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# CENTRAL HEIGHTS NEWS

## UNIFIED SCHOOL DISTRICT 288



521 Ellis Road  
Richmond, KS 66080  
<http://www.usd288.org>

August 2009

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Superintendent.....	785.869.3455	785.869.3809.....	Middle School
High School.....	785.869.3555	785.869.3355.....	Elementary School

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## PREPARING FOR THE NEW SCHOOL YEAR 2009-2010 IS HERE!

### School Begins - August 13

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### News from the Superintendent...

I want to take this time to welcome patrons, students and staff for the 2009-10 school year. This year brings great promise. Central Heights has a few new staff members. In addition, there are a few new wrinkles to the district. But one thing remains constant; Central Heights' goal is to educate students for the twenty-first century. Today's education involves the utilization of technol-

ogy. Our district has made many improvements in the area of technology. But there is still room for improvement.

So welcome back for a fun and challenging school year.

Jim Reece, Superintendent  
[jreece@usd288.org](mailto:jreece@usd288.org)  
785.869.3555

Central Heights is now on Twitter at  
<http://twitter.com/USD288>

Sign up for instantaneous information updates from the school:  
Sports Scores, Notification of Website updates, School Events, School Closings  
and other interesting information.

# H1N1 Flu Update

Dear Parents/Guardians

**We are asking parents and guardians to partner with us in our attempt to mitigate the transmission of the Swine Flu Virus (H1N1 virus). Children have been shown to be at high risk for this virus, with the greatest number of people affected being in the age range of 5-24.**

### What you can do:

Keep sick kids at home and well kids at school. If your children exhibit any of the following symptoms, particularly in conjunction with a **fever of 100 degrees or greater**, please keep them home and call your primary care physician for further instructions.

Cough, sore throat, runny nose, body aches, headache, chills and fatigue and in some cases, nausea and vomiting have also been reported with H1N1.

Keep us informed. When you call your student in sick, please report their symptoms to us. This helps us better track illness trends in our school population, and allows us to report these trends to the community health authority.

Promote good hand hygiene, cough etiquette, avoid touching eyes, ears, mouth, and nose with hands, especially after sneezing or coughing.

Thank You

Sandee Meyer, RN  
Health Office

# Bud Welch : Character-Based Activities Program

I spent a day this month at the KSHSAA headquarters sharing, listening, and learning with sixty fellow activities directors from across the state. One of the speakers had a particularly timely topic entitled, "Developing a Character-Based Athletic Program," as I can envision all activities at the interscholastic level

*...we all have to learn to handle the bumps in the road as we go through life.*

embodying the same principles. Although I won't cover everything in

detail, I would like to share the essence of what I heard. The first step in developing this program is to define why activities are offered, and what the roles of activities are at the interscholastic level. It is not a secret that students who are involved in activities do better academically, develop confidence and self-esteem, expand social cooperation and leadership skills, and learn to work hard, all of which fosters success in later life. It is for these reasons that we offer activities at the interscholastic level. The school's primary role in activities is to build lifetime character traits in young people who are in our care. Five core values that are gained from activities are respect, responsibility, integrity, servant leadership (being a team player and leader), and sportsmanship (respect for the spirit of the activity).

activities. This was directed at parents new to competitive activities, but the advice was good for all of us. Parents are encouraged to “stay close, but release your child.” In other words, allow your child to deal with issues.



Red flags that parents could look for were also listed in this presentation, and those were: (1)

Parents who continue to live their own personal athletic dreams through their child. (2) Parents who tend to take credit when the child had done well. (3) Parents trying to continue to coach their child. (4) A child who avoids his or her parents after a contest. (5) A parent who takes every thing too seriously. (6) Parents trying to solve all their child’s activities-related problems. As the saying goes, “Prepare the child for the path, not the path for the child.” In other words, we all have to learn to handle the bumps in the road as we go through life.

During a contest or performance, parents can be a positive influence by observing some basic behavioral guidelines: (1) Learn to watch the activity your child has chosen. (2) Model appropriate behavior. (3) Focus on the group or team and their goals. (4) Recognize that there is only one instructional

voice. (5) Recognize that there are four roles at any competitive event: spectator, competitor, coach/sponsor, and official/judge. Only assume a single role. Choose one and stick with it. The importance of modeling, appropriate behavior cannot be underestimated. When adults behave like children, children don’t learn to become adults.

After a competition, give your child time and space, let them come to you and be a reflective listener, keep criticism in check, and always address unacceptable behavior. We must not make our kids feel that

their value as a person is tied to their playing time, their performance, or winning or losing a competition or performance. Being involved in school activities lasts only a short time, and kids want their parents to be a positive part of their memories tied to their performances.

*It is not a secret that students who are involved in activities do better academically...*

I felt that this presentation was both timely and informative. As I look back at the time when my own kids performed, I wish I had some of these guidelines as I

watched the perform during their high school careers. It’s always good to sit back, reflect, and reinforce the true purpose of educational value of interscholastic activities.

Bud Welch, Middle School Principal  
Middle School Activities Director  
bwelch@usd288.org  
785.869.3809

## Middle School News

Greetings Everyone

We hope everyone has had a great summer. The school year is right around the corner, and we can't wait to meet the new students and parents of the district. We had an outstanding year in 2008-2009 and don't see this year being any different. Having the summer off allows the us and the students to recharge for the upcoming school year. We have one new staff member in our building; we would like to welcome Dan Lyman to the middle school.

Central Heights Middle School has a great reputation. We are a "one of a kind" staff that is second to none. We want to wish everyone a great school year and hope you will enjoy your last few summer days. Parents and students, our doors are always open for you and we will do anything we can to help you.

Central Heights Middle School is committed to the principle that every child has worth, dignity, and potential. It is our goal that all students experience success and become responsible citizens in society. The middle school setting provides students with the opportunity to develop basic skills needed for high school and yet address the special needs of middle school students during these important years of growth and development.

**To Parents:** We need your help and support in carrying out recommendations made in the best interest of the student, when parents and the school work together as a team, students learn

### Important dates to remember

<b>August 3</b>	<b>Enrollment 9:00 am to 6:00 pm</b>
<b>August 14</b>	<b>Back to School BBQ</b>
<b>September 4</b>	<b>Middle School students and parents 6:00 pm</b>
	<b>School picture day</b>

the true value of education and its need to our world today.

**To Students:** We need your help and support in building an enjoyable climate for our school. Each student has valuable resources and can help make many contributions in order that Central Heights Middle School can continue to be an outstanding school.

We look forward to working with you during the coming school year. Do not hesitate to call on us if any staff member can be of assistance to you.

Sincerely

Central Heights Middle School Staff  
MS Office: 785.869.3809

## 2010 SENIORS

### Early Reminder

Yearbook deadline for  
Senior Pictures  
is December 1.

If you'd like outdoor photos, NOW  
is the time to have them taken!

## WHAT IS A MIDDLE SCHOOLER

**What is a middle schooler?  
I was asked one day.  
I knew what he was  
But what should I say?**

**He is noise and confusion.  
He is silence that is deep.  
He is sunshine and laughter  
Or a cloud that will weep.**

**He is swift as an arrow.  
He is a waster of time.  
He wants to be rich.  
But cannot save a dime.**

**He is rude and nasty.  
He is polite as can be.  
He wants parental guidance.  
But fights to be free.**

**He is aggressive and bossy.  
He is timid and shy.  
He knows all the answers,  
But still will ask WHY.**

**He is awkward and clumsy.  
He is graceful and poised.  
He is ever changing.  
But do not be annoyed.**

**What is a middle schooler?  
I was asked one day.  
He is the future unfolding.  
So don't stand in his way.**

*1<sup>st</sup> Annual  
Yearbook Signing Party*

***2009 Yearbooks***

*Monday, August 3<sup>rd</sup>  
(during enrollment)*

*CHS Cafeteria  
11am – 2pm*

***See you there!***

## Football Notices

From: Coach Swendson

I will be holding a meeting for the parents those athletes playing football on Friday, August 14 at 7: pm in the CHS cafeteria.

I want to remind athletes and parents alike that practices are scheduled to begin August 17, after school, and that we will have a scrimmage practices August 22 and 29 from 8:00-10:00 am.

Equipment check-out for football athletes will be Thursday August 13, after school. Check-out orders: seniors, juniors, underclass (in order of best summer conditioning attendance).

Thanks

Coach Swendson  
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# “Elementary” My Dear Mr. Hinojosa

Dear Parents/  
Guardians:

Greetings! I hope you all had a wonderful summer break. I am very excited to get the year started.

It was great to talk with other principals over the summer and share the successes we had throughout our school last year. We had started our first year of our 1<sup>st</sup> grade reading program and our students had shown great improvement when it was all said and done. We are looking at expanding this to involve our 2<sup>nd</sup> graders two days a week. We had great state assessment scores last year and are looking forward to repeating again this year.

Over the summer, I had attended a conference discussing career clusters. Little did I know how much of this must start at the elementary end. Last year our fifth graders and their parents requested information from junior colleges, technical schools, and four year colleges regarding what their students “wants to be when they grown up.” Communicating with your students now to discuss the importance of school, actually understanding how important math and reading are to the real world, is crucial. This just helps them to start thinking about their future.

Our teachers work hard everyday to prepare our students for what they need to learn. As I have always said, there must be a partnership between parents

August 17	PTO Meeting 6:30 Elementary Library
August 18	Boy Scout Introduction Meeting 7:00
August 24-28	PTO Book Fair Week
August 27	Elementary OPEN House
Sept 4	Photographer Coming (Student Pictures)
Sept 10	PTO Meeting 6:30 Elementary Library

and school. Having 100% attendance three years running at the first parent teacher conference is a great testament of the dedication our parents have towards our school. In order for our school to remain as successful as it has, we must continue working together. Daily reading, practicing math facts, and helping with homework are just a few ways to help. Our goal for our primary aged students is to have them reading at grade level by third grade. If we can accomplish that goal, our students will do well in the intermediate grades (assessments) and it will carryover to the middle school and high school. The foundation must be built at the elementary level, but we need as many hands helping as we can.

I look forward to another exciting year. If you have any questions or concerns, please feel free to contact me any time. My door is always open for you. See you at enrollment on **August 3** from 9am to 6pm and open house on **August 27**.

Sincerely

Luis Hinojosa, Principal  
lhinojosa@usd288.org  
785.869.3355

## **Required Annual Announcements**

### **Free/Reduced Lunch Disclosure Statement**

Names of students and names of families of students receiving Free/Reduced Meals and eligibility status will not be released to any outside USD 288 sources unless a parent or guardian submits a signed waiver of confidentiality to the Central Office Food Service Director.

### **PUBLIC NOTIFICATION**

#### **Nondiscrimination Statement**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, natural origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-6382 (TTY). USDA is an equal opportunity provider and employer.

### **From the Superintendent's Office**

U.S.D. 288 has been complying with the federal and state asbestos regulations for many years. Some of the building materials in our school do contain asbestos. The asbestos-containing materials are periodically inspected and maintained to ensure students, employees, and visitors. The asbestos management plan for U.S.D. 288 is located in the district office and may be inspected by interested persons at any time.

U.S D. 288 is committed to protecting the health of all students, employees, and visitors. We will continue to ensure that asbestos-containing materials are maintained according to federal and state requirements.

## CHHS Student Council Corner

(all spelled correctly)

Through the eyes of the student council president, I look at the new school calendar and I see some new things and some things we have done for many years. For the month of August we start the year out with enrollment on August 3 from 9:00am to 6:00pm.

The students' first day is a little earlier this year on August 13. Student council plans to get the students excited about the new school year by having an assembly in the gym instead of the theatre. The agenda for the assembly is 'jam packed' full of fun activities for the students' first hours in school.

After the assembly, the freshmen are going to start a new thing here at Central Heights and have an orientation time. This will be led by the English/Business Application teachers, Deb Hampton and Michael Carey. They will explain how the year will go, explain rules, and show the incoming freshmen around the high school end. The Student Council will help them lead the kids around if they need help with their schedule.

Another activity on the High School agenda is the High School BBQ. The BBQ is on the 21<sup>st</sup> and starts at 6:00pm. This is our fun activity night that we invite and encourage students, parents, and community members to attend! The BBQ is full of hot dogs, burgers, chips, drinks, cookies, fun, laughter, and POWDER PUFF FOOTBALL! That's right, you heard me, powder puff football, the sport where girls do the catches and plays and the boys do the cheering and stunts! This night is always full of memories and fun that the kids and parents will always have!

These are the main activities that are going on with the students this month. Student Council hopes that this month will be a fun one that will give good memories to all the students in this 2009-2010 year! I hope you all can make it to our back to school BBQ to watch the girls show the boys how it's done. We will try to make this year the best year yet at Central Heights High School!

Malissa Carey  
Student Council President  
785.869.3555

**Patriot's Bank is sponsoring the Central Heights athletic calendars for this 2009-2010 school year. Patrons can find the schedules at their local Patriot's Bank or at the school.**

## High School Athletes

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**DO YOU HAVE A PHYSICAL EXAMINATION FORM ON FILE?**

# CHS Scholarship Funding Support Strengthened

## Leo “Bud” Laird Memorial

The family of Leo “Bud” Laird generously donated \$3,247 from Bud’s memorial to the Central Heights Scholarship Fund. Bud served as a teacher at Lane before starting a long tenure at Central Heights as a principal and superintendent. Bud served on the Central Heights Board of Education from 2007-2009.

Bruce Laird noted his father’s commitment to the Central Heights school. Even on snow days, Bud would drive a snow mobile to the school to check the building.

The principle of the scholarship fund is invested in certificates of deposit. Interest from the principle will provide scholarships to Central Heights

graduates who attend universities, colleges, and trade schools. Central Heights Public Schools recognizes the Laird family for its commitment to the Central Heights School District.

## Lane School Alumni

Lane Alumni held its annual reunion on Saturday, June 27, 2009. The multipurpose room was filled with past Lane Lions as they recalled their school memories. There were many yearbooks and pictures to view before the group enjoyed dinner. The Alumni Association presented Central Heights superintendent Jim Reece with a check for \$420 that will be deposited in the Central Heights Scholarship Fund.

## Board of Education Action

The Central Heights Board of Education preliminarily approved a budget for the 2010 fiscal year at its July meeting. The school district did not increase the total mill levy for property owners. Below is a table that compares the expected mill levy of districts that are in the Pioneer League.

District	Total Mill Levy for 2010 Fiscal Year
Wellsville	58.4
Osawatomie	53.2
Anderson County	51.4
Prairie View	50.5
Jayhawk-Linn	Page 9 50.4
Central Heights	46.1

## **PTO Preps for New School Year**

I am sure everyone has been busy preparing for the beginning of the 2009-2010 school year. PTO has also been hard at work planning some new activities for this year. In addition to the skate night and the carnival, we will be adding a movie night this fall and a game & craft night this winter. Also, the PTO plans to sponsor several new educational assemblies throughout the year.

PTO will again be providing every student and teacher a corporate-sponsored Central Heights T-shirt. We are also in the process of purchasing digital cameras for every grade level, hopefully to be in the hands of the teachers for the first day of school!

Last year was the first year for Student Appreciation week. Every student received Central Heights pencils and pouches, notepads, books, and water bottles. We plan to make this an annual event for the students.

None of the projects PTO sponsors could be possible without the success of our fundraisers, like the book fair, and the chili supper & silent auction. Our fundraisers are carefully chosen so our children are not asked to sell to their families or door-to-door. So, a big thank you to all of you that donate your time and money!

We are still collecting Campbell's labels and Box Tops. We are also registered with Country Mart in Ottawa. Every purchase you make with your Country Mart card helps our school. Please register your card number online or sign up with PTO.

The Fall Book Fair will be the week of Aug. 24-28 and will be open during Open House on Aug 27. Among other things, the book fair helps to pay for 3<sup>rd</sup>-5<sup>th</sup> grade to go to the Franklin County Literature Festival and 2 free books a year for each student. So, please stop by!

PTO meetings are normally held on the first Monday of each month at 6:30pm in the Elementary Library. Due to the beginning of school and Labor Day, our first two meetings will be Aug. 18, and Sept. 10. We will resume the regular meeting schedule in October. I am looking forward to seeing some familiar faces and would love to see some new ones!

If you have any questions or comments, please feel free to contact me.

See you at enrollment!

Sara Brown, president  
browntownks@yahoo.com  
785-878-3563

# The Kinyon Korner

(Misspelled on purpose MAC)

## Travelling Through Literature

## English Rainbow-ing

With the start of a new school year, the students often ask me what they can expect for the upcoming year. I often tell them reading, writing, grammar, and other words associated with Language Arts. However, this year, I am going to tell them travel! Since I cannot afford to take 80-plus students on a year-long vacation around the world, we will travel via the stories we read, the technology at school, and the guests who come to visit! The students will need their English passports to travel around the world during the 51-minute class period.

For a second year, the English 10 and 11 students will learn grammar with **COLOR!!!!** Instead of traditional worksheets that bore students, we use color to find the parts of speech and sentence types. Each color has its own meaning that the students are starting to learn. Each day, the class Rainbows one sentence together. The students earn 5 points per day for actively participating in their grammar exercise.

At the beginning of the school year, each student will be issued his/her own passport. In those passports, the students will mark the countries we visited and a few facts that they want to remember. I encourage all students to bring either a school photograph of themselves or a photograph from home to make the passport seem more authentic. We will also keep a log of our travels on a world map in the classroom.

Unlike the traditional Rainbow that starts with red on top, our English Rainbow starts with Orange. Orange marks the phrases. Then we move to blue which is for all nouns. Then, we move to green for verbs. These are the first two colors that the students learned to use.

### Rainbow Color Guide:

- Orange clauses (prepositions, participles, gerunds, and verbals)
- Blue ..... nouns, pronouns, and proper nouns
- Green ..... verbs (action, helping, being, and linking)
- Yellow .....brides (connects 2 parts of a sentence)
- Purple..... conjunctions (coordinating, .....subordinating, and correlative)
- Brown .....adjectives
- Black..... adverbs
- Red..... clauses

## Famous Travel Quote

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

## Famous Travel Quote

“Do not follow where the path may lead. Go instead where there is no path and leave a trail”

**Mark Twain**

**Ralph Waldo Emerson**

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