
Indiahoma School Newsletter

Friday

March 21, 2014

Parents of 6th Graders

All students entering 7th grade need to have proof of DTAP vaccination on file before the first day of school in August 2014. For more information, call the school office at 246-3333.

Lady Warrior Softball This Week

3/24/14 JH/HS at Central, 4:00
3/25/14 JH at Olustee, 4:00
3/27/14 JH Festival FT Cobb, TBA
3/28-3/29 HS Navajo Tourney, TBA

Quotes from the Morning Assembly

Theodore Roosevelt said, "This country will not be a good place for any of us to live in unless we make it a good place for all of us to live in."

An Arapaho proverb tells us: "When we show our respect for other living things, they respond with respect for us."

Elvis Presley said, "Happiness is knowin' you've done a good job, whether it's professional or for another person."

John F. Kennedy said, "The efforts of the government alone will never be enough. In the end the people must choose and the people must help themselves."

An American Proverb tells us: "If you don't believe in working together, watch what happens to a wagon when one wheel comes off."

How is the letter A like a spring flower?

They are both followed by Bees.



Indiahoma School Menu:

March 24-28, 2014

Breakfast: All breakfasts come with juice and milk.

Mon: Biscuits, sausage patties, fruit

Tues: Cereal, fruit, cinnamon toast

Wed: Pancakes, syrup, sausage patties

Thurs: Breakfast tacos, salsa, fruit

Fri: Breakfast pizza, fruit

Lunch:

Mon: Salisbury steak, mashed potatoes, gravy, dinner rolls, sliced carrots, diced pears, salad bar, milk

Tues: Fish sticks, Mac & cheese, green beans, mixed fruit, salad bar, milk

Wed: Soft tacos, ranch style beans, Spanish rice, pineapple tidbits, salad bar, milk

Thurs: Grilled Chicken breast, baked potato, rolls, broccoli, banana, salad bar, milk.

Fri: Sub sandwich, sun chips, baked beans, apple slices, salad bar, milk

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TSA Bake Sale

School Auditorium

Tuesdays & Thursdays,
12:00—12:30 pm



Slushies

**Monday, Wednesday, Friday
Concession Stand**

12:00-12:35 pm

&

2:25-3:00 pm

Spring Shows what God can do with a drab and dirty world.

~ Virgil Kraft

Mark Your Calendar

Dates have been changed several times due to adjustments created by inclement weather days. Please note that there will be no school on Good Friday, April 18.

NO SCHOOL

March 31, 2014, Spring Break

April 11, 2014, Professional Development Day

April 18, 2014, Spring Break

May 2, 2014, Spring Break

May 9, 2014, Spring Break

May 16, 2014, Spring Break

EVENTS

May 12, 2014 Sports Banquet

May 18, 2014, Baccalaureate 8:00 pm

May 20, 2014, Elem Awards Assembly- 12:30pm

May 20, 2014, HS Awards Assembly- 1:45pm

May 20, 2014, 8th grade graduation 8:00pm

May 22, 2014, Pre Kg Graduation 9:00am

May 22, 2014, Kg Graduation 10:00am

May 22, 2014, Senior Graduation 8:00pm

May 22, 2014, **LAST DAY OF SCHOOL**

May 23, 2014, Teacher Check out Day

Indiahoma School Student Council Spring Blood Drive

Thanks again for donating your time and your blood to help others.

Today I gave blood. Giving blood this week at our school blood drive will help people in Africa who need blood. The money that was saved from not getting t-shirts will go to help people in Africa. I enjoyed giving blood today because that meant that I was able to save the life of someone in need. ~ Katelynn Hyden

The Importance of Giving Blood:

Every two seconds, a patient in the United States is in need of blood. Yet only about 3% of the population currently gives blood. The number one reason these donors say they give is because they “want to help others.” This attitude of selfless giving supplies the 43,000 pints of donated blood used each day in North America.

There is no substitute for human blood. Donated blood saves the lives of premature infants, children being treated for cancer and children having heart surgeries. Additionally, adult cancer and trauma patients may require platelet transfusions to survive. Some patients requiring life-saving organ transplants are tragically passed up for the procedure due to a lack of compatible blood to support the transplant.

- Donating blood is safe. Each needle is used only once and then it is discarded.
- Blood donation is a simple process: registration, medical history and mini-physical, donation and refreshments.
- Every blood donor is given a mini-physical, checking the donor's temperature, blood pressure, pulse and hemoglobin to see if it is safe for the donor to give blood.
- The actual blood donation usually takes less than 10-12 minutes. The entire process, from the time you arrive to the time you leave, takes about an hour and 15 min.
- The average adult has about 10 pints of blood in his or her body. Roughly 1 pint is given during a donation.
- A donor may donate red blood cells every 56 days, or double red cells every 112 days.
- A healthy donor may donate platelets as few as 7 days apart, but a maximum of 24 times a year.
- All donated blood is tested for HIV, hepatitis B and C, syphilis and other infectious diseases.