
Indiahoma School Newsletter

Friday

September 6, 2013

Fall Blood Drive

Wednesday, Sept. 11

9:00 am—12:00 noon

In the School Auditorium

We hope that everyone who can will participate to help make this a successful Blood Drive and to save lives.

The following student council members are helping Mr. Givens with the blood drive: Wilson Mahaffay, Emma Roberts, Kelsey Butler, Kasey Cook, Elizabeth Jones, Brooke Roberts, Brandi Rinaldi, Sarah Stoll, and Cassie Morgan.

3rd Annual Indiahoma Fire Department

Fundraiser Brisket Lunch

Sunday, September 8

School Auditorium

11:30 am – 2:00 pm

Merchandise & Baked Goods Auction

Academic Team

The Indiahoma Academic team traveled to Elgin Tuesday, September 3rd for their first conference match. They were defeated in the first match, but came back to win the second match in over-time. Team members returning this year are Terry Battle, Eric Kenney, and Danielle Patton. New team members include Braedon Wonschwitz, Alanna Zelek, and Tony Battle.

Academic Team 2013-2014 Schedule

All games are played on Thursdays at 4:30 p.m. unless other days/times are arranged.

Sep 12 Indiahoma at Sterling
Sep 19 Indiahoma at Grandfield
Sep 26 Snyder at Indiahoma
Oct 3 Frederick at Indiahoma
Oct 10 Big Pasture at Indiahoma
Oct 24 Indiahoma at Fletcher

Indiahoma School Menu:

September 9-13, 2013

Breakfast: All breakfasts come with juice and milk.

Mon: Cereal, toast, sausage, jelly

Tues: Donuts, fruit

Wed: Biscuits, gravy, sausage, jelly

Thu Tornadoes/PBJ sandwich

Fri: Breakfast pizza

Lunch:

Mon: Salisbury steak, dinner rolls, mashed potatoes, mixed fruit, salad bar, milk

Tues: Corn dog, French fries, sweet peas, diced pears, salad bar, milk

Wed: Tacos, pinto beans, orange slices, salad bar, milk

Thu: BBQ Smokies, Mac & cheese, green beans, peaches, milk

Fri: Pizza pockets, corn, apples slices, salad bar, milk

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The Healthy You: Protein

Foods in the protein food group help your body in many ways. Boys & girls between the ages of 9 and 13 should eat 5 ounces of protein every day. You will be healthy if you eat fruit and vegetables every day. Protein helps build bones, muscles, cartilage, skin, and blood. Your body needs calories for energy. Important minerals such as magnesium and zinc are found in protein foods. Eating low fat protein will help you grow up to be healthy and strong. Fruit, water, vegetables and exercising are healthy for you too. You don't want to be really skinny; you must have some fat on you. Protein group foods have important vitamins and minerals.

by Skylar Adair

Patriot Day is an annual observance on September 11

to remember those who were injured or died during the terrorist attacks on the United States, 9-11-01.

Warrior 2013 Fall Baseball Schedule

9-9 at Granite (JH), 4:30 pm
9-10 at Olustee (JH & HS), 4:30 pm
9-12 at Flecher (JH & HS), 4:00 pm
9-16 at Big Pasture (JH), 4:00 pm
9-17 at HOME, vs. Fletcher (JH & HS), 4:00 pm
9-20 at Granite (HS), 4:30 pm
9-23 at Chattanooga (HS), 4:00 pm
9-24 at Olustee (JH), 4:00 pm
9-26 Districts, Time & Place TBA



2013 Fall Softball Schedule

9-9 at HOME, vs. Navajo
9-10 at Geronimo (JH & HS), 4:30 pm
9-12 at Geronimo (JH)
9-14 Frederick Festival
9-19 Sayre Tournament
9-20 Sayre Tournament



October is "Parent Engagement" Month

October has been designated as "Parent Engagement Month" in Oklahoma. It is a time to celebrate the important role parents play in their children's education. When schools work together with families to support learning, children are inclined to succeed not just in school, but throughout life.

The Oklahoma State Department of Education recognizes the vital roles that schools and families play throughout a child's educational career. To help parents and families stay involved in education, The Oklahoma State Department of Education shares with you a few simple ways to stay engaged.

- Establish a daily family routine.
- Monitor out-of-school activities.
- Model the value of learning, self-discipline, and hard work.
- Express high but realistic expectations for

"The planes were hijacked, the buildings fell, and thousands of lives were lost nearly a thousand miles from here. But the attacks on the World Trade Center and the Pentagon were an attack on the heart of America.

And standing here in the heartland of America, we say in one voice

We will not give in to terrorists;

We will not rest until they are found and defeated;

We will win this struggle, not for glory, nor wealth, nor power, but for justice, for freedom, and for peace;

So help us God."

— **Tom Harkin**

Indiahoma Baseball

The Indiahoma Baseball team has done good this year and they are getting better. It has come a long way since last year. We hope to see you at a game. Thank you for your support .

by Jimmie Lee

The team tied with Geronimo on 9/5/13.

TSA Bake Sales are Back!

Tuesdays & Thursdays
High School Lobby
12:00—12:30 p.m.

