

SOUTH WARREN  HIGH SCHOOL

SPARTAN SPEAK

A Culture of Greatness

November 13, 2023

Important Dates

11/14 PTSO Meeting @3:45
11/16 SBDM Meeting @3pm
11/22 -11/24 **No School (Thanksgiving Break)**
12/5 SWHS Staff Appreciation Lunch by PTSO
12/14 Band Concert 6pm
12/18 - 1/1 **No School (Winter Break)**
1/2 **No School (PLC Day)**
1/27 Winter Formal
2/24 Dance Little Red
3/15-3/17 Musical - Guys and Dolls

SWHS Staff Appreciation Lunch Donations Needed

The SWHS PTSO is organizing a holiday-themed staff appreciation lunch on Tuesday, December 5. There are about 130 staff members we are providing lunch for on this day. If you can help, please review the list on [this Sign-Up Genius](#) and indicate which item(s) and the quantity you can provide. If you would like to make a donation to purchase food trays, you may send gift cards or money to the office addressed to PTSO or you may Venmo @SWHS-PTSO-1. Please make note that the donation is for lunch. Non perishable items such as drinks, chips and paper products may be left at the school office anytime prior to 12/5. Food items may be dropped off anytime between 7 am and 10 am on 12/5. Please send food in disposable containers. Any dishes needing to be returned please label with your name. Dishes needing to be returned may be picked up in the office after 2pm that day. Thank you for your help in honoring and wishing our fantastic SWHS staff a happy holiday, Thank you!

Tissue Donations Needed

The front office is collecting tissue boxes for classrooms to gear up for cold/flu season. If you could donate, please bring them to the front office. Thank you!

Dance Little Red - Save the Date!

South Warren will be hosting the fundraising event Dance Little Red on February 23rd, 2024! Our goal is to raise \$10,000 for Norton Children's Hospital and have fun while doing it. Early-bird sign ups are now open if you would like to save your spot for the event. Sign up today if you are interested! Talk to a student ambassador or Mrs. Lawless for more info!

Senior Picnic Donations Needed

PTSO is collecting donations of 371 \$5 or \$10 gift cards for the senior picnic. You may drop off in the office at SWHS.

SWHS ESS Information

SWHS ESS : Free Tutoring & Make Up Testing on Thursdays

STUDENTS SIGN UP AT THE FOLLOWING LINK: bit.ly/SWHSESSsignup23-24

*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.

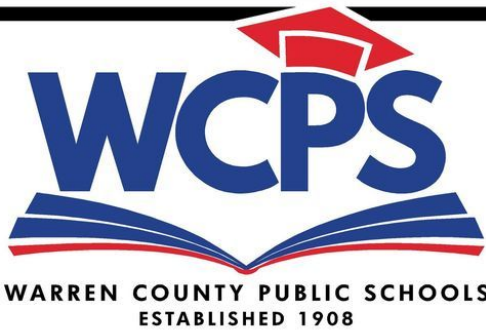
Thanksgiving Lunch for Students and Staff

On Thursday, November 16th the Spartan Cafe will be serving our annual Thanksgiving Meal for students and staff. In addition to this we will be offering the Smart Mouth pizza and On a Bun menu options. As always students receive a free lunch and breakfast daily. The cost of the holiday meal will be \$6 for adults/staff. We hope to see you then!



SWHS@WARREN.KYSCHOOLS.US

**PLEASE USE THE OFFICE EMAIL
FOR TRANSPORTATION
CHANGES, ABSENT EXCUSES
AND CHECKOUT NOTES.**



**BUS ROUTE PICK-UP
AND DROP-OFF HERE**

**GETTING YOUR
PERMIT
SOON?**

**CLICK
HERE**

**REQUEST YOUR
SCHOOL COMPLIANCE
VERIFICATION FORM**



**DON'T MISS OUT ON THE MANY COLLEGE &
CAREER READINESS OPPORTUNITIES THAT WE
OFFER AT SWHS! CLICK HERE TO VIEW OUR UP-
TO-DATE SCHEDULE OF SWHS POSTSECONDARY
READINESS EVENTS AND FOLLOW @SWHSREADY
ON TWITTER TO STAY INFORMED!**

GOOGLE CLASSROOM CODES

CLASS OF 2024 - mcqxqq7

CLASS OF 2025 - jctw7v5

CLASS OF 2026 - xtb7oxx

CLASS OF 2027 - 2wcfzwo



The Governor's School for Entrepreneurs (GSE) Summer Startup is now accepting applications for summer 2024. Deadline for submission is Monday, Jan. 22, 2024. GSE's Summer Startup is a free three-week residential program where high school entrepreneurs from across the state come together on a college campus to create innovative solutions to real-world problems. Participants will gain vital entrepreneurial skills, make connections, and transform their lives whether they head to college, start a business, or both. All Kentucky 9th, 10th and 11th graders interested in entrepreneurship are encouraged to apply for the Summer Startup program. GSE does not consider grade-point average or test scores in its application, and the program is free for selected students. Dozens of businesses have been launched in Kentucky by GSE graduates and several patents have been filed. Graduates also qualify for millions of dollars in scholarships at colleges and universities across Kentucky. To learn more about GSE and apply for Summer Startup 2024, visit KentuckyGSE.com. The application for the 2024 program is due on January 22nd, 2024.



Kickstart your own success story - for free!
Apply to GSE's Summer Startup Program

GIVE ALL YOU'VE GOT for three weeks. Develop entrepreneurial skills, make connections, and transform your life whether you head to college, start a business, or both.

BE EMPOWERED

- All Kentucky 9th, 10th & 11th graders can apply
- No GPA, ACT/SAT scores required
- Live on a college campus for 3 weeks
- Gain access to millions of dollars in college scholarships
- Dozens of businesses have been launched by GSE alums
- This life-changing opportunity is completely free

LEARN MORE DURING A VIRTUAL INFO SESSION



[Register here](#)

APPLY NOW AT KentuckyGSE.com

- **Step 1:** Create your 90-second self-pitch video
 - **Step 2:** Craft short answers on the application
 - **Step 3:** Get two recommendations
- Application closes January 22, 2024 at 11 p.m. ET

DATES FOR 2024

- **Session 1:** June 16 - July 6 (Campus TBD)
- **Session 2:** June 23 - July 13 (Campus TBD)



2023 KENTUCKY SCHOOL REPORT CARD

South Warren High School


Green
Overall Performance Rating

Blue
Postsecondary Readiness Performance Rating

Blue
Graduation Rate Performance Rating



#5 High School in the GRREC Region




Are you a Junior or Senior interested in a career in the medical field?



Sign up for the Career Shadowing trip to Graves Gilbert Clinic!!!

Tuesday, December 12

ONLY 20 spots available!

Stop by the Readiness Center TODAY for a permission form or print a copy from the Guidance Google Classroom!!!





Do you want to learn how to jumpstart your career in Advanced Manufacturing?

Sign up for the SWORD Info Session on Wednesday, November 15!

bit.ly/sws111523



SKYCTC's Kelcie Richart will be visiting to share details about the SKYFAME program!



Sign up for the 2023-24 Pathway to Engineering Day Event

Event Date: Rescheduled for *Friday, February 16 @8am - 2pm*

Where: *WKU's Ogden College of Science & Engineering*

For Whom: *Seniors & Juniors with a STEM interest*

There are ONLY 10 spots available! Pick up a permission form from Mrs. Waddell in the Readiness Center today OR visit the Guidance Google Classroom to print a copy of the permission form!

SOUTH WARREN HIGH SCHOOL

Spartans Volleyball Clinic

SATURDAY
NOV 18 2023
\$45.00

GRADES 1-4: 10AM-12PM
GRADES 5-8: 1PM-3PM
T-SHIRT INCLUDED IF REGISTERED BY NOV 5

TO REGISTER:
TEXT 803-553-7067
OR SCAN QR CODE:



YOUR PARAGRAPH TEXT



You Will Need:

- Glass jar
- Paper
- Colored pencils
- Marker
- Shovel and a patch of yard to bury it. *If you don't have a yard you can put the jar away in a closet!*

Make a Family Time Capsule

If your family is gathering together in November for a holiday meal, take the time to capture precious family memories.

1. Cut the paper into strips.
2. Write the year on the end of the strip with a marker, then write a memory of your family that you are thankful for. Have each member of your family do the same with their own strip.
3. Roll the notes up and pop them in the jar.
4. Take a walk around your yard and think about where would be a good place to bury it.
5. Take turns digging - notice how hard it is to dig a hole!
6. Place the capsule in the hole. Dig it up next Thanksgiving and add more things you are thankful for.

Developmental Assets



The Search Institute has identified 40 positive supports and strengths that young people need to succeed.

They focus on relationships, opportunities, values, commitments, and more. We introduce you to two assets each month and provide you with a tip to incorporate them into your everyday life. See the full list of assets on our website or go to: www.search-institute.org/

External Asset - Parent Involvement in Schooling

Get involved in your child's schooling by helping your child manage their homework or other school commitments. Utilize parent sites like infinite Campus to see your child's current grades, missing work, and to communicate with your child's teacher. Help set up reminders by writing important dates in your child's agenda or getting a household calendar specifically for extra curricular activities and important due dates.



Internal Asset - Responsibility

Encourage your child to accept personal responsibility for their behavior. When conflict arises, help your child to take a step back and look at what part they played in the situation. Have your child identify things they could have done differently in the situation and go over the possible outcomes that could have resulted, had they done things differently. It's important to help your child understand that they cannot change the actions of others but only themselves.

DTP...On The Go!

Going off the grid is a great opportunity for families to bond with one another. All family members will be asked to turn all electronic devices off for one evening a week and focus on spending time together. All members of the family can decide which evening of the week is best and for what period of time. During that time parents can encourage their children's participation in meal planning, which could be eating out or preparing a meal at home. Families can also engage in fun activities such as name that tune, or ask trivia questions. The most important thing is to have fun and bond without the distraction of technology.

dinnertableproject.org

Help us improve our newsletters by completing this quick survey!



November 2023

The Dinner Table Project

A program to encourage families to eat together, have fun, and grow closer through conversation.

Conversation Starters

What Thanksgiving traditions do you have?

How have you connected to others in your community?

If you were a dragon, what kind would you be and what kind of treasure would you protect?



Questions to Ask Everyday

What are 3 things for which you are thankful today?

What did you learn today?

How did you make someone smile today?

Easy Italian Ziti

- 1 pound lean ground beef
- 1 (24 ounce) jar low-sodium spaghetti sauce
- 2 cups low-fat cottage cheese
- 2 tablespoons grated Parmesan cheese
- 1 egg, beaten
- 2 teaspoons dried parsley
- ¼ teaspoon garlic powder
- 8 ounces whole-wheat ziti or penne pasta, cooked according to package directions
- Cooking spray
- 1 cup shredded Mozzarella cheese

Preheat oven to 350 degrees F. In a large skillet, sauté beef until it browns. Drain off the excess fat. Add spaghetti sauce and heat through. In a large mixing bowl, combine cottage cheese, Parmesan cheese, egg, parsley and garlic powder. Add cooked ziti and mix well. Spray a 9-by-13-inch baking dish with cooking spray. Spread 1 cup of spaghetti sauce in the bottom of the dish. Spoon ziti mixture into the pan and top with remaining sauce and Mozzarella cheese. Bake for 30 minutes uncovered. Let stand 5 minutes before serving.

Servings: 8 Serving Size: 1/8 of prepared recipe



The Dinner Table Project

Fall 2023

The Dinner Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

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.

25.2% 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.
2. Spray 6 muffin tin cups with cooking spray.
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

KENTUCKY REGIONAL RESOURCES CENTERS

South Warren High School Youth Service Center

HOLIDAY Assistance Program

LOOKING FOR SPONSORS

HELP US ENSURE THAT THE HOLIDAYS ARE A HAPPY TIME FOR A CHILD THIS SEASON. WE ASK THAT YOU SPEND A MINIMUM OF \$150 PER CHILD.

To become a sponsor call 270-904-8835 or emailing taylor.alder@warren.kyschools.us

SOUTH WARREN CHRISTMAS ASSISTANCE

AFFORDABLE Christmas

SIGN-UP DEADLINE: OCTOBER 31, 2023
SHOPPING DATE: DECEMBER 9, 2023
COST: \$9 PER CHILD
AGES: BIRTH - HS SENIOR
NO CHILDCARE

TOYS FOR TOYS

OTHER ASSISTANCE:
TOYS FOR TOYS
AGES 12 & UNDER
CALL 270-562-0518
NOVEMBER 14 - PURCHASE IT BETWEEN 9AM - 7PM MONDAY THROUGH FRIDAY USING THE NUMBER ABOVE.
ANGEL TREE
SIGN-UP: OCTOBER 16 - OCTOBER 20
FOR ADDITIONAL INFORMATION PLEASE CALL (270-845-3465)

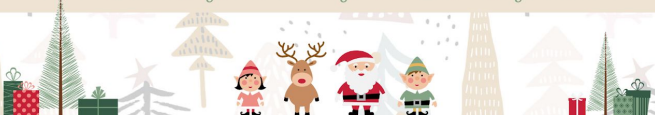
2023 TEEN ANGEL

SEPTEMBER 18TH - NOVEMBER 3RD
REGISTRATION ONLINE AT WWW.COMMED.US/TEEN-ANGEL
AGES: 13 & OLDER
STUDENT MUST BE ENROLLED IN A WARREN COUNTY OR BG CITY SCHOOL
CALL COMMUNITY EDUCATION FOR MORE INFORMATION 270-842-4281

CHRISTMAS IS FAST APPROACHING. IF YOU'RE INTERESTED IN SIGNING YOUR TEEN/FAMILY UP FOR CHRISTMAS ASSISTANCE THIS SEASON, PLEASE CONTACT YOUR SOUTH WARREN HIGH SCHOOL YOUTH SERVICE CENTER. THE CHILD/CHILDREN MAY PARTICIPATE IN ONLY ONE ASSISTANCE PROGRAM.

Cari Stahl - YSC Coordinator / Taylor Alder - YSC Assistant
(270)-904-8835

cari.stahl@warren.kyschools.us / taylor.alder@warren.kyschools.us



SWMS/SWHS Basketball Gear

ORDER NOW for the holidays!





Boys Basketball Fundraiser

Click here
for order form!



SOUTH WARREN HIGH SCHOOL
CHEERLEADING
CALENDAR GIRL PAGEANT
OFFICIAL WINNERS
2024
Calendar Sale
Jr Miss & Miss Spartan Calendars

\$20 each

A silver crown sits on a stack of calendars. The calendars have the word 'CALENDAR' visible on them. There are also some decorative spheres in the background.A QR code with a small 'b' logo in the center, used for ordering the calendars.