

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

WAITING FOR SPRING

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I am sitting in my office on the first day of spring with temperatures in the low 30s and wondering when I will see some warm weather. The anticipation of the spring brings a sense of change and hope for me. I look forward to seeing flowers bloom, trees growing back their green leaves, and animals coming out of hibernation. It is also a time for me and my family to enjoy being outside for walks, biking and boating.

Spending time with family is extremely important. Families that have strong ties plan activities that bring them together. In an article in the *High Plans/Midwest Ag Journal*, the author shares this information about how each of us can work to make our families stronger.

"Strong families enjoy sharing their time together. A special project that each member could help strengthens the family bond," said Renette Wardlow, human development specialist with University of Missouri Extension. For example, one family might enjoy planning a summer garden together. They can share seed catalogs, shop for plants, prepare the ground, plant the seeds, set the plants, weed, harvest, and feast on the garden together. Even a leisurely walk together with a camera and nature books in hand can grow a family. Specimens of leaves and flowers, as well as pictures of birds and animals observed, will make interesting content for a special scrapbook. "Parents and grandparents have so much to offer youngsters by simply being with them.

Allowing children to accompany them in a variety of situations, shopping for food, trips to the bank, and visits to the doctor will help to build a strong foundation that will aid children later in school," said Wardlow.

Taking time to find ways to bring family members together, especially this time of year when we all have had the "winter blues," will set the tone for the rest of the spring and early summer. So while the weather is still warming up, find some time to talk with your family members, and make a list of activities or trips that all of you can participate in that will bring all you a little bit closer. I know that it will definitely make a difference.

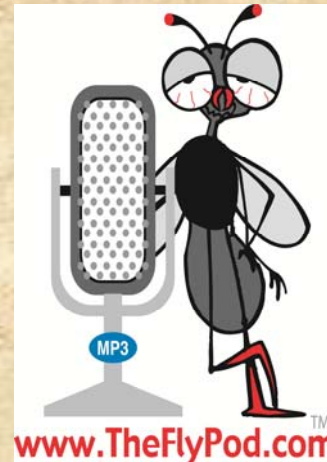
Happy Spring!

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. This month's chat will be recorded on April 8th and will feature Tom Harris, Director of Support Services, who will discuss building projects and school security.



APRIL IS NATIONAL CANCER CONTROL MONTH

Cancer may not be 100% preventable, but why not take easy steps to help decrease the risk of cancer? The National Cancer Society has guidelines for nutrition and physical activity for cancer prevention. These guidelines may seem simple but are important not only for cancer prevention but also to create a happy, healthier you!

Maintain a healthy weight throughout your life.

A healthy weight can be determined through your body mass index (BMI). A healthy BMI is 18.5 - 24.9. You can determine your BMI with your height and weight by using an online BMI calculator. If you have a high BMI, start making small changes to lose weight. The next two tips will help you lose and then maintain your weight!

Be physically active!

This doesn't mean we must go out on a daily jog, but it is important to *make time for yourself and your health*. Instead of planning your next dinner date, plan to go hiking, going to the driving range, or even playing a game of frisbee at a local park.

Eat a well-balanced diet, emphasizing plant based foods.

Be aware of portion size. Eat at least 2.5 cups of fruits and vegetables a day! Cut back on processed and red meat. Choose whole grains!

Although these guidelines are simple, they can really make a difference on your life. I know we all take for granted the basic changes we can make through diet and exercise to better our health. I challenge you to challenge yourself; find a new activity or count the number of servings of fruits and vegetables you're eating every day. You can help prevent cancer and improve you!

*Kelsey Schmidt,
Dietetic Intern, University of Cincinnati
Mrs. Copenhaver
Director of Food and Nutrition Services*

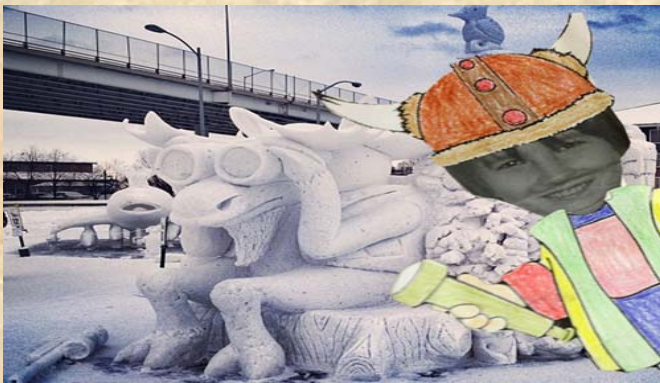
FIFTH GRADE EXPLORERS

The fifth grade students in Megan Myers and Lori Hameye's social studies classes recently finished learning about Explorers in the New World. The students have also been learning about the different regions of the United States and are completing a report on one of the states.

As a culminating activity, the students mailed a Little Explorer person of themselves to someone they know who lives outside of Indiana. A letter was sent accompanying the Explorer person to explain the procedure to the recipient. As a result, Miss Myers and Mrs. Hameye have received pamphlets, pictures (featuring the Explorer Person), postcards, maps, stickers, flyers and even Mardi Gras beads. One of Mrs. Hameye's students was also sent an Arkansas Razorback hog nose to wear! Many of the people sent detailed letters explaining important historical events and places within the state. A goal of the classes was to receive information from all fifty states.

Miss Myers sent one Little Explorer person to an East . Central graduate who is now living in Alaska. Brad Maushart is currently working at a television station as a weatherman in Anchorage, Alaska. Here are a few of

the pictures that Brad took in Alaska with Explorer J.D. and also a few more pictures that were sent to Miss Myers and Mrs. Hameye. These pictures were mailed to S-DIS from California, South Carolina and Iowa.



*Mrs Vennemeier
Sunman-Deaerborn
Intermediate Principal*

EAST CENTRAL/SUNMAN-DEARBORN MIDDLE FCCLA WINS BIG AT FCCLA STATE CONFERENCE



Forty-eight members of the East Central/Sunman-Dearborn Middle School Family, Career and Community Leaders of America attended the 2013 State Leadership Conference March 7-9 at the Wyndham West Hotel in Indianapolis.

The theme for the conference was “Lights, Camera, Action!” where students experienced a dynamic motivational speaker Bryan Feiss. In addition to attending the conference, members of the East Central High School FCCLA chapter also competed in STAR (Students Taking Action for Recognition) Events. In the Chapter Service Project Display, Sr. event, Samantha Sizemore and Ericka Burchfield received a gold medal. Abbie Alig, Katelyn Lussow and Elizabeth Mortimer received a gold medal in the Chapter Showcase Display Project senior. In the Chapter Service Manual Senior Event, Clare Struewing, Conner Struewing and Kelly Weigel received a gold medal. Receiving a gold medal in the Advocacy Project Senior Division are Laura Kuebel, Lauren Deddens and Sarah Lehman. Receiving a gold medal in Focus on Children Sr. event were Megan Amberger, Anne Hendrix, Kaitlyn Davis and Rachel Mages. In the National Programs in Action Sr. Event, Elizabeth Hamersley, Sarah Hendrix, and Samantha Richter received a gold medal. Elizabeth Weigel received a gold medal in the Career Investigation Jr. Event. Kaitlyn Gard received a silver medal in the Career Investigation Sr. Event. In the Fashion Construction senior event, Emily McConnell received a gold medal. In the Interpersonal Communications Sr. Event, Nicole Best received a Silver Medal. Rachel Jackson received a Bronze Medal in Illustrated Talk Senior Event. In

the Chapter Service Manual Jr. Event, Lucy Herth and Emily Eckstein received a Silver Medal. Rachel Horsman received a silver medal on the Focus on the Basic State Project. Sophia Colon received a gold medal on the Focus on the Basic Project.

In the Culinary ProStart/FCCLA Competition; East Central Culinary Team A – Members, Kylie Garr, Brad Callahan, Cody Tallon, Jessika Wells and Wes Brasier received a Silver Medal and Best Starter/Appetizer for the entire event. East Central Culinary Team B— Members, Chelsea Jones, Bryon DiMeglio, Brittany Disley, Carlie Allen, and Kirsten Abner received a Bronze Medal. Danielle McCoy received 2nd place overall on her Pastry Chef presentation in the Hospitality & Career Display event.

Sunman-Dearborn Middle School students Ashley Newhouse and Katelynn Osman received a Silver Medal in the Chapter Showcase Jr. Event. In the Entrepreneurship Jr. Event, Laura Rabold received a silver medal. Anya Polito received a gold medal in the Applied Technology Jr. Event. In the National Programs in Action Jr. Event, Shelby Lake and Jasmine Lawrence received a gold medal. Kaylee Clevenger received a bronze medal in the Career Investigation Jr. Event. Receiving silver medals in the Food Innovation, Jr. Event were Rylie Seaver and Abigail Laudick. Danielle Gutapfel received a gold medal on the Focus on the Basics State Project. The following students are national qualifiers in their events: Kelly Weigel, Clare Struewing, Conner Struewing, Sarah Lehman,

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Lauren Deddens, Laura Kuebel, Megan Amberger, Samantha Sizemore, Erica Burchfield, Anne Hendrix, Sarah Hendrix, Elizabeth Hamersley, Abbie Alig, Elizabeth Mortimer, Katelyn Lussow, Samantha Richter, Katelyn Gard, Emily Eckstein, Lucy Herth, Elizabeth Weigel, Rylie Seaver, Abby Laudick, Shelby Lake, Ashley Newhouse, Katelynn Osman, Lauren Rabold, Anya Polito and Jasmine Lawrence. The national qualifiers will compete in Nashville, TN on July 7-11.

Three students from East Central FCCLA have been elected state officers and will serve with 5 other high school students on a team for the 2013-2014 school year representing 2400 members across the state. The students elected were Ericka Burchfield, Indiana FCCLA State President; Lauren Deddens, Indiana FCCLA 1st Vice President; and Sarah Lehman, Indiana Vice President of Membership.

The following members received recognition for completing the Power of 1 Project: Sarah Hendrix, Anne Hendrix, Kelly Weigel, Laura Kuebel, Clare Struewing, Conner Struewing, Sarah Lehman, Elizabeth Mortimer, Katelynn Osman, Ashley Newhouse, Anya Polito and Megan Amberger. The following students received recognition in the FCCLA in Action projects: Megan Amberger, Sydney Schmeusser, Anne Hendrix, Elizabeth Mortimer, Kelly Weigel and Melissa Rupp. Kelly Weigel also received a gold medal for the East Central SMILE (Sharing Moments in the Lives of the Elderly) project. Lauren Deddens received a gold medal on Healthy Choices =Healthy Teens. Ericka Burchfield and Conner Struewing received a gold medal on Beyond the Basics Project. Abbie Alig and Sarah Lehman received a gold medal on their Focus on the Basics Project. Education Professions students also completed the Early Childhood Lesson Planning Event; they are Amber Erhart, Diana Carpenter, Kim Noel, Danielle Craig, Lindsey Sweeney and Delani Strub.

The most prestigious award the East Central chapter received was the Gold Honor Chapter Award. They were 1 of only 6 in the state to receive this award. The chapter also received recognition for participating in the Banner Parade and contributing to the Rose Award and Jeremy Jackson Scholarship Fund. They were also recognized for being inducted in the 30/30 Membership Wall of Fame and the 50/50 Membership Wall of Fame

for achieving their membership goals. They also received the Publicizing Your Performance plaque having the most publicity during this school year. East Central FCCLA was also recognized as the second largest chapter in the state of Indiana with 150 members.

Sunman-Dearborn Middle School was recognized for being inducted in the 30/30 Membership Wall of Fame and the 50/50 Membership Wall of Fame for achieving their membership goals. They also participated in the Banner Parade and received recognition for their fundraising efforts with the National Outreach No Kid Hungry Project. The Sunman-Dearborn Middle School FCCLA received a plaque recognizing them as the largest chapter in the state with 676 members.

Mrs. Brenda Osman and Miss Ashley McConnell, teachers of Family and Consumer Science, advise the East Central FCCLA chapter. Ms. Joleen Knotts, teacher of Family and Consumer Sciences, advises the Sunman-Dearborn Middle School FCCLA chapter. Family, Career, and Community Leaders of America is a national student organization that helps young men and women become leaders that address important personal, family, work and societal issues through Family and Consumer Sciences education.

LENDING A HELPING HAND

Mrs. Heller's second grade class at North Dearborn Elementary has been learning about their community and ways they can contribute to it. They culminated their studies by planning individual service projects and carrying them out in their own community. Some examples of projects are cleaning up trash around neighborhoods and parks, collecting recyclables, helping clean trucks at the Bright Fire Department, collecting and donating items to the North Dearborn Food Pantry and the Lifespring Pantry, making blankets for the Linus project, shoveling drives for neighbors and elderly family members, and assisting at a local church memorial service. The students were very proud of being able to help out their community!

S-DIS HAS GOT TALENT!

Congratulations to our Talent Show participants. It was a day of great entertainment and talent. We had singers, instrumentalists, gymnasts, dancers, and a pogo stick expert.

1st Place – Jared Tiemann

2nd Place- Ysa Fox

3rd Place- Madison Faller, Cole Spencer

Other Participants: Jonah Anderson, Cammi Caldwell, Angela Schoenung, Noah Arnold, Ashley Miller, Emma Hotopp, Adam Lyness, Guy James, Kerala Carter, Leigha Cummings, Savana Daniels, Bethany Zimmer, Arron Foley, Tyler Thielen, Olivia Curtis.



EAST CENTRAL ADVANCED CHILD DEVELOPMENT CLASS OFFERS PLAYSCHOOL

We are still in need of children!

The East Central High School Advanced Child Development Classes will be offering a “playschool”. The East Central High School Playschool will be operated like a preschool and will have thematic units and activities each week that were designed by the high school students. The program is open to potty trained 4 and 5 year olds. There is no cost for your child to attend, but you or (someone) must provide transportation. The program will be offered at East Central High School from 9:00 a.m. until 10:45 a.m. on Tuesdays and Thursdays in April. The program will be limited to 14 children. The children will be taught by high school students in the Advanced Child Development Classes. If you are interested in registering your son or daughter, please email Brenda Osman, Child Development Teacher at East Central High School for an application at bosman@sunmandearborn.k12.in.us.

PROJECT LEAD AT S-DIS

The Purdue University Cooperative Extension Service provides our fifth grade students with opportunities to meet community leaders and listen to descriptions of their occupations. Marcia Parcell, the Extension Educator arranges the speakers for us. This year, we have been visited by:

Judge Jon Cleary

Mr. Jake – Juvenile Detention Center

Aaron Negangard- Prosecutor

Sheriff Dave Lugsby- Dearborn County Sheriff



S-DMS NEWS

S-DMS is proud to announce that our student, Nick Martini, will be moving on to the state level of competition for the National Geographic Geography Bee. We are excited that he has this opportunity to represent our school. In addition, many students celebrated Pi Day on March 14, 2013. Math students competed to memorize the highest number of digits in Pi. The SDMS winner was Dawson Fox, who memorized 61 digits. Way to go Dawson!

Our students will be doing some ISTEP practice tests in the upcoming weeks in preparation for the last round of ISTEP which will be held April 29- May 10. Please support your student by assuring perfect attendance, rest, and healthy diet during this time.

S-DMS would like to congratulate those middle school FCCLA students for their awards as mentioned in the FCCLA article on pages 4 and 5.

Mrs. Baudendistel
Sunman-Deaerborn Middle School Principal

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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