

Indiahoma School Newsletter

Friday

January 31, 2014

Middle School Robotics Team

The Middle School Robotics Team has done it again; they are going to the Oklahoma State Championship in Oklahoma City on Saturday, February 1st. The games will be held at Oklahoma City University. The competition begins at 7:30 am and continues until 6:00 pm.

Chloe Nevarez, Kaylyn White, Gage Downs, Heaven Pueblo, and Esperanza Bosquez won this honor because of their robot driving skills at the competition two weeks ago. If these students excel at the state competition, they will go on to the National Championship in Anaheim California. Good Luck Indiahoma Robotics Warriors. Thank you Chloe, Kaylyn, Gage, Heaven, and Esperanza for the hard work that you do.

Information gathered and typed
by Katelynn Hyden

Basketball

High School

2/3	Frederick	HERE	6:30 p.m.
2/7	Grandfield	HERE	6:30 p.m.

Senior Night between JH & HS games

Junior High

2/3-2/8	Comanche County Tournament	TBA	
2/7	Grandfield	HERE	4:00 p.m.
2/11	Frederick	HERE	6:30 p.m.

TSA Bake Sale

School Auditorium

Tuesdays & Thursdays,
12:00—12:30 pm



Slushies—\$1.00, MON, WED, FRI

12:00-12:35 pm & 2:25-3:00 pm

In the Concession Stand

Indiahoma School Menu:

February 3-7, 2014

Breakfast: All breakfasts come with juice and milk.

Mon: Biscuits, sausage patties, gravy, milk

Tues: Pancakes on a stick, syrup, juice, milk

Wed: Cereal, toast, sausage links, juice, milk

Thurs: Tornadoes / Peanut butter & jelly, juice, milk

Fri: French toast, sausage, syrup, juice, milk

Lunch:

Mon: Stew, cornbread, crackers, fruit, salad bar, milk

Tues: Nachos, pinto beans, fruit, salad bar, milk

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

Thurs: Salisbury steak, mashed potatoes, rolls, fruit, salad bar, milk

Fri: Pizza, corn, apple slices, salad bar, milk

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The Healthy You

In a rut? Overhaul your exercise routine.

- Set new goals for yourself. Start out easy: walk or do core-strengthening exercises for 10 minutes a day, then 15, then 20 minutes a day. Add a new type of exercise to avoid boredom. Consider adding a yoga or pilates class.
- Trade in that old tee shirt and faded sweatpants for new workout wear in your favorite colors, you'll immediately feel more committed to exercise.
- Exercise with others. Ask a family member or a friend to exercise with you.
- Reward yourself. Of course you deserve a pat on the back for exercising every day, or even every other day but make sure the reward is a non-food treat. At the end of the week, treat yourself to a massage or a trip to the movies with a friend.



Spotlight on Board Members



Mike Massey, Clerk

Mike Massey has been serving as the Clerk for the school board. He has lived in Indianahoma for 7 years now. His son Micah Massey is attending and will graduate from IPS this year. His only reason for being on the school board is to serve the community. Besides serving as the Clerk he hasn't ever worked or volunteered at IPS. It is currently unknown how long he plans to stay on the school board. Just like the other members of the school board he has done a lot for the school and deserves to be appreciated.

Written by Micah Massey

Don't forget to thank a Board member this month!

Winter Weather Returning

Enjoy the cold weather like a snowman, and enjoy some Snowman Wisdom too.

All I need to know about life I learned from a Snowman

It's okay if you're a little bottom heavy.

Hold your ground, even when the heat is on.

Wearing white is always appropriate.

Don't get too much sun.

Everyone nose carrots are good for you.

It takes a few extra rolls to make a good midsection.

Remember, we're all a bit flakey.

It's fun to hang out in your front yard.

Winter is the best season of all.

There is nothing better than a foul weather friend.

The key to life is to be a jolly happy soul.

We are all mostly water.

You know you have made it when they write a song about you.

Accessorize! Accessorize! Accessorize!

There's no stopping you once you're on a roll.

And the key to life is to be a jolly, happy soul.

SUPPORT THE INDIAHOMA WARRIORS



**VISIT THE SONIC DRIVE-IN
LOCATED IN CACHE
ON MONDAY, FEBRUARY 3RD.
SONIC WILL DONATE A PERCENTAGE
OF THEIR SALES FOR THAT DAY
TO INDIAHOMA PUBLIC SCHOOLS
ATHLETIC DEPARTMENT!**

Chad Cargill

ACT Prep Course for 9-12th Grades

February 17, 2014

See Coach Hodges for Details

Chad took the ACT a total of 18 times in high school raising his score from a 19 to a 32.

Morning Assembly Quotes

A quote by Victor Hugo states: "It is not easy to keep silent when silence is a lie."

Therese Benedict stated: "When you walk a life of honesty, you live a life of truth."