SOUTH WARREN



HIGH SCHOOL

SPARTAN SPEAK

September 11, 2023

Important Dates

9/13 No School (PLC Day)
9/14 High Attendance Day
9/14 Musical Reveal Party
9/15 Picture Day for Freshman - Juniors
9/22 Picture Makeup Day for Seniors
9/26 ACT Bootcamp
10/2 - 10/6 Fall Break
10/10 Trunk or Treat
10/17 ACT for 9th, 10th & 12th grade
10/20 Seniors with Seniors
10/24 PSAT for 10th & 11th grade
11/1 No School (PLC Day)
11/7 No School (Election Day)



No School Wednesday

There will be no school for students on Wednesday, September 13. This will be a PLC day for our staff.

SWHS ESS Information

SWHS ESS: Free Tutoring & Make Up Testing on Thursdays STUDENTS SIGN UP AT THE FOLLOWING LINK: <u>bit.ly/SWHSESSsignup23-24</u> *This form is due no later than 11AM every Thursday. *Tutoring is 2:30-3:30 every Thursday

*Make up testing will begin at 2:30 and end at 4 every Thursday.

*All tutoring is provided by teachers at SWHS in small group format and is free. Typically there will be 1 to 5 students in a tutoring group.

*Check your SCHOOL GMAIL ACCOUNT at 1:45pm on THURSDAY to see where you are to report to for ESS if you sign up.

*NO TRANSPORTATION IS PROVIDED FOR ANY AFTER SCHOOL ESS SERVICES

*The student must report to their assigned location at 2:30 on Thursdays.

German Exchange Program

WCPS high schools are once again participating in the GAPP student exchange. If you are interested in a short-term (2.5 week) exchange program and are willing to host a student in your home, now is your chance! Information can be found attached. Deadline to apply is September 15th. <u>Click here for more Information</u>.

School Pictures and Yearbooks

Underclassmen picture day: September 15th. Forms to order pictures ahead of time were sent home with your child. We strongly encourage you to take advantage of the online ordering offered this year.

Senior makeup pictures: September 22nd. This is a one outfit only session. Session fee Is \$0. Let Miss Gray know if you have any questions! kathryn.gray@warren.kyschools.us

Yearbooks are officially on sale! ALL sales will be online at <u>jostens.com</u>. Your book prices do increase as the order date approaches. They are currently at the lowest price which is \$68. This price will increase at the end of this month.

Donations Needed for Front Office

- Tissues
- Disinfecting Wipes

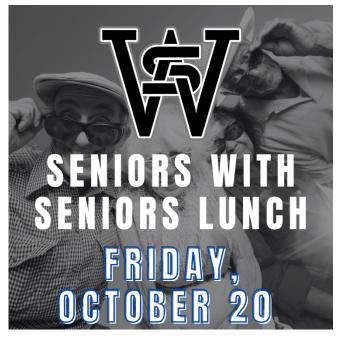
SPOOKY SPARTAN'S TRUNK OR TREAT

TUESDAY OCTOBER 10TH 5:00-6:30 @ South Warren

THIS IS FOR ALL SOUTH WARREN FEEDER SCHOOLS PARKING WILL BE IN THE ATHLETIC COMPLEX

FOOD TRUCKS & BALLOON ANIMALS FREE HALLOWEEN BAGS WHILE SUPPLIES LAST









Sign up via https://bit.ly/swsw100923



Sign up to visit with our Murray State University Admissions Counselor - Mindy Wagner During SWORD on Monday, 10/9!

> Mindy will share details about Murray State University's admissions requirements, application process, scholarship opportunities, campus life, & more...



Sign up to meet with U of L's Admissions Counselor Anna Chambers this week during SWORD on Tuesday, 9/26!

Come hear about U of L's admissions requirements, application process, scholarship opportunities, campus life, & lots more...

There are ONLY 30 spots!!!

SIGN UP:

https://bit.ly/swsw092623

OR QR code ==>





SOUTH WARREN GIRLS LACROSSE



ALL UPDATES/CHANGES WILL BE POSTED ON OUR SOCIAL MEDIA

Please contact Coach Bartos with any questions: southwarrengirlslacrosse@gmail.com



Fall 2023

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

The D nner

Tab e Project

DEVELOPMENTAL ASSETS

Search Institute® has identified the following building blocks of healthy development–known as Developmental Assets®. These help young people grow up healthy, caring, and responsible. When youth have more assets they are more likely to thrive now and in the future.

HEALTHY RELATIONSHIPS IN SCHOOLS

When young people feel supported in schools, they are more likely to be more present and engage in the lesson.
This makes them perform better in school Having a healthy relationship with teachers will also help decrease behavior problems. Having support when it comes to school takes pressure off teens and allows them to feel comfortable asking questions and learning.



CARING SCHOOLS RELATIONSHIPS WITH TEACHERS AND PEERS PROVIDE A CARING, ENCOURAGING ENVIRONMENT.



PERSONAL POWER YOUNG PERSON FEELS HE OR SHE "HAS CONTROL OVER "THINGS THAT HAPPEN TO ME."

Kentucky Incentives for Prevention (KIP) Survey is a bi-annual survey taken by most 6th, 8th, 10th, and 12th graders in Kentucky public schools (Not all school districts participate). These results are from the 2021 Survey.



of Kentucky 10th Graders met the threshold for serious psychological distress.

COMMUNICATION TIP: VALIDATE THEIR FEELINGS

It can be difficult to empathize with emotions that we are not experiencing. Rather than brushing off what your teen might be feeling, be sure to validate their struggles by saying something along the lines of "Wow, that must be difficult. What can we do to help you through it?"

BAKED EGG CUPS

Servings: 6 Serving Size: 1 egg cup Recipe Cost: \$3.00 Cost per Serving: \$.50

INGREDIENTS:

- Cooking spray
- 6 slices of thin cut deli-style turkey or ham
- 6 eggs
- Pepper
- ½ cup finely shredded 2% cheddar cheese
- ½ cup diced red and green bell pepper (or vegetables of choice)



DIRECTIONS:

- 1. Preheat oven to 350°F.
- Spray 6 muffin tin cups with cooking spray.

FL

- 3. Arrange meat slices so they line the muffin cup.
- 4. Break an egg into each cup, gently breaking the yolk with a sharp knife.
- 5. Season lightly with pepper, if desired, and sprinkle in diced peppers (or vegetables of choice).
- 6. Place muffin tin in the oven and cook for 15 minutes. If eggs are not firm, return to oven and check them every minute until they are firm.
- 7. Remove from oven and quickly sprinkle with shredded cheese. Serve right away.

FAMILY SUPPORT

It's important for your child to feel love and support. Love and support can be shown by stopping what you're doing and giving your child your undivided attention when they come to you with a problem, question, or concern; eye contact goes a long way! Love and support can also be shown by asking your child what their "highs" and "lows" of the day were and helping your child find ways to improve on their "lows."

CONVERSATION STARTERS

1. What do you like best about your school?

- 2. Think of an assignment or conversation you had today that you liked. Why did you enjoy it?
- 3. If you could do away with one subject in school, which one would it be and why?

Help us improve our newsletters by completing this quick survey!



🚹 thedinnertableproject.org

Otoño del 2023 🏻 The D nner Tab e Project



INICIAR CONVERSACIONES SIGNIFICATIVAS CON SU ADOLESCENTE

DESARROLLO DE VALORES

El instituto de investigaciones (Search Institute®) ha identificado los siguientes componentes básicos para el desarrollo saludable, conocidos como Desarrollo de Valores®. Estos ayudan a los jóvenes a crecer sanos, afectivos y responsables. Cuando los jóvenes tienen más de estos valores tienen más probabilidades de prosperar en el presente y futuro.

Cuando los jóvenes sienten apoyo en las escuelas, es más probable que estén más presentes y participen en las clases. Esto hace que tengan un mejor desempeño en la escuela. Tener una relación saludable con los maestros también ayudará a disminuir los problemas de conducta. Tener apoyo cuando se trata de la escuela hace que los adolescentes sientan menos presión y les permite sentirse cómodos haciendo preguntas y aprendiendo.



ESCUELAS SOLIDARIAS

AS RELACIONES CON LOS MAESTROS Y LOS COMPANEROS PROPORCIONAN UN ENTORNO AFECTUOSO A FNTADOR

PODER PERSONAL EL JOVEN SIENTE QUE TIENE CONTROL SOBRE LAS COSAS QUE LE PASAN

La Encuesta de Incentivos para la Prevención de Kentucky (KIP, por sus siglas en inglés) es una encuesta que se lleva a cabo cada dos años en la mayoría de los estudiantes de 6to, 8vo, 10mo y 12vo grado en las escuelas públicas de Kentucky (No todos los distritos escolares participan). Estos resultados son de la encuesta del 2021.

> de los estudiantes en 10mo grado de Kentucky alcanzaron el umbral de angustia psicológica grave.

CONSEJO DE COMUNICACIÓN: VALIDAR SUS SENTIMIENTOS

Puede ser difícil empatizar con emociones que no estamos sintiendo. En lugar de ignorar lo que su adolescente podría estar sintiendo, asegúrese de validar sus dificultades diciendo algo como "Vaya, eso debe ser difícil. ¿Qué podemos hacer para ayudarte a superarlo?"

<u>MUFFINS DE HUEVO AL HORNC</u>

Porciones: 6 · Tamaño de la porción: 1 muffin Costo de la receta: \$3.00 · Costo por porción: \$.50

<u>INGREDIENTES:</u>

- Espray para cocinar
- 6 rebanadas finas de jamón o pavo estilo deli
- 6 huevos
- Pimienta
- ½ taza de queso cheddar al 2% finamente rallado
- ½ taza de pimiento rojo y verde cortado en cubitos (o verduras de su elección)



INTRUCCIONES:

- 1. Precaliente el horno a 350°F (177°C).
- 2. Rocíe 6 moldes para muffins con espray para cocinar.
- 3. Coloque las rebanadas de carne de modo que forren el molde para muffins.
- 4. Casque un huevo en cada taza, rompiendo suavemente la yema con un cuchillo afilado.
- 5. Sazone ligeramente con pimienta, si lo desea, y espolvoree los pimientos cortados en cubitos (o las verduras de su elección).
- 6.Coloque el molde para muffins en el horno y cocine por 15 minutos. Si los huevos no están firmes, póngalos en el horno nuevamente y revíselos a cada minuto hasta que estén firmes.
- 7. Retire del horno y espolvoree rápidamente con queso rallado. Sirva de inmediato.

APOYO FAMILIAR

Es importante que su hijo sienta amor y apoyo. El amor y el apoyo se pueden demostrar al dejar de hacer lo que está haciendo para brindarle toda su atención a su hijo cuando este acude a usted con un problema, pregunta o inquietud; ¡el contacto visual ayuda mucho! El amor y el apoyo también se pueden mostrar preguntándole a su hijo cuáles fueron sus "altas" y "bajas" en el día y ayudándolo a encontrar la mejor manera de solucionar sus "bajas".

TEMAS PARA INICIAR CONVERSACIÓN

- 1.¿Qué es lo que más te gusta de tu escuela?
- 2. Piensa en una tarea o conversación que tuviste hoy que te haya gustado. ¿Por qué lo disfrutaste?
- 3. Si pudieras eliminar una materia en la escuela, ¿cuál sería y por qué?

¡Ayúdenos a mejorar nuestros boletines llenando esta encuesta rápida!



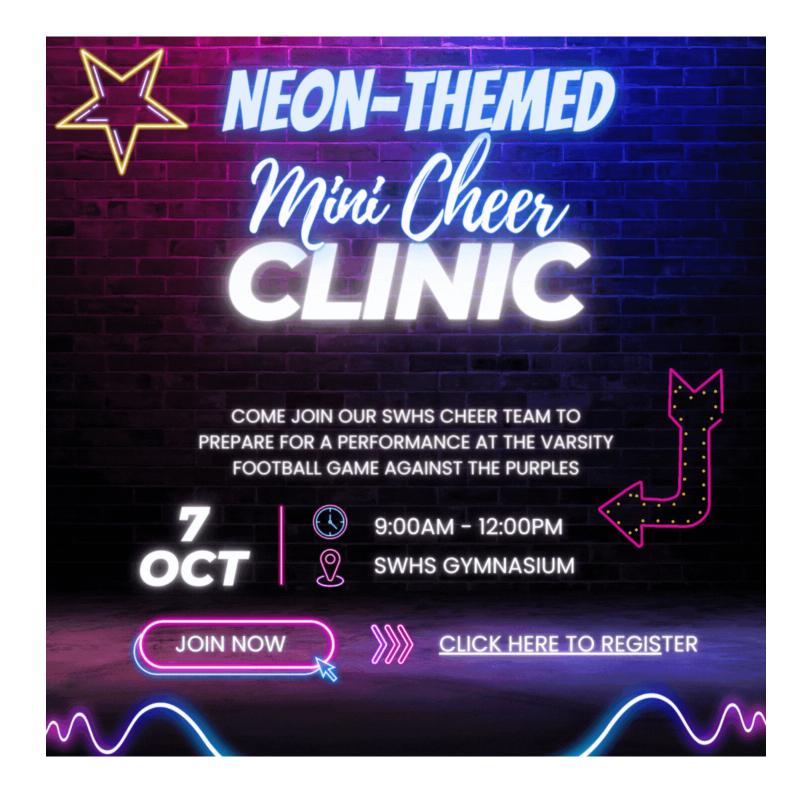
f thedinnertableproject.org







SOUTH WARREN HIGH SCHOOL - KYA CLUB





SCHOOL FUNDRAISER

South Warren High School

Wednesday, August 30, 2023 4pm-7pm

Crumbl—Bowling Green

130 Walton Ave Bowling Green, KY 42104

Benefiting SWHS Choir

SOUTH WARREN HIGH SCHOOL Jet's Pizza® Night August 30, 2023 FUND atase 3PM-8PM Join up with Jet's Pizza® to raise money for SWHS CHOIR ITALY TRIP. Join up with Jet's Pizza® to raise money for SWHS CHOIR ITALY TRIP. Lipoy a pizza with dough that is made fresh daily and topped with only the finest and highest quality ingredients available... and at the same time help your school. For every order, Jet's Pizza® will donate 10% back to YOUR SCHOOL!

It's as easy as 1, 2, 3!

Call or visit Jet's Pizza[®]

Mention YOUR PROGRAM'S Spirit Night

Order a delicious freshly made pizza for pick up and enjoy

with your family!

That's it! Now you have the satisfaction knowing

that 10% of your purchase will benefit

YOUR PROGRAM!

······





Smart Cards

PTSO is selling smart cards in the front office for \$20. All proceeds go towards student and teacher rewards.



HARDEE'S Participating Locations Buy Any 1/3 lb. Thickburger Combo Get One 1/3 lb. Thickburger FREE (Limit 1 Per Visit)	www.smartsavingslink.com BOWLING GREEN / WARREN CO. EXPIRES 8/1/24 YOUR \$20 DONATION SUPPORTS OUR \$20 DONATION SUPPORTS OUR SCHOOLS, YOUTH GROUPS, & CIVIC ORGANIZATIONS		RALLYS HABBURGERS Bag Price, Gerow Least to Work WENOYS Bernessen Any Construction Went State State Went State State Went State State Bage State State Went State State Bage State State Bage State State Bage State State Bage Stat	
KRYSTAL Participating Locations FREE Krystal W Purchase Of 1 Krystal (Limit 1 Offer Per Castorner)		00101 1		Bowling Green and Surrounding Areas Cit of and use the couples below for instant surget Expires 8-1-24 DISTERIVER
Offer Per Customer) BG SKATE 50 Three Spring Rd FREE Skate Rental with Paid Admission	JUST LOVE COFFEE CAFE 1640 Scottsville Rd 10% OFF Any Regular Priced Item	PAPA JOHNS Buy Any Large Specialty Pizza At Reg. Menu Price, & Receive A Large 1-Topping Pizza FREE (Carryout Only)	Meal #1 Info #11 MANCINO'S 843-9783 \$1.00 OFF Any 1/2 Grinder, \$1.50 OFF Whole Grinder	SHIELDIN Tat Chapter Ling set-zeta set-zet
KFC Bowling Green 10% OFF Regular Priced Item	IHOP 3240 Scottsville Rd. 904-2333 10% OFF Any Purchase of	DONATOS PIZZA 861 Fairview Ave 751-5111 10% OFF	PIZZA HUT Bowing Green FREE Order of Breadsticks with Purch. of 2 Lg. Pizzas at Menu	\$5 OFF Any 520 Food Purchase Untranse merupanti the underlands
STAKZ FROZEN YOGURT 1945 Scottsville Rd Behind Rafferty's \$1,00 OFF	\$25 of More	(Code:244) MI PUEBLE VIEJO 2323 Nashville Rd 10% OFF	Price LITTLE CAESAR'S Bowling Green & Franklin, KY One FREE Crazy Bread with	Charleys. STAURAN - AAX STAURAN - AAX State one control of the one
Any Purchase (Excludes Happy Hour) FLAVOR ISLE Smiths Grove FREE Ice Cream Cone w/Meal Purchase (Limit 4)	A \$10 or Greater Purchase O COFFEE EMPORIUM 5851 Scottaville Rd. 10% OFF Pizza Purchase of \$20 or More (4pm to Close)	Food Only	Any 2 Pizza Order (1 Per Person Per Visit) SMOOTHIE KING 2435 Nashville Rd \$1.00 OFF Any Med. or Lq. Smoothie	\$0044035 \$50FF \$45 or More Appetizer with Purchase
WHITE CASTLE Participating Locs. 10% OFF Total	VBREAKIFIX 760 Campbell Ln 904-4552 10% OFF Restrictions Apply	Bizzard Get One Bizzard Get One for 99¢ (Of Equal or Lesser Value)		EXPIRES 8/1/24 of Two Entrees & Two Drinks SHOE CARNIVAL \$10 off your total \$10 off your total \$10 off your total \$10 off your total \$10 off your total
JUMP AIR ZONE 399 Kentucky St 715-0763 Buy 1 hour, get add'l 30 min. FREE	SPORT CLIPS Bowling Green \$2.00 OFF Any Haircut (Code 2010)	BEIJING TOKYO 2945 Scottsville Rd 10% OFF (Excludes Alcohol	(Caryout Only) BG SHAKERY 2800 Scottsville Rd 10% OFF Your Purchase	Conclusioned and an end of the second
BASKIN ROBBINS 1542 321W Bypass 10% OFF Shakes, Blasts, & Smoothies (Medium Or Larger)	CON CON'S 282-6120 One FREE Dessert w/ Purchase Of 2 Plate Lunches	GIGI'S CUPCAKES Buy 3 Cupcakes Get One FREE Limit 1 Per Visit	CICI'S PIZZA Bowing Green Loc. Two Can Dine For \$14.49 (2 Buffets & 2 Drinks)	STO OFF Any Regular Proced Purchase of SSO BUILD STORESSOURCE STREE 11" Pizza with Purchase of any Pizza (The Regular Control of Store Street
BRUSTERS REALICE CREAM 2712 Scottsville Rd. FREE One Size Upgrade on Any Size Waffle Cone	ORIENTAL STEAK HOUSE 1038 Cheateut ST 10% OFF (Excludes Alcohol)	LISA'S FIFTH ST. DINER 430 Center St 10% OFF	MEX-OUT Across From Walmart 10% OFF 599-1055	And Additional Control Co
VALVOLINE INSTANT OIL CHANGE® Part. Bowling Green Locs. \$10.00 OFF Any Full Service Oil Change (CODE: NANT035)	DUNKIN DONUTS 2435 Nastwille Rd. 843-4886 One FREE Donut wiLarge or Extra Large Drink Purchase	THE KNOTTY PRETZEL 701 Elrod Rd 681-2062 10% OFF	KIDDOS'S Children's Consignment 1440 Campbell Ln \$5.00 OFF \$25 or More	Vole Parling Chy, Ser back for details Explore 8/1/24 Grant Bill Contract 8/1/24 975 Unex Series of 780-5964 975 000 000 000 000 000 000 000 000 000 0
SHERWIN WILLIAMS BG,Glasgow Russeltville 10% OFF	CHUCK E CHEESE Greenwood Mall 10 FREE Points with Any Food Purchase (326)	RITA'S ITALIAN ICE 1840 Christian Care Way 715-1188 10% OFF	MARCO'S PIZZA 1870 Westen Street 270-936-7753 FREE Cheezy- bread with Any Food	TUFFTHEBUSKY.COM

Hosted by WKU Army ROTC

PM

5K Run and 2-Mile Walk

Eric D. Yates

1.30

losi



1LT Eric D. Yates WKU Class of 2008 Killed In Action September 17, 2010

Saturday, September 16th - 9:00 AM

Location: Chaney's Dairy Barn (9191 Nashville Road)

Proceeds benefit: 1LT Eric Yates Scholarship Fund Registration:

Entry Fees: \$20 (includes t-shirt); Race day: \$25 Website: www.wku.edu/rotc



For More Information Contact: hunter.sheckells@wku.edu (270) 745-4293

www.wku.edu/rotc

f WKU Army ROTC