

December 2014 Tri-Center Newsletter



High School 485-2257

Middle School 485-2211

Elementary 485-2271

www.tri-center.k12.ia.us



**Superintendent's News and
Comments**

...Tony Weers

**Tri-Center Community Schools
Wishes You and Yours
A Merry Christmas 2014 & A Happy
New Year 2015!!**

*****PLEASE NOTE THESE DATES FOR
SCHOOL*****

**School Dismisses at 1:30 on Friday,
December 5th for Professional Development**

**School Dismisses at 1:30 on Friday,
December 19th**

for Christmas Vacation

**NO SCHOOL December 22nd through
January 5th**

*****School Resumes on Tuesday, January 6th
(FULL DAY)*****

**NO SCHOOL on Monday, January 19th due
to Professional Development**

**School Dismisses at 1:30 on Wednesday,
February 11th and Thursday, February 12th
for P-T Conferences**

**NO SCHOOL on Friday, February 13th
NO SCHOOL on Monday, February 16th due
to Professional Development**

WINTER WEATHER---POWER ANNOUNCEMENTS Rapid Notification *Part of POWERSCHOOL

****Please fill in or update your phone, cell phone, or
e-mail address via the Powerschool Link if you
have not already done so.**

(Radio or Television)

****Please listen to T.V. or Radio before
calling the school****

With the arrival of another Midwest winter, the possibilities of late starts, early dismissals, and calling school off are upon us once again. Please be assured that the school has a calling system in place and decisions regarding these items will be made in a timely manner so that families can adjust their plans accordingly. With upwards of 15 buses/vans on daily routes in our district of 200 square miles, the reality that everyone either drives or rides to school tells us that we have a lot at risk everyday.

Please keep in mind that we do live in the Midwest where weather can be severe at times and yet isolated in terms of area. It may be that part of our district is in worse condition than another, so please take this into consideration. If school is not cancelled and conditions in your area are such that travel is too risky, then please contact the school and indicate that your kids will not be able to attend on that day.

The media does an excellent job of keeping us informed of pending weather advisories, and we have access to several satellite websites via the Internet. Tri-Center Community Schools will act in a responsible manner, but we will try not to overreact.

Although we live in a region where people should know how to deal with snow, ice, and wind-chill, we must still do our best to proceed with

caution. By all means, *please slow down* and encourage the members of your family to do the same.

The POWER ANNOUNCEMENT Rapid Notification (via the phone) will be used in the event that school is cancelled, started late, or dismissed early; so please be mindful of this means of communication. Also, please turn on the television (KMTV, WOW, KETV) or the radio (WOW 94.1 FM, KNOD 105.3 FM, KMA 960 AM, KFAB 1100 AM), and watch or listen for the announcement as a backup.

BUNDLE KIDS UP— PLEASE SEND THEM TO SCHOOL PREPARED FOR COLD WEATHER

Make sure that your kids are ready for cold weather—especially if they are exposed to the elements while waiting for the bus. Hats, gloves, boots, coats are a must please send your kids out of the house ready for winter. If a situation exists whereby you cannot dress your child appropriately, call the school, and we will be glad to help.



I recently read the following list of 44 ideas parents can use to help their children succeed in school. Every parent wants their child to succeed. Many parents are tired and overwhelmed at where to begin. Take a few minutes and read through this short list of practical ways parents can help students succeed. It would be impossible to complete all of these every week but very easy to do a few every week/month.

44 Proven Ideas Parents Can Use to Help Their Children Do Better in School

Author: Dr. John H. Wherry, Source: The Parent Institute

1. Put specific times on your calendar each week when you will spend time with your children. During that time, focus your love and attention on your child.
2. Use car time to talk with your children. There's no phone or television to interfere. No one can get up and leave. And kids know they really have your ear.
3. Plan to eat at least one meal together as a family each day.
4. Look for things to do together as a family. Get everyone involved in choosing how to spend your time together.
5. Try giving children television tickets. Each week, each child gets 20 tickets. Each ticket can be used for 30 minutes of TV time. Any tickets remaining at the end of the week can be cashed in for 25 cents each. Parents can still veto a certain program, of course.
6. Try relaxing your family's bedtime rules once a week on the weekends. Let your children know that they can stay up as late as they want, as long as they are reading in bed.
7. Help your child start a home library; paperback books are fine. Encourage your child to swap books with friends. Check used book stores. Give books as gifts.
8. Want your children to be good readers? Let them see you read.
9. Try holding D-E-A-R times at your house. "DEAR" stands for "Drop Everything and Read." During DEAR time, everyone in the family sits down for some uninterrupted reading time.

10. With young children, try reading to them during bath time.

11. Use the "Rule of Thumb" to see if a book is on your children's reading level: Have them read a page of the book aloud. Have them hold up one finger for each word they don't know. If they hold up four fingers and a thumb before the end of the page, the book is probably too hard for them to read alone. But it might be a great book to read aloud.

12. Have children make a "book" about themselves, with their own illustrations and wording. "A Book About Me" is a great way to help your child see themselves as "somebody."

13. Help your child discover their roots by talking with family members during holiday and other visits.

14. Constantly look for ways to tell your children what you like about them, and that you love them. There is no age limit on this. "When I do something well, no one ever remembers. When I do something wrong, no one ever forgets." Those words were written by a high school dropout.

15. Let kids overhear you praising them to others.

16. Try "King/Queen for a Day" for good report cards.

17. Help kids learn from problems, not be devastated by them. Many parents don't ever use the word "failure." They may talk about a "glitch," a "problem," or a "snag." But even when something doesn't work out as they'd planned, successful people try to learn something from the experience.

18. In good weather, put two angry kids on opposite sides of a strong window or glass door. Provide each with a spray bottle of window cleaner and a rag. Then let them "attack." Their angry words will turn to laughter...and your window or door will be clean!

19. Try role playing to eliminate constant fighting. For five minutes, have the fighters switch roles. Each has to present the other person's point of view

as clearly and fairly as possible. Odds are, they'll start laughing and make up. Better yet, they may come up with a compromise solution that both parties like.

20. For better discipline, speak quietly. If you speak in a normal tone of voice, even when you're angry, you'll help your child see how to handle anger appropriately. And if you don't scream at your kids, they're less likely to scream at each other or at you.

21. Try a "black hole" to keep toys and other belongings picked up. All you need is a closet or cabinet with a lock—the "black hole." When something is left out that should be put away, it gets put into the "black hole" for 24 hours. Once a favorite toy or something your child needs is locked up for 24 hours, there is greater incentive to keep it where it belongs. This works best when the whole family participates.

22. Try looking over children's study materials and making up a sample quiz as they study for upcoming tests.

23. Visit your child's school in a time of peace before major problems develop.

24. Make report cards a positive experience. Preparation: Ask, "What do you think your report card will tell us?" Getting ready is helpful. Perspective: Understand that a report card is just one small measure of your child. A child with poor grades still has plenty of strengths. Positive action: Find something to praise. Focus on how to improve.

25. Be aware that your attitudes about school affect your child. If you hated math, be careful not to prejudice your child.

26. In addition to the three R's, children need the four A's: Attention, Appreciation, Affection, and Acceptance.

27. Some researchers believe every child is gifted, if we will just look for the ways. Helping children see their giftedness is very motivating.

28. Encourage children to read biographies about

successful people. As children learn about the traits that made others successful, they are often motivated to adopt those same success patterns in their own lives.

29. Motivate your children in math by challenging them to figure out how much change you should get back from a purchase. If they get the amount right, they get to keep the change.

30. Praise children constantly.

31. Try a simple cardboard box to help make your children responsible for school belongings. Have them choose a place for the box, perhaps near the door or in their room. Every afternoon, their first task should be to place all belongings in the box. When homework is finished, it goes in the box, too. In the morning, the box is the last stop before heading out the door.

32. Help children understand, and take responsibility for, the consequences of their choices: "I chose to do my homework; the result was that I got an 'A' on my math test." "I chose to get up 15 minutes late; the result was that I missed breakfast and nearly missed the bus."

33. Try giving your child the responsibility of growing a small garden, even in just a flower pot. The positive and negative results of carrying out their responsibilities are very clear.

34. One way to keep children moving in the morning: After they wake up, begin to play their favorite CD. Give them until the CD plays through to get dressed for school.

35. Encourage kids to collect things. Whether they collect rocks, shells, leaves, or bugs is not important. By collecting, children are learning new ways to make sense of their world.

36. Estimating is an important math skill. We estimate how much our groceries will cost. We estimate how much time we'll need to complete a project at work. You can help your child learn to estimate at home. Here's one idea: As you're driving, estimate the distance to your destination.

Then estimate how much time it will take to get there. Use the odometer or a map to check your work.

37. Talk about geography in terms children can understand: Go through your house and talk about where things came from. A calculator may have come from Taiwan. A box of cereal may have a Battle Creek, Mich., address, or White Plains, N.Y. Talk about where the wheat for your bread came from. Where was the cotton for your blue jeans grown? Tell your children where your ancestors came from. Find the places on a map.

38. Show your child that writing is useful. Have them help you write a letter ordering something, asking a question, etc. Then show them the results of your letter.

39. Try playing "Beat the Clock" with your child during homework time. Look over the assignment and figure out about how long it should take to complete it. Allow a little extra time and set a timer for that many minutes. No prizes are needed. There is great satisfaction in getting the work done on time.

40. Teach your child to use the formula "SQ3R" when doing any homework assignment. The letters stand for a proven five-step process that makes study time more efficient and effective: Survey, Question, Read, Restate, and Review.

41. Here are tips to make homework time easier for you and your child:

Have a regular place for your child to do homework. Use a desk or table in a quiet room. Be sure there's plenty of light.

Find a regular time for homework. You may want to make a rule: "No television until homework is finished."

During homework time, turn off the TV and radio.

Help your children plan how they will use their time.

Set a good example. While your child is doing homework, spend some time reading or working yourself. Then when homework

is done, you can both talk about how much you've accomplished.

42. Nitty gritty homework tips:

Do the most difficult homework first. Save "easy" subjects for when your child is tired. Do the most important assignments first. If time runs short, the priorities will be finished. Do what's required first. Finish the optional assignments later, even if they're more fun.

43. Look over your child's homework every day. Start at an early age and keep it up as long as you can. Praise good work. Your interest will encourage good work.

44. Try having your child teach you the homework. The teacher always learns more than the student.

... Angie Huseman

“Arriving at one goal is the starting point to another.”

--John Dewey



Perhaps it is appropriate that I begin this newsletter, the last one of the year and the last one before semester tests, with a reminder of good intentions. We all have them; the end of the year, however, seems to be the time when we think more about what we have not done, but wish we had. Obviously, the point I am hoping you all will make with your children, is that it is never too late to rededicate yourself to school. Now is not the time to simply say, “It’s too late to make a change.” Semester tests will be the week of December 15th, and I would appreciate your help in letting your children know that the holiday break does not start until their last class is finished on the 19th. Additionally, I hope you will find the following article by Michael Josephson from his April 6, 2006 CHARACTER COUNTS Commentary a good conversation starter for you and your child.

Strategies for Teenhood

One of the toughest jobs in the world is being a teenager. Everything is in transition. Everything is intense—even apathy.

Kids on the brink of adulthood have to cope with inconsistencies and conflicts. A desire to be special and different clashes with the need to belong and fit in. The desire for independence collides with an aversion to self-reliance and personal responsibility.

I want to suggest five strategies that can make the journey through adolescence less painful and more enjoyable:

One: Don’t run from responsibility; run toward it. The sooner you become visibly responsible, the sooner you will be authentically independent and free to do what you want and be what you want.

Two: Be yourself. You don’t need orange hair, a nose ring or tattoos to be special. Dressing or behaving in extreme ways to stand out or blend

***Have a Blessed Holiday Season!
Enjoy your Family, Friends, and the
Festivities!***



From the Principal’s Desk

in can seem like a desperate demand for attention. Discover your talents and build your character, and you will be not only noticed but respected.

Three: Resist the seduction of selfishness and short-sightedness. People who think only of their wants and needs sentence themselves to a dark and lonely dungeon. Don't confuse pleasure with happiness. Just because it feels good doesn't make it good. Don't trade all your tomorrows for today.

Four: Don't expect too much or settle for too little. No one can make you happy, but you can be happy. Hang out with people who bring out the best in you, and be the kind of person who brings out the best in others.

Five: Control your attitudes and you will control your life. You can't always control what happens to you, but you can always control what happens in you. Remember, pain is inevitable but suffering is a choice. So is happiness.

--Michael Josephson

The Power of Thank You

The following was a blog posted by Jon Gordon on 25 Nov 2013 05:31 AM PST. I think it can serve as a great reminder to all of us.

In the spirit of Thanksgiving I'd love to share with you the benefits and power of two simple words. THANK YOU.

They are two words that have the power to transform our health, happiness, athletic performance and success. Research shows that grateful people are happier and more likely to maintain good friendships. A state of gratitude, according to research by the Institute of HeartMath, also improves the heart's rhythmic functioning, which helps us to reduce stress, think more clearly under pressure and heal physically. It's actually physiologically impossible to be stressed and thankful at the same time. When you are grateful you flood your body and brain with emotions and endorphins that uplift and energize you rather than the stress hormones that drain you.

Gratitude and appreciation are also essential for a healthy work environment. In fact, the number one reason why people leave their jobs is because

they don't feel appreciated. A simple thank you and a show of appreciation can make all the difference.

Gratitude is like muscle. The more we do with it the stronger it gets. In this spirit here are 4 ways to practice Thanksgiving every day of the year.

1. Take a Daily Thank You Walk – I wrote about this in *The Energy Bus* and *The Positive Dog*. Take a simple 10-minute walk each day and say out loud what you are thankful for. This will set you up for a positive day.

2. Meal Time Thank You's – On Thanksgiving, or just at dinner with your friends and family, go around the table and have each person, including the kids at the little table, say what they are thankful for.

3. Gratitude Visit – Martin Seligman, Ph.D., the father of positive psychology, suggests that we write a letter expressing our gratitude to someone. Then we visit this person and read them the letter. His research shows that people who do this are measurably happier and less depressed a month later.

4. Say Thank You at Work – When Doug Conant was the CEO of Campbell Soup he wrote approximately 30,000 thank you notes to his employees and energized the company in the process. Energize and engage your co-workers and team by letting them know you are grateful for them and their work. Organizations spend billions of dollars collectively on recognition programs but the best and cheapest recognition program of all consists of a sincere THANK YOU. And of course don't forget to say thank you to your clients and customers too.

“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

--John F. Kennedy





Counseling Comments ...Tami Harman

Happy Holidays!!

Seniors:

Second semester is near, with only three weeks left before Christmas break, seniors should be making decisions about post-secondary choices and completing applications, finalizing ACT testing or setting up an appointment to take the COMPASS test. Seniors should be making their final college visits and narrowing down their choices. The main focus for second semester then is to finalize plans and apply for scholarships.

I will be holding a Senior Scholarship Work Night on Monday, December 15th at 6:30 at the High School. We will be meeting in the High School Computer Lab. This will provide time for seniors to search and apply for scholarships they find through websites available. I will be there to help them search and answer any questions they may have as they are looking for and applying for scholarships. I thought this would motivate seniors to apply for more scholarships and just devote time to working on applying for scholarships. This is not mandatory but would encourage seniors to mark their calendars and attend the Scholarship Work Night!

I still have not met with all the seniors and their parents to discuss post-secondary plans. Please call the high school and arrange a time to meet to discuss your son/daughter's plans.

Juniors:

It would be ideal for juniors to have taken the ACT test at least once already. There will be a John Baylor Test Prep before the April 18, 2015 test date. They still have a February test that they could take before the Prep course in April. It is nice to have a baseline score before the Prep test. The website is www.actstudent.org. If you need more information, please call.

Juniors, Sophomores and Freshmen took Iowa Assessments the week of November 10th. Those results should be arriving soon and students will get a chance to see how they rank in the areas of Reading, Mathematics, and Science.

Students will be working on second semester scheduling the first couple of weeks in December, they have already registered but they will have the opportunity to adjust or change schedules for second semester. Please discuss course options with you son/daughter.



Tri-Center Middle School Brian Wedemeyer

The last day of the first semester is scheduled to be Dec. 19th with a 1:30PM early dismissal.

2nd Semester starts Jan. 6th. Middle School students will receive their second semester schedules the first day of school on January 6th in their first semester homeroom.

MS students completed the Iowa Assessments in November. We should have the results back in late January or early February.

The JH girl's basketball team and boys wrestling team will start practicing in January. All students need to have a current physical to participate. The girls basketball teams will be coached by Mike Larsen and Jerry Christensen and the JH WR team will be coached by Mark Hazen.

*We have activity calendars in each office with the winter sport schedules on them, if anyone would like one you may pick one up in any office. You can also check the schedules online at: www.westerniowaconference.org

The National Theatre for Children presented a Mad About Money Presentation to the MS students on Nov. 24th. They did four skits explaining the concepts of deductions, risk, credit and savings.

**From the Elementary Principal
...Diane White**



**T-C Elementary December
Highlights**

- Dec. 4 Christmas Program for Grades 2 & 3 at 2:00 and 7:00. (Program is held in the HS Gym.)
- Dec. 5 No PK today
- Dec. 5 1:30 Dismissal for In Service
- Dec. 10 No PK today.
- Dec. 10 Elem Student Council at 3:30
- Dec. 11 MS/HS Christmas Concert 7:00 p.m.
- Dec. 13-14 Old Fashioned Christmas in Neola
- Dec. 17 NWMSU Children's Theatre at TC 1:15 and 2:15
- Dec. 19 1:30 Out for Christmas Vacation
- Dec. 20 thru Jan. 5 – No School for students
- January 5 Teacher In Service Day
- January 6th Welcome back to school, students!

Happy Holidays to you and yours!

TC Kids Wrestling – A note from Coach White

Please check your closets and drawers for TC Kids Singlets. If you find one, please drop it off in Mrs. White's office. If you have shoes that you have borrowed or have shoes that you'd like to donate to our club, you can drop those off as well. Thanks for your wrestling support!!!



Julie Theulen

The Special Olympics team competed at State Bowling in Sioux City at Plaza Bowl. Alanna Haubrich placed 2nd, Elijah Bearley placed 3rd, and Parker Hagedorn placed 6th. The team represented TC with pride! The next competition will be basketball skills at IWCC in Council Bluffs on January 15th with a snow date of January 22nd. Hope to see you there!

Alanna Haubrich – 2nd place



Elijah Bearley - 3rd place



Parker Hagedorn – 6th place





School Nurse Notes
...Jennifer McGee, R.N.

Frostbite.....

With cold weather nearing it is time to pull out all the winter gear! Warm coats, hats, mittens, scarves, snow pants and boots will help decrease the chance of frostbite during the winter months. Taking preventive action is your best defense against having to deal with extreme cold-weather conditions. By preparing your home and car in advance for winter emergencies, you can reduce your risk of health issues. Frostbite is an injury to the body that is caused by freezing. Signs of frostbite include redness or pain on the skin, a white or grayish-yellowish skin area, skin that feels unusually firm or waxy, and numbness. A person is often unaware of the frostbite until someone else points it out because the frozen skin tissue is numb. If you notice someone with frostbite get them into a warm room right away. If frostbite is on the feet or toes, avoid walking-this increases the damage. Immerse the affected area in warm (not hot) water. Instead of immersing in water, you can warm the affected area using body heat. One can easily use the armpit to warm frostbitten fingers. Do not use a heating pad, heat lamp, fireplace or heat of the stove for warming. Affected areas are usually always numb and can be easily burned.



Elementary Music
Information
.....Jessica Blakesley

Mark your Calendars!

The 2nd & 3rd grades at
Tri-Center Elementary Schools
Present:

The Elves' Impersonator
Thursday, December 4, 2014
T-C High School Gymnasium
2:00 pm matinee
7:00 pm evening performance

Santa's Workshop at the North Pole is abuzz with excitement and activity. Christmas is right around the corner! The Elves are busily preparing for Santa's annual *North Pole's Got Talent* show in only 2 days! All of the extra rehearsals are not enough to keep them from gossiping about the new Elf on the block. Poor Elfis is the target of their ridicule and jokes because he looks unusual and acts differently than all of the other Elves. They even accuse him of being an Elf Impersonator! Feeling unloved and downtrodden, Elfis sings the blues and runs away from Santa's Workshop. When Santa, his reindeer and Mrs. Claus learn what has happened, they are outraged. Santa sends the reindeer out to find Elfis and bring him back. Meanwhile, he and Mrs. Claus remind the rest of the Elves that they should accept others for who they are, no matter what their differences. Will the reindeer find Elfis in time for the big show? Will the elves realize how much they hurt Elfis' feelings? Find out December 4th, 2014, as the 2nd & 3rd grades perform, *The Elves' Impersonator*. Performances will be held in the Tri-Center High School Gymnasium at 2:00 pm and again at 7:00 pm.

If you have any questions feel free to contact me by email at jblakesley@tetrojans.org, by phone at (712) 485-2271, or check out my website <https://sites.google.com/site/tricenterelementarymusic/> for up to date concert information. We hope to see you all there.