
Indiahoma School Newsletter

Friday

February 14, 2014

Going to National Championship

April 3-5, 2014

Chloe Nevarez, Kaylyn White, Heaven Pueblo, Gage Downs and Mr. Wood are headed to Omaha to compete in the VEX Robotics Middle School Division Create U.S. Open Robotics Championship. The team earned a spot at the National Competition because they received the Tournament Finalists CVRC/VEXU award at the Oklahoma State Competition.

More Robotics

April 1-3

Junior High and High School Robotics teams will participate at the State Competition held at Rose State College in Midwest City.

Student participants: Heaven Pueblo, Esperanza Bosques, Chloe Nevarez, Chelsey Reyna, Kaylyn White, Elizabeth Jones, Danielle Patton, Cameron Wozniak, Cody Climer, Colby Duffendack, Raven Jackson, Luke Alltizer, Gage Downs

Adult sponsors: Stewart Wood, Cheryl Wood, Tami Patton

High School Basketball Districts

At Tipton

Boys play on Friday
Girls play on Saturday

Chad Cargill

ACT Prep Course for 9-12th Grades

Monday, 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.

National FFA Week: February 16-22, 2014

Indiahoma School Menu:

February 17-21, 2014

Breakfast: All breakfasts come with juice and milk.

Mon: Cereal, toast, sausage links, jelly

Tues: Biscuits, sausage patties, gravy, jelly

Wed: Mini-pancakes, syrup, sausage links

Thurs: Scrambled eggs, hashbrowns, sausage

Fri: **NO SCHOOL—Professional Day**

Lunch:

Mon: Rib patties, corn on the cob, baked potatoes, fruit, salad bar, milk

Tues: Mini corndogs, sweet peas, Mac & Cheese, fruit, milk

Wed: Pizza stix, corn, peaches, salad bar, milk

Thurs: Ham sandwich, chips, apple slices, salad bar, ice cream, milk.

Fri: **NO SCHOOL—Professional Day**

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NO SCHOOL FRIDAY **TEACHER PROFESSIONAL DAY**

Slushies—\$1.00, MON & WED
12:00-12:35 pm & 2:25-3:00 pm
In the Concession Stand

TSA Bake Sale

School Auditorium

Tuesdays & Thursdays,
12:00—12:30 pm



The price of greatness is responsibility. ~ Winston Churchill

THE HEALTHY YOU

What to Eat for a Healthy Heart

February is recognized as American Heart Month, which means there's no better time than now to learn more about heart-disease prevention. Heart disease is the leading cause of death in men and women in the United States — but steps can be taken to reverse this dangerous trend, starting with eating heart-healthy foods, exercising, quitting smoking, and partnering with your doctor for early detection.

The good news is that due to recent advances in understanding, detecting, and treating heart disease, we have reached a point where the great majority of heart attacks and strokes can be prevented. One of the most important things you can do to prevent heart disease is to practice heart-healthy eating. By enjoying a wide range of nutrient-dense, fiber-rich foods you automatically take a big step toward reducing your risk of heart attack and stroke.

Here are basic guidelines for heart-healthy eating:

Eat good carbohydrates. Good carbs include high-fiber, nutrient-dense fruits, vegetables, legumes, and whole grains.

Eat good fats. Choose good unsaturated fats found in extra-virgin olive oil, canola oil, peanut oil, flaxseed oil, walnut oil, avocados, nuts, and seeds. Good fats can also be found in fatty fish like salmon, sardines, and herring.

Eat lean protein. The best sources include skinless white-meat poultry, fish and shellfish, lean cuts of meat, and soy-based options such as tofu, as well as legumes, eggs, nuts, and seeds.

Eat fat-free or reduced-fat dairy. Your best choice for dairy products is fat-free or reduced-fat varieties of milk, cheese, and yogurt. These dairy products have less saturated fat and calories than the whole-milk versions.

If you follow these basic guidelines, you can put together delicious, satisfying, and healthy meals and snacks — and take an important step toward a healthier heart.

Quotes from the Morning Assembly

February's Character Pillar is Responsibility.

You take on the responsibility for making your dream a reality. ~ Les Brown

The right thing to do and the hard thing to do are usually the same. ~ Steve Maraboli

In dreams begin responsibilities. ~ W. B. Yeats

Responsibility is the price of freedom. ~ Elbert Hubbard

If you want children to keep their feet on the ground, put some responsibility on their shoulders. ~ Abigail Van Buren

We have the Bill of Rights. What we need is a Bill of Responsibilities. ~ Bill Maher