



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

**Cheney USD 268
Patron Newsletter
October/November**

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From the Superintendent, Thomas J. Alstrom



I had the opportunity to address the Alumni at the Alumni Banquet on the 20th of September. I talked about the Legacy of Cheney and their education program. How success does not just happen but it is nourished and supported by those in and out of the school system. We have had tremendous support and high expectations from our community and we are working hard to meet or exceed those expectations. As you look at what we are doing in the school system I hope you will support our focus and assist us in reaching our educational goals.

We have school up and running and once again we find ourselves asking the question: What is our next step in securing the best education for the students of this district? This year we started a new venture to try and improve the educational process by starting a pre-school for the Cheney district. We found that there were several students that were not being served in the local community and we took on that challenge. To date we have as many students in the parent supported program as we have in the State Supported Pre-School. Our goal is to get these students a good start on the educational process at a younger age with hopes of more success later on. The statistics show that the earlier you can start with students the more progress you can make and that the cost of education at a younger age is cheaper than trying to correct the deficiencies in older students.

We are also making good progress with our reading and math programs we have started for those students that are just not quite getting all they need out of the regular

classroom. We have used these programs as supplemental approaches to help these students become successful in reading and math. In doing all of this we find ourselves in a good position to take on one of the States new initiatives for improving education. The New Initiative is called MTSS or Multi-Tiered System of Support. After the training on this process we find that we are doing a lot of the things that the State is looking for in the program. We have found some new information that will help us continue to make progress on helping students be successful. As we move in this direction you will hear more about the MTSS program and what steps we are taking to further touch the lives of students.

On another topic, our enrollment will soon be calculated for this year. We will look at the trend in our enrollment and the possibilities of where we will go in the future with the Cheney Schools. I shared earlier the discussion of what additional space is needed and we are still discussing this issue. The Board of Education is still deliberating on how we need to progress with regards to building space and the schools future needs. The first step we have taken is to have an architect come and look at our facilities and let us know the feasibility of adding on to existing facilities, or do we need to address other issues to accommodate the student growth. When we get those results we will organize a forum for sharing that information. The board would like to have community input on our possibilities for the future.

Tom Alstrom

**Cheney USD 268
Board of
Education**

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



“At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lit the flame within us.”

~Albert Schweitzer



Curriculum/Technology Update Richard Soash, Director



Alert Now

The district is now using a service called AlertNow to provide better communications with the parents or guardians of our students. The system has the ability to send email messages or to deliver voice messages to their phone. The system will be able to send messages even when the school phone lines are not operational.

In a non-emergency situation, the system will call your home phone and deliver a message either to you or your answering machine. These messages might include an event cancellation or change.

In an emergency situation, the system will call your home first. If it encounters an answering machine, it will then try to contact the first emergency number (usually the father's cell phone). If that is not successful, it will call the second emergency number (usually the mother's cell phone). Emergency messages might include school closings or emergency situations at school.

This system should help provide the district with a more effective way to communicate with parents.

Multi-Tier System of Supports (MTSS)

Like every profession, education has its fair share of acronyms (probably more than its fair share actually). MTSS is the latest acronym to make the educational rounds in Kansas.

Multi-Tier System of Supports is a way to ensure that all students are learning to high standards. The process starts at Tier I, which is a well developed core curriculum provided by classroom teachers. By using data to find areas of weakness, classroom teachers can provide additional help to a student who struggles with the concept – Tier II. If the student is still not successful, other resources will be used, including different strategies and additional resources & personnel – a second Tier II intervention. If this is not successful, more intensive assistance will be provided – Tier III.

One key element of MTSS is to find gaps as quickly as possible at as young an age as possible. Rather than waiting for students to fail and then try to remediate, the goal is to intervene early to catch the child up as quickly as possible. A problem at the kindergarten level might require 30 additional daily minutes of extra assistance; the same problem at the 4th grade level would require two additional hours a day to fix.

Cheney USD has always done well on state reading and math assessments. We are very proud of our students' achievements. However, the ultimate goal of the district is to ensure that every child is learning all the skills that he/she will need to be successful.



Homework Kansas

Provided by the State Library of Kansas and Kansas Public Libraries
FREE Homework help....just a click away at www.homeworkkansas.org

Free Tutoring in: Math, Science, Social Studies, English
Grades K-12 and College Intro
Hours are 4:00pm-11:00pm 7 days a week

Homework Kansas automatically connects students via the internet with a professional tutor. All tutors are subjected to thorough background and reference checks.

In 2007, **Homework Kansas** logged 20,000 tutoring sessions lasting an average of 20 minutes! Heaviest users were 6th through 9th graders seeking help in math and science. **That's a lot of help for Kansas students!** For more information, go to www.kslib.info or contact The State Library of Kansas at 785-296-3296 or 800-432-3919.



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....

Sports Banquet Format Changes

2008 marks a change in the athletic recognition format for Cheney High School. Beginning this year there will be three separate gatherings recognizing the seasonal sports and the athletes who participate in them. The events are as follows;

- November 11th: **Fall Sports Banquet** –
Cross Country, Football, Girls Golf, Volleyball
- March 24th: **Winter Sports Banquet** –
Boys & Girls Basketball, Wrestling
- May 21st: **Spring Sports Banquet** –
Boys Golf, Boys & Girls Track & Field, Girls Softball

The idea is to provide a timelier and a more personal recognition by the coaches in regards to their programs. The format will shorten the evening's activities and will be more specific. Only coaches will be making speeches and presentations. Student athletes will no longer speak with a gift presentation during the podium time.

Parents will no longer need to purchase a ticket, but instead bring a dish for the pot-luck dinner. Early sign-up will still be needed for planning the meat entrée, but it's our hopes that this approach creates a more affordable social event for all. Group items to be brought are as follows;

- Freshmen - Side Dish
- Sophomores - Dessert
- Juniors - Side Dish
- Seniors - Salad
- CHS - Meat entrée & drinks

We will send out a reminder as we get closer to the date, but I wanted to give everyone an early notice of the change in moving our "end of year" recognition to an "end of season" event. We feel that these changes will make this activity more timely and personal for all participants involved. Hope to see you there!

Loosening the Reins: Increasing Teen's Privileges

By Julie Mitchell, www.parentingteensonline.com

We're all used to cutting back our kids' privileges when they misbehave or let us down. But as they become young adults, teenagers slowly develop the common sense and maturity that allows them to take on more responsibility and freedom. So how do we know when and under what circumstances it's time to extend a curfew or let our teens use the car after school? Many parents worry that the minute they grant their teens more privileges, their teens will start either abusing their newfound independence, or worse, put themselves in dangerous situations.

Solutions

#1 Lay the Groundwork Early

If a teenager hasn't had the chance to prove that he or she can act responsibly, it makes it that much harder for parents to let go. Wendy F. of Orange, California, who has a 16-year-old son and 14-year-old daughter, says, "I think the parental trust needed to deal with teen boundaries is planted when the kids are nine or 10 and start to be given 'grown-up' responsibilities, such as letting themselves into the house alone after school or walking to the corner store with a friend. Having them deal with safety issues then makes it easier to handle bigger issues like going to parties or movies with friends during the teenage years."

Continued....

Loosening the Reins: Increasing Teen's Privileges, continued

#2 Know Your Kids' Capabilities

Debbi R., a Princeton, New Jersey parent who raised four teens, with her youngest now 19, says when it comes to expanding privileges it really depends on the teen. "Here, it's a big deal for kids to start walking downtown in groups once they hit middle school," she says. "And my kids each had to show me that they were responsible in other areas before I allowed them to do that. One of my kids earned that privilege much earlier than her sibling by always calling me when she got to her friend's house or taking the money to go to pick up a pizza—things we agreed on beforehand. You have to trust your gut when it comes to how much you think your kids can handle and not just say 'yes' because you feel pressured. And you need to be able to explain to the younger child that he or she will also earn privileges by showing how responsible they are now by cooperating with your requests and respecting current boundaries."

#3 Talk to Other Parents

When San Francisco mom Sheila B.'s daughter, Audrey, started high school, Sheila said Audrey really wanted to test the limits. "Teens will always say everyone's curfew is later than theirs," says Sheila. "But it's probably not the case. During her freshman year we organized a dinner with a group of Audrey's new friends' parents and found everyone to be on the same page. It's not like grade school where you meet people when you drop your kids off or spend time volunteering; you really have to make an effort to meet other parents." Some middle and high schools today offer a myriad of ways for parents to communicate, from online parenting networks to regular parent education meetings. Getting involved with your children's schools' Parent Teacher Associations or Organizations is another excellent way to meet other parents.

#4 Stay Connected

Maintain an open line of communication with your teenagers. Without lecturing, make sure you talk to them about your expectations, including your concerns. Wendy of Orange says, "When I told my son, Nolan, recently to wear a seatbelt when he was being driven home by another teen, he became exasperated and told me that all kids today know that. That's when I realized that all of the skills, values, or lessons I want him to have are actually already in there somewhere."

Expert View:

David Walsh, Ph.D. is founder and president of the National Institute on Media and the Family and a leading authority on parenting. He is also the author of *Why Do They Act That Way? A Survival Guide to the Adolescent Brain for You and Your Teen*.

"There are several factors to consider on deciding when to expand your teen's privileges," says Dr. Walsh. "First, consider how your kids are handling their current responsibilities; if they're doing a good job, they may be ready to accept more. It's critical to talk to other parents to find out not only what they're doing—how late they're setting curfews, how much freedom they're granting—but also so you know the parents of your child's friends. And most importantly, research tells us that the teens who get into the least serious trouble have the strongest connection with the adults in their lives. That doesn't mean you're in their face all the time, but it does mean you should stay connected and involved with your teenagers." Walsh points to making your home a warm and inviting place that inspires your kids to invite their friends over so you get to know their friends, too.

"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can. As long as you can."

-John Wesley (1703-1791) Founder of the Methodist Church

COUNSELOR'S CORNER

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

What a whirlwind year we have had already. I would like to start off by thanking all students and parents for being so patient during enrollment when Power School was doing its own little thing. I wondered what kind of year it was going to be when that happened, but it appears that everyone is in class and hopefully taking care of business. It seems as though I always end my newsletter article reminding everyone to check my website for information that is pertinent to after high school planning or even everyday happenings here at school so I felt I would change things up a little. I would like to recognize that Jennifer Nuessen is the one who keeps it updated for your viewing. I hope that students and parents utilize the website because a lot of scholarships are listed along with scheduled visits from college representatives.

A new opportunity for CHS students is coming their way in October. An ACT test prep workshop is going to be led by Mrs. Alstrom. The workshop will be held on October 6, 13, and 20 from 7:00-8:00 in Mrs. Hibbs classroom. The cost of attending is \$10 for all three nights. Any CHS student is welcome to sign up and attend. Also coming up in October is the PSAT test, which is scheduled for Wednesday, October 15. Please note that it is incorrect on the District calendar. It shows the test being administered on the 14th. The PSAT is a national merit scholarship qualifying test for juniors. Every year a few sophomores do take it, but a student is not eligible for scholarships unless they take it as a junior. It is totally voluntary, and the cost is \$13. The October ACT test date is Saturday, October 25. Students had to be registered by Friday, September 19. We also have Test Fest on Wednesday, October 29 for freshmen, sophomores, and juniors. They will be taking the Explore, PLAN, and practice ACT tests. The results take about a month to come back, and I will talk to the students about them when they arrive. I am sure the seniors will be spending the day making plans for their future.

In November, the deadline for the December ACT takes place. The registration deadline is Friday, November 7. I continue to recommend that students register online as it appears to be easier and definitely much faster. They can pick up information about registering in my office.

Throughout the year, my door is always open for any questions or concerns that students or parents may have. I truly feel it will be a good year, and I know it will be over before we realize. Hats off to some of the seniors as they have already scheduled campus visits to a variety of schools.

Admission Representatives:

October 1 - FHSU
October 2 - Kansas Wesleyan
October 8 - Bethel
October 9 - KSU
October 16 - Baker
October 21 - Friends
October 23 - Tabor
November 6 - UMKC
November 14 - Eric Fisher Academy



An Inspirational Poem **Words of Encouragement for Teens** *By Author Unknown*

If there was ever a time to dare, to make a difference,
to embark on something worth doing,
IT IS NOW.
Not for any grand cause, necessarily...
but for something that tugs at your heart,
something that's your inspiration,
something that's your dream.
You owe it to yourself to make your days here count.
HAVE FUN. DIG DEEP. STRETCH. **DREAM** BIG.
Know, though, that things worth doing seldom come easy.
There will be good days. And there will be bad days.
There will be times when you want to turn around,
pack it up, and call it quits. Those times tell you
that you are pushing yourself, that you are not afraid to learn by trying.
PERSIST.
Because with an idea, determination, and the right tools,
you can do great things.
Let your instincts, your intellect, and your heart, guide you.
TRUST.
Believe in the incredible power of the human mind.
Of doing something that makes a difference.
Of working hard. Of laughing and hoping.
Of lazy afternoons. Of lasting friends.
Of all the things that will cross your path this year.
The start of something new brings the hope of something great,
ANYTHING IS POSSIBLE.

COUNSELOR'S CORNER, cont'd...

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

What a great start to another great year filled with lots of learning, new friends, activities, and experiences!

Counseling Lessons are in full swing. The focus this year for 6th & 7th grade is Character Education. We will be discussing the importance of having a Positive Attitude, What it means to be Responsible, How to Communicate Effectively, Being Compassionate, and The Importance of Forgiveness. The goal for the 8th grade is on Self-Discovery learning about self identity and the relationships we have with others.

CMS students will also learn about Bullying, the different forms it takes on, and the short and long term effects Bullying can have on others.

To further the Bullying lesson, CMS Ambassadors will host a **"Mix It Up" Day** on November 13th. Mix It Up at Lunch is a fun way to help kids develop better relationships which builds tolerance and decreases bullying and harassment. CMS Ambassadors will continue to have more "Shake It Up" lunches so students have the opportunity to make new friends or become better acquainted with those they do not know.

Ambassador Program: Cheney Middle School Ambassador Program was established to help students new to our building and community make a positive transition. Ambassadors serve as a new student mentor. Their goal is to make new students feel welcome and help them develop some attachment to their new surroundings. As an ambassador, students are asked to encourage new students to be involved acting as positive role models for our school.

As part of the Ambassador program the New Comers Club was started as a way to monitor how well our new students are doing. We meet periodical during lunch to address any academic or social concerns they may have. This is a great way to get to know them better.

CMS Ambassadors will also be involved this year with the Golden Age Home/Greeter Luncheons, Red Ribbon Week, Mix It Up Days at Lunch, Halloween and End of the Year Dances, Student Spotlight, Parent/Teacher Conferences, 6th Grade Orientation, Teacher Appreciation Activities, and Circle of Friends.

For the 2008-2009 school year, we had the largest number of applications since the programs founding with 48. This doubles the number of students we had from last year. Because our mission is to help others by developing leadership skills and positive character traits, we decided to keep on applicants and get them involved by dividing up into committees.

We look forward to having a fun and busy year making new friends and many memories.

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

This school year is off to a wonderful start! I am excited to have the staff and students back and am looking forward to another great year.

Last year we had over a dozen adult volunteers involved in the *YouthFriends* initiative. *YouthFriends*, which connects caring adult volunteers with young people in schools, is an opportunity for the entire community to help young people succeed. *YouthFriends* is open to all students, grades K-12, and all volunteer activities take place on school grounds, before, during or after school. Each year we have waiting lists of students who would like a *YouthFriends* volunteer. 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.

What's the Issue book club for students in grades K-2 was a huge success last year. This year, we will be meeting in September, October, November, January, February, and April. Children or parents can voluntarily sign up for this reading club that meets to discuss issues found in children's books. Children have the chance to read and apply the information from books to their personal lives. For additional information, please contact me. Students in all grades are invited to participate in small group counseling sessions. Children, who share a common concern, meet together with me to receive support through talking, learning and sharing. Our topics this year will include divorce, friendship skills and self-esteem.

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



The days seem to be flying by, and things at CMS are running smoothly! We are looking forward to another great year.

TEAM TIME: A nice feature at the middle school is our team planning time. All core teachers meet together every other day to plan for your students. This is an excellent time to call the school and have the opportunity to visit with four of your child's teachers at once. 6th grade math, science, social studies and communications teachers meet together on RED DAYS from 2:07-2:50. From 1:25-2:07 on RED DAYS, 7th and 8th grade teachers of math, science, social studies and communications meet together.



CITY GOVERNMENT DAY: On September 23 our seventh graders had the opportunity to participate in the annual City Government Day. City employees planned an exciting day for the students, as they were able to see the inner workings of our town. Students visited the police and fire station, participated in a mock city council meeting, toured the water tower, visited the golf course and much more.

The students had a fabulous time, and I would like to thank the many employees that made the day possible.

PRINCIPAL'S HOT LINE/STUDENT OF THE WEEK: We are trying hard this year as a staff to focus on positive feedback with parents. One program at CMS is called the *Principal's Hot Line* or *Student of the Week*. Each week, one student from each grade is nominated by the teachers to get a positive call home from the Principal. Obviously we encourage communication with parents when there is a problem, but we also want to recognize those students that are working hard and getting the job done. In addition, teachers are sending home lots of postcards that read "Good News From School." We hope this continued positive communication makes a difference. Students are honored by a certificate and pencil from the principal, as well as their photograph being displayed in the hall for one week.

NEW STAFF MEMBERS: We have a few new faces on staff at CMS! Kim Hedrick has joined our team as a part-time secretary. Adam Hinkle is teaching interrelated classes for both CMS and CHS. Gretchen Bergkamp has moved over from CES to teach interrelated classes. Stan Dohm is teaching the math lab classes for CMS, and also teaches at the high school. We have several new paraprofessionals in the building as well. Chris Hanner, Lori Goode, Lynn Hammond and Jennifer Nichols have joined us at CMS. We are thrilled to have these new staff members among us--welcome!!

CMS FRIENDS.....FINALLY A PARENT ORGANIZATION JUST FOR CMS!!

The CMS Site Council has been working hard the last few years to launch a parent teacher organization for the middle school. We now have an organization dedicated exclusively to the middle school! The first meeting of the year for CMS FRIENDS will be at 6:30 PM on Monday, October 13 in Room 111 at CMS. Please come and see how you can help!

STUCO ENTHUSIASM! By Matt Johnson: Wow...what a tremendous interest we had for our student council elections held this year! We had 50 students that either ran for officer or representative for CMS STUCO. This is impressive to see so many kids wanting to be involved in their school's activities.

Our 2008-2009 Officers will be: President, Tyler Miles; Vice President, Carlea Holt; Secretary, Brock Leroux. Our Representatives are: 8th Graders; Miles Craig, Layne Higgins, Haley Jacobs, and Kristi Johnson; 7th Graders; Sydney Peitz, Kyle Sherwood, and Kyle Reichert; 6th Graders; Justyn Temme, McKenzie Wulf, and Ryley Dewey.

On Wednesday, September 24, we went to Derby for a Regional STUCO conference. It was a very motivational experience that allowed the kids to get great ideas as well as to meet kids from all around the state.

STUCO has a great deal of exciting activities, pep rally's, fundraisers, and dances planned for this year. Red Ribbon Week is in October and it should be full of spirit days, substance abuse activities, and class competitions. We would love to hear any suggestions kids might have, so please bring these to the Middle School office and put them in the suggestion box.

Our STUCO is so excited about this school year and are glad to help out and provide leadership for you all. Remember, CMS is *your* school and CMS STUCO is here to help serve you in any way they can!

More From the Middle...

PARENT TEACHER CONFERENCES COMING UP!

Believe it or not, parent/teacher conferences are quickly approaching. In an effort to see more parents this year, we have added an additional night of conferences for 7th and 8th grade parents. In addition to the extra time, we must limit more closely the time we spend with each family. Please don't be offended by this and understand that it is only in an effort to see every parent that wishes to come for a conference.

There are some parents that we feel don't need a conference, and those families will be notified by mail. If things are going well, you are free to skip Fall Conferences. You will not be looked down on or thought not to care. In fact, it will open up time slots to allow us more time to see students that have issues we need to address. In the coming weeks, you will be receiving a letter indicating if the teachers feel you need to schedule a conference. If a conference is needed, call 542-0060 to set up a time. During your appointment block (which should last no more than one hour), you will be able to see any teacher you would like.

Due to the volume of parents to be seen, we will not be able to accommodate drop-ins.

Please call and make an appointment.

Tuesday, October 21 *This is the added night and is available for 7th and 8th graders only!! No 6th grade conferences tonight!!* **note that *shared* teachers will not be present. Shared teachers are Peggy Jones, Travis Johnson, Layton Nance, Robi Alstrom, Stan Dohm, Adam Hinkle and Randy Weber. Conference blocks are 5:00, 6:00 and 7:00.

Thursday, October 23-all teachers present, 6th, 7th and 8th grade.
Conference blocks are 5:00, 6:00 and 7:00.

Monday, October 27-all teachers present, 6th, 7th and 8th grade.
Conference blocks are 5:00, 6:00 and 7:00.

MIDDLE SCHOOL ART NEWS, By Michaeline Kohler: Six Cheney students were recognized at a reception at the Great Plains Nature Center on Saturday, August 23. Jaren Allen, Hallie Sigwing, Austin Martin, Cody Reida, Dakota Klitzke and Trace Quick all had drawings published in a book, "Kansas Critters: Birds". Each student was invited on stage at the GPNC auditorium where their name, school and bird were announced. An image of their artwork was projected on a wall behind them.

Their work was completed last spring in art class and entered in a contest along with 3200 entries from schools all over Kansas. Each student received five copies of the book and the Cheney Middle School/High School media center also houses a copy. Look for their award winning work on Mrs. Kohler's Middle School web page.

Clete Wells, 7th grade, also has had a piece of his artwork published. Clete recently drew a combine on a trailer and sent a copy to a magazine called "Toy Farmer". His work was chosen for publication and is also on the Middle School art gallery page. Congratulations to all these fine artists!

MIDDLE SCHOOL BAND NEWS, By Travis Johnson: Congratulations to the following students for being accepted into the South Central District Middle School Honor Band. Each student was selected for the group through a tape or paper audition process. They will represent Cheney Middle School on November 8th in Andover at the SCKMEA Honor Band Concert that will be held at Andover Central High School. Congratulations and great job!

Jared Giefer – Percussion
Kevin Downey – Alto Saxophone
Allyson Hallowell – Bass Clarinet
Tyler Hillman – French Horn
Dakota Klitzke - Trombone

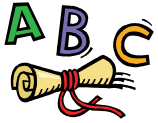


Babies, Babies, Babies!!

We have a lot of new and expectant babies around CMS! Mrs. Wallace gave birth to a baby girl July 3, her name is Elizabeth Ann. Mrs. Schroeder is due to have TWIN GIRLS soon and maybe by the time you receive this newsletter! Mrs. Bergkamp is due to have a baby in January. Congratulations to everyone!

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



Morning Assemblies

When students arrive at Cheney Elementary before 8:00, we have them come to the gymnasium. In the past we've just had them sit and wait for the bell, but this year we've decided to do something creative with them. At these morning assemblies, the students are greeted by Mary Slusser, Jeanine Long, and myself while they listen to music and have conversation with their classmates. At 7:55, we go over the lunch menu for the day, announce any birthdays, and do the flag salute. In September we started covering character traits to give students some information on how to act when certain situations arise. These assemblies have been a lot of fun. The kids are coming in excited to be at school and they head to the classrooms on time and enthusiastic. I want to address some of the questions that have come up about the morning assemblies:

- If the students miss the flag salute in the gym, it will be done in the classrooms with their classmates.
- Students are not required to be at the gym before 8:00. We are only holding these assemblies to offer something to those who have to be here early.
- Kids will miss the assembly if they have before-school band lessons, STUCO meetings, or eat breakfast in the cafeteria. Missing the assembly does not count against them in any way. Keep in mind that there will not be any school personnel available to be with the students before 7:45. Please keep your students from coming to school too early for their safety.

Traffic Control

As the weather starts to get cooler and wetter, please keep the safety of our children in mind when you drive and park in front of the school. We've designated some 'No Parking' areas that are still being used and I see people park illegally quite often. There is no great way to quickly pick up or drop off your students. It's best to have patience and take an extra minute or two to use extreme caution. Our kids are worth it.

Alert Now

You've probably heard about the new system we've subscribed to that will call all parents in seconds when information is needed to get out in a hurry. This will help when school has to be cancelled for inclement weather or when emergencies occur. CES will also use this to send mass emails to parents in order to keep them informed.

In the middle of September, we sent out a note that included some reminders of upcoming dates and also an explanation of some of the programs going on at school. This wasn't vital information, but it served as a reminder to all parents. If you would like to receive this email, please be sure our office has an email address that we can send it to. You can use your work email if needed.

Elementary Art News

By Michaeline Kohler, Art Teacher



This year's art theme is "Art For All Seasons". When you step into the art room, it feels like summer! Beach balls, flip flops and floaties decorate the room. There is even a sand box to shovel "pool salt" and arrange palm trees.

All projects during this unit will focus on the summer theme. My students are painting radial designs that look like suns, painting a watercolor landscape in a sunglass-shaped frame and designing suns of interests. The rays of the sun show something about the likes of the student. My 5th graders are using a sheet of tin to emboss a sun design. There are clay flip flops and a still life of beach balls and sand buckets yet to come. Of course, each assignment is teaching a design concept and meets the guidelines of the national visual arts standards.

As we move onto the autumn theme, look for pumpkins, fall trees and other "cool" projects!

After attending a brain research workshop this summer, I am implementing new ways for children to remember vocabulary. It's always been part of my practice to have the children see the word, say the word, write the word and for young ages, tap out the number of syllables. Now, some of my students are using actions to remember words. I am finding that having students move around more (even in a 40 minute class period) revives and refocuses them. My hope is that they are enjoying the learning process.

Physical Education is Awesome!

By Melanie Tolar, CES PE Teacher



What a great way to start off the school year with the 2008 Summer Olympics! Along with not getting much sleep for those two weeks, we saw some awesome performances with our swimmers, track and field events, gymnastics and volleyball, to name just a few. We carried the Olympics theme over into our PE classes for the first week and a half. We had swimming races on scooters, track and field events with hurdles, shot put with whiffle balls, discus with Frisbees, and gymnastics (on a smaller scale!). We had a good time learning about some of the events but not enough time to do them all!

We are going to host our 3rd Annual Jump Rope for Heart Event in the fall this year. We normally host it in February and that seemed to be a very busy time for all at school and home. We are going to try it in the fall when we have fewer activities going on. Our kickoff will be on September 26th with our regional JRFH coordinator helping kick off the program. Collection packets will go home on that day along with a letter explaining what we are planning. Look for that in your child's backpack on that day. We will have two weeks to collect and then hold the event and turn in collection packets on Friday, October 10th. If you would like to help with our event, please contact Mrs. Tolar at the school, 542-3137.

Just a side note on the JRFH event held here last year: We were #8 of all Jump Rope for Heart or Hoops for Heart events held in the state of Kansas! Yea to our community! Thanks to the hard work of our students and for the generosity of our community.

We've been using left brain/right brain activities with our PE classes, mainly in the 3-5 grades. We are doing cross-brain activities such with skipping, cariocas and "x's". These have been tested and have shown improved test scores in other schools. We hope to get more of our student's brains firing in the classroom by performing these activities in Physical Education. You'll have to ask your child(ren) about these and have them show you a few! They can be very challenging!

Health Facts:

The 7 Do's and Don'ts of Dieting:

1. **Do fill up on fiber.** Fiber slows down mealtime digestion and absorbs water, which expands in your stomach and creates a feeling of fullness.
2. **Don't miss out on sleep.** When you don't get enough shut-eye, your body produces more ghrelin, a hormone that makes you hungry, and less leptin, a hormone that increases satiety.
3. **Do downsize.** Cut down on your portions!
4. **Do veg out.** Non starchy vegetables are "filler foods" in the best sense of the term. Low in calories and packed with water and fiber, vegetables fill up without filling you out.
5. **Don't eat standing up.** Back when people ate most of their meals while seated at their kitchen or dining room tables, rates of obesity were far lower!
6. **Do limit your choices.** Contrary to popular belief, variety is not all that it's cracked up to be—at least when it comes to snacks. When you have more to choose from, you tend to sample a little of this and a little of that, which can lead to a lot of extra pounds.
7. **Don't eat in the dark.** Eating in a dimly lit room tends to make people consume more calories. Simply put, in the light you're more self-conscious of others watching what you eat.

(Excerpts from Parade Magazine, Sunday, September 14, 2008)

"My mom gave me unconditional support and unfailing love. You can't get any better than that. That's why I've never been afraid to lose."

-Mike Krzyzewski

Duke University Basketball Coach

WELLNESS CORNER

By Charlene Lyons, Foodservice Director

Inside the Pyramid — Discretionary Calories

What are Discretionary Calories?

You need a certain number of calories to keep your body functioning and provide energy for physical activities. Think of the calories you need for energy like money you have to spend. Each person has a total calorie “budget”. This budget can be divided into “essentials” and “extras”.

With a financial budget, the essentials are items like rent and food. The extras are things like movies and vacations. In a calorie budget, the “essentials” are the minimum calories required to meet your nutrient needs. By selecting the lowest fat and no-sugar-added forms of foods in each food group you would make the best nutrient “buys”. Depending on the foods you choose, you may be able to spend more calories than the amount required to meet your nutrient needs. These calories are the “extras” that can be used on luxuries like solid fats, added sugars, and alcohol, or on more food from any food group. They are your “discretionary calories”.

Each person has an allowance for some discretionary calories. But, many people have used up this allowance before lunchtime! Most discretionary calorie allowances are very small, between 100 and 300 calories, especially for those who are not physically active. For many people, the discretionary calorie allowance is totally used by the foods they choose in each food group, such as higher fat meats, cheeses, whole milk, or sweetened bakery products.

You can use your discretionary calorie allowance to:

- Eat more foods from any food group than the food guide recommends.
- Eat higher calorie forms of foods—those that contain solid fats or added sugars. Examples are whole milk, cheese, sausage, biscuits, sweetened cereal, and sweetened yogurt.
- Add fats or sweeteners to foods. Examples are sauces, salad dressings, sugar, syrup, and butter.
- Eat or drink items that are mostly fats, caloric sweeteners, and/or alcohol, such as candy, soda wine, and beer.

For example, assume your calorie budget is 2,000 calories per day. Of these calories, you need to spend at least 1,735 calories for essential nutrients, if you choose foods without added fat and sugar. Then you have 265 discretionary calories left. You may use these on “luxury” versions of the foods in each group, such as higher fat meat or sweetened cereal. Or, you can spend them on sweets, sauces, or beverages. Many people overspend their discretionary calorie allowance, choosing more added fats, sugars, and alcohol than their budget allows.

Foods that contain most of the added sugars in American diets are:

- regular soft drinks
- candy
- cakes
- cookies
- pies
- fruit drinks such as fruitades and fruit punch
- milk based desserts and products, such as ice cream
- grain products such as sweet rolls and cinnamon toast

Reading the ingredient label on processed foods can help to identify added sugars. Names for added sugars on food labels include:

- | | | |
|---------------------------|---------------------------|-------------|
| -brown sugar | -glucose | -malt syrup |
| -corn sweetener | -high-fructose corn syrup | -molasses |
| -corn syrup | -honey | -raw sugar |
| -dextrose | -invert sugar | -sucrose |
| -fructose | -lactose | -sugar |
| -fruit juice concentrates | -maltose | -syrup |

~This article was taken from the United States Department of Agriculture MyPyramid.gov website

**Cheney USD 268
Patron Newsletter
October/November**

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NEW TO CES THIS YEAR!

For the 2007-2008 school year, Mrs. Ewy was busy taking pictures and putting together a yearbook! Those yearbooks are now complete and ready to sell for \$11.00. Please call the Elementary School at 316-542-3137 if you would like to purchase one.

You may reserve your 2008-2009 yearbook now, those will be available in August of 2009.

Cheney Elementary is planning to have yearbooks available each year.

CHENEY USD 268 PRESENTS:

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Dates: October 2, 9, 16, 30, November 6, 13
Time: 6:00pm to 8:00pm
Location: Cheney Elementary School Library
Cost: \$15.00 per couple