

May 2026

The Charger

Mike Maloun, Principal
Austin Hershberger,
AP/AD

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As the hallways begin to quiet and the final bell of the year approaches, I want to take a moment to reflect on the past year. This year has been defined by learning, as I got to know the SFT students and community. We have had some great successes this year in the classroom, and on the stage and field! It has continued this spring as our track team continues to break school records and some good news about our State Assessment Scores!

State Assessment Scores: Celebrating Our Growth

I am happy to announce that the State Assessment scores have been released! Our preliminary review shows a positive trend: our overall scores continue to grow across all subject areas. We are especially proud of the individual growth many of our students made this year—it is a true testament to their hard work and the dedication of our teaching staff.

Keep an eye out: Information will be sent out via e-mail on how you can access your student's scores. Please review these with your child to celebrate their milestones and identify goals for the coming year.

8th Grade Promotion: The Next Chapter

It is an exciting time as we prepare to say goodbye to our 8th-grade class. It is time for them to take flight toward their next big adventure.

- **Date:** Friday, May 15th 7:00 pm
- **Location** SFTHS
- **Significance:** This ceremony marks the end of their middle school journey and the official start of their new chapter at SFTHS.

Important Year-End Reminders

- **Library Books & Textbooks:** Please ensure all school materials are returned to avoid lost item fees.
- **Lost & Found:** Our collection is overflowing! Please have your student check the bin for any missing jackets or lunchboxes before the final day.
- **Summer Break:** School will officially dismiss for the summer on May 19th
- **Watch your e-mails** this summer for information on next year's classes and schedule, once that is set I will let you know when students can log into Powerschool to see their schedule and teachers.

Thank you for a wonderful year. We wish all of our families a safe, restful, and sun-filled summer break.

The most common complaint resulting in a visit to the school nurse is “headache.” April showers bring more than just May flowers. Spring is unofficially “headache season.” Rather than defaulting to medications such as Tylenol and Ibuprofen for relief, here are a few other remedies focused on prevention. If you suffer from daily headaches in the spring, consider these things:

- Hydration-ensure adequate water intake.
- Adequate sleep with regular sleep routine.
- Well-balanced diet-eat fresh seasonal foods daily,
- Limit junk food Decrease caffeine intake-limit or avoid soda and energy drink.
- Consider routine eye exams to monitor for eye strain.
- Limit screen time or take frequent breaks when possible.
- Identify triggers such as allergies, diet, lack of sleep and stress.

Migraine vs Tension Headaches:

- Migraine headaches can start in childhood. They can be hereditary. This type of headache is described as intense, throbbing/pulsing pain, accompanied by nausea and sensitivity to light and sound. Triggered by neurological factors, hormones, certain foods or environment.
- Tension headaches are often described as mild to moderate dull, aching pain. Often these headaches are triggered by stress, skipping meals, dehydration, eye strain, inadequate sleep or environmental factors.

Seasonal headache triggers:

- Changes in weather/Barometric pressure-drops in pressure before a storm can trigger migraines.
- Temperature-drastic outdoor temperature changes can initiate headaches.
- Seasonal Allergies-treated with antihistamines and nasal saline sprays.

Happy May Day! Showers, flowers and headaches seem to go together for a lot of us during the Spring. Wishing you a safe, fun-filled and headache free summer!

Stephanie RN

FBLA - Kaytee Deines

Huge congratulations to our FBLA chapter for being named the largest in the state! We’ve qualified a record-breaking number of students for the National Leadership Conference. Cheers to our 2026 National Qualifiers:

- **Karli DaPrato** - 1st place, Career Research
- **Deni Roney** - 2nd place, Career Research; 1st place, Exploring FBLA
- **Andrew Baughman, Nate Baughman, and Colton Anderson** - 1st place, Exploring Website Design
- **Waylon Masters, Max Orwig, Jonah Ramsdell** - 3rd place, exploring business issues
- **Caleb Goltz** - 1st place, Exploring Customer Service
- **Jacob Combes** - 4th place, Career Exploration; 3rd place, Exploring Parliamentary Procedure; 4th place, Exploring Personal Finance
- **Levi Smith** - 1st place, Digital Citizenship
- **Nate Baughman** - 2nd place, Exploring Accounting and Finance
- **Colton Anderson** - 1st place, Exploring Computer Science; 2nd place, Exploring Marketing Concepts; 2nd place, Exploring Technology
- **Andrew Baughman** - 2nd place, Exploring Computer Science; 3rd place, Exploring Personal Finance
- **Marlee Saric** - 4th place, Exploring FBLA
- **Jonah Ramsdell** - 4th place, Exploring Parliamentary Procedure

Congratulations to all the students who excelled at the State FBLA conference and secured their spots for Nationals in San Antonio this summer!



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StuCo News

by Tiffany Burget

StuCo had their last meeting of the year. We celebrated the work we put in with some snacks and discussed changes for next year. Next year, StuCo will be sponsored by Sarah Van Aalst. It has been a privilege to hold this position over the last few years but I know that I am leaving it in good hands.

KAY News

by Preston Fordham

KAY has had a quiet March, but is preparing for the end of the school year and beyond. Please see the pamphlet to the right with more information about KAY Leadership Camp; an opportunity for all KAY members to participate in this summer.

Let Mr. Fordham know if you have any questions via email: pfordham@usd434.us

KAY LEADERSHIP CAMP 2026

**1168 KS-157
JUNCTION CITY KS
66441**

**JULY 27-31
2026**

**PROVIDED BY THE 2026
KAY AREA PRESIDENTS**

KLC Timeline

- Monday-
Arrival
Introduction
- Tuesday-
Staff Speakers
- Wednesday-
Fun Night
Dance
- Thursday-
Banquet
Campfire
- Friday-
Farewell

WHAT TO EXPECT

BANQUET: <ul style="list-style-type: none">Time to dress upPlanned and prepared by campersTime to recognize and thank the staff members for the amazing week	CAMPFIRE: <ul style="list-style-type: none">Native American traditionEvery color group, area president, Sarah get to make a wish for this coming yearReflection on everything we've learned at camp	FUN NIGHT: <ul style="list-style-type: none">Time to show everyone what each color group has worked onYou can coose from any of these activities: Swimming, dance, snack bar, or just hang out with friendsColor group skits!Have a picnic with your color team	<ul style="list-style-type: none">HIGH energy, bring yours!Lots of singing and dancingLong, fun packed days!Amazing mealsGetting out of your comfort zoneMaking connections with people from all over!Disconnect from electronics for a bitNew roomates = new friends!
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GENERAL SESSIONS	LEADERSHIP LABS	AREA MEETINGS
<ul style="list-style-type: none">Learn about what the day holdsHear many inspirational speechesFun energizers <p>Color Teams</p> <ul style="list-style-type: none">Create a SkitLearn how to work as a teamFind true colorsServe a meal	<ul style="list-style-type: none">Learn more about your position in your clubSwap experiences and projects <p>Laugh Love Lift</p> <ul style="list-style-type: none">Time to connect with othersService projectsPlay games	<ul style="list-style-type: none">Meet your area presidentLearn about your area projectSelect your area project <p>Creative Periods</p> <ul style="list-style-type: none">Help make a certain part of camp specialBuild TeamworkLearn time management

- Wake Up: 6:30am Bed time: 10:30pm
- Campers stay in shared cabins with roommates and about three camp staff per cabin.
- Bring sandals for showers
- Cabins are a short walk from activities.
- There will be nightly cabin meetings before lights out at 10:30 PM.
- Bring your bedding (twin size)
- Come ready to make new friends and great memories!
- See KLC brochure for packing list

HOUSING



All the bands have been working up their music for their final concert coming up on May 8th. Join us to see all the bands in the district play in one night. There will be music ranging from movie soundtracks to songs about fighting off dust bunnies. Concert starts with 5th Grade at 5:30, we hope to see you at the High School Gym!

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



Technology Classes

4TH AND 5TH GRADE TECH

Students are 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.

4th Graders (Wagner and Gregoire's classes, every other day) have been learning how to follow a video for instructions on google document assignments and 5th graders (classes every 3rd day) have been working on creating their own blookets that will be played by their class.

6TH GRADE TECH

The new 4th Quarter's 6th grade tech class will focus on digital citizenship skills as they learn new vocabulary and how to make positive decisions in their digital world.

Students have created a table to organize their vocabulary and definitions to a variety of digital citizenship vocabulary. Students will also continue to work on their typing skills too.

They are using a simulation website called Banzai that takes them through the topics of digital citizenship. They learn new vocabulary, have to make real life decisions and see how that affects their digital footprint.

MAY



7TH TECH

Students have been learning about the google drawing app and following instructions either through a video or written instructions.

They 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. After the students finish their independent projects they will learn how to program a robot. They also have completed a stem challenge called the notecard tower challenge.

8TH GRADE TECH INNOVATIONS

This 2nd semester's 8th 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 been working on robots. They had to assemble their robot as they are working with a partner. They are learning how to code and accomplish the task of programming their robot to follow a specific path around a track. They also have been doing a variety of STEM challenges to work together in a small group or with a partner and problem solving to accomplish the challenge.



PE & WEIGHTS NEWSLETTER

MAY 12th

CAC FIELD DAY SCHEDULE

8:45 - 8:55 Report to Starting Spot

9:00 - 9:20 - Team Sports (Obstacle course/ Volleyball) (GYM)

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

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

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

10:40 - 11:00 - Tailgate Games (Cornhole/SpikeBall/Frisbee Golf)

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

Classes will rotate, students will have their pick of activities during rotation

11:30 - 12:25 Lunch outside or in your Room

12:30 to 1:30 DodgeBall and Tug of War in the gym

1:30 to 3:15 Sports Movie

3:15 Dismissal





MENTAL HEALTH MINUTE

Mental Health Resources

- Astra Mental Health and Recovery (Formerly Family Service & Guidance)
 - 785-215-8888
- CrossWinds Counseling & Wellness
 - 620-343-2211
- Meadowlark Child Therapy
 - 785-251-3533

Food Resources

- Hope Against Hunger Inc.
 - <https://hopeagainsthungerinc.org/>

Free Family Activities

- www.visittopeka.com

ART ROOM

All 4th graders are working on an earth day project, recycling water bottles into a Dale Chihuly inspired chandelier.



Dale Chihuly

ATHLETICS & ACTIVITIES

MAY 2026

By: Austin Hershberger

Junior High Spring sports are in full swing! Golf recently hosted home events on April 16 and April 24 at Lamont Hill Golf Course. Both days turned out to be great weather, and our student-athletes represented SFT well. April 16 was a Varsity meet with Anderson County, Holton, Iola, and Wamego. SFT placed 2nd as a team. On the 24th, our beginner golfers got a taste of competition in a scramble format with Holton.

Our track team has also hosted two home meets this season. SFT hosted the first League Tri of the season with Osawatomie and Wellsville. At the first meet of the season, we had 4 new school records set!

7th Grade Boys Pole Vault:
New record - Sebastian Gruebler, 8'0", 2026

7th Grade Boys Turbo Javelin:
New record - Ryan Strother, 88'8", 2026

8th Grade Girls Turbo Javelin:
New record - Addy Daniels, 77'3", 2026

8th Grade Girls Shot Put:
New record - Addy Daniels, 35'10", 2026

UPCOMING EVENTS

April 29 - Golf @ Rolling Meadows 10:00a

April 30 - Track @ Rossville 12:30p

May 2 - Student-Athlete Sports Physical Clinic @ Kanza Park 8a-Noon

May 5 - Golf @ Wamego 10:00a

May 7 - League Track @ Anderson County 10:00a

May 8 - 5-12 Band Concert @ SFTHS 5:30p

May 19 - Last Day of School

STUDENT SPOTLIGHT



Charleigh Combes, 7th

Choir & Mr. Fordham

My Dad

Softball

KU

1st Homerun in softball

Cheese Pizza & Olive Garden

Ketchup is the worst condiment



Declan Austin, 8th

PE & Mr. Staten

My Dad

Football

Chiefs

Going to a Royals game and Mike Moustakas gave me his game worn hat

Hot Wings & Buffalo Wild Wings

OKC is overrated

Favorite Class/Teacher

Role Model

Favorite Sport

Favorite Team

Favorite Sports Memory

Favorite Food/Restraunt

Hot Take

