Body Venture Held at SGS

Sterling Grade School Students were treated to the Body Venture exhibit last week. Body Venture is a joint venture of the United States Department of Agriculture and the Kansas Department of Education. Bearcub Backers provided the funding to bring the exhibit to the Grade School. Students were led through the exhibit by the following volunteers from the SHS anatomy and physiology class. Stations in the exhibit included: school lunchroom (healthy eating), the brain, mouth, stomach, small intestine, heart, lungs, bones, muscles, and skin. Students were treated to apple slices at the end of the activity.

Special thanks to the Bearcub Backers, SHS Anatomy and Physiology students, Kristi Wilson, and to the volunteers that helped set up the exhibit. The success of the exhibit is definitely dependent upon volunteer help!

Photos: Top Right: the “mouth” portion of the exhibit. Bottom Right: SGS students learn about habits to support a healthy mouth from Sophia McNutt. Below: Edward Weiner explains what should be included on a “healthy plate”.

School will dismiss at 1:30 on Tuesday, December 22 and will resume on Monday, January 4th.
Attached is a picture from the NSTA (National Science Teachers Association) Conference where we were invited to have our SHS Chevy Volt & KidWind Projects on display. I attended this conference last week with Tristen Vagts (left) and Jeffrey Hartman (right). The conference was held at the Kansas City Convention Center on Dec. 3-5 and had over 2000 teachers in attendance. We had a great response to our projects again with teachers commenting over and over how impressed they were with both the work the students are doing and the community support that helped make the projects possible. NSTA President Carolyn Hayes stopped by our booth several times and has asked us to write an article to be featured in The Science Teacher, the organization's monthly magazine published for high school teachers. In addition, I received an invitation to join Dr. Hayes as one of the keynote speakers at the upcoming KATS (Kansas Association of Teachers of Science) Kamp next April at Rock Springs Ranch to share our projects and the community support and teamwork that has helped us pull all of the pieces together to make these projects a reality. Finally, Dr. Walter Smith, Chair of the Dept. of Curriculum and Instruction at Texas Tech University stopped by for several visits and expressed his amazement that we were able to put a project like this together and make it a reality for our students. He really enjoyed visiting with Tristen and Jeffrey and yesterday sent the following email to a large group from Texas Tech: ([https://www.depts.ttu.edu/education/our-people/Faculty/walter_smith.php](https://www.depts.ttu.edu/education/our-people/Faculty/walter_smith.php))

Let me introduce y'all to Dan Whisler (whislerd@usd376.com), a secondary science teacher in Sterling, Kansas, a one stoplight town in central Kansas northwest of Hutchinson. Watch for an article by him sometime soon (I hope) in The Science Teacher.

He and his environmental science class started to wonder whether he should switch to an electric car for his 20 mile each way commute to school. That musing led to his finding a community sponsor to underwrite the $5000/year cost for the school to receive a Chevy Volt with which he and his class could experiment. What an incredible project. What an example of community-school collaboration.

Until his TST article comes out, check out learn.kidwind.org. Also, Google Dan Whisler + New Roads + GM + Issue 2 to find an article about this project. I couldn't open it on my cell phone, but I think the article will tell you more.

Walter

It seems each event we attend leads to new contacts and more opportunities to share our projects with a growing audience across the country. The teachers attending the conference really enjoyed visiting with Tristen and Jeffrey at our booth and expressed over and over how impressed they were with the way these two young men were able to share what they are learning. It was fun for me to just step back and turn things over to the two of them as I just watched and listened. Tristen commented in class today that this was a "trip of a lifetime" and he was "excited to be able to talk to teachers and share what he is learning." He encouraged other students in class to "step out of their comfort zone and push themselves to see what they could really do". It is comments like these that really make all of the work worthwhile as it shows the projects are creating and providing the learning opportunities and real-world connections we were hoping for!

Dan
The Sterling Rotary Club presented a dictionary to each third-grade student in the SGS Library on Dec. 4. The club provides the dictionaries as a service to students so they have this important learning tool to keep at home to help them with homework. Students were excited to find that the dictionaries not only include the definitions of words, but also many photographs, diagrams, maps, and lists of presidents, flags, grammar and punctuation rules, and many other study tools. One third grader remarked, "I didn't know a dictionary could be so cool!"

The local Rotary Club has been providing dictionaries to Sterling third graders each year since 2010. Thank you to the Rotary Club for their generous gifts.

Left: Sterling Rotary Club members Jed Miller, Bob Booth, Don Reed, Marcia Diasio, and Tom Simpson are pictured with the third graders and their new dictionaries.

Symbaloo Web Links Available
The SGS Library has made a collection of web links available through our symbaloo page. Symbaloo is a tool that allows you to save and share a collection of links. The library symbaloo features a variety of literacy tools, kid-friendly research sources, ebook links, and more. Take a look at the resources by visiting http://www.symbaloo.com/mix/sgslibrary.

Accelerated Reader Success
Sterling Grade School students use the Accelerated Reader program, which quizzes students over the books they read to provide feedback on their level of comprehension. This very successful program encourages and empowers students to have reading success. Through use of the AR program, reading and the library are an integral part of each student's day.

On the library web site, we have a page called "Accelerated Reader Stats" that automatically updates with a running count to show how many AR tests students have passed in the past month and this school year. As of Dec. 11, SGS students have passed 8,400 AR tests this school year. If you'd like to learn more about our students' impressive reading statistics, take a look at http://www.usd376.com/schools/sterling_grade_school/library/arstats/.

Library Thanks
Special thanks to parent volunteer Tracy Mims for her work in the Sterling Grade School Library this fall. We greatly her help and dedication.

We would like to thank and recognize organizations that have sponsored grants that benefit our libraries. MidWest Energy of Hays and the South Central Community Foundation made contributions totaling $600 to purchase high-interest books requested by students for the SHS/SJH library.

Thank you to volunteers who read aloud to students during storytime at the Sterling Grade School Library: Ken Connor, Seth Svaty, Rev. Jeff Miller, Vicki Miller, Jim Anderson, Andrea Kilgore, and Dina Levering.
Seniors--By this time you should have applications for admissions done for the schools you are interested in. Scholarship forms should also be done for these schools. It is time to think about getting the FAFSA filled out. This is the form to fill out for grants, loans and, work study. They consider your parents' finances for receiving help. We have a Financial Aid night January 11. This meeting is for parents to get help with the FAFSA. We will have a rep here from Sterling college to discuss financial aid. Junior parents may want to attend as well due to changes in the deadline for the FAFSA next year.

Juniors--Students planning on attending a four year college need to start taking the ACT. There is a test February 6, registration deadline is January 8. Go to www.actstudent.org to register and see other possible dates. Juniors also have two days for college visits. If you need help planning, come to the office.

Sophomores--Scores from the Aspire test are supposed to be ready in January or February. We will let you know.

SGS Students to Perform in First-Ever KMEA Elementary Honor Choir

Eleven students from grades 3-5 have been chosen to sing in the first-ever all-state elementary honor choir at the state Kansas Music Educators Association state convention on February 25 at Century II in Wichita. A total of 595 students state-wide auditioned and 160 were selected. Representing SGS will be Alexis Sant, Caitlin Oden, Lindsey Beltz, Carson Shimer, Micah Svaty, Zoe Harding, Ella Wellman, Bella Brownlee, Kaedyn Stinemetz, Kate Rowland, and Breanna Bingle.

Band Cards Available

If you have not yet purchased your SHS Band Discount Card, it is not too late. The cards can be purchased from any SHS or SJH Band student for just $10. The cards are good for significant discounts at a number of businesses in Sterling, Alden, Lyons and Hutchinson and can be used through September 2016. You can also pick up a card at the high school office. Proceeds from the card will help to send the high school band to the Worlds of Fun Band Festival in May of 2016.
Band News  by: Larry Brownlee

Four Sterling Jr. High and High School Band students have been selected to perform in an honor band. Edward Weiner, SHS junior, was selected for the south central district honor band. The group performed at Wichita East High School on Saturday, Dec. 5. He will now audition for the KMEA All-State Band which will perform at the KMEA State Convention in February.

The band department has been busy during the last half of December. On Monday, Dec. 14, the high school band, jazz band, and flute ensemble performed at 7:00 PM in the high school auditorium. The following evening, Tuesday, Dec. 15, the junior high band and jazz band held their Christmas program. Finally, on Monday, Dec. 21, the sixth-grade band will have their first public performance at 9:45 AM in the Grade School Commons. All three concerts are open to the public free of charge.

Macy Brownlee, 7th grade, Bryson Brownlee, 8th grade, and William Weiner, 9th grade, have been selected for the John Philip Sousa Middle School Honor Band which will perform at the Leid Center on the KU campus on January 23. The three auditioned in early November and were recently notified of their selection. Hundreds of students across the state in grades 7-9 auditioned for the select ensemble.

Nurse’s Notes  by: Kristi Wilson

Students participate in dental screenings
The state of Kansas requires yearly dental screenings. USD 376 dental screenings were held in October and November. Prairie Star Health Center preformed the screenings. Screenings do not take the place of an examination in a dentist’s office. These screenings only point out easily found defects. Some students that had signed parental consents received preventative care such as cleanings, sealants and fluoride treatments. Letters detailing findings were sent home.

Statistics
In the United Stated 1 in 5 children age 2-19 have untreated decay. Children with dental disease miss more school. Painful teeth can cause problems with attention. This can have an effect on overall school performance.

Have You Been Naughty or Nice to Your Teeth?

- Brush teeth at least twice a day with a fluoride toothpaste. Keep in mind that children under seven may need assistance. They may not be able to make all the hand movements necessary to clean all surfaces of their teeth.
- Floss once a day
- Avoid frequent snacking. Try to choose healthy snacks. Diets high in sugar and carbohydrates may increase the risk of tooth decay. Limit sugary sodas and sports drinks. Finish sugary drinks and snacks in one setting. Sipping or chewing all day can greatly increase the chance of tooth decay.
- Go see the dentist. The American Academy of Pediatric Dentistry recommends dental checkups twice a year.
- Stay away from tobacco.
- Wear a mouth guard during sports.

The weather is turning colder and the sound of basketballs bouncing on the hardwood are drifting down the hallway to my office – must be basketball season. As another season of basketball rounds into full swing I wanted to take time to send a few reminders to parents about their role in making our winter sports season a success.

SPORTSMANSHIP

The Kansas State High School Activities Association has identified a “high five” on sportsmanship for fans.

1. Help develop a community reputation for good sportsmanship.
2. Give encouragement to athletic teams and recognition of all good plays.
3. Be a role model by being positive in every manner possible.
4. Support those playing, coaching, and officiating.
5. Respect the judgment and strategy of the coach.

PRE-GAME

Tell your child to have fun.
Remind them that having fun does not depend on winning!
Remind your child that success is related to commitment and effort – do your best!

DURING THE GAME

Don’t interfere with the coach – be willing to give them the freedom to work with your child.
Cheer good effort as well as good performance.
Don’t shout instructions or criticisms.
Don’t make abusive comments to athletes, parents, officials, or coaches.

POST GAME

Thank the coaches and officials for their contributions.
Look for signs that indicate how your child feels (facial expressions, tears, body language).
Listen to what your child has to say before you provide input. Ask open-ended questions:

- What part of the game did you enjoy the most/least?
- What was the best/worst thing about your performance?
- Were you satisfied with your effort?
- What was the most important thing you learned?
- What could you improve for the next game?

FINAL IMPRESSIONS

The last issue is one that leaves the final impression of the night – TRASH. This is one act that all fans can help us with. When you leave the gym what kind of impression do you leave behind? I know it seems like a small thing but I am always very impressed when I see students and fans policing their seating areas for trash before leaving the gym. Please help us demonstrate good sportsmanship when you attend contests as a STERLING fan.

McKenzi Flickinger
Activities Coordinator
FollettShelf ebooks are available through generous grants from MidWest Energy and the South Central Kansas Library System. They can be viewed on a computer, iPad, tablet, or smartphone. We have a collection of ebooks focused on nonfiction for all ages of students along with middle/high school fiction (these ebooks are shared with the jr. high and high school). Popular topics include science, biographies, and animal books. To cover a wide range of genres, the SGS ebook collection also includes poetry, folk tales, & picture books. Many of the books have AR tests available, and AR information is listed in Destiny.

These ebooks are available 24/7 every day from almost any device with Internet access.

MackinVia has provided some free ebooks and audiobooks for SGS. To read them on an iPad, smartphone, or other mobile device, the free MackinVia app is needed. AR information is included for those ebooks with tests available.

The State Library of Kansas has provided all Kansas residents with access to kids’ ebooks. Britannica E-Stax features nonfiction. Scholastic BookFlix pairs video fiction books with nonfiction ebooks and includes related activities. TumbleBooks features animated, read aloud and read along ebooks for kids preschool – middle school. Many of these titles have AR tests available.
Let it snow with 50 bonus points!

1. Collect 5 product UPCs from any of the Labels for Education® participating products listed below.*
2. Glue them on the collection sheet.

Coordinator Instructions: Sheets must be sent in with the Order & Banking Form and postmarked by January 19, 2016 and received by February 1, 2016.

Sometimes more than one word can “fit” the crossword puzzle. Be sure to try your options to find the best fit!

To earn the 50 bonus points, collect:
*2 UPCs from any Pepperidge Farm participating products and 3 UPCs from any Campbell family of brands participating products. And you can find a list of all those participating products at http://www.labelsforeducation.com/Earn-Points/Participating-Products.

Each complete bonus sheet will not receive points for the attached UPCs in addition to the 50 Labels for Education bonus points. Incomplete forms will not be accepted. Forms with incorrect UPCs will not receive bonus points.

There is a limit of 25 collection sheets per school.