

UPCOMING EVENTS

GHS Winter Music Concert
7:00pm, Thursday, Dec. 13

GMS Winter Music Concert
7:00pm, Monday, Dec. 17

Winter Break Begins
Thursday, Dec. 20
(half-day of school)

School Reconvenes
Friday, Jan. 4



We wish you a very
Merry Christmas & a
Happy New Year!



Girard Unified School District No. 248
415 N. Summit
Girard, KS 66743

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USD 248 Committed to District Wellness

Every three years, USD 248 participates in a wellness audit conducted by the Kansas Department of Education, which reviews the district's Nutrition, Nutrition Promotion and Education, Physical Activity, and Integrated School-Based Wellness. As part of this process, the USD 248 Wellness Committee, under the leadership of District Wellness Coordinator Tom Stegman, met to review district wellness policies, and establish new goals for this audit cycle.

These goals focus on 1.) Identifying Kansas food products, 2.) Ensuring Physical Education curriculum includes a fitness assessment of at least 50% of all students enrolled in physical education and student fitness reports are available to parents, and 3.) Providing culturally relevant health information to families on a quarterly basis through handouts, presentations, the school website, workshops, and newsletters.

In the last few years, USD 248 has implemented several changes in school meals, curriculum, and school climate in order to improve wellness in our district.

In the school cafeterias, USD 248 food services have made several major changes aimed at increasing health and wellness. For example:

- ◆ Students now have at least five different fruit options each week for breakfast, two of which are served fresh, and only whole grains are served.
- ◆ Girard school menus now feature baked products that are made using Kansas grown wheat.
- ◆ One and a quarter cups of fruits and vegetables are offered with each elementary school lunch.
- ◆ Students provide input on foods offered in the cafeteria and some are even involved in helping plan menus.

In the classrooms, students are allowed clear/translucent individual

water bottles when appropriate. Vending machines containing only waters and teas that meet the USDA's "Smart Snacks in Schools" regulations, were recently added at GMS and GHS.

To encourage Physical Activity, the school has implemented a walk/bike to school plan based on a safety and feasibility assessment (Girard Safe Schools Route). Community members are encouraged to access the district's indoor and outdoor physical activity facilities (Girard Activity Center, GHS Track, and Girard Football Field Turf). Elementary school students have two supervised recess periods per day, totaling at least 20 minutes. Supervisory staff encourage moderate to vigorous physical activity.

The wellness policy assessment rubric and progress towards meeting the State Model Wellness Policy was presented and approved by the USD 248 school board in October.

SUPERINTENDENT

Blaise Bauer
415 N. Summit
Girard, KS 66743
(620) 724-4325

www.girard248.org

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Winter • 2018

Girard Schools, Students Participate in Town's Sesquicentennial

Girard schools were honored to play a role in this year's Sesquicentennial festivities, a year-long celebration for Girard's 150th birthday. Girard students, staff, and alumni participated in the various monthly events sponsored by the Sesquicentennial Committee.

The town of Girard was founded by Dr. Charles Strong on Feb. 28, 1868. On the 150th anniversary of that date, Girard High School hosted a community celebration. RVH kindergarten students sang a song about Dr. Strong and his horse Bob. Third and fourth grade student ambassadors, under the guidance of RVH music teacher Mr. John Womeldorff, performed a short skit telling the history of Girard. Mr. Womeldorff then led the crowd in singing "Happy Birthday" to Girard. A performance by the GHS Drumline

concluded the celebration.

In April, GHS Kayettes members helped serve and clean up when the Sesquicentennial committee hosted a Movie Premier Night for "150 Club" members. The evening featured a catered meal and the premier of a short film about Girard history, produced by Girard alumnus Ron Gates.

Recent GHS graduate Alanis Swift along with her mother, local artist Angela Swift, set up a display of their work at the June Sesquicentennial event, an Art Walk, which featured local artists, musicians, and food vendors. GMS principal B.J. Pruitt and his band performed at the gazebo that evening.

Several GMS and GHS students contributed to October's Haunted History Hayride, by donning masks and scaring riders as the hay wagon rode by.

Beyond the monthly Sesquicentennial events, students and staff also celebrated the milestone in their classrooms.

At GHS, Mr. Jeremiah Hudson's World History classes researched the history of Girard businesses, the school district, the hospital, and other Girard institutions, and created "Museum Displays" for the Birthday Celebration. These displays were thoroughly enjoyed by the public attendees (pictured above).

At GMS, Social Studies teachers presented lessons on Girard's history. Social studies students worked together with GHS students to create presentations about Girard's history, which were then presented to GMS social studies classes.

At RVH, each grade level chose

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age-appropriate projects to help their students better understand and appreciate Girard's history.

Kindergarten classes took a walking tour of local businesses. They made a stop at the historic Eastside cafe, where they enjoyed cupcakes.

First grade classes made birthday cards for Girard, which were displayed at the Sesquicentennial Birthday Celebration on Feb. 28.

Second grade classes researched historic buildings in Girard, then created paper quilt blocks featuring drawings of the buildings "then and now". The blocks were stitched together into a paper "quilt", which was

displayed at the Sesquicentennial Birthday Celebration, and later at the Girard Public Library.

Third grade classes took a walking tour of town, and created Gingerbread Communities based on Girard's history.

Fourth grade classes participated in a historic bus tour, narrated by Girard historian Terri Harley. They also wrote "I Remember..." poems, modeled after "Three From Osage Street", a poetry book written by three Girard authors. The students' poetry was displayed at the Birthday Celebration.

Fifth grade classes focused on the history of Girard schools. They interviewed Girard alumni and created

a timeline of school buildings and events. This timeline was displayed at the entrance of RVH.



RVH student Chance Gillard portrays famed aviator Charles Lindbergh, who flew over Girard in 1927 and dropped a commemorative scroll in honor of Girard's contributions to aviation. The skit was part of the Feb. 28 Community Birthday Celebration at GHS.

Trauma Training Insightful for USD 248 Staff

Throughout USD 248, teachers and administrators are being introduced to what is becoming an all-too-common phenomenon regarding students' emotional and mental health. During multiple staff inservices, clinical psychologist Dr. Blake Webster, instructed staff on the warning signs of *trauma* in students.

The word "trauma" often elicits thoughts of a physical injury to a person. Hospitals have *trauma rooms* for emergency treatment of physical injuries. These are certainly trauma-related events, as we have come to know them. However, in the realm of psychology, and now education, trauma may also be defined as a "deeply distressing or disturbing event or long-term events, often associated with emotional shock that can have a lasting impact".

According to Dr. Webster, trauma in children can be described in two categories, "Big T trauma" and "little t trauma". It is usually very easy to recognize "Big T" trauma after a major event, such as the death or disability of a parent or loved one. Divorce is often a major event as well, and can be linked to student misbehavior or disinterest in schoolwork. Equally concerning, however, is "little t trauma", which schools are seeing more and more. This can be caused by long-term neglect,

lack of a loving environment, or little to no kind and encouraging words.

"It just depends on the circumstance and the emotional makeup of the child or family. Either way, whether a specific life event or a systemic emotional disconnect, the student suffers," said Dr. Webster.

Parents and educators are not always able to control tragic accidents or traumatic life events in the lives of students. However, we can attempt to mitigate the effects of trauma in children when such events occur. According to Dr. Webster, the single most important intervention a school or teacher can do is build a trusting relationship with a child of trauma. Most adults can remember their favorite teacher or the one that pushed them to achieve far beyond their own expectations. Meaningful, positive relationships foster security and trust in children, and contribute to healthy, lasting gains in self-esteem and societal success.

"This is due to that trusting relationship," says Dr. Webster. "Encouraging parents, grandparents, clergy and coaches do the same thing every day."

Because their students are at a critical age for emotional growth, R.V. Haderlein Elementary has had three inservices this year addressing trauma

as it effects their students and classroom dynamics. RVH principal, Mr. Mark LaTurner, often refers to the old adage, "Children do not care how much you know until they know how much you care."

"This is something I think all great educators have always believed," Mr. LaTurner said. "It is nice, however, to put some science behind it now. The better informed we are, the better we can serve our diverse student population."

USD 248 Superintendent Blaise Bauer concurs. "Some of our students come to us from backgrounds or environments that are completely foreign to us as educators. We may have certain expectations for them that are simply not realistic under their given set of circumstances."

Girard staff members at all three buildings are reexamining how they react to students who display signs of trauma.

"Sometimes addressing a student's emotional needs must precede formal education," Bauer continued. "Our district mission statement includes the mental well-being and self-worth of our students, and we are committed to creating an environment where students feel safe and cared for, so that they can focus on learning all they need to know to be successful adults."

RVH News

HOLIDAY HOOPLA

On November 30, the RVH PTO hosted their annual Holiday Hoopla event. Chris Cakes Pancakes were served from 5:30 to 7:00pm. At \$5 per person for all the pancakes one can eat, several hundred pancakes were served up in that hour and a half! Families took pictures with Santa. Local vendors displayed their goods in the east wing of the school building, and a portion of their sales was donated back to RVH PTO. Many games were available for students and their families to participate in. Guests also had a couple of family-friendly movies to choose from. Themed baskets and teacher experiences were part of a silent auction that families and guests could bid on. The event was well attended, and a significant amount of money was raised for PTO, which then goes back into our school to fund projects and teacher grants.

RVH Principal Mr. Mark LaTurner expressed gratitude to all of the volunteers who helped make the evening possible and to all of the parents and students for attending.

"Holiday Hoopla is a great event at RVH," said Mr. LaTurner. "It brings our community out. It is a great fundraiser for PTO, and that money comes right back to do great things for our students. It is one of our major events each year and we are grateful for all the work that goes into it."



A silent auction of themed baskets was a popular attraction during RVH PTO's Holiday Hoopla event.

GMS News

STUDENT LEADERSHIP

GMS is participating in a program through Greenbush which provides leadership training for students. Area students attend meetings throughout the school year to gain tips and training on leadership skills. After the first meeting at Greenbush, the GMS leadership team took on the task of helping clean up after middle school football games. Their vision included a public address announcement, signs around the stadium to encourage patrons to throw trash away, and regular patrolling of the grounds by teams of students. It was a great success. The leadership team continues to look for ways to make a positive impact on GMS and the Girard school district.

CAREER DAY

On November 9, GMS 7th and 8th graders participated in career exploration activities. The 8th grade participated in a career fair with 20 community members coming to GMS to visit with students about their career field. Community members shared information about their education, training, and duties related to their field of work. The 7th grade was bused to the activity center, where Greenbush sponsored career skills activities that focused on working with others in order to be successful.

ANTI-BULLYING AWARENESS

GMS participated in anti-bullying awareness week from October 8-12. During that week, GMS had "mix it up" days during lunch. Students chose random numbers that corresponded with numbers on the lunch tables, then sat at that table during lunch that day. Because of this activity, students sat with different students throughout the week. This activity encouraged students to get to know others they may not normally visit with. KOAM-TV stopped by and did a story about "mix it up" lunches during their 6:00pm news broadcast.

GHS News

EMT CLASS

Beginning in January, GHS will host an Emergency Medical Technician class through FSCC in the afternoons from 1:00-3:00pm. This class is being offered to seniors and is a 10-credit class. In addition to attending the class, students will be required to attend at least 24 hours of field training with a certified EMS Service. If the student successfully completes the required criteria, which includes a minimum course grade of 75%, meets attendance requirements of being present at least 90% of class time, attends the mandatory field training, and passes the board exam, that student will be eligible to receive their EMT certification. Additional criteria include providing documentation of immunizations and being certified in CPR. Students will receive CPR training and have the opportunity to become certified in CPR during the first week of class. Contact Mrs. Hey or Mr. Ferguson if you are interested or have questions.

COMMUNITY SERVICE OPPORTUNITIES

As part of the changes this year to seminar class, all students are required to complete community service hours. If you or someone you know has something that a student could assist you with, please contact Mr. Ferguson at 724-4326 or email him at tferguson@girard248.org.

CONCURRENT ENROLLMENT CLASSES

GHS juniors and seniors will have the opportunity to take the following dual-credit classes during the spring semester through Fort Scott Community College and Pittsburg State University, as noted: Microeconomics (FSCC; seniors only), English 101 (PSU; seniors only), and Speech Communication (PSU; seniors and juniors). Each class is offered for three college credits. Students or parents wanting more information on cost or how to enroll, should contact GHS Counselor, Mrs. Hey.