



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

Cheney USD 268
Patron Newsletter
February/March

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From the Superintendent, Thomas J. Alstrom



Budget Cuts and Future Plans

These two items do not seem to go together, yet that is exactly the situation we are in. Most of you have heard of the State Short fall in finances and are wondering what the effects will be on the Cheney District. At this time the Governor is talking about a \$22 per student cut in our State allocation for the remainder of the year. This figure is in the \$25,000 dollar range. This is just the preliminary figure, as I have heard them talking about several other figures lately. The Ways and Means committee has proposed a \$117.5 per student cut for this year alone. This cut is a 3.4% across the board cut and would cost us approximately \$193,000 between now and the end of June.

They are also talking cuts for next year. The Governor has proposed a cut of \$66 per student. If that is the case, we will be down an additional \$75,000 for next year's budget. If the Ways and Means committee continues on the track they are on, who knows the affect it will have on our district. We have been fortunate to have been growing over the past few years, and that will make our situation a little different from some of the schools that have lost enrollment and will lose enrollment next year. With the legislature meeting and struggling over the budget problems, we will not have a definite answer to the budget cuts until much later in the spring. Knowing that it is hard to get a handle on exactly what we need to do, yet we still have to plan for and take some immediate steps in the reduction process.

We have started those discussions in the district and are working on plans on how to meet the decisions of the legislature.

Right in the middle of all of this confusion and stress, we find ourselves in another dilemma. We have talked before about our schools being at capacity yet the only way we can get more finances is to grow in enrollment. If we plan on taking that tactic, we will need to have space for the teachers and students we acquire. In looking at this, the board has decided to proceed with planning for the future of the district.

The board's position is to put together a group of citizens that are willing to look over our facility and educational needs and assist us in determining the directions the Cheney Schools should take for the next 10-15 years. This group the board has selected will meet with the board and administration to look at the current needs of the district and help plan for ways to meet those needs now and in the future.

We understand that with the state of the State, this might not be the best time to build anything, yet on the other hand it could be the best time for planning. The Federal Government is looking at investing at infrastructure and the cost of construction is down, and unless we have a plan of action, we might not be able to capitalize on some of the best opportunities available for construction.

As plans develop for the district's future, there will be opportunities for more community involvement as to the direction we will take to secure the future of the Cheney School District.

Cheney USD 268
Board of Education

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



"Upon the subject of education, not presuming to dictate any plan or system respecting it, I can only say that I view it as the most important subject which we as a people may be engaged in." ~Abraham Lincoln



Curriculum/Technology Update Richard Soash, Director



When you take your brand new computer out of the store, it is already obsolete. Technology changes so fast, making it difficult and expensive to keep up with the rapid changes.

Last year the district had 760 computers, with 166 from 1999 (the first year we put computers into classrooms) and 161 from 2000. These computers were well past their useful life, but the cost to replace 327 computers was a challenge.

Enter the X300 kits from nComputing. The kits allow you to run multiple keyboards and monitors from one computer. Last summer, we were able to replace all 327 computers from 1999 and 2000 with 99 new computers, creating 297 workstations. There have been a few programs that did not work well on the nComputing computers, but overall the new workstations work extremely well. We hope to replace an additional 55 of our older computers next summer.

With the down economy and state budget crunch, we are always looking for ways to provide current technology for our students and staff in a cost effect manner.

Inclement Weather/Emergency Closing Information

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
- KKRD 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 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....

Grinding: More Than Just A 'Bump' in Dance Guidelines

Recently I was interviewed by three students in the newspaper class concerning their article dealing with dance policies. Specifically, the style of dance called "grinding" or "freak dancing." This discussion prompted me to address it in this month's newsletter concerning what this style of dance consists of, how it is dealt with nationwide, and this administration's stance as it pertains to school policy.

What is this style of dance known as grinding? Grinding is a type of close partner dance where two or more dancers rub their bodies (especially the genitalia) against each other in a sexually suggestive manner. It is popular in the house and hip-hop dance styles. It is often performed at nightclubs and parties that play hip-hop and house music. It has also gained popularity at high school and middle school dances across the Western world, where there have been cases of administrators attempting to ban it.

I spent some time surfing the Internet to better understand the dance and opinions out there. Several things surfaced: 1) Educational administrators nationwide are dealing with what is appropriate for the school setting, and are dealing with this activity to the point of cancelling dances altogether. 2) That, using the school computer, I was blocked from access to some articles due to sexual language surrounding the "arousal factor" of males involved in this dancing style. 3) I found an article by Bill O'Reilly that sums it up better than I could:

Freak Dancing

By Bill O'Reilly

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Here's how bad it's gotten. In June of 1963, I was about to graduate from St. Brigid's School in Westbury, Long Island. There were celebratory dances and parties and barbeques all over the place. The big show dance song was "Hey, Paula," by the unforgettable duo Paul and Paula. Whenever that 45 hit the turntable, it was time to get close with the 13-year-old girl of your dreams.

But there was a rule for the eighth graders at St. Brigid's – we had to leave room for "The Holy Ghost." There was no "cheek to cheek" dancing allowed and certainly no fusion of body parts. What the Holy Ghost was doing at the dance remained a mystery to me, but chaperones and shark-circling nuns strictly enforced the rule.

Thirty-eight years later we have "freak dancing" going on. This is basically "lap dancing." Somehow what they do in the strip clubs has been adopted by some of America's children, and all over the country teen dance clubs and school proms have turned into "Playboy After Dark."

You think I'm exaggerating don't you? Well, I'm not. Kids from coast to coast are grinding and simulating sexual acts on the dance floor. They are mimicking Kama-Sutra positions to the beat of rap and techno music. They are touching each other in ways that would frighten Pamela Anderson. Ask any kid.

This is not Elvis swiveling his hips. This is not Chubby Checker twisting like a madman. This is intimate bumping and grinding. How did it happen? How did the USA suddenly become Denmark?

The answer to that question lies in the popular culture and in the adult world. I asked the owner of a dance studio in Washington, D.C., whether she was disturbed by 14-year-olds "freak dancing." Not at all, she said. It is just "creative expression."

Ah, "creative expression," so that's it. Another rationalization that allows conduct that would have been unacceptable 38 years ago to flourish today. We don't abuse drugs and alcohol – we have a "chemical dependency." We don't fail to control ourselves – we have "anger management issues."

Continued on next page.....

CHS, Continued...

Freak Dancing....continued

So what's so bad about young teen-agers bumping and grinding on the dance floor anyway? Well, first of all, it is inappropriate behavior. Do we use that expression in America anymore? Sex or the simulation of it is supposed to be a private pursuit. It's not supposed to be flaunted as public recreation.

Secondly, sex is supposed to have some meaning to it. We are not wildebeests – at least not yet. We humans are supposed to form some kind of emotional attachment before we start bumping around. What kind of lessons are teen-agers learning from doing these mating dances? Are they auditioning for a spot at the "Hot Pants Gentlemen's Club?"

When I first editorialized against "freak dancing" on television, I received a bunch of letters from kids who called me an "old fogey" or words to that effect. And I guess that's true. I am of the opinion that America now accepts behavior that is corrupting and destructive, behavior that would have been condemned just a few years ago.

I am not coming at this from a prudish point of view. What adults do in private should be of no concern to the government or cranky columnists. But what kids do in public should be scrutinized, and this "freak dancing" deal is appalling.

Thankfully, some schools have banned the dancing at social events on campus. But I have heard little social outcry from the media. The reason, I believe, is that the media panders to youth. Magazines and television feed young people a steady diet of salacious images because they sell. All kinds of adult conduct are funneled into articles and programs designed for teens. Seldom is there a lesson at the end of the provocative display, and that leaves many kids up "Dawson's Creek" without a paddle.

There is no question that America's children have been sexualized to a greater extent than ever before. In the early '60s, kids had their dances and their fantasies and their stolen kisses. But there was a mystery to adult behavior and there were taboos for most of us who were young back then.

Now the mystery and the stop signs are gone. And the kids are freaking out.

In closing, it has always been that at Cheney High School inappropriate behavior is not allowed at school or school events. Behavior deemed inappropriate on the dance floor will be dealt with accordingly. This is done in order to maintain the integrity of what is proper at school dances, and the peace of mind for parents that a proper environment is being provided for their children. When I've asked students "would you dance like that in front of your parents? The response was "no," as a rule. At that point I remind students that at school the term for the administrator's legal role is "**loco parentis**" [Latin for "in the place of a parent" refers to the legal responsibility of a person or organization to take on some of the functions and responsibilities of a parent. It allows institutions such as colleges and schools to act in the best interests of the students as they see fit, although not allowing what would be considered violations of the students' civil liberties]. This said, in their parent's absence, school administration maintains the expectations of proper behavior as it deems necessary.

So, what are the CHS dance guidelines? They are listed in the Parent/Student handbook as follows:

1. All regular school policies will be in effect.
2. Dances will be held in the MS gym; with the exception of the Back-To-School dance, it is held in the commons.
3. Only neatly dressed students in compliance with the particular dance guidelines will be admitted.
4. Dances will end by 11:30 unless it's a homecoming dance, then it will be midnight.
5. Students will not be admitted to a dance after one hour of the doors opening.
6. Students may **not** re-enter a dance once they have left the designated area.
7. Students absent from school on the day of a dance or under current school suspensions are not permitted to attend dances.
8. Inappropriate dancing and behavior will result in removal and loss of the privilege of attending the next dance, or dances, for the remainder of the year.
9. Dances are for Cheney High School students. Out-of-school dates have to be approved within the prior time allotted through the office. If approved, their behavior is the responsibility of their date, with disciplinary actions affecting the CHS student.
10. The principal or his/her designee reserves the right to cancel school dances at his/her discretion.

So, as you see, there are many rules as it applies to a school sponsored dance. Banning an activity that was described as, "That's just dadgum nasty" by a parent chaperone at a school dance in Argyle, Texas, is just one of those rules.

COUNSELOR'S CORNER

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



“Helping Hands” with Community Service

It's easy to feel disconnected when many families are working to juggle work, family, school, and activities. But, one of the most satisfying experiences to help unite is to involve yourself with community service projects. Community service strengthens young peoples' sense of civic involvement giving them a feeling of belonging and ownership. Research also shows participating in service is part of being a healthier person and better student. Studies show that kids who are involved in their communities are less likely to engage in at-risk behaviors.

This year, CMS students spend every Tuesday from 2:50-3:20 at the Golden Age Home interacting with residents. Amber Mullins, Director of Activities, organizes activities from playing checkers, cards, or balloon volleyball to painting fingernails.

This year for Christmas, the student body of CMS raised money to purchase the Golden Age Home a Wii game so students and residents can share fun activities together. Mrs. Schroeder's Advisory class presented the gift.

CMS would like to get more involved! If you know of any organization or community project that our students could adopt please call me, Linda Patterson, at 542-0060.

Get involved! *Volunteerism feels good, strengthens the community and family, gives a sense of responsibility, teaches tolerance, provides job skills, and the knowledge that one person can make a difference.*

CMS Ambassadors Still Going Strong

Ambassadors show great leadership with past and upcoming activities.

December 15-19 – “Christmas Dollar Days”

January 22 – Mix It Up at Lunch Day to celebrate No-Name Calling Week

February 9 – Assist with CPMSL Academic Day hosted at CMS

February 19 – Greeters Luncheon with Middle School Student Body

March 10 – Assist with Parent/Teacher Conferences

Middle School Counseling Lessons

Classroom counseling lessons are going well. The December's lesson focused on the Christmas season discussing the importance of giving thanks and appreciating those special people or things closest to us. Students reflected and discussed the importance of how we often forget to appreciate the simple everyday things we have. At this time we often get caught up in the commercial side of Christmas asking for presents and spending outside our means. The students learned that the most important gift is not one which you buy from a store but one that comes from the Heart. We created a list of gifts which they could give. It included such things as respect, time, kindness, and the act of listening as well as helping around the house, keeping their room clean, and working hard in school. Following the lesson, 6th grade students made Christmas cards which they could give to someone special. Students enjoyed decorating and showing their cards off to one another. The 7th grade class dressed a 'Giving Tree', which hung in the hallway, by making Christmas Ornaments. They love the craft projects and do a fabulous job. They are so talented!

In January, with Martin Luther King Jr.'s Birthday in conjunction with No-Name Calling Week, it was only fitting that counseling lessons be centered around Justice – Fairness, Equality, and Tolerance for all. Students learned what it meant to be Tolerant and discussed how each person is unique, has something to offer, and plays an important role in our school by participating in classroom activities.

Futures Class at the Middle School

The 8th grade class has the opportunity to learn more about the workforce and the choices they have in career planning by enrolling in a class called Futures. Futures was created last year to help educate students in the 16 career clusters as well as help them think about the many possibilities life holds for them; giving them the tools and information to take control of their future. During the first three 9-weeks, students rotate through 3 different teachers learning all about the 16 career clusters. Various field trips and speakers are organized to give kids a better understanding of their possibilities. The more exposure kids have to different jobs, the easier it will be for them to make possible career choices. Students are also educated in the Kansas Career Pipeline, which is an internet based educational and career assessment tool that allows students and parents access to postsecondary and career planning resources. All 8th grade students have taken an interest inventory and will do so again during the last quarter when they explore in more depth a possible career choice. The last quarter will also be spent working on an education/career plan; learning about post-secondary requirements which include college, technical and vocational schooling; and enrolling into high school courses which supports their personal goals starting them on their career pathway. This is a great opportunity for them to learn about the wonderful world of work! If you have any questions, please feel free to contact me via phone or email: 542-0060 or lpatterson@cheney268.com.

COUNSELOR'S CORNER, cont'd...

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

Christmas Dollar Days

Ambassadors, along with CMS Student Council, sponsored "Christmas Dollar Days" to help raise money for needy families. Students paid a dollar each day to participate in fun activities. What an amazing experience! Students would pay...then give some more. I truly believe they discovered the enjoyment that giving brings. CMS students rose over \$750 to help purchase gifts, food, and clothing items to those who might be less fortunate. What a great feeling it is to work with such compassionate students.

Mix It Up at Lunch

Its time again to "Shake It Up" at Lunch. In celebration of Martin Luther King, Jr. Day and No-Name Calling Week, Ambassadors will host another Mix It Up Day at Lunch. Students will be challenged to step outside their comfort zone and eat lunch with a different social group. This is a great way to make new friendships and build a climate of respect within our school. When we have the opportunity to learn about each other we are then able to bridge the gap focusing on our likenesses rather than our differences.

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

Again, I find myself not believing two months have passed since the last newsletter. Semester finals, semester grades, and the beginning of a new semester have all taken place. We have seen the results of State Assessments and other tests, which show what we already know, and that is we have great kids at Cheney High School!

Since I mentioned test results, I am assuming that the freshman through juniors have shared their "Test Fest" results with you. If not, please take time to do so. It seems like test day was just last week, and we are now gearing up for State Assessments. As a reminder, any senior planning on attending college needs to take the ACT. The next test date is April 4, registration deadline is February 27. The June test date is scheduled for June 13, registration deadline is May 8. Also, juniors really need to think about taking it in April or June to have a jumpstart on their senior year. Online registration is the way most recommended, but I do have packets in my office for students to pick up.

One other reminder is that a student/athlete planning on playing at a Division I or II school has to have their results sent to the NCAA Clearinghouse. Therefore, it has to be one of their college choices.

I do want to thank those parents who were able to attend the Financial Aid meeting in January. If you weren't able to attend, please feel free to call or email me with questions. The FAFSA needs to be completed as soon as possible. Again, online completion is the best way.

When the following newsletter comes out, we will be diving deep into the enrollment process. I hope that in the next month or so you visit with your student about classes and career plans. They can still access Kansas Career Pipeline to research possible careers and remind them about their interests, values, and skills.

Enjoy what is left of winter and look forward to spring!

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

I don't know where this school year has gone. I can't believe it is half over already. It has truly been a great year so far!

We continue to have great sessions in our *What's the Issue* book club in grades K-2. There will be three sessions during the second semester. The sessions are the last week of the month. The book club for students in grades 4-5 has three sessions this semester also. This book club meets the last Monday of the month during the lunch/recess period. I truly appreciate the support both of these programs have received this year.

The YouthFriends initiative continues to grow! 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.

The week of January 26-30 is No-Name Calling week. This is a week set aside to focus attention on the problem of name-calling in school. Students will be participating in activities that focus on bullying behavior during that week.

We are starting a new initiative at the grade school called Rachel's Challenge. We are excited about the program and are gracious for the support we received from the Chamber of Commerce to fund this program. Be looking for more information in the near future.

My goal as a school counselor is to work with parents and students to make 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



Things are back in full swing at CMS. I hope you all enjoyed some quality time with your families over the holiday break. It continues to amaze me how fast the year is flying by.

STANDARD OF EXCELLENCE February 3 marks 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, those being 6th grade reading, 7th grade reading and math, and 8th grade reading, math and social studies. All of the students in these classes have so much to be proud of for their hard work! Individual students will be recognized for scoring at the exemplary level, and are listed below. Congratulations to all!!

Current 7th Grade

Tyler Amsink	Reading, Math & History
Bretton Carr	Reading & History
James Crawford IV	Reading
Wade Dome	Reading
Morgan Dreiling	Reading
Samantha Everitt	Reading
Brooke Fischer	Reading & History
Paul Frank	Reading, Math & History
Aaron Gengler	Reading & History
Carlea Holt	Reading, Math & History
Keith Jackson	Reading
Austin Jantz	Reading, Math & History
Nicholas Johnson	Reading
Garrett Keefe	Reading, Math & History
Ben Klausmeyer	History
Kallie Lampe	Reading
Wyatt Lehner	Reading, Math & History
Josie Locke	Reading & Math
Megan Mason	Reading
Kelsey McKee	Reading
Zachary Miller	Reading & History
Kayla Monk	History
Sydney Peitz	Reading
Kyle Reichert	History
Hannah Smith	Reading
Alexis Walker	Reading & History
Taylor Wheelock	Reading
Sarah Zerger	Reading

Current 8th Grade

Breta Alstrom	Reading & Math
Alexa Barton	Reading & Math
Ciara Belmont	Reading
Abigail Benson	Reading
Shianne Cokely	Reading & Math
Miles Craig	Reading
Maci Cunningham	Reading
Tasha Dawson	Math
Kevin Downey	Reading, Math & Science
Teresa Fry	Reading
Jared Giefer	Reading, Math & Science
Taylor Hageman	Reading & Math
Allyson Hallowell	Reading, Math & Science
Chad Harbour-Nordahl	Reading & Math
Alexandria Hemken	Math
Layne Higgins	Reading & Math
Shelby Hill	Reading, Math & Science
Haley Jacobs	Math
Kristina Johnson	Math
Mariah Keller	Reading & Math
Dakota Klitzke	Reading, Math & Science
Meriah Leis	Reading & Math
Austin Martin	Reading & Math
Dustin Martin	Reading & Math

Current 8th Grade, cont'd....

Bailey McGuffey	Reading & Math
Braden Miles	Reading, Math & Science
Tyler Miles	Reading & Math
Nicholas Molyneux	Reading
Nicholas Mullins	Reading & Math
Kaitlin Nance	Reading & Math
Casey Parrent	Reading & Math
Kortney Payne	Reading & Math
Meaghan Rader	Reading
Cody Reida	Reading
Nicholas Sanders	Reading
Mason Schell	Reading & Math
Hallie Sigwing	Reading, Math & Science
Taylor Siruta	Reading & Science
Jerica Tullis	Reading & Math
Katrina Ukena	Reading & Math
Hunter Veith	Reading & Math
Tanner Wulf	Reading & Math

Current Freshmen

Cody Ball	Reading
Shawn Burkholder	Reading, Math & History
Derek Burt	Reading
Shannon Davis	Reading, Math & History
Chance Dodd-Fortney	History
Brittany Dome	Reading, Math & History
Austin Durant	Reading, Math & History
Mason Fast	Reading
Kelsey Gengler	Reading, Math & History
Dalton Gould	Math
Brittany Harris	Math
Scott Hatfield	Reading & Math
Katherine Johnson	Reading, Math & History
Josh Keiter	Reading, Math & History
Paige Keller	Reading
Cash Kramer	Reading, Math & History
Taylor Lindsay	Reading & Math
Amanda Martin	Reading
Lane McGuire	Reading, Math & History
Taylor Myers	Reading, Math & History
Brock Needham	Reading & History
Karl Peitz	Reading, Math & History
Elizabeth Reichert	Reading, Math & History
Jessica Roberts	Reading, Math & History
Gage Scheer	Reading, Math & History
Sara Teague	Reading, Math & History
Adam Wentworth	Reading
Anthony White	History
Brent Wilson	Reading, Math & History
Braden Wulf	Reading & Math



More From the Middle...

ASSESSMENT DATES

The upcoming months will be filled with State Assessment Testing. These assessments are very important and it is critical that your children be in school on test days. We ask for your help in scheduling appointments, etc. around these dates if possible. CMS testing dates are:

6 th Reading	March 31, April 1-2
6 th Math	April 6 and 8 th
7 th Reading	March 27, March 30, April 1
7 th Math	April 3 rd and 7 th
7 th Science	April 20 and 22
8 th Reading	March 10-12
8 th Math	March 25 and 26



PARENT/TEACHER CONFERENCES COMING UP!!

Traditionally, the Spring conferences at CMS have been student-led, and this year will be no different. Student-led conferences involve your child taking you through their classes and showing you what they have been working on. The teachers are also available to discuss your child's progress. Appointments are not needed for these conferences; simply bring your child to the school anytime during the conference hours. Since we added a night of conferences in the Fall, we will have only one night available in the Spring. We will be here on Tuesday, March 10 from 5:00 p.m.-8:30 p.m. We hope to see you there!

CENTRAL PLAINS MIDDLE SCHOOL LEAGUE ACADEMIC DAY

On February 9, Cheney Middle School will host the second annual academic day for the league. We will be combining the annual science, math and art competitions into one massive day! All of our league schools will be here. More details will be coming out soon, but there will be NO SCHOOL for Cheney Middle School students that day. School will be in session as usual for CES and CHS.

GREETERS LUNCHEON

What would CMS do without the incredible ladies who take time every week to jumpstart our kids with a simple "good morning" or wonderful "hug". As we know, the way your morning begins will dictate your mood for the rest of the day. For this very reason, CMS has four faithful women from the community who brave heat, cold, snow and rain to be here to greet students as they come into school. They truly set the course for an excellent day at CMS. One student commented, "When I get to school, getting a 'hug or a buzz' makes the whole day better."

In honor of these terrific ladies, Cheney Middle School students will host a lunch on their behalf on February 19th. The women will be treated to a delicious meal as they eat in the lunchroom and visit with the student body. The women will also be presented with an appreciation gift by CMS Ambassadors. Greeters invited to the celebration are: Angie Cross, Margie Foley, Margaret Mackey, and Chiri Miller.

Thank you Greeters for your time and service...your dedication to kids helps us create an environment of compassion. We appreciate your commitment to Cheney Middle School - "You Are Making a Difference in the Lives of Kids!"

Middle School Art News By Michaeline Kohler

Cheney will again host the CPMSL "Academic Day". This year's competition in art, math and science will take place February 9. Each school may display 25 pieces of art that fit into nine categories. Their work will be judged by a Kansas art teacher. We are also issuing an "Art Challenge" to art students who attend the day of the show. They will compete as a group to paint a large mural in 1 ½ hours or less. Awards will be given and our results will be published later.

Each 9 weeks, we offer an "Art Club" for students to participate in on Fridays. A student does not have to be currently enrolled in art to participate. In fact, for some band and vocal students, this is the only way they can fit art into their schedule. The club activities have included clay, holiday crafts, sculpture and painting. This year the club activity will start with painting a landscape on a glass bottle. This unique shape will offer challenges and an unusual opportunity. Stop by any time to see student work on display.

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



Pre-School Applications

The elementary school is now taking names for pre-school for next year. If you have a student who is a year away from Kindergarten, please contact Kelly at the district office. She'll send you the forms that you'll need to complete to get your name on the list.

This year was the first time we held pre-school classes in both the morning and the afternoon. We are really excited about the results! It's been great to see that kids have two excellent opportunities at early childhood education in our district. The Lutheran pre-school and our district pre-school help assure all kids of getting a great start.

Our pre-school program is designed to serve students who will be going to Kindergarten the following year. Students should be at least 4 years old at the start of the school year.

State Assessments

The last week in March will be our starting point for 3rd, 4th, and 5th grade students to take the Kansas State Assessments. If you have students in these grade levels, your students will probably be talking about them soon. These assessments are a measuring tool for USD 268 to see how our kids are performing. In the past, we've had some great success and we're dedicated to continue that this year. Last year we were able to reach the Standard of Excellence on all assessments! This year, we'll have to perform even better in order to keep that status. Make it or not, our students and staff have done an outstanding job of delivering instruction and making adjustments according to student needs. They all deserve a big "pat on the back" for their efforts!

Kindergarten in 2009-2010

If you have a student you are intending to send to Kindergarten next year, please keep the following dates in mind. April 6 at 7:00 p.m. will be the Kindergarten Parent Meeting. It's important that you attend the meeting because you'll receive some important information about preparing for the Kindergarten experience.

We'll also be setting meetings for Kindergarten screening that evening. The dates for the screening are May 19th, 20th, and 21st (the last three days of school).

The screening is an important tool for us because it lets us know the abilities of your student and it guides us in selecting the classes they will be in for the 2009-2010 school year.

Elementary Art News By Michaeline Kohler



As our seasons continue; winter becomes our focus. The art room is aglitter with icicle lights and snowflakes.

Kindergarten students have created wonderful snow scenes with paint. They stamped evergreen trees, added white paint for ground and snow falling. I also demonstrated how to make snow lay on branches. Students made a snowman or two and then decorated with scarves, hats, etc... In fact; **Chloe Grusing and Layne Riggs** had their landscapes on display in the school office as part of our "Artist of the Month".

First and second graders are using architecture to design gingerbread or candy houses. Paint and markers are used to design roofs, chimneys, windows and doors. 2nd graders are also learning background and foreground by designing a paper snow globe.

After acting out winter activities for the class, students in 3rd grade are using paper collage to make action figures. We looked at how arms bend, bodies lean and legs can kick, skate, run etc... Look for snowball fights, sledding, skating, building snowmen and snowboarding. Students also must keep the proportion of their person correct.

4th grade artists are making sculptures of carolers. Taking a simple tube of cardboard, they have painted, added fabric hats and scarves, added buttons, arms, song book and the list is only limited by their imagination. Next they will be painting winter landscapes. They will decide on their own composition, but it must include a birch tree. We are learning a technique to create this tree.

Our fifth grade artists will start this semester with a winter watercolor painting. They will learn how to make shadows, snow and winter trees. Next, they will study color by making monochromatic snowflake panels. The results should be beautiful.

Student artwork is always on display in our building. Feel free to stop by and enjoy.

This year's elementary art show will be Monday, April 20th in the Multi-purpose room. Your child's teacher will have sign up sheets at your next parent-teacher conference to volunteer for this major event.

Physical Education is Awesome!

By Melanie Tolar, CES PE Teacher

We have received a Coordinated School Health Grant in the sum of \$8,000!! We have many great plans to use this grant money throughout our district. Here are some of the ways we will be using it:

- One of the things we have planned is a trip on Monday, March 2 to the Orpheum Theatre in Wichita to see Slim Goodbody, an educational program about the bones, muscles, body systems and just the overall make-up of our bodies. We will be taking the Pre-K through fifth grades and look for this to be a great day for our students. Be sure to ask your child about the different bones, muscles and body systems that we have been learning in PE.
- We will be purchasing charts for the weight room defining the different lifts and benefits of each lift.
- We are also looking into purchasing a child size salad bar for the elementary!
- Within the grant we are also starting a program that is open to all staff through out the district to jump start our healthy eating and exercise. It is called "USD 268 Biggest Loser". We have many incentives to keep our interest and participation going until the end of school. To date, we have 39 members of our staff involved!
- Be sure to check out the concession stand during high school basketball games, they are now serving fresh vegetables with ranch dressing and fresh fruits (apples and bananas)! It's great to have a healthy alternative to the otherwise snack foods that are usually served. We appreciate the flexibility and working with our wellness committee to add the healthy alternatives!
- We've also had a "Question of the Day" at our home basketball games. A table is set up in the commons with the question and a chance to win a prize if you have the correct answer and your name is drawn. Be sure to stop in during the rest of the home games and try your luck at winning! We have given away a healthy basket of soups/vitamin C/sunscreen, pedometers, jump ropes, soccer ball, etc. The items given away are from our Coordinated School Health Grant. This has been a hit with the younger crowd but is open to all ages and both Cheney and our visitors.

We are looking forward to warmer weather so we can get outside and enjoy the fresh air as well as exercise our bodies. In the coming months, we will be starting our physical fitness testing.

We will again be hosting a Kansas Kids' Fitness Day on Friday, May 1st for third grade students from the surrounding towns: Cheney, Cunningham, Garden Plain, Norwich, Pretty Prairie, Argonia, and St. Paul's Lutheran Church. This is a great time for all to exercise and enjoy meeting new friends. Look for more information as this date approaches. If you would like to volunteer to run a station, please contact Mrs. Tolar at the school. This is a fun day!!

Our first through fifth grade students will be participating in Power Panther Pals this year. We usually just have a grant for the fourth and fifth grades but have received a grant for each of the grades and will start the program in a few weeks (as soon as we receive all the materials). This is a great program to encourage the healthy eating choices of fruits and vegetables combined with regular exercise for a healthy body. More information will be sent home when available! We are looking forward to the start of this program!

Health and Fitness Tips:

With the New Year comes many New Year's Resolutions! We've had some unseasonably warm days this winter and these nice days can help get us all on the right track to a regular exercise plan. Here are some shortcuts to sneak a little extra activity into your day:

Your Old Way	Calories burned in five days*	The NEAT Way	Calories burned in five days*
Drive to your office and take the elevator to your floor	280	Park 5 blocks from your office. Take the stairs three flights to your floor.	700
Talk on the phone for an hour	200	Talk on the phone while standing up and pacing.	700
Sit down for a 45-minute lunch.	200	Take a 30-minute stroll, then sit down for 15 minutes to eat.	500
Order takeout and leaf through mail and catalogs as you wait for your food.	150	Stand up and cook a quick meal for 20-30 minutes.	350
Call a cleaning service.	20	Tidy up one room for 15 minutes	150
Open the back door and let the dog out.	43	Take the dog for a 30-minute walk around the neighborhood 1x a day.	357
Drive around the mall for 10 minutes looking for the closest place to park.	50	Park in the farthest spot in the parking lot and walk 15 minutes to and from the store doors.	400
Drive your son to the bus stop.	30	Walk to and from the bus stop (10 minutes each way).	250
Eat dinner and watch TV or a movie with your husband.	50	After dinner, take a 30-minute stroll (or browse a bookstore or go bowling).	286
Surf the internet for an hour	33	Play a board game or cards or do a puzzle for an hour.	150
Total calories burned in five days, your old way	1,056	Total calories burned in five days, the NEAT way	3,843

*Calories burned are based on an average 35-year old, 150-pound female and reflect five days of activity.

Article from *Redbook Magazine*, January 2009

WELLNESS CORNER

Submitted by Randy Weber, CMS Health/PE Teacher

*This article was taken from Reuters Website, www.reuters.com
And written by Will Dunham*

Obese Kids' Arteries Look Like Middle-Aged Adults'.....

WASHINGTON (Reuters) - An obese child's arteries may be just as clogged as the arteries of someone who is middle-aged, researchers said on Tuesday.

This buildup of fatty plaque means the children may risk heart attack or stroke as early as age 30, according to Dr. Geetha Raghuvver of the University of Missouri Kansas City School of Medicine and Children's Mercy Hospital.

"This is an alarming finding," Raghuvver, who led the study presented at an American Heart Association meeting in New Orleans, said in a telephone interview.

Her team used ultrasound to measure the thickness of the inner walls of neck arteries of 70 mostly obese children with an average age of 13, and found that the state of their arteries was more typical of a 45 year old.

Obesity among children is rising in many places worldwide. This is the latest study to show that obesity can begin to lay the groundwork for cardiovascular disease at a very young age.

The children in the study had high levels of low-density lipoprotein (LDL), known as "bad cholesterol," low levels of high-density lipoprotein (HDL), known as the "good cholesterol," or elevated levels of a type of fat found in the blood called triglycerides. Forty of the children were obese.

The study focused on the thickness of the inner lining of the carotid arteries, which are two large blood vessels in the neck that supply the brain with blood.

"We wanted to gauge their vascular age," said Raghuvver, referring to the age at which the level of arterial thickening would be normal.

In these children, their "vascular age" generally was three decades older than their chronological age, she said.

Obesity and high triglyceride levels together were closely associated with an advanced vascular age, Raghuvver added, indicating that this combination should alert doctors that a child may be at high risk of developing heart disease.

The build-up of plaque can narrow arteries and limit the flow of blood, leading to a heart attack or stroke. Plaque is made of fat, calcium and other stuff in the blood, and its build-up in arteries is called atherosclerosis.

Raghuvver said she is hopeful that the artery build-up can be reduced if the children make important lifestyle changes -- losing weight and exercising more -- and in some cases take medications like cholesterol-lowering statins.

The American Academy of Pediatrics in July said some children as young as age 8 should be treated with statins if they have certain cholesterol levels.

**Cheney USD 268
Patron Newsletter
February/March**

100 W. 6th St.
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Cheney Public Schools
Educating Minds-Connecting Hearts-Touching Lives...
Welcome to Our Family

POSTAL PATRON



We're on the Web!
www.cheney268.com

Cheney USD 268 PreSchool

Cheney USD 268 is now accepting applications and early enrollment for the 2009-2010 school year.

As your children are growing, so is our program!

If you, or someone you know, have a 4 or 5 year old child that will not be enrolled in kindergarten for the 2009-2010 school year, this is the program for you!

For more information, please call Christy Tackett at Cheney Elementary School at 316-542-3137, or Kelly Schartz at the Cheney District Office at 316-542-3512.

- Child must be at least four (4) years old on or before August 31 in the year they participate.
- Certain qualifications for some 4 year olds that meet Kansas State standards will result in no tuition fees to be paid for this pre-school. All other 4 & 5 year olds that don't meet those standards will be required to pay tuition.
- Your child's placement will be based on available openings.