## ISSUE 2

DECEMBER 19, 2013

## INSIDE THIS ISSUE:

## PTO Dinner Auction a Big Success!

By Drew Reischman

On October 12, 2013, the Kelso C-7 PTO hosted their first annual PTO Dinner Auction. For more information I interviewed the PTO President Debbie Reischman. She said that they made around eleven thousand dollars from the auction and about $\$ 8,400$ in profits from the Auction. When I asked her, how many tickets were sold? She said 227 tickets were sold total and 202 of them were presold before the day of the auction. I asked, "What food was served at the dinner auction?" she said, "Buffalo wild Wings catered
their favorite items, and it was DELISH!"

Some activities that went on were a sound system and attendance prizes were given out every 15 minutes. Debbie said, "We had a goal of 8,000 dollars and we exceeded our goal by 3,000 dollars." "The item that had the biggest value was a quilt made by Mrs. Burger's mother and it was donated by the Kelso C-7 faculty and
staff," said Debbie. "With the money we want to buy a laminator, new uniforms for the athletes, and more assemblies for the students. Continued on page 4
Literacy Week 2

## A New Tradition?

## By Tom Vendin

On October 26, 2013, from 8 a.m. to 10 a.m., Kelso C-7 School District hosted its first 6 k walk-run. It was great success. Ninety-four participants signed up, but only 80 people showed up that morning. All of them were divided by age and gender. Of

Top: Runners take off at the starting line.
Bottom: Mrs Hahs, Mrs. Linda, \& Mrs. Moore finish 6 K .
course, first, second, and third place finishers in each category received a medal. Here are the names of the three fastest runners: at first place Jerad Spain, at second Matt Miller, and the third Stephen Bentley. The shortest time was 25 minutes and the longest is one hour and 24 minutes.

The time it took to set up the 6 K run was about one hour and half with a lot help. The people who helped were parents, and the principal's friends. To enter you needed to pay $\$ 15$ and for whole family is $\$ 30$ with the T-shirt. It raised over $\$ 1300$. The money went to the Wounded Warrior Project. The people who help with money is Ameren UE $\$ 500$, Buffalo Wild Wings \$100 and several others companies.

## Kelso C-7 Honors Local Veterans

By Drew Reischman
On November 11, 2013, Kelso C-7 hosted their annual Veteran's Day Program at 9:30 a.m. A total of 18 veterans attended the program. Several men and women were in the Army, one in the National Guard, one Air Force man, and a few Navy veterans.
The program started with the "Pledge of Allegiance." It was led by the $8^{\text {th }}$ grade class. Next came the "Star Spangled Banner" led by $6^{\text {th }}$ grader Morgan Kern. Several veterans teared up. It was truly a special moment. A welcoming speech from the Student Council President Alyssa Moore touched some hearts. She also read a story called
"The Table Set for One." Veterans stood as a sign of respect during the whole story while some teachers cried. After a moment of silence for the veterans that were missing in action, a pre-recorded play by the sixth grade was shown. Alyssa Moore and Brianna Fouts sang "God Bless America." The Kindergartener sang "Oh Veterans". The fourth grade class made a Veterans Day Movement Poem. $7^{\text {th }}$ grader David Posey sang, "God Bless the U.S.A." The third grade did a poster presentation called, "What is a Veteran". Continued on page 4

## Literacy Week

By Alyssa Moore

Literacy Week is always a fun week, but this year had to be one of the best! There were many interesting things that happened, such as the kindergarten4th grade field trip, skyping with an author, and Jeff Cunningham coming to visit.

First, it started with the kindergarten through 4th field trip. They went to the Bootheel Youth Museum in Malden, MO. The kids had a lot of fun exploring different areas of the museum. There was a pretend grocery store, bank, restaurant, space shuttle, and much more! Owen, 4th grade student, said "I liked it a lot especially the science show" The kids really seemed to have a great time!

Later that week, the 6th-8th grade students Skyped an author. The author was Sarah Albee. She is the writer of the book Poop Happened. This book is nonfiction and is about how people went to the bathroom in history. Not only did the students get to hear about her newest book, Bugged Out, they also heard about her daily life. She lives just like everyone else and enjoys working at home. The students also met her dog. Drew, 8th grade student, said "It was really cool to learn about an author's life, and what they did on a daily basis"

Finally, the 6th-8th grade students got to see a special visitor. Jeff Cunningham, from KFVS12, came to the school. He read the students an interesting book. It was called Alex Rider. The

## Montana Jones and the Gymnasium of Doom

By Bryce Dirnberger

Many of you might have been at the Montana Jones play. The seventh and eighth grades hosted the play, set up, and made the props. The play was held in the cafeteria at Kelso C-7 school. The play was about this young adventurer named Montana Jones who takes a group of kids on an adventure around the school looking for the ultimate treasure. They finally find the ultimate treasure which turns out to be a long lost Frisbee. Before they get to the secret passage that leads to the ulti-
mate treasure, they must first answer one question. Out of The Hobbit, Harry Potter, and Twilight, which book was published first? They correctly answered The Hobbit. Everyone seemed to like the play. It was a success.

After the play was over, everyone was tearing down things. The play consisted of three scenes the class room, gymnasium, and bus stop. "It took longer to set up then to tear down", says eighth grader Seth Niederkorn. Everyone had fun all
students were very happy that he came to visit. Allison "He was somebody that you see on TV and it was cool seeing him in real life"

All in all, the kids had a great time at literacy week. They talked to many people and went to cool places. The kids really enjoyed themselves talking to an author, talking to Jeff Cunningham, and take an amazing field trip. I'm sure that all the students can't wait for what next year literacy week brings.


Jeff Cunningham poses for a picture with Kelso C-7 Middle School students.
throughout the entire play, even rehearsal was fun. Many seventh graders are looking forward to doing it again next year. We look forward to seeing you next year. Let's see what next years' eighth graders will be cooking up for their play. I bet it will be even better.

## School Carnival 2013

By Alyssa Moore

The school carnival, as usual, was a big hit. You could see many kids with painted faces running around racking up as many tickets as they could. It seems like the 8th grade's game, Mini Basketball, was very popular. Allison Colbert, 6th grade student, says, "My favorite game was the basketball game because I won a lot of tickets!" Other than Mini Basketball, there
was Bingo (2nd grade), Bean
Bag Toss (5th grade), and
Plinko (7th grade). First grade
did a turtle toss, where you toss the turtles into a hole for points. Fourth grade ran the Worm Dig where you have to dig for certain types of treasure. Sixth grade did Guess What. In this mysterious game, you are handed an object and you have to guess what is it, but you can't see it. Last, but not least, the 3rd grade did the ever so famous Soda Walk.

The classes worked really hard to create all these games, but the games weren't
all that was there. There was great food at the concession stand ran by Mrs. Diamond and the rest of Beta. Also, you could get your face painted by Mrs. Bentley and Mrs. Schiwitz. This annual carnival raised $\$ 917.50$ this year. There were many kids there running around cheerfully. A sight you can always enjoy to see. If you see Mrs. Gantz and Mrs. Dumey make sure to thank them!

## Burger Bits

By Mrs. Kim Burger
Welcome back from our snow break! In all the cold temperatures and icy roads, I did not get my weekly happenings out. I hope that all were warm and safe during our icy weather.

Who is ready for some more time off of school? If I were a betting person I would say most of the students would raise their hands, while the parents are voting no. J Two weeks does not seem like a lot, but in education that's a lot!! That's over 400 hours of instruction missed or 2,400 minutes! For some kids the big picture is... 10 of Ms. Laura's meals missed!

## Technology News

By Mrs. Crystal Bentley

We are celebrating "Computer Science Education Week" here at Kelso C-7 by having all students in grades $\mathrm{K}-8^{\text {th }}$ spend an hour learning to use code. Computer science develops students' computational and critical thinking skills and shows them how to create, not simply use, new technologies. This fundamental knowledge is needed to prepare students for the 21 st century, regardless of their ultimate field of study or occupation.

## Red Ribbon Week

By Seth Niederkorn

Red Ribbon Week is an alcohol, tobacco and other drug and violence prevention awareness campaign observed annually in October in the United States. It is when kids get to have fun and do the fun things on the schedule. It reminds kids to not use drugs, alcohol, tobacco, or bully.

However you count the time, it can mean a lot. Scholastic recently posted some helpful hints to keep your students minds engaged during Winter Break. This can help our students retain information from first semester and carry it over easier into second semester. Think of it this way: pretend I didn't practice running (or just simply run) for two weeks and tried to come back in January and run a race. Could I run the race? Probably, but I would not do as well as I could have done if I had ran the previous two weeks. Your student and their brain is the same way.

Scholastic created some activities that will help keep your


Kelso C-7 supports Computer Science Education by offering computer classes to our Kindergarten through $4^{\text {th }}$ grade students and our $6^{\text {th }}, 7^{\text {th }}, \&$ $8^{\text {th }}$ grades are eMINTS classrooms, in which each student has their own laptop for classroom activities and

## Monday October 21, 2013

Kids are to wear their Pajamas. The quote said that "Your choices are the key to your dreams"! Wear your favorite school appropriate pajamas. (don't forget to pack your shoes too)
The teachers also had to give the kids Red Ribbons (and encouraged the students to wear them every day)
Tuesday October 22, 2013
Kids get to wear as much red as they can fit on their body. The Wear red day, "A healthy Me is Drug free"
student's brain engaged without losing the fun of a break from school (Scholastic, Parent and Child, 2013):

Read for pleasure. Whether your child is in the mood for holiday stories like The Night Before Christmas or the newest installment from his favorite series, winter break provides the perfect opportunity to stash schoolbooks and read for fun. Encourage relatives to give books as holiday gifts or gather in front of the fire (big kids too!) to take turns reading from classic tales.

## Continued on page 5

teachers have committed to extensive professional development and preparation time. If you would like to learn more please visit http://csedweek.org/ learn.

The school website has undergone major updates! You can now view our school website at kelsoc-7.k12.mo.us from any device or web browser regardless if it's an Android, Iphone or Ipad, Mac or PC. Changes and updates are being made frequently so if you have

The winner was the sixth grade class. They had an average of 265 items each.
The class with the highest average of red items won a pizza party!!
The teachers are supposed to give "wear red" stickers to them.
Wednesday October 23, 2013
On Wednesday/Mustache day, the Quote is "I Mustache you to make good choices" Wear a Mustache and your favorite mustache clothing!
Continued on page 5

## PTO Dinner /Auction

Continued from page 1

I asked if there were any successes, she said, "Everything was a success, from the decorations, to the food, to the music, and the auction items the whole night was a huge success!" Debbie said nothing went wrong and everything went exactly as they planned. After I asked her if there was any competition and she replied, " The class raffle baskets was supposed to be a competition but every class did so well that the PTO decided to give the whole school a pizza party." Debbie said the auction took three months to plan
and it lasted about four hours long.
She said that "the PTO, Kelso C-7 staff, the students and their families at Kelso C-7, and the generous community who donated the auction items helped with the dinner auction." Debbie said, "I would like to thank everyone who helped in any way, I hope it will be a new tradition at Kelso C-7. "We raised a lot of money for our school and I think a good time was had by all." The auction was fun and enjoyable. I hope everyone had a great time."


Kelso students help setup silent auction items before the dinner.

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## Veterans' Day

Continued from page 1
Amanda and Macy Enderle sang, "America." Alyssa Moore closed the program with a Closing Speech. Mrs. Bentley's computer classes had made thank you cards for all the Veterans in our audience.

To top it all off, refreshments that were made by Mrs. Laura and Mrs. Joyce. Cake and cookies were served as
food; there was fruit punch that was handed out for drinks. Most of the children in the school colored some pictures of the American flag and a picture that said, "Thank You Veterans. Lots of decorations and items were hanging and artifacts that the Veterans brought in were set on display. It was truly one of the best Veterans Day programs ever and I wish you would have seen it.

## Technology News

## Continued from page 3

any suggestions or questions we would enjoy hearing about them. You can email these to Mrs. Bentley at cbentley@,kelsoc7.k12.mo.us or call the school at 545-3357. Please take a few minutes to check out the website. You can find links to the school calendar, lunch menu, upcoming events, and each classroom has their own webpage, along with student clubs and athletics. We also feature our students of the month on the home page.

The installation of a weather station and interactive white-
boards in all classrooms has begun and is planned to be completed by the time students return from Christmas break! Teachers have been preparing by attending professional development workshops
where they learn how to use new software to create interactive lessons and activities for their students.


## Burger Bits

 Continued from page 3Cook up an easy lesson. Invite your child into the kitchen to help you whip up a special dish - from Christmas cookies to potato pancakes. All of those half-tablespoon and quarter-cup measurements are great practice with fractions.

Write thank-you notes. Penning notes of appreciation to gift-givers teaches gratitude and helps polish writing and spelling skills. Not sure what to say? Check out our thank-you note template for wording. One final tip: a mug of hot cocoa can make this task feel more festive!

Make the most of car rides. Turn the drive to or from a holiday gettogether into an opportunity to practice letters and numbers. You can look for license plates from different states, try

## Red Ribbon Week

Continued from page 3

Teachers give Smarties to the students to remind them that Smarties don't do drugs.

## Thursday October 24, 2013

On Thursday students wore Crazy Hats and Socks. The quote was "Kelso C-7 is bully free from head to toe"

Students wore their craziest hat and socks!!!!

The teachers were giving silly/ crazy wrist bands.

Also the carnival was a big hit.
Friday October 25, 2013
On Friday it was DUCK COMMANDER Day
"Build a dynasty by not using drugs"

Students wore their favorite "camo gear" and boots.
to find the alphabet on the license plates, or count the number of red (or white or green) cars you see.

## Maintain reasonable bed-

times. With no school to get up for in the morning, it can be tempting to let kids become night owls. A few days before school starts up again, ease back into the regular bedtime schedule so your child can start the year brighteyed.

Ask for grocery list assistance. Have your child help choose what to buy, decide how much you need, check your supplies to see what you've already got, write or draw pictures on the list, and sort coupons.

Let kids help with online shopping. Need a last-minute gift for Grand-

## Moore

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Top: Mrs. Hale's eighth graders decorated their door for Red Ribbon Week and dressed up like characters from the video.

Right Southeast Missouri State University Athletes discuss dangers of drugs and bullying.
ma or Uncle Joe? Log onto your favorite shopping sites and let your child help you select presents. This helps children work on their computer and research skills.

Have a family game night. Chances are many of your family's favorite board and card games reinforce skills such as counting, reading, and drawing. Gather the group to play games you usually don't have time for on school nights.

> I hope that all of the Kelso C-7 families have a Christmas filled with an abundance of family and friends, joy, laughter, and love. I'll see you in 2014!

# Christmas Program 

By Ethan Yamnitz

On Thursday, December 19, 2013, there's going to be a Christmas Program at Kelso C-7 school at the Parish Center. The entire school will be singing Christmas songs. The program starts at 7:00 and ends at 7:30. It will be a great event. The original program was supposed to be on December 12, but it got canceled because of 9 inches of snow that New Hamburg had got. After the program, there will be snacks and drinks provided for everyone to enjoy. This is going to be really fun and exciting. The theme of the songs will be a Holiday of Music. The children will be playing instruments along with the songs. We hope to see you there.


# Healthy Living 

By Nurse Klipfel, RN

Why Exercise is Cool<br>Kids exercise all the time without even thinking of it. Just being active, like when you run around outside or play kickball at school, is a kind of exercise. What else is exercise? Playing sports, dancing, doing push-ups, and even reaching down to touch your toes. When you exercise, you are helping build a strong body that will be able to move around and do all the stuff you need it to do. Try to be active every day and your body will thank you later!

## Exercise Makes Your Heart Happy

You may know that your heart is a muscle. It works hard, pumping blood every day of your life. You can help this important muscle get stronger by doing aerobic (say: air-OH-bik) exercise. When you give your heart this kind of work out on a regular basis, your heart will get even better at its main job-delivering oxygen (in the form of oxygen-carrying blood cells) to all parts of your body. So you want to do some aerobic exercise right now? Try swimming, basketball, ice or roller hockey, jogging, or wa
lking quickly), skating, soccer, or biking. And don't forget that skipping, jumping rope, and playing hopscotch are aerobic
activities, too!

## Exercise Strengthens Muscles

Another kind of exercise can help make your muscles stronger. Did you ever do a push-up or swing across the monkey bars at the playground? Those exercises can build strength. By using your muscles do powerful things, you can make them stronger. For older teens and adults, this kind of workout can make muscles bigger, too!

## Exercises and Activities to Build

 Strong Muscles:Push-ups or Pull-Ups
Skating or Bike Riding Tug-of-war
Rowing
Running

## Exercise Makes You Flexible

Can you touch your toes easily without yelling-ouch! Most kids are pretty flexible, which means that they can bend and stretch their bodies without much trouble. This kind of exercise often feels really good, like when you take a big stretch in the morning after waking up. Being flexible is having "full range of motion," which means you can move your arms and legs freely without feeling tightness or pain.

## Activities to Help with Flexibility: <br> Tumbling and gymnastics <br> Yoga or martial arts

## Dancing, especially ballet Simple stretches, such as touching you toes or side Stretches

## Exercise Keeps the Balance

Food gives your body fuel in the form of calories, which are kind of energy. Your body needs a certain amount of calories every day just to function, breathe, walk, and do all the basic stuff. But if you're active, your body needs an extra measure of calories or energy. If you're not very active, your body won't need as many calories. Whatever you calories need is, if you eat enough to meet the need, your body weight will stay about the same. If you eat more calories than your body needs, it may be stored as fat.

## Exercise Makes You Feel Good

It feels good to have a strong, flexible body that can do all the activities you enjoy-like running, jumping, and playing with your friends. It's also fun to be good at something, like scoring a basket, hitting a home run, or perfecting a dive. But you may not know that exercising can actually put you in a better mood. When you exercise, your brain releases a chemical called endorphins (say: en-DOR-funz), which may make you feel happier. It's just another reason why exercise is cool!!

Information from http://kidshealth.org


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## Candy Cane Sales

By Drew Reischman
This week, the student council officers are selling candy canes to pass out as a gift other students and teachers in the school. The candy canes cost a dollar and student council is selling them in the cafeteria before school starts. They were selling them from Thursday the $5^{\text {th }}$ of December until Wednesday $18^{\text {th }}$ of December. The candy canes are color coded. Purple means friend, Blue means a boy that is someone spe-
cial, Pink means a girl that is someone special, Red means principal, and Green means teacher. The candy canes will go toward funding the Student Council for the year. You get two candy canes for the dollar All you need is one dollar and the person you want to give a candy cane to. I hope you choose to give a candy cane to one of your friends or teacher for Christmas. I know I certainly will, I hope to see you there.

## Poll Questions by Bryce Dirnberger

$\Rightarrow$ Kelso C-7 students like to go home after school and play video games. (40\%)

Dear Alyssa Advice Column
By Alyssa Moore

Dear Alyssa,
I have a problem with my parent divorce. I don't really get along with the other people. I like the color black, but people think it's weird. I like goth things, but people think it's weird, and I want my parents back. Can you help me get over it.

Sincerely, Lots of Problems

## Dear Lots of Problems,

First of all, be yourself. Who cares what other people think? Their opinion doesn't matter! Why would you want to be like somebody else. How boring? Just remember be yourself. It's the better route to take, trust me. As long as you are nice to people they should be nice back. The golden rule: Treat others the way you want to be treated. Lastly, you can't help that your parents are divorced. That is their decision. Just remember not to take sides. Don't choose which parent you love more. You are just going to cause trouble if you do this. Really hoped this helped you.

## Haunted Hayride

By Bryce Dirnberger

It was a cold day in October at ballpark road. People were setting up. Kids were getting their makeup on. Everyone was ready and suited up for the trailer to come so they could scare them. We saw the lighted up trailer coming down the road and everyone got in their place. The trailer finally came around. The electricity goes out. The plan was the kids that where zombies where going to dress like the STL Cardinals. And start dancing to thriller and scare the kids on the trailer.

Sincerely, Alyssa

Dear Alyssa,
Grades are coming out soon. I'm scared!
Sincerely,
worried

## Dear worried,

You're like me, really worried about your grades. I'm a bit nervous, too! If you are that nervous just ask your teachers how they think you're doing. They should be happy to share and give you advice and help. Also, to prevent bad grades, just make sure that you double check your answers, study hard, and do your best! Then you should have nothing to worry about. If your grades are low just ask the teacher if there is anyway to get extra credit. Good luck!

Kelso C-7 has a Facebook page. Stay in touch and get all the latest updates.


Sincerely, Alyssa
hayride we did the exact same thing but this time the electricity was on and everything went to plan. It was even more of a success. This time tough instead of scaring the kids they laughed at it adults were also on the ride but they weren't as fun as the kids to scare. I believe this would be a future success for times to come. The kids working it had the most fun. If you're going to be in the eighth grade in the future you will definitely have this to look forward to. It was a huge hit and excitement for everyone.

## Mystery People

By Seth Niederkorn

## Mystery Teacher

This teacher teaches in the middle school. Her favorite subject is math. Her favorite color is green. Her nickname that everyone calls her is mathwhiz. Her favorite thing to do at home is to watch movies. She has four kids two of them are hers and the others are her husbands. Her favorite sports team is the Kelly Hawks. Her favorite sport to play is tennis. She has taught for 17 years of her life. Her favorite class to teach is math. The scale from one to ten of how much she likes the school, and she picked 12 with a smiley face.


Top: Cheerleaders at clinic game.

Right: 8th Graders recognized for hard
 work.


Mystery Student K-4th
This person is in the elementary school. This person is in Kindergarten through $4^{\text {th }}$ grade. His/her best friend at school is Hayden Steimle. His/her favorite school subject is reading. This kid's favorite kind of music is country. This kid's favorite thing to do at home is ride his/her dad's ranger and check cows on his/her grandpa's farm. His/ her favorite thing to do at recess is play basketball with his/her best friend. His/ her favorite kind of animal is a long horn. His/her favorite kind of pet that could have a super power was a dog that can run and fly very fast. When school is over he/she likes to go over to his/her grandpa's store. He/she has an older brother and an older sister. He/ she also wants to learn more about other class rooms. So know can you guess who I am?

## Mystery Student $5^{\text {th }}-8^{\text {th }}$

This person is a middle school student. He /she is in between $5^{\text {th }}$ and $8^{\text {th }}$ grade. $\mathrm{He} /$ she likes to ride four wheelers and drive fast cars. His/her nickname that everyone calls him/her is Yamaha. He/she likes playing sports with his/her friends. $\mathrm{He} /$ she likes to play basketball, volleyball, baseball, and football. He /she will be going to Oran High School. His/ her favorite book is Diary of a Wimpy Kid. His/her favorite school subject is science. His/her favorite person that works at the school is Mrs. Spane. His/her favorite school lunch is chicken- n - dumplings. $\mathrm{He} /$ she is an outside person more than an inside person. His/her favorite sport is basketball.

## HA! HA! With MRS. HAHS





