

The S-DCS Column

A Newsletter for the Stakeholders of Sunman-Dearborn Community Schools

The Winter Blues?

It is that time of year again where we are all suffering a bit from the winter blues. Christmas has passed and Spring Break seems to be far away. Days of snow, gray skies, and cold weather dominate our daily existence. Most of us are bored and tired. The football season is winding down; television reruns are becoming the norm, and finding fun things to do seems to be a difficult task to accomplish.

There is an answer to these winter blues. It is Sunman-Dearborn Community Schools. This is an exciting time in our district. Our website holds the key to finding out what is available to do on a cold, gray day. Our sports teams are in full swing. Our high school wrestling team is winding down its season and preparing for sectionals, regionals and state competition. The girls' basketball season is also finishing their season strong as they move into the state competition. Our boys' basketball teams are in the middle of their season. If you like the water and the beach, then you can watch our coed swim teams compete in sectional and state competitions. If you are a fan of dance competitions, then you will enjoy watching our East Central Dance Team perform.

At Sunman-Dearborn Community Schools, we offer many activities that relate to clubs and academics. Our Academic teams are competing in local and state competitions. Our middle school academic team continues its schedule of competitions. Its last meet of the year is at Sunman-Dearborn Middle School on February 16th at 1 PM. The FCCLA is holding its annual Linus Project. The Linus Project provides love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." On February 3, from 3 PM to 7 PM in the East Central HS cafeteria, the public is invited to become a "blanketeer." Our students are also invited to participate in a new club, Law Enforcement Explorer's Club. We also have several other clubs sponsored by the foreign language department, business department and agriculture. There are many ways for our students to get "involved".

East Central High School has opened its Activity Center and Aquatics Center for the public to use. Days and hours of operation are posted on the ECHS website. This is a great way to re-energize and even lose a few pounds. It will also help keep away those winter blues.

In closing, Sunman-Dearborn Community Schools offers many opportunities for our students, parents and community to participate and support our schools. We are always looking for volunteers to serve in our schools and in our after school events. We are also just a phone call away to answer questions and provide information about our academics and extracurricular programs.

Again, let us help you beat those winter blues by inviting you to be a part of Sunman-Dearborn Community Schools.

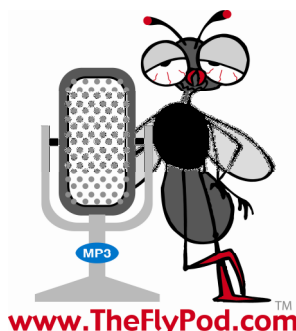


*Dr. Jeff Hendrix
Superintendent*

**Volume 1, Issue 7
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Dr. Jeff Hendrix

Don't miss the buzz, tune into The FlyPod



Each month Sunman-Dearborn Schools is featured on The FlyPod, a local entertaining yet informative media source. Hosted by Gary Puckett, we have participated in his "SuperChat" podcast and also have had our three elementary schools featured on the "Your School" podcast. Follow www.TinyURL.com/SDSC-Schools to hear the latest SuperChat from January 13 with Dr. Jeff Hendrix.

S-D Intermediate Music News

The 5th and 6th graders are learning how to play guitars this quarter! They have learned four new chords and two songs so far. That is pretty amazing considering we have had four snow days and two delays!! They only have music once a week!! Way to go SDIS music!

Basket Weaving at S-D Intermediate School

Mrs. RuthAnn Batta's 6th grade art classes at Sunman-Dearborn Intermediate School have been working on Coiled Basketry.



6th grade students in Mrs. Batta's class

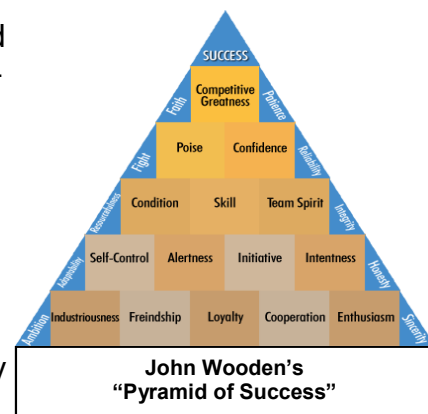
Students can use their own choices on color combinations. Their grades are based on how well they master the technique, how tightly they can put the basket together, and ending the basket so that it stays together. All of these processes are demonstrated several times in class so students have many opportunities to learn the techniques. At first, there is apprehension about the actual process of weaving. Once the students catch on to how easy it is, they love it! Many students take this assignment a step further and make more baskets on their own.

These baskets were first made in Dearborn County many years ago by Native Americans. They used willow branches, honeysuckle, and tall grasses as their supplies.

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Continuing on the Pyramid of Success

The Pyramid of Success was introduced in past newsletters and **BRIGHT ELEMENTARY** continues to follow the pyramid by incorporating character traits into the everyday lives of its students. For example, December's character trait was SELF-CONTROL. Students worked on understanding the importance of thinking before they acted. Through a simple game of "Mr. Hutch Says", (a take-off of Simon Says), students quickly realized that there are consequences for every action - some good and some bad. As they get older they must understand that they are the ones that have to live with these consequences. If you don't learn to control yourself, you very well may give this control away to someone else.



In January, students focused on the character traits ALERTNESS and ACTION. Students worked on staying focused in order to achieve a goal. Classes set a timed goal to see how quickly a basketball could be passed around a circle of students in a set pattern. At first when the goal was easy to obtain the students seem to do well. However, once the goal became more demanding students had to stay extra alert and ready to put their best skills to work. This concept is easily applied to the classroom. Many of our students can achieve average goals, but when goals are set higher then the level of focus must become higher.

For the month of February, the focus will be DETERMINATION. Learning to work is the first goal, then learning to work even when you don't feel like it is the second goal. We will work through challenges that seem easy at first, but get increasingly more difficult. We will discuss what happens when "the going gets tough". It is easy for students to lose interest and then want to quit or make excuses for why they are no longer reaching their goals. That's when the topic of determination and its importance comes into play.

Thank You Bright Elementary PTO

Mr. Goessling, Principal of Bright ES, would like to thank Sandy Miller and the PTO for organizing the Santa Shop that was held back in December. Santa's workers reported that,

"The Bright Santa Shop is all about the children. It provides a chance for students to buy gifts for others in a warm holiday atmosphere. Students come with handwritten notes, and lists. They learn how to shop while budgeting limited supplies of money. We see children come to the Santa Shop with the money they have earned in things ranging from bags and jars to loosely carried cash. One student was so proud of the 279 pennies she brought in a sandwich bag to purchase gifts for her family. The older students are great with adding and subtracting and staying in budget. The younger ones ... not so well. The PTO feels it really helps students to purchase items for their loved ones that they might not normally be able to do. The gifts are wrapped and ready to go when they leave Santa's Shop."

The PTO's next big event, the annual **Bright Festival**, is planned for March 11th. Kids of all ages are invited to come and have fun.

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Middle School Cash for College



In an effort to help Indiana students save, apply, and pay for college, Indiana is kicking off the annual **Cash for College** campaign. Many students understand the importance of continuing their education after high school, but many struggle to save, apply, and pay for college. That's where Indiana's **Cash for College** campaign comes in. **Cash for College** works to provide students and families with the practical steps needed to pay for college. The campaign offers support to local students and communities with a variety of helpful resources, including online tools, grade-specific goals, special events, and student contests.

It is important at the middle school level to begin to manage your money and take the following steps to a brighter future:

- * Create a budget/savings plan at Finaid.org and talk to your parents about college savings and managing money.
- * Sign up for Indiana's Twenty-first Century Scholars Program (if eligible) at Scholars.in.gov.
- * Keep saving! Contribute to your Indiana College Choice 529 Savings Plan at CollegeChoicePlan.com.

The guidance department at **Sunman-Dearborn Middle School** distributed information to the students pertaining to the **Cash for College** campaign. The campaign offers two contests for middle school students. For more information, please visit www.CashForCollegeIndiana.org.

EC Dance

The EC Dancers will be hosting a **Showcase America, Unlimited Dance Competition** at EC on Sunday, February 6th from 10:00 a.m. - 3:00 p.m. Teams from Ohio, Kentucky and Indiana will be competing.

Wear your **red** and come out and show your support for our 110 dance team members!!

Here is a lineup of the EC teams:

EC Mini's will be performing at 10:28 a.m. and 11:30 a.m.

EC Middle School dancers will be performing at 10:40 a.m. and 11:40 a.m.

EC High School dancers will be performing at 11:50 a.m. and 12:05 p.m.

There will be a duet performance from Brittney Fox and Abbey Schloemer at 2:25 p.m.

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Patriotism, Diversity, and Student Learning

It has been said that the culture of society is reflected in its schools. If this is true, Sunman Elementary students give us a bright hope for our future!



(above) 1st graders Gabe, Olivia, and Lara “sign” the Pledge of Allegiance

Sunman Elementary students, along with all other students across the state of Indiana, display patriotism with the Pledge of Allegiance and Moment of Silence at the start of every school day. This does not make us unique, but how one classroom participates does make it different. Mrs. Emma Werner’s first grade students have learned to ‘sign’ the pledge with the help of Mrs. Jean Porter, Licensed Interpreter for the Deaf and Hard of Hearing. These young students not only learn a new skill, they learn that while others may be different, we are all united as a school and a nation.

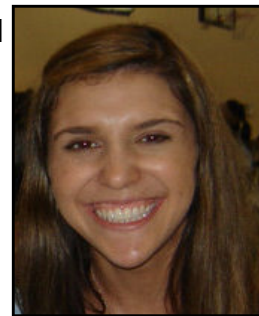


1st grader Braden doing the Pledge of Allegiance using sign language

Additionally, first graders in Mrs. Cline’s class, as well as other classes, have put their writing skills to good use by writing to service men and women on active duty. One serviceman who has replied to Mrs. Cline’s class is 1st Lt. Brock Scheller, USMC. Mrs. Cline’s students were surprised to learn that Lt. Scheller was one of Mrs. Morton’s students many years ago.

The Adventures of Trying New Foods

Has your child turned their nose up to what you prepared for dinner and demanded a peanut butter sandwich instead? You are not alone. As most parents can tell you, getting children to try new foods can be a huge struggle. Research shows it can take up to 10 times of introducing a new food to a child before they can truly decide if they like it or not. Try the following tips to avoid a nutrition battle in your household:



*Mandy Grassi
Food Service
Director*

- Don't force your child to be part of the *Clean Plate Club*. In other words let your child's tummy tell them if they are hungry or not. At school each day children are encouraged to take a milk, a meat, a bread and 2 sides, but they have the option to take 3 out of the 5 components if they are not as hungry that day.
- Be Patient. This may be difficult, but it will be worth it. As discussed above, it may take multiple exposures to a new food for your child to decide if they like it.
- Make it fun! Serve vegetables with dip or along side other foods they already like. Offer your child a sticker or another nonfood reward if they try a new food.
- Get your child involved. Let them help you pick out different fruits and vegetables at the grocery store or have them help you prepare a new food at home.

The school lunch menus will continue to introduce a variety of fruits and vegetables to students daily. Encourage your child to try something new each day. Who knows one day they could come home and beg for sweet potatoes or broccoli with dinner?!

Mandy Grassi, RD LD

EC hosts Girls Sectional Basketball Tourney



East Central High School will host the Girls Sectional Basketball Tournament this year. There will be 1 game on Tuesday, Feb. 8, at 7:00. There will be 2 games on Friday, Feb. 11th at 6:00 and 7:30. The championship game will be Saturday, Feb. 12th. Tickets are \$6 per session or season tickets are \$10. The tourney draw is Sunday, Jan. 30th. If you have questions contact Mr. Jarvis in the athletic department.

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Playing It Safe

Are you prepared?



A meeting to equip parents & coaches with knowledge of proper treatment for athletes

March 15, 2011 from 7:00 PM – 9:00 PM

At East Central High School in the Performing Arts Center

Featured Speakers: Former Cincinnati Bengal, **Ickey Woods**, ECHS' Team Physician, **David Argo, MD** and **Malissa Martin**, Ed.D., ATCL, CSCS, & other health related professionals

Featured Topics: Heat Illness and Hydration, Emergency Preparedness, Nutrition, Concussions

Please register for this **FREE** event at
www.doctorargo.com

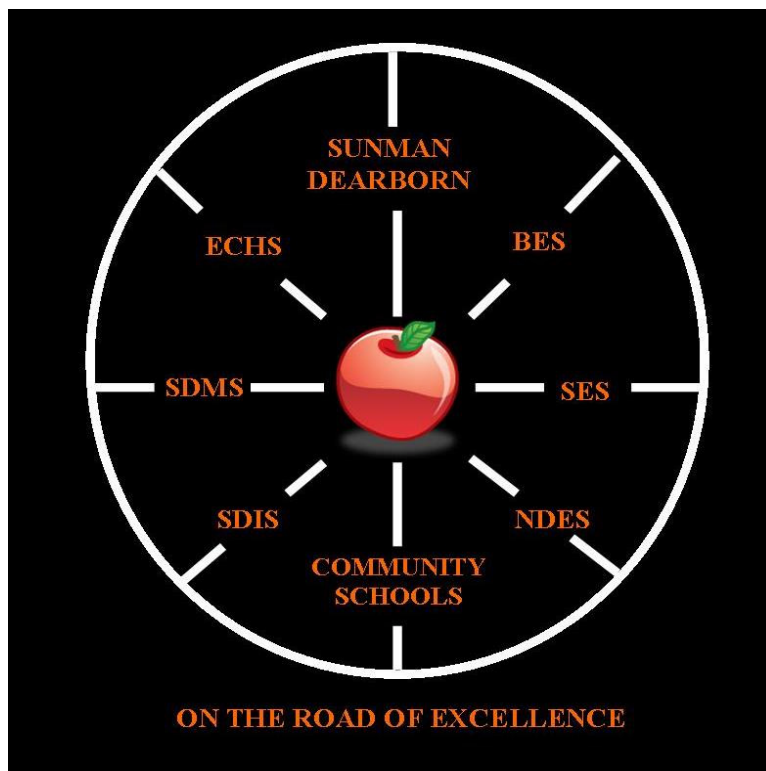


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**To Create a Culture of Educational
Excellence for Each Student!**



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