

The S-DCS Column

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

ISTEP+ TESTING APPROACHES

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As we enter into the month of March, we look forward to moving from a winter that has come on like a lion, and we hope goes out like a lamb. This weather, however, has provided some real challenges for our students and teachers who are working hard to master the skills necessary to be successful on our upcoming state assessments. These tests are extremely important for our students, our teachers and our school corporation. They will determine the growth of our students academically, and measure the success of our teachers who have spent the last several months teaching our students to think and grow academically. They will also be used with other benchmarks to determine the success of our schools and Sunman-Dearborn Community School Corporation.

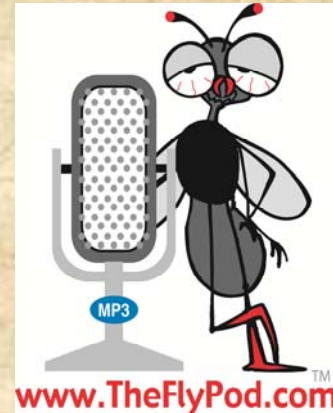
With those points being made, we would ask that parents work with their children to make sure that they are rested and given a good breakfast on each day of the test. We want our children to be ready to provide an optimal effort in doing their best on these assessments. We are fortunate to have extremely bright and talented students and we want to make sure that they make every effort to show what they know! We hope that every child gives 100% effort on these tests.

We appreciate your support and efforts in helping the Sunman-Dearborn Community Schools continue to be the best in southeast Indiana. Thank You!

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. 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 Wednesday, March 5. Be sure to listen in to hear about exciting topics and how they relate to our Sunman-Dearborn Schools.



ENJOY THE TASTE OF EATING RIGHT: SPICE IT UP!

March is National Nutrition Month and this year's theme is "Enjoy the Taste of Eating Right." It seems as though there is a stigma that healthy eating means eating bland and flavorless foods. However, this couldn't be further from the truth. It is easy to spice up your favorite foods, while maintaining a balanced and healthy meal. Here are a few tips to give your food a taste lift, without forfeiting nutrition or your healthy eating goals:

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling.
- Try grilling or roasting veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Brush or spray them lightly with oil so they don't dry out. Sprinkle with herbs.
- Simmer juices to make reduction sauces. Concentrate the flavors of meat, poultry and fish stocks. Reduce the juices by heating them—don't boil. Then use them as a flavorful glaze or gravy.

- For fuller flavors, incorporate more whole grains such as brown rice, wild rice or quinoa.
- Add small amounts of ingredients with bold flavors like pomegranate seeds, chipotle pepper or cilantro.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.

These tips can help spice up your meals! The average adult has 10,000 taste buds and people sense the same foods differently. So don't be afraid to try new foods, flavors and taste combinations. There's a world of flavors to explore!

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

BRIGHT ELEMENTARY NEWS

Aesop's Fables was presented on January 24, 2014 by the Bright Star Theatrics from North Carolina. This event was paid for by the Bright PTO.

They taught the kids various fables including The Lion and the Mouse, Sour Grapes, Tortoise and the Hare and my favorite, The Little Boy Who Cried Wolf with the moral being how important truth is and how you build trust when you speak the truth. Since the performance, I have been able to use this example in disciplinary discussions, explaining and talking about how truth affects people's trust in us. I have stated several times to students how important this is as a life lesson.

Below are pictures from this event.

*Mr. Norb Goessling
Bright Elementary
Principal*



S-DIS NEWS



Congratulations Patrick Mitchell!!

Patrick tied for 5th place at the "WCPO 9 ON Your Side Regional Spelling Bee". He competed against 57 other spellers on Saturday, February 22 at the School of Creating and Performing Arts in Cincinnati. Patrick has been the SDIS Champion Speller for two years and has done an excellent job at the regional contest both times.

EAST CENTRAL HIGH SCHOOL NEWS

I am so proud of the students and teachers at this school! As I look at what to write about this month, I was inundated with good news. We have 27 separate events competing at the State choral solo and ensemble level in Indianapolis. We have the largest class of juniors to be inducted into the National Honor Society in April. There will be 18 Business Professionals of America students competing at the State level at Indianapolis in mid-March. Advanced Art students are working on a shoe design project for Vans (to be judged by Vans). As I thought about each, on and on this list goes. We have students involved in 20 different sports, band, color guard, percussion, FCCLA (every year they have state and national level competitors), and FFA just to name a few more.

It is easy to get swallowed up in the day-to-day routine and forget all the good things that are happening here outside of the classroom. So this article is to put our best foot forward and recognize what matters most, the students! Congratulations to all that represent this fine school in extra-curricular events and groups. I wish you all continued success and the rewards of knowing you all did your best. I truly am proud of the efforts everyone puts forth to help all the students at East Central succeed, inside and outside of the classroom.

*Mr. Robert Shipley
East Central High School
Principal*

PASTA FOR PENNIES

North Dearborn Elementary School has had a chance to give their students an educational experience that goes beyond the walls of school. Through the month of February, NDES has been participating in the Pasta for Pennies program with the Leukemia and Lymphoma Society. LLS provided us with all the tools to run this educational service learning program and the staff and students were once again able to make it a success.

In the past 3 weeks students were encouraged to donate a dollar or more to wear a hat at the end of the first week and their pajamas at the end of the second week. We had a Penny War the third and final week. The winning team, Mrs. Roth's class, was able to win a free pasta party from Olive Garden by having the most points. Ten students were also picked out of those who donated to pie a staff member at our closing assembly on February 28th.

I feel so privileged and proud to be a teacher here at North Dearborn Elementary School, not only because of the education that we provide, but to be amongst those with such huge, helping hearts.

This community has really shown how coming together and donating our spare change and a few bucks can really make a difference. This year we were able to raise a total of just over \$4,000. NDES has been participating in the Pasta for Pennies program since 2005 and have raised just over \$23,000! Having children of my own, I often think about those parents whose child has been diagnosed with cancer. Their lives are changed forever and they most often feel helpless. By participating in this educational service learning program, I actually feel that we are making a difference in the research to find better and less toxic treatments for cancer, to help provide financial assistance to the families affected, and to give them that hope. We are also able to educate students of other children their age who have these illnesses and empower them to lend a helping hand. Thank you so much for your support and hope!

*Angie Prifogle
North Dearborn Elementary
4th Grade Teacher*

WORDS OF WISDOM

Each day, the students at SDIS hear Words of Wisdom from the Project Wisdom program. Project Wisdom strives to teach young people how to live ethical, principle-based lives. By honoring several impactful people in history and today, Project Wisdom focuses on building character by encouraging ethical thinking; building self-esteem by motivating students to do their personal best; and building community by inspiring students to contribute to the world around them while honoring the diversity that makes our country great. Themes include, but are not limited to, choices, courtesy, diversity, education, friendship, honesty, kindness, overcoming obstacles, respect, etc.



Aristotle, a Greek philosopher, put it this way: “We should behave to our friends as we would wish our friends to behave to us.”

Mrs. Chris Vennemeier
Sunman-Dearborn Intermediate
School Principal

NEWS FROM THE MIDDLE SCHOOL

SDMS students and staff are excited as we “Step Up to ISTEP” in the upcoming days. Students have participated in remediation opportunities over the past two weeks in addition to ongoing instruction in the classrooms. Staff at SDMS with the help of the Journalism class, Mrs. Worley, and Mrs. Wilson, developed a motivational video that will air soon for our student body. Look for it on our website!

Students have also been enrolling in classes for next year and exploring elective options at the middle school. Students watched informative videos about each elective class put together by their Journalism peers, featuring our SDMS students as they participated in the classroom activities. These videos are also available for parents and incoming 7th graders to view on our website. Please check it out!

As we approach the month of March, SDMS students will participate in the ISTEP test on March 11-12. Please assist your student and our school to perform their optimum best by assuring your child gets enough rest and eats a good breakfast. Attendance to school is also very important. Students will be participating in attendance and performance motivational activities throughout our the month of March in observance of ISTEP.

Mrs. Lisa Baudendistel
Sunman Dearborn Middle School
Principal

MORE THAN THE BASICS

In every elementary school, parents expect students to be educated on the traditional 'reading, writing, and arithmetic' as well as science, social studies, and health. Sometimes we overlook other important components to our mission as a public school. At Sunman Elementary, our mission is as follows:

Sunman Elementary School, in partnership with its stakeholders, seeks to instill in its students high standards for academic scholarship, integrity, leadership, and responsible citizenship.

We take this mission seriously and strive to provide opportunities for students to develop that integrity and responsible citizenship. Each morning, we start our day with a positive message from a program called "Project Wisdom". These short messages and stories about people with positive character traits emphasize that we make choices each day that impact others around us.

Classroom teachers take these messages a step further with classroom lessons about healthy

choices, good habits and positive social skills. These lessons can be direct, as in the classroom, or indirect such as in the cafeteria or on the playground.

The school counselor also instructs students at the classroom level about bullying behavior and ways to eliminate problems among students. She gives students concrete ways to encourage positive friendships that will help all students achieve their goals for both school and in life.

Responsible citizenship is shown through numerous philanthropic activities such as our annual food drive, Jump Rope for Heart, and 'jobs' in our school that ensure our facility stays safe and healthy.

While academics are of critical importance for all schools, providing a well-rounded education for our future leaders is a mission for us.

*Ms. Cindy Morton
Sunman Elementary
School Principal*

JUMP ROPE FOR HEART

Once again the North Dearborn community has come together to raise money for the American Heart Association to help combat heart disease. Over the past month the students of NDES have been working hard to collect money for Jump Rope for Heart. I am proud to announce that as of February 24 the students and community of NDES have collected over \$5,000, with one week left to go in our campaign. Additionally, our school is 2nd in our territory in total on-line donations with just over \$3000. The amount collected thus far well surpasses the \$4,000 goal set forth at the

beginning of the month and the \$2,712 that was raised last year. I would like to take this opportunity to congratulate our student body on behalf of the American Heart Association and to say thank you to them for all their hard work and to all of those who donated/participated. The community of NDES is truly remarkable and have done their part by being "heart heroes" to make a difference in the fight against heart disease.

*Bill Theising
North Dearborn Elementary
PE Teacher*

A NEWSLETTER FOR THE STAKEHOLDERS OF SUNMAN-DEARBORN COMMUNITY SCHOOLS

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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