

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS



HAPPY 2014



A NEW YEAR AND A NEW START

INSIDE THIS ISSUE:

FLYPOD

SES NEWS

S-DIS NEWS

BES NEWS

ECHS NEWS

FOOD SERVICE

NDES NEWS

SDMS NEWS

At the start of each new year, it is not uncommon for most of us to make a resolution or two to make some kind of change in our lives. The list of changes can be long and diverse, but what is constant is the need for change. Change can be extremely difficult for many people. When we move away from something that is a daily ritual to some new uncharted territory, it can be quite frightening. Stepping out of the old and trying something new is never easy, but that is what makes life interesting. It is difficult for many adults to make change and for children change may seem impossible.

As we begin this next school semester, it is our belief that our parents and students should have conversations about the changes that should happen to help our students continue to build on their past successes of the first semester or look for ways to improve on their underperformances. Sunman-Dearborn Community School staff members, teachers and administrators are available and willing to help parents and students in their

students' school journeys for success. The path to reaching a higher level of achievement begins with the first step of commitment. Are you willing to dedicate your efforts to reaching that goal of higher achievement? We hope it is and it can begin in this new school year.

Please contact any of our schools, administrators and teachers if we can help. Just remember, "Every second, every minute, every hour and every day that a child is not succeeding, is time that can never be recovered." Let us help.

We wish you a happy and successful New Year!

Dr. Jeff Hendrix
Superintendent



CELEBRATE



DON'T MISS THE BUZZ

Each month Sunman-Dearborn Schools is featured on The FlyPod, a local entertaining yet informative media source. To listen to this monthly "SuperChat" podcast enter <http://tinyurl.com/SuperChat-SDSC-3> in your address line on a new web page. This month's chat will be recorded on Monday, January 13. Be sure to listen in to hear about exciting topics and how they relate to our Sunman-Dearborn Schools.



HEALTHY HABITS IN THE NEW YEAR

As we enter a new calendar year, we often turn our thoughts to healthier habits and make promises to ourselves and others that we will be better consumers of activity, nutrition, and overall health. At Sunman Elementary, students have a head start on those resolutions.

Our physical education teacher, Miss Tyler, is focused on bringing life-long learning to the gymnasium and to our students. She implements units of study that are interesting to students that promote an active lifestyle. Students learn to In-line skate, bowl, and play corn hole among other sports and physical fitness activities.

Our school corporation employs a registered dietician who oversees our individual cafeterias. Students are served "Produce Sample of the Month" to introduce them to fruits, vegetables, and other foods that they may otherwise never try. Examples this year have included hummus and blood oranges.

Oral health is important as our children grow and develop. This year, the Sunman Elementary School nurses have implemented a fluoride treatment program to assist students in maintaining healthy, cavity-free teeth. (Pictured here, top and bottom)

Make the most of this time of promises, and promise yourself the time to make healthy choices in this new year.



*Ms. Cindy Morton
Sunman Elementary Principal*

HAPPY HOLIDAYS! LET IT SNOW! LET IT SNOW! LET IT SNOW!



S-DIS classroom door decorating contest was a blast and very festive.
Merry Christmas and Happy New Year!



S-DIS Holiday Dance Winners
Hokey Pokey Robots! 5th Grade – Ms. Myers Chicken Dance! 5th Grade – Ms. Graf



Winter Program at Bright Elementary School
(Pictured left to right: First Grade, Kindergarten, Vitucci Brothers)

EAST CENTRAL HIGH SCHOOL NEWS

The Christmas holiday always brings a mix of feelings in the school community. We have families that have deep traditions and long-established reunions of family and friends which are rich in good cheer and glad tidings. On the other hand, we have families that struggle to make ends meet or have personal trials and tribulations to face and this holiday in particular can bring such hurt and sorrow. My heart goes out to these people as I'm sure most of yours do as well. In the end, we all need to be aware and sensitive to people around us. I feel as though we have lost some of that awareness and sensitivity for our neighbors. There is something to be said for the old days in that regard.

As we move into 2014, I am reminded to be thankful and appreciative of all we have. I am also reminded to be proud of the accomplishments and positive things this school has seen recently. Our FCCLA received many state AND national awards before Thanksgiving. Many seniors are receiving word of their acceptance to the college of their choice, but in particular; Luke Weisenbach was accepted with a "full-ride" scholarship to MIT. And our high school received another "A" rating from the Department of Education for work completed in the 2012-2013 school year. I couldn't be more proud of the work that our teachers and students are putting forth.

Efforts are on-going to analyze and improve instruction here. Coupled with a safe learning environment, our school is a viable and reliable option for students' education and well-being. Our reading and writing initiatives are helping students to grow in these areas. It is the main focus of our school improvement plan. Currently, we are having a "Word of the Week" to strengthen vocabulary for all. Recent studies indicate that a person will retain more if the item is repeated about 20 times in a week. By focusing on a word for the week, we use the word nearly 35 times in the course of a week (seven class periods times five days a week). We have changed senior year English to allow more flexibility through new AP and ACP courses as well as composition, technical writing, and literature courses.

Students have grown in reading and writing over the last four years. These school-wide efforts focused on literacy and language arts are paying dividends now. We are learning to examine data more thoroughly utilizing Star reading and Acuity to help improve instruction each day. Each teacher and subject area is invested in evaluating, maintaining, and striving to improve even more through each discipline offered. I am proud of the commitment by the teachers and students to make East Central High School the best there is.

Mr. Robert Shipley
East Central Principal

HAVE A HEALTHY AND HAPPY HOLIDAY SEASON

With all of the holidays and holiday parties this time of the year, it is not difficult to pick up some extra weight. It seems that everywhere you turn, there are calorie filled snacks just waiting to be eaten. So how can you still enjoy yourself, but refrain from gaining those extra holiday pounds? Here are a few simple tips to help you enjoy your holiday without having to loosen those belt buckles.

- Eat a little something before you go places where you know that food will be offered. This will help you from grabbing a calorie packed snack and undoing your entire day.
- Choose a healthier option of the snacks offered. If there is a vegetable tray, go there before heading straight to the cookies.
- Try to socialize before heading to the food. This will eliminate the time spent eating and overall lessen your calorie intake.

- Try to socialize away from the food.
- Don't over-do it. If your favorite holiday treat is available, limit yourself on how much you will eat. Give yourself a goal before taking your first bite.
- Keep high calorie drinks (soda, alcohol, juices, punch, eggnog, etc.) to a minimum. These drinks can pack a lot of calories that could otherwise be eliminated.

Remember: You can still have a happy holiday and lose weight! When Spring comes around, you will be happy that you refrained from picking up that holiday weight! Have a very happy holiday and enjoy time with friends and family!

Mrs. Olivia Stone RD, LD
Director of Food and Nutrition Services

YOU CAN LEAD A HORSE TO WATER...

A woman took a horse down to the watering trough to let the horse have a drink. The horse didn't want to drink. It stood and looked at the trough, but showed little interest in taking a drink. The woman looked at the horse for a while and then tried to explain why the water was important to the horse. She described how it would nourish the horse's body and would replenish lost electrolytes and that the horse needed the water. Still, the horse just looked at the water and never dipped its mouth to drink.

The woman shook her head and left for a minute. She came back and added sugar to the water. She then tried to get the horse to drink again. Nothing. The woman took the horse to another trough. The water was the same, but she thought she might try a different approach. Still the horse would not drink. The woman grabbed a smaller bucket. I'll give this horse the water in smaller amounts, maybe then the horse will drink the water. Still the horse didn't drink. There was quite a crowd starting to gather at this point. They were watching this woman try to get the horse to drink, but it was just not working. The woman then went and got a second horse and brought it to the drinking

trough. The second horse began to drink and soon, the first horse began drinking, too. The woman, with a satisfied look on her face, sat down next to the two horses and smiled as they both drank eagerly from the trough. One person from the crowd approached the woman and inquired about her tenacious approach with the horse. The woman looked up at the person, smiled and said, "I'm a teacher."

Our students are not horses, and on a daily basis, we lead our students toward mastery. Some students readily accept our teaching and others are reluctant. When a student chooses not to or simply does not get it, we can't fall back on this old English proverb. We must try a new approach, change it up a bit, break it into smaller pieces, reteach, provide models, whatever it takes to allow the students to master the content. Choosing not to is not an option. I welcome every Sunman-Dearborn student, parent and staff member back to school and wish you all success as we continue toward mastery.

*Mr. Jeff Bond
North Dearborn Elementary
Principal*

A WORD FROM THE MIDDLE SCHOOL

Happy 2014 to everyone. SDMS students will be recognized for their efforts to acquire 97% attendance, perfect attendance, and positive behavior during the month of January. Eligible students will be notified. We will also be implementing some remedial options for students as we prepare for the upcoming ISTEP testing. The SDMS Destination Imagination Team will be sharing information with SDMS students as the new year begins. The team has prepared presentations for our students about self-empowerment and bullying prevention. Ask your students about what the DI team shared. During the month of January our advisory classes will participate in our

annual SDMS Snowman Contest. Students will use their creativity to compete with one another as we enjoy our winter season. Just a reminder to our parents that students com

*Mrs. Lisa Baudendistel
Middle School Principal*

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Sunman-Dearborn Community Schools

1 Trojan Place, Suite B
St. Leon, IN 47012

Phone: 812-623-2291

Fax: 812-623-3341

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



SCHOOL CONTACT INFORMATION

Sunman-Dearborn Administration Offices · 1 Trojan Place, Suite B · St. Leon, IN 47012 ·
Ph: 812-623-2291 · Fax: 812-623-3341

East Central High School · 1 Trojan Place, Suite A · St. Leon, IN 47012 ·
Ph: 812-576-4811 · Fax: 812-576-2047

Sunman-Dearborn Middle School · 8356 Schuman Road · St. Leon, IN 47012 ·
Ph: 812-576-3500 · Fax: 812-576-3506

Sunman-Dearborn Intermediate School · 27650 Sawmill Road · West Harrison, IN 47060 ·
Ph: 812-576-1900 · Fax: 812-576-1901

Bright Elementary School · 22593 Stateline Road · Lawrenceburg, IN 47025 ·
Ph: 812-637-4600 · Fax: 812-637-4606

North Dearborn Elementary School · 5687 North Dearborn Road · Guilford, IN 47022 ·
Ph: 812-656-8383 · Fax: 812-656-8321

Sunman Elementary School · 925 North Meridian Street, Suite 200 · Sunman, IN 47041 ·
Ph: 812-623-2235 · Fax: 812-623-4330