
Indiahoma School Newsletter

Thursday

May 15, 2014

Citizenship Day Field Trip Wednesday, May 21, 2014

Where: Bowling at Ft. Sill

Who: 7th—12th grades

Cost: \$5.00 (shoes and 2 games)
(bring extra money if you want to play more than 2 games)

Bring lunch or money for lunch

School dress code applies (no short – shorts)

Shout Out

To Mrs. Strong and the Third Graders!

91.7% of Indiahoma third grade elementary students made proficient on the Oklahoma Third Grade Reading test. AWESOME!

The third grade test is the only “official” score that we have. Unofficial scores rank Indiahoma Public School students high across the board.

Morning Assembly Quotes

John Quincy Adams said: “If your actions inspire others to dream more, learn more, do more and become more, then you are a LEADER.”

Ralph Waldo Emerson said: “Do NOT follow where the path may lead. Go instead where there is no path and leave a trail.”

John F. Kennedy said: “Leadership and Learning are indispensable to each other.”

Steve Jobs, Apple Co-Founder said: “Innovation distinguishes between a leader and a follower.”

Tips from the Superintendent’s Cabinet

Thank a teacher, Count your blessings, Set a positive example, and Treat others the way you want to be treated.

Indiahoma School Menu: May 26-29, 2014

Breakfast: All breakfasts come with juice and milk.

Mon: Biscuits, sausage patties, gravy, fruit

Tues: Cereal, toast

Wed: Breakfast pizza, fruit

Thurs: Tornadoes / PB & J sandwich, fruit

Fri: NO SCHOOL—Spring Break

Lunch:

Mon: Taco salad, pinto beans, cookie, apple slices, salad bar, milk

Tues: Beef tips and rice, green beans, bread, peaches, salad bar, milk

Wed: Hamburgers, sweet potato fries, baked beans, fruit, salad bar, milk

Thurs: Ham sandwich, chips, fruit, salad bar, milk.

Fri: NO SCHOOL—Spring Break

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Have a Great Summer!

From Trish, Jodee, Brooke

DON’T FORGET!

June 2-June 26

Monday-Thursday

11:30 am—12:30 p.m.

SUMMER LUNCH

Slushies
Monday, Wednesday, Friday
Concession Stand
12:00-12:35 pm
&
2:25-3:00 pm



Have a safe and wonderful summer!

**Indiahoma High School Athletic Department
Hosts the First Annual
Warrior Golf Scramble**

Four-Man Scramble...June 23, 2014...Please Pre-Register by June 2, 2014

Ft. Sill Golf Course...8:30 am Shotgun Start
\$50.00 per player (\$200 per team)

Cart, Green fee, Range balls & Lunch included
Closest to the Pin & Longest Drive Contests,
Individual prizes for 1st, 2nd, & 3rd place teams

Flights determined by number of teams entered
E-mail rhodges61@live.com, call 580-483-6901 or
fill out a pre-registration entry form
(available at school or the post office)

Accepting donations of any kind for the tournament.
We specifically need items for door prizes & gift
bags such as hats, shirts, golf paraphernalia, sporting
goods, discount coupons, gift cards...

You can also make tax free monetary donations:
STAR SPONSOR: \$300 for business advertisement
or family acknowledgement & 1 team entry fee
BASIC SPONSOR: \$100 for advertising or
acknowledgement

Contact Coach Rick Hodges at rhodges1@live.com
or 580-483-6901 or Coach Mike Brown or
Mr. Greg Ellis at the school.

The Last Week of School

- May 18, 2014, Baccalaureate 8:00 pm
School Auditorium
- May 20, 2014, Elem Awards Assembly 12:30pm
School Auditorium
- May 20, 2014, HS Awards Assembly 1:45pm
School Auditorium
- May 20, 2014, Teacher & Staff of the Year &
Retirement celebration 3:30pm
Library
- May 20, 2014, 8th grade graduation 8:00pm
School Auditorium
- May 21, 2014, Citizenship Day Field Trip
- May 22, 2014, Pre Kg Graduation 9:00am
School Auditorium
- May 22, 2014, Kg Graduation 10:00am
School Auditorium
- May 22, 2014, Senior Graduation 8:00pm
School Gym
- May 22, 2014, LAST DAY OF SCHOOL
- May 23, 2014, Teacher Check out Day

Help Your Kids Be Fit and Healthy

Obesity is a major epidemic in the U.S. today. Approximately two-thirds of adults and 1 in 3 of our children are overweight or obese. As children become increasingly overweight, their risk of developing adult diseases like metabolic syndrome, type 2 diabetes, asthma, sleep apnea, orthopedic disorders, and even hypertension and heart disease also increases.

Most kids continue to be faced with unhealthy food choice options every day when — from fried food and chips and candy to the endless temptations of fast-food chains everywhere they go. With the rising use of computers, video games, and TV, many kids aren't getting enough exercise either.

Our cafeteria is making healthy changes. 100% whole-grain bread and pasta, lean meats, low-fat milk, less sugar, fresh fruit and vegetables, baked not fried foods, and limited salt. Unfortunately, most students do not approve of these changes.

Parents are their kids' primary role models. Children learn what to eat and how to exercise from watching what their parents do. Help your children acquire a taste for healthy foods and make exercise a habit by going on family walks (with the dog if you have one), play games with them outdoors, or motivate them to participate in after-school sports.