



Community Connections

For our children, our community, our world, our future

Value for your money

While a lot of our community members have children within our schools and can see the quality of what goes on within the district every day, many of you do not—and have to rely on what you read or hear about your school district. As we head into the holidays this year, I want to highlight several of our recent successes, documented by others.

First, I want to highlight two articles in a recent Cheney Free Press. John McCallum, the editor, wrote an article in the sports section about our fall athletes titled, “They may not all get a trophy, but all of Cheney’s student athletes are winners.” John highlighted each team’s accomplishments, but more importantly highlighted the sportsmanship and class of our athletes. At this time when civility is at a premium, there can be no higher praise. The second article, written by Becky Thomas, highlighted the excellence of our band, and our band students and director’s commitment to setting the bar high. The band that had 23 members in 2006 is now 95 strong and competes with much larger schools—winning top awards.

Second, I wish to highlight our good stewardship and academic excellence as defined by others. First, the district recently received a letter from the State Auditor’s Office identifying Cheney as one of the top 15 districts in the state, making significant student achievement gains while reducing non-instructional costs. This was followed by a visit from the Auditor who, through the use of questions, identified practices which he will incorporate along with other benchmark districts’ practices into a guide for all districts. The second letter received was from the Washington School Research Center at Seattle Pacific University, congratulating the district on being identified as in the top 5% of all districts in academic achievement. This was based on a five-year study from 2005-2010, which looked at several criterion to include assessment data and socioeconomic factors. In both of the above cases, outside agencies looked at how we operate and concluded that our district is performing in an excellent manner and controlling costs.

As community members, you want the best education for our students, provided at a reasonable cost. Based on the reviews above, our district is delivering good value for your tax dollars.



Have coffee with the “Sup”!

Superintendent Larry Keller would like to invite community members to join him on Wednesday, December 14, at Sunset Elementary for a cup of coffee and conversation. He will be available at any time from 8:30 to 9:30 a.m. He will also be available at Salnave Elementary on Tuesday, January 10, from 8:30 to 9:30 a.m. Please come visit with the “Sup.” There is no need to RSVP – just feel free to drop by.

For our children, our community, our world, our future ~

Lawrence R. Keller
Superintendent

Friday reminder: One hour late start for all schools in our district to provide for teacher collaborative time. Your child’s school day begins one hour later; the buses run one hour later.

Our essential foundations

- ★ High Expectations and Continuous Progress
- ★ Involvement and Engagement with School District Community
- ★ Stewardship and Planning

Cheney Middle School activities line: (509) 559-4488
Cheney High School activities line: (509) 559-4120

Go to www.cheneydsd.org for more news and information about Cheney Public Schools.

Important dates:

- | | |
|----------------|--|
| Dec. 14 | 8:30 a.m. Coffee with the “Sup” at Sunset |
| Dec. 19—Jan. 2 | NO SCHOOL —Winter Vacation |
| Jan. 10 | 8:30 a.m. Coffee with the “Sup” at Salnave 5:30 p.m. Community Meeting at CHS |
| Jan. 16 | NO SCHOOL Martin Luther King Jr. Day Holiday |
| Jan. 17 | 5:30 p.m. Community Meeting at Windsor |

You are what you drink

You've probably heard the old saying, "You are what you eat," but did you know that the liquids we put into our bodies are equally as important? A glass of milk provides nine essential nutrients kids need to aid in the development of strong bones and teeth and healthy bodies. As part of our efforts to encourage healthy eating habits and reduce sugar intake among our students, our school lunches include an ice-cold serving of plain white milk. Flavored milk is now being offered only on special occasions. The average serving of low-fat chocolate or strawberry milk contains two times as much sugar as low-fat white milk. Most of us wouldn't allow our kids to spoon five or more teaspoons of sugar or high fructose corn syrup into their milk at home, yet that's the amount of sweetener they're consuming in one serving of flavored milk. Putting it into further perspective, a Kit Kat candy bar contains roughly the same amount of sugar as flavored milk.



We encourage you to talk with your child about why drinking low-fat white milk is important. Offering nutritious food options for our students is part of our district's commitment to educating the whole child (body and mind).

Betz students excited about new healthy lunches

In October, Mrs. Magee's second grade class made the most of an opportunity to provide feedback about the new healthy lunches to Cheney School District Nutrition Services Director, Brian Levy, and *Cheney Free Press* reporter, Becky Thompson. The students did an outstanding job of presenting the lunch menu items they have most enjoyed and providing Mr. Levy with ideas for lunches they hoped to see in future months.

As a special treat, the students entertained their guests by singing the alphabet in French. Mrs. Magee's class was then featured in an article that appeared in the *Cheney Free Press* on October 27th about the new healthy lunch program. Two of the class's menu ideas, breakfast for lunch and baked chicken nuggets, appear on the November 2011 district-wide lunch menu.



Community meetings Jan. 10 & 17

Please join us at 5:30 p.m. on Tuesday, January 10, at Cheney High School or Tuesday, January 17, at Windsor Elementary to learn about the newest developments in your district, as well as the upcoming renewal levy.

CHS sports accomplishments

Congratulations to our student athletes!

Fall Varsity Athletic Programs Grade Point Averages:

| | | | |
|---------------------|-------|--------------|-------|
| Boys Cross Country | 3.349 | Girls Swim | 3.520 |
| Girls Cross Country | 3.715 | Girls Soccer | 3.680 |
| Football | 3.210 | Volleyball | 3.411 |

Great Northern League Finishes:

| Athletic Program | League | District | Regional | State |
|---------------------|--------|----------|----------|-------|
| Boys Cross Country | 2nd | 1st | 2nd | 8th |
| Girls Cross Country | 1st | 1st | 1st | 1st |
| Football | 3rd | | | |
| Girls Soccer | 3rd | 4th | | |
| Swim | 7th | 5th | | TBD |

All League Selection—Cross Country:

Mariah Brenton-1st, Kendall Dunn-1st, Matt Duray-2nd, Sanne Holland-1st, Corey Klotz-Brooks-1st, Kali Klotz-Brooks-Hon. Mention, Mattie McNair-2nd, Devon Poulsen-1st, Kelsey Schwendiman-1st, Nick Steele-1st, Carson Torkelson-2nd, Amie Zachman-2nd

All League Selection—Football:

Ben Bissell, Quarterback-1st, Zach Corean, Defensive Line-1st, John Gingrich, Punter-1st, Eric Igbino, Receiver/Corner-1st, Zach Mitchell, Running Back-2nd, Justin Pomranky, Offensive Line-1st, Jeff Pool, Linebacker-2nd, Forester Seipp, Defensive Line-2nd, Keaton Tanzer, Offensive Line-1st, Coleman White, Linebacker-1st/Tight End-2nd

All League Selection—Girls Soccer:

Chae Brown, Forward-2nd, Briana Estrellado, Mid-Fielder-1st, Erica Orth, Fullback-1st, Sierra Vigarro, Fullback-2nd

All League Selection—Girls Swim:

Heather Spall, 200 Yard Freestyle-2nd, Heather Spall, 500 Yard Freestyle-2nd

All League Selection—Volleyball:

Liz Gill-2nd, Katie Schueman-2nd

Helping out at HomeWorks!

HomeWorks! students and families are goal setters, in addition to community servants. In mid-October, students set a goal of collecting 150 food items for the Cheney Food Bank. This averaged about two items per student. Students met and exceeded this goal by 126 items, in less than two weeks!



On November 4th, students were able to take the items to the Cheney Food Bank and see first-hand what it takes to operate this place. Some fun facts the students learned are that it has been around for 53 years, and back then they used to take their client shopping. Currently, they serve 20 families. As a reward for their efforts, all students received an otter pop during lunch the following week.

HomeWorks! loves service opportunities. If you know of any opportunities for our school, please contact Shannon Lawson at 559-4586.



CHS Homecoming

Cheney High School Homecoming was a complete success—including the most exciting football game ever! In the photo above, Queen Micaela Hovater and King Quindrey Davis-Murphy receive the “royal treatment” from last year’s Queen Ashley Rohner.

Sunset School Health Center to open

The Sunset School Health Center will be a primary care medical center located within Sunset Elementary School. It will offer health services you would see in most family clinics or urgent care centers, such as:

- Diagnosing and treating acute and chronic illness
- Performing routine physical exams, including well child and sports physical exams
- Treating minor injuries
- Prescribing medication
- Administering immunizations
- Conducting oral health evaluation and providing basic prevention services

Why do this? Healthy students learn better, but many students have unmet health needs. School-Based Health Centers (SBHCs) are a proven way to improve student health. SBHCs have also been shown to increase time in class and even improve grades.

When will it be open? The target opening date is early 2012, with possible hours of 12:00-4:00 or 1:00-5:00.

Who can use it? The clinic will serve students of Sunset Elementary and their family members, including siblings and parents or caregivers. Everyone will be seen, regardless of ability to pay, but insurance will be billed whenever possible and a sliding-scale fee system will be created. Any student using the clinic will need his or her parent’s written permission.

Who is paying for this? The center is initially funded from a variety of grants and donations, including the Empire Health Foundation, the Spokane County Medical Society, INWCF, and the Gates Foundation. Long-term, most of the cost will be covered through billing insurance like any medical clinic. The School Health Care Association of Spokane County will oversee funds for the center.

Will this replace our health room? No. Our health room will not change. Students will still go to the health room if they have a sudden sickness. The Sunset School Health Center will be the next step if health room staff feel that the issue could be addressed there. The health room will continue to help students administer their prescribed medications and carry out any individual health plans.

Who will provide services in the center? Most likely a nurse practitioner who is supported by a physician.

Questions or comments?

Please email info@schoolhealthcaresc.org or call (509) 850-3875. www.schoolhealthcaresc.org

Cheney Public Schools complies with all federal and state rules and regulations and does not discriminate on the basis of race, color, religion, national origin, economic status, gender, sexual orientation including gender expression or identity, pregnancy, familial status, marital status, age, honorably discharged veteran or military status, the presence of any sensory, mental or physical disability, or the use of a trained guide dog or service animal by a person with a disability. This holds true for all students who are interested in participating in educational programs and/or extracurricular school activities. Inquiries regarding compliance and/or grievance procedures may be directed to the school district's Title IX/RCW 28A.640 Officer/ADA Coordinator or Section 504 Coordinator. Or inquiries may be directed to the Director of the Office of Civil Rights, Department of HEW, Washington, D.C.

Title IX/Chapter 28A.640 Officer/ADA Coordinator
Dr. Debra Clemens, Associate Superintendent
Cheney School District, 520 Fourth Street
Cheney, WA 99004 Phone: (509) 559-4550

Section 504 Coordinator
Kristi Thurston, Director, Student Support Services
Cheney School District, 520 Fourth Street
Cheney, WA 99004 Phone: (509) 559-4507

Requests for Disclosure of Public Records
Sharon Throop, Public Records Officer
Cheney School District, 520 Fourth Street
Cheney, WA 99004 Phone: (509) 559-4502



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Cheney Middle School holds 1st quarter "Art Night"



Recently, the first art night of the year was held at Cheney Middle School. During this 1st quarter art show, all art students had the opportunity to conference with their parents about their art class projects. Seeing the art projects on the tables in the cafeteria was impressive, and parents were excited to hear about their child's art class experience.

Everyone present had a fantastic time, and "stuffed themselves with yummy cookies" as well as healthy snack foods such as cheese, crackers, veggies, fruit, salami, etc.

Also, students brought carved pumpkins from home to be displayed, and they were lit up in a dark room. The pumpkin variety and craftsmanship were amazing! Along with art conferences, food and creatively carved pumpkins, 12 talented "guest artists" (some former CMS students) were invited to share their artwork/craft.

6th Grade

Marianne Pollard—Character Drawings
Destinee Bradley—Duct Tape Hair Bows
Brette Draper—Mixed Media Paintings

7th Grade

Brooke Hosmer and Jennifer Harbick—Clay Creatures

8th Grade

Amanda Gilliam—Watercolor
Cheyenne Corrick—Pencil Sketching
Liz Johansen—Drawing and Digital Art
Christian Williams—Handmade Primitive Technology
Julia McNutt—Miscellaneous Art

Former CMS Students

Payton Thorson (9th Grade)—Anthro. Animals
Laurali Gilliam (11th Grade)—Hemp Bracelets with Homemade Paper Beads

If you know the students listed above, congratulate them on their talent, maturity and bravery.



Kristen Gregg (6th Grade)



Payton Thorson's artwork (9th Grade)



Amanda Gilliam shares her art (8th Grade)



NO SCHOOL
December 19 through
January 2
Enjoy time with family and friends.

