

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

A TIME FOR GIVING THANKS!

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This past month has been extremely difficult for our students at East Central High School. One of their classmates, Jacob Amberger, was tragically killed in an automobile accident. In that time of tragedy, the Sunman - Dearborn Community stepped up to support our students by providing counseling to our ECHS students. Support for the Amberger family and our students also came from other school districts. Jennings County Schools, South Dearborn Community Schools and Lawrenceburg Community Schools and their students sent condolences with sympathy cards to the Amberger family, offered support, and even rescheduled sectional games to give our students time to grieve. In return, our S-DCSC family of students and staff began raising monies to support the Amberger family for funeral costs and to establish a scholarship fund. It is this kind of support that makes a person realize how much a whole community can come together to support those in need. We should give thanks for having such a caring and supportive community.

In the last few days of October, hurricane Sandy devastated the east coast of the United States. Many people lost their lives, homes were destroyed, and families displaced. Many students in our school district saw the need to help these disaster victims. For example, at Sunman-Dearborn Intermediate School, students

have asked the principal if they could begin collecting donations to help the victims of Sandy. The principal and her staff discussed how to best support the disaster victims with the help of S-DIS students. A plan has been developed and from November 2 to November 16, students will be collecting needed items and monies to donate to the disaster relief funds for the victims of Sandy. Again, we should give thanks for having such a caring and supportive community.

As we gather together this Thanksgiving, please take time to reflect on how fortunate you are to have the opportunity to celebrate the holiday with family and friends. Think about how fortunate you are to have a community that will rise to any occasion to help people in need. Most important of all, please give thanks for being surrounded by such a caring and supportive community.

Dr. Jeff Hendrix
Superintendent

SUNMAN ES FULL DAY K

This school year, Sunman-Dearborn School Corporation is piloting the implementation of full-day kindergarten utilizing funding provided by a grant made by the Indiana General Assembly and monitored by the Indiana Department of Education. The elementary schools of Sunman Dearborn decided to offer an option to all parents that allowed the parent to decide if their child would attend the new full-day program or the traditional half-day program. At Sunman Elementary, all parents of incoming kindergarteners elected to take advantage of the full-day program.

Mirroring a typical half day program, the morning focus is on academics and readiness skills necessary for instruction in reading and mathematics. All kindergarten students receive a focused, full ninety minutes of reading instruction daily. Mathematics instruction also occurs in the morning. Each afternoon consists of enriching activities as well as a more focused instruction on science concepts, social studies,

current events and other academic skills with time for fine arts instruction. Teachers are more easily able to differentiate instruction to meet the needs of all students at multiple levels of achievement.

Classroom teachers and parents alike have seen a difference in the ability to master the academic content of kindergarten as well as have the time to explore and grow in a nurturing and enriched environment.

Regardless of what the adult believes about kindergarten, the students at Sunman Elementary overwhelmingly report that recess and lunch are still the best part of their full-day experience!

Mrs. Morton
Sunman Elementary
Principal



HEALTHY HOLIDAY COOKING

The holidays are just around the corner and we all know with the holidays comes a variety of parties and get-togethers' that involve cooking! You can keep your dishes heart healthy for your family and friends with a few simple tips:

- Prepare muffins and quick breads with less saturated fat, trans fat and calories by using three ripe, very well mashed bananas, instead of 1/2 cup butter, lard, shortening or oil, or substitute one cup of applesauce per one cup of these fats.
- Keep the sodium down in your meals by using fresh herbs and spices or salt free seasonings to add flavor to your favorite foods. For example, lime juice and cilantro are excellent ways to add extra flavor to Mexican themed dishes.
- Choose whole grain for part of your ingredients instead of refined flour to add fiber to your meal and give it more staying

power. For example, whole-wheat flour can be substituted for up to half of all-purpose flour without noticing a significant taste change.

- Choose lean cuts of meat such as beef round, loin, sirloin, pork loin chops, and roasts. All cuts with the name "loin," or "round," are lean. "Select" grade meat is leaner than "prime" or "choice."
- Finally, sneak some extra veggies in anytime you can! Try adding beans and salsa to your scrambled eggs, slip in fresh tomatoes to your spaghetti sauce and add finely chopped broccoli into your favorite casserole.

We hope these tips help you and your families have a happy and healthy holiday season!

Mrs. Copenhaver
Director of Food and
Nutrition Services

NORTH DEARBORN'S FALL OBSTACLE

North Dearborn Elementary students were treated to the Fall Obstacle course once again this year. Ms. Rita Alig, gym teacher at North Dearborn, incorporates multiple subjects in her festive fall obstacle course. Scooters, stepping stones, hidden caves and even decorated gymnastics equipment all make an appearance. The kids love the course and are eager to get into the action. Along the way the students practice their addition facts when they roll the dice to determine the number of jumping jacks they have to do before jumping the inflatable

hurdles. Reading is also emphasized as they read the funny tombstone epitaphs as they walk the balance beam and tumble on the mats. Teachers and students alike enjoy the fall obstacle course and look forward to it year after year.

Mr. Bond
North Dearborn
Elementary Principal

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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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