

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

A HOLIDAY TO REMEMBER

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The season of giving is upon all of us. Many people have completed their shopping during Black Friday or Cyber Monday. In all of the rush to get those great deals, the holidays seem to be flying by so quickly. These holidays appear to arrive so much earlier than we may remember as children. It is not unusual to see holiday decorations and displays showing up in store aisles in early October pushing through Halloween and Thanksgiving. To me, I don't feel like I can stop and enjoy each holiday because as a consumer, stores begin advertising for the next holiday so that we are forced into thinking about what we need to do to prepare for the next holiday. When I reflect on how quickly we are confronted with all of the preparations for family gatherings, office parties and celebrations in December, I am reminded that there are many families and children who must endure this longer season knowing that they may not have the money for presents or food to celebrate the season. They may not even have a place to live.

As we all prepare for the upcoming holiday, I would ask that you take a moment to think about how you will remember this holiday. Is it truly a holiday of giving and sharing? Or is it a time that we all become a little more like Charles Dicken's famous character, Ebenezer Scrooge? At Sunman-Dearborn Community Schools, our students, staff and administrators are thinking about the less fortunate and lonely people during this time of year. Many of our

schools have been collecting can goods, clothing and presents. Our teachers and students are visiting our senior citizens in nursing homes. They sing carols and prepare meals to help ease the loneliness. Our students are learning that it is important to be a happy giver. They are thinking about how they can help others. It makes me very proud as the superintendent of a great school system to know that I work with so many wonderful and caring people who are teaching students to be true humanitarians. As a community, I am also extremely blessed to know that our businesses, our churches and our families take the time to reach out and support the people in our community who truly are in need.

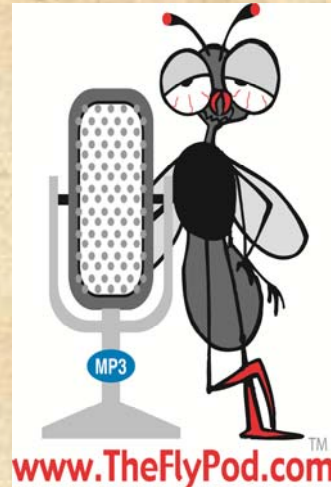
At this time of the year, I want to express how thankful I am that we still think first about others before ourselves. So as you finish your shopping, baking cookies, or celebrating this holiday season, please take just a few moments to reflect on what you have shared and given to others to make their holiday a little brighter. It will make all the difference in the world.

Season's Greetings,

Dr. Jeff Hendrix
Superintendent

DON'T MISS THE BUZZ

Each month Sunman-Dearborn Schools is featured on The FlyPod, a local entertaining yet informative media source. Superintendent Dr. Hendrix joins host Gary Puckett monthly for his "SuperChat" podcast. Enter <http://tinyurl.com/SuperChat-SDSC-3> in your address line on a new web page to hear the latest SuperChat discussing the A-F letter grades and the Master Teacher Contract.



EC DANCERS

The EC Dancers sponsored their annual Fall Mini dance camp (bottom left) for ages pre-school through 4th grade. Our turnout was awesome, and the girls learned two dance routines, received t-shirts, snacks, and became buddies with our dance team members. They performed their routines at the East Central High School Performing Arts Center on Thursday, November 8th and all did an amazing job! Special thanks goes to Coach Lisa Clark and Dance Council member Tina Gomaatt! And, of course all the little girls that came out and the EC Dancers!!



The EC Dancers performed at the Cincinnati Union Terminal (bottom right) on December 1st and will be at St. Anthony's Live Nativity on December 7th. Come out and support your school's dance team!!

The Mini's will be performing at the girls' basketball game on December 19th between games! Come out and see what they are learning!

Mrs. Herman
Dance Team Instructor



SAVE MONEY. EAT WELL.

The National Centers for Health Statistics at the Centers of Disease Control conducted a study in 2011 that showed participating in the National School Lunch Program reduced poor general health by 29%, obesity by at least 17% and not getting enough food to sustain an active, healthy lifestyle by 3.8%. Additionally, in 2010 the *Journal of Epidemiology and Community Health* found that just 1.1% of children's packed lunches meet nutritional standards for school meals. The US Department of Agriculture research indicates that children who participate in the National School Lunch Program get better nutrition compared to those who do not participate.

The National School Lunch Program provides a nutritious meal containing one-third of the recommended dietary allowance of necessary nutrients. The program offers convenience for parents by

providing a nutritionally balanced lunch at the lowest possible price. A school lunch provides whole grains, protein, milk, fruits and vegetables for only \$2.00. While a study found that the average packed lunch costs approximately \$4.57 and lacks many essential nutrients. Studies have also shown that children whose nutritional needs are met have fewer attendance and discipline problems and are more attentive in class.

If you are looking to save some money this holiday season and improve the overall well-being of your child, consider having them purchase lunch at school!

Mrs. Copenhaver
Director of Food and
Nutrition Services

"IF I COULD WRITE A LETTER TO ME"

Mrs. Barb Heller, second grade teacher at North Dearborn Elementary School, has her students write letters to their future selves. After ten long years have passed, she mails the letters to the students. This assignment has been going on for years with her class. Some of the letters get returned, some go unanswered, but every once in a while something special happens.

This month, Mrs. Heller was visited by the recipient of one of these letters. Tim Dickhaus, Mrs. Heller's former student, is just finishing up in the Naval Academy. He has applied to be a pilot and will get his first assignment soon. Mr. Dickhaus came to Mrs. Heller's room to thank her for doing the letter assignment. He was touched by the letter he wrote himself and that Mrs. Heller followed through with what she had told him she would do many years ago. Mrs. Heller's class now has the opportunity to establish yet another military connection to whom they can write letters in their pen pal program.

Mr. Bond
North Dearborn
Elementary Principal



MINDS IN MOTION: SUNMAN ES

Minds-in-Motion is a program designed to strengthen the vestibular system located in the inner ear. This system controls our balance and gives input for motor control of the eyes and for auditory processing. Minds-in-Motion was developed by Candace S. Meyer who has two locations in Louisville and Indianapolis where children are able to complete exercises and where she trains educators on how to implement the program in a school setting. The Minds-in-Motion Maze consists of 15 different activities including balance beams, balance boards, eye tracking, and much more. All of the exercises target coordination, eye-movement control, and balance.

At Sunman Elementary, twenty minutes is spent each morning on the Minds-in-Motion Maze. A total of 43 students go through the maze each morning. The maze helps students wake up and be ready to learn! Hopefully, in the next year or two, all 408 students at

Sunman Elementary will be able to stimulate their minds before starting their day. Students have already shown improvement in eye tracking, coordination, and focus in the few short months that the program has been implemented.

Students enjoy the exercises and the seasonal music that plays while they move. Each student has their favorite exercise. One student likes the balance beam the best because he likes to pretend that if he falls, he goes into a dangerous place like a snake pit or burning lava. Another student prefers the balance board because she likes the feeling of being balanced. No matter what their favorite exercise, all of the students are improving their learning and coordination!

Mrs. Boesken
Sunman Elementary
Special Education Teacher



FUEL UP TO PLAY 60 GRANT

The National Dairy Council has awarded East Central High School the Fuel Up to Play 60 Grant. As a result the Indiana Dairy Council awarded a Vitamix smoothie maker to ECHS. The Department of Family and Consumer Sciences, FCCLA and the Department of Food and Nutrition Services will kick off Fuel Up to Play 60, December 6, with free smoothie samples for students during lunch and free breakfast to students the last week in December! Congratulations ECHS!

DONATIONS NEEDED FOR WELLNESS PROGRAM

The Sunman Dearborn Community Schools Wellness Committee will be implementing various wellness programs for teachers and staff in the school corporation. If you have a business that would be interested in donating prizes or you are a fitness professional willing to help, please contact Mandy Copenhaver at 812-576-1900 x13809 (mncopenhaver@sunmandearborn.k12.in.us) or Mary Ann Baines at 812-623-2291 x10907 or (mbaines@sunmandearborn.k12.in.us).

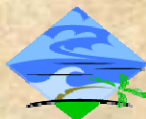
FIFTH GRADE FEEDER WATCH

Fifth-grade students in Mrs. Lillie's Science classes are participating in a national citizen science study through Cornell University called FeederWatch. Students record and report the birds that come to the feeders placed outside the classroom via internet to Cornell. It is exciting to be part of this large scientific study. In order to learn how to recognize birds, students studied Flying Wild, Project Learning Tree, and actual experience outside using binoculars and bird books (thanks to a class at Purdue called the Nature of Teaching: Birds). Every Tuesday and Wednesday are the "count days," and students keep track of what birds are outside. Our visiting birds have included crows, blue jays, house finches, goldfinches, mourning doves, a downy woodpecker, sparrows, starlings, grackles, cardinals, and an eastern bluebird. Last year's count of 28 goldfinches and 32 house finches has yet to be broken. Students will also participate in the 16th annual Great Backyard Bird Count (GBBC) which will take place Friday, February 15, through Monday, February 18. This count can also be completed at home feeders. Maddy M. likes that we get to see pretty birds and noting how many come to eat at the feeder. Katelynn O. likes seeing the outdoors. Elizabeth H. thinks it is cool to be part of a college study.



S - D I S H U R R I C A N E S A N D Y D R I V E

After hearing about the devastation of Hurricane Sandy on the East Coast, Sunman Dearborn Intermediate students along with the staff were eager to help. Donations were taken from November 5th to November 16th, and many great items were collected. A pick-up truck full of first aid items, canned goods, gently used clothes, and much more was delivered to Matthew 25 Ministries in Blue Ash, Ohio who then delivered the items to the victims of Hurricane Sandy. Everyone at the Intermediate School was happy to help out, and will continue to keep all of the victims in our thoughts!



S - D I S M A R I T I M E P E N P A L S

Sunman Dearborn Intermediate School Mrs. Lillie and Ms. Shattuck's fifth graders are participating in the Adopt a Ship program. The U.S. Department of Transportation sponsors the pen pal program for classes to correspond with maritime ships at sea. Students are practicing letter writing and communication skills through pen pal letters with ship captains and their crews.

The students integrate the content areas through questions they pose to the captains on the assigned ships. The captains realize the need for knowledge in all the school subjects to be successful in the maritime workforce. It will be exciting to learn about the mariner's life aboard a ship as well as about the shipping industry.



B E S ' S P T O A C T I N G A S E L V E S



The BES, PTO has set up SANTA SHOP here at BES from Dec. 4 to Dec. 6. This is a community service our PTO offers it's students to help share the Holiday spirit. It is spear-headed by Ann Hudepohl and Christi Gutfreund. They will get over 20 volunteers to help with the Santa Shop.



*Mr. Goessling
Bright Elementary
Principal*

HONORING THE HERO'S AT S-DIS

Veteran's Day Observance was held at Sunman-Dearborn Intermediate School on November 8, 2012. About 120 veterans filed into the gym in 2 columns as Alex Watts from the Scottish Rite played a cadence on the bagpipes. After all veterans were seated, Alex played all the military songs.

The colors were posted by St. Leon Post #464: Jerry Maune, Ernie Hoog, Ken Hylton, and Bob Hoffman.

Teacher Ruth Ann Batta read the roll call for all veterans present, including 7 veterans representing World War II: Ray Hemke, Air Core; James Lytle, Army; Bill McClure, Army; Howard Record, Coast Guard; Todd Redden, Army; Carl Schwier, Army, and Robert Swales, Army. Also recognized were the 3 local American Legions: New Alsace Legion Post 452, Sunman Legion Post 337, and St. Leon Legion Post 464.

The Star Spangled Banner was sung by East Central High School student Savannah Lemey.

P. G. Gentrup from Veteran's Affairs and Bill McClure, one of the World War II veterans, were featured speakers. P.G. gave the students information on all military aspects and endeavors, explaining that Americans enjoy their freedom thanks to veterans - the men seated before them. A surprise for members of Donnie Miller's family was when P.G. presented a Purple Heart Plaque Posthumously to Deanna Gindling and family. Deanna's daughter, Paige, and her niece, Dara N., are S-DIS students. Dave Nash, her father and a veteran of the Army, was also present. Deanna's Father-in-law Ed Gindling, also in attendance, served his country in the Army and the Air Force.

Captain Bill McClure entertained and informed the students. Bill told how he was born in Logan, what it was like serving in the military so many years ago, and about a hospital he helped to build in Japan. He shared a copy of correspondence he received in 1946 from a Japanese Military Officer while in Japan. McClure

wanted all the students to know what it was like in the military during WWII.

S-DIS student, Lily G. with the assistance of Bill Scharold of Post 452, gave a P.O.W. Presentation. Under the direction of Donna Tanner, the Elite Choir from East Central High School sang "God Bless America". Alex Watts played a patriotic recessional as the veterans filed back out the doors. The veterans lined the hall ways to shake hands with all the students as they left the gym.

A showcase of military memorabilia was created by Mrs. Nancy Lillie and her students. Gus F. had pictures of his uncle, Engineer Tom Hurreck who served in Viet Nam. Specialist 3rd Class Raleigh Gutapfel's full uniform, brought in by granddaughter Madison S., was displayed along with the Air Force jacket belonging to Scott Wolfe, Diana S.'s uncle. Mia P. brought in her uncle's hat and Alex O. included a model of a musket. Other Civil War relics included a bayonet, a mini ball, and photo of Sgt. Henry Yaeger, who died at Vicksburg. A Japanese rifle site, the Army uniform of SSgt. Michael Klump, and items from SSgt. Michael and SSgt. Blanche (Woffindale) Damon's tours in Iraq were provided by Mrs. Lillie.

Thank you goes out to teachers Elise Smith and Ruth Ann Batta for organizing this program. Donations were received from Haag Ford, Lawrenceburg, George's Pharmacy, Sunman, and the SDIS Student Council under the guidance of Gina Muncy. The program can be heard at the flypod.com, compliments of Gary Puckett who was podcasting the program.

Many comments were heard after the program. A few from our students were: "Can you get more veteran's to come to our room to talk after the program?", "Are the World War II veteran's all over 90 years old?", "I can't believe Captain McClure still has his uniform... and it fits." And our favorite from a veteran was "The students in this school are really well behaved."



A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

Sunman-Dearborn Community Schools

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The mission of S-DCS is to develop, for all students:

- Literacy skills (reading, writing, communicating confidently)
- Mastery of state and national standards
- Character, responsibility, teamwork, the importance of regular attendance, goal-directedness, and service to community
- High graduation rates and post-secondary success

We are on the web at
www.sunmandearborn.k12.in.us



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