



**USD 270  
FEBRUARY 2016  
NEWSLETTER**

**ROOKS COUNTY SPELLING BEE**

Congratulations to the following students who qualified to compete in the Rooks County Spelling Bee scheduled for February 1<sup>st</sup>. Melinda Ruder, 8<sup>th</sup> Grade; Daniel Dopita, 7<sup>th</sup> Grade; Abby Reif, 6<sup>th</sup> Grade; Alessa Dinkel, 5<sup>th</sup> Grade.



**MCL ALL ACADEMIC TEAM**

The Plainville Cardinals have 2 students who received MCL All Academic honors. Students earn this award by maintaining a 3.85 GPA for 7 semesters and are involved in 12 MCL and /or KSHSAA activities prior to the end of the first semester of their senior year. **Ashton Royer, and Brooklyn Eilers** received the award. Congratulations, so proud of your accomplishments.

**DECEMBER STUDENTS  
OF THE MONTH**  
Amy Casey  
Brooke Werner  
Jaycie Waggoner

**WINTER GLACADE CEREMONY  
TUESDAY, FEBRUARY 2<sup>ND</sup>  
AT THE HOME BASKETBALL GAME  
WINTER GLACADE DANCE  
WILL BE FEBRUARY 6<sup>TH</sup>  
IN THE CAFETERIA FROM 8-11 P.M.**



**PLAINVILLE HIGH SCHOOL 2016  
WINTER GLACADE CANDIDATES**



**Queen Candidates are: Marissa Rathbun, Meghan Augustine, Lyric Dewey, Amalia Werner, Brianna Andregg.**

**King Candidates are: Steven Plante, Gunner Kerns, Jared Plante, Connor Aldridge, Chase Werner.**

## PLAINVILLE HIGH SCHOOL NATIONAL HONOR SOCIETY 2015-2016



Plainville High School National Honor Society Inducted New Members on January 25<sup>th</sup>, 2016. Current Members are: Brooklyn Eilers, President; Gunner Kerns, Vice President; Ashton Royer, Treasurer; Amy Casey, Secretary; Meghan Augustine, Ryan Buresh, Joelle Conway, Jared Copeland, Jasmine Creighton, Hayden Friend, Mykeltie Horting, Claire McClellan, Sarah Miller, Amalia Werner. New Members are: Rachael Bickmore, Kayla Garvert, Jessie Gilmore, Madisyn Green, Nolan Jones, Justin Reif, Anthony Ventura, Bailey Werner, Brooke Werner, and Jed Werner. Congratulations!

### It is a new day in Kansas education

With the input of more than 2,000 Kansans, the Kansas State Board of Education has set a new Vision for Kansas education where “Kansas leads the world in the success of each student.”

Kansans are demanding higher standards in academic skills, as well as employability and citizenship skills, and the need to move away from a “one-size-fits-all” system that relies exclusively on state assessments from No Child Left Behind. This new vision for education calls for a more student-focused system that provides support and resources for individual success and will require everyone to work together to make it a reality.

At Plainville, our staff has already begun working with our students to better prepare them for the world of college or work. Through our scheduling process, our teacher advisors and our individual student plans, we are trying to help our students discover what they are interested in and what they may want to learn more about when thinking about life after high school.

Our seventh graders are enrolled in a career exploration class which gives them an opportunity to explore their interests and learn about their talents. This class helps them decide if they are interested in pursuing a career pathway or focus on college-level courses or both in high school. We offer nine career pathways at our high school and currently have students enrolled in many college courses. More of our students are involved in our fine arts programs where they develop their creativity and critical thinking abilities which are important to many professions.

Our staff is studying new character/behavior practices to help our students develop the necessary “soft skills” for the workplace. We will begin next school year in elementary school with an emphasis on positive character and leadership traits and continue with that emphasis through high school. This shift toward an individual student focus will require more input from parents and the community as we begin to measure soft skills along with academic performance. Please help us help our students experience success. Kansans have never backed down from a challenge and certainly not where our children are concerned.

With your support, Kansans Can!

Gail Dunbar, Superintendent/ Elementary Principal



## CAN WE PROTECT THE THREE LITTLE PIGS



## 2<sup>nd</sup> GRADE SCIENCE

The Next Generation Science Standards promote hands-on learning and creativity. Our first unit is all about the properties and structure of matter. The standards engage the students in analyzing data obtained from testing different materials to determine which materials have the properties that are best suited for an intended purpose. Our intended purpose was to protect the Three Little Pigs from the Big Bad Wolf. In groups of four, the students' first step was to investigate which mortar would be best to support the foundation of their house. They tested four different materials (flour, cornstarch, baking soda, and salt) to see which was strongest. They concluded a combination of flour and salt made the strongest mortar. From their findings, the students constructed houses from straws, construction paper, tape and mortar. The students tested each other's houses with a blow test and a super duper blow test. In the first test, students' huffed and puffed to blow the house in. All houses withstood the Big Bad Wolves. The super duper blow test was completed using a box fan. All houses also passed this test and the Three Little Pigs were protected from the Big Bad Wolf!

We have been busy in 5<sup>th</sup> grade since returning to school in this New Year! In Social Studies, we have learned about the American Revolution and are now studying the beginning of a new government in the United States. We are learning that it is not easy for many people with many ideas to agree about laws and leadership for a new country. To help us understand our founding fathers' ideas, we are mixing Social Studies, group work, and our computer skills to make flip books. We are researching information about the Constitution, the three branches of government and how they work together, checks and balances, the bill of rights, and our First President.

**PHS Forensics Tournament in Need of Judges**

On February 25, 2016, Plainville High School will host a Forensics invitational tournament for the first time in many years. We are in need of people to serve as judges for the tournament.

To judge a forensics tournament, you do not need to be an expert in acting or speaking. The only requirements are: you must be a high school graduate and be able to listen to 6 performances and rank them. As a judge, you will rank those students 1-6, with 1 being the best performer. You will provide some written feedback to the student on their performance, but you will not provide any verbal feedback. There will be a judge's meeting, prior to the tournament, to provide you with some judging tips. All judges will also be provided with a handout with overviews of each of the events and what a judge should be watching for during a round.

Here is the schedule of rounds for the tournament:

Judge's Meeting (Auditorium) (This is optional, but encouraged)	3:45 p.m.
Round 1	4:15-5:30 p.m.
Round 2	5:30-6:45 p.m.
Finals	7:15-8:30 p.m.

You can volunteer to judge one round, two rounds, or all three. A hospitality room, with snacks and a

meal, will be provided to all judges, coaches, and tournament workers.

The Forensics squad needs your help to make this event successful. Please contact Elissa Ternes at the high school (785) 434-4547 or [eternes@plainville270.net](mailto:eternes@plainville270.net) if you would be interested in judging. You can also talk to one of the Forensics squad members to sign up as well.

**6<sup>TH</sup> GRADE  
HONOR ROLL  
2<sup>ND</sup> QUARTER**

**All A**

Abby Reif  
Cheyenne Rogers  
Emma Rudman

**A & B**

Draxtin Hovis  
Amber Paramore

**6<sup>TH</sup> GRADE  
HONOR ROLL  
1<sup>ST</sup> SEMESTER**

**All A**

Abby Reif  
Cheyenne Rogers  
Emma Rudman

**A & B**

Amber Paramore



# Food Safety



**Myth:**  
I know my refrigerator is cold enough – I can feel it when I open it! Anyway, I have a dial to adjust the temperature.

**Fact:** Unless you have thermometers built into your fingers, you need to use a thermometer to ensure your refrigerator is at or below 40 °F. And that dial? Important, but it is not a thermometer.

As many as 43% of home refrigerators have been found to be at temperatures above 40 °F, putting them in the food safety “danger zone” where harmful bacteria can multiply and make you and your family sick!

Slow the growth of bacteria by using a refrigerator thermometer to tell if your refrigerator is at 40 °F or below. And if it isn’t? Use that dial to adjust the temperature so it will be colder. Then, use your refrigerator thermometer to measure again.



**Myth:**  
Cross-contamination doesn’t happen in the refrigerator – it’s too cold in there for bacteria to survive!

**Fact:** Bacteria can survive and some can even grow in cool, moist environments like the refrigerator.

In fact, *Listeria* bacteria can grow at temperatures below 40 °F! A recent study showed that the refrigerator produce compartment was one of the “germiest” places in the kitchen, containing *Salmonella* and *Listeria*.

To reduce the risk of cross-contamination in your refrigerator:

- Keep fresh fruits and vegetables separate from raw meat, poultry, seafood, and eggs
- Clean up food and beverage spills immediately, and
- Clean your refrigerator regularly with hot water and liquid soap. Don’t forget to clean the refrigerator walls and the undersides of shelves!

# Food Safety



# Food Safety

**Home Food Safety**

## MYTHBUSTERS

fightbac.org



**Myth:**  
I left some food out all day, but if I put it in the fridge now, the bacteria will die.

**Fact: Refrigerator temperatures can slow the growth of bacteria, but will not stop the growth of bacteria in food.**

If food is left out at room temperature for more than two hours, putting it into the refrigerator will only slow bacterial growth, not kill it. Protect your family by following the 2 hour rule -- refrigerate or freeze meat, poultry, seafood, eggs, cut fresh fruits and vegetables, and all cooked leftovers within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature is above 90 °F.

While refrigeration does slow bacterial growth, most perishables will only keep for a few days in the refrigerator. To keep perishables longer than a few days-- like most meat, poultry and seafood-- you can freeze them.

**Home Food Safety**

## MYTHBUSTERS

fightbac.org



**Myth:**  
I don't need to clean my refrigerator produce bin because I only put fruits and vegetables in there.

**Fact: Naturally occurring bacteria in fresh fruits and vegetables can cause cross-contamination in your refrigerator.**

A recent NSF International study found that the refrigerator produce compartment was the #1 "germiest" area in consumers' kitchens! To prevent the buildup of bacteria that can cause food poisoning, it is essential to clean your produce bin and other bins in your refrigerator often with hot water and liquid soap, rinse thoroughly, and dry with a clean cloth towel or allow to air dry outside of the refrigerator.

# Food Safety

**1<sup>st</sup> Semester Honor Roll**

**7<sup>th</sup> & 8<sup>th</sup> Grade**

**All A**

Jared Casey  
Jayde Hosier  
Heidi Jones  
Melinda Ruder  
Gabe Kerns  
Parker Krob  
Isaiah Russell  
Jonah Smith

**A & B**

Allison Bieker  
Kylee Bruso  
Aubree Dewey  
Alena Dinkel  
Jordan Finnesy  
Braden Gosselin  
Brianna Houser  
Aiden Jones  
Jersey Kaiser  
Claire Lindstrom  
Breanna Mesecher  
Emily Norton  
Shelby Paramore  
Joshua Russell  
Audri Shadle  
Nickolus Sutter  
Grace Werner  
Elizabeth Brown  
Daniel Dopita  
Reagan Hageman  
Rhianna Higdon  
Britynn Hovis  
Jami Morain  
Harley Padgett  
Brooklyn Staab  
Jaycie Waggoner

**1<sup>st</sup> Semester Honor Roll**

**High School**

**Administrator's**

Connor Aldridge  
Joelle Conway  
Lyric Dewey  
Brooklyn Eilers

Gunner Kerns  
Sarah Miller  
Ashton Royer  
Amalia Werner  
Ryan Buresh  
Amy Casey  
Jared Copeland  
Jasmine Creighton  
Hayden Friend  
Mykeltie Horting  
Claire McClellan  
Justin Reif  
Nolan Sinclair  
Jadon Waggoner  
Chase Zimmerman  
Keene Aldridge  
Sage Armbruster  
Matthew Becker  
Tori Branch  
Chandler Cellmer  
Chase Cellmer  
Kayla Garvert  
Jessie Gilmore  
Nolan Jones  
Megan Sherraden  
Paige Sherraden  
Bailey Werner  
Brooke Werner  
Jerad Werner  
Ava Brack  
Jacey Dopita  
Naomi Eilers  
Macie LeMarr  
Vincent McLaughlin  
Alyssa Sowles

**Regular Honor Roll**





Brianna Andregg  
Meghan Augustin  
Rachael Bickmore  
Caleb Crawford  
Ryan Eilers  
Steven Plante  
Marissa Rathbun  
Chase Werner  
Shania Werner

Brittany Branch  
Bethany Brown  
Zachary Hinger  
Emily Rogers  
Willie Wilkerson  
Noah Crawford  
Dakota Ganoung  
Hayden Gillum  
Madisyn Green  
Elena Hageman  
Noah Hansen  
Willow Hunt  
Makayla Loney  
Nate Normandin  
Justin Plante  
Jaron Rathbun  
Conner Sowles  
Taylor Stahl  
Anthony Ventura  
Ellie Lidstrom  
Kathryn McClellan  
**Honorable Mention**  
Joshua Bieker  
Dakota Rogers  
Emily Vohs  
Gabe Wilkens  
Kyle Carter  
Jacob Davis  
Samuel Kaup  
Taylor Westhusin  
Dalton Benedick  
Blake Crawford  
Maeson Dewey  
Hailey Fisher  
Hunter Meyers  
Bethany Schindler  
Dawson Workman  
Mackenzie Bear  
Pearl Birdsall  
Alyssa Cole  
Tanner Copeland  
Rachel Gilliland  
Logan Nuss  
Kathryn Westhusin  
Chandler Yost



# February 2016 Breakfast



Monday	Tuesday	Wednesday	Thursday	Friday
1. Cereal Bar or Cereal Choice String Cheese Juice Peaches Milk	2. Pancake on a Stick or Cereal Choice Applesauce Milk	3. Breakfast Pizza or Cereal Choice Pineapple Milk	4. Cereal Choices Graham Crackers Pears Juice Milk	5. Ham Breakfast Bars or Cereal Choice Pineapple Milk
8. Biscuits n Gravy or Cereal Choice Tropical Fruit Milk	9. Pumpkin Chocolate Bar Cereal Orange Milk	10. Cheese Omelet or Cereal Choice Toast Apple Milk	11. Yogurt or Cereal Choice Graham Cracker Pears Juice Milk	12. Cereal Choice Peaches Juice Milk
15. Breakfast Lasagna or Cereal Choice Tropical Fruit Milk	16. Pancakes Sausage Links Fruit Juice Mandarin Oranges Milk	17. Cereal Choices Peaches Juice Milk	18. Mini French Toast or Cereal Choice Pineapple Milk	19. Bagels W/Toppings or Cereal Choice Banana Milk
22. Yogurt or Cereal Choice Toast Pineapple Milk	23. Breakfast Bites or Cereal Choice Pears Juice Milk	24. Cereal Choices Apples Juice Milk	25. WW Banana Mini-loaf String Cheese or Cereal Choice Oranges Milk	26.  No School
29. Cereal Choices Pears Juice Milk				

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk

ALL STUDENTS will be served 1 cup fruit or 1/2c juice AND 1/2c fruit

USD 270 is an EOE





# February 2016 Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<b>I.</b> Pig in a Blanket Potato Wedges Broccoli w/Cheese Mandarin Oranges Milk	<b>2.</b> Chicken Wrap Romaine/Tomato Spanish Rice (6-12) Carrots Tropical Fruit Milk Option: Side Salad Two	<b>3.</b>  <b>½ Day School</b> <b>No Lunches</b>	<b>4.</b> Taco Salad w/WG Chips n Salsa Refried Beans Cinnamon Bun Pineapple Tidbits Milk <b>NO Optional Salad</b>	<b>5.</b> Chicken n Noodles Mashed Potatoes Green Beans WW Roll (6-12) Orange Wedges Milk
<b>8.</b> Hamburger Romaine/Tomato Sweet Potato Fries Pears Milk	<b>9.</b> Chicken Nuggets Mashed Potatoes n Gravy Broccoli WW Roll (6-12) Strawberries Milk Option: Side Salad Two	<b>10.</b> Cheese Pizza Garlic Bread Stick w/Marinara Corn Rosy Applesauce Milk	<b>11.</b> Baked Ham Slice Basil Potatoes Baked Beans WW Roll Apples Milk Option: Side Salad Two	<b>12.</b> Cod Nuggets French Fries Green Beans WW Roll (6-12) Oranges Milk
<b>15.</b> Ham n Cheese Sandwich  Tri-Taters Steamed Carrots Tropical Fruit Milk	<b>16.</b> Pepperoni Pizza Ital. Garlic bread Stick w/Marinara Romaine/Spinach Salad Peaches Milk Option: Side Salad Two	<b>17.</b> Taco Burger Shredded Romaine Tomatoes Refried Beans Pears Milk	<b>18.</b> Italian Pasta Bake Frsh Green Peppers Frsh Baby Carrots WW Bread (9-12) Brownie Grapes Milk Option: Side Salad Two	<b>19.</b> Tuna Noodle Casserole Peas WW Roll (6-12) Rosy Applesauce Milk
<b>22.</b> Beef n Bean Burrito Romaine/Tomato Mexican Corn Salsa/Chips (9-12) Apples Milk	<b>23.</b> Stromboli Squares Frsh Broccoli n Carrots Mandarin Oranges Milk Option: Side Salad Two	<b>24.</b> BBQ Beef on Bun Sweet Potato Puffs Baked Beans Pears Oatmeal Cookie Milk	<b>25.</b> Turkey n Cheese Sub Romaine/Tomato Peas Seasoned Potatoes Peaches Milk Option: Side Salad Two	<b>26.</b>  <b>No School</b>
<b>29.</b> Taco Soup WG Tortilla Chips Fresh Broccoli Pears Snickerdoodle Milk				

All Menu Items are subject to change. Meals served w/1% White Milk or Skim Chocolate Milk

ALL students will have choices of fruit (K-12)

ALL BREADS made in the USD 270 Kitchen are Whole Grain

USD 270 is an EOE