

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

TECHNOLOGY: STAYING AHEAD OF THE GAME

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The world of technology continuously changes from moment to moment. There are many of us who have jumped into technology and realized quickly that what we thought was the best for our needs only lasted for a short time. It is extremely difficult from a financial perspective to be able to stay on the cutting edge of technology. In an organization such as a school, it is important to make decisions about the hardware and software that we buy that will meet the academic needs of our students for a long period of time.

In the past five years, the delivery of technology has moved from desktop systems to more mobile units such as laptops, tablets, and netbooks. This movement called **1:1 Computing** focuses on putting technology directly into the hands of students. Students are provided a computing device that allows them 24 hour access to software programs, email and the internet to complete projects and communicate with teachers and classmates.

In the Sunman-Dearborn Community School District, we have been fortunate to provide computer access to our students throughout the school corporation with computer labs. Some of our teachers have computers for each of their students in their classrooms. Many of our teachers are using programs such as Moodle and Wikis to

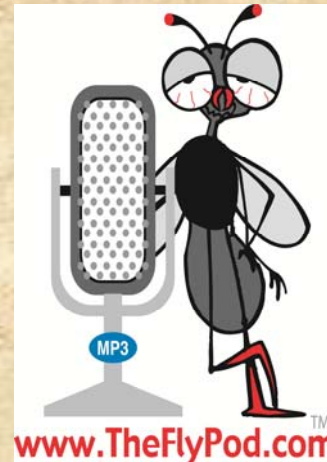
provide information and communication to our students. So the possible move from classroom computers and labs to **1:1 Computing** will not be a major change for our students. In fact, many of our students already have access to computers in their homes. Others can find access at our local libraries.

As our corporation moves forward in this quest to stay current with the new technology, we have been proactive in doing the necessary research to find the best technology for our students along with the software that will have an impact on student learning. Currently, we have a Technology Committee reviewing the literature and attending seminars on **1:1 Computing**. Our goal is to find the best possible approach to impacting student achievement through the technological resources that will readily help our teachers provide the most current curriculum, best instructional practices and a comprehensive assessment program that informs them of each of their student's academic progress. We believe that technology is a tool that teachers can use to help students grow and learn as we prepare them to be successful in life.

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 feature Dr. Hendrix along with Mr. Nathan Loudon, Director of Technology to discuss the many changes he has made to our technology program, his work with the technology committee, and their research on 1:1 Computing.



MARCH ON FOR NUTRITION!

March is National Nutrition Month and the theme for 2013 is "Eat Right, Your Way, Every Day." We all know that eating healthy and being active have countless positive health benefits, but how can you eat healthier? You do not have to give up all the foods you love or completely change your eating habits to eat healthy. Here are a few tips to eat healthier in your daily life:

1. Fill up on colorful fruits and vegetables! Try to make half of your plate fruits and vegetables.

Greens: Dark green lettuce, Kale, mustard greens and broccoli are just a few options.

Sweet vegetables: Corn, carrots, sweet potatoes and squash can add healthy sweetness to your meals.

Fruit: A tasty, satisfying way to fill up on fiber, vitamins and antioxidants.

2. Fill the remaining half of your plate with protein (meat, fish, beans, eggs) and whole grains.

3. Be sure to have a small amount of fat-free or low-fat dairy every day.

4. Limit salt and sugar.

Build a healthy diet based on the foods you like so that you stick with it and do not feel as though you are depriving yourself. Use these tips to encourage healthier eating among you and your family.

Olivia Scardina
Dietetic Intern, University of Cincinnati
Mrs. Copenhaver
Director of Food and Nutrition Services

SPELLING WIZARD ~ PATRICK MITCHELL ~

Congratulations to S-DIS fifth grader, Patrick Mitchell! Patrick finished in 3rd place at the Regional Spelling Bee in Cincinnati on Sunday, February 24th. Last year he tied for 5th place as a fourth grader. He was the youngest of the three finalists and the last representative from Indiana.

Patrick was able to spell: discipline, cruller, nougat, graupel, nemesis, punctilio, ameliorate, vaquero, and finally missed on the word "Croesus", defined as the last king of Lydia.

Patrick, you are the king of spelling!

IPODS AND HEARING LOSS

This holiday season, many of us tore off the cellophane of a hot new pair of headphones, a smartphone, or music player (iPod). You may want some hints so you can enjoy your gift for a long time.

1. Keep the volume level below 5 (50%).
2. Keep track of and limit the time you use the device.
3. Give your ears a rest.

Personal music players should be set at the lowest possible volume at which music can be comfortably enjoyed (around 50-60% of maximal output or a volume level of 5 or 6 is considered a safe listening level). If using in-the-ear type of earphones and listening to Heavy Metal, Hip Hop, Rap or Rock Music, limit listening time to 3.5 hours or less when the volume is set at 60%. The louder the volume setting, the shorter the safe listening time may be (e.g. less than an hour if volume is set at 70% and less than 30 minutes when set at 80%). Medium output musical styles (Folk, Pop, Classic Rock, etc.) can be safely enjoyed for longer periods of time, yet it is still important to maintain the listening volume at 60% or lower. Give your ears a rest and do not use any device for several hours a day and definitely do not use these while sleeping.

People who use iPods or wear ear buds may be at risk for permanent hearing loss. Studies have shown that 1 in 5 teens now suffer from some type of hearing loss and are demonstrating the same kind of hearing loss that would typically be found in aging adults. Warning signs of iPod-induced hearing loss may include ringing

in the ears (tinnitus) and difficulty hearing what people are saying in a noisy room (at a party or out to dinner). Noise-induced hearing loss can occur as a result of repeated exposure to loud sound over time and is irreversible. The louder the volume the less time required before your hearing may be affected. Noise-induced hearing loss sneaks up on you big time when you bombard your ears with sound but it can be completely avoidable if you take precautions.

So what can you parents do to protect your child's hearing from iPods and other personal listening devices? For starters, teach your children not to listen to music at too loud a volume or for too long. If you can hear the music or lyrics through your child's headphones or ear buds, it is too loud. You can check into the use of noise-canceling headphones that eliminates background noise so listeners don't have to crank the volume too high. Also encourage your children to take listening breaks to give their ears a chance to rest. And most of all, if you or your child experience ringing in your ears or hear muffled speech, stop listening with these devices and have your hearing checked.

Michelle L. Paquette, M.A., CCC-SLP
Speech/Language Pathologist

Mr. Goessling
Bright Elementary Principal

STUDENTS TEACHING STUDENTS ABOUT CYBER-BULLYING

Thank you to the students from East Central who visited the sixth grade classes at S-DIS to discuss issues involving Cyber-bullying. What better way to get a message out to pre-adolescents!



S-DIS STUDENT WORKING FOR A CAUSE

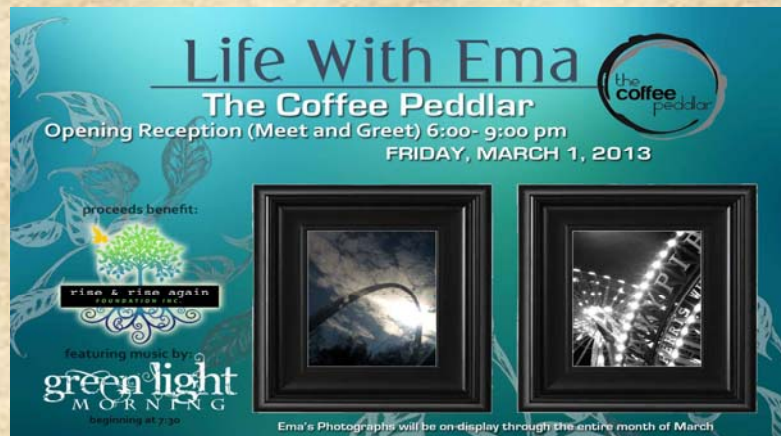
Ema Hinton is a 5th grader at S-DIS. She is an 11 year old little girl who realized she had a knack for photography. At the same time, her family founded the charity, Rise and Rise Again, inspired by her Uncle Corey who needed a double lung transplant, but soon found he had a recurrence of Non-Hodgkin's Lymphoma and has been battling (and beating) ever since. Ema has always been interested in taking part in the foundation events and was beyond thrilled when she found out she could use her talents to help raise money for the people Rise and Rise Again helps. This photo show is very special to her on so many levels. She is thrilled to work with The Coffee Peddler, where inspiration blooms daily, and excited to bring attention

to the foundation she loves.

We invite you to celebrate life with us.....through Ema's eyes.....at the Coffee Peddler located at 12 Harrison Avenue in Harrison, OH.

Sincerely, Rane'e' (Ema's mom) and The Rise and Rise Again crew.

Rise and Rise Again Foundation is a 501(c)(3) Charity dedicated to raising awareness on the need for organ donors as well as providing benevolent financial assistance and support to patients undergoing life saving medical procedures. Rise and Rise Again Foundation was inspired by Corey Hoover and his quest for a double lung transplant.



YOUNG HOOSIER BOOKS: PLEASURE READING FOR STUDENTS

The purpose of the Young Hoosier Book Award Program is "to stimulate recreational reading among elementary and middle school/junior high school children and to encourage cooperation between administrators, school media specialists, teachers, public libraries, and the community in providing reading experiences for Indiana school children."

Student participation in pleasure reading was the thrust behind the creation of Young Hoosier Book Award (YHBA) Program in 1974-75. By allowing students to vote for their favorite books, media professionals hoped that more students could be motivated to read more newly published books. 4,681 students helped to choose E.B. White's *Trumpet of the Swan* as the award's first winner. Last year more than 73,000 students throughout the state voted for their favorite book."

This year, Sunman Elementary students in grades K-3 have enjoyed connecting with Young Hoosier books such as Art and Max by creating portraits of their friends, drawing with sidewalk chalk after reading Chalk, and learning about the invention of bubble gum. Inspired by the Young Hoosier nominee, Guyku, many of our students are hoping to have a poem selected for publication in "Young American Poetry Digest."

Our fourth grade students receive rewards for every 5 Young Hoosier books they read. Though they are only required to read 5 to be eligible to vote, 9 students have already read 15-20 Young Hoosier titles this school year!

Ms. Morton
Sunman 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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