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# Indiahoma School Newsletter

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Friday

September 13, 2013

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## We Are Successful Because of You

- The Fall Blood Drive was the best one so far. Every time we have a blood drive, more people donate than did at the previous blood drive. You are saving lives and we appreciate it!
- The Indiahoma Volunteer Fire Department Brisket Lunch Fundraiser was packed with people eating and bidding on auction items. It's great to see our community support the volunteer fire fighters.
- We had several pairs of glasses donated to the "Glasses for Africa" mission trip. Thank you for helping people who are so less fortunate than we are.

## Warrior 2013 Fall Baseball Schedule

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

## Academic Team 2013-2014 Schedule

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

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

## 2013 Fall Softball Schedule

9-19 Sayre Tournament  
9-20 Sayre Tournament

## Happy Friday the 13th!

**Triskaidekaphobia:** fear of the number 13 and avoidance to use it

**Paraskevidekatriaphobia:** fear of Friday the 13th



**TSA Bake Sale has Moved** to School Auditorium  
Tuesdays & Thursdays, 12:00—12:30 p.m.

## Indiahoma School Menu:

**September 16-20, 2013**

**Breakfast:** All breakfasts come with juice and milk.

**Mon:** Biscuits, gravy, sausage, jelly

**Tues:** Cereal, toast, sausage links, jelly

**Wed:** Donuts, fruit

**Thu** Scrambled eggs, sausage, cinnamon toast

**Fri:** Pancakes, sausage links, syrup

**Lunch:**

**Mon:** Baked chicken, mashed potatoes, gravy, dinner rolls, pineapple tidbits, salad bar, milk

**Tues:** Spaghetti with meat sauce, green beans, bread sticks, mixed fruit, salad bar, milk

**Wed:** Fish sticks, Mac & cheese, corn, diced pears, salad bar, milk

**Thu:** Hot dogs w/ chili, fries, sweet peas, apple slices, salad bar, milk

**Fri:** Beef fajitas, Spanish rice, ranch style beans, pineapple tidbits, salad bar, milk

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## The Healthy You: Protein

Protein is very good for you. You should eat protein because it helps your body grow. The meat can help you build strong bones, muscles, cartilage, skin and blood.

Protein has calories but your body must have calories to provide energy.

You should eat protein because it has very important things your body needs, like vitamins and minerals.

Eating lean or low-fat products help your body to become healthy and strong.

by Wilson Mahaffay

## **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 achievement.
- Encourage children's development/ progress in school.
- Encourage reading, writing, and discussions among family members.

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 recognize that a child's education is a responsibility shared by both schools and families during the entire period a child spends in school.

The following are just a few suggestions from the Oklahoma State Department of Education of the many ways you can be involved with your child's education:

- Contact your child's teacher early in the school year and maintain communication throughout the school year.
- Participate in parent/teacher conferences.
- Ask the teacher what your child is learning and how you can support this at home.
- Talk with your child daily about homework, classroom activities, and events.
- Learn about school policies and expectations so you can help your child understand them.
- Make efforts to stay informed of school and classroom events.
- Model behaviors and attitudes you expect from your child.
- Encourage and nurture your child's creativity.
- Be proactive in making the school aware of your support for your child's education.
- Talk with your employer about flex time so you can participate in school activities.
- 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 achievement.
- Encourage your child's development/progress in school.
- Encourage reading, writing, and discussions among family members.

## **September**

**By John Updike**

The breezes taste  
Of apple peel.  
The air is full  
Of smells to feel—

Ripe fruit, old footballs,  
Drying grass,  
New books and blackboard  
Chalk in class.

The bee, his hive  
Well-honeyed, hums  
While Mother cuts  
Chrysanthemums.

Like plates washed clean  
With suds, the days  
Are polished with  
A morning haze.

## **Constitution Day**

**September 17, 2013**

Constitution Day celebrates the 1787 signing of our founding document.

## **The Constitution Song**

(Tune: Mary Had a Little Lamb)

The Constitution is the law,  
Is the law, is the law,  
The Constitution is the law  
For Americans.

It was written long ago  
Long ago, long ago,  
It was written long ago  
For Americans.

It gives people freedoms and rights,  
Freedoms and rights, freedoms and rights,  
It gives people freedoms and rights  
All across the land.

Now it's time to celebrate,  
Celebrate, celebrate,  
Now it's time to celebrate  
Constitution Day!