



The S-DCS Column

A Newsletter for the Stakeholders of Sunman-Dearborn Community Schools

Honoring Those Who Serve

The month of November is a time to reflect on the men and women who serve our country and who have served our country. These individuals are the real heroes who have pledged their lives in the service of our country here at home and outside our borders. Through their sacrifices, we are very fortunate to live in a land that is free.

It is important for each of us to take the time to honor, to thank, and to praise all who are serving our communities, town and our country. We are blessed with so many individuals who serve in our armed forces, in our police departments and our fire departments. They are our neighbors, our co-workers, our family members and our friends. They risk their lives each and every day to keep our world, our communities and our homes safer places.

Our schools are the places where students can learn about the ideals of liberty, patriotism, and sacrifice. Students can discuss current events and the history of our past that has impacted their lives and lives of others in our world. They can share their opinions without the fear of government intrusion and censorship because of our constitution. This is all possible because of the efforts of our service men and women who have fought for these rights.

Our homes are also the places where our children should be taught about freedom, patriotism and unity. We are fortunate to be in a country that allows for parents to teach their children about the values that have made this country great. We are in a country that is a land of opportunity for anyone who is willing to work hard to succeed. This is what our forefathers have taught us, and this is what our soldiers continue to protect.

This is the month that we honor our service men and women who have risked their lives on our home front and on foreign lands today and years gone by. Yes, this is the month to honor collectively all of these brave heroes, but is also a reminder that we should take time each day to think about our liberties and our opportunities, and remember who continues to keep them safe for us. Thank you veterans for your service to our great country.



*Dr. Jeff Hendrix
Superintendent*

**Volume 1, Issue 4
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Dr. Jeff Hendrix



Veteran's Day Activities in S-DCS

Sunman-Dearborn Intermediate School

Sunman-Dearborn Intermediate School will be hosting its annual Veterans Day program on November 5, 2010. Each year, veterans from all over the Sunman-Dearborn Community step into S-DIS and enjoy a day of honor and recognition.

We will begin the day with a breakfast from 7:30 -8:30 am. followed by the formal program. The formal program will feature special music, guest speakers, and student poetry readings. In addition, each veteran will be individually recognized during roll call. Following the formal program, veterans are invited to the classrooms to speak to the students and to answer their questions.

It is a great day for all and a wonderful celebration of our local veterans. If you would like to attend, or even be a guest speaker, please contact the main office at 812-576-1900, ext. 3. We would be honored to have you as our guest.

Bright Elementary School

Bright Elementary School will also be honoring veterans on November 11, 2010 beginning at 9:00 am in the school gym. There will be patriotic songs, inspirational readings, a multi-media presentation and a presentation of the colors by the Harrison Veterans Color Guard. Teachers will be inviting veterans and attendees to their classrooms to meet and talk with students. If you would like to attend this event, please call 812-637-4600 ext. 14903.

North Dearborn Elementary School

In honor of Veteran's Day, we are doing a thank you card writing project. We are partnering with OPERATION: Thank you. They are a volunteer organization that began in Ohio, but now have a chapter here in Indiana. Our cards and letters will be sent to active duty military located in Iraq and Afghanistan. It is amazing how much of an impact these cards and letters make in helping the military feel appreciated and connected to home. We will collect the cards and letters by Veteran's Day, Thursday, November 11, and will deliver them to OPERATION: Thank You.

We will also be having a "Red, White and Blue" day on Thursday, November 11.





S-DIS Fine Arts Festival

Saturday, November 13, 2010

9:00 am – 1:00 pm

Held at Sunman-Dearborn Intermediate School

Everyone is invited to attend!

WHAT IS A FINE ARTS FESTIVAL?

The SDIS fine arts festival is a spectacular display of projects and activities that the students have worked on since the start of this school year. Every subject and activity is highlighted...academics, fine arts, physical education, music, clubs, and extracurriculars. The whole school will be filled from top to bottom with projects, activities, demonstrations, posters, and performances.

WHO IS INVOLVED?

Everyone is involved. This is a school-wide effort to show the community and parents what our students are doing in the classrooms and during extracurricular activities. You will be totally amazed at what our students accomplish!!

WHAT WILL BE GOING ON?

Closer to November 13, we will have a schedule of events available for our guests. Students will be singing and playing instruments. Violin will even be featured. Also, the "Trash Can Junkies" will be performing for the very first time. Some special members of Miss Deysi's class will perform with dance, unicycles, and jump ropes. Many other demonstrations will entertain you. You are free to tour the building at your own pace. There will be a concession stand sponsored by the EC Mini Dance Team. There will be something for everyone.

HOW LONG DOES IT LAST?

That depends on how long you want to stay. You may be a fast walker and see everything in 15 minutes. Others may "stroll" through the building and take an hour! You may want to stay and watch several performances...it just depends on you! It is very much like an open house. You may come and go as you please.

WHAT DOES IT COST?

Absolutely nothing...unless, of course, you buy something at the concession stand.

**For more information please contact Jeannie Herman at:
jherman@sunmandearborn.k12.in.us**



Sunman Elementary Schools' Teacher of the Year

Connie Flaspohler, Special Education teacher at Sunman Elementary, is the recipient of the Sunman Area Chamber of Commerce Teacher of the Year Award.

Mrs. Flaspohler began her Sunman-Dearborn teaching career in January of 1994. Mrs. Flaspohler enjoyed working with small groups of students in the special education setting as an assistant, and this sparked a desire to work more intensely with students who struggled to learn with traditional methods. Her love of learning is exemplified in her continued work and professional growth in the area of Response to Instruction, where she is learning methods to reach struggling students prior to any special education identification.

Mrs. Flaspohler will be honored by the Sunman Area Chamber of Commerce on November 3rd at the chamber's annual dinner. The chamber will also honor the Sunman area business of the year and the Sunman citizen of the year.

Pyramid of Success

Bright Elementary School Staff assist parents with helping students form positive behavior patterns. During the school year we refer to these behavior patterns as character qualities. Character qualities are discussed in class and have been ongoing at BES since 1995 when Principal Utter initiated the program called "Skills for Growing".

For the last two school years we have been working **with John Wooden's "Pyramid of Success"**. Each teacher will conduct her own lessons with character quality traits. Guidance Counselor, Mr. Hutchinson is traveling from class to class (1 grade each week) to conduct lessons on character quality traits.

Two parent volunteers have recently started the **Bright's Star Program** for students and staff. This program will promote and recognize random acts of kindness as well as organized acts of community service projects.

Bright Stars Foundation Principles.

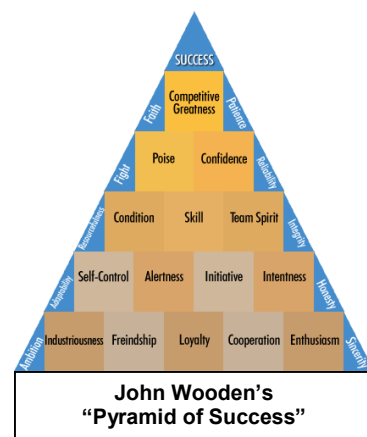
- Integrity
- Selflessness
- Social Awareness
- Striving for Excellence with poise and humility
- Going Above and Beyond

Last year we had a guest speaker on the **"Bucket-Fillers"** to promote positive behavior. In this line of thought the students and staff were encouraged to act kindly towards others (to be bucket fillers). This encouragement continues here at BES.

Community Volunteer Guy Kaeser is in his third year of promoting character qualities as he awards students with a medal who have been chosen by their teacher as exhibiting exceptional character qualities through out a given month.



Character Quality Award Recipients September 2010



Obstacle Course Opens at North Dearborn ES

Fall is upon us and at North Dearborn Elementary, that means it's time for Ms. Alig's "Fall Obstacle Course". This course offers many unique challenges for the students. It even has a bat cave and an alligator swamp! The students love participating and Ms. Alig enjoys creating the obstacle course for the students.

The physical education classes at North Dearborn are not only structured around physical activity. Ms. Alig exposes students to the academic components of physical education. For example, creative learning opportunities include the heart maze that teaches the students about the flow of blood through the heart. Also, her Indiana history unit incorporates the Indianapolis 500 Race and includes a lively scooter race around the gym. Ms. Alig creates an exciting atmosphere of learning that really engages her students.

The Time For Giving

Every year during the holiday season, the Student Council of Sunman Dearborn Middle School rally their fellow classmates to gather nonperishable food for the annual food drive to help local families in need. A friendly competition is held between homerooms. The food is gathered, sorted, and distributed between the Bright and Sunman Food Banks. The sponsors, Jayme Herbert and Carol Schiering, set this year's food drive goal at 6560 items (10 cans per student). Please donate non-perishable items to the homeroom of your choice. The photo (right) from last year's successful food drive features student council members, Mrs. Schiering, Mrs. Herbert, and Mr. Watkins.



SDMS staff and local agencies also help families in need within our school by purchasing Christmas presents. The families fill out paperwork to let us know sizes and hobbies. The presents are mostly clothing but also include a reasonably priced item that coincides with their hobbies. Currently, we have requests for assistance from 50 families. If you would like to sponsor a family, please call 812-576-3500 and contact Jayme Herbert ext. 12914 or Mary Hoffman ext. 12925.

Is a Healthy Thanksgiving Even Possible?

Most people believe that Thanksgiving and “healthy” should never be used in the same sentence together, but it is possible to have a healthy and delicious Thanksgiving that everyone can enjoy. Keep the following tips in mind for a healthy and a happy Thanksgiving celebration:

- Cook some simple recipes. You could replace sweet potatoes cooked with marshmallows and butter with mashed sweet potatoes. Instead of the traditional green bean casserole, try a simple bowl of green beans. Many people will actually surprise you with how much they actually enjoy these simpler dishes.
- Watch your portions. A well balanced meal consists of a wide variety of food. This year, instead piling your plate high with your favorite food, start with a small portion of everything. Then, if you want a second serving, do it the same way as you “filled” your plate the first time. Since you are eating a wide variety of foods you are providing your body with a vast array of nutrients. You will also be able to enjoy a lot of different flavors too.
- Instead of sitting on the couch in a “food coma” after a big meal, take a family walk. This is a nice way to get some exercise, fresh air and catch up with family you may not have seen in a while.
- Take the focus off food. The holidays are the season for helping others. Suggest that the entire family volunteer at a food bank to help serve Thanksgiving dinner to those less privileged. Don't eat too fast. Try to take time to enjoy your meal and savor every bite. An easy trick is to put your fork down between bites and then ask yourself if you are still truly hungry. Remember, there are usually leftovers to enjoy the following day.



*Mandy
Grassi*

If you stick with the above tips, the entire family can enjoy their favorite foods at Thanksgiving dinner without overdoing it. I hope you all have a safe and healthy holiday season. If you have any questions, comments or concerns please contact me, Mandy Grassi, Food Service Director, at mgrassi@sunmandearborn.k12.in.us or 812-576-1900 ext. 13809.





Fall Sports Roundup

East Central High School athletic programs provided strong competition this fall to its rivals, and enjoyed much success from individual and team play.

The varsity volleyball team ended the season with a 21-11 record, going 8-2 in the conference for second place. They were sectional runner-up to the second ranked team in the state, Columbus East. The JV volleyball team ended the season with a 21-4 record, while the ninth grade team had an outstanding year going 16-0.

In boy's soccer, the team finished the year with a record of 15-4-3. The boys were EIAC, sectional, and regional champs. Our girl's soccer team had a very productive season with a record of 11-6-2 and the reserve team finished at 8-1-1

Our boy's tennis team was very competitive in the conference as a runner-up in the EIAC and also as a runner-up in the sectional. They compiled a 13-5 record. The number three singles player, Andy Galle, completed the season with a record of 20-0.

The cross country program competed again this year with strong finishes for both boy's and girl's teams. The boy's cross country team finished third in the sectional and eighth in the regional. The girl's cross country team finished second in the sectional and eighth in the regional.

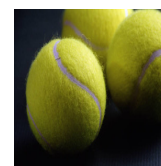
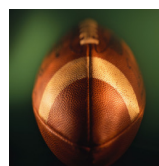
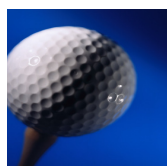
On the links this fall, the girl's golf team played extremely well and completed their season with a record of 7-5. This helped the girls place third in the conference and sixth in the sectional.

Finally, the varsity football team is currently 9-1 on the year and ranked fifth in the state. They are EIAC conference champs and are currently playing in the football sectional. The junior varsity football team finished with a strong 8-1 record, with their only loss to Colerain.

Once again, our student athletes are outstanding representatives of East Central High School and of the Sunman-Dearborn Community Schools. We are very proud of their accomplishments and we appreciate their leadership on and off the fields of play.



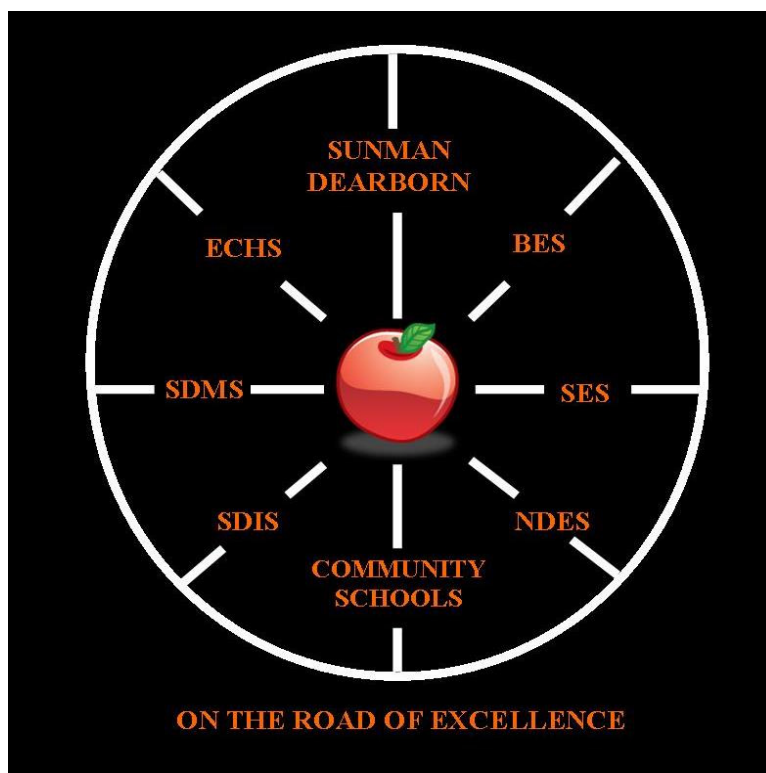
*Dave
Jarvis*



*A Newsletter for the Stakeholders of
Sunman-Dearborn Community Schools*

1 Trojan Place
Suite B
St. Leon, IN 47012
Phone: 812-623-2291
Fax: 812-623-3341
E-mail: jhendrix@sunmandearborn.k12.in.us

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



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: 812-576-2041

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

Sunman-Dearborn Intermediate School · 2760 Old State Road 1 · West Harrison, IN 47060 ·
Ph: 812-576-1900 · Fax: 812-576-1901

Bright Elementary School · 22953 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 · Sunman, IN 47041 ·
Ph: 812-623-2235 · Fax: 812-623-4330

