



Shawnee Mission Northwest News

May 2014

www.smnwptsa.org

A SMNW PTSA Publication

Contents

After Grad Party	2
Calendar	2
Chipotle Fundraiser.....	10
Final Exam Schedule (9-11).....	7
Food & Fitness.....	13-16
Food Service	7
From the Library.....	3
Key Club	3
Medication Return.....	7
PTSA 2014-15 Volunteer Form.....	11
PTSA 2014-15 Exec Board.....	4
PTSA Newsletter Deadline.....	2
PTSA Treasurer Reminder.....	3
R&D Forum Award Winners.....	5
Senior Breakfast	2
Senior Finals Schedule	3
SLAB.....	5
Spanish NHS	4
StuCo.....	6
Summer & eSchool.....	12
Summer School	10
Summer Skin Care.....	8-9
Sun Safety Tips	8

SMNW Fee Payment Dates

SMNW 2014-15 Fee Payment Sessions
SMNW Cafeteria

Monday, July 28

Freshman 8AM-11:30AM

Juniors: 11:30AM-3PM

Tuesday, July 29

Sophomores 8AM-11:30AM

Seniors: 11:30AM-3PM

Unfortunately, no walk-in registration payments will be accepted in the office. If you are unable to make the dates above, online payment will be available.

More information regarding registration fees will be in the June Newsletter.

From the President

Congratulations, Seniors! You have accomplished so much, and I know Shawnee Mission Northwest has helped prepare you for your next journey, whatever it may be!

It's been my pleasure serving the SMNW community as PTSA President the past two years ... you all made me look good! I'd like to again thank everyone who's volunteered an hour or countless number of hours to PTSA ... together we've made some incredible things happen! You've made an impression on SMNW students, staff, and our surrounding community, and your commitment is appreciated. I'm confident that the newly elected officers will masterfully orchestrate events and programs with the utmost care and enthusiasm. Please be supportive!

For PTSA, it's time to gear up for next school year. If you served as a committee chair this year, please take a few minutes to update your committee notebook so your successor will have complete, up to date information to assist them. Include a description of your event/area, what worked well, and what should be tweaked; help us maintain, or potentially improve, the quality of all PTSA programs. Email or call me to make arrangements to return your notebook. If you're planning to continue your chairmanship next year, thank you! There's no need to return your notebook if it will just be handed back to you again.

Included in this newsletter is the PTSA volunteer form, please consider how you can help out next year.

Have a sensational summer, and be safe!

Marianne D'Amato
marianne@magnaplus.com

SMNW Calendar

May

- 2,3 Drill Team special, Auditorium, 7 PM
- 3 Headstart Spring Carnival, NW, 3-5PM
- 5 Academic Awards, Auditorium, 7PM
- 6 Band Concert, Aud., 7PM
- 7-9 Senior Final Exams
- 8 Orchestra Concert, Auditorium, 7PM
- 10 Choir Concert, Auditorium, 7pm
- 13 Senior breakfast, 8:15AM
- 13 Senior graduation rehearsal, NW gym, 9:00AM
- 15 Commencement, SM North District Stadium, 7PM
- 20 Semester exams, Grades 9-11, 7:40am-2:40pm
- 21-23 Semester exams, Grades 9-11, 7:40am-10:50am
- 30 Teachers last day

June

- 3 Final grade cards mailed home
- 14 ACT Test, SM Northwest, 8:00AM
- 9 Session 1 Summer School starts, SMNW
- 20 Office closed for the summer; Re-opens July 15

July

- 28,29 Fee payment dates

PTSA Newsletter Deadline

Northwest News is a publication of the staff and PTSA of Shawnee Mission Northwest High School. The current issue is available at www.smsd.org/schools/smnorthwest. Past issues of the newsletter, as well as other information about SMNW PTSA, are available at www.smnwptsa.org.

Information and articles for the June newsletter are due by Friday, May 30th for publication on June 2nd. Submissions should be emailed to smnwptsa@gmail.com.

Senior Breakfast

Attention Senior Parents - The breakfast for seniors only is Tuesday, May 13th at 8:15 am in the school's cafeteria. The students are not required to attend the breakfast but it is provided for them the morning of their mandatory graduation rehearsal. I'm looking for volunteers to help set up, serve the students, and clean up after the breakfast. You will need to be there from 7:00 am to approximately 9:30 am. I only had one volunteer come forward from the April newsletter so I'm hoping for many more to come forward now. Feeding 400+ students will take many parents to make it successful. A sign up for donated items will be showing up in your email box very soon. Email Barbara Vonada at kujhawkers@everestkc.net if you wish to help.

AFTER GRAD PARTY

Following Commencement on Thursday, May 15th the PTSA is hosting for **graduation SMNW seniors only** a drug/smoke/alcohol-free party to celebrate the end of school together. The celebration will be 10:00pm until 1:00am at POWER PLAY located at 13110 W 62nd Terrace in Shawnee. Activities will include Whirly Ball, Go-Karts, Cosmic Bowling and Golf, 250 arcade games, Laser Tag, Bumper Cars, Dance Party, movie room, all you can eat food bars and just good old-fashioned fun. The ticket cost is \$15 in advance and will be sold during lunches on May 8th & 9th, and at the senior breakfast. For those who don't purchase in advance the cost is \$20 at the door. Admission will be allowed until 11:30 p.m. only, and if a student leaves, there is **NO** re-admission. This event is always very popular with the Seniors due to being three hours of nonstop food and fun with all your classmates. Stay until 1:00 for the gift cards give away!

Key Club

Key Club is a community service club, sponsored by Kiwanis. To be a member of Key Club, students pay dues of \$11.00 (for pin and certificate year one) and earn at least 50 service hours (no pay received, not done during school day) by the end of March. Thirty-two members earned well over 2000 service hours with 12 members earning at least 100 hours to qualify for the President's Volunteer Service Award!

Projects included monthly birthday cakes and gifts for Vanderberg Youth Center at City Union Mission, Shephard's Center yard work, Merriam Mayor's Christmas Dinner, and collecting peanut butter and jelly for Marcia Merrick. We say goodbye to 2014 senior members and look forward to new members.

President's Volunteer Service Award
Bronze (100-174 hours)

Anna Benoit, Tatiana Darby, Jackie Entzminger, Kirun Hundal, Sarah Lang, Teah Lierz, Delaney Mirocke, Isabella Moura, Maria Cecilia Moura, Esther Yu



President's Volunteer Service Award
Silver (175-249 hours)
Grace Ladd



President's Volunteer Service Award
Gold (250+ hours)
Simrun Hundal



Congratulations to Amanda Rebori, the recipient of the Kiwanis Scholarship.

Caring—Our Way of Life

Senior Finals Schedule

Tuesday, May 6th is an Even Block Day. Seniors are expected to be in all classes through Friday, May 10 even if they are exempted from the final in a class. **SENIORS MUST COMPLETE THEIR CHECKOUT ON FRIDAY, MAY 9.** May, 13th, senior breakfast at 8:15 and graduation practice will start immediately after the breakfast at approximately 9:00.

	Wednesday, May 7 (Odd Block)	Thursday, May 8 (Even Block)	Friday, May 9 (Odd Block)
1 st Hr	Class		Test
2 nd Hr		Test	
3 rd Hr	Class	Seminar	Test
4 th Hr		Test	
5 th Hr	Class		Test
6 th Hr		Test	
7 th Hr	Test		Final Check Out

Library

Please check for any misplaced library books that might be found at home. Lost book charges have been added to student records. **Have a wonderful summer!**

Good friends, good books, a sleepy conscience: This is the ideal life. (Mark Twain)

PTSA Treasurer's Reminder

The PTSA books will close on May 23 (last day of school). Please get all reimbursement requests to me by that date. If you have an exception to this date, please contact me. The reimbursement form can be found at http://www.smnwptsa.org/uploads/NW_Reimbursement_Form.pdf Pam Hale, Treasurer, psizedhale@gmail.com

"To truly find yourself, touch as many lives as possible!" Ashley Klein, *Youth as Resources* youth Board Member

Thank you so much to all of the PTSA Board members who've served this year ... you have truly touched many lives! Pam, Cheryl, Barb, and Denise ... we certainly learned to complement each other's strengths! What a team! Thank you once again to every committee chairperson and individual who pitched in to help! It takes lots of people to accomplish PTSA's ultimate goal of creating a superior quality educational environment for our students!

Please join me in welcoming the 2014-2105 PTSA Executive Board:

Pam Hale - President

Ann Zimmerman - Vice President

Rebecca Slattery - Treasurer

Missy Anderson - Corresponding Secretary

Barbara DeBose - Recording Secretary

It is with the utmost gratitude and respect that I thank you for accepting these positions on the PTSA Executive Board! Here's to you! Marianne D'Amato (former PTSA President)

Spanish NHS



Hola, greetings from Spanish NHS! We are proud to announce our new members: Tanya Anismova, Darielle Criss, Grace Freeman, Stephen Nachtsheim, Ojas Patel, and Samuel Verschelden.

All year, these students have worked hard in and out of Spanish class to earn points toward initiation this spring. Initiates tutored ELL during seminar, attended monthly Spanish Club and Spanish NHS meetings, achieved an A in Spanish 4 and at least a B in Spanish 5, and participated in field trips for a more in-depth Spanish experience. On April 2, 2014, the initiation ceremony was held by our exec board (Chloe Adams, Mae Kinckade, Ashley Railsback, Lena Dennington, Chi-Leigh Warren) and returning member Harley Knapp to welcome the six students.

¡Felicidades a todos! Our sponsors are Susanne Kissane and Kathy Tarbutton.



SLAB

Student Library Advisory Board is a club for students who love libraries, books, and all things reading! This group has worked on various projects in the NW library. Celebrating the coming of a new library checkout system, the recent book fair, and student reading three staff members were "pied" at the prom assembly!. Thank you to Mrs. Illum, Mr. Magwire, and Mrs. Jenkins for volunteering!!



Grand and Distinguished Awards at the R & D Forum

Northwest had a lot of STEAM - Science, Technology, Engineering and Art submissions. Thank you to our teachers with student submissions – these awards are reflective of your dedication and leadership in the classroom. – Donna Pedersen, David Hunt, Cindy Swarner, Jan Berg, Howard Newcomb and Mark Schirmer!

Student Award Winners – So much pride for our Cougars!

- Julian Cole-Nieves won the Vic Regnier Award (*2nd year a student with Mr. Schirmer has received the Vic Regnier award*)
- Logan Adkins won the Grand Award in Wood Design and Fabrication
- Anthony D'Amato won the Grand Award in Wood Turning Projects
- Kellan Horner won the Grand Award in Intro. To Engineering Design
- Rex Larson won the Grand Award in Wood Turning Projects
- Kevin Macek won the Grand Award in Wood Design and Fabrication
- Derek McCarthy won the Grand Award in Wood Design 2
- Andrew Medis won the Grand Award in Painting
- Austin Simms won the Grand Award in Wood Design 1
- Mia Woodward won the Grand Award in Teacher Education
- Abby Zimmerman won the Grand Award in Engineering
- Matt Darpel won the Award of Distinction in Wood Design and Fabrication
- Katherine Dewitt won the Award of Distinction in Wood Design and Fabrication
- Tyler Kreutzer won the Award of Distinction in Wood Turning Projects
- Rex Larson won the Award of Distinction in Wood Turning Projects
- Olivia Sanders won the Award of Distinction in Intro. To Engineering Design
- Cheyenne Smith won the Award of Distinction in Wood Design 2
- Richard Walsh won the Award of Distinction in Business Education
- Abigail Zimmerman won the Award of Distinction in Clock Works



The 2013-2014 school year is coming to a close! StuCo remains busy towards the end of the year, so mark your calendars as this is what we have going on....

- On Saturday, April 5, StuCo hosted the annual **Garage Sale** in the Northwest cafeteria from 8 am – 2 pm. This year was the most successful Garage Sale that StuCo has ever had with \$4993.77 in total profit. The proceeds go to send leaders to camp over the summer. This year StuCo will be spending the 2014-2015 Executive Board to leadership camp at the University of Wisconsin. Additionally we will be sending class presidents and committee chairs to other camps over the summer. Thank you so much to everyone who donated and shopped the sale!!
- **Student Council Representative** Elections for the 2014-2015 school year were held during Seminar on Thursday, April 10, 2014. From each class 10 representatives were chosen to become a part of StuCo. Freshman class representatives will be elected next school year in August. These new members were initiated Monday, April 28th in the Little Theater.

Sophomore Representatives

Harry Green, President
 Courtney Jones, Vice Pres
 Tavin Cook
 Katie Springer
 Drew Vander Leest
 Reed Williams
 Hope Medis
 Alex Oleson
 Will Hauser
 Anna Taylor

Junior Representatives

Nathan Jones, President
 Hallie Ingraham, Vice Pres
 Erica Esch
 Amelia Hoelting
 Bailey Jarrett
 Nick Johnson
 Sam Oberbroeckling
 Emiel Winkelmolen
 Alexa Styers
 Maddison Jarman

Senior Representatives

Julie Branson, President
 Ojas Patel, Vice Pres
 Tatum Graves
 Patrick Shreve
 Mark Hanneman
 Abbie Musson
 Laurence Adams
 Savannah Taylor
 Samuel Adams
 Haley Sloan

Executive Board

Harrison Chen, President
 Griffin Robinson, Vice Pres
 Carley Olson, Secretary
 Sam Nobrega, Treasurer
 Tom Green, Parliamentarian
 Ben Johnson, Publicist

- StuCo hosted the 6th Annual **Special Education Dance** on Saturday, April 12. The dance had a “fiesta” themed setup. Over 30 Special Education students from around the district had a great time dancing along with Student Council members!
- **Sleep in a Box** was held on Monday, April 21 into Tuesday, April 22 to benefit the Shalom House, a local homeless shelter for Kansas City men. Over 100 students slept outside overnight and raised almost \$4,000 in this worthwhile event.
- The annual **Rock Paper Scissors Tournament** was held during the Prom Assembly on Friday, April 26th. The final four consisted of teacher Anthony Stubenrauch, senior Steven Skells, junior Laurance Adams, and sophomore Erica Esch. The final two participants came down to Laurence Adams and Erica Esch, with Laurence Adams pulling out the victory with a swift “scissors” over Esch’s “paper”. ☺
- **Life Week** occurs during the first week of May. Throughout this week our campaigns about no texting while driving, Gift of Life organ/tissue donation, and anti-bullying will occur.
- The **4th Quarter President’s Council** was on Thursday, May 1 during Seminar. All “old” 2013-2014 leaders and “new” 2014-2015 leaders will be invited to attend as we transition into next year. Our guest speaker was **Marcia Merrick**, a Shawnee resident who makes lunches for 400+ homeless people in the KC area every day. Marcia will be informing students about the prevalence of homelessness in the Kansas City area and about her providing of basic necessities to Kansas City area homeless people.
- **Care for the Community** toiletry drive was held April 28-May 2 during Life Week. This drive focuses on personal care items/toiletries to benefit area homeless persons. This year, regular sized items will be donated to Hillcrest Transitional Housing [<http://www.hillcresttransitionalhousing.org/about>] and travel sized items to Marcia Merrick who makes lunches for 400+ homeless people in the KC area every day. Last year, StuCo collected just over 3,500 personal care items; this year’s goal is 4,000 items.
- **Spring Carnival** will occur on Saturday, May 3. This free event benefits Head Start program and all SMNW feeder elementary schools. Many clubs will organize booths with StuCo to provide a fun, safe carnival to welcome spring!

Thank you so much for all your support! If you have any suggestions, comments, or questions for Student Council, please feel free to contact a representative or the Sponsor, Sarah Dent at nwdents@smsd.org. Thank you!

Final Exam Schedule

The following is the exam schedule for Freshman, Sophomores & Juniors

	Tuesday, May 20	Wednesday, May 21	Thursday, May 22	Friday, May 23
1 st Hr	7:40-9:10 Final Exam	7:40-9:10 Period 2 Final Exam	7:40-9:10 Period 4 Final Exam	7:40-9:10 Period 6 Final Exam
2 nd Hr	9:15-10:00	9:20-10:50 Period 3 Final Exam	9:20-10:50 Period 5 Final Exam	9:20-10:50 Period 7 Final Exam
3 rd Hr	10:05-10:45	10:50-11:10 Optional Lunch, Cafeteria only	10:50-11:10 Optional Lunch, Cafeteria only	10:50-11:10 Optional Lunch, Cafeteria only
4 th Hr	10:50-11:30	11:15 Buses Depart	11:15 Buses Depart	11:15 Buses Depart
5 th Hr	11:35-1:00			
Lunch 1	11:35-12:00, class 12:05-1:00			
Lunch 2	12:05-12:30, class 11:30-12:00, 12:35-1:00			
Lunch 3	12:35-1:00, class 11:35-12:30			
6 th Hr	1:05-1:50			
7 th Hr	1:55-2:40			

FOOD SERVICE....Did you know...

Did you know that money on a student's meal account will roll over to next year? Whatever money is on their account the last day of school will transfer to next year even if your student changes schools within the district. Negative balances will also transfer so it's important to clear those up before the end of school.

Seniors – Any money left on a senior's account will be refunded. After the senior's account has been reconciled, the refunds are automatically sent by mail in late June.

Free and Reduced meal applications will be available for the 2014-2015 school year on July 14. You will be able to apply for the program online and it will be available at

<http://foodservices.smsd.org> on July 14. We encourage you to use the online application process as it will speed up the approval process. If you don't have access to a computer, you can visit the food service office and apply online there. Paper applications will still be available in our Food Service office at 6701 W. 83rd in the Broadmoor Technical Center Room 120 or at the school. A new application (per family) must be submitted each year. If you receive state assistance, call the food service office at 913-993-9710 before completing an application. Please apply before school starts so you can begin receiving your benefits the first day of school. It can take up to 10 days to process your application and you will be responsible for any meals your student buys before your application is processed. Waiver of Confidentiality letters for kindergarteners can also be submitted online for anyone using the online application process.

Medication Return

In preparation for the closing of the school year, we need to make arrangements for the safe return of any medication you have at school for your student. Please be advised we will only send rescue inhalers, diabetes supplies, and epi-pens home with students. Parents will need to come to the school health office before the last day of school to pick up any remaining medication. If medications are not picked up the school will dispose of any remaining medication after the last day of school. If you have any questions, please call the nurse, Cindy Alexander, at 913-993-7216.

Sun safety tips that could be lifesavers!



- Avoid the sun between 10:00am and 4:00pm, when the sun's rays are the strongest.
- Stay in the shade whenever possible.
- Wear protective, tightly-woven clothing, such as pants and long-sleeved shorts.
- Wear a 5 inch wide, broad –brimmed hat and sunglasses, even when walking only short distances,
- Apply a liberal amount of a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30.
- Reapply sunscreen every two hours, even on cloudy days.
- Reapply sunscreen both before and after swimming, since the water will wash it off.
- Avoid reflective surfaces (lake, ocean) since they can reflect up to 85 percent of the sun's damaging rays.
- Protect children by keeping them out of the sun if possible.
- See your dermatologist if you notice any change in the size, shape, color or appearance of a mole.

Compliments of your American Dermatology Associates medical staff, 913-631-6330, 6333 Long Street, Shawnee, KS.

Summer Skin Care

Cancer of the skin is the most common of all cancers. Melanoma accounts for about 4% of skin cancer cases, but it causes 79% of skin cancer deaths.

Four Ways to Protect Your Skin: “Slip! Slop! Slap! ... And then Wrap” is a catch phrase for kids that works well for adults too. It reminds people to use four key methods to protect themselves. Slip! on a shirt, Slop! on sunscreen, Slap! on a hat. Wrap on sunglasses when outdoors to protect the eyes and sensitive skin around them from ultraviolet light.

Avoid tanning beds and sunlamps: Many people believe the UV rays of tanning beds are harmless. This is not true. Tanning lamps give out UVA and usually UVB rays as well. Both UVA and UVB rays can cause long-term skin damage, and can contribute to skin cancer. Tanning bed use has been linked with an increased risk of melanoma, especially if it is started before the age of 30. Most skin doctors and health organizations recommend not using tanning beds and sun lamps.

If you want a tan, one option is to use a sunless tanning lotion, which can provide a darker look without the danger (see the section, “What about tanning pills and other tanning products?”). Two other sunless tanning products, bronzers and extenders, are considered cosmetics for external use and are not thought to be harmful when used properly. These products can give skin a darker color

(although in some people it may have a slight orange tinge), but they don't offer much protection from the damaging effects of UV radiation. Even if they contain sunscreen, it would only be effective for a couple of hours. No tanning pills have been approved by the FDA.

Tips for Correct Use of Sunscreen: For maximum effectiveness, apply sunscreen 20 to 30 minutes before going outside. Be generous and use a product with a sun protection factor (SPF) of 15 or higher. About one ounce of sunscreen should be used to cover the arms, legs, neck, and face of the average adult. Less is needed for a child. For best results, most sunscreens need to be reapplied every two hours and immediately after swimming or sweating heavily.

If swimming or perspiring, don't forget to reapply sunscreen to maintain protection. Remember that sunscreen usually rubs off when you towel yourself dry.

The UV Index Sunny Day Forecast: The UV index, 0-10, measures the amount of ultraviolet radiation reaching the ground during an hour around Noon. There's a [daily UV forecast](#) for 58 cities, based on local conditions, which many newspapers and TV stations report. The higher the number on the scale, the greater the exposure to UV radiation. On a typical sunny spring day, the UV index will rise to high (7,8,9) or very high (10+). For a fair-skinned person sun damage can begin in 15 minutes without skin protection.

Beyond Sunscreen: Seeking shade, wearing tightly-woven clothing, and avoiding the sun from 10 to 4 are excellent ways to protect yourself from sunlight and skin cancer. Some people think about sun protection only when they spend a full day at the beach or pool. But sun exposure compounds daily. It happens whenever you are in the sun-- gardening, fishing, hiking, biking, going to the zoo, attending a baseball game, or going to and from your car.

How to Do a Skin Check: Dermatologists recommend doing a **skin check** monthly, so you'll be more likely to notice small changes and even find a skin cancer when it's still small. People with dark skin tones, need to check their palms, fingernails and feet carefully. The best time to examine your skin is after a shower or bath. Check yourself in a well-lighted room using both a full-length mirror, and a hand-held mirror. Become familiar with your birthmarks, moles and blemishes so that you know what they usually look like and then can easily identify any changes they undergo. Signs to look for are changes in size, texture, shape, and color of blemishes or a sore that does not heal. If you find any changes, see your doctor or health care provider. Also, during regular checkups, ask your doctor to check your skin.

ABCD Rule: The ABCD rule is a convenient guide to the usual signs of melanoma. Be on the lookout and notify your doctor about any changes in the following factors:

- **A** is for **ASYMMETRY**: Half of a mole or birthmark does not match the other.
- **B** is for **BORDER**: The edges are irregular, ragged, notched, or blurred.
- **C** is for **COLOR** The color is not consistent, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
- **D** is for **DIAMETER**: The area is larger than 6 ml (about ¼ inch -- the size of a pencil eraser) or is growing larger.

The most important warning sign for skin cancer is a spot on the skin that is changing in size, shape, or color over a period of one month to one or two years.

Compliments of the American Cancer Society website: <http://www.cancer.org/>

SCHOOL SPIRIT TASTES GREAT



Make dinner a selfless act by joining us for a fundraiser to support Shawnee Mission Northwest High School. Just come into the Shawnee Chipotle on Shawnee Mission Parkway and Quivira on **Monday, May 12th**, from **3:00pm** to **7:00pm**, and bring in this flyer, show it on your smartphone or tell the cashier and they'll get 50% of the proceeds.



2014 – 2015 PTSA Volunteer Form

PTSA needs your time and talent to make school events successful! Get to know other parents and our school by volunteering to help with a one-time event, serve behind the scenes, or lead a committee. Your participation is welcome and appreciated! Please check any areas that interest you and return this form to the PTSA mailbox in the school office or email **Pam Hale** at psizedhale@everestkc.net

_____ **Academic Achievement:** Help fill out honor roll certificates for students in June.

_____ **After Grad:** Organize a drug-free, alcohol-free party for seniors following graduation on May 21st, 2015. Currently scheduled at PowerPlay.

_____ **After Prom:** Help with NW PTSA's largest event of the year. Sub-committees include fund-raising, decorations, food, prize room, games, volunteer coordinator and more.

_____ **Beautification:** Work to improve SMNW grounds; requires an interest in gardening.

_____ **Citizenship Contest:** Coordinate KS PTA contest for SMNW 9th graders in the fall.

_____ **Concessions:** Work concession stand at NW sporting event, date TBA.

_____ **Communications/Email:** Help coordinate PTSA email blasts through the school's email communication system.

_____ **DAPP (Drug and Alcohol Prevention Program):** Work with staff coordinator to organize activities and distribute information for drug prevention program. Main focus is Red Ribbon Week in October.

_____ **Directory:** Organize supplied data into proper format & coordinate printing in June.

_____ **Food Donations:** Help provide food and drinks for various student and staff events. Email requests are sent as items are needed.

_____ **Grant Fund:** Review teacher grant requests as a committee and determine recipients based on acceptance criteria.

_____ **Hospitality:** Help prepare refreshments for PTSA activities.

_____ **Legislation:** Distribute legislative updates relevant to school issues to interested people.

_____ **Membership:** Help with the PTSA membership drive, primarily in the fall.

_____ Volunteer to work at Back to School Night on August 21st.

_____ Volunteer to work at registration/fee payment on July 28th or 29th.

_____ **Newsletter:** Prepare monthly newsletter for email distribution.

_____ **Reflections:** Coordinate National PTA contest for SMNW students in the fall.

_____ **Senior Breakfast:** Assist with breakfast prior to graduation practice on May 19th, 2015.

_____ **SMAC Clothing Center:** Coordinate four volunteers to work one day in the spring for the center's "changeover" day. May organize a clothing drive based on needs.

_____ Volunteer to work at clothing center

_____ **Staff Appreciation:** Assist with activities for staff, including Back to School night, conferences, and staff appreciation week.

_____ **Student Parties:** Assist with planning, food, decorations, or coat check for student parties including freshman mixer, Homecoming dance, and WPA. StuCo takes the lead on most of these events.

_____ **Student Fun Nights:** Organize an outside activity for students; may include skating, sand volleyball, bowling.

_____ **Student Voter Registration:** Invite students to register to vote when they are eligible.

_____ **Volunteer:** Agree to be contacted for specific activities or projects as needs arise.

_____ **Website:** Update website with newsletters, meeting minutes, and other information.

Volunteer's Name (please print) _____

Phone: Home _____ Work _____ Cell _____

E-mail Address _____

Student's Name _____ Grade _____

summerschool.smsd.org

2014

Summer High School Academy

LOCATION: SM Northwest

DATES: Semester 1 June 9 - 27 Monday-Friday 7 a.m. – 12 noon
Semester 2 July 7 - 25 Monday-Friday 7 a.m. – 12 noon

TUITION: District Students: **\$170.00** per semester-includes textbook rental
Art Classes: **\$205.00** per semester-includes art fee

Non-District: **\$215.00** per semester-includes textbook rental
Art Classes: **\$250.00** per semester-includes art fee

Parking: **Included in tuition**

WHEN TO ENROLL:

February 10 All Shawnee Mission School District patrons
March 31 Open to all students on space available basis
May 12 Last Day to Switch Semesters AND
Last Refund Date for Semester 1
June 3 Semester 1 enrollment closes at 12:00 noon
June 9 Last Refund Date for Semester 2
July 1 Semester 2 enrollment closes at 12:00 noon

WHERE TO ENROLL:

Internet enrollment begins on February 10.
Broadmoor Technical Center
Monday-Friday, 8:00 a.m. – 12:00 noon and 1:00 – 3:30 p.m.

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

May 2014

Shawnee Mission Public Schools

FAST TAKES



Book a workout

It may be easier for your teen to work out longer, and more regularly, if she listens to a good book. Wanting to hear the next chapter can motivate her to exercise again the next day! Suggest that she check out an audio book from the library. Some libraries even lend portable listening devices, too.



Cheese: Lighten up

A good way to trim fat is to think about the cheese you eat. For instance, your child could choose low-fat cheese at the sandwich shop. Or when he makes snacks, he might try stronger cheeses and not use as much. Extra sharp cheddar can stand in for mild, and a sprinkling of Parmesan will make mozzarella go further.

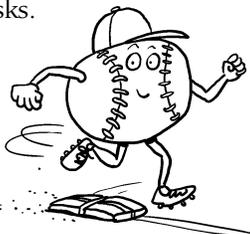
Did You Know?

To participate in fall sports, your kids will probably need to have sports physicals and get medical forms completed. Schedule checkups with their doctor now, or see if the school offers appointments on campus. The medical forms will have to be turned in before sports practice begins—which is often in late summer.

Just for fun

Q: On your way home, you take a right and three lefts. Then, you see two men in masks. Who are they?

A: The umpire and the catcher!



Staying fit over summer

With homework and tests out of the way, your teenager is likely to have more free time over the summer. What to do with those extra hours? Get active! Encourage him to exercise regularly with these tips.



Start a mini sports league

Suggest that your child choose a time each week (or two or three times a week) for a pickup game of lacrosse or roller hockey with friends. He'll be more likely to keep up with his mini league if he sets a regular time and place, such as a centrally located park or school.

Train for an event

It's easier to keep exercising if your teenager has a goal to work toward. Encourage him to sign up for a race or enter a tournament, for instance. Then, he can develop a training plan leading up to the event. *Note:* Many races now

include concerts or other festivities—your teen might be inclined to participate if he knows it's more than just a race.

Become an explorer

Getting to know your community and state is another way to keep fit. Your child could look at community websites or library books to find places to hike or parks with canoeing. Have him check with your parks and recreation department or ask at the library for a list of happenings like naturalist-led walks or kayaking classes. ♡

Sundae sense

An occasional scoop of ice cream can be part of a balanced diet, especially if your teen or tween keeps these strategies in mind.

- **Go small.** Ask for a kid-sized cup if you're at an ice cream parlor. At home, keep servings small by using a teacup rather than a large bowl.
- **Swap the toppings.** Substitute fresh berries or cut-up fruit for whipped cream, hot fudge, and sprinkles. The fruit will add just the right taste of summer!
- **Lower the fat.** Pick reduced-fat ice cream, frozen yogurt, or sorbet. She'll find these at grocery or convenience stores, as well as in restaurants and ice cream shops.
- **Select portion-controlled.** Read nutrition labels on ice cream bars and cups at the grocery store. She's likely to see a good variety at or around 100 calories. ♡



Camp out the healthy way

Show your tween how easy it can be to make healthy food choices—even when you're in a campground—with these suggestions.

Plan ahead. Brainstorm together which meals will work best around the campfire. Then, write out a menu, and shop for ingredients. *Idea:* Make tacos by cooking the meat before you go, freezing it, and taking it in a cooler to thaw. At your campsite, serve taco ingredients (the precooked meat, shredded lettuce, diced tomatoes) layered in a cup. Or use a tortilla chip as a scoop—no spoon needed!



Stay organized. Keep meal ingredients together so it's easy to cook in limited light or space. Your child might bag ingredients for each meal and stack them in the cooler, with the last night's bag on the bottom and the first night's on top. When you're camping, you could pull out each meal's packet when you're ready for it. *Note:* Replenish the ice in the cooler daily to keep the food cold.

Pack healthy snacks. Physical activity and all that outdoor air can make campers hungry, so be sure to take along snacks, too. Good choices include fresh fruit that doesn't get "mushy" (apples, oranges) or trail mix made of dried fruit, seeds, and nuts. Don't forget a canteen or plastic bottle for each person to refill often with water. ♥

PARENT TO PARENT



Be a food blogger

My daughter, Lily, really enjoys cooking. Since she also likes to write, she decided to start a cooking blog. Luckily, she found a website called *blogger.com*, where she can post entries for free.

I encouraged her to use blogging as a chance to experiment with healthy recipes. So far it has been



exciting for her to share her latest ideas, like "light" brownies or green peppers stuffed with brown rice and vegetables. She loves to snap pictures at every stage and post them along with step-by-step instructions.

Now Lily's friends—and my friends—are starting to follow her blog. She feels good when they try her recipes and tell her they liked them. Plus, some friends have begun posting their own nutritious recipes in response. It's good to see her connecting with other teens who like to talk about healthy cooking! ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-8865

ACTIVITY CORNER

Splish, splash, and sweat!

Whether your child is an avid swimmer or just likes to play in the water, he can get a good workout in the pool. Here's how.

Do intervals. Suggest that he swim one length, rest 30–60 seconds, and repeat. Eventually, he could build up to 2–4 lengths before a break. *Variation:* Swim one length fast and the next one at a relaxed pace.

Run the lanes. Instead of swimming, your teen or tween might jog back and forth in the shallow end. Unlike on land where he's pounding the pavement, pool jogging is easy on his knees.

Play water ball. Many community pools have basketball hoops or volleyball nets. Diving for a ball or "running" to make a shot can be good—and fun—exercise. ♥



In the Kitchen

Burger bonanza

For a new spin on the classic burger, try these three recipes. *Note:* Grill or bake each until cooked through, and serve on a whole-wheat bun.

1. Herbed turkey burgers

Turkey + herbs = delicious. Combine 1 lb. ground turkey breast, ½ tsp. basil, ½ tsp. parsley, 1 tsp. lemon juice, ½ tsp. garlic powder, and ½ tsp. paprika. Form into four patties.

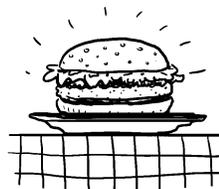
2. Inside-out cheeseburgers

In this version, the cheese goes on the inside! Mix together

1 lb. lean ground beef, 1 beaten egg, 6 oz. chopped spinach (thawed or fresh), and 4 oz. feta cheese. Shape into four patties.

3. Black bean burgers

Vegetarians and nonvegetarians alike can enjoy this meatless burger. Mash black beans (drained and rinsed) from a 16-oz. can. Add 1 egg, 1 cup whole-wheat bread crumbs, ½ tsp. onion powder, and ½ tsp. cumin. Mold into six patties. Serve with salsa and avocado slices. ♥



Teen FOOD & FITNESS

Ideas sanas para los estudiantes de la escuela media y la secundaria

Mayo de 2014

Shawnee Mission Public Schools

TOMAS RÁPIDAS



Ejercicios y lectura

A su hija quizá le resulte más fácil hacer ejercicio durante más tiempo y con más regularidad si escucha un buen libro. El interés por escuchar el siguiente capítulo puede motivarla a hacer ejercicio al día siguiente. Sugíerale que saque de la biblioteca un audiolibro. Algunas bibliotecas prestan también aparatos portátiles para escucharlos.



Queso: Aligérenlo

Una buena forma de reducir las grasas es pensar en el queso que comen. Por ejemplo, en la tienda de emparedados su hijo podría pedir queso bajo en grasa. O cuando se prepare una merienda podría probar quesos más fuertes y usar menos cantidad. El queso cheddar muy curado puede tomar el puesto del más suave y un poquito de parmesano realzará el sabor de la mozzarella.

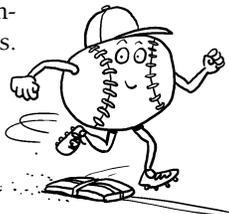
¿Sabía Usted?

Para participar en los deportes de otoño sus hijos necesitarán probablemente exámenes físicos y completar informes médicos. Pida hora con el médico ahora para los chequeos o entérese de si la escuela ofrece citas en el recinto escolar. Hay que entregar los informes médicos antes de que empiecen los entrenamientos deportivos, lo cual suele ocurrir al final del verano.

Simplemente cómico

P: Para llegar a tu meta, giras una vez a la derecha y tres a la izquierda. Entonces ves a dos hombres con máscaras. ¿Quiénes son?

R: ¡El árbitro y el receptor!



En forma en verano

Ahora que no tiene deberes ni exámenes, su hijo adolescente se va a encontrar con más tiempo libre durante el verano. ¿Qué hacer con esas horas extra? ¡Póngalo en movimiento! Anímelo con estas ideas a que haga ejercicio con regularidad.

Funden una mini liga deportiva

Sugíerale a su hijo que elija una hora cada semana (o dos o tres veces por semana) para un juego espontáneo de lacrosse o de hockey sobre patines con amigos. Le resultará más fácil ser fiel a su mini liga si establece una hora y un lugar fijos, por ejemplo un parque bien situado o una escuela.

Entréñense para un evento deportivo

Es más fácil hacer ejercicio con constancia si su hijo tiene un objetivo a la vista. Anímelo a que se apunte a una carrera o a que participe en un torneo, por ejemplo. A continuación puede diseñar un plan de entrenamiento con vistas al evento. *Nota:* Muchas carreras suelen incluir conciertos u otras celebraciones: es posible que a su hijo le apetezca más



participar si sabe que le espera algo más que una carrera.

Háganse exploradores

Otra forma de mantenerse en forma es intentar conocer su comunidad o su estado. Su hijo puede consultar las páginas web de su comunidad o libros de la biblioteca para enterarse sobre lugares buenos para una marcha o parques en los que se haga piragüismo. Dígale que pregunte en el departamento de parques y recreo o que pida en la biblioteca una lista de actividades como paseos dirigidos por un naturalista o clases de kayak. ♥

Helados sensatos

Una bola de helado de vez en cuando puede ser parte de una dieta equilibrada, especialmente si su hija recuerda estas estrategias.

● **Pasarse a lo pequeño.** Pidan una porción para niños si están en la heladería. En casa procuren servir porciones pequeñas usando tacitas en lugar de un cuenco grande.

● **Cambiar de condimentos.** En lugar de nata montada, chocolate caliente o azúcar de colores usen bayas frescas o trocitos de fruta. ¡La fruta añadirá sabores perfectos para el verano!

● **Reducir la grasa.** Opten por helado con grasa reducida, yogurt helado o sorbetes. Su hija encontrará estos productos en el supermercado o en las tiendas, así como en los restaurantes y heladerías.

● **Seleccionar porciones controladas.** Lean las etiquetas nutricionales de las barras y copas de helado en el supermercado. Su hija verá una enorme variedad de productos alrededor de las 100 calorías. ♥



Acampar saludablemente

Enséñele a su hija lo fácil que es elegir alimentos saludables—hasta cuando se está de acampada—con estas sugerencias.

Planeen con tiempo. Piensen qué comidas serán más prácticas alrededor de un fuego de campamento. A continuación escriban un menú y vayan a comprar los ingredientes. *Idea:* Hagan tacos cocinando la carne antes de salir, congelándola y llevándola en una nevera para que se descongele. En el lugar de acampada coloquen capas de los ingredientes para los tacos (la carne precocinada, las tiras de lechuga, los trocitos de tomate) en una taza. Usen un chip de tortilla para comer ¡sin necesidad de cuchara!



Cuando estén acampados pueden sacar el paquete para cada comida cuando la necesiten. *Nota:* Repongan el hielo en la nevera para mantener fría la comida.

Empaquen tentempiés saludables. La actividad física y el aire fresco pueden abrir el apetito de los acampados, así que no se olviden de llevar algunas golosinas. Entre las buenas opciones para ello están la fruta fresca que no se “aplasta” (manzanas, naranjas) y combinaciones de frutas secas, semillas y nueces. No olviden una cantimplora o una botella de plástico para que cada persona la rellene con frecuencia de agua. ●

DE PADRE A PADRE

Blogs de comida

Mi hija Lily disfruta mucho cocinando. Como también le gusta escribir decidió empezar un blog de cocina. Por suerte encontró un sitio web llamado *blogger.com* en el que puede publicar sus entradas gratuitamente.

La animé a que usara el blog como una oportunidad de experimentar con recetas sanas. De momento le entusiasma compartir sus ideas recientes, como brownies “ligeros” o pimientos verdes rellenos de arroz integral y verduras. Le encanta hacer fotos en cada etapa del plato y colocarlas junto con las instrucciones paso a paso.

Las amistades de Lily—y las mías—están empezando a seguir su blog. Le hace ilusión que prueben sus recetas y le digan que les han gustado. Y además algunas amistades han empezado a publicar sus propias recetas como respuesta. ¡Es bueno ver que se relaciona con otros adolescentes a los que les gusta hablar de la cocina sana! ●



RINCÓN DE ACTIVIDAD

¡Chapotear y sudar!

Si su hijo es aficionado a la natación o simplemente le gusta jugar en el agua, puede hacer estupendo ejercicio físico en la piscina. He aquí cómo.

Hacer intervalos. Sugírela que nade un largo, descansen 30–60 segundos y repita. Finalmente puede aumentar a 2–4 largos antes de descansar. *Variación:* Nadar un largo deprisa y el siguiente más relajadamente.

Correr en el agua. En lugar de nadar su hijo puede andar rápidamente en ambas direcciones por el extremo poco profundo de la piscina. A diferencia de la tierra en la que golpea el suelo, correr en la piscina no pone estrés en las rodillas.

Jugar al balón. Muchas piscinas comunitarias tienen aros de baloncesto o redes de voleibol. Lanzarse al agua a por la pelota o “correr” para encestar pueden ser un ejercicio bueno y divertido. ●



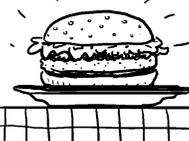
En La Cocina

Sabrosas hamburguesas

Estas tres recetas ofrecen una nueva versión de la hamburguesa clásica. *Nota:* Asen cada una en la parrilla o en el horno hasta que esté hecha por completo y sírvanlas con un panecillo de trigo integral.

1. Hamburguesas de pavo a las hierbas

Pavo + hierbas aromáticas = delicioso. Combinen 1 libra de pechuga de pavo molida, $\frac{1}{2}$ cucharadita de albahaca, $\frac{1}{2}$ cucharadita de perejil, 1 cucharadita de jugo de limón, $\frac{1}{2}$ cucharadita de ajo en polvo and $\frac{1}{2}$ cucharadita de pimentón. Formen cuatro hamburguesas.



2. Hamburguesas del revés

En esta versión, ¡el queso va dentro! Mezclen 1 libra de carne de res molida, 1 huevo batido, 6 onzas de espinacas picadas (congeladas o frescas) y 4 onzas de queso feta. Formen cuatro hamburguesas.

3. Hamburguesas de frijoles negros

Los vegetarianos y los no vegetarianos puede disfrutar de esta hamburguesa sin carne. Aplasten frijoles negros de una lata de 16 onzas (escurridos y aclarados). Añadan 1 huevo, 1 taza de pan rallado integral, $\frac{1}{2}$ cucharadita de cebolla en polvo y $\frac{1}{2}$ cucharadita de comino molido. Formen seis hamburguesas. Sirvan con salsa y rodajas de aguacate. ●

NUESTRA FINALIDAD

Proporcionar a los padres ideas prácticas que promuevan la alimentación sana y la actividad física de sus hijos. Resources for Educators, una filial de CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

La revisión de Teen Food & Fitness™ corre a cargo de un especialista en dietética. Consulte a su médico antes de introducir cambios importantes en la dieta o en el ejercicio físico.

ISSN 1935-889X