



January/February 2017 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 ... Dr. Angie Huseman

Last month, I shared an excerpt from *The Happiness Advantage* by Shawn Achor in which he talked about Jell-O at Lunch. This month, I would like to share a portion which talks about looking for the positive, rather than the negative. In it, he references the Tetris Effect, which you may have experienced yourself if you have played Tetris (old school video game) or other video games.

After so long of looking at a screen and patterns, one begins to see those patterns when not playing the game. Getting stuck in a pattern applies to everyone human. We see this at school most clearly in terms of behaviors. It's always a good time to check your patterns and evaluate whether they are helping or hindering you and those around you.

The Tetris Effect at Work

Everyone knows someone stuck in some version of the Tetris Effect--someone who is unable to break a pattern of thinking or behaving. Often, this pattern can be negative. The friend who walks into any room and immediately finds the one thing to complain about. The boss who focuses on what an employee continues to do wrong, instead of how he's improving. The colleague who predicts doom before every meeting, no matter the circumstances.

You know the type. Maybe you are even one of them.

In my work with Fortune 500 companies, I've learned something very valuable: These people usually aren't *trying* to be difficult or grumpy.

Their brains are just really outstanding at scanning their environment for negatives--at immediately spotting the annoyances and stresses and hassles. And no small wonder, given that, like the Tetris players, their brains have been honed and trained to do so through years of practice. Unfortunately our society only encourages this kind of training. Think

about it: In the work world, as in our personal lives, we are often rewarded for noticing the problems that need solving, the stresses that need managing, and the injustices that need righting. Sometimes this can be very useful. The problem is that if we get stuck in only that pattern, always looking for and picking up on the negative, even a paradise can become a hell. And worse, the better we get at scanning for the negative, the more we miss out on the positive--those things in life that bring us greater happiness, and in turn fuel our success. The good news is that we can also train our brains to scan for the positive--for the possibilities dormant in every situation--and become experts at capitalizing on the Happiness Advantage.

During a break from one of my talks in Australia, I walked outside to get some fresh air and stumbled upon two employees, also on a break.

One glanced up at the sky and said, "It's nice that it's sunny today." The other one said, "I wish it wasn't so hot today." Both statements were based on reality. It *was* sunny and it *was* hot. But the second person was giving into a habit that would prove debilitating to his productivity and performance the second he walked back to his office. He literally couldn't see the positives in his life and in his work--the opportunities, the possibilities the chances for growth--and as a result, he didn't have a fighting chance of capitalizing on them. This is no small thing. **Constantly scanning the world for the negative comes at great cost. It undercuts our creativity, raises our stress levels, and lowers our motivation and ability to accomplish goals.**

MIDWEST WINTER WEATHER

Snow, ice, fog, wind chills and days of below freezing temps are always a reminder and indication that winter in Iowa is here. In the event that we have school on a day when getting from home to school is too risk or impossible, please call the school and let us now your children will not be

coming. Keep in mind that our district encompasses almost 200 square miles, and there will undoubtedly be some spots that are impassable. Most of our kids live in town and therefore can ride the bus or drive in conditions that may be much better than those which exist on country roads or outlying areas. So, there may be times that the decision is based simply upon being able to get most of our kids to school on a given day. We will do our best to exercise good judgement, but that does not mean it will be in agreement with every parent, student or community member. This is Iowa, and we all understand adjustments that need to be made during a Midwest winter, so let's approach it that way. Thanks for your assistance and cooperation.

Power School Notification: Now is a great time to check how you have notifications set up in the Power School Parental notification area. When you log in to your parent PowerSchool account, click on the **Power Announcement** tab on the side of the page. Then, click on the Expand All tab. Make sure you have numbers and email addresses entered. If you have any questions about getting this set up, please contact Matt Schmitz at mschmitz@tctrojans.org or Angie Huseman at ahuseman@tctrojans.org.

As you will all have experienced one time or another, technology is great--when it works. If you don't have your information set up in the automated PowerSchool system, you can also get information about school closings on the TC Webpage, TC Facebook page or TC Twitter site. Or, you can do what we have all done for years; turn on your television or radio to the local news stations (KMTV, WOW, KETV, KNOD, KMA).



Counseling Comments ...By Tami Harman

Seniors: You should be in your final stages of planning for your post-secondary options. College visits, college applications, scholarship searches, etc. should all be in process or almost completed. I have met with 27 seniors and their parents to go over college planning information. I would still like to meet with the remainder of seniors and their parents to finalize plans. I will begin meeting with those seniors that I have not touched base with individually here in the next week or so.

Senior Parents: The FAFSA applications can and should be completed and sent in as soon as possible. This must be submitted in order for any financial aid packages for the fall term of college. The website is www.FAFSA.ed.gov. If you need assistance please do not hesitate to call the high school for assistance. Many colleges have priority deadlines, make sure you are aware of those deadlines for colleges your son/daughter may be applying to in the fall. Remember to make copies of your completed FAFSA and tax returns. You and your son/daughter will also need an ID username and password, which replaces the PIN number before completing the FAFSA.

Juniors: The junior class will be taking the ASVAB (Armed Service Vocational Aptitude Battery) here at Tri-Center on February 23rd. This assessment is given to assist the students in career exploration and to gain knowledge of their strengths and weaknesses in relation to different careers. It also helps students begin exploring future educational and career plans.

Juniors should be gathering information on the colleges they may want to attend, visiting with representatives from different schools and planning when to take the ACT test. Juniors should try to take the ACT test once their junior year and again in the beginning of their senior year. There will be an ACT John Baylor Test Prep course offered before the April 9th ACT test date this year for juniors and another in early fall of next year for those students wanting this extra resource to help with the format of the ACT test.

Sophomores and Freshmen:

They need to keep focusing on their academics and being active in school activities as well as community organizations. Class rank, cumulative grade point averages, attendance, and ACT scores will determine their success.

National Honor Society News:

The Tri-Center Blood Drive will be held Tuesday, February 21st from 8:30 am to 2:30 pm in the Middle School Gym. Mark your calendar!! Call 712-485-2257 and ask for Tami Harman to make an appointment.

Second semester sophomores, juniors and seniors that qualify for National Honor Society will be given an application in early February to complete and return. Students that fill out the application are then ranked by staff and those rankings are brought before a panel for final evaluation and a selection process is used to determine those students that meet the qualifications for admission into National Honor Society. Please watch the Tri-Center website for more information on National Honor Society applications.



From the Office of the Athletic Director

... Cassie Harris

Tri-Center Hoops at Wells Fargo Arena

What: Tri-Center Varsity Girls' and Boys' Basketball vs AHSTW and the Iowa Energy vs Northern Arizona

When: January 28, 2017

Time: Girls' game 3:00 with boys' game immediately following Iowa Energy game at 7:00

Where: Wells Fargo Arena, Des Moines

Tickets: \$8 (good for all three games)

Tickets must be purchased IN ADVANCE at Tri-Center or Farmers and Merchants Bank in Neola and Minden



JUNIOR CLASS

... Bryanna Zmolek

The Annual Asbestos Report on the Buildings at Tri-Center Schools

The inspection done at the Elementary, Middle and High School buildings **shows no change**. The inspection of Asbestos is done every six months by Kerry Courtier. Ames Environmental Inc. does a three year inspection, which was done this year.

The Junior Class will be hosting a Taco Dinner Fundraiser for the TC Prom on Tuesday, January 24 in the high school cafetorium. Dinner will be served from 5:00-7:00 pm. Dinner is \$3 for one taco and \$5 for two tacos. The dinner will include beef tacos, a variety of toppings, dessert, and a drink. Any parents who are willing to help are encouraged to volunteer to help with the dinner. We will need help from 3:30-7:30pm.

The Junior Class will also be selling Yankee Candles for the TC Prom from Monday, February 13 until Thursday, March 9. All candle sales should arrive before Easter.

Elementary Principal

...Diane White

January/February Highlights



Happy New Year!

Jan. 4	Welcome back to school, students!
Jan. 6	End of 2 nd Quarter – 1:30 Dismissal
Jan. 13	No PK today
Jan. 16	No School – InService
Jan. 17	Winter FAST testing may begin
Jan. 27	No PK today
Jan. 27	Elem. Student Council Meeting 3:30-5:00
Feb. 2	Groundhog Day
Feb. 3	No PK today
Feb. 3	1:30 Dismissal for InService
Feb. 14	Valentine’s Day
Feb. 15	No PK today
Feb. 16	TC Show Choir & IWCC Show Choir Assembly
Feb. 17	No PK today
Feb. 20	President’s Day
Feb. 21	PK-2 go to Symphony in Space at IWCC
Feb. 21	Elem. Student Council Meeting 3:30-5:00
Feb. 22	3-5 go to Mathemagic Show at IWCC
Feb. 22	1:30 Dismissal for P/T Conferences
Feb. 23	Hearing Test Rechecks
Feb. 23	1:30 Dismissal for P/T Conferences
Feb. 24	No School
Feb. 27	No School – InService

SPECIAL OLYMPICS

... Julie Theulen

The Special Olympic team traveled to IWCC on Thursday, January 19, to compete in basketball skills. Joslyn Puntaney 1st place, Matthew Killpack 1st place, Cole Osbahr 2nd place, Kaleigh Gillespie 3rd place, and Elijah Bearley 5th place. First place winners qualify to compete at State in Iowa City on March 10-11. Also, Cole Osbahr qualifies to compete at State in weight lifting in Iowa City that same weekend. GO TC!



On April 8th the Special Olympic team will be hosting a spaghetti supper and silent auction fundraiser at the Minden Legion Building from 4 to 8 PM. If anyone is interested in donating items for the silent auction they should contact Julie Theulen at Tri-Center Middle School or at jtheulen@tctrojans.org.



Who:

Children ages birth to 5 who live in the Tri-Center Community School District and are **not** presently in Kindergarten.

What:

A developmental screening which gives you the opportunity to see if your child is playing, moving, thinking and talking at his/her age level. Screenings include: vision, hearing, speech-language, overall development, and a growth assessment.

Why:

The Preschool Screening can give your child a better educational start when they enter school and your child should attend the screening as a part of the preschool application process.

When:

Friday, March 10, 2017
8:00 a.m. To 1:00 p.m.

Must call for an appointment!

Where:

Tri-Center Preschool Room
Tri-Center Elementary

For Appointment:

Please contact the Tri-Center Elementary Office at 485-2271. Please bring your child's Immunization records, Birth Certificate and Social Security card to your appointment.

Screening Cost:

It's **FREE** for all children, fun for all children and reassuring to parents.

Preschool Programs

If you are interested in signing your child up for the 4 year old Tri-Center All Day Preschool Program, you should attend the Preschool Screening.

Kindergarten 2017-2018

If you have a 5 year old not attending our preschool program, please call and make an appointment to come to screening.