



# *Flinthills Flyer*

*USD 492 HOME OF THE MUSTANGS*

February, 2020

## FMS Students Attend Southern Plains Honor Band

On Saturday, February 8, nine middle school students attended the Southern Plains Honor Band at Andover. Alex Scribner and Parker Chambers were in the White Band; Brylee Heimgartner, Katelynn Corter, and Yeva Nikolskaya-Taylor were in the Blue Band; Karynn Gleason was in the Stars Band; and Joliene Dragoo, Kianna Mantanona, and Kyle Parker were in the Rockets Band. They spent the morning and early afternoon rehearsing with their bands and presented concerts beginning at 2:30.



## 12 Days of Safe Driving

On the 3rd of December the 12 days of safe began and was ran by Mrs.Austin and the school safe team. Every morning in the commons the safe team had sign up sheets. You had to sign your name to promise to always wear your seatbelt and be safe. After the bell rang there would be a drawing for different prizes. The last day of 12 days of safe was the 18th of December, the day before Christmas break.

Article written by: Megan Clark



# *Congratulations*

to Debbie Cordts!

She was selected as the

December Employee of the Month!



## Flinthills Teacher Awarded with SKT Grant

High School English teacher, Mrs. Rosenquist, was awarded a prize for entering a writing contest hosted by SKT Companies. She was among dozens of other applicants who described how they use SKT High-Speed Internet in the classroom. As students in Mrs. Rosenquist's class know, the internet is a resource used daily in her classroom for assignments, text materials, and resources.

Mrs. Rosenquist thanks SKT for providing her classroom with a new Amazon Fire tablet. She uses it to link with Audible to provide students with enrichment while reading books such as *Uncle Tom's Cabin*, *A Connecticut Yankee at King Arthur's Court*, and *The Scarlet Letter*.

## Middle School Scholars Bowl

This year's Middle School Scholars Bowl season begins on February 10, but the preparations have already begun! The first practice was on Wednesday, December 18. As last year, this year's team sponsor is Mrs. Rosenquist. When asked about her opinion of the upcoming season, she responded, "I am excited for the start of a new season! I love Scholars Bowl! It is fun to see kids learn and compete. I'm hoping that we perform better than last season by answering more questions correctly each round." The team has big shoes to fill since they are league champions.

The Middle School Scholars Bowl season runs on Monday evenings the month of February with the final league meet in March. Flinthills will host a meet on Monday, February 17 at 4:30 PM in the high school. If you are interested in helping serve as a moderator/reader or judge for one of the rooms, please contact Mr. Scribner.



# STUDENTS OF THE MONTH



High School Student of the Month

## Morgan Holcomb

Parents – Alana & Travis Holcomb

Hobbies – Hanging out with friends and

Kolby and helping with MS drama classes

Activities – Volleyball, Basketball, Theatre,  
Forensics, NHS, FCA, STUCO VP, and  
ITS

Favorite Class - Forensics

Middle School Student of the Month

## Riley Garcia

Parents – Genaro & Tresa Garcia

Hobbies – Ceramics, goats, basketball, base-  
ball, and playing games

Activities – Cheerleading, Basketball Manager,  
FFA, Band, 4-H, and Church Deacon

Favorite Class - Art



Intermediate Student of the Month

## Harley Wright

4th grade

Parents – Allen & Candy Wright

Hobbies – Basketball

Favorite Class - Math



## Kansas State Theatre Conference

Congratulations, Savannah McCreight, for receiving a Superior Rating in Solo Acting at the Kansas State Theatre Conference! Savannah is qualified to perform at the International Thespian Society Conference at the University of Indiana this June! Congratulations,



also, to our Charades team! They were one of three teams to place 1st in their heat against 36 other teams. Their competitors included Olathe, Blue Valley, Wichita, Andover, Goddard, Eisenhower, Derby, Valley Center, Leavenworth, Manhattan, and Burlington, among others. Excellent job, Sarah Hinnen, Reagan Heimgartner, Tabitha Brown, Kaily Gilman and Kylee Weis!

Congratulations to Amanda Brown and Abby Hilyard for receiving Honorable Mention in the Scholastic Art & Writing competition. This is a prestigious nationwide art competition and

## Scholastic Art and Writing Competition

only a handful of entries are selected. Taylor Sutton, Joey Becker and Yana Taylor also stepped up and competed. Mrs. Austin is very proud of all of you!



## Mustang Boys Basketball

The high school boys played Central Burden last night. The Mustangs were victorious over the Raiders. The final score was 73-66. Each mustang player contributed by scoring for the team win. The team travels to Wichita Classical on Friday. Thank you all for supporting the hard work the boys are putting in! Let's go Mustangs!

# 10 Reasons Teens Have So Much Anxiety Today

We've created an environment that fosters anxiety rather than resilience.

Posted Nov 03, 2017 The New York Times recently published an article called, "Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?" The author chronicled several teens' battle with anxiety over the course of a few years.

The article questioned why we're seeing such a rise in anxiety among today's youth. As a psychotherapist, college lecturer, and author of *13 Things Mentally Strong Parents Don't Do*, I agree that anxiety is a widespread issue among adolescents. It's the most common reason people of all ages enter my therapy office. Some young people are overachieving perfectionists with a crippling fear of failure. Others worry so much about what their peers think of them that they're unable to function.

Some have endured rough circumstances throughout their young lives. But others have stable families, supportive parents, and plenty of resources.

I suspect the rise in anxiety reflects several societal changes and cultural shifts we've seen over the past couple of decades. Here are the top 10 reasons:

## 1. Electronics offer an unhealthy escape.

Constant access to digital devices lets kids escape uncomfortable emotions like boredom, loneliness, or sadness by immersing themselves in games when they are in the car or by chatting on social media when they are sent to their rooms.

And now we're seeing what happens when an entire generation has spent their childhoods avoiding discomfort. Their electronics replaced opportunities to develop mental strength, and they didn't gain the coping skills they need to handle everyday challenges. 2. Happiness is all the rage.

Happiness is emphasized so much in our culture that some parents think it's their job to make their kids happy all the time. When a child is sad, his parents cheer him up. Or when she's angry, they calm her down.

Kids grow up believing that if they don't feel happy around the clock, something must be wrong. That creates a lot of inner turmoil. They don't understand that it's normal and healthy to feel sad, frustrated, guilty, disappointed, and angry sometimes, too.

## 3. Parents are giving unrealistic praise.

Saying things like, "You're the fastest runner on the team," or "You're the smartest kid in your grade," doesn't build self-esteem. Instead, it puts pressure on kids to live up to those labels. That can lead to crippling fear of failure or rejection.

4. Parents are getting caught up in the rat race. Many parents have become like personal assistants to their teenagers. They work hard to ensure their teens can compete: They hire tutors and private sports coaches and pay for expensive SAT prep courses. They make it their job to help their teens build transcripts that will impress a top school. And they send the message that their teen must excel at everything in order to land a coveted spot at such a college.

### 5. Kids aren't learning emotional skills.

We emphasize academic preparation and put little effort into teaching kids the emotional skills they need to succeed. In fact, a national survey of first-year college students revealed that 60 percent feel emotionally unprepared for college life. Knowing how to manage your time, combat stress, and take care of your feelings are key components to living a good life. Without healthy coping skills, it's no wonder teens are feeling anxious over everyday hassles.

### 6. Parents view themselves as protectors rather than guides.

Somewhere along the line, many parents began believing their role is to help kids grow up with as few emotional and physical scars as possible. They became so overprotective that their kids never practiced dealing with challenges on their own. Consequently, these kids have grown up to believe they're too fragile to cope with the realities of life.

### 7. Adults don't know to help kids face their fears the right way.

At one end of the spectrum, you'll find parents who push their kids too hard. They force their children to do things that terrify them. On the other end, you'll find parents who don't push kids at all. They let their kids opt out of anything that sounds anxiety-provoking.

Exposure is the best way to conquer fear but only when it's done incrementally. Without practice, gentle nudging, and guidance, kids never gain confidence that they can face their fears head-on. 8. Parents are parenting out of guilt and fear.

Parenting stirs up uncomfortable emotions, like guilt and fear. But rather than let themselves feel those emotions, many parents are changing their parenting habits. So they don't let their kids out of their sight because it stirs up their anxiety, or they feel so guilty saying no to their

kids that they back down and give in. Consequently, they teach their kids that uncomfortable emotions are intolerable.

### 9. Kids aren't being given enough free time to play.

While organized sports and clubs play an important role in kids' lives, adults make and enforce the rules. Unstructured play teaches kids vital skills, like how to manage disagreements without an adult refereeing. And solitary play teaches kids how to be alone with their thoughts and comfortable in their own skin.

### 10. Family hierarchies are out of whack.

Although kids give the impression that they'd like to be in charge, deep down they know they aren't capable of making good decisions. They want their parents to be leaders—even when there is dissension in the ranks. And when the hierarchy gets muddled—or even flipped upside down—their anxiety skyrockets.

How to Address the Anxiety Epidemic We've created an environment that fosters anxiety in young people, rather than resilience. And while we can't prevent all anxiety disorders—there's definitely a genetic component—we can do a better job helping kids build the mental muscle they need to stay healthy.

# Principal's Corner

**WISE words** from Academic Mindset and good advice to follow in everyday life...

Every student has a bad day or makes a mistake. Some are small, like missing a question you know on a test or forgetting a homework assignment. Some are big, like skipping class or cheating on an assignment. No matter what the mistake was, it is so important for you to find ways to move on from them. Here are 5 ways you can turn a mistake into a positive learning experience.

1. Admit the mistake – Often times we have trouble moving on from a mistake because we hide it behind excuses. You can't move on from a mistake you are hiding. Own it!
2. Forgive yourself – Accept that you are not perfect and the mistake already happened. Remind yourself that you can't go back in the past and undo it, you can only look to the future. Forgive the mistake and look to the future.
3. Look for red flags – Ask yourself how you let the mistake happen? What led to this mistake? Learn how to spot the red flags that got you into a bad situation. Instead of saying that you need to avoid the mistake, avoid those red flags that even brought up the opportunity for you to make the mistake in the first place.
4. Get accountable – Find friends, parents, teachers, coaches, or other people who are invested in your life. Tell them what your mistake was and what you want to avoid in the future. Let them hold you accountable. Get support for moments when you feel weak and want to repeat the mistake. Mistakes get cut down much quicker with a team in your corner.
5. Set stronger goals – It is much easier to make mistakes if you don't have a reason NOT to. If you keep falling into the same type of mistake, set a goal that will not be reached if that mistake keeps happening. That way, you remain motivated to forgive yourself of the past mistakes, remain mindful of your red flags, and remain accountable for your actions moving forward.

Every mistake can either be a barrier that prevents you from having a strong mindset, or a learning experience that actually strengthens your mindset. Make choices that improve your life always!



## Shout Outs

1/10/2020

Shout out to the snow removal crew! -Erik Sorum

Shout out to Leesa for all you do this first semester keeping everyone where they need to be. -Erik Sorum

I'd like to thank Casey, Tammy and Sam for their help getting things in order for me when I was sick for a few days. It's nice to be able to put together sub plans from home and know that I have some folks here who will pull together the loose ends. You're the best! -

Laureen Simon

Shout out to Stephanie Girty for all the work on the Angel Tree and gifts for families. -Erik Sorum

Shout to Mario Triana for building a fun balance beam for the primary students on their playground! -Halley Myrick

Shout out to Mrs. Hinnen for accompanying me and a group of girls to a conference in Salina! -Bryna Boldra

Shout out to Mr. Gawith for getting me a new key fob! -Bryna Boldra

Shout out to all the staff and the students at the primary school...Congrats on a great week back at school staying focused on what is important and getting back into the groove so quickly. You've all done an amazing job! -Michelle Nelson

Shout out to Dennis Switzer. Thank you for all you do for the us at the primary building. -Michelle Nelson

Shout out to Bella Wight for helping clean the stands after the basketball game on Monday night. -Karen Hinnen

## Playing Favorites: A Guest Essay

A wise old coach once agreed to a meeting with a concerned parent. The parent was not happy about the playing time being given to his or her young student-athlete. Part of the discussion moved to a point where the parent indicated that it was possible that the coach was playing favorites. Sensing a possible teachable moment, the wise old coach told the parent that he did indeed play favorites.

The parent was shocked at this bold admission and wanted to press the point. But before the parent could steer the discussion in a dangerous direction, the wise old coach asked to be able to explain how he picked his “favorite” players. He explained that once the parent could see how favorites were selected, the meaning of his words would be much clearer and make more sense.

The coach proceeded to include a very lengthy list of the characteristics of his “favorite” players. He told the parent that his favorites were players that always arrived at practice early and were some of the last to leave. They worked the hardest and complained the least. His favorites worked as hard off the court as on, and even if they were not the best in the classroom, they gave maximum effort. They did all that was asked of them in class and never became problems for the teachers or school administrators. The same behavior was exhibited in the practice arena during the offseason and during the regular season. As hard as they worked, the favorites also encouraged others to do so by example.

He continued by saying his favorites did not always possess the most athletic ability, but they worked to maximize what talent they had been given. They worked year round to improve their skill level and awareness of the game. They also worked to make their teammates better in the process.

These favorites were game intelligent and never made the crucial mental errors that cost their team. They always stayed under control and never let their emotions get the better of them. Never did they lose their composure in a game or practice and show up their coaches, teammates or officials. Often they were a calming influence on teammates and fans that were about to go over the edge. They never did anything that would embarrass the school, team or community. They were the kind of people that would make any parent proud.

The wise old coach concluded by saying that the name on the back of the jersey had nothing to do with his determination of any favorite player. The status of the parents in the community, the job held by either parent, the athletic background of any family members or the amount of time and/or money donated to the program were never part of the equation. Rather, the ability to put the goals and expectations of the school and team ahead of all personal glory were a major determining factor when deciding favorites. Community opinion and social media buzz are also never a factor.

So the next time a student-athlete, patron, parent or casual fan wants to talk to you about coaches choosing and playing favorites on their teams, remind them of the words of the wise old coach. The favorites that play on interscholastic athletic teams do so for a reason. Playing time is always earned and never given. The favorites that show up on game nights have been workers, leaders and team players long before the lights come on, the fans enter the venue and the games begin.

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<http://www.kshsaa.org/Publications/January.pdf>



# Spelling Bee Winners!!!

On January 15th the annual spelling bee was held at Flinthills. From many participants, winners emerged.

Intermediate winners are Jacob Hudson and Kendall Wilson. Jacob earned 1st place and Kendall was runner up.

Middle School winners were eighth grader, Jared Stopczynski in 1st place; eighth grader, Kolby Holcomb in 2nd; and seventh grader, Emily Scribner placing 3rd.

Winners will represent the school at the Butler County Spelling Bee on February 7th at 1:00 PM. Many of the Butler County schools will be participating in the spelling bee that day.



**After Prom Party News**

## **Congratulations to Ginger Wieckhorst!!**

Ginger had the winning ticket from our first drawing and won 50 - 60 pounds of beef! A second drawing for beef will be held Friday, February 14th. Only a few tickets remain. There will be one last chance to be a winner with a drawing on March 14th. Contact a junior or senior or Mrs. Hinnen for tickets.

Our next fundraiser will be a Basket Silent Auction on February 18th during the home basketball game. Themes of baskets from past years included the following: KU/K-State, pampering, movie night, baked goods, KC Chiefs, pork or beef, etc. Come checkout the items before and during the game and place your bid. Parents, please contact Toni Gauthier at 316-305-9969 if you would be able to donate. All baskets should be delivered to Mrs. Hinnen's room either February 17th by 4:00 p.m. or on February 18th to the high school commons area by the concession stand.

**Mark your calendars!** The First Annual Flinthills Father/Daughter Dance will be held on Sunday, April 4th from 2:00 - 4:00 PM. The cost will be \$25 per couple. Snacks and drinks will be provided. More info to follow in the March *Flyer*.

## Twist

Teen Women In Science and Technology is an organized visit for high school girls to K-State. You sign up for different sessions you want to attend like dentistry, veterinary medicine,



accounting, and others. Then you get a schedule for the day and get to attend three of the five you chose. After the classes you got a quick tour of the tech side of campus. Then you had a few minutes to look around the campus gift shop and free lunch. It was a lot of fun for those who were involved!



# TWIST

Teen Women

-----in-----

Science and Technology

Article by: Megan Clark





## Bell Ringing

On December 22, families of the Flinthills 4-H Club came together and rang the bell for the Salvation Army. The club set up 3 hours for families to ring the bell. The Salvation Army helps families that don't have a lot or that need help getting essentials. If you have some clothes that don't fit or are not worn, you can take them to the Salvation Army to help families in need.



Flinthills 4-H Club Reporter

## FHS Students Participate in Walk for Life in Washington D.C.



FHS Students Heaton Griffin and Lyndee Martin traveled to Washington D.C. to participate in the Walk for Life march. Heaton Griffin said, "It was amazing to see that many people come together for a single cause. I was humbled to be a part of the experience." Images on the left depict the crowds at the event.

Pictures courtesy of Heaton Griffin

## Winter Homecoming

The Winter Homecoming dance will be held on Saturday, February 15<sup>th</sup> in the Cafeteria. The Homecoming game and crowning is on Friday, February 14. The theme is Dancing with the stars.

Dress up days:

Monday- Clone Wars (twin day)

Tuesday- Class Color Day

Wednesday- Intergalactic Day (Star Wars, Star Trek, etc.)

Thursday- Red and Black day

Games:

Monday- Asteroid Attack (body bowling with scooters)

Tuesday- Capture the Alien (catch balloons with trash bag)

Wednesday- Space Worms (sleeping bag, move like worm)

Thursday- Space Jams (class dodgeball)

Candidates:

Boys	Girls
Hadley Girty	Lyndee Martin
Kedry Morse	Kadyn Nuncio
Braden Wight	Sarah Sourm

Kindergarten Escorts:

Maxton Lemons	Addison West
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**SENIORS, it is that time of year! Year-book needs a senior quote, senior picture, and a baby picture. Graduation is coming up sooner than you think!**



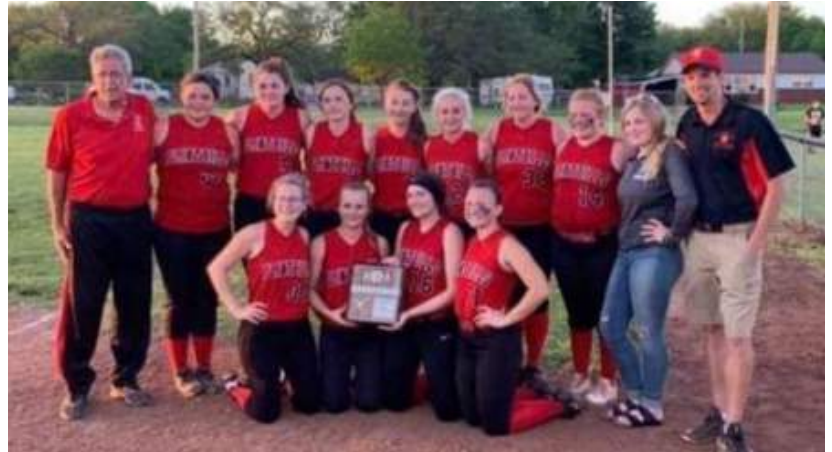
## Softball Uniforms

This upcoming spring the Flinthills softball team will be in new and improved softball uniforms. For many years the softball girls used the same two jerseys that had been used many seasons. As a team member, it is absolutely great to finally get the opportunity to wear new uniforms.

This year's jerseys were designed by Mr. Scribner, and Kylee Weis, and Sarah Sorum. Mr. Harms is excited about the new softball look and is ready for his softball girls to dominate this season with playing hard and a new look.

By: Kylee Weis

Old uniforms



## Geo Bee

The Geography Bee is an annual geography contest sponsored by the National Geographic Society. The bee has been testing students' geography skills since 1989.

Fourth through eighth grade students may participate. On January 22, Flinthills hosted the bee.

To be eligible, fourth through eighth grade students took a pre-test. The top fourteen scorers qualified for the bee.

Jared Stopczynski took first place and qualified to compete at the state level. Second place went to sixth grader Joliene Dragoo. Joliene will represent Flinthills at the state qualifying bee since the Stopczynski family has moved. Landon Boldra, seventh grader, placed third.

To participate at the state level, students must first qualify on an online exam. The state Geo Bee will be taking place on February 5. Good luck!



# FEBRUARY



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b></p> <p><b>BREAKFAST:</b> White Sauce Breakfast Pizza, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken &amp; Noodles Mashed Potatoes Steamed Cauliflower Tropical Fruit W.G. Roll Milk.</p>	<p><b>4</b></p> <p><b>BREAKFAST:</b> Combo Bar, Muffin, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Hamburger on Bun Baked Beans French Fries Onions/Pickles/Tomatoes Sliced Peaches Cookie Milk</p>	<p><b>5</b></p> <p><b>BREAKFAST:</b> Strawberry Mini Bagel, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chili w/ Beans W.G. Corn Chips Fresh Celery Sliced Pineapple W.G. Cinnamon Roll Milk</p>	<p><b>6</b></p> <p><b>BREAKFAST:</b> French Toast Sticks, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Fajita on Flour Tortilla Corn Lettuce &amp; Tomato Salsa Peppers &amp; Onions Applesauce Milk</p>	<p><b>7</b></p> <p><b>BREAKFAST:</b> Sausage Gravy on Biscuit, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Fiestada Pizza Mixed Vegetables Broccoli &amp; Cheese Applesauce Grapes Milk</p>
<p><b>10</b></p> <p><b>BREAKFAST:</b> Cereal, PopTart, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Fried Steak Mashed Potatoes White Gravy Steamed Carrots Pineapple Biscuit Milk</p>	<p><b>11</b></p> <p><b>BREAKFAST:</b> Breakfast Bites, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Grilled Chicken Patty on Bun Sweet Potato Fries Peas Lettuce &amp; Tomato Tropical Fruit Bunny Grahams Milk</p>	<p><b>12</b></p> <p><b>BREAKFAST:</b> Grape Uncrustable, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Taco Crunch Refried Beans Lettuce &amp; Tomato Salsa Sliced Pears W.G. Cinnamon Buns Milk</p>	<p><b>13</b></p> <p><b>BREAKFAST:</b> Mini Cinni's, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Sausage Links Hash Browns Cream Gravy Biscuit Vegetable Juice Mandarin Oranges Milk</p>	<p><b>14</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>
<p><b>17</b></p> <p style="text-align: center;"><b>NO SCHOOL</b></p>	<p><b>18</b></p> <p><b>BREAKFAST:</b> Red Sauce Breakfast Pizza, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Strips Mashed Potatoes White Gravy Mixed Vegetables Sliced Peaches W.G. Roll Milk</p>	<p><b>19</b></p> <p><b>BREAKFAST:</b> Breakfast Burrito, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Beef Hot Dog on W.G. Bun Tater Tots Baked Beans Apples Goldfish Crackers Milk</p>	<p><b>20</b></p> <p><b>BREAKFAST:</b> Chocolate Mini Donuts, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Pepperoni French Bread Pizza Corn Green Beans Strawberry Mango Side- kicks Milk</p>	<p><b>21</b></p> <p><b>BREAKFAST:</b> Breakfast Stick, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Baked Potato Bar Chili Broccoli &amp; Cheese Pineapple W.G. Roll Milk</p>
<p><b>24</b></p> <p><b>BREAKFAST:</b> Oatmeal Breakfast Cook- ie, Yogurt, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Pork Little Smokies Macaroni &amp; Cheese California Blend Veg. Peas Applesauce W.G. Muffin Milk</p>	<p><b>25</b></p> <p><b>BREAKFAST:</b> Strawberry Uncrustable, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Tater Tot Casserole Green Beans Fresh Carrots W.G. Pretzel with Cheese Sliced Peaches Milk</p>	<p><b>26</b></p> <p><b>BREAKFAST:</b> Sausage &amp; Cheese Bis- cuit, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Mini Corn Dogs Corn Baked Beans Strawberries &amp; Bananas Fruit Juice Milk</p>	<p><b>27</b></p> <p><b>BREAKFAST:</b> Cereal, String Cheese, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Chicken Nuggets Mashed Potatoes Brown Gravy Steamed Cauliflower Mandarin Oranges W.G. Roll Milk</p>	<p><b>28</b></p> <p><b>BREAKFAST:</b> Mini Pancakes, Fruit, Juice, Milk</p> <p><b>LUNCH:</b> Lasagna Mixed Vegetables Cucumbers Sliced Pears W.G. Breadstick Milk</p>
<p><b>HAPPY</b> <b>VALENTINE'S</b></p>	<p>Meals are subject to change.</p>	<p>This is equal opportunity provider and employer.</p>	<p>Parents eating lunch with their kids need to notify school 2 days in advance.</p>	

# February 2020

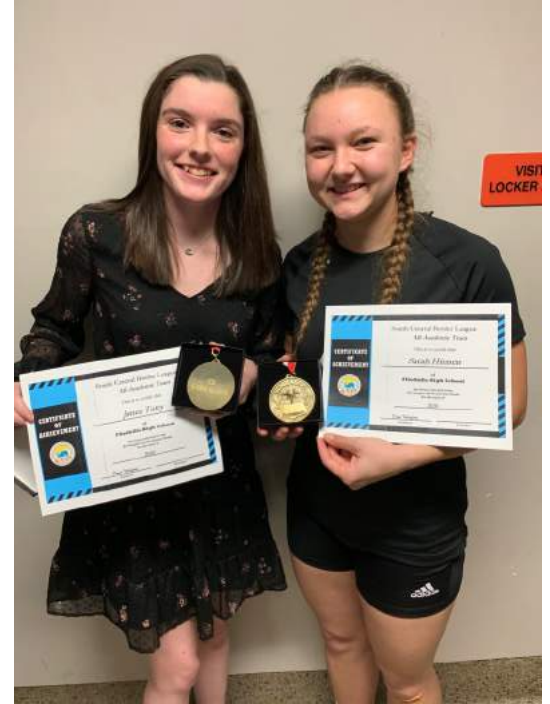
Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 HS WR @ Frenonia 9:00
2	3 MS BB @ Howard 4:00	4 HS BB vs. West Elk 4:45	5 SCBL Meeting Booster Club 5:30 TSA @ Emporia	6 Regional Scholars Bowl @ Flinthills 4:00 MS Boys BB @ Burden 6:00	7 Butler County Spelling Bee @ BCC 1:00 HS WR @ Circle HS BB vs. Caldwell 4:45	8 Forensics @ Burden 8:00 MS BB Tournament @ Udall HS WR @ Circle ACT Test 5th & 6th Grade Band to Andover 8:00
9	10 BOE @ Rosalia 7:00 MS Scholars Bowl @ Argonia 4:30 Lifetouch Spring Pictures— Cassoday 8:15 Rosalia 10:00 District Site Council 5:30	11 HS BB @ Dexter 4:00  Robotics Practice 3-8 Grade 3:30-5:30	12 Parent— Teacher Conferences 4:00—8:00 Spring SCD MS Ag Ed Academy @ Udall	13 Parent— Teacher Conferences 4:00—8:00 Valentine's Parties— Primary 2:15 Intermediate 2:45 MS BB Tournament @ Udall 4:00 HS WR @ Mound City 3:00	14 Valentine's Day No School HS BB vs. South Haven 4:45 Homecoming— Between V Games	15 Winter Homecoming Dance 8:00—11:00 State Scholars Bowl MS BB Tournament @ Udall 10:00 HS WR @ Remington 9:00
16	17 President's Day No School MS Scholars Bowl @ Flint-hills 4:30	18 HS BB vs. Oxford 4:45  Senior Night— BB/WR/Band Between V Games	19 MS Art— Wichita Art Museum	20 MS Math Relays @ Caldwell 4:45  Forensics @ Oxford 4:00	21 Regional WR  HS BB @ Udall 4:00	22 Regional WR National FFA Week
23 National FFA Week	24 Booster Club 6:00  MS Scholars Bowl @ Sedan 4:30  Regional BB	25 2020 ACT Testing	26 2020 WorkKeys FFA South Barber Livestock	27	28 State WR	29 State WR

# March 2020

Sun	Mon	Tue	Wed	Thur		
1	2 SCBL MS Schol- ars Bowl @ Udall 4:00 MS WR @ Whitewater 4:00 Sports Pictures— MS Wrestling Sub-State BB 1st Day of Prac- tice	3 SCBL Math Relays @ South Haven 4:45 HS Music Festival @ CCCC 8:00	4 SCBL Meeting	5 MS WR @ Douglass 4:00	6 FFA @ Salina	7 MS WR @ Cottonwood Falls 9:30  Robotics Mindstorm Competition @ WSU 9:00-4:00
8 Day Light Savings Time Begins	9 BOE @ Cassoday 7:00 MS WR @ How- ard 5:30	10	11 State BB	12 STUCO Blood Drive	13 No School Staff Dev/Work Day FHS Theatre Production 7:00	14 FHS Theatre Production 7:00
15	16 Spring Break	17 Spring Break	18 Spring Break	19 Spring Break	20 Spring Break	21 Forensics @ Caldwell
22	23 Booster Club 6:00 Page @ Topeka	24 MS/HS Cheer- leading Parent Meeting 7:00	25 Winter Sports Banquet 6:30	26 Forensics @ Rose Hill 4:00	27 MS/HS Cheer- leading Tryouts	28 Regional Mu- sic Festival— Solos & Small Ensembles @ Butler Community College
29	30 SB @ South Ha- ven 4:00	31 SCBL HS Math Relays @ Flint- hills 4:45 Sports Pictures— MS Track MS TR @ Burden 1:30				

# All-Academic Athletes

On Saturday, January 25, 2020, Sarah Hinnen and Janea Totty, Flinthills High School Seniors, were recognized by the South Central Border League as All-Academic Athletes along with twenty-three other students in the league.



Raychelle Cassada Lohmann wrote “What's Driving the Rise in Teen Depression?”

The article describes how teen depression is increasing. There are about 80% of teens with depression are not treated.

The article examined how cell phones cause this increase of depression. Being online or on a phone constantly prevents people from really connecting with others. It was advised that teens should get more involved in activities and spend time with other people. These actions help a person grow and feel connected to the world.

It recommended that teens feeling isolated or disconnected should seek assistance from a trusted adult or friend.

This story is interesting because it is a major issue, even in our little town.

**By Chloe Wieckhorst**

## Shout Outs

2/3/20 -2/7/20

- Shout out to Tresa Garcia for showing me how to get things set up Tuesday. -Andrea Humig
- Shout out to Hayli Newman, and Mary Spencer for helping with the FCA concessions on Tuesday, with special thanks to Jonathan and Savannah McCreight for staying until it was all cleaned up. -Andrea Humig
- Shout out to Austin Liggett for cleaning off tables for us at the end of the evening on Tuesday. A HUGE thank you also goes to Roger Hinnen, Karen Hinnen and James Heimgartner for jumping in to help as well. -Andrea Humig
- Shout out to all the great patrons of our district that helped put on a great Regional Scholar's Bowl. -Daniel Scribner
- Shout out to Daniel Scribner for organizing a successful Scholar's Bowl meet. -Tiffany Willard
- Shout out to our Intermediate Paras....They are appreciated for everything they do.-Laureen, Kristin, and Tiffany
- Shout out to intermediate staff for stepping up and making things work without all the Paras there. -Dawn Waller
- Shout out to Tammy for always being where she is needed most! -Dawn Waller
- Shout out to Ms. Willard for always staying positive and smiling no matter what comes her way! -Dawn Waller
- Shout out to our bus riders of the week Reagan Waller, Brenton Steele, Laycie Jones, and Jacoby Miner - Michelle Nelson
- Shout out to Crystal Ratcliff...your advice and cheerful attitude through your notes and emails is very encouraging. We all appreciate your motivational pushes. - Michelle Nelson
- Shout out to LeNell the lady behind the scenes that keeps us all going. You are appreciated beyond measure thank you for all you do! - Michelle Nelson
- Shoutout to the middle school boys' basketball team for always picking up trash out of the stands, at both home & away games. -Junilda Scribner
- Congratulations to Ms. Swafford on being Employee of the Month. We are blessed to be working with you! -Your middle school buddies, Harms and Mooney
- Thanks to Karsyn Flores and Brooke Wilson who stopped in to deliver something before school and then wiped down my desks for me! -Laureen Simon
- Hooray for Crystal Ratcliff and her efforts in the after-school FAST program. -Laureen Simon
- A big thanks to Sam Harrison, Allison Jergenson and Dawn Waller -- my sub Monday said he couldn't have done it without you! -Laureen Simon
- A pat on the back to Casey Cartmell and Tiffany Willard! Tiffany does an awesome job with our yearbook and Casey takes 5th grade "senior pics" that are super! -Laureen Simon
- Shout out to the pep band, they bring so much fun energy to the games. Also to Savannah and Tabby for their beautiful playing of the National Anthem. -Casey Cartmell
- Shout out to all the intermediate teachers and paras who have been so flexible as our students work to complete a project! -Kristin Sangals
- Shout out to Dennis for fixing the ice maker. We love our ICE down here. Thank you for fixing it! - Michelle Nelson
- Shout out to Mrs. Boldra - Happy National School Counselor's Week! -Michal Austin & Stephanie Girty



## Forensics

Last year, Flint Hills High School's Forensics Team took 1st at the SCBL league and they were the State Runner-ups for State

Competition.

Morgan Holcomb is a competitor in Forensics and has many medals from her achievements in Forensics. When interviewed she said, "I hope to place in my individual events and will hopefully go to state. As for the team, to do their very best and go to state." Morgan's pieces are a Serious Solo Act (SSA) and a Improvised Duet Act (IDA) with Philip Humig. Morgan wishes that many people will join and with doing so they will get out of their comfort zone.

There is many people in Forensics that are striving to do their best and places in as many competitions as they can so they can compete at State.

As for now they still are practicing on their pieces and getting them ready for their first tournament of the season on January 30th. Good Luck Forensics!

By: Matison Totty



On January 15, 2020 the Flint Hills High School STUCO held a Blood Drive. Students and staff members donated blood to the American Red Cross. The STUCO will be holding another Blood Drive on March 12, 2020. Contact Mr.Sorum if you are wanting to donate.

By: Trena Garcia

# 1<sup>st</sup> Semester Honor Roll

## Flinthills Intermediate School

### **Principals Honor Roll: 4.0 GPA**

Fourth Grade: Ty Finley, Garrett Jackson, Newell Marsh

Third Grade: Trip Bohnen, Rylee Randall

### **Black Honor Roll: 3.99-3.5 GPA**

Fifth Grade: Cole Beard, Charli Bohnen, Nilari Cabugo, Tripp Carney, Charles Farris, Jordyn Finley, Kolter Flores, Chloe Grabast, Dallas Griffith, Jacob Hudson, Talon Scribner

Fourth Grade: Keenan Boldra, James Corter, Coltin Dragoo, Kaylee Finstad, Kaleb Grunder, Hannah Hutson, Joey Kane, Adrienne Riemann, Eliza Stopczynski, Kendall Wilson, Harley Wright

Third Grade: Makayla Caravantes, Jacob Scribner, Koleson Swafford, Remington Waller

### **Red Honor Roll: 3.49-3.0 GPA**

Fifth Grade: Joshua Fulkerson, Krystal Sterbenz, Nevaeh Sultz, Peyton Wight

Fourth Grade: Christopher Bowlin, Andromeda Coats, Deken Girty, Aidan Herrman, Alli Sutter, Taylor Wood

Third Grade: AJ Bertsch, Alaya Bowlin, Dane Edwards, Kavin Flores, Elijah Fulkerson, Gage Gatlin, Caleb Jones, Ellie Kreidler, Aiden Sharp, Isabella Wight

## Flinthills Middle School

### **Principals Honor Roll: 4.0 GPA**

Eighth Grade: Amanda Brown, Callie Cordts, Yana Nikolskaya-Taylor, Jared Stopczynski

Seventh Grade: Kyle Parker, Harlee Randall, Emily Scribner, Lydia Stopczynski, Tylan Willard

Sixth Grade: Joliene Dragoo, Karynn Gleason, Ataya Nesser, Yeva Nikolskaya-Taylor, Keira Poston

### **Black Honor Roll: 3.99-3.5 GPA**

Eighth Grade: Taylor Chambers, Riley Garcia, Alexa Hardin, Abbigale Hilyard, Kolby Holcomb, Danica Leis, Tate Leslie, Sydney Sorum, Javin Weis

Seventh Grade: Landon Boldra, Tagen Carney, Addison Cartmell, Cameryn Finley, Helaina Griffin, Rylie Wight

Sixth Grade: Levi Beard, Parker Chambers, Brylee Heimgartner, Jacob Kane, Mason Randall, Alex Scribner, Jaxon Swafford

# 1<sup>st</sup> Semester Honor Roll

## Flinthills Middle School (continued)

### **Red Honor Roll: 3.49-3.0 GPA**

Eighth Grade: Wyatt Beard, Joey Becker, Anthony Jaquez, Willow Kane, Kianna Mantanona, Braiden Neeley, Conner Sigg, Kolton Stanfield, Shane Steinhauer, Conner Sutter

Seventh Grade: Hannah Bailey, Paige Corter, Cali Crossfield, Karsyn Flores, Konner Griffith, Lilly McNary, Kaylee Schafer, Brooke Wilson

Sixth Grade: Taylor Brown, Zack Brown, Jaydica Conine, Katelyn Corter, Hunter Davis, Miah Jaquez, Kylea Jones, Colton Reust, Maddy Willard

## Flinthills High School

### **Principals Honor Roll: 4.0 GPA**

Seniors: Issac Bugner, Colton Gauthier, Sarah Hinnen, Lyndee Martin, Sarah Sorum, Janea Totty

Juniors: Reagan Heimgartner, Morgan Holcomb, Matison Totty

Sophomores: Riggin Carney, Megan Clark, Lauren Donner, Trena Garcia, Brandon Gleason, Alexis Hatvick, Savannah McCreight, Jessie Mooney, Lynsee Olbrey, Ethan Stopczynski, Emma Weber

Freshmen: Karly Girty, Philip Harris, Adley Humig, Laura Scribner

### **Black Honor Roll: 3.99-3.5 GPA**

Seniors: Levi Brown, Nyah Brown, Hadley Girty, Justus Humig, Philip Humig, Terry Jones, Kadyn Nuncio, Braden Wight

Juniors: Bailey Bugner, Wade Haynes, Alexa Snyder, Chloe Wieckhorst

Sophomores: Jonathan McCreight, Kody Mooney, Dusty Schafer, Cael Sorum

Freshmen: Madison Alvord, Alexis Farris, Kaily Gilman, Larrissa Lakin, Taren Lakin, Hunter Lowmaster, Hayli Newman, Callum Reust, Madilynn Thomas

### **Red Honor Roll: 3.49-3.0 GPA**

Seniors: Elizabeth Dennis, Kedryn Morse

Juniors: Matthew Green, Heaton Griffin, Landon Lamb, Austin Mantanona, Lauren Rose, Layton Rose, Kody Schafer, Jeffrey Thomas, Johnathan Thomas, Tucker Travnichek, Kylee Weis, Emily Wilson

Sophomores: Tabitha Brown, Gavin Girty, Whitney Mantanona, Josh Schultz, Dawson Sharp, Colton Smith, Ethan Wilson

Freshmen: Nate Becker, Megan Rose, Zachary Thomas

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