



# North Jackson USD 335

*Celebrating 50 Years of Excellence*

## Superintendent's Message

Greetings Cobras! Hope this message finds all of our families safe, healthy and making the most out of time at home! COVID-19 has changed learning as we know it in Kansas. Continuous learning has been a huge adjustment for everyone and I appreciate the flexibility from parents and teachers during the pandemic. Parents can use our continuous learning resource center by clicking in the gold banner at <http://www.jhcobras.net> to get assistance and learning ideas when needed.

Our typical protocol is to roll over money in student lunch accounts to the 2020-21 school year, which will be followed this year unless families request a refund from the school office. Senior parents will receive reimbursement after all textbooks, uniforms and school equipment have been turned into the office in May. 2019-20 yearbooks will be produced for both buildings as planned and can still be purchased by contacting school offices.

Governor Kelly shared her re-opening plan for the state on April 30. Phase 1 is from May 4-18 and it looks very similar in restrictions for schools. We will recognize students in both schools for their achievements during the 2019-20 school year, but the format of the award ceremonies has changed. See page 2 for awards ceremony information. USD 335 plans to have a high school graduation for the Class of 2020 in June with some modifications. More information will be coming soon on this. With regret, 8th grade promotion has been cancelled for this year. 8th grade students will still receive their promotional certificates on May 18. There will be a driver's education class meeting on May 18 in the high school gym. Half of the class will meet at 5:30 PM and the other half of the class will meet at 6:30 PM. Students are required to attend this meeting with a parent to complete a DE-99. The cost of the class will be \$115. More information about Driver's Education class will be coming out to 8<sup>th</sup> grade families through Bright Arrow. Families can also email Mr. Nilges, the driver's education instructor, at [greg.nilges@jhcobras.net](mailto:greg.nilges@jhcobras.net). The KSHSAA discussed modifications to the summer schedule on May 1. When these modifications are shared with districts, USD 335 will make plans for summer activities and share that information on USD 335 social media.

Gabe Grunewald said, "You can still make something beautiful and powerful out of a really bad situation." What real life lessons can be learned from the coronavirus? Here's three examples:

- **Family & Consumer Science (Home Ec)**-Everyone should know how to cook because it is one of the most important life skills a person can have. It teaches self-sustainability and saves money. This is also a time to re-discover the joy of family meals together at home.
- **Health**-Just as 9/11 gave our nation a renewed sense of patriotism, COVID-19 has renewed the importance of good hygiene. A simple hygiene habit like washing your hands for 20 seconds is important now and in life.
- **Reading**-How do you know a source is credible? We have all heard and read conflicting information about COVID-19 from a variety of news sources. Here's some good points to ponder about the credibility of a source:
  1. Knowing what you are looking at is the first step to figuring out what you can believe. Is it a news story, editorial, or advertisement?
  2. Determine whether or not the author or agency that created the information has the credentials, academic background, or experience to write authoritatively about the topic. This can be done by googling the author's or agency's name.
  3. Consider who and what sources are cited and why they should be believed.
  4. Trust the material that offers more evidence and is transparent about the evidence being offered.
  5. Check the date. Information on the coronavirus has changed rapidly over the past few weeks.

A reliable resource for Kansans to learn more about COVID-19 in Kansas is: <http://www.kdheks.gov/>.

# From the desk of Mr. Darren Shupe, MS/HS Principal:

As we finish up the fifth week of our e-learning experience, I have been very impressed with our students who have worked hard to stay engaged and keep up with their learning responsibilities. I am encouraged by everyone's ability to adapt to this unfortunate situation. This type of learning environment is very different and might be difficult to navigate for some students and staff. Hopefully, you, as parents, have likewise been impressed with the ingenuity, innovation, and persistence of our teaching staff. Many staff members have shared stories, created Google classroom experiences and issued virtual challenges to their students to help ease the transition of not seeing

them daily. The feedback from students and families is appreciated. I want to continue to encourage students to work hard, support each other, and try to stay positive.

According to Dr. Alan Rozanski, "It's never too early, and it's never too late to foster optimism. From teenagers to people in their 90s, all have better outcomes if they're optimistic." Research has found that seeing the glass half full not only makes you happier, it makes you healthier. Thank you parents for adapting to the changes that we are all facing. Thank you to our food service staff for providing meals during the week. Thank you teachers for providing learning opportunities for our students.

*-Darren Shupe,  
MS/HS Principal*



## Here's three informational items from Mrs. Alley:

- The JCLA scholarship deadline is May 8.
- The Kansas State Department of Education has put a document together for college admissions among COVID-19. It can be accessed at: <https://drive.google.com/file/d/1UblxkS9dhZBd11XpvB1MoZwLBIAGPty5/view>. Virtual tours of Kansas colleges is one of the things that can be found in this document, which may be of interest to high school families who are ready to start researching colleges.
- High school and middle school students can email Mrs. Alley to set up a Zoom meeting if counselor support is needed.

## Celebration of Cobra Success

**May 14**—MS Zoom Awards Ceremony at 7:00 PM

**May 15**—HS Zoom Awards Ceremony at 7:00 PM

**May 15**—The JHES awards video will be posted on the USD 335 website for families to view at their convenience.

**May 18**—PK-12 can pick up award certificates and 7-12 students are asked to return laptops. (The schedule will be coming out soon.)



*Middle and high school principal, Darren Shupe, is shown at the right handing out student supplies on March 27.*

# Partners in Education

The education of a child has always been a collaborative effort between the family and the school. We're all familiar with the old saying that it takes a village to raise a child. Every year we strive to partner with families to help them raise and educate their children. Our recent circumstances with COVID-19 has of course placed school districts at a disadvantage in carrying their normal load in our partnership. Our teachers have worked tirelessly to identify critical standards and content that still needs to be covered, educate themselves on the current technologies and web based platforms available in education, decide how to best deliver remaining critical standards and content through at home packets and virtual classrooms, and work to continue interacting with your child in whatever means possible to further nurture and educate them. It's been a busy couple of weeks!

We know that our Continuous Learning plan is going to work great for some, be overwhelming for others, and not seem like enough for a few families. We have used several guidelines in developing our last seven weeks of school and I want to share a few simple points with our patrons. First of all, we care about your child and will continue working with them through whatever means possible to provide an education. Second, this is still a partnership, communication is key so we know what is working and what's not. Next, we are much more concerned about our students learning than handing out grades. No traditional grades will be handed out this quarter at any grade level in the elementary school. Lastly, we want this to work for your family. It's impossible to make the schedule perfect for every family. If your child's class meeting falls at a bad time for your family, it's okay to miss it. Just communicate that with your teacher and they will know not to expect you. They'll catch up with your child during their one on one meeting that week. If you don't have the internet capabilities to Zoom, or your bandwidth is just enough

for an adult to work from home and that's it, again just let the teacher know and we'll stick to good ole fashioned phone calls. We want this to work for your family and we will do whatever we need to do to make it work. That might mean your child does a paper packet and we check-in with a phone call once a week, that's okay too. I hope you'll find this message empowering for you and your family to not be overwhelmed by these last seven weeks of school and instead attack it head on.

In the last piece of this article, I want to encourage you to say thank you the next time you see a Jackson Heights teacher or staff member. I mentioned some of their efforts in the beginning of this article, and I'm not sure I can accurately depict how much the teachers and staff have poured themselves into this last bit of the 2019-20 school year, but it has been incredible to witness. The teachers put together seven weeks of instruction, in a brand new format they were just learning, in a matter of days. Many teachers left the building late only to go home and work another four or five hours on their Continuous Learning plans. Secretaries and aides helped teachers put together weeks worth of packets and then asked for more opportunities to help. Our cooks started delivering food to our communities, our custodial staff said keep working in the building, we will clean it as often as needed to keep it safe. If you have ever felt compelled to say thank you to a teacher or staff member at Jackson Heights, this would be the time to do so. I know everyone is stuck at home practicing social distancing, but I can assure you the work that was put in at Jackson Heights over the last several weeks was tremendous. I share all of this to get our teachers and staff the acknowledgement they deserve, but also because I hope it also highlights how much our teachers and staff care for and want to support you and your family through all of this. We are partners in education!

*-Cody Witte,  
Elementary Principal*

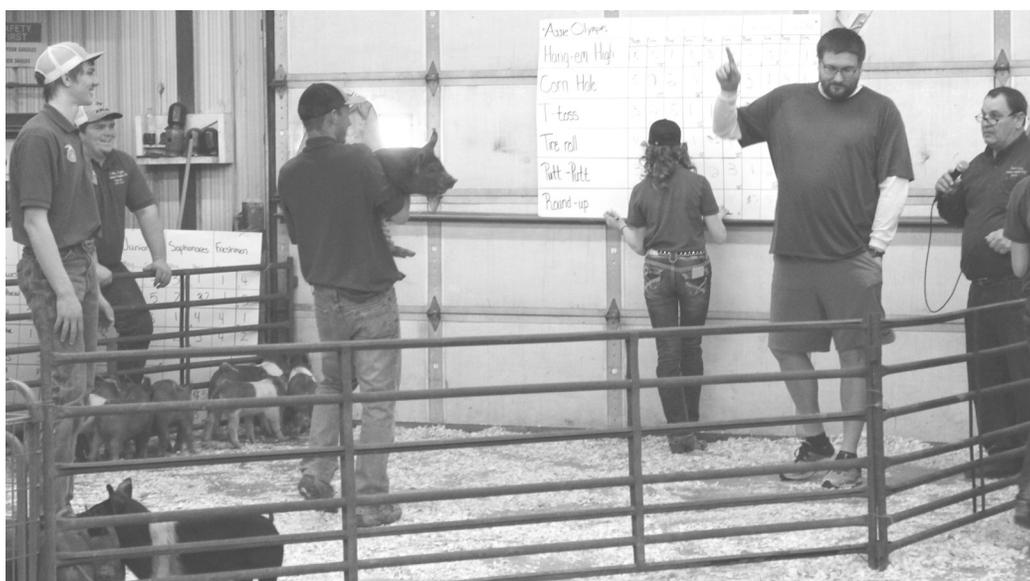
## **KSHSAA Sports Physicals Scheduled**

Required sports physicals for students that will be in grades 7-12 in the 2020-2021 school year can be done for free at Jackson Heights High School tentatively on July 15 from 8:30am-12:00pm. Please have a completed PPE form filled out for each student needing a physical. There is a new physical form for the 2020-21 school year that can be found on pages 5-9 of the newsletter. All middle and high school athletes must have a physical in place before they are allowed to participate in any sports practice.

# FFA District Award Winners

Congratulations to these FFA members who won district level competition! We are proud of these Cobras and wish them luck as they compete in State FFA competition.

- District Star Farmer-Andrew Wege
- District Star Farmer Agri-business-Joel Kennedy
- District proficiency award winners are:
  - Jerilyn Nelson-small animal production and care
  - Cheyenne Hewitt- Equine science entrepreneurship
  - Dakota Abel-Equine science placement
  - Colby Doyle-Div. crop production placement
  - Andrew Wege- Ag. Sales
  - Jill Buck-Ag. Processing
- State Farmer Degree: Jerilyn Nelson, Joel Kennedy, and Andrew Wege



*Pictured at the left, Andrew Wege holds the pig awaiting a kiss from Mr. Brown during the Ag Olympics. For FFA week students were able to cast their vote on which teacher they would like to see kiss a pig at the Ag Olympics by donating coins to Pennies for Patients, a charitable group that helps patients battling leukemia and lymphoma. FFA members Joel Kennedy, Colby Doyle, Jill Buck, and Sponsor Paul Lierz are also in the picture.*

## Elementary Announces 3rd Nine Weeks Honor Roll

### 4<sup>th</sup> Grade All A's

Nicole Amon  
Owen Bales  
Ashlyn Brucken  
Duke Condo  
Marley Nickelson  
Alexa Rash  
Rylan Rodvelt  
Sawyer Shupe  
Gracie White

### 4<sup>th</sup> Grade A's and B's

Kolby Bowhay  
Gage Edwards  
Madeline Jones  
Mickenzie Schlodder  
Sabrina Streeter  
Kaia Uhl

### 5<sup>th</sup> Grade All A's

Alexis Deneault  
Ethan Gulotta

### 5<sup>th</sup> Grade A's and B's

Paden Askren  
Gunnar Bliss  
Brody Browning  
Curtis Fitzgerald  
Eli Kirk  
Jennifer Mellies  
Sir Peek  
Michael Robertson  
Sydney Visocsky

### 6<sup>th</sup> Grade A's and B's

Teagen Bowhay  
Talen Browning  
Karma Carlson  
Chesnea Cochren  
Jace Doyle  
Titan Eisenbarth  
Ashlin Hackathorn  
Drake Mellies  
Kyson Proffitt  
Emma Sides  
Brooke Slipke  
Zoey Sullivan  
Carter Will



## Congratulations to the 2020-21 Middle School Cheer Squad!

Karma Carlson  
Chesnea Cochren  
Brynn Shupe  
Emma Sides  
Emma Thompson  
Taylor Bosley  
Emirson Fritz  
Constance McAlpine  
Makinley Mulroy



PRE-PARTICIPATION PHYSICAL EVALUATION

PPE is required annually and shall not be taken earlier than May 1 preceding the school year for which it is applicable.

HISTORY FORM (Pages 1 & 2 should be filled out by the student and parent/guardian prior to the physical examination)

Name Sex Age Date of birth
Grade School Sport(s)
Home Address Phone
Personal physician Parent Email

List past and current medical conditions:
Have you ever had surgery? If yes, list all past surgical procedures:
Medicines and Allergies:
Please list all of the prescription and over-the-counter medicines, inhalers, and supplements (herbal and nutritional) that you are currently taking:
Do you have any allergies? Yes No If yes, please identify specific allergy below.
Medicines Pollens Food Stinging Insects
What was the reaction?

Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.

Table with 3 columns: Question, YES, NO. Sections include GENERAL QUESTIONS, HEART HEALTH QUESTIONS ABOUT YOU, HEART HEALTH QUESTIONS ABOUT YOUR FAMILY, and BONE AND JOINT QUESTIONS.

# KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

MEDICAL QUESTIONS:		YES	NO	
22. Do you cough, wheeze, or have difficulty breathing during or after exercise?		<input type="checkbox"/>	<input type="checkbox"/>	
23. Have you ever used an inhaler or taken asthma medicine?		<input type="checkbox"/>	<input type="checkbox"/>	
24. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organs?		<input type="checkbox"/>	<input type="checkbox"/>	
25. Do you have groin or testicle pain, a bump, a painful bulge or hernia in the groin area?		<input type="checkbox"/>	<input type="checkbox"/>	
26. Have you had infectious mononucleosis (mono)?		<input type="checkbox"/>	<input type="checkbox"/>	
27. Do you have any recurring skin rashes or skin infection that come and go, including herpes or methicillin-resistant Staphylococcus aureus (MRSA)?		<input type="checkbox"/>	<input type="checkbox"/>	
28. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		<input type="checkbox"/>	<input type="checkbox"/>	
If yes, how many?				
What is the longest time it took for full recovery?				
When were you last released?				
29. Do you have headaches with exercise?		<input type="checkbox"/>	<input type="checkbox"/>	
30. Have you ever had numbness, tingling, weakness in your arms (including stingers/burners) or legs, or been unable to move your arms or legs after being hit or falling?		<input type="checkbox"/>	<input type="checkbox"/>	
31. Have you ever become ill while exercising in the heat?		<input type="checkbox"/>	<input type="checkbox"/>	
32. Do you get frequent muscle cramps when exercising?		<input type="checkbox"/>	<input type="checkbox"/>	
33. Do you or does someone in your family have sickle cell trait or disease?		<input type="checkbox"/>	<input type="checkbox"/>	
34. Have you ever had or do you have any problems with your eyes or vision?		<input type="checkbox"/>	<input type="checkbox"/>	
35. Do you wear protective eyewear, such as goggles or a face shield?		<input type="checkbox"/>	<input type="checkbox"/>	
36. Do you worry about your weight?		<input type="checkbox"/>	<input type="checkbox"/>	
37. Are you trying to or has anyone recommended that you gain or lose weight?		<input type="checkbox"/>	<input type="checkbox"/>	
38. Are you on a special diet or do you avoid certain types of foods or food groups?		<input type="checkbox"/>	<input type="checkbox"/>	
39. Have you ever had an eating disorder?		<input type="checkbox"/>	<input type="checkbox"/>	
40. How do you currently identify your gender?	<input type="checkbox"/> M <input type="checkbox"/> F <input type="checkbox"/> Other _____			
41. Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box)				
Feeling nervous, anxious, or on edge	NOT AT ALL 0 <input type="checkbox"/>	SEVERAL DAYS 1 <input type="checkbox"/>	OVER HALF THE DAYS 2 <input type="checkbox"/>	NEARLY EVERY DAY 3 <input type="checkbox"/>
Not being able to stop or control worrying	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Little interest or pleasure in doing things	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
Feeling down, depressed, or hopeless	0 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>
<i>(A sum of 3 or more is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes) Patient Health Questionnaire Version 4 (PHQ-4)</i>				
FEMALES ONLY:		YES	NO	
42. Have you ever had a menstrual period?		<input type="checkbox"/>	<input type="checkbox"/>	
43. If yes, are you experiencing any problems or changes with athletic participation (i.e., irregularity, pain, etc.)?		<input type="checkbox"/>	<input type="checkbox"/>	
44. How old were you when you had your first menstrual period?				
45. When was your most recent menstrual period?				
46. How many menstrual periods have you had in the past 12 months?				

Explain all Yes answers here

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Signature of student-athlete \_\_\_\_\_ Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

# KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

## PHYSICAL EXAMINATION FORM

<b>Name</b> _____	<b>Date of birth</b> _____					
<b>Date of recent immunizations:</b>	<b>Td</b> _____	<b>Tdap</b> _____	<b>Hep B</b> _____	<b>Varicella</b> _____	<b>HPV</b> _____	<b>Meningococcal</b> _____

### PHYSICIAN REMINDERS

#### 1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?
- Do you drink alcohol or use any other drugs?
- Have you ever taken anabolic steroids or used any other performance enhancing supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt, use a helmet and adhere to safe sex practices?

#### 2. Consider reviewing questions on cardiovascular symptoms (questions 5-14 of History Form).

#### 3. Per Kansas statute, any school athlete who has sustained a concussion shall not return to competition or practice until the athlete is evaluated by a healthcare provider and the healthcare provider (MD or DO only) provides such athlete a written clearance to return to play or practice.

EXAMINATION			
Height	Weight	Male <input type="checkbox"/> Female <input type="checkbox"/>	BP (reference gender/height/age chart)**** / ( / ) Pulse
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>	
MEDICAL		NORMAL	ABNORMAL FINDINGS
Appearance - Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)			
Eyes/ears/nose/throat - Pupils equal, Gross Hearing			
Lymph nodes			
Heart * - Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)			
Pulses - Simultaneous femoral and radial pulses			
Lungs			
Abdomen			
Skin - Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis			
Neurological***			
Genitourinary (optional-males only)**			
MUSCULOSKELETAL		NORMAL	ABNORMAL FINDINGS
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			
Functional - e.g. double-leg squat test, single-leg squat test, and box drop or step drop test			

\*Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those. \*\*Consider GU exam if in appropriate medical setting. Having third party present is recommended. \*\*\*Consider cognitive evaluation or baseline neuropsychiatric testing if a significant history of concussion. \*\*\*\*Flynn JT, Kaelber DC, Baker-Smith CM, et al. Clinical Practice Guideline for Screening and Management of High Blood Pressure in Children and Adolescents. Pediatrics. 2017;140(3):e20171904.

I acknowledge I have reviewed the preceding patient history pages and have performed the above physical examination on the student named on this form.

Name of healthcare provider (print/type) \_\_\_\_\_ Date \_\_\_\_\_

**Signature of healthcare provider** \_\_\_\_\_, MD, DO, DC, PA-C, APRN  
(please circle one)

Address \_\_\_\_\_ Phone \_\_\_\_\_

### Healthcare Providers: You must complete the Medical Eligibility Form on the following page

Kansas State High School Activities Association, 601 SW Commerce Place | PO Box 495 | Topeka, KS 66601 | 785-273-5329

Adapted from PPE: Preparticipation Physical Evaluation, 5th Edition, © 2019 American Academy of Family Physicians, American Academy of Pediatrics, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and American Osteopathic Academy of Sports Medicine. Permission is granted to reprint for noncommercial, educational purposes with acknowledgment.

# KSHSAA PRE-PARTICIPATION PHYSICAL EVALUATION

## MEDICAL ELIGIBILITY FORM

Name \_\_\_\_\_ Date of birth \_\_\_\_\_

Medically eligible for all sports without restriction

Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of \_\_\_\_\_

Medically eligible for certain sports \_\_\_\_\_

Not medically eligible pending further evaluation

Not medically eligible for any sports

Recommendations: \_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form, except as indicated above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of healthcare provider (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

*X* Signature of healthcare provider: \_\_\_\_\_, MD, DO, DC, or PA-C, APRN

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

## SHARED EMERGENCY INFORMATION

Allergies: \_\_\_\_\_

Medications: \_\_\_\_\_

Other information: \_\_\_\_\_

Emergency contacts: \_\_\_\_\_

## Parent or Guardian Consent

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (See KSHSAA Handbook, Rule 7). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the HISTORY part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury. I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

*X* Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_

*The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.*

# ATTENTION PARENTS AND STUDENTS: KSHSAA ELIGIBILITY CHECKLIST

Student's Name \_\_\_\_\_ (PLEASE PRINT CLEARLY)

**NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:**

**BEGINNING SEVENTH GRADER**—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

**BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL**—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then, as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

**ENTERING HIGH SCHOOL FOR THE FIRST TIME**—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

## For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually to schools and is available at [www.kshsaa.org](http://www.kshsaa.org).

*Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.*

- Rule 7 Physical Evaluation - Parental Consent**—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.
- Rule 14 Bona Fide Student**—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.
- Rule 15 Enrollment/Attendance**—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.
- Rule 16 Semester Requirements**—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight consecutive semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.  
*NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.*
- Rule 17 Age Requirements**—Students are eligible if they are not 19 years of **age** (16, 15 or 14 for junior high or middle school student) on or before August 1 of the school year in which they compete.
- Rule 19 Undue Influence**—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.
- Rules 20/21 Amateur and Awards Rules**—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.
- Rule 22 Outside Competition**—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.  
*NOTE: Consult the coach, athletic director or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.*
- Rule 25 Anti-Fraternity**—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.
- Rule 26 Anti-Tryout and Private Instruction**—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.
- Rule 30 Seasons of Sport**—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

## For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a **negative** response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (Schools shall process a Certificate of Transfer Form T-E on **all** transfer students.)

- | YES                      | NO                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Are you a bona fide student in <b>good standing</b> in school? (If there is a question, your principal will make that determination.)  |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. Did you <b>pass at least five new subjects (those not previously passed)</b> last semester? (The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.)                              |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Are you planning to <b>enroll in at least five new subjects (those not previously passed)</b> of unit weight this coming semester? (The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Did you <b>attend</b> this school or a feeder school in your district last semester? (If the answer is "no" to this question, please answer Sections a and b.)   |
| <input type="checkbox"/> | <input type="checkbox"/> | a. Do you reside with your parents?   |
| <input type="checkbox"/> | <input type="checkbox"/> | b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?   |

The above named student and I have read the KSHSAA Eligibility Checklist and how to retain eligibility information listed in this form. The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

X Signature of parent/guardian \_\_\_\_\_ Date \_\_\_\_\_  
 X Signature of student \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_ Date \_\_\_\_\_

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

# Oh Baby, How You Have Grown!



Class of 2020



**Quinn Allen**



Class of 2020



**Zachary Armstrong**



Class of 2020



**Shayla Ball**



Class of 2020



**Abby Brey**



Class of 2020



**Jill Buck**



Class of 2020



**Andrew Coe**



Class of 2020



**Erin Curtis**



Class of 2020



**Kylie Dohl**

# Oh Baby, How You Have Grown!



Class of 2020



**Blayne Gibson**



Class of 2020



**Gabrielle Giebler**



Class of 2020



**Bailey Hamilton**



Class of 2020



**Drew Holliday**



Class of 2020



**Skyla Howe**



Class of 2020



**Dalton Jones**



Class of 2020



**Joel Kennedy**



Class of 2020



**MaKenzie Kennedy**

# Oh Baby, How You Have Grown!



Class of 2020



**Tex Manuel**



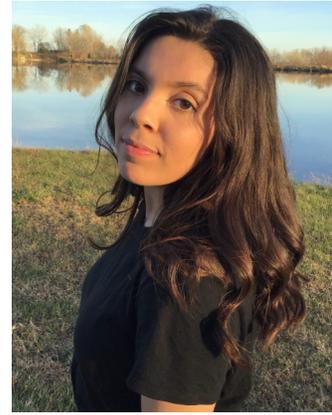
Class of 2020



**Jerilyn Nelson**



Class of 2020



**Kathleen Pino**



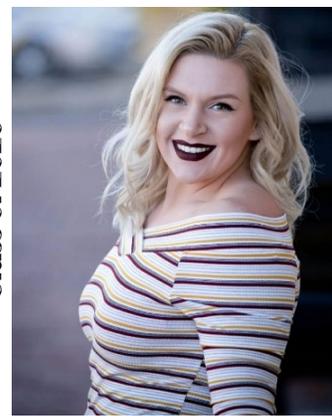
Class of 2020



**Southern Raborn**



Class of 2020



**Grace Roles**



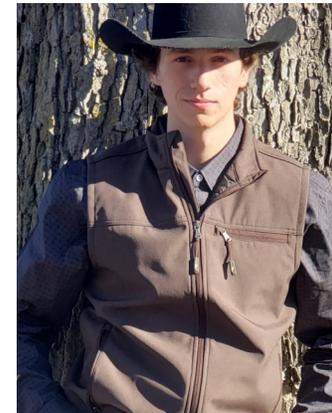
Class of 2020



**Danny Smith**



Class of 2020



**Alexander Stirton**



Class of 2020

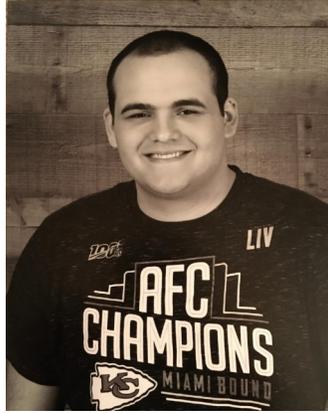


**Kassidi Strathman**

# Oh Baby, How You Have Grown!



Class of 2020



**Mark Tessendorf**



Class of 2020



**Alyssa Teter**



Class of 2020



**Cable Wareham**



Class of 2020



**Riley Watkins**



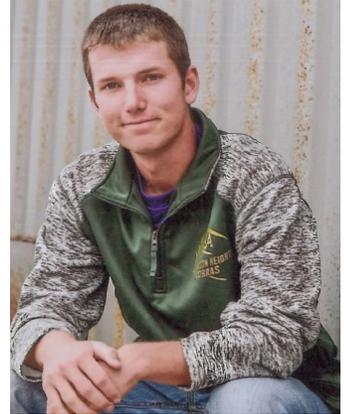
Class of 2020



**Abby Watkins**



Class of 2020



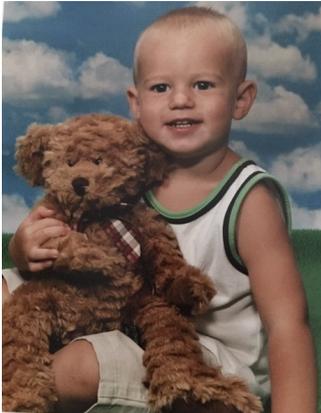
**Andrew Wege**



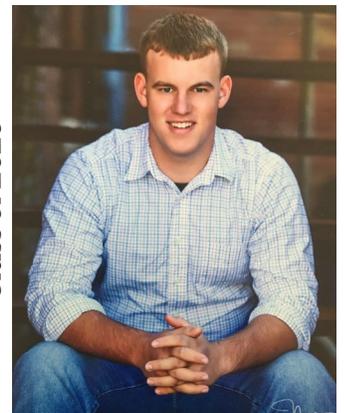
Class of 2020



**Jodi White**

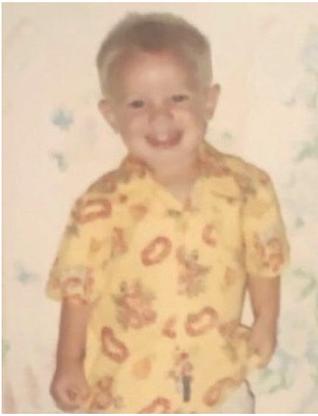


Class of 2020



**Carson Williams**

# Oh Baby, How You Have Grown!



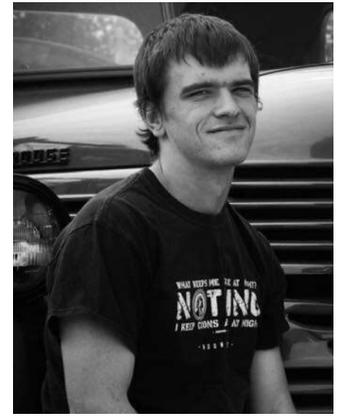
Class of 2020

Cooper Williams



Class of 2020

Jesse Woltje



## Congratulations to the Class of 2020!

**Class of 2020 Valedictorian:** Kylie Dohl, MaKenzie Kennedy, and Jerilyn Nelson

**Class of 2020 Salutatorian:** Erin Curtis

**Class of 2020 Flower:** White Rose & Sunflower

**Class of 2020 Colors:** Maroon & Gold

**Class of 2020 Motto:** Together, we have experienced life. Separately, we will pursue our dreams. Forever, our memories will remain.

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## Senior Wills

**Blayne Gibson**-I leave my coat to Wyatt Bacon, Daniel Little, Ian Anderson, Squilly, and Garrett Will (the boys) and I leave my speed-walking to Taylor Wamego, he seems the most envious about it.

**Gabrielle Giebler**-I will ALL the school lunches I had left in my account for the year of 2020 to Hudson Roles, my go-to paint brush to Shelby Phillips, and my demonic little sister Delaney to Dakota Abel because at least he thinks she's sweet. Lastly, I will Paige Deneault my bluntness to help get her through her senior year, she will need it!

**Jerilyn Nelson**-“I'd like to will Mr. Alley and his sons permission from his wife to get a mini Aussie puppy.”

**Mark Tessendorf**-I want to be buried with my computer and my Magic: The Gathering cards. I don't care about anything else

**Skyla Howe**-I will all my glitter eyeshadow to Annie Al-len. I will my snack locker to Paige Deneault.

**Joel Kennedy**-I will Grant Amon the basketball jersey #24, if he can live up to it. I also will Colby Doyle my parking spot, I hope you have better luck with it than I did.

**Kylie Dohl**-I would like to will the Class of 2021 a senior prom and graduation!!

**Drew Holliday**-I will Noah Hill my running skills and Silas Holliday my basketball playing skills.

**Alyssa Teter**-I will all my Spanish notes to Daniel Little and Jarred Mcalpine, my love for yearbook to Heather Mandala, my loud obnoxious laugh to Mallori Mulroy, my time management skills to Annie Allen because she is always late, and my self-control to Dylan Thompson when it comes to Sonic ice cream cones. I also will my Baton of Faith to Noah Hill and my ability to handle crazy kids at youth group to Haddlea Kilpatrick. Lastly, I will my sparkly pink lip gloss, mascara, art skills, and sanity to Paige Deneault for her upcoming year as Cheer Captain.



Jackson Heights will feed children ages 1-18 through May 15. If you would like to participate in this free breakfast and lunch program, please call the district office at 785-364-2194 to sign up for meals. The delivery locations and times are below:

- Whiting Gym: 11:30am-12:00pm
- Netawaka Community Building: 12:15pm-12:45pm
- Circleville Christian Church: 11:30am-12:00pm
- Soldier Community Hall: 11:30am-12:00pm

May 1 is National School Lunch Hero Day. USD 335 salutes and appreciates our amazing cooks who have continued to work hard during school closure: Laura Sharp, Kristy Streeter, Phyllis Shupe, Angela Chalmers, and Lisa Joiner!

*USD 335 employee, Kristy Streeter is shown at left preparing sandwiches for the sack lunches.*

## Mrs. Kuglin Retires From JHES After 41 Years

At the end of the 2020-21 school year, Mrs. Sheryl Kuglin will be retiring as a USD 335 teacher. Her first day at USD 335 was August 23, 1979 and during her career she has taught 1<sup>st</sup>, 2<sup>nd</sup> and 5<sup>th</sup> grade. Mrs. Kuglin's largest class was 25 students and her smallest class was 11 students. Throughout her time at USD 335, Mrs. Kuglin has touched the lives of many students with her endless patience and her calm, encouraging and compassionate approach to teaching and learning. Some highlights of Mrs. Kuglin's teaching career include receiving the Optimist Teacher of the Year Award in 2010-11, she was selected to fly in a Black Hawk helicopter over the area and landed on the JH football field

with all of the students and staff sitting in the stands, her own 3 sons graduating from Jackson Heights, and being asked to go on Honor Flight 8.

"A truly great teacher is hard to find, difficult to part with and impossible to forget." USD 335 is grateful to Mrs. Kuglin for 41 years of outstanding service and dedication to Jackson Heights students. If anyone would like to express best wishes in retirement to Mrs. Kuglin, cards can be sent to the address below during the month of May:

USD 335 District Office  
C/O Sheryl Kuglin  
12692 266<sup>th</sup> Rd.  
Holton, KS 66436



Mrs. Kuglin has proudly served JHES students 1979-2020.



COVID-19 caused our kindergarten round up to be cancelled this year. Mrs. Cochren and Miss Wells would still like the chance to meet their future kindergarten Cobras. If your child was already on the round up list, our kindergarten teachers will be contacting you soon for a Zoom kindergarten screening and a chance to get your questions answered about life in kindergarten. If your child is not on the round up list, email Miss Wells at [jamie.wells@jhcobras.net](mailto:jamie.wells@jhcobras.net) or Mrs. Cochren at [gera.cochren@jhcobras.net](mailto:gera.cochren@jhcobras.net) to get a virtual screening time scheduled. Current JHES preschool students going to kindergarten in the 2020-21 school year do not have to do a screening.

### Ring Leaders February 24-March 5

#### Kindergarten

Jackson Porter  
Ireland Bliss  
Zi Peek

#### 1st Grade

Greyson Bachamp  
Lillian Jones  
Mason Cowsert

#### 2nd Grade

Levi Brucken

#### 3rd Grade

Tatum Eisenbarth  
Cameron Alley  
Becca Amon

#### 4th Grade

Madeline Jones  
Aiden Schumaker

#### 5th Grade

Natalia Keo

#### 6th Grade

Emma Sides  
Zoey Sullivan  
Alyssa Mullins  
Drake Mellies

There is also a special shout out to the entire class of 6th grade students for showing compassion, caring, respect, and what it means to include a classmate. Thank you!



# How to Support Student Learning at Home

Families and caregivers play a critical role in learning at home. Because no two families are alike, families can support their children in a variety of ways.



**Student, family and community physical, mental and emotional well-being are most important!** As schools close and the news cycle is dominated by information about COVID-19, it may be frightening or confusing to children. Take care of your child's emotional and health needs during this time. Do not neglect your own needs, and reach out to available community networks and resources.

**Home-based learning is unique and should not try to re-create school.** Trying to support school-like learning in a home setting may frustrate families without leading to real and lasting learning. Instead, work with your child to have meaningful learning experiences that connect to your home lives, interests and identities. Some everyday activities that can promote meaningful learning could include cooking, baking, cleaning, reading together, building, painting and drawing, and taking a walk outside your home.

**Use technology in smart ways.** Meaningful learning can happen with or without devices or access to the internet. If you have access to the internet and a device students can use, technology and internet access can help students dive into learning at home. People learn best when they can figure things out together. Consider using devices and internet access to help learners find information they can use to figure something out, to make connections with others to build ideas and get feedback, to share their thinking and to stay socially connected with their peers.

## Actions to Take

- **Model the Learning Process.** You don't have to be an expert in all content areas! One of the most supportive things you can do is to be a partner in your child's activities, investigations and thinking. Think out loud or describe what you are doing as you do it, whether it is fixing something, planning a balanced meal, taking care of pets or doing other household activities.
- **Be a Thought Partner and Talk.** Support your children's reasoning by talking with them about their learning. You can ask your child questions such as "What do you notice? What do you wonder? Why do you think that's happening? What can you teach me about this?" Let your learners bounce ideas off of you. Remember, you don't need to know the answer; just help them surface current understanding, deepen their thinking and identify and figure out next steps to figure out more.
- **Focus on Learning in Everyday Life.** Many daily activities you regularly do can open up all sorts of questions that may lead to your children making sense of something they observe in the world and solving problems they encounter.
- **Connect Learning to Your Work or That of Your Family.** There may be many ways to engage your child as part of your own work that can contribute to meaningful learning. In your work or that of another family member, how do you find the answers to your questions? How do you communicate techniques, processes or ideas? What problems or challenges might you face? Share your work and allow your child to think and work with you in a meaningful, career-related context.
- **Build from the Content-related Interests of Your Children.** You know your children; consider whether they have personal, family or community interests that they do not always get to pursue in school and let them do a project related to that interest. Think about challenges facing your community, ideas or activities your child is passionate about or even ideas that have come from previous experiences. Learning is everywhere!
- **Learning Should Attend to the Physical, Mental and Emotional Needs of Your Children.** Work with your child to manage healthy lengths of time spent in learning. Together, discuss and encourage healthful nutritional habits, physical activity and the amount of sleep needed for optimal learning to occur. Additionally, promote activities that encourage your children to discuss how they are feeling and attend to their emotions.
- **Don't Stress about Creating a Perfect Home Learning Experience.** This situation is stressful and might be scary for your child and your family. Learning happens all the time—when we are gardening, building the best fort we can, making art, reading novels, writing stories, playing games and taking a walk outside. Engage your child in activities you love doing together, and explore what you can learn through those experiences. Your family might even look back on this time as some of the most meaningful learning experiences!



### An Equal Employment/Educational Opportunity Agency

The Kansas State Department of Education does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: KSDE General Counsel, 120 SE 10th Ave., Topeka, KS 66612; (785) 296-3201

Kansas Parent Information Resource Center • 715 SW 10th Avenue • Topeka, KS 66612  
(785) 783-2975 • 866-711-6711 • [www.ksdetasn.org/kpirc](http://www.ksdetasn.org/kpirc)



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Netawaka, KS  
66516

## **North Jackson USD 335**

District Office  
12692 266th Road  
Holton, KS 66436  
785-364-2194

Jackson Heights High/Middle  
School  
12719 266th Road  
Holton, KS 66436  
785-364-2195

Jackson Heights Elementary  
12763 266th Road  
Holton, KS 66436  
785-364-2244

[www.jhcobras.net](http://www.jhcobras.net)

## **Home of the Cobras**



Attention: New 2020-21 JHES Preschool Families

We have not forgotten about you,

We want to meet parents and new students too.

Orientation will be individualized, which should be neat.

Families you'll be contacted soon for your preschool Zoom meet.

There are still preschool spots available for the 2020-21 school year.

Contact the USD 335 District Office at 364-2194, or Miss Kay at [kay.smith@jhcobras.net](mailto:kay.smith@jhcobras.net) or Miss Janice at [janice.mulroy@jhcobras.net](mailto:janice.mulroy@jhcobras.net) with preschool questions.



*6th grade teacher, Diane Keeler is shown above working on lessons for the online continued learning in her classroom on March 31. All USD 335 students started continuous learning on March 30. Teachers throughout the district made contact with their students to set up times for instruction to finish out the school year.*