

Stanton Community Schools

Home & School CONNECTION! (Working Together for School Success)

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From the Superintendent's Desk

By Michael J. Sieh

Stress, Stress Go Away!?!?!?

A couple of weeks ago, I ran into one of our southern farmers in Casey's. I joked with him about the possibility of putting on weight since the newly fixed bridge allows him quick access to Casey's. I was concerned that he might gain an extra 10-15 pounds. He very politely explained that because of the stress of harvest in the next several weeks, he will lose between 10-15 pounds. "WOW" was my reaction for I never thought weight loss could be a result of harvest stress.

Recently, I have attended seminars and received materials focused on student mental health issues (stress). Because of all this new information and the conversation with the farmer in Casey's, I decided to do some research into a student's mental health.

Through some quick research, I found that a certain level of stress is normal. And, positive stress from events such as changing schools and meeting new friends can help students learn and grow. But when exposed to repeated stressful events without the tools to manage feelings, stress can become emotionally and physically toxic.

Unlike adults, who can communicate about how stress impacts their lives, children and teens may not recognize or even have the words to describe how they're feeling. Students are experiencing stress at growing rates, with a

2014 American Psychological Association study finding teens in the U.S. are even more stressed than adults.

When sadness and depression become unmanageable, it can be a sign of a mood disorder, which affects 1 in 5 children. While experts can identify many reasons why mood disorders occur in children, such as parents getting divorced, loss of a loved one and emotional trauma, stress can be a trigger. In addition, coping with stress can exacerbate symptoms, increasing the pressures associated with having a mood disorder.

How Teachers Can Help Limit Student Stress

Because children and teens spend most of the day in classrooms, teachers can play a powerful role in limiting stress. One way to "displace nervous energy," according to mental health professional Stefanie Juliano, is to allow students to use standing desks, sit on exercise balls or even work on the floor. She also suggests creating a quiet, serene corner by adding a beanbag chair, relaxing pictures and positive sayings.

Below are some additional ideas teachers can use to limit stress in the classroom:

- **Limit homework overload** - Teachers can work together as a team to avoid piling on too much homework on the same nights or scheduling tests on the same day.
- **Keep kids moving** - No

matter how old students are, they can benefit from moving around the room, working at "stations," taking stretching breaks, etc.

- **Play music** - Studies show music helps people relax and focus. Classical music is great for the classroom and can serve as a model for students when they study at home.
- **Schedule time to organize** - In the lower grades, desks can get messy quickly but in older grades lockers can get out of control too. Taking time out to throw away old papers and sharpen pencils can help students feel more in control.
- **Listen** - Talking about issues bothering students doesn't have to take up a lot of instructional time. Even five minutes going over concerns, writing them on the board and addressing them later can help students put them aside.

Parent Tips for Reducing Stress

When children suffer from stress, it affects the entire family. Because parents are used to being able to fix problems, not knowing how to intervene can be frustrating and even add to stress in the home. Fortunately, parents can act by instituting the following tips to reduce symptoms of toxic stress.

- Don't over schedule- Psychologists say teens need

Please see **STRESS**, page 2

Reporters

Dr. Sieh Superintendent
Dr. Cunningham..... H.S. Principal
Mrs. Remm Elementary Principal
Mrs. Fernau..... Counselor
Mrs. Meyer Student Council
Mrs. Schieffer... Preschool Instructor
Mrs. Holoubek School Nurse

Events Calendar

November 8

- No School (Fall Break)

November 11

- School Board Meeting (7:00 p.m.)

November 27

- 1:20 p.m. dismissal for Thanksgiving

November 28 & 29

- No School (Thanksgiving)



www.scs-ne.org
(402)439-2233

Happy Thanksgiving!

Questions??? Please Call!
Central Office – 439-2233
High School Office – 439-2250
Elementary Office – 439-2639

Connecting with Dr. Cunningham

By Dave Cunningham

Information Provided!

Walkers are Welcome...

Several community members enjoy walking for exercise during the summer months and particularly on warm days during the winter months. Some have asked why the high school is not open for community members to walk in the gym. Starting November 1, 2019, community members may start walking in the gym in the mornings. The varsity (big) gym will be open at 6:30 am to 7:30 am and again from 10:58 am to 11:45 am. The gym will be open Monday through Friday unless there is a late start or no school. We ask that people wear appropriate shoes as we take great pride in the condition of our gym floors. We ask that people stay off the competition court and stay outside the black out of bounds line to help with keeping the floor in pristine condition. With the increased security here at the school, people wishing to use the gym to walk are asked to call the office and get their name on a list prior to starting. Please use the south entrance to enter and exit the school during this time.

Bus Reminders

If your child is not riding the bus, as usual, please call the High School office at (402)439-2250. Someone is in the office starting at 6:30 am to take your phone calls.

We also have some students' friends riding the bus home with them. If this is the case, please let the school know by calling or sending a note to school. We do not want a situation where a friend of a student rides the bus and gets dropped off with their friend when that was not supposed to happen. Please let the school know of the situation so they can inform the drivers. We

appreciate your help in the matter.

Peer Pressure

What comes to mind when you think of peer pressure? Kids drinking, smoking, or taking other risks?

The truth is that peer pressure can be both positive and negative. Kids influence their friends to do good things (such as volunteer) and bad things (such as drugs). The bottom line is that all peer pressure requires kids to make a decision: "Should I do what others want me to do?"

Here are ways to prepare your middle schooler.

- Stick to your beliefs. Kids look for moral guidance from their parents. A child may curse just to test his parents' values. By disapproving, parents reinforce the message. "That is not okay."
- Discuss peer pressure. Often, kids let peers influence them because they want to be liked. But there are more important things than short-term popularity. Ask your middle schooler, "How would you feel if you gave in to negative peer pressure? Do real friends push you to do things you believe are wrong?"
- Practice reacting. Role-play peer-pressure situations with your child. For example, a classmate wants him to smoke. Talk about ways to handle negative peer pressure, such as standing up for yourself, ignoring a peer or using humor to defuse a situation.
- Praise good decisions. Notice times when your child does the right thing. If he defends an unpopular child or pledges not to drink alcohol, support him. Say, "I admire what you did. That took courage."

Reminiscing with Mrs. Remm

By Sarah Remm

"Some Time to Unplug"

With fall bringing cooler temperatures and fewer hours of daylight, this time of year presents different kinds of opportunities for children. Outdoor time may decrease which means indoor time increases. What children do with that time matters.

Too much screen time has been found to have many negative effects on child development, including challenges with language skills, memory, and attention. Social interactions and problem solving can become lacking, as children

miss out on opportunities to learn from their environment. It is important that your child's screen time is monitored and limited to what is appropriate for his or her age.

The unplugging process is in effect. Now what? Play a board game, doodle, read a book, write a story, take up a hobby, dive into a science experiment, clean, bake, create art, listen to music. The possibilities are endless. The key to becoming "unplugged" is to then become "plugged" into a new experience.

STRESS

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- time to decompress and develop naturally through non-goal related activities. Lessons, sports teams and other activities may be helpful when it's time to apply to college but should be scheduled around what works best for each child in moderation.
- Ensure the right amount of sleep - In addition to improving physical and emotional health, sleep reduces student inattention, and aids student learning and memory skills. When kids don't get enough sleep, they are at a greater risk of depression, suicidal thoughts and self-harm. So how much sleep is enough? The American Academy of Pediatrics advises children ages 6-12 get a minimum of 9-12 hours of sleep per night, with 8-10 hours recommended for teens. Parents can help by encouraging children and teens to shut off screens at least an hour before bedtime and by limiting access to screens within their child's bedroom.
- Serve a healthy diet - Children develop a taste for healthy food when they are exposed to it early on. Family meals should include a variety of fruits and vegetables and foods made from whole grains and protein. Parents should also limit processed foods and those containing sugar which may be linked to sleep problems and depression.
- Incorporate exercise into the day - The Physical Activity Guidelines for Americans recommends at least one hour of exercise per day for children and adolescents to strengthen cardio fitness and keep depression and anxiety at bay. Surprisingly, just 1 in 3 children get physical exercise each day. Parents should encourage younger children to exercise by turning off screens and sending them outside to play. Teens may need more structured activity like organized sports.
- Model self-care - Getting enough sleep, eating nutritious foods and exercising are all important for good mental health. The best way to teach children these self-care strategies is for parents to follow them too!



American Education Week
November 18-22, 2019

American Red Cross Blood Drive

(Meyer) The High School Student Council will host an American Red Cross Blood Drive on November 13, 2019 from 8:00 a.m.-2:00 p.m. in the middle school gym.

Who needs blood? The need for blood is constant. By partnering with the American Red Cross, you can help ensure that hospitals have enough blood to meet patient need. Blood usage varies widely depending on the type of surgery or illness, particular treatments, and whether there are complications. Blood is also needed when there are catastrophes such as hurricanes, tornadoes, etc.

- Approximately 36,000 units of [red blood cells](#) are needed every day in the U.S.
- Nearly 7,000 units of [platelets](#) and 10,000 units of [plasma](#) are needed daily in the U.S.
- Nearly 21 million [blood components](#) are transfused each year in the U.S.
- The average red blood cell transfusion is approximately 3 units.
- The [blood type](#) most often requested by hospitals is type O.
- Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. [Sickle cell patients](#) can require [blood transfusions](#) throughout their lives.
- According to the American Cancer Society, about 1.7 million people are expected to be diagnosed with cancer in 2020. Many of them will need blood, sometimes daily, during their [chemotherapy treatment](#).
- A single car accident victim can require as many as 100

pints of blood.

Can I Give Blood?

If you are wondering if it is too soon to give blood, the answer is no. A person can give whole blood every 56 days (up to 6 times a year), and double red cells every 112 days (up to 3 times a year), so this is far enough after the community blood drive, and early enough to still give in the January blood drive. The Red Cross does a great job of setting up the blood drives so the community drives and the high school drives do not overlap.

Students who are 16 will need parents to fill out the Parental Consent for Blood Donation. All students' ages 16-18 wanting to give blood will need two forms of identification, a driver's license and another form showing your birth date. (It can be a statement from the school). **High School Young Minds Change Lives Scholarship Program**

The Red Cross High School Young Minds Change Lives Scholarship Program began on June 1st and encourages high school students to plan and host lifesaving blood drives at their schools. In return for their efforts, schools can receive scholarship money to award to students for post-secondary education. The program runs from June 1, 2019 to May 31, 2020.

The amount of the scholarship is determined by the number of pints collected at the school blood drives. Scholarships will be awarded to the graduating students and will be sent in the recipient's name to their chosen institution of higher education. Come out and give blood to help our seniors receive a scholarship.

Preschool Has BUSY Month!

(Schieffer) Lil' Stangs Preschool has been busy this past month. They have been working on new sight words, such as "the" and "I". The students have been working on math concepts like subtracting, adding, graphing, and patterns. We also got the privilege of having Brandon Sherman come in and talk to us about his service in the Marines, and we visited the fire station.

November is National Diabetes Awareness Month

(Holoubek) Diabetes is one of the leading causes of disability and death in the United States. One in 11 Americans have diabetes — that's more than 29 million people. And another 86 million adults in the United States are at high risk of developing type 2 diabetes.

If you are overweight, have high blood pressure, or are age 45 or older, you are at higher risk of developing type 2 diabetes. The good news is that making healthy changes can greatly lower your risk. To help prevent type 2 diabetes:

- **Watch your weight** - maintaining a health weight can help lower your risk of type 2 diabetes and many other chronic conditions, such as heart disease, high cholesterol, high blood glucose, and high blood pressure.

- **Eat healthy** - choosing nutrient-dense foods, or healthy foods like fruits and veges, is one of the single most important factors in preventing heart disease and diabetes.

- **Get more physical activity** - aim for 30 minutes of moderate to vigorous physical activity daily. If you haven't been active lately, start off slowly and gradually build up to 30 minutes. Maybe start with a moderately-paced walk for 5-10 minutes, and gradually add 5 minutes and a brisker pace.

Interested in taking a brief quiz to find out if you're at risk for developing type 2 diabetes? Go to <http://www.diabetes.org/are-you-at-risk/diabetes-risk-test/>. It's also a great website to find out more about diabetes and prevention!

Senior's "Apply to College Wall"



Seniors heading to a four-year college and wanting a higher ACT score, should retake their ACT test no later than the Dec. 14th testing date. Register by November 8nd at www.act.org.

Counselor's Corner

By Lindy Fernau

Career Surfing

Getting students to think about the career path they are interested in can be a bit of a challenge. They are high school students that are busy with high school classes and extracurricular activities. There doesn't seem to be much time to contemplate their future career goals. So, during October, we took several opportunities to expose the students to different careers and lifestyles.

Sophomores and juniors were given the opportunity to attend a "Lifestyle Fair" hosted by the Find Your Grind organization. The event was held at "The Bay" facility in Lincoln. The Lifestyle Fair was a reimagining of career fairs that helped students to explore their next steps in today's 21st Century world and inspire students to discover their passions and explore how they can turn them into careers. The students took a Lifestyle

Assessment prior to attending the fair and were then given the opportunity to talk to professionals in the fields of the areas they scored high in. They also could experience hands on activities in those areas. The students also listened to a panel of professionals about how they turned their passions into a successful career and lifestyles into living a life that involved more than just a job. All of our 9-11 students are currently using the Find Your Grind curriculum during advisory time so this Lifestyle Fair was a great opportunity to experience firsthand about following your passion and living your best life.

All sophomores went to Wayne State College on Oct. 15th for a Career Day along with 1,200 other 10th graders from surrounding schools. They signed up for careers and breakout sessions last spring and each student had a different itinerary. Students get to

experience the idea of what college life would be like by having to travel to different buildings and finding their rooms. They only had a paper map to follow and with google maps used so often, the students had to learn a new skill.

All juniors took the ASVAB test on Oct. 16th. This test assesses academic and technical skills that are related to different careers. When the results are returned, the students will match these skills with their interests and values to find careers that they might want to further explore.

We spent the week of Oct 14th with some college activities. During advisory time, students in 7-12 were given 2 different "match the college mascot" games. Prizes were given to the students who got the most correct. We also had a college bingo day on Thursday for all students 7-12. They were each given a college bingo card that

contained information about the college where each staff member attended. They had to locate the staff member that went to that college or attained that degree and had them initial the square. The first 25 students who showed up with a double bingo got a candy bar. This was a fun activity with certainly had the students on the go.

The final activity involved the seniors in our Apply 2 College Day Thursday afternoon. Students were given the opportunity to use 2 class periods to get help in applying for the college of their choice. Once they completed an application, they put a pendent on the wall under the college(s) they applied to. The students were very focused and worked diligently, asking questions when needed. The next step is completing the FAFSA form for financial assistance.

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