

USD 270



MARCH 2019 NEWSLETTER

REGIONAL WRESTLING



Plainville High Wrestlers received a 2nd Place Trophy after the Regional Wrestling Tournament. Congratulations team! Ryan Becker was named Regional Coach of the Year during Regionals. Way to Go!

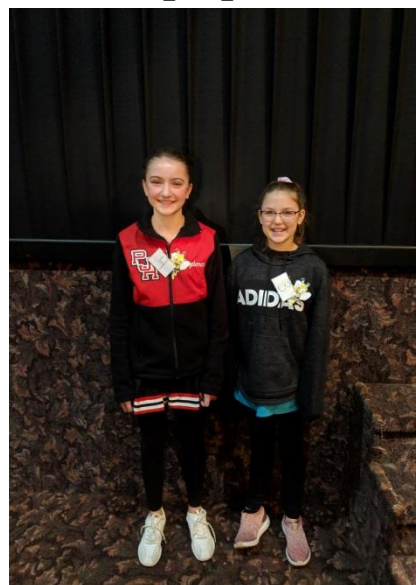
STATE BOUND WRESTLERS

Ryan Junkermeier
Jordan Finnesy
Brandon Rohr
Ben Hansen
Jesse Mackey

JORDAN FINNESY
BRANDON ROHR
STATE CHAMPIONS!

RYAN JUNKERMEIER 5TH Place

Top Speller



Kaydence Grebowiec took 1st place at the Rook County Spelling Bee on January 31st. Kaydence will represent Rooks County on March 9th in Wichita at the Kansas State Spelling Bee.

STUDENTS OF THE MONTH



Kate McClellan, Ethan Hamilton, Josiah Slothower

Conservation District Poster Winners

First Grade

Caden Keas, 2nd place, Hayden Hilgers, 3rd place,
Weston Hamel, 4th place.

Third Grade

Brilynn Trumpp, 1st place,
Mackenzie Dixon, 2nd place

Fifth Grade

Theoden Hedding, 3rd place

Seventh Grade

Morgan Stahl, 1st place, Hailey Langholz, 2nd place,
Brylee Horting, 3rd place, Johnathon Branch 4th place

KINDERGARTEN PRE-ENROLLMENT
FRIDAY, MARCH 29TH
12 TO 3 P.M.
IN THE COMMONS AREA
CARDINAL GYM



Cheyenne Rogers
By Allen Brockmeier,
Band Teacher

It has been a very busy and very exciting February for Freshman Cheyenne Rogers and her piano playing ability. Cheyenne started out February with Regional Piano at Fort Hays State University. Cheyenne worked extremely hard for KSHSAA Regional Piano Festival on February 2nd and all her hard work paid off with a Superior Rating which qualified her to compete at the State Piano Festival. Once qualifying for the State Piano Festival her work was not done. Cheyenne continued to practice hard and made a lot of improvements and adjustments from her Regional Piano performance.

KSHSAA State Piano Festival is held annually at Wichita State University and this year over 200 school districts were represented. Cheyenne warmed up and went to her performance room for performance. She played extremely well and had a wonderful performance. Her performance was good enough for a II rating. Cheyenne was pleased with her rating at State Piano, a II rating at a State competition extremely good.

Cheyenne's Piano instructor is Patti Stout and she did a great job of preparing her for these competitions. Allen Brockmeier listened to Cheyenne in her Individual Music Techniques Class and offered musicality advice. Congratulations Cheyenne for your hard work preparing for these Piano Festivals.

Preschool Screening

The USD 270 Preschool Screening will be on **Friday, March 22nd from 8:30 - 11:00 a.m.** in the preschool room at the Plainville Elementary School. This is a preschool designed for children (ages 3 – 5) that qualify for an Individualized Education Program and need Special Education services. We also invite a limited number of peer models to be in the class. If you have concerns about your child's development, or would like them to attend as a peer model for the 2019-2020 school year, this is an opportunity for your child to be screened for the program. If your child is currently in the program, there is no need to attend this screening.

Please call the elementary school office at 434-4508 on or before Monday, March 4th to sign up for the screening.

DRIVER'S ED MEETING

There will be a Driver's Ed meeting for all parents and students on Thursday, March 7th at 7:15 p.m. in the Plainville High School Auditorium. The purpose of the meeting is for your student to enroll in Driver's Education. The enrollment fee is \$200 for in-district students due at enrollment. If you are unable to attend please contact the High School office and make arrangements to enroll your student. To be eligible to enroll in the Driver's Education Program, the student must turn 14 years of age by the first day of class. It is very important that each student, along with their parent or legal guardian attend this informational enrollment meeting.



National Honor Society

The National Honor Society inducted new members on February 4th. Current members are: President, Jacey Dopita; Vice President, Ava Brack; Treasurer, Macie LeMarr; Secretary, Jared Casey; Jordan Finnesy, Brianna Houser, Jersey Kaiser, Kate McClellan, Breanna Mesecher, Shelby Paramore, Alyssa Sowles. New members are: Elizabeth Brown, Aubree Dewey, Daniel Dopita, Jayde Hosier, Britynn Hovis, Heidi Jones, Gabe Kerns, Parker Krob, Vincent McLaughlin, Jami Morain, Jenna Morain, Emily Norton, Clayton Pelton, Jonah Smith, and Brooklyn Staab. Congratulations to you all.

What I Will Miss About Plainville Jr/Sr High School

By Luke Schroeder

At this point I'm sure that anyone reading this knows that this will be my last year as mathematics teacher at Plainville Jr/Sr High School. My wife has accepted a job in Michigan that begins in August, so we will be moving there sometime this summer. Both of our families live in northern Indiana, so this move will put us significantly closer to our parents, siblings, and nieces and nephews who are growing up quickly. However, the convenience of living closer to our families does not translate to anything resembling excitement about leaving the school where I started my teaching career.

Things I will miss about PHS

- The students that I've taught (yes, all of them), each of whom I've learned lessons from—even though I'm supposed to be the teacher
- The teachers (yes, all of them), each of whom I've relied on in some way, and who probably have resented me at some point for not emailing out a list of Scholars Bowl students who I was taking to meets (sorry!!!)
- The parents (yes, all of them), each of whom sat through my praise and/or complaints about their children during parent-teacher conferences and listened in either case
- The support staff (absolutely all of them!!), each of whom was always helpful, reliable, and friendly
- The sense of community that is reflected by parents and fans showing up to support their Cardinals at all matter of sporting events and school activities

The list goes on, but I should be brief because this newsletter is not all about me (look at all the other great things going on at USD 270!!). Whatever school in Michigan that I end up at will have to be quite spectacular to make me feel as welcomed and appreciated as I have by the Plainville community. I will never forget how important my time at PHS has been in shaping me as an educator. Every person that I have interacted with in the last three years has played a role in that, and I thank each and every one of you. Plainville Jr/Sr High has been a wonderful place to start my career.



Child Nutrition is our Business

Healthy Eating at Home

Shop healthy. A shopping list can help keep you on track, especially if it's based on your weekly meal plan. Focus your shopping on the store's perimeters; the outer aisles usually contain the healthiest options, including produce, dairy, fresh meat and fish.

Establish an eating schedule. Think about your kid's eating schedules on a normal weekday. Many eat lunch early and then have classes and maybe an after-school activity before their next chance to eat. Plan a healthy after-school snack or early dinner so kids won't stay hungry or overly indulge in sugary snacks.

Make healthy snacks an easy choice. Kids are more inclined to eat what's handy. Make healthy snacks easily available. Pack them in lunchboxes or backpacks and have them out and ready-to-eat at home.

Cook with your kids. Create memories by taking this time to teach your kids how healthy meals come together. Choose easy tasks for them to help with ahead of time and be sure to stress kitchen safety. Even if everything doesn't go perfectly, offer some guidance to keep the mood light.

Quit the "clean-plate club." Let kids stop eating when they feel they have had enough. It's important for kids to listen to their own bodies when they feel full. When kids notice and respond to feelings of fullness, they're less likely to overeat.

Start them young. Food preferences are developed early in life, so offer variety. You may need to serve a new food on several different occasions for a child to accept it. Don't force a kid to eat, but offer a few bites.

Beverage calories count. Soda, juice and other sweetened drinks add extra calories and get in the way of good nutrition. Water and low or reduced fat milk are the best drinks for kids.

Put sweets in their place. Occasional sweets are fine, but don't turn dessert into the main reason for eating dinner. When dessert is rewarded for eating dinner, kids place more value on that than the healthy meal.

Food is not love. When foods are used to reward kids and show affection, they may start using food to cope with stress or other emotions. Offer hugs, praise and attention instead of food treats.

Be a role model. Eat healthy foods yourself. When trying to teach good eating habits, set a good example. Choose nutritious snacks, eat at the table and don't skip meals.











Eat as a family. Family meals provide an opportunity to introduce kids to new foods. They're also the perfect time to discuss everyone's day.

<https://youtu.be/kyygOaRhow8> - Story of your Dinner



March 2019 Breakfast








Monday	Tuesday	Wednesday	Thursday	Friday
				1. Yogurt Cinnamon Bread Stick Banana Milk
4. Cereal Bar String Cheese Juice Peaches Milk 	5. Pancake on a Stick or Cereal Applesauce Milk 	6. Ultra Choc. Bread Or Cereal Pineapple Milk 	7. No School Teacher In Service 	8. No School Teacher Comp Day 
11. No School Spring Break 	12. No School Spring Break 	13. No School Spring Break 	14. No School Spring Break 	15. No School Spring Break 
18. Biscuits n Gravy or Cereal Tropical Fruit Milk	19. Banana Bread Slice or Cereal Orange Milk	20. Cheese Omelet Toast Apple Milk	21. Yogurt Graham Bug Bites Or Cereal Pears Milk	22. Cereal Choices Peaches Juice Milk
25. Breakfast Burrito Or Cereal Tropical Fruit Milk	26. Pancakes Sausage Links Mandarin Oranges Juice Milk	27. Cereal Choices Apples Juice Milk	28. Mini French Toast or Cereal Pineapple Milk	29. Bagels w/toppings Or Cereal Banana Milk

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk
 ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit
 This institution is an equal opportunity provider.



March 2019 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1.</p> <p>No Lunches ½ Day School Teacher Work Day</p>
<p>4.</p> <p>Vegetable Soup Corn Bread Oatmeal Cookie (9-12) Strawberries Salad Milk</p>	<p>5.</p> <p>Pork Rib on a Bun Lettuce/Tomato Tri-Tater Broccoli Pears Milk</p>	<p>6.</p> <p>Tuna Noodle Casserole Peas Biscuit Rosy Applesauce Milk</p>	<p>7.</p> <p>No School Teacher In Service</p>	<p>8.</p> <p>No School Teacher Comp Day</p>
<p>11.</p> <p>No School Spring Break</p> 	<p>12.</p> <p>No School Spring Break</p> 	<p>13.</p> <p>No School</p> 	<p>14.</p> <p>No School Spring Break</p> 	<p>15.</p> <p>No School Spring Break</p> 
<p>18.</p> <p>Pig in a Blanket Potato Wedges Broccoli Rosy Applesauce Milk</p>	<p>19.</p> <p>Chicken Wrap Romaine/Tomato Fiesta Lime Rice (6-12) Steamed Carrots Tropical Fruit Milk</p>	<p>20.</p> <p>Skroodlegetti Salad Green Beans (9-12) French Bread (9-12) Peaches Milk</p>	<p>21.</p> <p>Taco Salad Fiesta Black Beans Cinnamon Bun Pineapple Milk</p>	<p>22.</p> <p>Cheese Quesadilla Lettuce/Tomato Fresh Baby Carrots Mandarin Oranges Milk</p>
<p>25.</p> <p>Hamburger/Bun Romaine/Tomato Sweet Potato Fries Oatmeal Cookie Peaches Milk</p>	<p>26.</p> <p>Chicken Nuggets Mashed Potatoes and Gravy Broccoli WW Roll Rosy Applesauce Milk</p>	<p>27.</p> <p>Chili Cinnamon Rolls Celery/Carrots Pears Milk</p>	<p>28.</p> <p>Baked Ham Baked Beans Seasoned Potatoes WW Roll Grapes Milk</p>	<p>29.</p> <p>Cod Filets Oven Potatoes Biscuit Cheese Stick (6-12) Green Beans Grapes Milk</p>

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk

ALL students will have choices of fruit (K-12)

ALL BREADS made or served in the USD 270 Kitchen are Whole Grain

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