



Cheney USD 268
Educating Minds...Connecting Hearts...
Touching Lives...
Welcome to Our Family

Cheney USD 268
Patron Newsletter
December/January

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From the Superintendent, Thomas J. Alstrom



Board Planning Retreat just a start!

The board of Education met November 10th to look at the goals and priorities for the district for the upcoming year and to gather incite for the future. The topics for the evening covered areas in curriculum, personnel, facilities and operations, as well as school activities and community relations.

The major discussions in curriculum were the new programs we are working on and how to maintain the current programs at a level that meets the need of preparing students for the future. There was some discussion on the new push for expanded vocational programs by the State and industry as well as discussions and a presentation on the new MTSS (Multi Tier System of Support) program designed to assist in meeting the needs of all students. The board's focus is still on providing a quality education for all students and meeting those challenges.

There was also a lot of discussion on the operations of our facilities and the exploration of ways to conserve energy and yet maintain the comfort we expect for our students and staff. The district will be exploring alternative energy savings as well as looking into the feasibility of Geo-Thermal energy use in the district. There is still a concern that we maintain or improve our level of

technology for the students as well and provide for the transportation and custodial care needs of the students.

The biggest discussion of the evening was the discussion on class size and growth as it relates to planning for the future. In looking at the number of students we have in the district and what the class sizes are in the middle and high school, the board is wanting to take a closer look at what we are doing to provide the quality of education we would like for our students. The board has looked at possibilities of changes in the current facilities that would help us meet those needs and would also like to look at future needs of the district as it relates to space and personnel. The board is going to take on the task of focusing on the district's future needs and will be doing some further planning in this area in the near future. Currently the board is exploring the process they would like to use to gather the information needed to make sound decisions concerning the district's future.

In this time of changing economy and the effects of rural populations moving more towards the metropolitan areas, the task of planning for the future of the school district is going to have to be an ongoing process with the board and community. As the opportunity arises for community input I hope you will be a willing participant.

Cheney USD 268
Board of
Education

- Don Albers**
- Van Dewey**
- Greg Giefer**
- Mark Graf**
- Marcia Kampling**
- Terry Kohler**
- Mark Zerener**



'A shared vision is not an idea...it is rather, a force in people's hearts...at its simplest level, a shared vision is the answer to the question 'What do we want to create?'
 ~Peter Senge



Curriculum/Technology Update Richard Soash, Director



PowerSchool

Parents/guardians of students from grades three through twelve can access their students' grades, attendance and lunch balances on the district's student database PowerSchool. You can go directly to <http://powerschool.cheney268.com/public/> or there is a link from the main page of the district webpage at <http://www.cheney268.com>. There is also a link to the guide on the main page or at http://www.cheney268.com/Technology/parent_guide.htm.

Some basic hints for using the database:

Log in from the main page with your user name and password. If you have more than one child, you must use a different user name and password for each student. Each student has his/her own user name and password, so do not share the parent user name and password with them.

To view grades and attendance, click on **Grades and Attendance**.

Assignments:

Click a grade in the term column. The **Class Score Detail** page appears. Click an assignment under the **Assignment** column. The **Assignment Description** page appears.

Use the browser **Back** button to return to the **Grades and Attendance** page.

To view the absences or tardies for all classes during this term, click on **Attendance History**.

Lunch balances are also available by clicking on the **Balance** icon.

Because grades K-2 do not give grades, PowerSchool does not provide any information on grades, but attendance and lunch balance information is available.

If you need the user name or password for your student, contact the building secretary:

CES – Margaret Terrell - mterrell@cheney268.com

CMS – Kristi Akler – kakler@cheney268.com or

Kim Hedrick – khedrick@cheney268.com

CHS – Eileen Sagner – esagner@cheney268.com

If you would like to receive email notifications from the district (such as building announcements or school closings), send your current email address to the building secretary.

High School Student Council, by Debbie Hillman & Linda Patterson

On November 12, the CHS StuCo played host to High School CPL Student Councils for a Leadership Conference. The theme of the day was "Leadin' is a Habit." The Cheney StuCo greeted the other councils at the door dressed in tuxedo shirts with top hats and canes. To start the day off, Tanner Hageman, StuCo President, along with the CHS glees and pop choir welcomed the students. Each school then performed a prepared skit, song, cheer, or short production as a way to introduce their school and student council. Hutchinson Community College participated in the day by providing team-building activities for the students. Randy Myers, Dean of Student Services, brought 8 staff members and 16 student leaders down to help facilitate the groups. Audrey Bradley, a 2008 Cheney graduate, was among the student leaders. The session topics included stress, problem solving, planning, teamwork and group building. Each student attending received a Leadership Boot Camp t-shirt provided by Hutchinson Community College. The kids really had a great time and did a great job planning the day.

Kristi Patton, sponsor of Medicine Lodge said, "My students really enjoyed the conference". "KUDOS to you and your council!!" "You really set the bar high."

During lunch, students were given a number as a way to intermix and discuss ideas for next years conference. CHS parent, Scott Wood prepared brisket with beans and baked potato. A huge thank you goes out to him for the wonderful meal and the time spent preparing it.

Upcoming Events: Make A Difference Day, The 12 days of Christmas, and CHS Angel Tree

High School StuCo members include: Tanner Hageman, Dylan Rosenhagen, Dillon Scheer, Kathy Manivanh, Austin Johnson, Rachel Schomacker, Kaleigh Wulf, Mason Williams, Jacie Scheer, Kylie Patterson, Ryan Graf, Gage Scheer, Ali Akler, Brock Needham, Sam Casner, Adrienn Clark, Ashlee Henning, and Justin Locke.

Sponsors are: Debbie Hillman and Linda Patterson



Cheney High School-Ron Traxson, Principal

"Go confidently in the direction of your dreams. Live the life you've always imagined."

~Henry David Thoreau



Principally Speaking....

How Cheney High School Stacks Up: Central Plains League - School Headcount Comparison

	Fr	So	Jr	Sr	9-11	10-12	Total
Wichita-Trinity Academy	75	69	86	82	237	230	312 4A
Cheney	66	68	70	71	204	209	275 4A
Wichita-Independent	61	58	59	7	178	194	255 4A
Chaparral	70	81	57	45	208	183	253 3A
Douglass	62	72	50	66	190	194	252 3A
Belle Plaine	67	64	55	61	186	180	247 3A
Bluestem	56	55	61	49	173	165	237 3A
Garden Plain	52	59	56	59	159	167	226 3A
Conway Springs	57	53	57	49	159	167	216 3A
Medicine Lodge	58	43	44	50	137	145	195 3A

Book Excerpt: 9 Ways to Motivate Your Kids to Achieve.

by Janine Walker Caffrey, Ed.D., reprinted by permission with Da Capo Press/Lifelong Books.

Mark, age 16, sometimes shows up for school on time, and sometimes doesn't. His mom begs, pleads, cajoles, threatens, and once even threw a little water on him to get him up for school. Eventually, he will get up, but is usually late. Once Mark finally gets to school, he doesn't really engage. Though Mark used to be a good student, he is now very tired, lethargic, and can't seem to get interested in very much. Although Mark's mom doesn't believe he is smoking pot, she actually has drug tested him a couple of times just to be sure. Mark isn't using drugs; he just doesn't seem to care about anything.

Clearly, Mark suffers from a lack of drive. What caused the demise of Mark's inner motivation? Mark has grown up in a luxurious world where everything is programmed for him, things are very safe, he has been rewarded for each successful task, and things are given to him as soon as he requests them. From the time he was a very young child, his parents provided for his every desire, and now he really doesn't desire anything.

Drive vs. Desire

Drive is often confused with desire. Desire just means that you want something. Drive is the willingness to do what it takes to get it. It is not enough just to want, yet many parents too quickly give in when their children express certain desires. Giving a child whatever they please, when they please, actually diminishes drive. Over time, if a child is always given what he wants without earning it, he never experiences the deep yearning that results in the painstaking efforts that it takes to achieve things that are truly important.

What Does Drive Look Like?

When would you like your child to move out of your house? Age 20? 25? 30? 35? 40? If you would like your child to get beyond the walls of your house, you must assist him in developing this important quality. People with drive have many advantages over those without it:

Continued....

CHS, Continued...

What Does Drive Look Like? Continued...

A person with drive finishes things.

Drive allows you to have the follow-through to get things done. A person with drive understands how important it is to finish things and honor one's responsibilities. A driven person focuses the goal and is always working to move closer toward it.

A person with drive has the determination to have healthy lifelong relationships.

A balanced person who has drive will be determined to make all the parts of his or her life work well together. Driven people who have life partners approach the maintenance of their relationships with as much gusto as they do other things that are important to them. This focus and work make relationships successful.

A person with drive finds fulfillment in work.

A driven person finds joy in work because he has a sense of purpose. Many highly driven people have difficulty understanding the concept of retirement; opting instead to focus on different priorities instead of heading for the golf course. Work should be exciting enough to make you want to get up in the morning to get things done. Driven people understand this concept and live it every day.

A person with drive usually earns more money.

If you have drive, you will generally want more out of life and understand the hard work that is required to get these things. Even a person who is motivated by very altruistic goals understands the importance of money in reaching those goals. Develop drive, and the money will follow.

A person with drive can deal with uncertainty and change.

Driven people understand the normal ups and downs of life. They are able to work through difficulties and crises because they understand that things will get better. Work, persistence, and goal orientation make this possible.

A person with drive leads an interesting life.

A person with drive is continually trying new things and seeking new adventures. A person with drive enjoys making things happen and bringing others along for the ride. A life with drive is rich, and full, and wonderful!

How much drive does your child currently have? Take this test below:

Drive Questionnaire for Middle and High School students

1. Does your child get up for school on time without much prompting?
2. Can your child tell you of at least three interests other than "hanging out, chatting online, talking on the phone, surfing the net, playing video games, or going to the mall?"
3. Does your child complete all of his/her school work without much prompting?
4. Is your child able to talk about the kind of future he/she dreams about?
5. Does your child save money for things he/she wants?
6. Does your child complete activities such as a sports season, a role in a play, etc?
7. Is your child involved in extracurricular activities?
8. Does your child enjoy special events such as field trips?
9. Is your child a good traveler?
10. Do your child's stated desires and behaviors match? Example: The child says that she wants to make the cheer-leading squad and she practices endlessly before the tryouts?
11. Does your child attend school at least 95% of the time?
12. Does your child enjoy talking to you about his/her day?
13. Does your child like spending time with you and talking with you?
14. Is your child looking forward to driving a car as soon as possible?
15. Does your child regularly engage in physical activities such as bike riding, tree climbing, walking, etc?
16. Does your child have a good balance of busy and down time?
17. Does your child seek opportunities to travel, participate in competitions/festivals, or special events?
18. Does your child have a true passion about something?
19. Does your child regularly set goals that lead him/her toward a purpose in life?
20. Does your child work at a job, or help neighbors in order to earn money?

COUNSELOR'S CORNER

By Debbie Hillman, CHS Counselor-dhillman@cheney268.com or 542-3113:

Merry Christmas and Happy 2009!

It never ceases to amaze me how quickly the school year goes by. I tell that to students, especially seniors, at the beginning of the year and don't realize myself how fast it can pass me by.

I have directed most of my newsletter articles to individual classes, but I felt I had more to say that affected all parents and students. By the time the newsletter comes off the press, all freshmen and juniors will have received their Test Fest results. They were given information about their results and test as well as how these can help them prepare for the ACT. I am still waiting on the PLAN test results for the sophomores, but I am assuming they will be arriving before Christmas break. Please take the time to sit down and discuss with your child how they performed on the test.

Senior parents, I am not leaving you out of the mix as I hope you have discussed your son/daughter's future plans. Quite a few students have taken advantage of college/career visit days, but several still have lots of opportunities to do so. Please encourage them to start making plans because the doors of CHS will be quickly closing behind them. Just a reminder: **Financial Aid Meeting for Senior Parents is Thursday, January 8.** The meeting will start at 7:00 in the Auditorium. The information covered will pertain to filling out the FAFSA. If you haven't already done so, please file for an electronic PIN number by going to www.pin.ed.gov.

As I was trying to clean off the mounds of paperwork on my desk, I did run across a rather interesting article about ways to cope with stress. I feel that all of us could use a little refresher course in this area. I hope everyone can benefit from this information.

- Be proactive. Try to do things early to leave time and room for errors or minor setbacks.
- Take time for you. It is important to have down time.
- Listen to music. Isn't it funny when we are in a good mood, music puts a smile on our face and a wiggle in our step?
- Use your support system. Use your family and friends as your support!
- Honesty is the best policy. When you tell the truth, you are always going to fare better than you would if you didn't.
- Don't forget to breathe. Deep breathing can be helpful and physically restorative.
- Stay positive. The more positive energy you put into the world, the more you get back.
- Expect change. Change can be hard, but it is inevitable.
- Take care of yourself. This life is the only one you have.
- Be yourself. Sometimes it is hard to be true to yourself when you are trying to please everyone: your parents, your teachers, your coach, or your friends.

I do hope that 2009 brings all of you much happiness and good health.

By Linda Patterson, CMS Counselor-lpatterson@cheney268.com or 542-0060:

Classroom Counseling Lessons are going strong in the Middle School. The month of October was spent learning and discussing about the three persons of Bullying: the Bully, the Victim, and the Bystander. Students defined Bullying by brainstorming in small groups using different words, phrases, and illustrations. On October 17, Joe Coles, Student Service Coordinator for Southwest Plains Regional Service Center, spent time talking with our students about the importance of treating each other with compassion and respect. Our students understand the importance of bully prevention and know if they are ever a victim or witness of bully-like behavior to always tell an adult. Also Parents, I want to encourage you to report all bullying incidences that your child may come home with. We take bullying serious and want to address all situations.

In November, the classes spent time reading and discussing "The Giving Tree" by Shel Silverstein. Students learned about selfless and selfish behavior, qualities that make a good friend, and that gift giving does not have to be material items but can be offerings from the heart. Classes participated in making Friendship Wreaths and a Giving Tree labeling non-material gifts they could give a friend or loved one. We will continue spending time discussing the meaning of gift giving and the importance of showing gratitude through the month of December.

Ambassadors had a busy month of October with Parent/Teacher Conferences, Red Ribbon Week activities, a Teacher Appreciation project, and the Halloween Dance. For Red Ribbon Week, students started the week off by painting a saying on the south windows of the middle school so all students and community members could see, "CMS get high on Life...Don't Do Drugs". Monday morning a group of Ambassadors passed out dum dums suckers to the Elementary students telling them, "Don't be a Dum Dum, Say No to Drugs." The start of each day began by reading a drug fact over the intercom to the students. Thursday, the Ambassadors said thank you to the teachers for all they do by treating them to orange sherbet scooped into pumpkins made from oranges. Culminating the week, the Ambassadors hosted a Halloween Dance. Red Ribbon Week is a fun time for both staff and students. We all get to learn about the negative effects drugs can have on us and we have a super time participating in all the fun activities sponsored by the student council. Thanks StuCo for all you do!!!

COUNSELOR'S CORNER, cont'd...

By Linda Patterson, CMS Counselor-lpatterson@cheney268.com or 542-0060:

To continue our focus on tolerance and the acceptance of all students, CMS Ambassadors hosted a **"Mix it Up" Day** at Lunch on November 13. As students walked through the lunch line, they selected a starburst or jolly rancher. The color of their candy was how they found which table they would be sitting at that day. The pink starburst sat together, the blue jolly ranchers sat together, and so on. This day is always fun for the kids. It is a great way to help kids develop new friendships and meet new people. I had so much fun watching kids invite other kids to join them at their table. The first lunch had so much fun that we continued into the gym having a big game of "knock out" with each piece of candy competing against the others. The winner of each table then played each other competing for their table. I wish you could have seen all the students cheer their table winner on.....it was great! Well, Sydney Peitz was the winner who won a prize for all the Cherry Starburst table members. Great Job Kids!!! We definitely have to do that again! Check the halls for a poster announcing our next "Mix It Up" Day at Lunch!"

A new program hits Cheney Middle School!

CMS now is participating in the **Circle of Friends** organization out of Wichita. Circle of Friends is a social mentoring program pairing special education students with regular education peers. Through the support of our CMS staff, students involved in Circle of Friends have the opportunity to attend monthly events which promote social interaction and understanding. The rewards are astounding...increased self-esteem, improved social skills, strong peer role models, and creating a support network within our school. The first activity the group attended was an assembly at Maize High where Kim Peek, the "Original Rain Man", addressed the students. Kim Peek shared with our students that it is ok to be different because we are all different and it is important to treat others in a way we want to be treated. Kim is a mega savant who's knowledge expertise includes 16 areas such as the Bible, Professional Sports, People and Leaders, World and American History, Literature, Shakespeare, the Space program, Telephone Area Codes, major ZIP codes, Geography, all TV stations and their markets, classical music, movies and movie themes as well as actors and actresses. He truly was amazing! What a great opportunity for these kids!

Big Brothers/Big Sisters is going strong in the Middle School. CMS Littles pair up with CHS Bigs sharing time every Monday afternoon. They play games, shoot baskets, engage in small talk, and even work on homework. We currently have 29 students involved. If you are interested in learning more about Big Brothers/Big Sisters, give me a call at 542-0060 ext. 1402 or email me at lpatterson@cheney268.com.

Students of the Week Ten students are selected weekly among the 6th, 7th, and 8th grade classes to have their picture posted outside the counseling office with a short narrative entitled "All About Me". Getting to know each other is a great way to teach respect and compassion while cutting down on any bully like behaviors. It is a fun way to learn about other student's... favorite food, color, subject, and movie/show. Check it out if you are in the building!

Thank you so much for giving me the opportunity to work with your students. I am their advocate and I want to make their time at CMS a positive experience filled with many positive memories. Please let me know if there is any thing I can do.

I often tell my students that I not only have four kids of my own but another 200 kids I get to come to school every day to see. How lucky am I!

I want to wish each one of you **Happy Holidays**.

Linda Patterson

By Jeanine Long, CES Counselor-jlong@cheney268.com or 542-3137:

This has been a fast and furious year. Our students are involved in lots of learning, making friends and having wonderful experiences.

Our sessions of **"What's the Issue?"** in grades K-2 have gone well. The children have been enthusiastic and involved in our discussions and activities. Meetings will be held in January, February, and April. For additional information, please contact me.

We recently completed small group counseling sessions. They went very well. During the second semester, we will have a group for children in need of anger management.

Currently, we have 25 adult volunteers involved in the YouthFriends initiative. If you, your friends, family members or co-workers would like to get involved, please call me. If you belong to a community of faith or community organization that might need a speaker for a program, please let me know.

Classroom guidance lessons are going well. We are covering a number of topics throughout the different grade levels. Some of which are bullying, self-esteem and coping skills. I truly enjoy my time in the classroom interacting with the students.

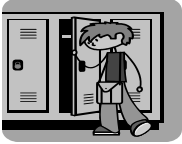
I would like to do a book club for parents. I have a few titles in mind but would like to see what kind of interest there is for something like this. If you would be interested in participating, please contact me.

We will be starting Love and Logic parenting classes in January. This is a wonderful opportunity to learn practical parenting skills. Please contact me for additional information.

My goal as a school counselor is to work with parents and students in making this school year a positive one. Please allow me to be a resource for you and your child in any way. I invite you to access my page on the school website and to call or email me at any time.

Cheney Middle School-Amy Wallace, Principal

"The future belongs to those who believe in the beauty of their dreams." ~Eleanor Roosevelt



In the hustle and bustle of activities, it seems we often times forget to recognize those outstanding individuals who devote so much time to our students in extra-curricular activities. These individuals not only give 100% in the classroom, but also outside the classroom contributing to the total experience of our middle school. When you see them, I hope you will thank them for all they do.

Football Coaches: Randy Weber, Jim Gillett, Tim Hiebert and Kerry Morris

Volleyball Coaches: Robi Alstrom, Sunny McEwen and Livia Custer

Fall Cheerleading Sponsor: Michaeline Kohler

Girls' Basketball Coaches: Randy Weber and Jill Augustyn

Boys' Basketball Coaches: Jim Gillett, Lance Custer, Bryan Barton

Winter Cheerleading Sponsor: Paula Voth

Scholar's Bowl Coach: Joe Shellhammer & Renee Teague

Wrestling Coach: Adam Hinkle, Kerry Morris

League Math/Chess/Robotics: Jim Gillett

League Science Competition "Mission Possible": Amy Schroeder

League Art Competition: Michaeline Kohler

League Music Contests: Layton Nance and Travis Johnson

Battle Of The Books Sponsor: Mary Butel

8th Grade Play Director: Paula Voth

Track Coaches: Amy Schroeder, Layton Nance, Nate Jones, Carla Ewy, Michelle Higgins

An asset to our CMS activities is our athletic/activities director, Dustin McEwen. Mr. McEwen works very hard to provide a variety of activities for our middle school and ensures that all students have an opportunity to participate. Thank you Mr. McEwen, for what you do for CMS!

AlertNOW Updates

Many of you are enjoying the weekly updates we have been sending out via AlertNOW. These are helpful to keep parents informed of all the things kids forget to tell their parents. If you have e-mail and you aren't getting these notes, please contact the school office.



CHRISTMAS PLANS

Tuesday, December 23 will mark the last day we have school until after the holidays. That day we will feature the annual talent show at 12:00 noon in the HS Auditorium. As in the past, exceptional talent is expected. Parents, family members and the public are invited and encouraged to attend. It is always a great production! At 1:30 students will have the option to attend the Christmas Dance, watch a movie or have study time. School will dismiss as normal that day at 3:20.

RED RIBBON WEEK

In October, CMS celebrated Red Ribbon Week with the theme "Band Together Against Drugs." Student Council kicked off the week with a fun air band. They also shared some thoughts with us on living drug free. During the week students enjoyed dress up days. The week's activities culminated with special guests to talk to the students about living a healthy, drug free life. In the afternoon students enjoyed the "natural highs" of having fun with friends. Student Council sponsored many fun games and activities. The day ended with our annual Halloween Dance. Red Ribbon Week 2008 was a great success!



CONFERENCES

Most have agreed that our conferences were much better this fall than last year. We appreciate your patience as we have worked to try and find a format that works for the most people. If you ever have questions or concerns, please contact us!

TEACHER WEB PAGES....Did you know that most teachers at CMS have web pages? They work hard to keep them updated and full of useful information. Be sure to check them often!



THANK YOU CMS FRIENDS

A special thanks to all the parents who provided cookies for the vocal and band concerts. We couldn't do it without all of you, thanks!

More From the Middle...

HONOR'S ROLL AWARDS

In October all students who earned the Principal's, Honor or Honorable Mention Honor Roll for the 1st nine weeks were treated to a bag of M & Ms! Thanks to the CMS parent group FRIENDS for providing a treat for our students!



STANDARD OF EXCELLENCE AWARDS

February 3 will mark an important date for CMS students. That night between the varsity games, our standard of excellence students will be recognized. On the 2008 assessments, the middle school was honored with meeting the standard of excellence in SIX AREAS,

- 6th Grade Reading
- 7th Grade Math and Reading
- 8th Grade Math, Reading and Social Studies

All of the students in these classes have so much to be proud of for their hard work! All members of these classes will be recognized on the court between games at approximately 6:45 PM. We hope to see you there!!

8TH GRADE COMMUNICATIONS

8th grade students have begun a study of the Holocaust in Communications classes. By reading The Diary of Anne Frank, the students will learn about the persecution of many under the oppression of Adolph Hitler. By the time the United States military got involved in the war, over 11 million people had been killed while Germany was under the control of Hitler. The Diary of Anne Frank tells of the struggle of two families, both Jewish, as they hid for nearly two years in the attic of a spice factory in hopes of outliving the war.

BASKETBALL CHEERLEADING BEGINS

Basketball cheerleaders are gearing up for the upcoming season. The sixteen 7th and 8th grade girls who make up the two squads have been practicing for the season. Providing spirit for the teams, making spirit posters and locker signs, and creating cheers and dances round out the duties of the squads. This year's squads show great enthusiasm and skill and will be a tremendous support for the teams and fans alike. Not only will they show their spirit at the games, it is their hope that the fans will join in with them to urge our teams on to victory.

Middle School Art News By Michaeline Kohler,

I compiled a list of skills that students learned in the first semester of art in the middle school.

DID YOU KNOW THAT ART I STUDENTS...

- Used elements & principles of design
- Learned color values by blending pastels to match a magazine paper design
- Know the meaning of ROY G BIV
- Designed their own logo for a brand of cereal that they created
- Formed a coil bowl out of clay, some students even made a spoon & cup
- Looked at slides of architect Frank Lloyd Wright's light screens & designed "stained glass" panels

ART II STUDENTS

- Broke tile & mirror with a purpose, to create their own mosaic
- 7th graders can use tile adhesive and grout with the best
- Reviewed portraiture
- Used a magazine photo to do a value study
- Know what graphite is
- Drew & painted a playing card, complete with a "royal" portrait
- Had a visit from a "queen"
- Know that clay is decomposed granite

ART III STUDENTS ...

- Studied the work of artist Chuck Close
- Used their fingers to paint realistic portraits
- Know how to grid to enlarge a drawing
- Saw examples of fused and cut stained glass
- Created their own fused tile by painting on glass
- Understand foreground, middle ground, and background
- Created a landscape or seascape using the collage technique
- Built a mask from plaster and gauze fabric
- Designed and painted a Carnival or Mardi Gras mask
- Sculpted clay to create a vase



Cheney Elementary School - Jamie Rumford, Principal

"While we try to teach our children all about life, our children teach us what life is all about." ~ Unknown



Parent/Teacher Conferences

I'm proud to announce that our attendance percentage for Parent/Teacher Conferences was 98%! This is the highest it's been in the last three years. Strong family support is one of the most influential pieces of developing successful students. CES would like to thank and congratulate all of our parents for the jobs you do. Your support sets your children up for success!

Alert Now Messages

CES has sent a few Alert Now messages via email since the beginning of the school year. If you aren't receiving them, it's because our office doesn't have an email account for you. The emails will be reminder notes for upcoming events. They will not be used in emergency situations. We will use the telephone message component of Alert Now to inform you of emergencies. The telephone message system will also be used for information that needs to be sent out immediately (schedule changes, cancellations due to weather, etc.)

Target Time

Setting aside 30 minutes in a school day to take time to provide the appropriate interventions with students can be a tedious task. It takes dedication and effort for teachers to create plans based on individual student needs rather than whole group needs. CES is in the process of looking at how we can implement this approach effectively. Our goal is to be able to set aside some time and resources that will give us the opportunity to meet these individual needs. This can be in the form of intervening with struggling readers to try to catch them up to grade level or providing extension opportunities for students above grade level in order to enhance their educational experience.

"Few children learn to love books by themselves. Someone has to lure them in to the wonderful world of the written word; someone has to show them the way." ~Orville Prescott

Research shows that children who read books for just 20 minutes a day perform better in school. Here are some great ways to get your child reading!

1. Set aside a reading time. Pick a reading time that is good for everyone. It might be before bedtime or even after homework.
2. Pick a reading place. It is important that everyone is comfortable so they can enjoy the book. Try reading in the living room, or maybe the dinner table works best.
3. Read together. One person can read the book, or people can take turns.
4. Involve and engage listeners. Before you read, point to the book's title, author, and illustrator. Ask listeners, "What do they think the story is going to be about?" As you read, you can ask your family members what they think will happen next. And be sure to engage listeners with exciting voices!
5. Fill your home with reading materials. Place books, magazines, newspapers, cookbooks, and more throughout the house so your child is surrounded by things to read.
6. Get caught reading yourself. When your child sees you read, she will be inspired to read.
7. Older siblings read to younger siblings. By reading to a younger sibling, the reader will gain confidence.
8. Start seasonal traditions. Pick a book to read every year when your child goes back to school. You can also read the same special book during a holiday.
9. Keep favorite books around. It can be comforting for a new reader to build confidence and fluency by practicing when re-reading a favorite book.

Elementary Art News, by Michaeline Kohler, Art Teacher

Our tiki hut has changed into a tree house and the art room looks like fall is upon us. With pumpkins, leaves and scarecrows as a starting point; students are learning elements and principles of design.

Kindergarten students used marbles to paint with, and also foam rollers. Those papers will be cut into leaves and arranged on a background sheet for a collage. First grade students listened to "Barn Dance" and looked at the scarecrows in the room to design their own. 2nd grade artists learned the slab method of clay construction to make a leaf bowl. Their clay leaf was pressed into a Styrofoam bowl for a mold. Those pieces will be glazed after the firing in the kiln. If you step into the front door at the elementary school you will see 'stained glass' leaves hanging in the entry. Our 2nd graders also used overlapping colors of tissue to create these leaves.

3rd and 4th grade artists are learning about still life. Still life is an arrangement that an artist uses to paint or draw. 3rd graders are using chalk pastels, oil pastels and crayon to create a pumpkin still life with a black cat. The pumpkins are blended and look 3 dimensional. 4th grade artists were shown how to blend colors to make a pumpkin and a clay pot look 3 dimensional. Then they added an object of their choice and arranged their objects on a background paper filled with texture. Students learned a new technique, but were also given the freedom to design their own set up.

5th graders are learning about architecture by designing and constructing out of a paper bag, a haunted house. Window panes may be broken, the door swinging open and a spider web caught on the porch; but certain required elements had to be included.

As the wind carries fall away and winter arrives, look for monochromatic snowflake paintings, gingerbread houses and much, much, more.

Physical Education is Awesome!

By Melanie Tolar, CES PE Teacher



Cheney Elementary School students raised \$11,516.45 during our Jump Rope for Heart fundraiser held on Friday, October 10, 2008! Thank you to our students, parents and community for your wonderful support of such a great cause!

We had a great time during the Jump A-thon with a costume contest, jumping stations and a healthy snack station. It was a fun time for all! The classroom that raised the most money was Mrs. Dalbom's kindergarten class and earned a free recess or PE time with Mrs. Tolar. The grade level that raised the most money was the Kindergarten classes. They will get an ice cream party for their efforts!

We have earned a grant through Kansas Coordinated School Health and will be working towards improving our staff wellness. In the past, we have had Power Panther Pals classes for only our 4th and 5th grade classes. This year we were able to apply for a grant to have the classes for 1st-5th grade classes. We are waiting to find out if that will happen this year! Power Panther Pals is a great teaching tool for us to cover healthy eating, exercise and it also teaches how to make some easy and healthy snacks for after school (these do not require the use of a stove or oven). This program is totally funded through a grant too. A grant was also earned for our staff through a program called Power Panther Professionals. The Power Panther programs will begin after the new year. Look for information to be sent home around that time. These are great programs for all!

With the winter months quickly approaching, outside activity will be slowing down! Be sure to bundle up and go for a quick, brisk walk with the family or raking leaves/yard work is a great way to get some exercise without having to spend a long time out in the cold weather.

New Physical Activity Guidelines for Americans

Last month, the U.S. Department of Health and Human Services released the government's first-ever *Physical Activity Guidelines for Americans*, a comprehensive set of recommendations for people of all ages and physical conditions. They are based on the first thorough review of the research on physical activity and health in more than a decade.

The guidelines offer a roadmap to help Americans easily fit physical activity into their daily routine. There is clear evidence that regular physical activity yields long-term health benefits and reduces the risk of many diseases. It lowers the risk of early death in adults, and reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes, colon and breast cancer, and depression.

Physical activity can help older adults improve their ability to think and do activities needed for daily living. Children and adolescents also benefit from getting recommended amounts of physical activity, since it improves cardiorespiratory fitness, muscular fitness and bone health, and contributes to a healthy body composition.

The key guidelines by group are:

Children and Adolescents:

- One hour or more of moderate or vigorous aerobic physical activity daily, including vigorous intensity physical activity at least 3 days a week. Moderate intensity aerobic activities include hiking, skateboarding, bicycle riding and brisk walking. Vigorous intensity aerobic activities include jumping rope, running, and playing sports like soccer, basketball and ice or field hockey.
- Muscle-strengthening activities, such as rope climbing, sit-ups, and tug-of-war 3 days a week.
- Bone-strengthening activities, such as jumping rope, running and skipping 3 days a week.

Adults:

- For health benefits, 2½ hours a week of moderate intensity aerobic activity, or 1¼ hours a week of vigorous physical activity. Moderate intensity aerobic activities include brisk walking, water aerobics, ballroom dancing and general gardening. Vigorous intensity aerobic activities include race-walking, jogging or running, swimming laps, jumping rope and hiking uphill or with a heavy backpack.
- Aerobic activity should be done in at least 10 minute segments.
- For greater health benefits, increase aerobic activity to 5 hours a week of moderate intensity or 2½ hours a week of vigorous intensity aerobic activity.
- Muscle strengthening activities, such as weight training, push-ups, sit-ups, carrying heavy loads or heavy gardening, at least two days a week.

Older adults:

- Follow guidelines for other adults if physically able. If a chronic condition prohibits following the guidelines as recommended, be as physically active as abilities and conditions allow.
- If at risk of falling, do exercises that maintain or improve balance.

Women during pregnancy:

- If healthy, at least 2½ hours moderate intensity aerobic activity a week during pregnancy and the time after delivery, preferably spread through the week. Those who regularly do vigorous aerobic activity or are highly active can continue during pregnancy and the time after delivery, provided they remain healthy and discuss with their health care provider how and when activity should be adjusted over time.

WELLNESS CORNER

By Charlene Lyons, Foodservice Director

The President's Council on Physical Fitness and Sports

(Citation: U.S. Department of Health and Human Services. The following facts are based on information from publications prepared by agencies and offices of the Department of Health and Human Services: the Centers for Disease Control and Prevention; the National Center for Health Statistics; the Office of the Surgeon General of the United States (Physical Activity and Health, 1996; Call to Action to Prevent and Decrease Overweight and Obesity, 2001), and the Office of Disease Prevention and Health Promotion (Healthy People 2010).

Physical Activity Facts

- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy; children and teens need 60 minutes of activity a day for their health.
- Significant health benefits can be obtained by including a moderate amount of physical activity (e.g., 30 minutes of brisk walking or raking leaves, 15 minutes of running, 45 minutes of playing volleyball). Additional health benefits can be gained through greater amounts of physical activity.
- More than 10 percent of children between the ages of 2 and 5 are overweight, double the proportion since 1980.
- Physical activity among children and adolescents is important because of the related health benefits (cardio-respiratory function, blood pressure control, weight management, cognitive and emotional benefits).
- According to a study done by the National Association of Sports and Physical Education (NASPE), infants, toddlers, and pre-schoolers should engage in at least 60 minutes of physical activity daily and should not be sedentary for more than 60 minutes at a time except when sleeping.
- One quarter of U.S. children spend 4 hours or more watching television daily.
- Young people are at particular risk for becoming sedentary as they grow older. Encouraging moderate and vigorous physical activity among youth is important. Because children spend most of their time in school, the type and amount of physical activity encouraged in schools is important.
- Only 25 percent of students in grades 9 through 12 engaged in moderate physical activity for at least 30 minutes on 5 or more of the previous 7 days in 2003. Only 28 percent of students in grades 9 through 12 participated in daily school physical education in 2003, down from 42 percent in 1991.



**Cheney USD 268
Patron Newsletter
December/January**

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Cheney Public Schools
Educating Minds-Connecting Hearts-Touching Lives...
Welcome to Our Family

POSTAL PATRON

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www.cheney268.com



Cheney Elementary School in need of Clothes – Every once in a while students will have accidents at school that require them to change clothes. If you have clothes at home that are slightly worn and you want to donate them, we will take them in the nurses' office. We can even use undergarments, but they need to be new and packaged. Thanks for any help you can give us on this.

Inclement Weather Closing Information

With winter just around the corner, it's time to go over our school closing policy. If in the event of school closing due to bad weather, the District will do its best to inform the public by 6:30am. We will be contacting the following local radio and television stations around the area for your convenience. Please remember, if you have a child attending Cheney Schools, you will receive an automated telephone call from our **ALERT NOW Notification System**, so please be sure your child's school office has your updated phone and email information.

- KSN Channel 3 Television
- KAKE Channel 10 Television
- KWCH Channel 12 Television
- KKRK Radio (FM 107.3)
- KFDI Radio (FM 101.3/AM 1070)
- KICT Radio (FM 92.3 The Zone)
- B98 FM Radio
- Country 102.9 Radio
- Wichita Eagle Website



*Cheney USD 268 wishes you a safe and
happy Holiday Season*