



PARK COUNTY SCHOOL DISTRICT #1

Community Link

Excellence in EducationEvery Student.....Every Day

May 2019 Edition

Local Dates To Remember

- ⇒ Powell Schools Foundation Scholarship Application Due: May 3 (By 4:30 pm)
- ⇒ PHS Athletic Awards Banquet: May 6 (6 pm) @ PHS Commons
- ⇒ PHS Music Awards Banquet: May 7 (7 pm) @ PHS Commons
- ⇒ PMS Middle School Band & Choir Concert: May 9 (7 pm)
- ⇒ PHS Senior Banquet: May 13 (6 pm) @ PHS Gymnasium
- ⇒ School Board Meeting: May 14 (7 pm)
- ⇒ SLC Graduation: May 19 (12:30 pm)
- ⇒ PHS Graduation: May 19 (2 pm) @ PHS Gymnasium
- ⇒ Last Day of School for Students: May 22
- ⇒ School Board Meeting: May 28 (7 pm)



Assistant Superintendent's Message

As you can see from the "Local Dates to Remember", May is an exciting time in our learning community at Park #1. Students are preparing for end-of-year projects, culminating events in activities, and our seniors are thinking ahead to their future as they approach graduation. Many people, most importantly our families and educators, have supported our seniors along their journey from kindergarten to graduation. Our graduates are leaving us prepared and ready to participate in a democracy, positively improve our community, and enter a career or extend their education. I hope they are also leaving Park County School District #1 fulfilled, connected, and thriving.

If you have a student coming back to Park #1 in the fall, we will be working hard over the summer to prepare for a great 2019-20 school year. Building on this year's positive relationships and student focus, we look forward to greeting your child on the first day of school, getting to know you better and partnering to ensure your child's story, strengths, and needs are known and supported.

I want to say thank you to all of the students, teachers, staff members, parents, guardians, and community members who worked tirelessly to make this school year another successful year for student achievement and growth. As a district, we will continue to be committed to doing everything possible to helping ALL students experience success.

—Assistant Superintendent Jason Sleep

SUNSETS ARE PROOF
THAT ENDINGS
CAN BE BEAUTIFUL.



Southside's May Student Recognition!



Hadley Cooper

Hadley is a fifth grade student at Southside Elementary. Hadley has such an amazing work ethic when it comes to academics in the classroom. Her kind disposition and smile really brighten our school. She also tells such great stories about her cows and her future goals with livestock. We will sure miss Hadley when she goes to middle school.

"Something I will miss about Southside is all the amazing teachers."



Ashton McDaniel

Ashton is a fifth grad-er at Southside Elementary. She has grown her love of learning since coming to us in 2nd grade. Ashton has a kind heart and loves animals! Ashton also has a passion for reading and loves drawing. Ashton is a model student and has completed every reading reward with ease.



Deeanna Gibson

Deeanna is a remarkable young lady who has truly blossomed in the fifth grade. She has a quiet confidence about her that sets the standard for others to follow. Her sense of caring, compassion for others, and concern for what is right speaks volumes. She is creative, full of ideas, and has the most amazing smile! She truly helps Southside Shine each and every day!

"School started out hard this year, but I have a lot more confidence in myself now. 5th grade is awesome!"



May's Staff Recognitions!



Ginger Sleep

PCSD#1 Special Services Director & Shoshone Learning Center Principal

Recognizing 15 years of above & beyond service

This year marks Ginger's 24th year in education! Ginger obtained her bachelors of science degree from Chadron State College with dual endorsements in elementary education and special education (K-12). Following her bachelors degree, Ginger obtained her masters degree (M.Ed.) in K-12 Educational Administration from South Dakota State University. Ginger began her career as a teacher in Garden City, Kansas where she taught as a special education teacher in grades 6-8, K-5, and 9-12. Ginger has also taught as a Title-1 teacher in Kemmerer, Wyoming and also served as Basin, Wyoming's Elementary Principal and Special Education Director. At PCSD1, Ginger served as the principal at Southside Elementary for a total of eight years before becoming the Special Services Director and Shoshone Learning Center Alternative High School Principal. In the past, Ginger has also served as the Executive Board Member for the Wyoming Association of Elementary & Middle School Principals (WAEMSP) as well as the past President and Northwest Region Representative. Ginger has also been apart of the National Autism Leadership (NAL) Team where she served as the Wyoming Representative on the National Board. At PCSD1, Ginger supports students who require specialized instruction & services. Ginger regularly works with other staff members, students, parents, and administrators to ensure plans are appropriate and personalized for eligible students (ages 5-21). Ginger is recognized by staff and students for her knowledge and expertise. Ginger is dedicated to her students and community, she is a true mentor to all in the district!

"Favorite part of my job: Without question, it's the kids (our students.) It's a true blessing to work together as we focus on students and their individual needs. We are driven by excellence, but Park #1 students are definitely my "why."



Rob Paterson

PCSD#1 Maintenance Technician

Recognizing 7 years of above & beyond service

Prior to becoming a permanent employee at PCSD1 for the last seven years, Rob worked as a PCSD1 substitute for two years. Working as a substitute custodian, Rob began working at PCSD1, cleaning the Powell Middle School wrestling mats, in 2011. Later, Rob began working as a permanent employee at PCSD1, starting as an associate custodian at Southside Elementary. At this time, Rob also worked as the temporary grounds person as well. A year later, Rob transitioned to a twelve month full-time employee position and began working as the warehouse person while additionally working as the assistant cook for the Powell Middle School and as the building custodian at the Support Services Building. During his time at PCSD1, Rob also worked for two years as the warehouse operator and assistant maintenance technician before transitioning into his current position as a maintenance technician. As a maintenance technician, Rob helps keep all of PCSD1's buildings operating safely and efficiently. Rob replaces filters and belts on the HVAC equipment and also takes care of PCSD1's plumbing, electrical, painting, and snow removal. Rob also paints the football field, soccer fields, and shot put and discus lines. Rob often takes on other duties as assigned, always offering to help wherever he can! Rob is recognized throughout the district for his kindness, quality work ethic, and his friendly smile!

We appreciate you Rob!

"My favorite part of my job is the interaction between all students and staff, here at PCSD1. I am very blessed to work with some of the finest people I have ever met!"



Brittany Mollett

PCSD#1 Westside Elementary Kindergarten Teacher

Recognizing 4 years of above & beyond service

Brittany attended Montana State University in Billings, Montana where she received her bachelors degree in elementary education. Brittany also attended Lesley University where she received her masters degree in Integrating the Arts and Curriculum Design. Brittany began her career as a teacher at PCSD1 and this is her fourth year teaching. Brittany loves to teach kids to love learning! Brittany is recognized by staff and students for her positivity and eagerness! Brittany always comes in with a positive attitude and a bright smile!

"My favorite part of my job is obviously the kids! I love when I see the literal light bulb moments while we are learning and when the kiddos teach me things I didn't know.

It's the best job ♡"



Jill Thompson

PCSD#1 Parkside Pre-K Liaison

Recognizing 2 years of above & beyond service

Jill has worked in special education for a total of nine years. In 2017, Jill became the pre-k liaison for PCSD#1 and loves it! Jill teaches two different preschool classes for PCSD#1. She also visits other Powell preschools where she gets to know our future kindergartners and their families. Sometimes Jill will read, teach a lesson, or just go to play! Jill speaks at family nights and also provides teachers and parents with information or resources to prepare their kids for kindergarten. Jill collaborates with preschool and kindergarten teachers to develop kindergarten readiness awareness and activities, such as the Kindergarten Readiness Expo and the Kindergarten Screenings in the spring. Jill is recognized by staff and students for her organizational skills and creativity! She makes learning fun!

"My favorite part: my favorite part of my job is creating fun and educational activities for the kids, the giggles, and the hugs!"

Summing up Summer

Your Favorite Season In A Few Facts

summer solstice

The first day of summer is known as the summer solstice and in the US it falls on June 20 or June 21 each year, depending on when the sun is furthest north of the equator. This day has been celebrated for centuries by people around the world.

Watermelon

a popular summer treat, is actually part of the cucumber, pumpkin, and squash family, and it consists of 92% water. The average American consumes 15 pounds of watermelon annually.

mosquitoes

One of the more annoying parts of summer are the mosquitoes, which have been around for 30 million years. It's said they can find warm-blooded mammals from 100 feet away.

Swimming

is the fourth most popular recreational activity in the US.

Most popular summer vacation destinations:

- 1) Chicago, IL
- 2) Orlando, FL
- 3) New York, NY
- 4) Los Angeles, CA
- 5) Washington D.C.
- 6) Atlanta, GA
- 7) San Diego, CA
- 8) San Francisco, CA
- 9) Anaheim, CA
- 10) Dallas, TX

657 MILLION

Total number of long distance summer trips made each year between Memorial Day and Labor Day.

The word "summer"

is from the Proto-Indo-European root *sam-, meaning summer. The root *sam is a variant from the Proto-Indo-European root *sem-, which means "together/one."

hemispheres

Did you know that when it is summer in the northern hemisphere, it is winter in the southern hemisphere?

7 in 10

say summer - more than any other season - gives them the most opportunities to have fun

DOG DAYS OF SUMMER

The weeks between July 3 and August 11 are named after the Dog Star (Sirius) in the Canis Major constellation. The ancient Greeks blamed Sirius for the hot temperatures, drought, discomfort, and sickness that occurred during the summer.

Fun in the Sun

How to Stay Active in Summer

With summer right around the corner, fresh breezes and warm days can make it easier to get energized about healthy living. But summer days can also set you astray. In the midst of school vacation and summer fun, it can be easy for your family to get off track, especially children. Technology based temptations such as video games, television, and smart phones can transform your kids into couch potatoes. As screen time and outdoor playtime compete for children's attention, it can be challenging for them to get the recommended 60 minutes or more of physical activity every day. To keep your kids living an active and healthy life during the summer break, you may need a game plan & were here to help!

- ♦ **Find the Right Motivation:** If you want to become and stay active, you need to practice the physical activities you love and that you want to repeat as often as possible! The more fun you know you'll have, the more motivated you'll be to get moving. Remember the good feelings these activities generate! Don't hesitate to try several sports until you find the one that's right for you.
- ♦ **Model Positive Physical Activity:** Make family time physical time. Build physical activity into your family's daily routine. Take a walk after dinner together or do housework or yard work together.
- ♦ **Help Children Be Active With Their Friends:** Instead of watching television or playing video games, encourage your children to be active with their friends by playing tag, basketball, or by riding bikes.
- ♦ **Encourage Physical Activity for Youth:** Be positive about the physical activities your children engage in and encourage their interest in new activities. Encourage children to talk about how physical activity makes them feel and how much fun they have when they are active.
- ♦ **Limit Screen Time:** Know how much screen time you and your children are getting and then set limits for the entire family. —The American Academy of Pediatrics (AAP) states that children 2 years or older should spend no more than 2 hours a day watching TV, playing video games, and using the computer.

Today's goals

be Active!

- Find Motivation and keep it

Cub Café

Behind the Scenes!

"It's always a highlight when these hardworking young men bring us coffee and treats!"
- Mrs. Amy Fulton

Cub Café is every staff members early morning salvation! Created and led by PMS teacher Mrs. Kelly Rowton, Cub Café is a student ran coffee shop at Powell Middle School that serves PMS staff members each Friday morning. Cub Café was started just three years ago and has been a huge success! Cub Café offers baked goods, gourmet coffees, lattes, chai teas, a variety of regular teas, smoothies, hot chocolate, and specialty drinks upon request. The \$1 - \$2 that Cub Café charges per drink goes directly back into the student ran coffee shop, covering the cost of supplies.

getting the cups lined out, double checking supply lists, and checking each order as it is taped onto a cup. The next morning, students will use Keurig machines, blenders, and other kitchen appliances to make each custom order.

Cub Café is part of a class, which means students spend time completing educational standards while also increasing a variety of vocational skill sets that include problem-solving, pragmatic and social skills, and math or money handling skills. These are all prevocational experiences that help students learn more about expectations within the workplace and also how to work with a variety of people and personalities.

Staff members order their baked goods or drinks throughout the week through the use of a google form. After the google form has closed and all the orders have been submitted, the orders are printed off and arranged by type of drink and then by the purchaser or staff member's grade level and classroom location.

Each Friday, students deliver baked goods and drinks to staff members in person, to specified locations, at specific times. Staff members may pay in person upon delivery or they may choose to set up a pre-paid account, which students also keep track of.

One thing is for sure, teachers throughout Powell Middle School love their coffee...the students or baristas love the responsibility of running their own coffee shop, it's a win-win situation!

Beverage Order Form

Order your delicious beverages here for Friday morning delivery. Delivery will start about 8:30. Admin 1030

*Required

Name: *

Your address

Room #: *

Your address

Coffee: *

"Smoothies are my favorite thing to make!"
- Student Barista

"Seeing all the skills come together while students also build relationships with other staff members is my favorite thing about Cub Café."
- Mrs. Kelly Rowton

Cub Café always makes Fridays better! I look forward to it all week." - Ms. Stacie Faxon.

On Thursday, students begin prepping to make the baked goods and drinks. Prep work includes

Shoshone Learning Center (SLC)

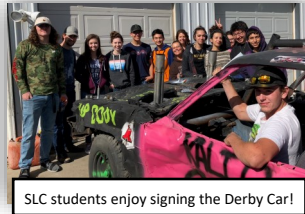
Behind the Scenes:

Article & Photo Credit: Ginger Sleep

The Shoshone Learning Center opened its doors in January of 2001 with the intent of targeting students who might benefit from a non-traditional school setting. It began with a mission of recruiting students who had recently chosen to drop out of high school and started with an enrollment of 1-3 students. Beginning around 2005-2006, the school began to focus more on credit recovery and dropout prevention strategies. Over the past 7 years, the Shoshone Learning Center has fine-tuned and found a perfect niche in Park County School District #1.

"The Shoshone Learning Center is an alternative high school that allows students to work at their own pace and earn as many credits as they possibly can in a semester. It has helped me get back on pace to graduate on time all thanks to the great support of our great staff."
- SLC Student

A huge part of the SLC program lies in both relationship building and character development. As students pursue a diploma in a self-paced environment that utilizes technology supported classes, there is a continual focus on encouragement, growth, and application of workplace skills. Real-life skills include honesty, time management, prioritization, problem solving, meeting weekly productivity expectations, practicing verbal and written communication with adults, and learning to sit through performance based evaluations and receiving constructive feedback from supervisors are implemented and practiced throughout the school year.



SLC students enjoy signing the Derby Car!

"The SLC is a relaxed environment that really enables students to do their best – it makes us WANT to do our best."
- SLC Student

Space is limited to approximately 30 students accessing the program. As part of the Alternative School title, the SLC is a school of choice. This means enrollment is based upon a student "wanting" to come to the SLC. Students follow a flow chart of required steps including attendance at a monthly meeting, submitting a formal application, and sitting through a possible interview before enrollment.

Students who attend the Shoshone Learning Center are also expected to dedicate a considerable amount of effort into post-

secondary planning. This year, 55% of students participated in a work experience, and 25% prepared for success in college by taking dual enrollment classes through Northwest College. One of the great opportunities discovered this year for workplace training was a partnership between Northwest College's Center for Training and Development where five students learned how to operate forklifts and excavators through a simulator program and demonstrate their driving skills on a proficiency test via the actual piece of equipment. Two of our students accessed this opportunity as juniors at Shoshone Learning Center and it has been wonderful to hear how they value their opportunity for workforce training. When asked about his experience on the simulators Daniel Guerrero said, "Totally love it! It has given me life training so I know what I'm doing in that position. I can use this training right out of high school so I can get a job and earn money." Another student Zak Black said, "This will broaden the horizon for future jobs." When students can effectively relate job skills learned in school to benefits out in the workforce, they stay in school and continue to work hard!

"The SLC is better than the high school in every way. I thoroughly enjoy how things are run here."
- SLC Student

As a whole, our incredible staff count ourselves truly blessed to meet students where they are and tap into hidden and known potential for learning and achievement. Of course, not everyone "fits" perfectly in a traditional mode of learning or environment and that's okay. The SLC is truly a place where students can grow, mature, and develop a strong sense of independence, belonging, and foster a hope for their future.



SLC students' City College Day Trip in Billings, MT



SLC students pictured on Veteran's Day

When you visit the SLC, it feels very similar to entering an office building. We use this unique building layout to support our focus on workplace readiness skills. The Shoshone Learning Center is not a school with bells and passing periods, and yet it is not a study hall environment. It is the perfect blend of supervision and independence for high school students who are overcoming obstacles or those with personalized learning needs. Our program supports flexibility for those struggling with medical conditions, out of school challenges, or goals that do not fit within the timelines or structure of a traditional school setting. The Shoshone Learning Center fully embraces the alternative school philosophy and supports individualized academic programming with specialized student success plans.

Do You Know?

Where To Access PCSD1 School Board Agendas & Minutes

Welcome to the ElectronicSchoolBoard

Public School Board Meetings are scheduled for the second and fourth Tuesday of each month.

Meetings are held in the Board Room of the Administrative Office, 160 North Evaris Street at 7:00 pm.

PCSD1 school board agendas and minutes are posted online every Friday afternoon before the school board meeting.

Follow the link below and click on the highlighted calendar date, agenda list, or minutes library on the right of the screen to view agendas or minutes!

<http://esbpub.pcsd1.org/>

Document Links

Board Leadership
Governance Manual

Meeting Controls

Agenda List

Reference Library

Search Engine

Board Leadership
Governance

Minutes Library

PCSD1 Counts Another Win!

Wolsborn-Drazovich Wyoming State Mathematics Contest

The Powell Middle School MATHCOUNTS Team competed in the Wyoming State Math Contest on Tuesday, April 9, at Northwest College. In this contest a battery of five timed tests were administered, each lasting twenty minutes. Each student worked individually on the tests and each test is made up of ten questions. The students receive 20 points for each correct, and a -5 points for each incorrect answer, and no points for questions left blank. There is a total of 1000 points possible.

In the 8th grade Powell took first place with a score of 2265 in the team competition. In the individual competition Dane Lauritzen placed 1st with a score of 865, Gretel Opps was 2nd with 770 points, and Josie Griffin took 3rd with 630 points.

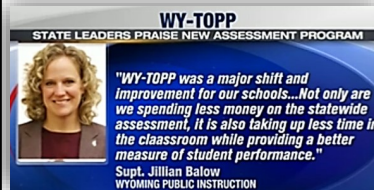
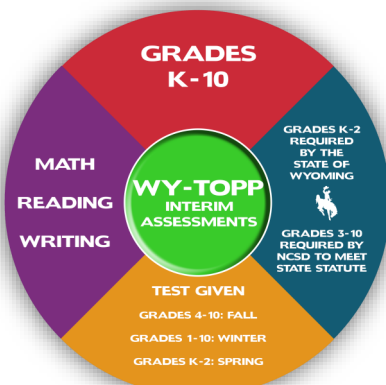
The Powell 7th grade team of Cade Queen, Gabe Rose, and Keegan Hicwa also won their division with a score of 1760 points. Cade was the top individual with 690 points and Gabe was 2nd with 650 points. Congratulations, way to make PCSD1 proud!



It's Time To Show Our Growth!

Last year, the Wyoming Department of Education (WDE) replaced the Proficiency Assessment of Wyoming Students (PAWS) test with the Wyoming Test of Proficiency and Progress (WY-TOPP) test.

The WY-TOPP test is a summative assessment by which students' achievement and growth is assessed according to Wyoming's state standards. The WY-TOPP test assesses students in English language arts, writing, mathematics, and science. PCS D1 students were introduced to brief versions of the test in the fall and winter and recently just completed the large-scale computer adaptive assessments. Testing occurred over the course of two weeks in time allotments of approx. one hour during which students demonstrated their problem solving skills and what they learned throughout the school year.



"WY-TOPP was a major shift and improvement for our schools," said State Superintendent Jillian Balow at a Wednesday news conference.

"We went from a paper and pencil, multiple-choice-only test that provided limited useful information to teachers, to an adaptable, interactive, online assessment that gives teachers

data that can be used to inform instruction. I'm so proud of the teachers, principals, tech directors, and assessment coordinators who helped make this transition as seamless as it could be for students. Now, not only are we spending less money on the statewide assessment, it's also taking up less time in the classroom while providing a better measure of student performance," said state Superintendent Jillian Balow.

You can see the WYTOPP results for every district in the state by clicking the following [Link](#).

Article Credit: Wyoming Department of Education

PHS Prom Highlights



Prom is an end of school affair where PHS students get to dress up and have a good time. This year was no exception, PHS students

community member Greg Wise for documenting these special moments for our PHS students!



celebrated at the Powell Fairgrounds after participating in the Grand March at the PHS auditorium. A big thank you to

Photo Credit: Greg Wise - visit <https://www.facebook.com/greg.wise.111> to view all PHS Grand March photos

29 YEARS OF SERVICE



Long-Time PHS Coach Retires



Coach Mac enjoys his last year as a PHS Coach!

The Powell High School girls' basketball coach Mr. Scott McKenzie, announced his retirement from coaching at the beginning of the 2018-19 basketball season, bringing an end to his 29 years of coaching at PHS.

Coach McKenzie, better known as Coach Mac, has been coaching for 30 years, 29 at PHS plus one year at Newcastle High School. At PHS, Coach Mac has coached almost every sport the school offers including basketball, volleyball, football, and golf.

Before coaching at Newcastle High School and PHS, Coach Mac was the assistant women's

basketball coach at Black Hills State University in South Dakota for three years.

"I emphasize to athletes to enjoy the journey and that there will be ups and downs along the way," Coach McKenzie said. "I tried to role model how to handle those ups and downs in hopes that athletes could transfer those experiences to the real world."

Coach McKenzie has left a positive mark on Powell High School and their athletic programs, and he will continue to make the athletic programs better as he transitions to the Athletic Director position in the coming year.

Photo Credit: Mark Davis
Article Credit: Devon Curtis, PHS Prowl Reporter

NATIONAL QUALIFIERS!

PHS Speech & Debate



Three Powell High School students, Lucy Sullivan for Lincoln Douglas debate and Aidan Hunt and Nic Fulton for their duet, qualified for the National Speech and Debate Tournament in Dallas Texas. The students met the qualification at the National Qualifiers in Green River March 15-16.

Hunt and Fulton performed the duo "I Hate Hamlet." They have done this duo all season and have consistently placed second. Although they have consistently finished well, they failed to place at the state competition but made it to the semi-final rounds.

"I felt pretty good about the season," Hunt said. "State was kind of a bummer because of physical ailments, but went into Nat Qualls feeling confident, aside from feeling sick." Added Fulton: "Evidently [we did] pretty well. I don't really have anything going on this summer that would conflict with it [National Tournament]. I mean it really depends on my partner."

Sullivan has participated in the Lincoln-Douglas Debate all season. While she did not end up placing at state, she qualified for nationals.

"I mean probably [I will go], like if everyone else goes," Sullivan said, "[My season] went pretty good. I won a lot of tournaments."

Although these students did not place in the state Competition, they have proved themselves as top ranking competitors in their district.

While this years Speech and Debate season is over for the rest of the team, Sullivan, Hunt and Fulton may have, the final word.



Members of the PHS speech and debate team pose for a picture at the national qualifier in Green River.

Article Credit: Nicole Maier-Reitz & student Holden Wilson
Photo Credit: Aidan Hunt

TRACK & FIELD VICTORY!

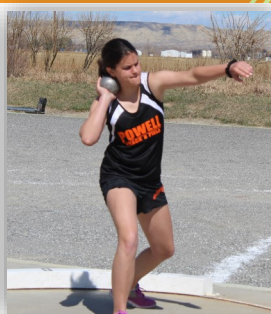
PMS Cubs Win Team Title

The Powell Middle School track and field teams hosted the Roundtable Invitational on Saturday (4/13) at the Panther Stadium, with the Cubs' seventh grade team winning the title in the five-team field. The Cub seventh graders scored 148 points. The eighth grade girls' and boys' teams finished second to Cody, while the seventh grade girls finished third, behind Cody and Worland.



Grace Coombs and Kami Jensen led the eighth grade girls, winning three individual events apiece. The pair also competed in the 4x200 relay team with teammates Sydney Spomer and Blake Nissen.

Coombs once again finished in the top spot in the shot put — with a toss of 26 feet, 11 inches — and the discus, with a throw of 99 feet, 3 inches; she also finished first in the 400 meter dash. Jensen was first in the 100 meter and 200 meter hurdles, and also won the pole vault, clearing a height of 7 feet. Sydney Spomer had a first-place finish in the triple jump, to go along with a bronze in the long jump.



For the seventh graders, Waycee Harvey won the 100 and 200 meter dashes, as well as the long jump, with a leap of 13 feet, 2 inches. K. Black won the 1600 meter run, while the relay team of Cassidy Reimer, Amiya DeFoe-Love, Gracie Wolff, and Waycee Harvey won the 4x400 meter with a time of 4:58.46.

The seventh grade Cubs won five events, taking the

team title, led by a pair of first-place finishes by Stuart Shoopman in the 100 and 200 meter hurdles. Marshall Lewis also won a pair of field events, taking the top spot in the high jump and long jump, while finishing second in the 800 meter run.

Adam Williams won the pole vault, clearing a height of 8 feet, 6 inches, a personal best. Williams was also the top Cub placer in the 200 meter dash, finishing fourth. Seston Shoopman was the top Cub finisher in the 100 meter dash with a second-place finish; he also finished second in the shot put. Tevon Schultz was third in the triple jump, with a distance of 27 feet. Wyatt Blackmore was fifth in the discus with a throw of 70 feet, 11 inches.



On the boys' eighth grade team, Jace Hyde took top place in the 400 meter dash and also placed second in both the 200 meter hurdles and the high jump to lead the Cubs. Bryan Benner won the shot put with a toss of 38 feet, 5.75 inches, while finishing second in the discus and fourth in the 100 meter dash.

Tristan Gillett was second in the triple jump, while Hyrum Jeide won silver in the 100 meter hurdles. Daniel Merritt had a pair of third-place finishes in the 800 and 1600 meter runs.

Photo Credit: Denise Catlin
Article Credit: Don Cogger



The wonderful and talented students of Southside Elementary put on a great show! Students in every grade showcased their talents and abilities in a variety of performances that included singing, dancing, musical instruments, gymnastics, comedy, and much more! The show was enjoyed by all and was a huge hit! Southside students sure do shine!



HATHAWAY SCHOLARSHIP ELIGIBILITY UPDATE



CREATING MORE OPPORTUNITIES FOR WYOMING STUDENTS



The Hathaway is awarded automatically to Wyoming students who meet certain eligibility criteria and attend an in-state college. For the past three years, the

Hathaway criteria has stayed the same, requiring students to meet numerous graduation standards & requirements. These standards and requirements are increased for the two higher levels of the scholarship.

However, the Wyoming legislation recently changed the requirements for this year's freshman and sophomore classes. According to Senate File 43, students graduating in the 2020-2021 school year, and each year thereafter, will have to satisfy the new success curriculum created by this act. Despite these changes, current seniors and juniors can elect to follow the old method or they can opt to follow the new rule change.

The new bill allows students aiming for the highest or second highest Hathaway award to focus in areas they are interested in rather than just taking classes that satisfy basic Hathaway requirements. Instead of two mandatory years of a foreign language, students can now take a more focused approach and may choose to take four years of either fine and performing arts, foreign language, or career and technical education.

The Hathaway will now be available to students who are looking to go into any type of post-high school education, whether it is welding, mechanics, to earn a degree, or to earn a certificate. This change will help students better achieve their post high school graduate goals.

The money received from the Wyoming Hathaway scholarship is given directly to the University of Wyoming or any Wyoming community college, going directly towards the student's education.

"This is a great opportunity, not just for traditional students seeking a bachelor's degree from a university, but also for those students looking to go into technical fields such as welding, mechanics and culinary,"
- PHS Guidance Counselor
Mr. Trevor Lee

Determine your eligibility status, plan your next steps and find out if you can make the move to a higher potential award tier with the Hathaway Calculator, click the following link: <https://hathawaysscholarship.org/>



Article Credit: Wyoming Department of Education & Kara Borchert

Youth Physical Activity:

The Role of Families



Being physically active is one of the most important steps to being healthy. Families play an important role in helping youth learn to be active and stay active throughout their lives.

How Does Physical Activity Help?

- Builds strong bones and muscles.¹
- Decreases the likelihood of developing obesity and risk factors for diseases like type 2 diabetes and heart disease.¹
- May reduce anxiety and depression and promote positive mental health.¹

How Much Physical Activity Do Youth Need?

- Children and adolescents should do 60 minutes (1 hour) or more of physical activity daily.²
 - **Aerobic Activities:** Most of the 60 or more minutes per day should be either moderate- or vigorous-intensity aerobic physical activity. Vigorous-intensity physical activity should be included at least 3 days per week.
 - Examples of aerobic activities include bike riding, brisk walking, running, dancing, and playing active games like tag, soccer, and basketball.
 - **Muscle-strengthening Activities:** Include muscle-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of muscle-strengthening activities for younger children include: gymnastics, playing on a jungle gym, and climbing a tree.
 - Examples of muscle-strengthening activities for adolescents include push-ups, pull-ups, and weightlifting exercises.
 - **Bone-strengthening Activities:** Include bone-strengthening physical activity on at least 3 days of the week as part of the 60 or more minutes.
 - Examples of bone-strengthening activities include hopping, skipping, jumping, running, and sports like gymnastics, basketball, and tennis.
- Some activities may address more than one category at a time. For example, gymnastics is both muscle-strengthening and bone-strengthening. Running is aerobic and bone-strengthening.
- Activities should be age-appropriate, enjoyable, and offer variety.²

How Physically Active Are Youth?

- Among 9th–12th grade students, only 11% of girls and 24% of boys said they were physically active at least 60 minutes per day.³
- Among 9–13 year olds, only 39% said they participated in organized physical activity.⁴
- In 2007, only 30% of 9th–12th grade students said they attended physical education classes every day.⁵
- In 1969, 41% of students walked or biked to school. By 2001, only 13% of students walked or biked to school.⁶
- Among 9th–12th grade students, 35% reported watching 3 or more hours of television per day.⁵

Is My Child's Aerobic Activity Moderate or Vigorous?

- When your child does moderate-intensity activity, his heart will beat faster than normal and he will breathe harder than normal. On a scale of 0 to 10, where sitting is a 0 and 10 is the highest level of effort possible, moderate-intensity activity is a 5 or 6.
 - Examples of moderate-intensity activities include brisk walking, hiking, rollerblading, skateboarding, bicycle riding, baseball and softball.



- When your child does vigorous-intensity activity, her heart will beat much faster than normal and she will breathe much harder than normal. On a scale of 0 to 10, vigorous-intensity activity is a 7 or 8.
 - Examples of vigorous-intensity activities include soccer, ice or field hockey, jumping rope, or active games that involve running.

What Kinds of Activities Are Appropriate for My Child?

- It is important for youth to participate in activities that are safe and good for their growth and development. Younger children like to move between short bursts of activity followed by short periods of rest. Adolescents do more structured and longer activities than younger children. For example:
 - For aerobic physical activity, younger children like to run, jump, or play tag for short periods of time and then take a break. Adolescents can run for longer periods of time.
 - For muscle strengthening activity, younger children enjoy active play such as gymnastics, playing on a jungle gym or climbing a tree. Adolescents may start a structured weight-lifting program.

What Can Families Do To Get and Keep Their Children Active?

Youth learn a lot about physical activity from their families. Family members who enjoy physical activity can help children enjoy physical activity. Caregivers play a very important role in determining youth participation in physical activities—how much, how often, and what type of physical activity. Caregivers can also help youth balance non-active time periods (watching TV, using the computer, or talking on the phone) and physical activity.



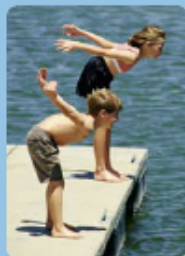
Model Positive Physical Activity:

- Lead an active lifestyle yourself.
- Make family time physical activity time.
 - Build physical activity into your family's daily routine. Take a walk after dinner together or do housework or yard work together.
 - Use local, low-cost, or free places like public parks, baseball fields, and basketball courts to be active.
 - Attend family nights or other physical activity events at your child's school or local community centers.
 - Be active whenever possible. Walk or ride bikes to school or the bus stop instead of riding in a car. Parents of young children can enjoy the walk or bike ride, too.
 - Include physical activity breaks in events such as long car trips, vacations, or visits to relatives or friends. Bring along beach balls, kites, jump ropes, or other items that can be used for active play.



Help Children Be Active With Their Friends:

- Instead of watching television or playing video games, encourage your children to be active with their friends by playing tag, basketball, or by riding bikes.
- Give your children toys that encourage physical activity like balls, kites, and jump ropes.
- Make special events physical activity events, such as activity-based birthday parties or other group celebrations.
- Encourage your children to join a sports team or try a new physical activity.



Encourage Physical Activity for Youth:

- Help youth participate in team or individual sports, as well as in noncompetitive activities such as bicycling, hiking, jogging, and swimming.
- Be positive about the physical activities your children engage in and encourage their interest in new activities.
- Help children be physically active by taking them to and from activities and events or helping them find other ways to get there.
- Encourage children to talk about how physical activity makes them feel and how much fun they have when they are active.



Limit “Screen Time” (time watching TV, playing video games, or using the computer):

- Know how much screen time you and your children are getting and then set limits for the entire family.
 - The American Academy of Pediatrics (AAP) states that children 2 years or older should spend no more than 2 hours a day watching TV, playing video games, and using the computer.⁷
- Do not use screen time as a reward or punishment for your child.
- Turn commercial breaks into activity breaks when watching TV. Do jumping jacks, push-ups, or crunches or run in place during commercial breaks.
- Turn off the television during mealtime and homework time.
- Put the TV and computer in common areas like the living room instead of your child’s bedroom.



Partner With Your Child’s School:

- Find out what physical activities are offered at your child’s school.
- Talk to the principal or write a letter to the district superintendent if you think there should be more physical education at your child’s school.
- Become a member of the school health advisory council or the Parent Teacher Association (PTA).
- Encourage the school to implement a comprehensive school physical activity program. This includes quality physical education, recess, before- and after-school physical activity clubs, walk- and bike-to-school programs, and school staff wellness programs.⁸
- Help organize special events like walk-, dance-, or bike-a-thons, walk- or bike-to-school day, or a walking school bus.
- Volunteer to help with after-school physical activity programs or sports teams.

Where Can I Find Additional Information About Youth Physical Activity?

- U.S. Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008. Available at: <http://www.health.gov/paguidelines>.
- Centers for Disease Control and Prevention. Healthy Youth! Physical Activity. Available at: <http://www.cdc.gov/HealthyYouth/physicalactivity/>.
- Centers for Disease Control and Prevention. Making Physical Activity a Part of a Child’s Life. Available at: <http://www.cdc.gov/physicalactivity/everyone/getactive/children.html>.
- Alliance for a Healthier Generation. Good Health Starts at Home. Available at: http://www.healthiergeneration.org/uploadedFiles/For_Parents/ParentResourceBook.pdf.
- National Association for Sport and Physical Education. Teacher Toolbox, Physical Activity Calendars. Available at: http://iweb.aahperd.org/naspe/template.cfm?template=teachers_toolbox.html





Be Active and Play, 60 minutes, every day!

References

1. U.S. Department of Health and Human Services. Physical activity guidelines advisory committee report. Washington, DC: U.S. Department of Health and Human Services; 2008.
2. U.S. Department of Health and Human Services. 2008 Physical activity guidelines for Americans. Washington, DC: U.S. Department of Health and Human Services; 2008.
3. Centers for Disease Control and Prevention's National Youth Risk Behavior Surveillance—United States, 2007. Unpublished data.
4. Centers for Disease Control and Prevention. Youth Media Campaign Longitudinal Survey, 2002. *MMWR* 2003;52(33):785-8.
5. Centers for Disease Control and Prevention. Youth Risk Behavior Surveillance—United States, 2007. *MMWR*. 2008;57(No. SS-4):1-131.
6. McDonald MC. Active transport to school: trends among U.S. schoolchildren, 1969-2001. *American Journal of Preventive Medicine* 2007;32(6):509-16.
7. American Academy of Pediatrics. Committee on Public Education. American Academy of Pediatrics: Children, adolescents, and television. *Pediatrics* 2001;107(5):1043-8.
8. National Association for Sport and Physical Education. Comprehensive school physical activity programs position statement. Reston, VA: National Association for Sport and Physical Education; 2008. Available at: http://iweb.aahperd.org/naspe/pdf_files/CSPAP_Online.pdf.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
National Center for Chronic Disease Prevention and Health Promotion
Division of Adolescent and School Health
www.cdc.gov/HealthyYouth

August 2009

MAY 2019

Date	Time	Event	Location
May 1	10:30am	WS - 5th Grade to BBHC	
May 3		Powell Schools Foundation Scholarship Application Due	
May 3		CE - Marathon Finale	
May 3		PS - Marathon Finale	
May 3		PMS - Orange Schedule	
May 3	9:30am	WS - Award Assembly Grades 3-5	
May 3	11:55am	WS - Award Assembly Grades K-2	
May 3	1pm	Staff Development	
May 3	4pm	PHS - Soccer: Boys JV Game	Lander Valley High School
May 3	4pm	PHS - Soccer: Girls Varsity Game	Lander Valley High School
May 3	6pm	PHS - Soccer: Boys Varsity Game	Lander Valley High School
May 3	6pm	PHS - Soccer: Girls JV Game	Lander Valley High School
May 4	9am	PMS - Track Conference 7th & 8th	Thermopolis
May 4	11am	PHS - Soccer: Boys JV Game	Pinedale High School
May 4	11am	PHS - Soccer: Girls Varsity Game	Pinedale High School
May 4	1pm	PHS - Soccer: Boys Varsity Game	Pinedale High School
May 4	1pm	PHS - Soccer: Girls JV Game	Pinedale High School
May 6	11am	WS - 5th Grade Bowling	Cody
May 6	6pm	PHS - Athletic Awards Banquet	PHS Commons
May 7	12pm	PMS - Track "Best of the Best" 7th & 8th	Cody
May 7	3:30pm	WS - PTC Meeting	Library
May 7	7pm	PHS - Music Awards Banquet	PHS Commons
May 8	8:45am	WS - 5th Grade Band Orientation	PMS
May 8	11:55am	WS - 5th Grade Middle School Orientation	PMS
May 8	2pm	WS - 2nd Grade Poetry Jam	
May 8	3:30pm	WS - Senior Tea	Westside Library
May 9	7pm	PMS - Middle School Band and Choir Concert	
May 9	7pm	PHS - Middle School Band and Choir Concert	PHS Auditorium
May 10	4pm	PHS - Soccer: Boys JV Game	Riverton High School
May 10	4pm	PHS - Soccer: Girls Varsity Game	Riverton High School
May 10	6pm	PHS - Soccer: Boys Varsity Game	Riverton High School
May 10	6pm	PHS - Soccer: Girls JV Game	Riverton High School
May 13	8:30am	WS - Kindergarten to Yellowstone Wildlife Sanctuary	
May 13	6pm	PHS - Senior Banquet	PHS Gymnasium
May 14		WS - 5th Grade Yellowstone Trip	
May 14	8:30am	Kindergarten to George Farms	
May 14	7pm	School Board Meeting	School Administration Building 160 North Evarts Powell, Wyoming
May 16		PHS - Soccer: Boys Varsity State	Jackson Hole High School
May 16		PHS - Soccer: Girls Varsity State	Jackson Hole High School
May 16		PHS - Track: Varsity State	Kelly Walsh High School
May 16	12:45pm	WS - Marathon & Waterslide	

May 17		PHS - Soccer: Boys Varsity State	Jackson Hole High School
May 17		PHS - Soccer: Girls Varsity State	Jackson Hole High School
May 17		PHS - Track: Varsity State	Kelly Walsh High School
May 17	10am	PHS - SLC: Graduation Practice	PHS Auditorium
May 17	1pm	Staff Development	
May 18		PHS - Soccer: Boys Varsity State	Jackson Hole High School
May 18		PHS - Soccer: Girls Varsity State	Jackson Hole High School
May 18		PHS - Track: Varsity State	Kelly Walsh High School
May 19	12:30pm	PHS - SLC: Graduation	PHS Auditorium
May 19	2pm	Powell High School Graduation	
May 19	2pm	PHS - Graduation	PHS Gymnasium
May 20		WS - 1st Grade to Zoo Montana	
May 20	8:30am	WS - Kindergarten Circus Rehearsal	
May 21	8:30am	WS - 2nd Grade Wild Horse Range Trip	
May 21	10:30am	WS - Kindergarten Circus	
May 21	11:30am	WS - 4th Grade to Mini Golf	
May 22		Last Day for Students	
May 23		Last Day for Teachers	
May 27		Memorial Day	
May 28	7pm	School Board Meeting	School Administration Building 160 North Evarts Powell, Wyoming

Calendar events displayed in Mountain Daylight Time/Mountain Standard Time