

**March 2026**

# The Charger

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## Springing Into Success: A Busy Season Ahead

As the days grow longer and the temperatures begin to warm up, the energy at our school is shifting. We are officially entering the "Spring Sprint"—that exciting, whirlwind time of year where the calendar fills up and the finish line for the school year comes into view.

### The Great Balancing Act

With the arrival of spring comes the return of some of my favorite sports. Ball practice, track meets, and golf matches are all kicking into high gear. While we love seeing our students stay active and build teamwork skills on the field or the green, we know that these extra activities add a layer of complexity to the daily routine.

As we push into the final quarter, the stakes in the classroom remain high. March is a pivotal month as we focus on preparing every student for their State Assessments in April. Our goal is to ensure they feel confident, prepared, and ready to show off everything they've learned this year. See the flyer on the next page to see how you can help CAC provide some energy as our students work hard in April on State Assessments.

### Preparing for the Next Leap

For our 8th graders, the excitement is twofold. Not only are we preparing for Promotion in May, but we are also getting them ready to officially become High School Chargers! We want to make sure they finish their time here strong so they can hit the ground running at SFTHS. You should have already been getting e-mails from the 8<sup>th</sup> grade teachers about promotion in May. If you have not please reach out and let us know so we can make sure we have the correct contact information.

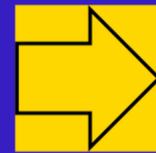
### Tips for a Strong Finish

We know that success is a team effort between school and home. To help your student navigate the busy weeks ahead, we suggest focusing on these "Spring Essentials":

- **Prioritize Rest:** With later practices and games, it's easy for bedtimes to slide. A well-rested brain is essential for staying focused during those important March lessons.
- **Fuel for Performance:** Ensure students are starting their day with a solid breakfast. They need energy for both the morning math review and the afternoon practice.
- **The "Final Quarter" Mindset:** Remind students that while summer is close, the learning isn't over. This is the time to solidify the skills they've worked on all year.

We are so proud of our students' hard work, both in their uniforms and at their desks. Let's work together to make this final stretch the best one yet!

# Donations Needed: Help Fuel Our Students' Success



Your monetary contributions will provide essential snacks during our state assessments.



Drop off cash or checks in the office or send them with your student to school. Donations due by March 12. Any amount helps!

Thank you for your support! - CAC Staff and Students

# Nursing News ...

**March is National Nutrition Month. Healthy eating accompanied by physical activity is our focus this month. Here are a few ideas for a healthier mind and body.**

- Encourage breakfast. Growing kids need fueled up after they wake up. Science shows that breakfast boosts brainpower. Food is fuel for your brain and body.
- Encourage and offer smart food choices. Set an example of good nutrition.
- Encourage kids to be involved in meal planning and preparation; create a meal/snack routine.
- Encourage active living. Physical activity promotes health and well-being. Get outdoors.

**The World Health Organization reports the benefits of physical activity are:**

- Improved physical fitness and reduced body fat
- Improved cardiac and metabolic health
- Improved bone health
- Improved mental health
- Physical inactivity and sedentary behaviors result in poor health outcomes.

**As we spring into the next season, thank you for your support in keeping our school community healthy. Wishing you good health as March roars in.**

## FBLA

### Kaytee Deines

Hello, Middle School Families!

SFTJH FBLA competed at Districts at Washburn University on Wednesday January 28. We took 22 students to compete in a variety of events from objective tests, public speaking, and team/individual presentations. Barrett Smith placed 2<sup>nd</sup> in public speaking, Jacob Combes placed 4<sup>th</sup> in career explorations, Sebastian Gruebler placed 2<sup>nd</sup> in exploring economics, Noah Hedgepath placed 3<sup>rd</sup> in exploring economics, Karli DaPrato placed 3<sup>rd</sup> in exploring FBLA, Andrew Baughman placed 1<sup>st</sup> in exploring leadership, Nate Baughman placed 4<sup>th</sup> in exploring personal finance, Allie Masters placed 3<sup>rd</sup> in exploring professionalism, and Deni Roney placed 4<sup>th</sup> in exploring professionalism. SFTJH FBLA is currently preparing to attend the State FBLA competition on Monday March 30. Any student who competes at State and places in the top 4 will move on to the National Competition this summer in San Antonio, Texas. Good luck, Chargers!



## StuCo News

*by Tiffany Burget*

StuCo has not been able to have a meeting yet this semester. However, they are still running their vending machine in order to raise money for each class for their fourth quarter reward trips.

## KAY News

*by Preston Fordham*

KAY members attended Unit Conference in Holton, Kansas on February 16, 2026. Here, students collaborated with students from other schools and brought back ideas back to the school as to how they can give back to the community.



Junior High KAY club pictured on the right.

High School and Junior High KAY club pictured together on the left.

March 2026 | by Kara Holbert

# CHOIR & MUSIC ANNOUNCEMENTS

6<sup>th</sup> Graders in Choir have been hard at work, learning lots of new music to perform at their concert combined with the JH Choir next month. We can't want to showcase their hard work!

Students in 7<sup>th</sup> and 8<sup>th</sup> Grade Choir have been busy preparing the music that they will showcase later this month our Combined Concert with the High School Choirs on March 10th.

5<sup>th</sup> Graders have are also doing lots of hard work, preparing for their program later this semester. "Lights! Camera! Action!" will perform on April 1<sup>st</sup> @ CAC. Paper Flyers for the program were sent home at the beginning of the month!

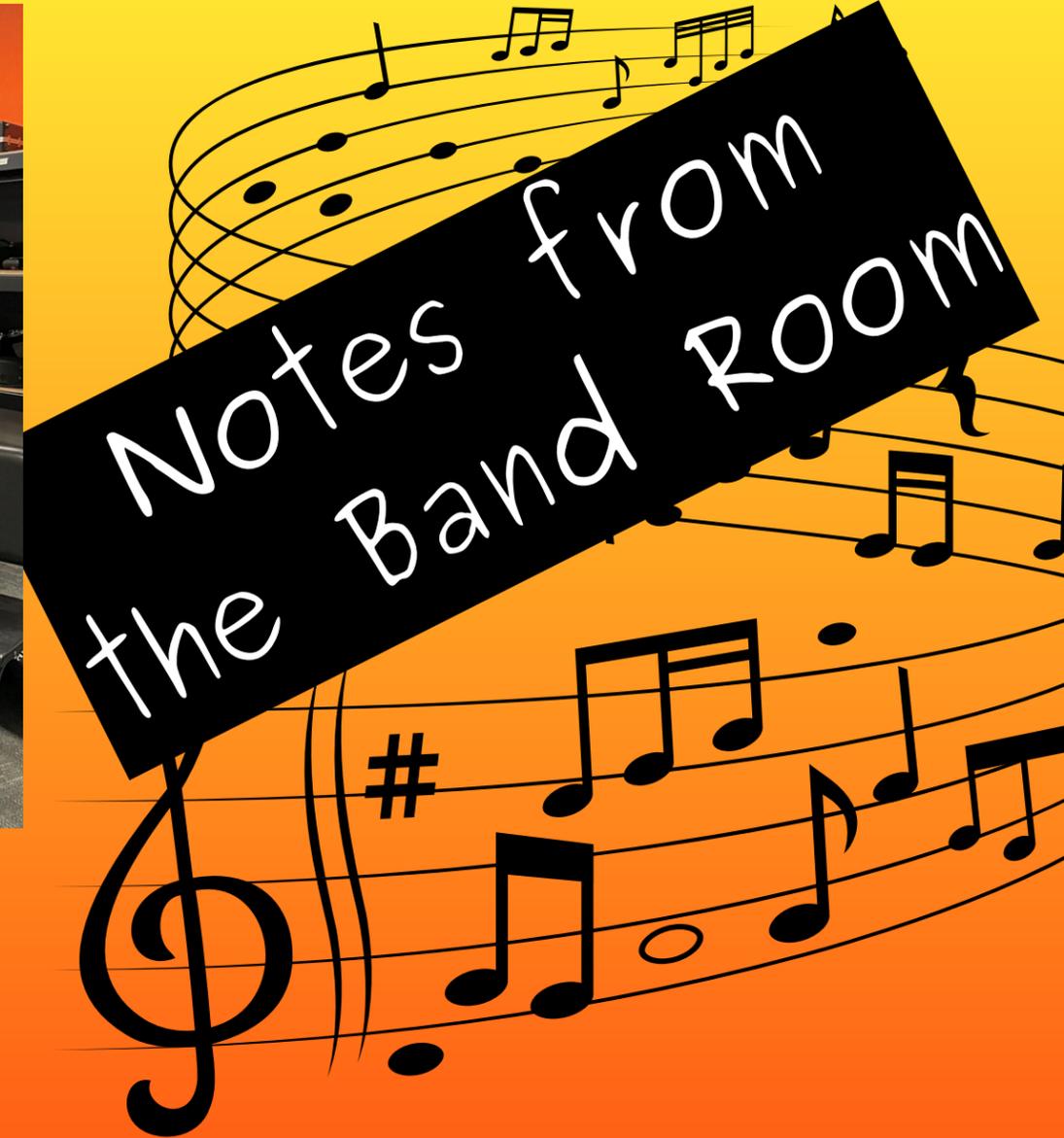
## Upcoming Performances:

- 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



# **Congratulations**

to 7th grader Allison Huffman for her selection and participation in the KCDA All-State Middle Level Treble Honor Choir! We are so proud to have her representing us on the state stage—way to go, Allison!



Notes from  
the Band Room

Upcoming Performances:  
Junior High League Band 03/02 @  
Osawatomie. Time 7 pm  
5-12 Band Concert 05/08 @ HS Gym  
5:30

The 7<sup>th</sup> and 8<sup>th</sup> graders have started preparing our music for the Junior High League Band coming up on March 2<sup>nd</sup>. This event will have all the schools that are in our league perform a song then combine to make one massive band. The bands have been working hard on this performance, with some extra combined rehearsals at the end of the day. The 5<sup>th</sup> and 6<sup>th</sup> graders have started looking ahead to their concert in May. This is where all the bands in the district will get a chance to perform.

# Technology Classes

## 4TH AND 5TH GRADE TECH

The 3<sup>rd</sup> Nine week tech classes are 4<sup>th</sup> grade Mrs. Hayes and Ms. Kunsch and the 5th grade has tech every 3rd day.

Students created a winter shape design project where they had to use only shapes to create a winter scene.

Students learned skills such as Ctrl D, grouping shapes to make one image along with using their creativity and critical thinking skills to take their ideas and decide which shapes would be the best to complete their design. Students also explored Ai with gemini and canva as they created images based on a few descriptive prompts. Students are also continuing to work on their typing skills and are encouraged to slow down and use fingers on home row every time they are in front of the keyboard.

## 6TH GRADE TECH

The 3rd Quarter's 6<sup>th</sup> grade tech class continues 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. Students are also using google docs to create tables to organize their vocabulary and definitions of the topics of cyberbullying, spyware, malware, and internet safety. Students enjoyed playing blookey, bingo, debate carousel, aka Change My Mind and a dice game called Roll it, Win it!. All of these learning strategies helps reinforce vocabulary and making good decisions about their digital world interactions.

## March



## 7TH TECH

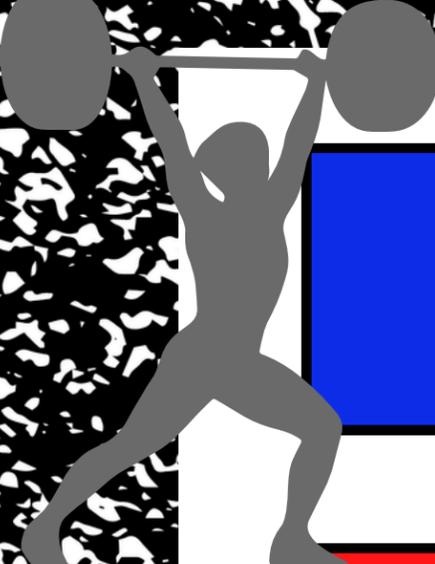
The 2<sup>nd</sup> semester 7<sup>th</sup> grade classes are working on a variety of tech topics, such as Ai, google docs with advanced skills and they started learning about spreadsheets with google sheets and creating basic formulas.

They will continue to work on their typing skills on Tuesdays and Thursdays along with their independent projects such as 3D pens, 3D design and printing, photo editing, cricut, etc.

## 8TH GRADE TECH INNOVATIONS

This 2<sup>nd</sup> semester's 8<sup>th</sup> grade class is dealing with innovative tech skills. The students will work with a partner on many projects and learn through tutorials on the new skills.

The students have completed projects on stop motion animation, home designs, avatars, emailing, coding and canva. With canva they created Valentine bookmarks with Valentine Techie Puns and they also created Valentine cards. The bookmarks were given to Carbondale's Public Library and the Valentine cards were given to the Overbook Nursing Home.



# PE & WEIGHTS NEWSLETTER

## LYRIC ROBERTS

1. Basketball
2. Track
3. "Definetly PE"
4. "Staten would, Sorry Dunc"

## QUESTIONS

1. **Basketball or Wrestling?**
2. **Track or Golf?**
3. **PE or Weights?**
4. **Who would win in a wrestling match Duncan or Staten?**

## RAYA DOUBLEBOUR

1. Wrestling "I hate Basketball"
2. Track
3. "PE way more fun"
4. "Staten, Why is that even a question"

## HIGHLIGHTS

PE concluded 2 week racket sports unit, competeing in Pickle ball, and Badmiton, and Balloon Badmiton with younger classes.

## HIGHLIGHTS

First Max Week of the semster is concluded. Students competed in movements such as Bench Press, Back Squat, Push Ups, Pull Ups, Broad Jump, Short Shuttle, and DB deadlift for Reps.



A decorative graphic on the left side of the page consisting of several yellow brushstrokes of varying lengths and directions, radiating from the top left towards the center.

# 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.

- **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.
- **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.
- **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!

# ART ROOM



## March is Youth Art Month

Congratulations to Rosie Kramer. Her art titled, “Mini Shenanigans,” was chosen to represent CAC at the YAM art show at the Topeka Public Library. It will be on display now thru March 28.

# ATHLETICS & ACTIVITIES

## MAR 2026

Our Junior High Boys Basketball teams recently wrapped up their seasons at the Pioneer League Tournament on Saturday, February 21. The 8<sup>th</sup> grade team competed in the round-robin bracket of the tournament as the #6 seed. SFT lost the first round game to a tough Osawatomie squad, and were beat at the buzzer in their second game by Anderson County. 8<sup>th</sup> grade finished the season with a 3-11 League record. 7<sup>th</sup> grade entered the tournament as the #2 seed and beat Wellsville in the first round. The Chargers then faced an unbeaten Burlington team in the Championship game. SFT gave them a run for their money, but came up just short in the end losing 39-31. 7<sup>th</sup> grade finished the season with an 11-3 League record. Both groups showed tremendous growth over the season, both in terms of individual skill sets as well as as a cohesive unit. Great season, Chargers!

Spring Sports practices will begin at the Junior High on March 23 when we return from Spring Break. There will be a track equipment checkout on March 12 from 3:30 to 5:30 at CAC. The track parent meeting will be held at 5:30 on March 12 following the equipment checkout. Golf will practice at CAC on March 23 after school. The golf parent meeting will be held at CAC at 5:30 on the 23<sup>rd</sup>.

## UPCOMING EVENTS

- Mar 2 - League Band @ Osawatomie
- Mar 3 - League Scholars Bowl @ Wellsville
- Mar 11 - JH/HS Choir Concert @ HS Auditorium
- Mar 12 - Track Equipment Check Out 3:30-5:30
- Mar 12 - Track Parent Meeting @ CAC 5:30
- Mar 16 - 20 - Spring Break
- Mar 23 - 1<sup>st</sup> Day of Spring Sports Practice
- Mar 23 - Golf Parent Meeting @ CAC 5:30
- April 7 - JH Track Meet w/ Oz & Wv @ SFTHS 3:30p
- April 8 - Golf @ Iola 2:30p
- April 14 - JH Track Inv. @ SFTHS 2p
- April 16 - Golf Home Meet @ Lamont Hill 2:30p

By: Austin Hershberger

## STUDENT SPOTLIGHT



Adelyn Schmale, 7th

PE & Mrs. Swanson

Karlyn Pickens

Softball

Tennessee Lady Vols Softball

Placing at State Wrestling

Chicken Tenders & Texas Roadhouse

Breakfast is better at night



Jacob Combes, 8th

I don't have a favorite. All my teachers are great! Math & Art

My Mom

Swim

I don't have one

Winning two 1<sup>st</sup> place medals at Swim Finals

Chicken Alfredo & Olive Garden

There should be more severe penalties for poachers

**Favorite Class/Teacher**

**Role Model**

**Favorite Sport**

**Favorite Team**

**Favorite Sports Memory**

**Favorite Food/Restaurant**

**Hot Take**





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