

January 2026

# The Charger

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## Welcome Back: A look back at the 1st Semester!

Happy New Year and welcome to the start of the second semester! As we open our doors for the second half of the school year, it's the perfect time to look back at the incredible momentum we built during the fall. Our students, staff, and community truly made the first semester one to remember.

Here are a few highlights of what we've achieved together so far:

### Athletics Success!

Our athletic programs have been nothing short of dominant. A huge congratulations to our **Girls Volleyball, Girls Basketball, and Girls Wrestling teams**, all of whom brought home **League Tournament Championships!** Beyond the trophies, we are incredibly proud of the culture of participation we've built; currently, **over 80% of our 7th and 8th graders** are involved in at least one extracurricular activity or sport.

### Academic Excellence

In the classroom, our students are showing that hard work pays off. Mid-year data shows that our students continue to make **significant gains in both Reading and Math.** Our teachers and students have stayed focused on growth, and that dedication is reflected in the progress we are seeing across all grade levels.

### Award-Winning Arts

The sounds of success have filled our halls thanks to our talented Fine Arts department. Both **Band and Choir** delivered outstanding winter performances. We are also proud to announce that several of our musicians and vocalists earned prestigious spots in **District Honor groups**, representing our school at the highest level.

### Community Connections

This past semester, we were honored to host a moving **Veterans Day Assembly** and a joyful **Thanksgiving Lunch.** Our 4th and 5th grade students also loved being part of the local tradition by participating in the **Halloween Parade** downtown. Seeing our students engage with our neighbors is always a highlight of the year.

### Looking Ahead

We are hitting the ground running this January with new goals, new seasons, and new opportunities for our students to shine. Thank you for your continued support in making our school such a vibrant place to learn and grow.

**Let's make the second semester even better than the first!**

# Nursing News ...

**As we return from a restful winter break and continue the trek through winter, we want to take a moment to share some important information to help keep our students, staff, and families healthy.**

**Our focus this month is on the importance of sleep and how it impacts the lives of our students. Science has proven that good sleep is essential to overall well-being, growth and the ability to learn. A few things to consider that will contribute to a good night's sleep are keeping a consistent bedtime routine, exercise regularly, avoid caffeine and sugar in the evening, keep screens out of bedrooms or turn off 1 hour prior to bedtime.**

**Sleep recommendations according to Psychologist Deirdre Paulson of Family Medicine in Eau Claire WI, ages 6-12 years old need 9-12 hours/night and ages 13-18 years old need 8-10 hours/night. For most adults ages 18-60 it is recommended to get 7-9 hours. This is optimal. Sleep repairs and strengthens our immune systems, balances hormones and lowers the incidence of illness.**

**Thank you for your support in keeping our school community healthy this season. Sweet dreams!**

## **Interventions Update**

**Kaytee Deines**

**Welcome back from Winter Break! We hope all of our students and families enjoyed a restful and joyful holiday season. As we begin the second half of the school year, we are excited to continue supporting student growth in reading across grades 4–8.**

**Before Winter Break, students completed Winter FastBridge assessments. These results have helped us carefully review student progress and identify specific learning needs. Based on this data, new intervention groups have been formed in all grade levels and will begin this week. Each intervention group is designed to target key literacy skills, including phonics, reading fluency, comprehension, and skill application. Groups are flexible and data-driven, allowing instruction to be focused, intentional, and responsive to student growth.**

**Our goal is to provide students with the targeted support they need to build confidence, strengthen foundational skills, and continue making meaningful academic progress. We look forward to a productive and successful second semester working alongside students, teachers, and families!**

## **StuCo News**

*by Tiffany Burget*

StuCo finished the semester strong. They sponsored our annual Christmas Spirit Week. The students got together and brain stormed ideas for each day and then as a group narrowed it down to the top 5. They also made posters that were displayed around the school so that all students were made aware of what each day was.

## **KAY News**

*by Preston Fordham*

In December, KAY sold candy canes to the student body and staff members of CAC. All proceeds were donated to the Topeka Rescue Mission.

January 2026 | by Kara Holbert

# CHOIR & MUSIC ANNOUNCEMENTS

We are very excited to have a new group of 6<sup>th</sup> graders trying Choir for the first time this semester! Students in 6<sup>th</sup> Grade Choir will be learning how to read Choral Music this semester, preparing for a performance towards the end of April! Syllabi for this class were sent home the first week of the semester.

Students in 7<sup>th</sup> and 8<sup>th</sup> Grade Choir had lots of fun performing in our Christmas Sing right before Winter Break! We are now preparing music for our Combined Concert with the High School Choirs in March.

5<sup>th</sup> Graders will start preparing for their program later this month. "Lights! Camera! Action!" will perform on April 1<sup>st</sup> @ CAC.

## Upcoming Performances:

- March 10th @ 7pm - JH/HS Spring Choir Concert @ SFTHS
- April 1<sup>st</sup> @ 7pm - 5<sup>th</sup> Grade Program @ CAC
- April 20<sup>th</sup> @ 7pm - 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> Grade Spring Concert @ CAC

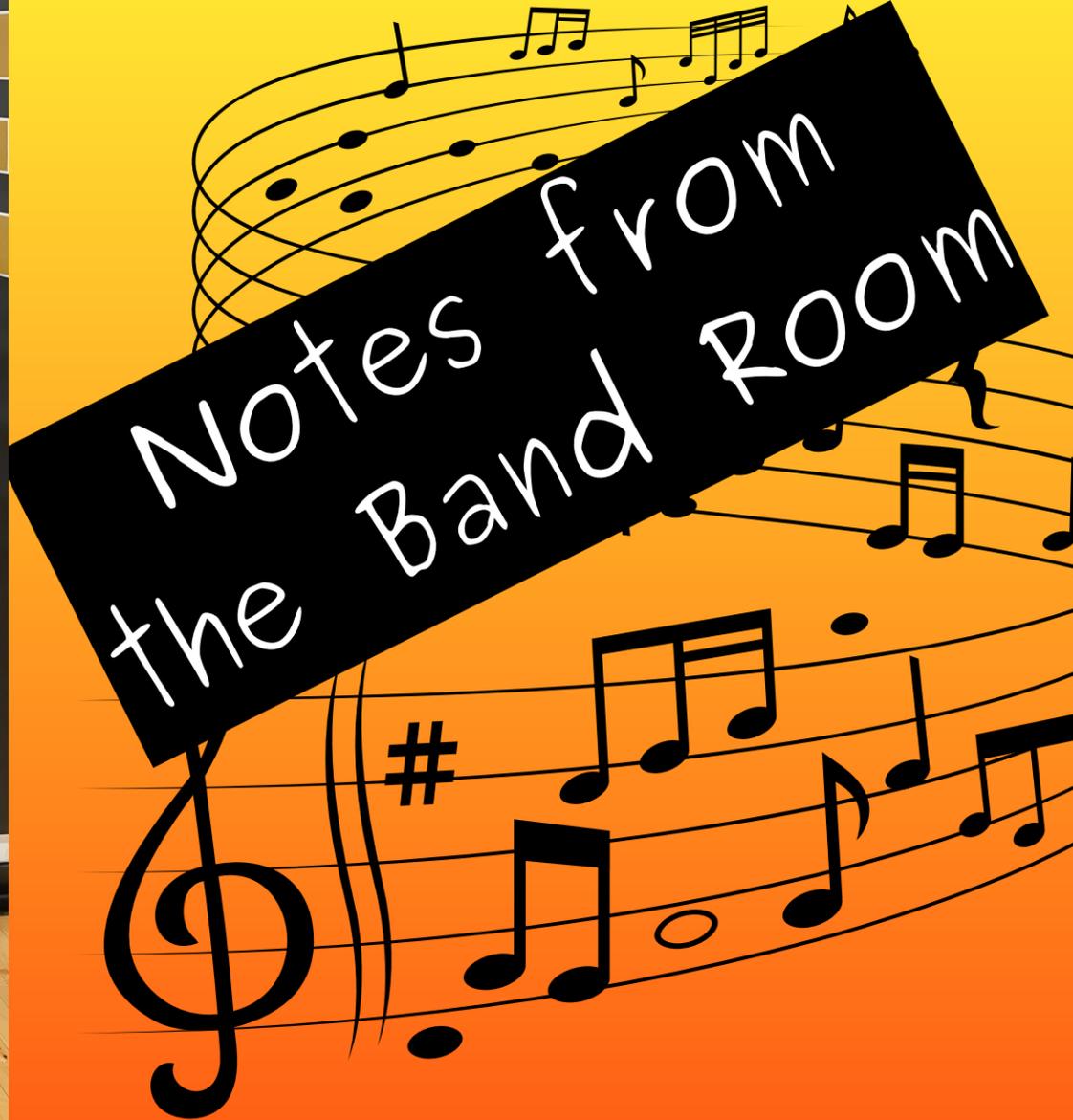




Upcoming Performances:

Junior High League Band 03/02 @  
Osawatomie. Time TBD

5-12 Band Concert 05/08 @ HS Gym  
5:30



The CAC bands had a very successful round of Christmas concerts. We had three 8th graders perform in the ECKMEA Honor Band. This is a band made up of nominated JH band members from all schools in Osage, Franklin, Miami, and Johnson counties. Congratulations again and wonderful performance Brian Bowles, Elin Staab, and Presley Abernathy! All the Tuba and Euphonium players got to travel to Kansas City to participate in Tuba Christmas. They spent their day playing Christmas songs with over 400 Tuba/Euphonium players!"

# *Technology Classes*

**January**

## **4TH AND 5<sup>TH</sup> GRADE TECH**

The 1<sup>st</sup> semester ended with 4<sup>th</sup> Grade, Mrs. Wagner and Mrs. Gregoire's classes and 5<sup>th</sup> grade, Ms. Gist and Mrs. Gates' classes.

The tech classes for 4<sup>th</sup> and 5<sup>th</sup> grade continued to focus on their typing skills along with creating a winter themed stop motion animation project using google slides.

## **6TH GRADE TECH**

The 2<sup>nd</sup> Quarter's 6<sup>th</sup> grade tech class continued to focus on digital citizenship skills as they learn new vocabulary and how to make positive decisions in their digital world. They use a simulation website called Banzai along with working on their typing skills.

The students enjoyed learning more about Ai and were very creative when they compared 2 Ai image design programs.



## **7TH & 8<sup>TH</sup> GRADE TECH**

These semester classes ended with a financial literacy unit that students took part in a variety of simulations that dealt with budgeting their money and having to make decisions that dealt with real life situations.

Students participated in a shopping spree activity as they had to follow a budget and guidelines along with learning how to write checks and keep a check register.

# PE & WEIGHTS

## Weights

Weights class will be kicking off the new year reviewing Locomotor skills, and learning fundamentals of power and olympic weight lifting movements. emphasizing safety and techniques to spotting. With warmer weather around the corner bike riding unit will be coming up as well.

## What's Happening This New Year In SFT PE and Weights?



## PE

PE is back for second semester with a strong focus on team sports, Individual sports and teamwork, with activities such as golf, frisbee golf, and field day coming up Students will continue to alternate weights and PE class every other day.



A decorative graphic on the left side of the page, consisting of several yellow brushstroke-like lines of varying lengths and orientations, radiating from the top left towards the center.

# MENTAL HEALTH MINUTE

The midpoint of the school year is the perfect time for students to hit the "reset" button, reflect on their growth, and set intentions for the semester ahead. Returning from a long break can sometimes feel overwhelming. To help your child transition smoothly back into the classroom routine, consider focusing on these three areas:

- **Routine Reboot:** Winter mornings can be tough! Re-establishing consistent sleep schedules and morning routines helps students arrive at school feeling regulated and ready to learn.
- **The Power of Yet:** If your child struggled with a subject in the first semester, remind them of the growth mindset: *"I haven't mastered this **yet**."* January is a clean slate to try new strategies.
- **Social-Emotional Check-ins:** Middle school friendships can shift during the winter months. Remind your child that it's okay for friend groups to evolve and that "kindness is a choice" even when social dynamics get complicated.

# ATHLETICS & ACTIVITIES

## JAN 2026

By: Austin Hershberger

We have just wrapped up Wrestling season at the Junior High. We had a total of 17 girls out for wrestling this season; some with years of experience in youth wrestling, and others that were new to the sport. The girls capped off the season on December 18 at the League meet in Osawatomie. The girls finished the meet at the top as League Champs! This marks the 3<sup>rd</sup> League Championship across all sports this school year. The team had 6 girls finish at the top of their bracket, 2 finish runner-up, and 4 finish 3<sup>rd</sup>.

Boys Basketball began practices at the beginning of December and are eager to face competition. The boys are coached by Jayson Duncan, Tyler Duncan and Garrett Staten this season. We have 13 7<sup>th</sup> graders and 8 8<sup>th</sup> graders out for the team.

JH Scholars Bowl practices will begin January 12. The 7<sup>th</sup> grade team will be coached by Tiffany Burget. The 8<sup>th</sup> grade team will be coached by Preston Fordham.



## STUDENT SPOTLIGHT



Vera Utley, 7th



Max Orwig, 8th

Social Studies/Mr. Fordham

Grandpa

Volleyball

KU

Going to State with Trailhands

Pasta & Taco Bell

"Science class should be optional. I like Mr. Herren though."

Favorite Class/Teacher

Role Model

Favorite Sport

Favorite Team

Favorite Sports Memory

Favorite Food/Restraunt

Hot Take

7th Grade Science/Mr. Colvin

Jesus Christ

Basketball

Golden State Warriors

Scored 31 points in an AAU game

Acai Bowls & Jersey Mike's

LeBron is the GOAT

## UPCOMING EVENTS

- Jan 8 - Boys Basketball vs Prairie View 4pm
- Jan 10 - BBB B Team Tourney @ Central Heights 9am
- Jan 12 - Boys Basketball vs Abilene 4pm
- Jan 13 - Boys Basketball vs Baldwin 4pm
- Jan 15 - Boys Basketball vs Osawatomie 4pm
- Jan 20 - Boys Basketball @ Wellsville 4pm
- Jan 22 - Boys Basketball @ Prairie View 4pm
- Jan 26 - Boys Basketball @ Anderson County 4pm
- Jan 29 - Boys Basketball vs Wellsville 4pm
- Jan 29 - Scholars Bowl @ Iola 4pm
- Feb 2 - Boys Basketball @ Osawatomie 4pm
- Feb 3 - Scholars Bowl @ Burlington 4pm
- Feb 5 - Boys Basketball vs Iola 4pm
- Feb 9 - Boys Basketball vs Anderson County 4pm
- Feb 12 - Boys Basketball vs Burlington 4pm
- Feb 19 - Boys Basketball @ Iola 4pm
- Feb 19 - Scholars Bowl HOME @ CAC 4pm





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