

Paton-Churdan Community School

January 2019

Hot Lunch Reminder

January lunch/breakfast money is due. Don't forget you can check your students' lunch balance any time from the PC website by logging on to the JMC parent portal. If you have not set up a password please call Ann for assistance.

The Book Fair is Coming!!

Reading for pleasure unlocks the power of information and imagination and helps children discover who they are. Here's what you can do to help children develop stronger reading skills and a love for reading:

- Set the example. Let children see you read.
- Have a collection of books in your home. Update this collection routinely to keep pace with changing tastes and reading skills.
- **Support our school's Book Fair. Allow your children to choose their own books to read.**

Our Scholastic Book Fair is a reading event that brings the books kids want to read right into our school. It's a wonderful selection of engaging and affordable books for every reading level. Please make plans to visit our Book Fair and be involved in shaping your child's reading habits.

- Book Fair dates: January 14, 2019 - January 18, 2019
- Book Fair times:
 - Monday (1/14)- 8:00am-6:00pm; open during both Jr. High basketball games
 - Tuesday (1/15)- 8:00am-3:45pm
 - Wednesday (1/16)- 8:00am-1:00pm
 - Thursday (1/17)- 7:30am-4:00pm
 - Friday (1/18)- 8:00am-8:00pm; open during JV/V basketball games
 - Look for two Book Fair baskets you can bid on during the games

NATIONAL HONOR SOCIETY NEWS

On December 19, National Honor Society helped as Santa's Elves for the Story County Salvation Army Toy Shop. As elves they helped select, gather and transport presents for families. This was an excellent experience of service for the members. Pictured is Mrs. Redenius, Mrs. Towers, Kaleb Fisher, Jacob Geisler, Kyla Beyers, Madi Minnehan, Eric Thompson, Chloe Berns, Jack Bryson, Clay Smith, Jenna Beyers and Megan Carey.



NOVEMBER PROUD FIRST GRADERS!



P-C ROCKET SNOWCOMING

Churdan, IA, January 18, Snowcoming is right around the corner and everyone is excited. Snowcoming is similar to Homecoming, just in the winter time. There are many different games that are played and lots of fun never fails to occur. The entire school goes into the gym for most of the day and has lots of fun along with other activities. Snowcoming is the bigger part of Homecoming, the difference is Homecoming is when the coronation takes place and Snowcoming is when all the games take place.

This school year, the high school National Honor Society (NHS) has created leadership groups which means one of the leaders is in charge of the group. They all chose students they thought would earn the team the most points. The way points are earned is attendance, good grades, and good behavior. Points are deducted when students have Ds or Fs or when they do not come to school. The Homecoming at the beginning of the year was based on the leadership groups. Leadership groups make it so the kids work together and make it a team effort.

Gage Behrens

If you would like more information about this topic, please call Gage Behrens at 515-370-4524 or email behrensg@greencountycsd.net



Spreading Christmas Cheer

Mrs. Steinkamp and the 1st Grade Kind Kid's Club

We spread Christmas cheer and kindness like crazy in first grade! We were lucky enough to receive a very special kindness elf from the North Pole from Santa himself! He gave us kindness challenges each day in December! One of the biggest challenges was the 'holiday chores' challenge! We worked at home doing chores to earn a little money. Then we put all of our money together and purchased gifts for a family in need. We were able to purchase new clothes, toys, and family games for this family with the money we earned! The firsties earned the money, selected the gifts, and wrapped them! This was what Christmas was all about in first grade this year!



Childhood mental illness isn't always as easy to detect as physical illness. **Youth experience mental health challenges different.** Early detection and treatment can have a significant impact on the lives of these young people and their families.



To find a local provider,
call 2-1-1 for services and resources.

4 Things You Can Do



Encourage professional help



Be a trusting caring adult,
listen non-judgmentally



Don't blame the young
person for their illness



Connect with community supports

These material created as part of the Children's Well-Being Collaborative Grant in Boone, Franklin, Hamilton, Hardin, Marshall and Story counties.

Mental Health Facts CHILDREN & TEENS

FACT:

1 in 5 children ages 13-18 have, or will have a serious mental illness.¹



20% of youth ages
13-18 live with a mental
health condition¹



11% of youth have
a mood disorder¹



10% of youth
have a behavior or
conduct disorder¹



8% of youth have
an anxiety disorder¹

Statistics provided by the National Institute of Mental Health. nimh.nih.gov

Warning Signs

- ▲ Engaging in self harm or suicidal thoughts or behaviors
- ▲ Unusually sad mood
- ▲ Withdrawn, avoiding spending time with friends/family
- ▲ Snaps or starts fights with others
- ▲ High distress in social situations
- ▲ Unrealistic or excessive fear or worry about past or future events
- ▲ Use of alcohol or other drugs
- ▲ Complains of sudden, unexpected illness
- ▲ Avoidance of meals, especially in the presence of others
- ▲ Heightened anxiety during meal times
- ▲ Becomes angry or defensive when body weight is mentioned
- ▲ Distorted body image

January 2018

Monday	Tuesday	Wednesday	Thursday	Friday
		1 No School	2	3
				4
7 Cook's Choice, Cereal, Fruit, Yogurt, Juice, Milk	8 Eggs & Sausage, Cereal, Fruit, Yogurt, Juice, Milk Chicken Patty, Cooked Carrots, Peas, Peaches, Milk	9 Biscuit & Gravy, Cereal, Fruit, Yogurt, Juice, Milk Mr. Rib, Chips, Corn, Apple, Milk	10 Muffin, Cereal, Fruit, Yogurt, Juice, Milk Hot Dog, Chips, Pickle Spear, Corn, Apple, Milk	11 Omelet, Cereal, Fruit, Yogurt, Juice, Milk Super Nachos w/Romaine & Tomato, Garbanzo Beans, Applesauce, Milk
14 Cook's Choice, Cereal, Fruit, Yogurt, Juice, Milk Chicken Strips, Whipped Potatoes, Roll, Broccoli, Apple, Milk	15 Eggs & Sausage, Cereal, Fruit, Yogurt, Juice, Milk Chicken Patty, Cooked Carrots, Peas, Peaches, Milk	16 Biscuit & Gravy, Cereal, Fruit, Yogurt, Juice, Milk Hamburger w/Romaine & Tomato Baked Beans, Fruit, Milk	17 Muffin, Cereal, Fruit, Yogurt, Juice, Milk Turkey Wrap w/Romaine, Chips, Carrot Sticks, Cutie, Milk	18 Omelet, Cereal, Fruit, Yogurt, Juice, Milk Happy Birthday Pizza, Carrots, Slushy, Cupcake, Milk
21 Cook's Choice, Cereal, Fruit, Yogurt, Juice, Milk Corn Dog, French Fries, Corn, Peaches, Milk	22 Eggs & Sausage, Cereal, Fruit, Yogurt, Juice, Milk Haystacks w/Chili, Celery w/PNB, Black Eyed Peas, Peas, Milk	23 Biscuit & Gravy, Cereal, Fruit, Yogurt, Juice, Milk Tenderloin, French Fries, Green Beans, Mixed Fruit, Milk	24 Muffin, Cereal, Fruit, Yogurt, Juice, Milk Class Choice	25 Omelet, Cereal, Fruit, Yogurt, Juice, Milk Sandwich, Chips, Carrots, Apple, Cookie, Milk
28 Cook's Choice, Cereal, Fruit, Yogurt, Juice, Milk Pizza Quesadilla, Green Beans, Apricots, Milk	29 Eggs & Sausage, Cereal, Fruit, Yogurt, Juice, Milk 100 day Celebration: Pizza, Carrots, Cucumbers, Watermelon, Cupcake, Milk	30 Biscuit & Gravy, Cereal, Fruit, Yogurt, Juice, Milk Walking Taco w/Lettuce & Tomato Pinto Beans, Mango, Milk	31 Muffin, Cereal, Fruit, Yogurt, Juice, Milk Chicken Quesadilla, Black Beans, Tortilla Chips & Salsa, Tropical Fruit, Milk	

JANUARY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
			NO SCHOOL		BB @ Ar-We-Va JV Boys @ 4:30, Var. @ 6:00	
6	7	8	9	10	11	12
School Resumes JH BB Glidden-R. H @ 6:00	JH Girls BB CAM H @ 4:00 BB @ CAM JV Girls @ 4:30 Var. @ 6:00	JH Girls BB CAM H @ 4:00 BB @ CAM JV Girls @ 4:30 Var. @ 6:00		JH Girls BB CR-Bayard H 4:00 JV BB @ Glidden-6:00		
13	14	15	16	17	18	19
School Board Meets 6:00 HS Library JHBB St. Mary's H @ 4:00	BB @ Woodbine JV Boys-4:30 Var.-6:00		SCHOLASTIC BOOK FAIR	JH Girls BB Kuemper H@ 4:00	BB Glidden-R H @ 6:00 JV Boys @ 4:30 Junior Class Supper 5-7:00	JV BB Tourney-Westside 8:00 District Large Group Speech
20	21	22	23	24	25	26
JH BB @ Orient-M 4:00 JV/Var Girls BB @ St. Ed's 6:00	BB @ West Harrison 5:00			NHS Meeting 7:30 a.m. JHBB @ Glidden-Ralston 4:00	BB E/EH-Kimballton 6:00 JV Boys 4:30 Preschool Supper 5:00-7:00	
27	28	29	30	31		
		BB Boyer Valley H @ 6:00 Lion's Club Pancake Supper 5-7		BB Collins-Maxwell H @ 6:00 Churdan Library Supper 5-7:00	BB @ CR-Bayard 6:00 JV Girls @ 4:30	