

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

FIGHTING OFF OLD MAN WINTER

INSIDE THIS ISSUE:

FLYPOD	2
FOOD SERVICE	2
S-DIS NEWS	3
ECHS NEWS	4
SDMS NEWS	4
NDES NEWS	5
BES NEWS	5
SES NEWS	6

This winter has been extremely tough on our school attendance. Our district, as well as other districts in the area, is closely monitoring the changes in the weather. The decision to delay or close school is solely based on whether there will be a safe passage to school for our children and staff members. Recently, we not only contended with the blowing and drifting snow, but also the extremely cold temperatures and wind chill factors that can cause frostbite for our children who wait for buses. I want to remind all parents to make sure that your children are prepared for the cold temperatures and dressed appropriately. Children need to be dressed with hats, gloves, scarves, snow boots, layered clothes and warm coats especially if they have a 5 -10 minute wait for the bus. Keeping them in the house until the bus pulls up in front of the house is also a good idea. As I stated before, your child's safety is the most important. Please be careful and stay warm.

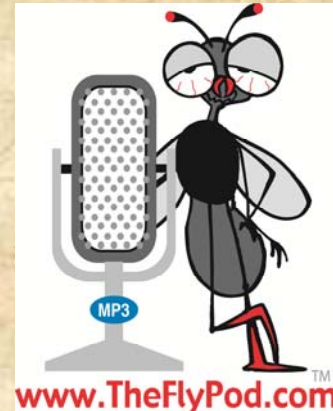
Dr. Jeff Hendrix
Superintendent



To piggy-back off of the above article, we wanted everyone to be aware that C-Notify, the notification service used by S-DCSC, is not a fool-proof system. We have been trying to resolve an issue the service is encountering with 812-637-XXXX phone numbers. We encourage everyone to watch the local television stations or check our schools webpages to confirm the status of school for the day. Do not rely solely on the call from C-Notify. If you need to make changes to your contact information for C-Notify, call the main office of your child's school. Please note, if you have more than one child in the district, each child needs to be updated as the numbers are tied to individual students rather than families.

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, February 10. Joining Dr. Hendrix will be SDMS Destination Imagination Team with team leader Sheree Brewer. Also, SDMS Journalism Team with teachers Lori Wilson and Tina Worley and Principal Lisa Baudendistel. Be sure to listen in to hear about exciting topics and how they relate to our Sunman-Dearborn Schools.



CUPID'S CALORIE-CUTTING RESTAURANT TIPS

With Valentine's Day right around the corner, it is likely that you and your special someone will head out for a nice dinner. Even if it is not on Valentine's Day, most of us go to restaurants on a regular basis. Here are some smart tips for dining out, while maintaining a healthy, balanced meal.

Plan ahead- Check out the menu ahead of time to plan your healthy choice. Chain restaurants often have nutrition information on their websites, which can further guide your decision.

Check the menu- Look for menu items that with the words steamed, broiled, grilled, stir-fried (with broth or water), roasted or poached

Order it "dry"- Request foods prepared "dry" or without oil/butter.

Make substitutions- Substitute a vegetable, side salad or fruit cup for a potato, pasta or rice.

Watch the dressing- Opt for fat-free or "light" salad dressings. For extra wellness points, ditch the dressing altogether and use balsamic vinegar or fresh lemon juice on your salad.

Take it with you- When your food arrives at the table, immediately ask for a to-go container. Pack up a portion of your meal, close the lid and enjoy the rest of your meal another day.

Savor it- Eat slowly and mindfully, savoring each bite and stopping when satisfied. Your feeling of fullness will increase over the next half hour after eating.

Avoid sugary soda- Choose sugar-free beverages such as water with lemon or a cup of coffee. Soda calories add up quickly, especially when refilled automatically.

Follow these easy tips and enjoy — without guilt — your time away from the kitchen!

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

AN ADOPTION BY S-DIS

Students at S-DIS in Mrs. Lillie's room have adopted a ship. This program is sponsored by the Propeller Club of the U.S. in partnership with the maritime Administration. During the year, the class and the ship's crew correspond and share experiences. This fosters interests in geography, history, math, science, transportation, foreign and domestic trade, and English. Lastly, it teaches something of the steadfast character of the men and women of the American Merchant Marine.

The ship is the SS Horizon Enterprise (not Starship Enterprise- a standing joke with the captain). Due to the government sequester, our adoption was delayed, so correspondence did not begin until December. The cargo ship travels from Tacoma, WA to Oakland, California to Hawaii.

The first ship letter was received in January and was written by one of the 3rd Mates. His job is to stand watch and navigate, which he does from noon to 4 pm and again from midnight to 4 am. He is on lookout for other ships, land, weather like fog and rain, floating hazards like logs, trash, or floating cargo lost by other ships. But, the most exciting of sites is the sea life. They see many different animals including Bottlenose Dolphins, Orca Killer Whales, Grey Whales, Pilot Whale, Porpoises, Flying fish, Sea Hawks, and Albatross. The dolphins love to race toward the ship and play in the bow wake as they arrive in Hawaii.

He connected our study of the Sun, Moon, and Stars by commenting on the night sky over water. They are far from light pollution so thousands of stars to be seen. He compared this to being on a mountain top. He and his watch partner see the Milky Way, constellations like Orion and the Big Dipper, as well as planets like Jupiter and Venus.

The students asked how they know where they are in the middle of the ocean. He explained that they have many methods to navigate including GPS. They also use Celestial Navigation and Terrestrial Navigation by using calculations from the stars/sun or land. He included a sample drawing of terrestrial Navigation.

Many other questions were answered, including an explanation of a knot about the size of a softball called a Monkey Fist. It is tied to the end of a line to add weight. The Monkey Fist has a special connection because he and his watch partner tied 21 Monkey Fists (about the size of ping pong balls) as key chains to send to our students. The captain included t-shirts with a picture of the ship as well. (We sent lip balm that we made in Science class to the ship in December).

The students are excited about the information in the letter, the key chains, and the t-shirts. They are preparing their next round of letters, along with thank you notes. (A scanned copy of the letter and sample drawing can be found on Mrs. Lillie's website).

PS: We have a second adoption via Sea Turtle Inc. in S. Padre Island, TX. We adopted Merry Christmas, an Atlantic Green sea turtle found on Christmas Eve in the early 1980. Due to genetic defects, she cannot be released, so is a resident at the facility.

Pictured below are gifts from the ship.

Mrs. Chris Vennemeier
Sunman-Dearborn Intermediate
School Principal



EAST CENTRAL HIGH SCHOOL NEWS

What a winter it has been so far! We have been spoiled over the last few years with mild winters. As of this writing, we have missed eight days total with two that have been waived by the State. Six days will need to be made up (which will be the first week of spring break and President's Day). We have one more day built into the calendar before we have to start using days at the end of the school year. Any days added then will have an impact on the date for graduation (which is June 1st at this point). **Due to the way the weather is this winter, I will not be surprised if graduation ends up being moved to a later date. I will keep you all posted on that if it happens.**

This type of winter creates a dis-jointed approach to education that is difficult to maintain any high level of learning. Athletically, it has been a disaster trying to play the games and have the meets and do it all safely. Make-up games are becoming more difficult as the end of various seasons approach. Some games and matches will be cancelled due to this fact. Every effort to keep school operating is being attempted. But in most

cases, we are just running out of time and options. Of course, this weather plays havoc with planning and completing extra-curricular events other than athletics. Not only are we trying to hold regular classes, but we are also trying to conduct a drug prevention series in homerooms, and after school we are still attempting to hold a financial aide night for college-bound students and parents to attend (1/29/14). Be sure to check our website for updates.

East Central will work hard to make the most of every day we have. I wish we had a crystal ball and could tell you all what to expect, but we'll all just have to do the best we can and get through this winter together. Thanks for your understanding and support. Stay safe and warm!

Mr. Robert Shipley
East Central Principal

A WORD FROM THE MIDDLE SCHOOL

I do hope that Mother Nature is kinder to us in the upcoming month. Please remind your children to dress for the weather. We need to make sure that our students are safe given the lower than normal temperatures. If your child needs a coat, gloves, etc., please call the SDMS and we will be happy to assist.

As we approach the month of February we will be preparing our students for the upcoming ISTEP tests which will be held the first week of March. We want to remind parents to assure that students get a full night of rest and breakfast in the mornings. We do have a breakfast option at school to assist if you need it.

We want to congratulate our Geography Bee winner, Cole DeZarn and our Spelling Bee winner, Brooke Hensley. Both students will move forward to the regional competitions. Look for them in our local newspapers where they will be showing off their trophies. We were happy to see several parents and community members here to support our students.

February 17 is a snow make-up day and school will be in session. In addition, we will also be in session March 17 -21. Spring break will be the last full week of March.

Mrs. Lisa Baudendistel
Middle School Principal

NDES PTO IS WORKING HARD FOR OUR STUDENTS

The NDES PTO is a small, but hard working group of parents and teachers who work with the school to support the school's missions and goals. The PTO provides many opportunities for our students.

- Field trip fees and transportation
- Whole school convocations
- Technology improvements through Kroger card fund raiser
- Grade level grants
- Family movie nights

The PTO can offer this support due to their fundraising efforts. The PTO looks diligently to find opportunities to earn funds without selling items whenever possible. The School Mall coupon booklets, Kroger cards, and Cash for Trash are all no cost fundraisers. The PTO seeks out local businesses that wish to support the school's efforts and build partnerships with them, like the NDES PTO night at Snappy Tomato Pizza. The PTO also coordinates some

community events that also raise money for our school: NDES PTO Carnival, NDES PTO Craft and Vendor Fair and Santa's Workshop are a few of these events.

The staff and students at North Dearborn Elementary School appreciate the work of the PTO members, but they can only continue with support from our parents. Please look at your schedule, check out the PTO website, find something that interests you, and make a choice to join a fantastic group of people doing amazing work for our students. We need you help to continue.

The next few meetings are February 10th at 6:30 p.m., and March 10th at 3:30 p.m. in the NDES Cafeteria.

Mr. Jeff Bond
North Dearborn Elementary
Principal

HELP YOUR CHILD ENJOY READING!

It's important for the development of young readers to spend time reading at home daily. Reading helps children with language development, creativity, and can increase a child's ability to pay attention for longer lengths of time. A student that reads, or is read to, for at least twenty minutes per day, raises their potential to be academically successful throughout their life.

Some students are intrinsically motivated and interested in reading. However, other students don't feel as motivated to spend time reading outside of school. So how can you help your child to be inspired to read?

Allow your child to read books that interest them, when students get to choose their reading material that is age appropriate, they will be more motivated to read.

Spend time reading with your child. Show them that reading can be fun, because it is! Make time each day for your child to tell you about what they are reading, read aloud to your child and take time to allow them to read to you.

Lead by example. Spend time reading books and model for your child that reading can be enjoyable at different stages of life.

Motivate your child with a reward system. Use a sticker chart or calendar to mark each day that your child reads for at least twenty minutes. When they have read each day for twenty minutes, reward your child with something that they enjoy to show them you are proud of their effort in becoming a life-long reader and learner.

Happy reading!

Yours in education,
Katelyn Mansfield
Bright Elementary Teacher

SUNMAN ELEMENTARY SCHOOL

100th Day of School Celebration



A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

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