULY 24  
MONDAYS - THURSDAYS  
7:00 - 8:00 AM  
CAC

NO WEIGHTS  
JUNE 30TH - JULY 6TH

## INCENTIVES TO ATTEND

KICK OFF PARTY - Join us for breakfast and fun following the first day of weights

GATORADE THURSDAYS - If you attend all four days, you'll get a free Gatorade and snack on Thursdays each week.

SFT Weights T-Shirt for those who attend 70% or more of the days

\$10 Casey's Gift Card for male and female athlete of the month for June and July

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**Weights builds strength, develops healthy habits, and improves team relationships.**

Questions? E-Mail [jlewis@usd434.us](mailto:jlewis@usd434.us)