



Cat Chat



Cashion High School

October 2009

Words for Wildcats

By: Mrs. Oard

It is very exciting time at Cashion Schools. Our renovations are progressing well in spite of the extra rain. While the rain has slowed completion on the replacement of the elementary school roof, it is expected to be finished in the next week (unless there is further rain). The roof repair on the original high school has experienced the same delays due to weather but is moving forward. The elementary school restrooms are complete but continue to have delays on the accessories (soap dispensers and paper towel holders). The original high school is also missing some accessories but I'm told they are due any day. The new seats for the gymnasium have arrived and installation has begun. The painting in the gym is complete and looks awesome. Renovation of the library and the new computer lab is continuing to move forward. Once it is complete, the renovation will begin on the Family and Consumer Science room and the kitchen. It's very exciting to watch the progress of these projects.

While the generosity of our patrons have made renovation and repair possible, our students and teachers will see technological benefits from the 2009 Bond election as well. We have begun the process of purchasing and placing interactive white boards in classrooms. As a group, the teachers chose the Smart Board over the Promethean Board after viewing presentations from each vendor. It is the goal of the district to eventually provide a board to each teacher who wishes to utilize one for instruction. Students in these classes will also have opportunities to use this instructional technology. We are upgrading the elementary school computer lab, replacing the laptops on the mobile lab with Netbooks, and have purchased School Messenger. Parents will appreciate School Messenger as an immediate source of contact from the schools in the event of inclement weather, emergency situations, etc. Cashion administrators are excited about

the opportunity to have greater contact with parents. It is expected that this technology will enable parents to have current information not only by telephone but eventually by text message and e-mail.

We have had some tough days for students and teachers with the noise and inconvenience that renovation brings. Please take a moment to praise your child for dealing well with the changes and thank the teachers for the wonderful job they continue to do under conditions that are not always ideal. On behalf of the entire faculty, thank you of the support you give us in educating your children.

Powder Puff Football

Seniors 14

Juniors 6



Secondary News

By: Mr. Vandruff
H.S. Principal

I am enjoying getting to know the students and the patrons of Cashion. I am very impressed with our students' behavior, manners and more importantly, their character. It has been a real joy to be around young men and women I believe are difference makers! Our staff is committed to providing a rigorous academic environment by improving instructional methods each day and continuously attending professional development programs and working on implementing new strategies into the classrooms.

Cashion Schools is pleased to announce the use of School Messenger, a parent notification system. It is the intent of the district to use this system to contact parents and students with information, such as school closings due to weather or illness, student attendance, lock-down situations, or other district events.

To adequately perform this service for our patrons, the district needs confirmation of the following information:

1) The primary telephone number you want this computerized service to call (it can be a home or cell number).

2) The e-mail address you would like this computerized service to send a message to.

Please e-mail the requested information to the addresses listed below.

Cashion Elementary School (Grades PK— 8th)
elem@cashion.k12.ok.us

Cashion High School (Grades 9th—12th)
chs@cashion.k12.ok.us

Remember to include your name, your child's or children's name(s), a primary telephone number including area code, and an e-mail address.

On September 17, we hosted a flag ceremony in honor of Jonathan Stroud, a 2007 graduate who died while on patrol in Afghanistan. During the ceremony, students learned some valuable information about the significance of the thirteen folds. More than three

hundred students were a part of the tribute to a fallen Cashion Marine.

His mother was in attendance and addressed our students. "I want to thank everyone for being here today. Some of you knew my son and if you didn't know him, you would have loved him. I want everyone to remember that there are more out there than Jonathan," she said. "Others are serving and I don't want any of them forgotten." Mavis Stroud called the ceremony heartwarming and a great tribute to her son.

The flag that was retired now resides in the trophy cases as you enter Cashion High School. We are in the process of placing a picture of Jonathan Stroud by the retired flag. Jonathan's legacy will continue here in Cashion. During this ceremony, the Cashion student body and I learned that Freedom is not free. I would like to thank Terry Farmer and the Disabled Veterans for doing this ceremony for our students.

Recently, I was able to attend the District Softball Tournament in Okeene. I was proud of our girls and our coach as they competed for, and won their third district championship. This was quite rewarding for our girls because they had a very challenging schedule this year which included losses against three 4A schools, two 3A schools and two 2A schools. These softball teams were ranked in the top 15 of their respective classes. They played in Okeene and were able to edge out the host school in the final game 9-8. We will be hosting Fast Pitch Regionals and your lady softball team will play Fletcher at 1:30 p.m. at Cashion on Thursday October 1st. For more information you can visit http://www.ossaa.com/sports/fast_pitch_softball/fp_a_regionals.pdf.

Our high school football team is currently 4-0. We are 2-0 in district play and will be traveling to Thomas October 2nd for our third district game. This team is made up of some quality young men I have really enjoyed watching compete each week. Our next home game will be on October 9 against Christian Heritage Academy.

At Cashion, we are trying to be as proactive as possible. We have sent some educational forms home about the H1N1 Flu. We have bought anti-bacterial wipes and have given those to our teachers so they can wipe down door handles and desks. We have also been using these to wipe down railings and bus seats. We are encouraging our students to wash their hands regularly. We have posted signs throughout the school advising students on how to wash hands and the safe way of coughing and sneezing.

Parents, you are our best resource when it comes to knowing if your child is sick. We have to trust that you will not send your child to school if s/he is sick. We are asking if your student(s) have symptoms of the flu that you keep them home so as not to infect the other students at school. The following are some tips that I was able to take off the website flu.gov.

- **Watch carefully for signs and symptoms of flu.** Some children may not be able to tell you about their symptoms, which can delay your response to their illness. Symptoms of flu include fever or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, bodyaches, headache, tiredness, diarrhea, or vomiting.
A fever is a temperature measured by mouth with a thermometer that is equal to or greater than 100 degrees Fahrenheit (37.8 degrees Celsius). If you are not able to measure a temperature, signs and symptoms that may indicate your child has a fever include chills, feeling very warm to the touch, having a flushed appearance, or sweating.
- **Watch for emergency warning signs that need urgent medical attention.** These warning signs include one or more of the following:
 - fast breathing, trouble breathing, shortness of breath, or no longer breathing;
 - bluish, purplish, or gray skin color especially around the lips and the inside of the mouth, or around the nails;
 - not drinking enough fluids, refusing to drink;
 - not urinating, decreased number of wet diapers, or no tears when crying;
 - severe or persistent vomiting;
 - not waking up or not interacting (e.g., unusually quiet and inactive, no interest in playing, no interest in favorite toy);
 - being so irritable that the child does not want to be held, or cannot be consoled;
 - pain or pressure in the chest or stomach;
 - sudden dizziness;
 - confusion; and
 - Flu-like symptoms improve but then

return with fever and worse cough.

- **Stay home if you or your child is sick with the flu** until at least 24 hours after there is no longer a fever or signs of a fever (without the use of fever-reducing medicine). Children and teenagers *should not* be given aspirin (acetylsalicylic acid); this can cause a rare but serious illness called Reye's syndrome.
- **Make sure your child gets plenty of rest and drinks clear fluids** (such as water, broth, sports drinks) to prevent dehydration. For infants, use electrolyte beverages such as Pedialyte®.
- **Contact your doctor immediately if a child younger than 5 years of age is sick.** This is important because the antiviral medicines used to treat flu work best when started within the first 2 days of getting sick. Your doctor will tell you what special care is needed for your child.

To protect other family members ...

- **Make sure your child's hands are washed often, and especially after coughing or sneezing.** Help your younger child wash them for 20 seconds with soap and water. If soap and water are not available, you can use an alcohol-based hand cleaner.
- Have your child **cough and sneeze into a tissue** or into his or her elbow or shoulder if a tissue is not available. Make sure your child throws tissues away right after use.
- **Clean surfaces and objects that your child frequently touches** with his or her hands, mouth, or body fluids. Wipe these surfaces with a household disinfectant that is usually used, following the directions on the product label. Additional disinfection of these surfaces beyond routine cleaning is not recommended.
- **Keep your sick child in a separate room** (a sick room) in the house as much as possible to limit contact with household members who are not sick. Consider designating a single person as the main caregiver for the sick child.

Sincerely,

Kyle Vandruff

Principal Cashion High School

High Expectations....High Achievement

FCCLA members attend JH Cheer schedule district meeting

Cashion FCCLA attended and helped host the North 3 District Meeting at Hennessey this year. The theme was Catch the "Wave of Leadership!" Over 20 surrounding schools attended the meeting, bringing anywhere from 10 to 50 students each. More than 500 students from Oklahoma were in attendance. Cashion took 15 students and donated the designated twenty dollars and ten cents in pennies to the State FCCLA Fund which helps support local FCCLA students yearly with college scholarships.

Travis Brorsen was the speaker with his dog Presley in tow. He gave an inspirational talk about leadership and setting academic dreams to take students where they have interests. His interests were in acting, but being raised on the farm in Perry brought about difficulties that he thought were roadblocks. He lives in California now, and is an actor. He most recently won the "America's Greatest Dog" reality TV show last year. This, plus spots on Jag, Desperate Housewives and various commercials have made his dream a reality. Some students were able to go on stage and perform dog tricks with Presley.

It was a great day of inspiration, instruction and FCCLA fun!

Good news from the cafeteria

We now can charge milk directly from your child's lunch account! Several children have asked about charging for ice cream days. This is an elementary project and therefore cannot be taken from children's lunch accounts.

Finally, please pay students lunches in advance. Lunch statements go home weekly once a student drops below \$10.00. Gradebook online is a great way to check lunch balances, and of course, you are welcome to call Kay at school.

Elementary - \$35.00 per month. High School -

By Mrs. Garrett

We will practice after school on Tuesdays and Thursdays until 4:30. We have one home game on October 5th. The rest of the games are away on the 12th, 19th, and 26th. The girls really stepped up their game at homecoming. I was very proud of them. They looked like they were enjoying themselves, and that is very contagious. Great job JH Cheer!

Hoggatt's Happenings

Dear Parents,

- 1. We are listening to your concerns!** We will make an additional change to the pick-up and drop-off arrangements for our students.
Beginning Tuesday, September 8, 2009, we will return to dropping off and picking up elementary students (car riders) before and after school on the west side of the building.
Buses will drop-off all students in the morning on the east side of the elementary school. Buses will load on the east side of the elementary school for all students when the school day ends at 3:15 PM. We will not resume any pick-up or drop-off points at the high school site. All high school students will load buses at the elementary school.
- 2. Football season is here!** Our first home game is against Fairview on September 11, 2009. Here are two things I need your help with: (1) Please remember all elementary students are to stay with their parents or special adult that accompanies them to the game. (2) Students are not to be playing football or any other activities on the practice football field. Please supervise your child during the entire game. In the past, students have been hurt and student safety is of the utmost importance to us.
- 3. Thank you so much to those that came to Parent Orientation Night.** If you didn't get to come please call/email your child's teacher to gather the information missed. Also, view our new Elementary Website at www.cashion.k12.ok.us.

Your Partner in Education,
Ashley Hoggatt

Counselor's Corner

By Meagan Scott

FREE COLLEGE TUITION

Oklahoma Promise (formerly OHLAP)

ELIGIBILITY REQUIREMENTS

To be eligible to enroll in Oklahoma's Promise, a student must meet the following requirements:

- The student must be a resident of the State of Oklahoma.
- The student must be enrolled in the 8th, 9th, or 10th grade.
[Home school students must be age 13, 14, or 15.]
- The income of the student's parent(s) from taxed and untaxed sources for the most recently completed federal tax year must not exceed \$50,000.
- Meet additional qualifications as stated in the Oklahoma Promise application.

See Mrs. Scott for an application or visit www.okpromise.org to see additional requirements and apply.

As a school counselor parents often ask me what they should know about each year and what their student should be doing to prepare for college. Below are information and tips for each year:

9th Grade (Freshman)

- Take challenging courses
- Get involved in extracurricular activities-sports, band, academic clubs, and church activities
- Your GPA (Grade Point Average) and credits begin to count towards graduation this year
- Begin a resume of awards and activities
- Volunteer-Universities/Colleges are looking for a well-rounded student
- Sign up for Oklahoma Promise at www.okpromise.org if you qualify, if you haven't already done so.
- Start researching and thinking about which university/college you might attend
- Explore careers

10th Grade (Sophomore)

- Continue to take challenging courses
- Take the PLAN test(ACT's comprehensive assessment)
- Sign up for Oklahoma Promise at www.okpromise.org -Students must be signed up by June 30th of their sophomore year to qualify
- Take the ACT /SAT
- Keep up involvement in extracurricular activities in and out of school
- Keep resume updated
- Continue researching universities/colleges. Visit a few you are interested in during school breaks
- Attend summer programs at colleges that interest you

11th Grade (Junior)

- Junior Year is an important year
- Attend college fairs and visit as many schools as possible

- Take the PSAT in October (Preliminary SAT/National Merit Scholarship Qualifying Test). This is the year you can qualify to be a National Merit Scholar
- Take the Practice ACT given by Cashion High School-use your answer sheet and test booklet (which is given back with your results) to study for the ACT.
- Take the ACT/SAT-sign up for a prep class if you need it
- Narrow your list of college choices
- Register with the NCAA at www.ncaastudent.org if needed
- Update your resume, prepare an athletic resume if needed
- Continue updating your resume, keep your grades up, and continue to volunteer
- Shadow or intern with someone in the career you are interested in

12th Grade (Senior)

- Continue to take rigorous courses your senior year and don't slack on courses or grades. College/Universities look for this on admission and scholarship applications
- Check your transcript to make sure everything is correct
- Register to take the ACT/SAT in the fall
- In the first nine weeks -complete applications for admission, housing, and scholarships
- Apply for as many scholarships as you qualify for-numerous scholarships are given at the local, state, and national level
- Visit my link on the school's website to keep updated with the most recent college scholarship opportunities
- Make copies of each scholarship that you apply for and keep in a file noting when decisions should be expected about the scholarship
- If a recommendation letter is needed ask those who you want to write them several weeks in advance and give them a copy of your resume
- Make your last visit to your top university choices
- Parents and students must both apply for a pin from the government if applying for financial aid-apply at www.pin.ed.gov
- File the FAFSA (Free Application for Federal Student Aid) at www.fafsa.ed.gov as soon as possible after January 1. Submit by March 1 for state aid and by May 1 for Federal Aid
- If needed, make an appointment and meet with the college/university's financial aid office.
- In the last nine weeks-students should review college acceptance, scholarship and financial aid offers
- Sign and return award letters, if applicable by due date

BPA Elects Officers

Cashion BPA elected their 2009-10 officers at their meeting in September. Elected were President, Jarrel Kadavy; Vice President, Brian Kleiwer; Reporter, Cade Broadbent; Treasurer, Melissa Barry; Secretary, Ty Reasoner; and Stuco Rep., Nolan Reasoner.

The group will meet later in the fall to discuss a fall service project.

**Yearbooks
For Sale
\$40**

**While Supplies Last
See Mrs. Gruntmeir**

Busy month for Student Council

Monday the September 21 - Friday the 25th was homecoming week for Cashion. The students had the option of dressing up each day of the week. Monday was Hawaiian day, everybody got to dance around in there grass skirts. Tuesday was decade day, some of the kids dug through there parents closets and found some 70's and 80's style clothes to wear. Wednesday was nerd day! A few kids pulled there pants up high, held them up with suspenders, and some put tape around their glasses to see how nerdy they could look. Thursday was farmer day. Kids slipped on their cowboy boots and snapped up their pearl snap shirts to participate for that day. On Friday, the students wore their school colors for spirit day.

That week on Tuesday, the junior and senior girls went to battle in the annual Powder-puff football game. The seniors pulled out the win in a very dramatic game, Seniors 14 – Juniors 6.

Every year the students get very competitive with the banner contest. Grades 7th – 9th competed against each other and grades 10th - 12th competed. In a tough decision the 9th and the 11th graders won.

For the Homecoming Royalty this year Senior Jarrel Kadavy escorted Senior Courtney Conrad. Senior Austin Phippen escorted Senior Corrie Ready. Senior Brian Kliewer escorted Junior Melissa Barry. Senior Cory Palmer escorted Junior Lauren Neece. Junior Jeremy Seaton escorted Junior Taylor Sexton. Courtney Conrad was crowned Queen and Jarrel Kadavy was crowned King.

This year, Student Council State Convention is going to be held at Norman High School. Those that plan on attending are Courtney Conrad, Tres Basler, Zac Lee, Jarrel Kadavy, Austin Phippen, Brain Kliewer, Cade Broadbent, and the Sponsor Nancy Chandler. They will be staying in a hotel to take out the driving time. The weekend will be filled with leadership activities and games, the goal being, to improve our Student Council.