

The Administrator

From the Superintendent's Desk

By Michael J. Sieh

Who Controls Your Attitude?

Do you believe in the power of a positive attitude? Do you believe that pessimistic thoughts often stand between you and your goals? How you answer these questions has influenced you today and will influence you in the future.

According to MK Mueller, there are four types of people: those who are unhappy and don't know why, those who are unhappy and believe they know why, those who are happy and don't know why, and those who are happy and know why. I believe everyone needs to understand which category they currently fall into. And, I also believe that everyone can be in the happy and know why category.

Attitude definitely determines which category you are currently in. In order to affect your current category, you need to start with a change in your attitude for only people who have positive attitudes will end in the final category.

Your attitude is based on your thoughts and beliefs. Attitude is mental, not emotional or behavioral. Emotions and behaviors are the result of our thoughts and beliefs. Once you get this, you can better understand how you are in charge of your attitude.

In order to have a positive attitude, you must feel powerful. You feel powerful by

focusing on fun, gratitude, excitement, or anticipation. The opposite of having power is giving it away by complaining, blaming, and focusing on problems. We all have something we could be complaining about or worrying about right now. We also all have something we could be grateful for right now. The decision we make between those good feeling and not good feeling thoughts is the deciding factor for which direction our life is going.

Everyone understands that no one can feel good by having positive thoughts 100% of the time. However, according to MK Mueller, we need to have positive thoughts about 95% of the time. In order to accomplish this, MK Mueller has defined in her book *8 to great* an 8 high-way process to a positively powerful life. Let's me continue by summarizing these 8 high-ways.

High-Way 3: Get the Picture

In order to accomplish a goal, one has to visualize what life would be like if the goal was accomplished.

High-Way 2: Risk

People who accomplish their goals take risks by moving away from their comfort zones. Risk is never running from our fears but rather running to our dreams.

High-Way 3: Full Responsibility

Full responsibility is the fundamental shift that allows us to take charge of our lives by owning up to the truth and the choices we're made. We need to take charge of our own lives.

High-Way 4: Feel All Your Feelings

As we move toward our goals, all feelings will be present (bad and good). When we realize that there are no "bad" feelings, we stop getting stuck in one feeling to prevent feeling another.

High-Way 5: Honest Communication

Once we get in touch with our emotions through High-Way 4, we're ready to practice communicating them honestly with others in a self-responsible way. The practice of non-defensive listening and assertively asking for what we want will empower us and deepen our connection to those around us.

High-Way 6: Forgiveness of the Past

Forgiveness of the past is knowing we were all doing the best we could at the time with the information we had.

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Volume VII, Issue 7

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Reporters

Mr. Sieh..... Superintendent
Mr. Stogdill H.S. Principal
Mrs. McKeon..... Elementary Principal
Mrs. Marshall..... Guidance
Mrs. Lammers..... Student Council
Mrs. Holoubek..... School Nurse

Events Calendar

February 8

- School Board Meeting (7:00 p.m.)

February 12

- Curriculum/School Improvement Workshop for Staff (K-6: No School, 7-12: 11:35 a.m. dismissal)

February 17

- 2010/11 School Calendar Committee Meeting (MS/HS Library - 3:50 p.m.)



www.scs-ne.org
(402)439-2233

Visit www.scs-ne.org to sign up for cell phone text school closing announcements or listen to the **RADIO**.

Questions??? Please Call!
Central Office – 439-2233
High School Office – 439-2250
Elementary Office – 439-2639

The Principal's Perspective

By Chris Stogdill

Snow Gifts!

Dreaming of a white Christmas? After this year's storm I am not sure that I want to experience the wrath of Old Man Winter again. I know that many families had to alter their plans for the holidays. It was the first time that we have not traveled to visit relatives or shared the holidays with my brother, but it was a Christmas that I will remember. The cat and dog were stuck in the house with my wife, daughters, and I throughout the storm. This event made me appreciate the simple things that life can offer if we are willing to slow down and enjoy the gifts that we have.

My family had an opportunity to sit around the table and play board games that had gathered a lot of dust. We also found out that we could spend a large amount of time in a confined space and actually reconnect. We found out that the Snuglie blanket advertised on TV comes in handy during a movie, despite how much we made fun of it before we each got one from Grandma. I realized after my sound defeat in Monopoly that there is a new

champ. Abby is now the defending champion. Dad went broke and the girls wouldn't give me a break. Hannah decided that the family needed to improve our acting skills and convinced Mom to buy *Gestures*. Inspired by the One Act State Championship and Mr. Peck's speech, my daughter knows how good you have to be to win a state championship. We found out that a shy 3rd grader actually has a very dramatic flare and her team won the trophy several times over.

Christmas breakfast consisted of the fabulous breakfast rolls brought to our house a few days earlier by the Wurdinger boys compliments of Joyce McManigal. Christmas dinner was less hurried, and I honestly believe that this was a huge blessing for my family. We were safe, and our loved ones were also safe even though we weren't together. It made me stop and remember what was important; it is not the material items that we have, but the time that we share as a family that is precious.

Staff Webpages

(Sieh) Our staff members have been working hard to develop personal staff webpages. The purpose of these webpages is to introduce the staff to the Stanton school's community.

Besides introducing the staff, some of these pages include information concerning your child's education. You might find student assignments, projects, and/or pictures.

Feedback from this project indicates that parents and grandparents like to be a part of their student's education and this provides another means to do just that.

Calendar Committee to Meet

(Sieh) Annually in February, a committee is established to review the next year's school calendar. This year's meeting will be held on February 17th at 3:50 p.m. in the Middle/High School Library.

If you are interested in being on this committee, please contact Mike Sieh by phone (402) 439-2233 or email msieh@esu8.org. I have placed on the school's website the tentative calendar that the committee will start with. Click on the "school information" tab.

Messages from Mrs. McKeon

By Mary McKeon

Reading Tips For Parents of Preschoolers

Wow, the school year must be flying by because just last week a list of age eligible kindergartners emerged for the first time. How exciting! For those families and children preparing to come to school next fall, I've listed a few reading tips for parents of preschoolers. The early years are critical to developing a lifelong love of reading. It is never too early to begin reading to your child. The tips below offer some fun ways you can help your child become a happy and confident reader. Try a new tip each week. See what works for your child. Look for Kindergarten Roundup information next month! Happy Reading.

1. Read together every day. Read to your child every day. Make this a warm and loving time when the two of you can cuddle close.
2. Give everything a name. Build your child's vocabulary by talking about interesting words and objects. For example, "Look at that airplane! Those are the wings of the plane. Why do you think they are called wings?"
3. Say how much you enjoy reading. Tell your child how much you enjoy reading with

him or her. Talk about "story time" as the favorite part of your day.

4. Read with fun in your voice. Read to your child with humor and expression. Use different voices. Ham it up!
5. Know when to stop. Put the book away for awhile if your child loses interest or is having trouble paying attention.
6. Be Interactive. Discuss what's happening in the book, point out things on the page, and ask questions.
7. Read it again and again. Go ahead and read your child's favorite book for the 100th time!
8. Talk about writing too. Mention to your child how we read from left to right and how words are separated by spaces.
9. Point out print everywhere. Talk about the written words you see in the world around you. Ask your child to find a new word on each outing.
10. Get your child evaluated. Please be sure to see your child's pediatrician or teacher as soon as possible if you have concerns about your child's language development, hearing or sight.

Handicap Notice

Stanton Community Schools District #3

If you are a parent of a handicapped child not being served or if you suspect that your child may be handicapped, or if you know of a handicapped child in your neighborhood who is not receiving services please contact the Stanton Community Schools District No. 3, Stanton County, 402-439-2250

District Competitions Begin in February

- WrestlingFebruary 12 & 13 (*Stanton*)
 Girls BasketballFebruary 15, 16, 18 & 26 (*Wisner*)
 Boys Basketball February 22, 23, 25 & March 1 (*Wisner*)
 State WrestlingFebruary 18, 19, & 20 (*Omaha*)

Student Council Blood Drive

(Lammers) Every day, the American Red Cross Midwest Region Blood Service must collect more than 500 units of blood of all types so there will be enough blood available for accident victims, premature babies, burn victims, leukemia and cancer patients, people with blood diseases and people requiring heart surgery or organ transplant. The Student Council at Stanton High School, along with the American Red Cross, will be conducting a blood drive on **Wednesday, March 10, at the Stanton Middle School Gym.** The hours will be from **8:00 a.m. to 2:00 p.m.**

Before giving blood there are some things to know:

Requirements:

1. Be in good health.
2. Be at least 17 years old (16 year olds may give blood with parent permission).
3. Weigh 110 pounds or more.

4. Know the names of all medications taken during the 30 days prior to donating.
5. Bring identification (Red Cross donor card or driver's license.)
6. No tattoos or non-sterile body piercing in the last 12 months.
7. Have not taken accutane in the last month.

Reminders:

1. Plan one hour and 15 minutes for the entire process.
2. Drink extra non-alcoholic fluids before and after.
3. Eat within 2-3 hours before donating.
4. Get a good night's sleep.

The Student Council is currently in the planning stages of the blood drive. **If you would like to donate blood, please call the Stanton High School office, 439-2250, between 8:00 a.m. and 3:00 p.m., Monday through Friday to make an appointment.**

ATTITUDE

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High-Way 7: Gratitude for the Present

Gratitude for the present is focusing on appreciation and celebration of the good in every persona and situation.

High-Way 8: Hope for the Future

Hope for the future is the light within us, no matter how small, that helps us persevere through the darkness. It's knowing that our destiny awaits us.

I referenced MK Mueller's book *8 to great* for a couple of reasons. First, several staff members attended a workshop featuring MK Mueller in which she presented her 8 High-Ways mentioned above. They bought into her beliefs and asked the administration to consider bringing her 8 High-Ways to

Stanton. During January, she came and presented to a group of us. I personally appreciated her beliefs, for I practice them.

Secondly, we believe that our students could benefit from her recipe to greatness. Therefore, we plan to collaborate with other neighboring schools to train some staff members. These staff members will then translate the materials to the students. You can expect some students to start the training as early as next year.

I understand that school is more than academics. It is about those internal decisions that we make everyday. I hope that MK Mueller's formula for greatness will positively affect the students at Stanton.

Are You at Risk for Heart Disease?

Take the Quiz to Find Out!

(Holoubek) February is healthy heart month - how healthy is your heart? Take this quiz and learn where to focus your efforts to reduce your risk of heart disease, heart attack and stroke.

Check all that apply to you - if you check more than two bullets, see a healthcare provider for a complete risk assessment!

- AGE AND SEX. I am a man over 45 years old OR I am a woman over 55 years old.
- FAMILY HISTORY. My father or brother had a heart attack before age 55; OR my mother or sister had one before age 65; OR grandparent had a stroke.
- MEDICAL HISTORY. I have coronary heart disease, atrial fibrillation, or another heart condition(s) OR I've had a heart attack.
- BLOOD PRESSURE. My blood pressure is 140/90 or higher OR a health professional has said my blood pressure is too high, OR I don't know what my blood pressure is.
- TOBACCO SMOKE. I smoke OR live or work with people who smoke.
- TOTAL CHOLESTEROL. My

total cholesterol is 200 or higher, OR I don't know my level.

- HDL CHOLESTEROL. My HDL ("good") cholesterol is less than 40 OR I don't know my HDL cholesterol level.
- PHYSICAL ACTIVITY. I get less than a total of 30 minutes of physical activity on most days.
- OVERWEIGHT. I am 20 pounds or more overweight for my height and build.
- DIABETES. I have diabetes (a fasting blood sugar level of 126 or higher) OR I need medicine to control my blood sugar.

Several factors increase your risk of heart disease and stroke. The more risk factors you have, the greater your chance of having a heart attack or stroke. Some of these you can't control such as increasing age, family health history, race and gender. However, you can modify, treat or control most risk factors to lower your risk!

To learn more, visit the American Heart Association web site, americanheart.org. For more information on stroke visit StrokeAssociation.org.

SNOWCAP WEATHER ALERTS!

(Sieh) Since this winter seems to have no end in sight, please sign up for school related announcements including increment weather announcements via text messaging or email at www.scs-ne.org. Besides SNOWCAP, school related announcements can be heard by listening to KEXL, KNEN, US92, WJAG, or Lite Rock 97.

By Kendra Marshall

It's FAFSA Time!

It's FAFSA time! The Free Application for Federal Student Aid (FAFSA) is the application for state, federal, and college-specific financial aid. February is typically the time to apply as many colleges have a **March 1 priority deadline**. (Contact the colleges your senior has applied to and ask about their priority deadlines.) Visit the Stanton Community Schools new website (www.scs-ne.org) to view the steps to complete the FAFSA. If you have any questions about financial aid, call Education Quest at (888)-357-6300. Northeast Community College is also available if you need assistance. Contact the Financial Aid Department at 402-844-7285.

Seniors should continue to apply for scholarships. Check out a list of scholarships on the school website.

A graduation requirement of Stanton Community Schools is to complete ten hours of

community service. Hours for graduation need to be turned into the guidance office by May 1st. The student who clocks the most hours will receive a \$500 Stanton Community Club Scholarship. Seniors who would like to be considered for the scholarship need to fill out the scholarship application and have their hours turned in by April 1st.

College bound juniors are encouraged to attend "Just Juniors" at Wayne State College on March 20th. During the day, you and your family will learn about the college search process, including applying for admission, exploring scholarship options, and filing for financial aid. You'll have an opportunity to meet current WSC students, talk with faculty from academic areas that interest you, get information about extracurricular activities, eat in the cafeteria, and tour campus. As an added benefit, a FREE ACT prep workshop will be

offered. Space is limited! Call the Office of Admissions at 1-800-228-9972 ext. 7234 or sign up online at www.wsc.edu/admission to reserve your spot.

Juniors planning on attending college after high school are encouraged to take the ACT during second semester. The registration deadline for the April 10th test is March 5th. Registration packets are available in the guidance office. Students may also register online at www.actstudent.org.

Junior students will be allowed to participate in the John Baylor Test Prep course on-line in March and April, to prepare for the April 10th ACT. These students will view the 14 - 45 minute sessions of the JBTP ACT Prep course in school over 5 weeks.

The cost to participate in the course will be \$25 per student. If a student would like to take the course, they should sign up in the Guidance office. Questions about the course should be directed to Mrs. Marshall.

<u>2010 - 2011 Registration</u>		
Registration for classes for the 2010 - 2011 school year will begin soon! Parent/student meetings will be held again this year in the high school library. Mark your calendars!!!		
• 8 th grade (2010-2011 Freshmen)	March 2 nd	5:30 p.m.
• 9 th grade (2010-2011 Sophomores)	March 2 nd	6:45 p.m.
• 10 th grade (2010-2011 Juniors)	March 4 th	5:30 p.m.
• 11 th grade (2010-2011 Seniors)	March 4 th	6:45 p.m.

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