

November 2023

SHS HAWK TALK



From the Desk of Principal Mr. Davis:

Welcome to November! We have had an amazing year thus far! Thank you to everyone who has helped make it not only possible, but also a success. Thank you to the students, faculty, counseling team, support staff, nurse, cafeteria crew, maintenance & custodial teams, school leadership, and especially the Community of Sheridan for your time, efforts, and support! The support and efforts from everyone help continue to move Sheridan High School forward. We continue to expand our academic offerings and opportunities. We continue to find success and growth in our extracurricular and athletic opportunities. Our students continue to learn and grow in their understanding, seniors planning to go to college are receiving their acceptance letters, and grades 9-11 have taken the PSAT as a measure of their learning and college readiness. As a staff we have developed a High-Quality Instructional Framework which outlines expectations in the classroom and are working to improve and enhance our usage of Canvas for the benefit of both students and parents. Great things are happening at SHS and we are thankful you are a part of it!

Have a wonderful November and a terrific Thanksgiving

A handwritten signature in black ink that reads "Richard E. Davis".

November Reminders

Friday Nov. 3rd: Football Sectional Championship game away @ Monroe Central @ 7:00 pm

Sun. Nov. 5th: Daylight Savings Ends (Fall Backwards)

Tues. Nov. 7th: Election Day

Wed., Nov. 8th: College Financial Planning Night with INvestEd @ 6:00 pm in Auditorium

Thurs. Nov. 9th: SES Veteran's Day Program @ 7:00 pm SES Cafeteria

Friday Nov. 10th: Midterm 2nd Academic Quarter ends

Sunday Nov. 12th Chamber Choir Performance at American Legion @ 6:20-7:00 pm

Mon. Nov. 13th: Fire Drill at SHS/SMS @ 12:00 pm

Mon. Nov. 13th School Board Meeting in the SMS Central Office @ 6:30 pm

Nov. 13th -27th: Fine Arts Fundraiser Buy Texas Roadhouse Gift Cards.

More info in newsletter

Thurs. Nov. 16th: Jostens will be here at Lunch for Ring Deliveries

Thurs. Nov. 16th: Last Day for Seniors to order things in person from Jostens at lunch

Mon. Nov. 20th: SYAP Mentor Game Night in SHS Media Center

Wed. Nov. 22nd to Friday Nov. 24th **Thanksgiving Break**

Tues: Nov. 28th: 2nd Mini Career Fair (trades and manufacturing sector) 3rd and 4th period

Student of the Month



Congratulations to Noah Barrick for being chosen as the Sheridan High School *October 2023* Student of the Month.

SHS Thanksgiving Break



Nurse's Notes

November Notes from the Nurse

As we enter a colder season, please encourage frequent handwashing to prevent the spread of viruses. Remind your children to be courteous to others by covering their coughs and sneezes. As a reminder, fever greater than 100.0, vomiting, and diarrhea need to be out of school for 24 hours after the stop of those symptoms. If tested positive for COVID, one needs to isolate at home for 5 days, and can return days 6-10 with recommendation of wearing a mask. Now is a great time to receive an annual influenza vaccine or COVID vaccine/booster.

Vision screenings are completed for 8th graders, and letters were sent home to those who did not pass. If your child did not pass his or her eye exam, please follow up with an optometrist as soon as you can, and forward me any information from that visit. Vision screenings aren't required past 8th grade, but if you feel your child is struggling with their vision, I am happy to do a baseline screening for you. Feel free to reach out to me.

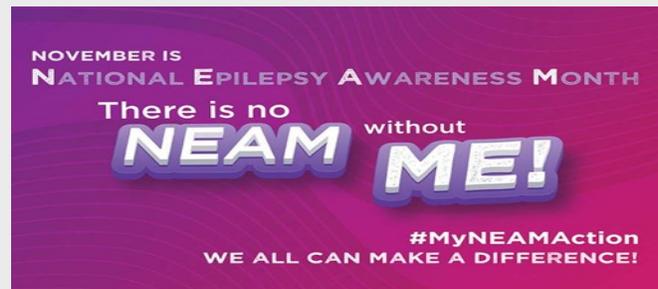
November is Epilepsy awareness month. Epilepsy is a neurological disorder characterized by seizures, and it affects more people than you may be aware of. It's always beneficial to know what to do when you witness someone having a seizure. Epilepsy.com has wonderful information to help familiarize yourself with how you can help.

To good health,

Hadleigh Fausset RN

hfausset@sheridan.k12.in.us

(317) 758-4431 x4408



NOVEMBER 9th is BLOOD DRIVE HELP SAVE A LIFE

https://donate.indiana.versiti.org/donor/schedules/drive_schedule/160268



Fine Arts students (Band/Choir/Art) will be selling Texas Roadhouse Gift Cards from Nov. 13th till Nov. 27th. For \$30 you will receive a \$25 Gift Card and 3 Free Appetizer Cards, which have a value of \$7.99 each! That's a value of \$48.97 for only \$30! Texas Roadhouse is very generous with their fundraisers, so this is a delicious way to support Sheridan's Fine Arts! Items will arrive before Winter Break, making these great holiday gifts or stocking stuffers! Ask any Fine Arts student, or teacher, starting Nov. 13th. Please make checks payable to SHS Fine Arts Boosters.



SHS Alumni Nominations

Each year Sheridan Community Schools recognizes an outstanding alumnus/alumna during Sheridan High School Commencement. Nominations are now being accepted for this honor and recognition. Please submit nominations by completing the short form at <https://docs.google.com/forms/d/e/1FAIpQLSeAUjPFBVWsj26KmSr5LlOOHISbWt4OFu-wAID7uozKyDhhsg/viewform>

Please include the nominee's name, year of graduation, accomplishments, honors, and overall reason this individual should be honored.

SUPPORT YOUR SCHOOL

READY TO START EARNING FOR SCHOOLS?

GET THE BOX TOPS APP TODAY!

In order to earn cash for your school, you'll need to use the Box Tops app on your mobile device.

BOX TOPS FOR EDUCATION EARN CASH FOR YOUR SCHOOL WHEN YOU... GET THE APP

BUY IN STORE

- BUY** Box Tops Products
- SCAN** your store receipt
- EARN** Box Tops for your school

BUY ONLINE

- 1 SIGN UP** on the app or at BTFE.com
- 2 SHOP** online
- 3 FORWARD** your digital receipt
- 4 EARN** Box Tops for your school

All student drivers must register their vehicle and obtain a parking permit through the high school office. At the time of application, the student must present a current vehicle registration, valid Indiana driver's license, and the vehicle's license number and description. Once the student has registered, the form must be endorsed by the Parent/Guardian and returned to the office where the form will remain on file. A parking permit will be issued to the student.

STUDENT EXPERIENCES



CAREER EXPLORATION DAYS SYAP

Over 130 Sheridan students grades 7-12 visited the career exploration day sponsored by the Sheridan Youth Assistance Program on October 25th. Students learned about careers in business and technology from eight local businesses and training programs including American Family Insurance, Horizon Real Estate of Indiana, First Farmers Bank and Trust, The Farmers Bank, Legacy Images, Melanie Bales Photography, Ivy Tech, and Eleven Fifty Academy. Thank you to all for spending a morning with our students! High school students visited during 3rd period and SRT. Students received a "Career Bingo" card to help them ask questions and find out career information from our visitors.

SYAP's next career exploration day will be Tuesday, November 28th. It will feature careers in the trades and manufacturing sector. Your student can attend by emailing their request to Mrs. Sabelhaus or by telling their SRT teacher they would like to attend

COSTA RICA 2024!

Spanish students & families:

Registration is live for our 8-day adventure to Costa Rica in June 2024!

Visit eftours.com/2578049MR for all the details, or contact Ms. Cali or Mrs. Bontrager for more information.



Student Drop-Off Pick-Up

The School Day

Drop off and Pick up are to be on the side of the High School off of Fanning Road.....NOT IN THE FRONT OF THE HIGH SCHOOL

Students may enter the building at 7:30 am. Dismissal time for the high school is 2:55 pm. Students are not to be in the building unsupervised after 3 pm. Students waiting for rides after school should wait in the vestibule at the front of the building.

Daily Class Schedule (Mon., Tues., Thurs., & Fri.) - 1st period class begins at 8 am.

Wednesday (Late Start) Class Schedule - 1st period Class begins at 8:25

Order a 2023-2024 YEARBOOK!!

YEARBOOKS ARE MEMORIES FROM COVER TO COVER

ORDER YOURS TODAY
jostensyearbooks.com | 1-877-767-5217

TOP REASONS TO ORDER
2022-2023 SHERIDAN HIGH SCHOOL YEARBOOK!

- Premium price at all the things
- Your future self will thank you
- Pay in 3 easy payments
- Signing day is the best day
- SO MANY MEMORIES
- It's the lowest price of the year!

NOW \$55.00
 That's a savings of \$10.00
 Order by 09/02/2022

Yearbook	\$55.00
Signature Package	\$74.00
Autograph Yearbook, Personalization, Color	
Autograph Section, Autograph Page	\$9.00
Personalization	\$9.00
Books	FREE
Autograph Section	\$3.75
Photo Pickets	\$4.50
Clear Protective Cover	\$4.00
Online Yearbook	\$65.00

We, Jostens and its dealers, hereby warrant the quality of our products. Online and in-store purchases are available for orders \$50.00 or more.

You can still order your Yearbooks just at the higher price of \$65.00

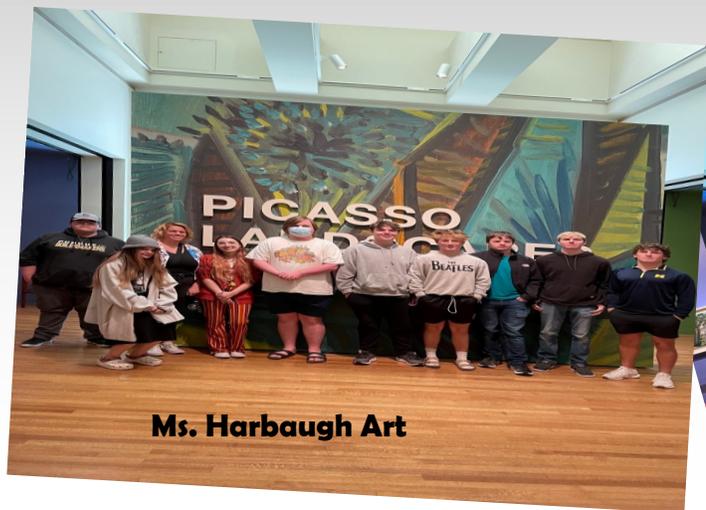
PROUD TRADITION – BRIGHT FUTURE

STUDENT EXPERIENCES

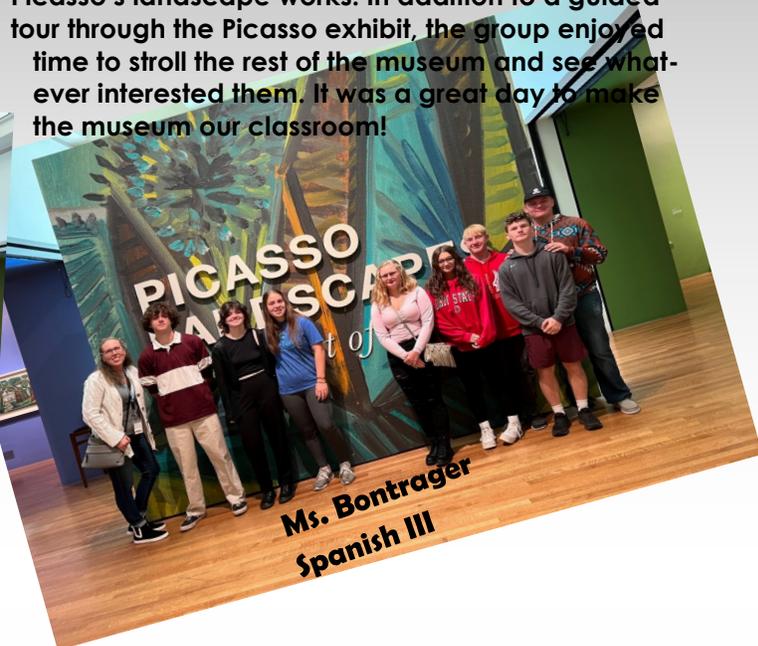


On September 26, Ms. Harbaugh and Art students, Mrs. Bontrager and Spanish III students, as well as volunteer parent chaperones took a field trip to the Cincinnati Art Museum to experience their temporary

exhibit *Picasso: Out of Bounds*. Students learned about the early life and ever-changing style of Pablo Picasso's landscape works. In addition to a guided tour through the Picasso exhibit, the group enjoyed time to stroll the rest of the museum and see whatever interested them. It was a great day to make the museum our classroom!



Ms. Harbaugh Art



**Ms. Bontrager
Spanish III**

CONGRATULATIONS LADIES

I am proud to tell you that I have several students who just had their work accepted into the Franklin College High-school art show. There were more than 400 submissions from high schools across all of Indiana. Alexis Muller, Lucy Cooper, Avery Matthews, and Grace Prater all had work accepted. These students are now eligible to win awards from the college that include cash prizes as well as scholarships. Selected artworks will be exhibited in the Johnson Center for Fine Arts on the Franklin College Campus from Oct. 29th through Nov. 11th.

Grace Prater



Avery Matthews



Lucy Cooper



Alexis Muller



PROUD TRADITION – BRIGHT FUTURE

Sheridan Middle & High Schools
are thrilled to present:



SHREK
The
MUSICAL

Saturday, March 23rd 2pm & 7pm
Sunday, March 24th 2pm

In the newly renovated
Joyce Cline Auditorium
at SMS/SHS

Audition information can be found at
sites.google.com/sheridan-schools.org/finearts

Athletics



Blackhawks



Important Information

Girls Soccer Team Wins Sectionals First Time in BLACKHAWK HISTORY!!



PURCHASE A SPORTS PASS or SINGLE GAME TICKETS @ <https://websites.eventlink.com/s/sheridan/Tickets>

Athletic Website: <https://sheridanathletics.net/>

Sheridan High School - 24185 N. Hinesley Rd. - Sheridan, IN - 46069

Athletics



Blackhawks



Important Information

ANY STUDENT THAT ORDERED A LETTER JACKET ON OCTOBER 12th...



Congratulations to our very own 2023 -2024 Girls Soccer Sectional 37 Champions! Way to go Blackhawks!



SENIORS



Congratulations Nova Cross for breaking the career assist record as a junior.

**1,000 Assists!!
Awesome Work!**



PURCHASE A SPORTS PASS or SINGLE GAME TICKETS @ <https://websites.eventlink.com/s/sheridan/Tickets>

Athletic Website: <https://sheridanathletics.net/>

Sheridan High School - 24185 N. Hinesley Rd. - Sheridan, IN - 46069

Athletics



Blackhawks



Important Information

Visit our **EVENTLINK** ticket site to purchase a SEASON PASS for basketball. This is a quick and easy way to get in and out of games!

Use the self validate option make your entry quick and easy!

<https://websites.eventlink.com/s/sheridan/Tickets>

Pay once and attend all BB home games.

ARE YOU A SHERIDAN SUPER BASKETBALL FAN! DO YOU ATTEND ALL LEVELS OF GAMES!

Purchase our ADULT SPORTS PASS \$150.00 and use for EVERY game all year long! (Basketball season savings of \$102.00 alone)

SHS Athletic Leadership Council



Get that WIN Blackhawks! Good luck as you proceed in SECTIONAL play.

11/3/23 Game at Monroe Central , 7 pm

SHS FOOTBALL



Track or Treat



When: October 30th

Where: Sheridan High School Track

Who: Sponsored by Student Council

Our Sheridan community was invited. Candy was handed out by our athletic teams and clubs. Trick or Treaters came dressed in their best Halloween costumes. What a great time!!!



PURCHASE A SPORTS PASS or SINGLE GAME TICKETS @ <https://websites.eventlink.com/s/sheridan/Tickets>

Athletic Website: <https://sheridanathletics.net/>

Sheridan High School - 24185 N. Hinesley Rd. - Sheridan, IN - 46069

Apply today!



become a mentor

Do you believe in Sheridan youth?
Can you spend 4 hours a month for 1 year
with a middle school student?

<http://youthassistance.org/become-a-mentor-sheridan>

or call/text 317-647-5063

OUR OWN **AMAZING SYAP** has plenty of resources.
Please check these out and also consider being a
mentor for one of our Youth.



Adams Township Trustee
MAMA's Cupboard
Sunflower Pantry

ATTENTION Sheridan Community Residents ARE YOU STRUGGLING & NEED HELP PAYING YOUR WINTER ENERGY BILL

Apply online at:
<https://www.gsnlive.org/energyassistanceprogram>
or contact any of these office for a paper application.

- > Adams Township 317-758-1029
- > Sheridan Youth Assistance 317-758-4431 ext. 4400
- > MAMA's Cupboard 317-758-1338
- > Sunflower Pantry 317-379-3633 senior citizens only

Required Information - No Exceptions PROVIDE COPIES ONLY - NO ORIGINALS

Please submit your application to Good Samaritan Network - who is administering EAP on behalf of Area IV in Hamilton County.

1. Photo ID for the person completing and signing the application.
2. Proof of SSN for each member of the household. This may be one of the following:
 - Copy of Social Security card, Copy of a valid U.S. passport, Copy of a valid state-issued REAL ID, Copy of a pre-printed federal form, such as correspondence from the Social Security Administration or a W-2, that contains the person's name and full, unredacted SSN.
3. Current documentation of income for all household members age 18 or over. This may include:
 - Employment/wages - Most recent paystub, Request for Earnings information form - contact GSN.
 - Social Security/SSI/VA benefits - Most recent award letter (may be downloaded from online), Bank statement
 - Pension/retirement - Award letter
 - Self-Employment - Most recent Form 1040 tax return, with all appropriate self-employment schedules.
 - Unemployment Benefits - Completed release of information form for DWD, Full print-out of your most current Uplink statement.
 - Alimony/spousal support/Worker's Compensation/Private disability - Any documentation of payments received
 - Odd Jobs/irregular income/No Income - Completed Income Verification form - contact GSN.
4. Current, complete bills for your electric, heating, and water/wastewater utilities.
 - If you heat with bulk deliverable fuel, provide most recent delivery receipt.
 - If utilities are included in your rent, please provide a completed Landlord Affidavit.

Depending on household circumstances, additional documentation may be required.



Clothing Giveaway
Come shop on
Saturday, November 4
9:00 a.m. - 12:00 p.m.
Sheridan Elementary School
Cafeteria

Clean and Gently Used Items

Call Lisa at 317-647-5063 with any questions.



Partnership between Sheridan Youth Assistance, MAMA's Cupboard,
Sheridan United Methodist Church

**Sheridan
Community
Holiday Assistance**

**Deadline to apply
Friday, November 17**

www.youthassistance.org/sheridan-news
You must live in or attend the
Sheridan Community School District to be eligible.



If you would like to sponsor a family or
make a donation, please contact Lisa at
LSamuels@sheridan.k12.in.us

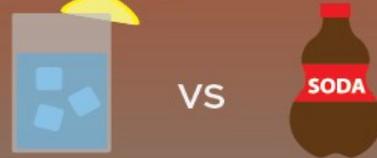


tweak the sweets



fruits make delicious desserts

cheers to good health



drink water to manage calories

bake healthier



use recipes with pureed fruits instead of butter or oil

spice it up



use spices and herbs instead of sugar and salt

brighten your meal



fill half your plate with fruits and vegetables

skim the fat



try skim evaporated milk instead of heavy cream

swap the grains



choose whole wheat flour instead of white flour

go easy on the gravy



a little bit of gravy goes a long way

Happier Holidays

Gratitude, derived from the Latin word "gratia," meaning grace and gratefulness, is more than just saying "thank you." It's about appreciating the goodness in our lives, often coming from sources beyond ourselves. Research in positive psychology consistently shows that gratitude is strongly associated with greater happiness, positive emotions, and improved mental health.

Encouraging your children to practice gratitude can have a profound impact on their well-being. In one Harvard study, participants who were tasked with recording early memories or writing letters of gratitude rated themselves significantly happier after the study was completed. By working these kinds of exercises, you can help you child connect to something larger than themselves, foster positive emotions, and strengthen their relationships. **Turn page for coloring fun!**

Learn more: <https://www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier>



Healthier Holidays

We often find ourselves gathered around food this time of year, which often accompanies celebrations with family and friends! But from a health-perspective, it's also good to be mindful about how we move through the season.

Heather Tressler, a registered dietitian at Penn State Health Milton S. Hershey Medical Center, shares expert tips:



1. Moderation is Key:

Special holiday meals and once-a-year treats are part of the season's charm. Enjoy them without guilt, but watch portion sizes to maintain balance.

2. Balance Your Plate:

While relishing holiday favorites, remember to include vegetables and protein in your daily diet. Honoring your hunger and avoiding perfectionism are essential.

3. Keep Moving:

Despite holiday distractions, maintain exercise. Even 20-30 minutes of daily activity, like indoor workouts or outdoor strolls, can alleviate stress.

Use these tips to savor all the flavors this holiday season, while being mindful about the healthy habits we all want to learn and share as a family!

Learn more: <https://www.psu.edu/news/hershey/story/medical-minute-tips-staying-healthy-season-sweets/>



Helpful Holidays

America Recycles Day, celebrated annually on November 15th, provides an excellent opportunity to educate students about the importance of recycling and its impact on their well-being.

Recycling is more than just separating plastic, paper, and glass. By participating in recycling initiatives, children learn to reduce waste, conserve natural resources, and decrease pollution – all of which contribute to a cleaner, healthier environment. Engaging in recycling activities also fosters a sense of community and cooperation, as children work together towards a common goal.

This America Recycles Day, encourage your student to participate in recycling programs at school and at home. Together, we can raise a generation that not only cares for their well-being, but also for the well-being of the Earth.

Learn more: <https://www.epa.gov/circulareconomy/america-recycles-day>



NOVEMBER 2023 SHERIDAN MIDDLE AND HIGH SCHOOL

BREAKFAST



School Information:

NOV. 1ST E-LEARNING DAY
NOV. 22ND-24TH THANKSGIVING BREAK 🍂



November 25 is National Parfait Day! Enjoy a low-fat yogurt parfait for breakfast, snack or lunch. Top with fruit and nuts to get in two more food groups. Look for seasonal flavors of yogurt or a fruit that's in season to add variety throughout the year.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		E-LEARNING DAY	DUTCH WAFFLE, FRUIT, JUICE, MILK	BREAKFAST SANDWICH, FRUIT, JUICE, MILK
BREAKFAST PRETZEL STICK, FRUIT, JUICE, MILK	MINI PANCAKES, FRUIT, JUICE, MILK	"GRAB AND GO" FRUIT, JUICE, MILK	BREAKFAST WRAP, FRUIT, JUICE, MILK	STRAWBERRY MINI BAGEL, FRUIT, JUICE, MILK
CHOCOLATE FILLED CRESCENT, FRUIT, JUICE, MILK	BREAKFAST PIZZA, FRUIT, JUICE, MILK	"GRAB AND GO", FRUIT, JUICE, MILK	FRENCH TOAST, FRUIT, JUICE, MILK	APPLE FRUDEL, FRUIT, JUICE, MILK
PANCAKE SAUSAGE WRAP, FRUIT, JUICE, MILK	COOK'S CHOICE, FRUIT, JUICE, MILK	THANKSGIVING BREAK	HAPPY THANKSGIVING	THANKSGIVING BREAK
CINNAMON ROLL, FRUIT, JUICE, MILK	BREAKFAST SANDWICH, FRUIT, JUICE, MILK	"GRAB AND GO", FRUIT, JUICE, MILK	WAFFLES, FRUIT, JUICE, MILK	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

NOVEMBER 2023 SHERIDAN MIDDLE AND HIGH SCHOOL

LUNCH



School Information:

NOV. 1ST E-LEARNING DAY
NOV. 22ND-24TH THANKSGIVING BREAK



November is National Peanut Butter Lovers Month. Peanut butter can be enjoyed in a granola bar, mixed into yogurt to make a fruit dip or spread on bread for a classic peanut butter sandwich.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		E-LEARNING DAY	COUNTRY FRIED STEAK, MASHED POTATOES, GRAVY, ROLL, GREEN BEANS, FRESH FRUIT, MILK	National Sandwich Day GRILLED CHEESE, TOMATO SOUP, SALAD, APPLESAUCE, MILK
MINI CORN DOGS, COOKED CARROTS, SALAD, JUICE, PEACHES, MILK	CHICKEN FAJITA NACHOS, SALSA, REFRIED BEANS, FRESH FRUIT, MILK	LASAGNA ROLL-UP, GARLIC BREAD, MARINARA SAUCE, BROCCOLI, MIXED FRUIT CUP, MILK	CHICKEN TENDERS, WHIPPED POTATOES, GRAVY, CORN, ROLL, BUTTER, FRESH FRUIT, MILK	BLACKHAWK BURGER LETTUCE, TOMATO, PICKLE, ONION, BAKED BEANS, <u>CHIPS</u> , <u>APPLESAUCE</u> , MILK
EGG SCRAMBLER, HASH <u>BROWN</u> , <u>SAUSAGE</u> , CINNAMON ROLL, JUICE, FRUIT, MILK	CRISPITOS, SALSA, CHURRO BEANS, MEXI CORN, MIXED FRUIT, MILK	BOSCO STICKS, MARINARA SAUCE, MIXED VEGGIES, FRESH FRUIT, MILK	THANKSGIVING LUNCH TURKEY, MASHED POTATOES, GRAVY, GREEN BEANS, ROLL, FRUIT, MILK, TREAT	TOP YOUR OWN BAKED POTATO, CHEESE, HAM, BROCCOLI, BUTTER, ROLL, FRUIT, MILK
TEXAS CINNAMON FRENCH TOAST, SAUSAGE, HASH BROWNS, TOMATO JUICE, FRUIT CUP, MILK	😊 COOK'S CHOICE, MAIN ENTRÉE, VEGGIE, FRUIT, MILK	THANKSGIVING BREAK	😊 HAPPY THANKSGIVING	THANKSGIVING BREAK
SAUSAGE GRAVY, BISCUIT, SAUSAGE, TATER TOTS, TOMATO JUICE, WARM SPICED <u>APPLES</u> , MILK	CHICKEN in ALFREDO, SAUCE, NOODLES, BREAD STICK, CARROTS, <u>BROCCOLI</u> , <u>FRUIT</u> , MILK	WALKING TACO, MEAT & CHEESE, SALSA, REFRIED BEANS, SALAD, FRESH FRUIT, MILK	BLACKHAWK BOWL, CHICKEN POPPERS, WHIPPED POTATOES, CORN, CHEESE, ROLL, APPLESAUCE, MILK	THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.