



# GARRETSON BLUE



## DRAGONS FLIER

### No School

Feb. 15  
Staff Inservice

Feb. 18  
Presidents' Day

### What's Happening?



#### School Board

#### 2 Positions Open

Petitions can be taken  
out January 25 and must  
be filed by 5:00 p.m.

on February 22.

See Page 3 for  
specifics.



FFA  
Breakfast  
Feb. 23  
7:30-10:30  
at the Legion  
Pancakes, Biscuits  
& Gravy, Sausage,  
Eggs, Milk, juice,  
and Coffee



Preschool/  
Kindergarten  
Screening  
Feb. 28  
9:00-6:00  
Call Norinda for  
appt.  
594-3451  
ext. 305



FFA  
Blood Drive  
7:30-2:30  
Feb. 20  
Call school for  
an appt.



February 2019



#### SCHOOL BOARD

Shannon Nordstrom, Pres. \* Kari Flanagan, VP  
Rachel Hanisch \* Tony Martens \* Ruth Sarar

#### ADMINISTRATION

Guy Johnson, Superintendent 594-3451 ext.300  
Chris Long, MS/HS Principal 594-3452 ext. 302  
Teresa Johnson, Elem. Principal 594-3453 ext. 303

#### MEETINGS

The Board of Education meets the second Monday of every month in the Library. All regular meetings begin at 5:45 p.m. Agendas are available in the Superintendent's office on the Friday before any meeting. The Garretson Gazette publishes the minutes of each meeting.

## **District Shows Progress on Goals**

*submitted by Mr. Guy Johnson, Supt.*

This past year, we spent time as a staff setting specific improvement goals for our school. Those goals, along with specific plans regarding how we might be able to reach those goals were written in the school's Strategic Planning Document. As with any set of goals, they are most effective if you measure them. Every year, we ask our students how we're doing. We give a mid-year survey to all students in grades 3-12 as a way of collecting their feedback on different aspects of our school that we believe are important.

On the academic side, one of our goals is to develop learning activities that are grounded in "real world" experiences. We set a measurable goal of increasing by at least 10% the percentage of students who agree with the following statements: "my teachers use a variety of techniques to make learning interesting and fun, " and "my teachers challenge me to think and solve real world problems in the classroom." We aligned our professional development to these goals as well, providing opportunities for our staff to learn about and use project based learning in the classroom. Our efforts paid off! Survey data from our students showed that the percentage of students who agree with the statement, "my teachers use a variety of techniques to make learning interesting and fun went from 68.4% of students agreeing to 79.7%. We also saw movement on the statement, "my teachers challenge me to think and solve real world problems." The percentage of students who agreed in 17-18 was 70.2%. In the current year, 80.2% of students responded that they agree.

Our goals and plans for how to reach those goals are laid out in the District's Strategic Planning document, which can be found at this link: <https://bit.ly/2CQ5aF>. We look forward to sharing our progress towards these goals with our parents, staff and general public.

## **Continuous Improvement Plan Garretson School District 49-4**

### **Our Mission:**

to prepare every student to meet the challenges of learning, living, and leading in a changing world.

### **Our Motto:**

Growing Our Future Every Child, Every Day

### **We will do so by:**

Welcoming Every Child;  
Providing a safe, positive environment;  
Challenging each child, believing all students can learn;  
Building a culture of compassion and empathy;  
Earning the trust and respect of our students;  
Developing skills through curiosity, creativity and collaboration;  
Using technology to connect learning to our students' world;  
Maintaining accountability and high expectations for students and for staff;  
Embracing a rigorous curriculum;  
Engaging in professional development and community involvement;  
Growing young citizens prepared to learn and lead.

**NOTICE OF VACANCY ON SCHOOL BOARD  
GARRETSON SCHOOL DISTRICT NO. 49-4**

The following school board positions will become vacant due to the expiration of the present terms of office of the following school board members.

Rachel Hanisch– Three-year term for a board member residing anywhere within the District.

Shannon Nordstrom – Three-year term for a board member residing anywhere within the District.

Circulation of nominating petitions may begin on January 25, 2019. Petitions may be filed in the office of the business manager located at 505 2nd Street, Garretson, SD, 57030, between the hours of 7:45 a.m. and 3:45 p.m., Central Standard Time no later than February 22, 2019, at 5:00 p.m., or mailed by registered mail if postmarked by the deadline date and time.

Emily Bucher  
Business Manager



**Spanish Classes**

*submitted by Mrs. Melanie Koskela*

“Puedo ir al bano” is one of the first things I hear when I walk into my classroom. Usually, I respond with “buenas tardes!” before saying “si puedes.”

I have survived my 1st year of teaching and am now tackling my 2nd year. This year I am teaching another group of students to say “good afternoon” first, before asking if they can go to the bathroom.

One of our biggest accomplishments this year has not just been learning manners and asking to go to the bathroom in Spanish, but has been learning how to teach it. For their semester projects, students worked in groups to develop lesson plans on a simple topic (colors, animals, numbers ect). Each group then chose an elementary classroom to go to and teach their lesson. A lot of groups even explored concepts we had not gone over such as animals, colors, and numbers above 100. Colors was the most common, which was something we as a class did not go through in depth. The students were very engaged and anxious to learn. The project also gave students perspectives on what it was like to lesson plan and teach a group of kids.

One student made the comment “teaching is hard!” Others said they had a lot of fun doing it and wanted to do it again. Some of their lessons even gave me inspiration on ways to teach some of the topics in the future.



## **GHS/GMS Happenings**

*submitted by Mr. Chris Long, MS/HS Principal*

Hard to believe we are rounding out the month of January, as we all know time flies. Registration for classes for next year will be started in the coming month. You can access the GHS Registration Handbook for 2019-20 by clicking the link below.

### **2019-20 GHS Registration Handbook**

Also included in this newsletter is the Garretson High School 4-Year Plan. This checklist allows you to see what classes your students have completed and what classes they will need to complete in the future.

It's our desire to get all students on track for a rigorous and relevant curriculum which will provide them with the most benefits and opportunities upon their graduation. That being said, the Garretson School District will be exploring the new graduation requirements that have been approved by the South Dakota Board of Education Standards. The proposal was developed as a means to provide flexibility for students to meet their postsecondary and career aspirations within a framework of general graduation requirements. The flexibility is aimed at better supporting schools to provide opportunities to meet students' diverse interests and goals. Our district's plan is to review how this may impact the approved Garretson School District graduation requirements and our ability locally to offer curriculum needed to meet the new graduation requirements. These discussions will be occurring in upcoming Garretson Board of Education meetings.

### **Some renewed emphasis....**

In a meeting with all students on Jan. 17th, we revisited an area we struggled with the first half of the school year....cell phone use and possession during the school day.

Below is our school board adopted policy. We've tried to show some flexibility with the policy in regards use that violated our school policy but now feel like the issue has gotten to the point that consistent enforcement of the policy is our only option.

### **CELL PHONES**

The use and possession of cell phones in the general classroom are prohibited at the Garretson School during normal school hours (8 a.m.-3:25 p.m.) unless permission is granted by the classroom teacher. Cell phones shall be kept in student lockers during the school hours listed above with the exception listed below.

Students may be asked to remove wearable electronic devices during class and place them in their lockers or have teachers hold them until after the class is over. If it continues to be an issue a student may be asked to either leave these devices at home or leave them in the office during the school day.

Students found violating this policy will have their ECD confiscated and turned in to the office. A parent will be contacted and come to the school to retrieve the confiscated device.

Students who continue to violate this policy (third offense or greater) may have their ECD confiscated for a reasonable period of time pending a conference with parents/guardians and a resolution of an investigation into the matter.

**EXCEPTION:** For Garretson Middle and High School Students...The use of cell phones and electronic devices will be allowed in the school's "PHONE ZONE" which is identified as the main entrance area, lunchroom ramp and lunchroom during the dedicated lunch periods, respectively.

Please note that when we met with students from each grade we explained in detail the expectations and emphasized where the phones need to be during the school day. We mentioned that we are flexible and will allow phones to be accessed at their lockers between classes, we just stressed that the cell phones need to STAY IN STUDENT LOCKERS during the day with the exception of the lunch period.

If a student violates this policy we will be calling parents to come and retrieve the cell phone or electronic device per policy stated above. Thanks for your help and understanding with this issue.

Thank you again for all you do to support your students and our district, we look forward to working with all of our students to preparing them for the future. If you have any questions please don't hesitate to contact me.



## Second Grade Scoop

*submitted by Miss Jodi Neugebauer*

2nd Graders have been busy learning many things this year. With the start of the new semester they looked back on the first half of the year and shared some of their favorite memories of things they learned.

- I learned about different countries and my ancestors are from Norway. Harper H.
- I learned about different landforms and some are steep and others are not steep. Thomas
- I am really good at spelling and practice my words five times. Joe
- I learned we have had over thirteen flags and Betsy Ross made our flag. Cecelia
- I am really good at homework and like playing hangman to learn spelling. Ava
- I liked when the parents came in and we taught them about different countries. Kaden
- We learned about brains and our hippocampus keeps our memories safe. Jordyn
- I liked when we learned about different countries and I learned that Sweden is known for candles. Brenna
- We erupted volcanoes and they can be many different sizes. Mariah
- We learned that the giraffe has the same number of neck bones as us. Briann
- We learned the habits of the mind and I like finding humor. Zach
- I liked when we exploded bottles and made the ghosts fly. Colton
- I liked when we made the volcanoes and all the stuff came out different ways. Linkin
- I liked when we learned about butterflies and tagged some to go to Mexico. Natalie
- We learned about place value and stacking numbers in math. Annalise
- I liked the ocean song. Adreanna
- I liked learning about matter, and the three states of matter are liquids, solids, and gas. Gavin
- I liked when we did the volcanoes and they were different colors. Harper A.
- We learned about clocks and place value in math. Kasyn
- I like seeing our friends after Christmas break. Brynlee
- Learning about our brain and our amygdala controls emotions. If it is mad it won't let any memories go past it. Cale
- I like when Thomas' parents came in and we learned about Mexico and ate corn tortillas. Haylee
- We learned about striving for accuracy by making different kinds of slime. Brooklyn
- I liked making new friends. Taylor
- I liked learning how to do the i-pick system in reading and I am really good at reading so someone during daily 5. Lukas
- I liked when we learned the continent song. Benton
- I liked when we got to be pirates and find clues. We found the gold that spelled respect. Sahara
- I like doing science like making slime and landforms. Ashley

## High School Science

*submitted by Mr. Geof Furness*

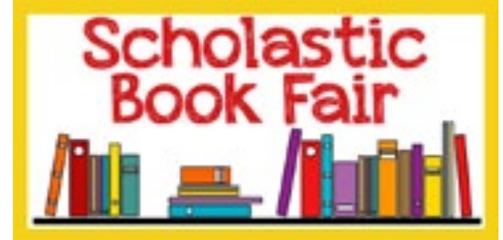
Greetings from the Science Department. In Physical Science the students are learning about fossil fuels & alternative types of energy sources as we find out that our fossil fuel supplies are dwindling. In Biology, the students are learning about Genetics & how traits are passed down the family line. Then they will be learning about different body systems. In Earth Science, the students are learning about water supplies & how we can protect our water. I enjoy having your child in class.



## Book Fair March 8!

*submitted by Ms. Tiffany Radford, Librarian*

Calling all bookworms and their parents! Garretson will be hosting the Scholastic Book Fair March 7! Spring Break will be right around the corner and our children are going to be itching for some fantastic books to chase away the April Showers. This last fall thanks to our hardworking students, and some of our staff we were able to reach our goal, allowing the library to keep half of our profits! Because of this 2-3 grade and Middle School really benefited with the latest book series that I can't keep on my shelves! Wow! 4-5 grade got Makerspace items which will help them develop skills (engineering, programming, art, and science) that promote learning inside the classroom and our world we live in now. The book fair is such a win/win and the only thing it needs is parents. Just a few volunteers for an hour or so each between conferences. If you can help arrange shelves and offer customer assistance, we could bring more books for every age group and more Makerspace opportunities for our largest to smallest hands!



## Fifth Grade Fun!!

*submitted by Mrs. Lisa Danforth and Miss Emily Backer*

The 5th graders have been busy this winter learning many interesting things. In social studies, we have been studying and researching different world explorers. For math, we have been learning to multiply decimals. We are also reviewing other concepts that we have previously learned. In science, the 5th graders have been learning about recycling and conserving natural resources. Both classes have been doing novel studies during reading instruction. We have been digging deeper into characters, theme, and inference.



**\$30 FOR A YEAR'S WORTH  
OF MEMORIES!  
ORDER ONLINE AT  
LIFETOUCH.COM OR  
CONTACT MRS. BUCHHOLZ**



### School Closing due to Inclement Weather

Listen to radio stations KELO, KTWB, KKLS, KXRB, KIKN, KSOO, or TV stations KELO, KSFY or KDLT for school announcements concerning late starts, early dismissals or no school due to weather. A school message will also be sent out. Please don't call the school as the phone lines need to be kept open to make these calls. We will try to make these before 7:00 a.m. if possible.

The safety of our students, staff and bus drivers is our number one concern.



## Garretson FFA Members 'Living to Serve'

*submitted by Miss Alysha Kientopf*



"Learning to Do, Doing to Learn, Earning to Live, Living to Serve" is the FFA motto which the Garretson FFA Members and Agriculture Education Students strive to live everyday. Garretson FFA Member, Jacob Schmidt, approached his officer team about holding a Meals of Hope event after partaking in the event at the State FFA Convention for three consecutive years. His Goal stated to the group is to package more meals than was done at State FFA Convention, which was just over 50,000 meals. This service project is 100% student driven by the Garretson FFA Officer Team.

Year after Year, we have seen an incline of individuals and families fighting hunger nationwide; to some they do not know where their next meal is going to come from due to financial struggles. The Garretson FFA is ready to help fight hunger here in South Dakota, as well as, educate the Community of Garretson about this growing issue. As a chapter, we have turned a member's dream into goals and we are excited to turn our goals into success.

The Garretson FFA is hosting a Meals of Hope Food packaging event on **Monday, February 18th, 2019** in the Garretson School Commons. We have set a goal to **raise \$25,000** in donations to assist us in packaging **100,000** meals(at 25 cents per meal) for the Community of Garretson and surrounding areas. Many businesses throughout Garretson and surrounding communities have committed to assisting us as well as many have access our donation site to donate privately to our efforts. You can do so by visiting the site at [https://myevent.com/Garretson?fbclid=IwAR1xKnYEpX1bt1QNnmpTA-t3FLQ4RgnQ25727VTyAO4p\\_3f5PkZH3Y9BKmo](https://myevent.com/Garretson?fbclid=IwAR1xKnYEpX1bt1QNnmpTA-t3FLQ4RgnQ25727VTyAO4p_3f5PkZH3Y9BKmo). We will be looking for volunteers to help the day of our event to package these meals and will be distributing them to local food pantries, including the Garretson Food Pantry, and Feeding South Dakota. We would like to thank each and everyone of you in advance for your donation; monetary, through support, or giving of your time. Thank you for being a huge part in helping the Garretson FFA grow awareness and FIGHT hunger!



## Middle School Literature

*submitted by Mr. Andrew TerWee*

We have finished the 2nd quarter and the 3rd quarter AR points are due March 13th. This is about 30% of the kid's grade so it is very important they complete their goal. If they exceed their goal they earn extra credit.

Moby Max literature and vocabulary continue to improve. Ask your kids to log on so they can show you what they are doing. That is something they can work on from home on their iPad. Moby Max is a challenging program that is designed to give assignments at the level the learner is at. It challenges all students at a grade appropriate level.

In a few months we will be working on class novels and journals. They should not have very much homework, but you may see the books come home. Ask them about what the books are about. If you have questions, feel free to send me an email.

It has been a great year. I really appreciate how talented and hard working the Garretson Middle School has been this year.

**Middle School Science News**  
*submitted by Mrs. Julie Mueller*

**6th Grade**



We studied Newton's 3 Laws of Motion and making paddle boats to understand the 3rd law proved to be a lot of fun. With PBLs being the trend in education we were given a styrofoam meat tray, rubber bands, and a scissor and we had to come up with our own design.



Project Based Learning #3. We were given a box of supplies and told we could use all or some of the supplies and that we had to send "people" from one side of a wide ravine to the other side of the chasm. We were surprised by the number of ways groups attempted to master that. Not all "people" survived. We are enjoying the hands-on learning.



We also did an electricity unit and learned about series and parallel circuits. The "light" went on for our groups as we worked through these labs. We finished that unit by making electrical safety radio ads or t.v. commercials.

**7th Grade**



Doctors Madhav Nepal, SDSU Biology Professor, and Larry Browning, SDSU Physics Professor joined us for a day. First four of us presented our plant presentations to them and play our Plant I.D. Kahoot. Then the professors led us in a series of fun physics experiments. Thank you SDSU!



Many of us used microscopes for the first time as we studied the difference between monocots and dicots and basic plant anatomy. We are much more adept at using the tool and enjoyed being able to focus and explore for ourselves.



"Flowers for Freddy" had us dissecting plant specimens found at the scene of a murder. We learned alot about plant parts and using a dichotomous key.

**8th Grade**



There are times when it is okay to have "rocks" in your head. In fact, during the geology unit in 8th grade it is a plus. We learned to identify minerals and to find their density and specific gravity



We peer taught our way through the unit on plate tectonics, earthquakes and volcanoes. We built structures out of toothpicks and marshmallows which then were set on a jello base and put through an earthquake. Student teams found a lot of fun new labs to incorporate into assigned topics.



Some of our labs were "explosive" and done outside or in pans in the classroom. We learned alot about the different types of volcanoes and how magma flows based on silica content.

## Community Blood Bank, High School Breakfast Program

Program Details: One of the main preparation items suggested for people, prior to a blood donation, is to eat a good meal and drink plenty of fluids (water, Gatorade, juice). This meal and hydration will help to ensure a good donation experience and provide valuable nutrients for your body after the person has donated life saving blood.



Community Blood Bank has partnered with many high schools around the region to help encourage students that choose to donate blood have an opportunity to eat a good breakfast. This breakfast (provided by the school food service and reimbursed by Community Blood Bank on behalf of Sanford Medical Center and Avera McKennan Hospital), is a special way we can ensure proper preparation for morning donations and a great donation experience for these young blood donors.

Objective: To create an opportunity for students to receive a healthy breakfast prior to donating blood at their high school blood drive event.

### Instructions

Community Blood Bank would like to purchase breakfast for students that have signed up for morning blood donations at your high school. How this is accomplished varies based upon your school food service and the availability of breakfast being offered at your school currently. Initially, you will work closely with a representative from Community Blood Bank to properly identify those students going through the breakfast line that are scheduled to give blood in the morning hours. This can be accomplished through the student wearing a special blood drive sticker, providing a special form with the student's name on that identifies them as a blood donor or providing a blood drive schedule to the food service staff so they may cross check from the list as students are serviced breakfast. If your school doesn't offer a full service breakfast, but a breakfast cart, Community Blood Bank will reimburse the school up to \$3.00 / student donor. Please keep close count on the students and send an invoice for the amount due to (please note the reimbursement check will be sent from Avera McKennan Hospital):

Attn: Ken Versteeg, Executive Director  
Community Blood Bank  
PO Box 1343  
Sioux Falls, SD 57101



**FFA Brings the Bloodmobile  
to Garretson on Wed. Feb. 20**

**7:30 - 2:30**

**Call Alysha Keintopf to schedule  
a time ~594-3451, ext. 110**



Community Blood Bank  
P.O. Box 1343  
Sioux Falls, SD 57101

### Sixteen-Year-Old Blood Donor Parental Consent Form



**COMMUNITY  
BLOOD BANK**  
THE LIFE BLOOD OF YOUR COMMUNITY

Your 16 year old has expressed interest in donating blood at an upcoming blood drive or donor center (Avera McKennan or Sanford Medical Center location). One blood donation can be separated into 2 or 3 components; your child will potentially save up to three lives with their generous donation of blood.

We hope that you support and encourage your child's decision to donate blood. He or she is showing civic responsibility, maturity and a sense of community pride by donating blood.

Blood donation is a safe procedure using single use sterile supplies. Reactions like fainting and bruising occur, but are not frequent. More serious reactions and injuries, including brief seizure activity, nerve or artery injury from the needle, are rare.

Blood is tested for a variety of infections that can be transmitted by transfusion. These include HIV (the AIDS virus), viral hepatitis and others. Positive test results will cause your child's name to be placed on a confidential list of deferred donors and certain governmental health agencies will be notified as required by law. Your child will be notified of positive test results with medical significance, and may be contacted for follow-up testing. All information and test results are confidential unless reporting is required by law.

A portion of your child's blood, not needed for transfusion, may be used for research or education. Research may include finding normal ranges for blood contents or educating laboratory students. Neither your child nor you will be reimbursed and may not have access to results of any research using the blood. Research results, age, race and / or gender may be shared with the research sponsor in a coded fashion that does not reveal your child's identity.

State law requires written parental consent for donors sixteen years of age. Please complete the parental consent form provided at the bottom of this page. Only forms signed by a parent or legal guardian will be accepted at the time of donation. After a donor reaches the age of seventeen, parental consent is no longer required. Picture identification is required at the time of donation (i.e. Student I.D., State I.D., Driver's License).

If you have any questions regarding your child's decision, please contact Community Blood Bank at 1-877-877-3070.

I am the parent or legal guardian of \_\_\_\_\_ ("my child") and hereby give my  
(Print Name)  
permission and consent for my child to make a voluntary donation of blood to Community Blood Bank.

I hereby verify that my child is 16 years of age and weighs at least 110 lbs.

I understand that my child will be notified of positive test result(s) with medical significance and if my child is no longer eligible to donate blood that my child may be contacted for follow-up testing.

I further understand that a signed consent will be required for each donation until my child reaches the age of 17.

Parent/Guardian(Print) \_\_\_\_\_ Date \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip Code \_\_\_\_\_

Phone Number (\_\_\_\_) \_\_\_\_\_

Signature of Parent/Guardian \_\_\_\_\_

## Effective Goal Setting for Students

from teaching.monster.com Article by Dorit Sasson  
submitted by Kayli Coburn

The process of setting goals allows students to choose where they want to go in school and what they want to achieve. By knowing what they want to achieve, they know what they have to concentrate on and improve. Goal setting gives students long-term vision and short-term motivation.

Having sharp, clearly defined goals, which students can measure, will allow them to take pride in accomplishing those goals. They can see clear forward progress in what might have seemed a long drawn out process.

By setting goals students can:

- 1.improve their academic performance
- 2.increase their motivation to achieve
- 3.increase pride and satisfaction in performance
- 4.improve their self-confidence

<b>SMART Goals</b>	
<b>S</b> pecific	Know exactly what you are wanting to accomplish.
<b>M</b> easurable	How will you know you met your goal?
<b>A</b> chievable	Make sure your goal is not too far to reach, but far enough to be challenging.
<b>R</b> elevant	Link the goal to something important to you; something that inspires you.
<b>T</b> imely	When do you want your goal to be met?

© 2003 Kenzie Fulbright, Teach 5th

# Happy Valentines Day



## Applications for Free and Reduced Lunch Help the District

submitted by Mr. Guy Johnson, Supt.

People sometimes wonder if they should apply for reduced priced meals at school. It might be that they're too proud to accept the help that their family needs. It might be that they feel someone else has higher needs than they. What people might not know is that if their family qualifies for the program, our school benefits from that as well.

There are a number of programs from the Federal Government that our school uses in which funding levels are determined by the percentage of our students who qualify for free or reduced price meals. Many grants from charitable organizations also depend on the percentage of students in the District who qualify for assistance in the school lunch program. There are times when we see a fantastic grant opportunity, only to read through the award qualifications and realize that not enough of our students participate in the program to allow us to apply.

If you have questions about the program or how your application might help our school, please call Guy Johnson at the school office (605-594-3451, ext 300). Help us out! If you think you might qualify for the program, pick up an application and apply!

### School Lunch



# HOW MUCH SCREEN TIME IS OKAY? HOW DO I LIMIT MY CHILD'S SCREEN TIME?

## American Academy of Pediatrics Screen Time Guidelines:

- ◆ Avoid screen time other than video chatting for children **younger than 18 months**
- ◆ If you choose to introduce media to **children ages 18-24 months**, find high-quality (educational) programming and co-view and co-play
- ◆ Limit screen use to 1 hour per day of high quality programs for **children ages 2-5**
- ◆ Create a family media plan with consistent rules and enforce them for **older kids**. This is vague, however they do also say for a healthy kid an average day would include "school, homework time, at least 1 hour of physical activity, social contact, and 8-12 hours of sleep". They state "whatever is left over can be screen time".

<https://www.common sense media.org/screen-time/how-much-screen-time-is-ok-for-my-kids>

<https://www.cnn.com/2016/10/21/health/screen-time-media-rules-children-aap/index.html>

Kristi VanDeRostyne, BS, CAC, CPS  
Garretson  
Prevention Counselor  
[kvanderostyne@carrollinstitute.org](mailto:kvanderostyne@carrollinstitute.org)



## EFFECTS OF TOO MUCH SCREEN TIME

Studies are showing that excessive media use can lead to a variety of problems:

- **Obesity**— Much of screen time is spent sedentary
- **Sleep Problems**—Light emitted from screens can interfere with the sleep cycle
- **Behavior Problems**— Kids are more likely to have emotional, social, and attention problems if they have too much screen time.
- **Educational Problems**— Students that have large amounts of screen time per day, have been shown to do worse on academic testing than their peers.
- **Violence**— Being exposed to TV shows, movies, music and video games that show/promote violence desensitizes them to it.

<https://www.verywellfamily.com/the-negative-effects-of-too-much-screen-time-1094877>



## 10 STRATEGIES TO LIMIT SCREEN TIME

- 1.) **Make Screen Time a Privilege**
- 2.) **Model Healthy Habits**— when it comes to your own screen time, try to promote a healthy amount of screen time
- 3.) **Discourage Multitasking**—this interferes with productivity
- 4.) **Establish Clear Rules About Electronics**
- 5.) **Encourage Physical Activity**
- 6.) **Educate Your Teen About Media**—discuss how advertisements try to trick people to buy their product and the dangers of too much violence
- 7.) **Don't Allow Electronics During Meal Times**
- 8.) **Create Screen Free Days**
- 9.) **Schedule Family Activities that Don't Involve Electronics**
- 10.) **Hold Family Meetings to Discuss Screen Time**

<https://www.verywellfamily.com/strategies-limit-your-teens-screen-time-2608915>

# Chef Demo – Featured Entree

## Chicken Florentine

**February 27<sup>th</sup>, 2019**

This is a fun and exciting event that will make your mouth water! Chef Sabrina will be in Garretson February 27<sup>th</sup> to cook and serve Chicken Florentine for any 6-12 grade student who would like to purchase the chef-prepared featured entrée. Chef Sabrina will create this scrumptious pasta dish right in front of you and serve it up hot and fresh. See how fast and easy cooking can be when an experienced chef shows you how to make food fun!

All of the regular menu choices will still be available that day for students who do not wish to purchase a chef-prepared featured entrée.

This is not your typical lunchroom dining day — come see what everyone is raving about and try some Chicken Florentine!

**You must have money in your lunch account to purchase.**



 Lunchtime  
Solutions, Inc.



**Price: \$2.25**

# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;">*PreSchool Screening Will Be Held on February 28 from 9am-6pm, Call 594-3451 to Schedule!</p>					4:00 JH Boys Basketball at McCook Central/Montrose 5:00 C Boys Basketball at McCook Central/Montrose 6:15 JV-V Boys Basketball at McCook Central/Montrose	10:00 Wrestling Big East/Lake Central Conference Tournament at Flandreau 
National School Counseling Week Feb. 4 - Feb. 8 	4:30 JH & JV Tri-Valley Wrestling Tournament at Colton	4:00 JH Girls Basketball at Elkton 4:00 JH Boys Basketball at Parker 6:00 JV-V Girls Basketball at Elkton		<b>Girls &amp; Boys Double Header at Beresford:</b> * 4:00 C Girls * 4:00 C Boys * 5:00 JV Girls * 5:00 JV Boys * 6:30 Varsity Girls * 8:00 Varsity Boys  Elementary Honor Choir at SDSU  Festival of Mens Voices at SDSU	5:00 Wrestling Quad at Flandreau	3:00 JV/V Girls Basketball at Home vs Colman-Egan
3	4	5	6	7	8	9
	5:45 School Board Meeting  6:45 PTO Meeting Middle School  <b>SCIENCE FAIR</b>	<b>Girls &amp; Boys Double Header at Parker:</b> * 4:00 JV Girls * 4:00 JV Boys * 6:30 V Girls * 8:00 V Boys		<b>Bookmobile</b>  <b>Girls &amp; Boys Double Header at Home: Sioux Valley</b> * 4:00 C Girls * 4:00 C Boys * 5:00 JV Girls * 5:00 JV Boys * 6:30 Varsity Girls * 8:00 Varsity Boys 	<b>NO SCHOOL</b> Teacher Inservice	10:00 Region Wrestling Tournament at Freeman 
10	11	12	13	14	15	16
NATIONAL FFA WEEK Feb. 17 - Feb. 23 	<b>NO SCHOOL</b>  <b>PRESIDENT'S DAY</b> FFA Meals of Hope	 6:15 JV/V Girls Basketball at Baltic	7:30-2:30 FFA Blood Drive 	<b>Basketball Double Header vs Dell Rapids, Parents Night:</b> * 4:00 C Girls & Boys * 5:00 JV Girls & Boys * 6:30 Varsity Girls * 8:00 Varsity Boys	5th Grade to Starbase 8:30-2:00 FFA Petting Zoo 	7:30-10:30 FFA Breakfast at the Legion
17	18	19	20	21	22	23
	7:00 Varsity Girls Region 3A Basketball Tourney: #3 & #4 Seeds Location TBA	 7:00 Varsity Boys Region 3A Basketball Tourney: #3 & #4 Seeds Location TBA	5th Grade to Starbase	9:00-6:00 Preschool Screening 6:30/8:00 Varsity Girls Region 3A Semifinals at Tea	 <p style="text-align: center;">State B Wrestling Tournament in Rapid City</p>	
24	25	26	27	28		