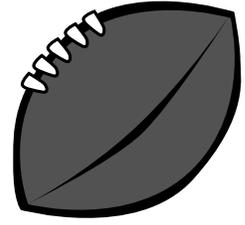


Cat Chat



Cashion High School

September 2009

Words for Wildcats

By: Mrs. Oard

School is underway and so are the renovations. The projects are going well even though the unexpected rains in August have slowed down the roof replacement at the elementary school. I will elaborate more on the projects in the future. Please forgive me for glossing over the renovations but I would like to address another topic that is always foremost in our minds – the health of our students. Many national and local newscasts have been devoted to the H1N1 (swine flu) virus and its prevention.

As you may know, flu can be easily spread from person to person. Therefore, we are taking steps to reduce the spread of flu in Cashion Public Schools. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the county and state health departments to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

If the flu becomes more severe, we may take additional steps to prevent the spread such as: conducting active fever and flu symptom screening of students and staff as they arrive at school, making changes to increase the space between people such as moving desks farther apart and postponing class trips, and dismissing students from school for at least 7 days if they become sick.

For now we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help:

- **Teach your children to wash their hands** often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.
- **Teach your children not to share personal**

items like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues. Teach children to cover up their coughs or sneezes using the elbow, arm or sleeve instead of the hand when a tissue is unavailable.

- **Know the signs and symptoms of the flu.** Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.
- **Do not send children to school if they are sick.** Any children who are determined to be sick while at school *will be sent home*.

For more information, visit www.flu.gov, or call 1-800-CDC-INFO for the most current information about the flu.

JH Cheer

By Krissy Garrett

We will continue morning practices through September at 7 a.m. on Tuesdays and Thursdays. **I would like to give a big thank you to my JH families for being willing to get up and get the girls to practice by 7 a.m. The girls are doing great.**

The first home game is August 31. However, there is a conflict with JH softball that day. Competitive sports take precedence over us. Therefore, we will not cheer on August 31. We will be cheering on September 14, 21, (homecoming 25th), 28, and October 5, 12, 19, 26.

FCCLA News

The Cashion Chapter of FCCLA is in full swing for the 2009-2010 school year. New officers were elected last week. Corrie Ready will preside as president. Molli Stein will be vice president. Alisha Hernandez will be the new secretary/treasurer. The reporter position will be filled by Tiffany Hill. Public relations will be filled by Dustin Buckner and historian by Hannah Moses. These students will serve their chapter during the new school year.

Upcoming events on the calendar include District Meeting which will be held in Hennessey, at the auditorium, on September 16, 2009. This will begin with registration at 9:30 and include speaker Travis Brorsen who won the National reality TV show "Greatest American Dog" with his dog Preston. They both will attend this event for our North District #3 Meeting.

FCCLA dues will be \$20 again this year and that will allow students the national and state affiliation and to be able to compete in FCCLA Star Events. The last day to pay dues will be on August 31. Thank you to all who support Cashion FCCLA!

Class Wars

School got off to a fun start when the 7th through 12th grades competed in Class Wars. The competitions included jump rope, baby food eating, toilet seat toss, gaterade drinking, tricycle races, mattress relay, marshmallow eating, hula-hoop race, and change relay.

Seniors victoriously won 1st place, 8th graders won 2nd, and sophomores 3rd. Good times were had by all.

(Photo - Taylor Sexton smothered in baby food while Melissa Barry cheers her team on)

2009 – 2010 STUDENT BODY OFFICERS

Pres.- Courtney Conrad
Vice Pres.- Austin Phippen
Secretary- Cade Broadbent
Treasurer- Jarrel Kadavy
Reporter- Tres Basler

Senior Officers

Pres.- Brian Kliewer
Vice Pres.- Christian Minard
Secretary- Cory Palmer
Treasurer- Bailey Wilkerson
Stuco Rep.- Britney Temple and Zac Lee

Junior Officers

Pres.- Sierra Thorp
Vice Pres.- Nolan Reasnor
Secretary- Ashley Burkette
Treasurer- Shelby Sexton
Stuco Rep.- Lauren Neece and Taylor Sexton

Sophomore Officers

Pres.- Austen Evans
Vice Pres.- Clayton Daniel
Secretary- Taylor Cochran

Treasurer- Brandon Dewberry
Stuco Rep.- Lane Welch and Hunter Mason

Freshman Officers

Pres.- Dexton Robertson
Vice Pres.- Mitchell Yearout
Secretary- Sarah Arms
Treasurer- Evan Bird
Stuco Rep.- Nate Lee and Ty Reasnor

8th Grade Officers

Pres.- Jayci Robinson
Vice Pres.- Braden Mason
Secretary- Shelby Dunkle
Treasurer- Brianna Kurtz
Stuco Rep. Cotney Maroney and Hunter Suntken

7th Grade Officers

Pres. - Erin Smith
Vice Pres. - Gretchen Christensen
Secretary - Kelsey Daniel
Treasurer - Brett Wilson
Stuco Rep. - Megan Arms and Alix Robinson



Counselor's Corner

By Meagan Scott

SCHOLARSHIPS SEARCH

**To search for scholarships use www.fastweb.com

COLLEGE DAY FOR JUNIORS AND SENIORS AT KINGFISHER

Tuesday, September 15 is college day for junior and senior students. Students will be able to speak with over 40 college and university representatives (public and private), 3 branches of the military, 2 Vocational Schools, and Central State Beauty Academy.

The bus will leave at 12:30 p.m. and return by 2:30. Students can pick up a permission slip in the office.

ACT TEST DATES COST \$32.00 Register online at www.actstudent.org

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Late Fee Required</u>
October 24, 2009	September 18, 2009	September 19-21, 2009
December 12, 2009	November 6, 2009	November 7-20, 2009
February 6, 2010	January 5, 2010	January 6-15, 2009
April 10, 2010	March 5, 2010	March 6-19, 2010
June 12, 2010	May 7, 2010	May 8-21, 2010

The ACT school code is 370-645

IMPORTANT DATES

September 10 -----Explore test for all 8th graders

September 23 -----Practice ACT for all juniors

September 29-----Plan Test for all sophomores

October 14th -----PSAT/NMSQT for any interested sophomore or junior

What I did for my Summer Vacation....

By Mrs. Scott

Last spring I was chosen to attend the Marine Educator's Workshop at the Marine Recruit Depot in San Diego, California July 6-10th. About 40 educators from around the state of Oklahoma were chosen to experience a week in the life of a Marine recruit. Marine recruit training lasts 13 weeks and is broken into different phases of training.

The first night we were treated to a banquet dinner hosted by the Marine Corp. and had the opportunity to speak with Marines of all ranks and years of service. We were all eager with anticipation as to what we would experience first hand.

Bright and early the next morning we were driven to a destination on the recruit depot. As soon as we stopped a few intimidating drill sergeants entered our bus and started yelling orders. We were herded off of the bus to the historic yellow footprints that all new recruits must stand on before they start their training and we were taught the proper position of attention. After several minutes (which seemed much longer) the drill

instructors finally stopped yelling at us and congratulated us for surviving two minutes of Marine Corp recruit training.

Later we experienced the Bayonet Assault Course. We had to maneuver over and under obstacles, crawl through tunnels, and navigate a rope bridge. We had on fatigues, flak jackets, Kevlar helmets, and carried rubber M-16A2 service rifles with bayonets attached.

During the week we visited the Marine Corps Air Station Miramar and Weapons Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, California and attended classes on enlistment, recruit training, and graduation.

At different times during the week we ate lunch with recruits in different phases of their training. I had the pleasure of having lunch with Cashion graduate Jeremy Jacox who was in the last phase of his training.

As the week came to a close recruits in their final phase of training experienced their final test to become a Marine. It is called the "Crucible". It lasts 54 hours, and they are given only 3 rations for the time they are gone and each recruit only gets to sleep no more than 4 hours per day. They endured obstacles, leadership tests, combat scenarios, and day/night marches.

At the conclusion of the "Crucible" each recruit was awarded the title of Marine and was given their eagle, globe, and anchor pin. We felt honored to be able to observe the moving ceremony and see the recruits achieve their dream of becoming a Marine.

I have always had a respect for the military and the dangerous situations they put themselves in for our country but after seeing their training process up close my respect grew even more.

Hoggatt's Happenings

Dear Patrons,

This has been such a great start to the new 2009-2010 school year. I am so appreciative of our patrons. Over the summer The Cashion Education Foundation had a work day and we completed many projects to get the school year going. They painted the fire lanes, the west wing walls, part of the elementary library, all of the entryways into the restrooms and we cleaned out the band room. Without this group of dedicated patrons we would not have been able to begin school with these projects completed. For this, Thank You from the Elementary Staff.

Secondly, I can imagine how difficult it can be to get kids dressed, fed and to school in a timely manner. A calm and happy school morning begins the night before. Here are some ways you can "Beat the Morning Rush."

- Check the weather forecast and help your child choose clothes, coat and shoes for the next day.
- Have your child stow their backpack by the door. Be sure they have put homework, lunch money, and permission slips in their bag the night before.
- Plan to have a healthy breakfast, pack a healthy lunch and snack.
- In the morning, set the oven timer to go off five

minutes before you need to leave for school. That will be a signal to round up everything and get ready to go!

I appreciate your flexibility while we have made some changes to some of our procedures. And for those who may not know, our Before School and After School Procedures have changed since last year.

- If you bring your child to school please drop them off in the east circle driveway by the flag pole. Our students will begin their day on the playground. On inclement weather days please take them to the cafeteria.
- If you pick your child up from school please do so on the east side of the school. We are dismissing school at 3:05 so please be aware of the new dismissal time.
- Our buses are going to be unloading and loading on the west side of the school. Please keep the west side of the school open and available for the buses before and after school.

Don't forget that we are having Ice Cream every Friday. You may pay for the 7 weeks-\$8.75 or you may pay every Friday, \$1.25.

Your Partner in Education,
Ashley Hoggatt