



The Central Connection

*WE are SC—every student, teacher, class, and program
contributes to the success of Salina High School Central.*

November 2023

Central High School | Salina, Kansas

Hello Mustang Families,

It's November and here at Central High School we have many things to be thankful for!

We will be continuing our Renaissance Program. Students who qualify for this should look for an email notification later this month via their student email account. Students who qualify for a Gold Renaissance can be exempt from two final exams and receive three homework waivers with teacher approval. A Silver Renaissance can be exempt from one final exam and will receive two homework waivers with teacher approval. White Renaissance recipients will receive one homework waiver with teacher approval. Check out the student handbook to see how to qualify for the Renaissance Program.

Our Theater Department will be performing the musical 25th Annual Putnam Spelling Bee November 17-19. This heartfelt show will be sure to make you smile as you support CHS students!

Central has had an exciting fall sports season with several sports competing at the State level! Congratulations to Addison Renfro, Mallory Renfro, Claire Renfro, Brooke Banniger and Janae Montoya for Girls Tennis; Cindric White for Girls Golf; Liam Deniau-Young, Jack Burt, Isak Howe, Luke Affholder, Colin Rupe, Christian Brosi, and Tayton Morris for Boys Cross Country; Katelyn Rupe and Kaylie Shultz for Girls Cross Country. Way to go Mustangs!!

Winter sports will be starting up later this month.

Finally, we would like to thank you for your continued support and trust in us to educate your students. We are proud of our students, faculty, and staff here at Salina Central! We hope you have a restful Thanksgiving holiday.

CHS Administrative Team

Matt Brungardt, Tiffany Lowe, Steve Rivers, & Greg Maring



Thankful November

This month, your student(s) will have the opportunity to recognize others for the effect they have had on their lives. Each student will write a Thankful November note, or notes, to someone on the Salina Central campus. Before we leave for Thanksgiving break, everyone should have received at least one Thankful November note!



Link Leaders

This year, our ELO/Link Leader Committee has introduced quarterly challenges to get students more engaged in ELO. Each quarter, ELO classes can choose between two options. First quarter, they had the option to either participate in a Selfie Scavenger Hunt or ELO Time Capsule. For second quarter, the challenges match the counseling focuses for November and December: Gratitude and Generosity. The two options are: Elementary Pen Pals or Community Service Project. Please keep an eye out for pictures of those challenges that will be posted on our SCHSCounseling Facebook page!

Food Drive

The Leadership class at Salina Central will be doing a food drive November 1 – 21 to collect food for our new school food pantry. The ELO's that contribute the most to the drive will receive a prize.



November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Calendar of Events

- 11/4 - Debate Invitational
- 11/13 - Winter Sports Tryouts
- 11/17-11/19 - Fall Play
- 11/22-11/24 - November Break - No School
- 11/30 - Scholar's Bowl

Winter Sports Tryouts - November 13, 2023

Winter Sport season is fast approaching! If your student(s) wants to participate in **Boys & Girls Basketball, Boys & Girls Bowling, Boys Swimming, or Boys & Girls Wrestling**, mark your calendars for November 13 for Winter sports tryouts. Make sure your student(s) has an up-to-date physical and has completed their Final Forms!





Student of the Week - October



10/2/2023 - 10/6/2023

LaJoy Outland is a Senior at Central High School. Out of all her classes, math is her favorite. LaJoy enjoys going to the activities here at Central and also cheering on her friends at sporting events. After high school, LaJoy intends to join the Army which will help her reach her goal of becoming a Veterinarian.

Valerie VanZant is a Junior at Salina Central where she is involved in Big Brothers Big Sisters, FFA, Stuco, Link Leaders, Writing Lab and Book Club. Valerie is a part of the Gifted program and on the Wrestling and Softball teams. She also volunteers at Rolling Hills Zoo. Valerie wants to play college softball while pursuing a degree in Veterinary Medicine. Her dream is to do research projects in other countries.



10/9/2023 - 10/13/2023



10/16/2023 - 10/20/2023

Aaron Waite is a Sophomore at Central High School. Aaron is involved in several activities including Chess Club, Game Club, E-Sports and is a member of the Scholar's Bowl Team. His favorite class is Algebra 2/Trigonometry with Mr. Newell who makes it fun. Aaron plans to attend college somewhere after high school.

Lexi Foos is a Freshman here at Central. She is a member of the Tennis team and involved in Stuco, Theater, Choir, and Treble Chorus. Lexi enjoys her Theater class with Ms. Hilt and Choir class with Mr. Holmquist. Outside of school, she helps out with the Salina Youth Choir and is involved with her church. Lexi aspires to be a music teacher once she graduates high school. Lexi is the daughter of David and Leslie and sister to Daxton.



10/23/2023 - 10/27/2023



BUT IT'S JUST 10 MINUTES

- • How do you feel when you are late for class,
• • work, an appointment, a movie, or plans with
• • family or friends?

- • We have all been in these situations and
• • understand that being late can make us feel
• • anxious, nervous, embarrassed, or even frustrated.

Attendance Matters

- • Being just 10 minutes late per day for school
• • can really add up.

- • That's about an **HOURLY** per week
• • OR

- • **1 1/2 WEEKS** per school year
• • OR

- • **1/2 a SCHOOL YEAR** over a school career.

- • Building good habits, such as being on time,
• • can help you accomplish your goals.

- • • • • • • •
- • • • • • • •





Seniors

Senior Ads - Yearbook

DEADLINE FOR ORDERS: DECEMBER 14th

(late +\$10)

email photos to chstrail@gmail.com no photos will be accepted only DIGITAL copies

Must Include...

- senior's full name
- message
- from, mom & dad, brother, sister, etc.
- photos
 - no full body photos only waist and up

Payment Options

- checks: payable to "Salina Central Yearbook"
- cash: turn into Mr. Whitt's room (#2100)
- online:
<https://salina.revtrak.net/high-schools/central-high-school/chs-sc-fall-sports-photos/>

1/8 of a page: \$25

- 2 photos

1/4 of a page: \$50

- 3 photos

1/2 of a page: \$75

- 4 photos

1 full page: \$100

- 8 photos

Example Senior Ad

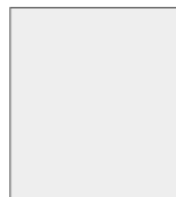
Maylin Owen



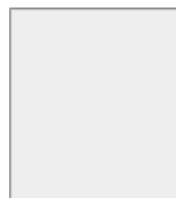
We are so proud of you and everything you have done! We look forward to seeing the great things you will do in the future. Love Dad, Mom, and Theran

1/2 of a page

Maylin Owen



We are so proud of you and everything you have done! We look forward to seeing the great things you will do in the future. Love Dad, Mom, and Theran



1/4 of a page



Counseling

November's first counseling focus is **Gratitude**. What does it mean to "practice gratitude?" Gratitude is more than just an emotion or state of mind. Gratitude is the quality of being thankful or readiness to show appreciation for and to return kindness. Gratitude starts with the recognition of what is good in your life, but doesn't stop there. The practice of gratitude includes acknowledging the source of that goodness and expressing appreciation for it, maybe even to "pay it forward" by either returning it or sharing it with others.

A few resources to learn more include:

- [3 Acts of Gratitude](#)
- [The Science of Gratitude](#)
- [10 Ways to Pay It Forward](#)

November's second counseling focus is **Career Planning**. Career planning for high school students is about exploring many different careers in the hopes of finding something they enjoy doing and that they can make money from. It's essential to begin this process before graduation from high school and have to choose a major in college or enter the workforce.

Ask your child about their career goals and look at their Xello information by asking them to join their account for some insight to their skills, interests, and career choices.

- [Fastest Growing Occupations](#)
- [How to Prepare Your Interview Answers](#)
- [Volunteer Opportunities](#)



Updates from your District

American Education Week

Take the time to celebrate greatness in your school community during November 13 - 17 for American Education Week! SPS is growing greatness and we wanted to share some of the latest news. Our district is proud of who we are and proud of what we do!

- SPS is always looking for new and engaging ways to make STEM approachable and fun. At South Middle School, students are learning how to fix, fly, and fine tune their technical skills with the brand new Drone Club. Students meet once a week to practice using a simulator and take turns piloting the drones around the classroom.
- The Growing Greatness Award is a new program celebrating the staff in our buildings. Our very first winner in September was Jayne Benson, an FNS cook. Congrats to Jayne, whose work supports our teachers and students! This award is sponsored by Nex-Tech.

Check out our district social media pages from November 13-17 to learn more about the greatness that takes place every day, thanks to the amazing staff and community in our buildings.

Building Bridges 2023

Salina Public Schools is gearing up for its third annual Building Bridges event on November 9 from 5:15-7:00 p.m. at the Stiefel Theatre. This dynamic, free event will bring together community members, businesses, industry, families, and educators to discuss Career and Technical Education (CTE). Guests will hear from keynote speaker Travis Young, CEO of Vortex, and SPS students in construction, animal science, welding, medical investigations, and marketing pathways who will discuss their CTE projects. Attendees will tour unique downtown Salina locations and discuss how to strengthen Salina's culture through fine arts and CTE. Snacks, prepared by South High culinary students, will be provided. Don't miss this exciting event! Join the discussion, share ideas about how to encourage local talent to flourish in Saline County, and let your voice be heard!





Upcoming

- 11/13 - Winter Sports Tryouts
- **11/22-11/24 - November Break - No School**
- 11/29 - 8th Grade Parent Enrollment Night 6 p.m.
- 12/14 - Joyous Noel Concert 7 p.m.
- 12/19 - End of 2nd Quarter
- **12/20-1/3 - Winter Recess - No School**

To stay up to date on the start of Winter Sports Visit www.avctl.org for updates

Athletic Schedule Subject to Change



Phone		785.309.3500
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Assistant Principals		Tiffany Lowe, Steve Rivers
Admin. Assistant		Laura Hince
Website		305centralhigh.com



#305GrowsGreatness

Unified School District #305 does not discriminate on the basis of race, color, national origin, sex, age, or disability in admission or access to, or treatment or employment in, its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Any person having inquiries concerning Unified School District #305 compliance with the regulations implementing Title VI, ADA, Title IX, or Section 504 is directed to contact the Unified School District #305 Executive Director of Human Resources, P.O. Box 797, Salina, Kansas 67402, 785-309-4726.