

SOUTH WARREN  HIGH SCHOOL

SPARTAN SPEAK

A Culture of Greatness

January 8, 2024

Important Dates

- 1/9 FAFSA Workshop
- 1/10 MLK Celebration @WCHS
- 1/17 School Smiles On-Site (NEW DATE)
- 1/18 SBDM Meeting 3pm
- 1/19 Senior Ads Due for yearbook
- 1/20 Pancake Breakfast @Rich Pond Market
- 1/27 Winter Formal
- 2/13 ACT Bootcamp
- 2/23 Dance Little Red
- 2/29 Deadline to pre-order yearbook
- 3/15-3/17 Musical - Guys and Dolls

Student Account Update

Beginning January 8, students at South Warren will be guided through an account claiming process that will allow them to choose their own password for their school owned account. This is a great improvement to securing student accounts and provides the students opportunity to flex those digital citizenship skills they've gained. While students will create their own password, please be reminded that these accounts are still owned by WCPS and are not private. As always, students should not share their passwords with anyone and protect their account.

Yearbook/Pictures

This is the last stretch for yearbook pre-orders! Only a set number is ordered, so to ensure your child has one reserved, order on [Jostens.com](https://www.jostens.com). Deadline is February 29th!

Miss Gray received notice from several students that they did not receive their picture proofs from the picture retake day last semester, so she had all proofs from retake day reprinted. Those will be distributed next week, January 8-12.

Senior parents, you should have received something in the mail about senior tribute ads. If you didn't or need another copy, email kathryn.gray@warren.kyschools.us or send your student to Room 88 for an extra copy. These are due Friday, January 19th.

Boys Lacrosse

SWHS Boys lacrosse practices will begin 1/3/24 from 5-7pm at Buchannon field. If you have any questions please contact dale.bird@warren.kyschools.us

There will be a mandatory SW Boys lacrosse parent/player meeting on Jan 11th at 6pm in the SWHS auditorium. Please enter at door 9.

Senior Picnic Donations Needed

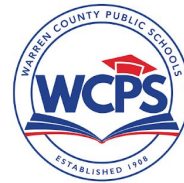
PTSO is in need of \$5 or \$10 gift cards for the senior picnic. If you can donate, please drop off cards in the front office at SWHS.

Winter Formal Tickets

Tickets will go on sale through GoFan on Tuesday, January 16th. They must be purchased by Friday, Jan. 26th (the day before Winter Formal). There will be flyers in the hallways in addition to a QR Code in the next Spartan Speak. Winter Formal is for 9th-12th grade SWHS students only.



Winter Formal
January 27, 2024
7 - 10PM | SWHS GYM



It's okay to ask for help Find the right help at the right time

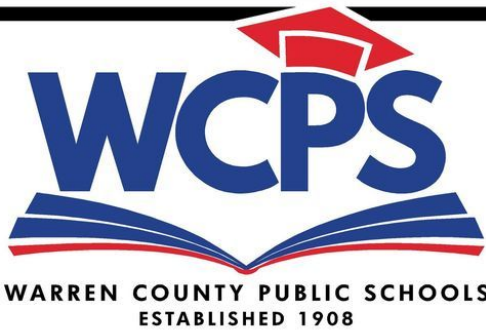
At no cost, Care Solace will quickly and confidentially find available mental health and substance use providers matched to the needs of students, staff and/or their families.

- Call 888-515-0595 at any time. Multilingual support is available 24/7/365. A dedicated Care Companion will help you every step of the way to research options, secure appointments, and follow-up to make sure it is a good fit.
- Search anonymously to get matched with an extensive list of care providers at caresolace.com/wcps.
- Contact your school mental health professional, and they will submit a referral on your behalf.
- Access the Care Solace link (and phone number) through either the WCPS District website (www.warrencountyschools.org) or through your school's website (under Safety/Emotional Support Services/Hotlines).

If you have a life-threatening emergency, please call 9-1-1 or The Suicide and Crisis Lifeline at 9-8-8. Care Solace is not an emergency response service or mental health services provider.

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



Extended School Services (ESS)

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.

ACT[®]

x x x

Spring 9TH & 10TH ACT SIGNUPS

REGISTRATION & TEST
FEES DUE BY JANUARY 19

Freshmen & Sophomores can choose to take
the ACT on March 12 instead of the PreACT

bit.ly/SpringACT2024



x x x



SIGN UP TODAY!!!

bit.ly/sp24actbootcamp



Fall ACT Boot Camp Information:

- Tuesday, February 13 from 7:45 a.m.- 2 p.m.
- SWHS Auditorium
- 100 Spots Available for Spartans in Grades 9-12
- \$15 fee due by 2:30 p.m. on Tuesday, February 6 to Mrs. Waddell in the Readiness Center (** fee waivers available*)



General Testing Information:

Students can register for a national ACT via their MyACT.org student account. National tests are offered on Saturday mornings from 8 a.m. - noon-ish. See the remaining dates for this year below. Available local testing sites are usually Bowling Green High School or WKU's South Campus - you choose!

Upcoming Test Dates (National)

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline
February 10, 2024	January 5	January 22
April 13, 2024	March 8	March 24
June 8, 2024	May 3	May 19
July 13, 2024*	June 7	June 21

Cost:

Students will be prompted to pay the \$68 fee (for an ACT with no writing) using a debit or credit card. Additional fees apply if a student chooses an additional service.

ACT Waivers:

Students who are eligible for free or reduced lunch qualify for up to 4 fee waivers to take a national ACT during their junior & senior years of high school. Check with Mrs. Waddell to see if this applies to you!

ACT Voucher:

Any student can use the \$5 voucher below towards registration for any February, April, June, or July 2024 national ACT test date. This voucher is valid until January 22, 2024.



SWHS SPARTAN YSC

NEWSLETTER

JANUARY 2024 - WELCOME BACK

ABOUT US

Cari Stahl-
YSC Coordinator

Taylor Alder -
YSC Assistant

CONTACT

SWHS - (270) 904-8835
cari.stahl@warren.kyschools.us
taylor.alder@warren.kyschools.us

FOLLOW US ON TWITTER

@ SWHS_FRYSO

The YSC helped serve Spartan students during the month of December with the following:



FOOD - 828
SCHOOL SUPPLIES - 33
CLOTHING - 10
HYGIENE - 13

WHAT HAVE WE BEEN UP TO?

12/1: Teen Angel Donation Blast - \$15,255.11 matched by Crocker Law Firm

12/9: Affordable Christmas 7 families participated

12/14 & 12/15 - Teen Angel distribution- 53 SWHS students served



UPCOMING EVENTS

1/5: Backpack Foods Resume
1/11: Regional FRYSC Meeting @ DCMS
1/12: Aspire Club Mtg
1/31: Job Fair @ GHS

Next Advisory Council Meeting
Date/Time:
January 26th @ 1:00



On-site Dental Care

Wednesday, January 17th, 2024

THE DENTIST IS COMING TO OUR SCHOOL!



Signup your child today:

www.schoolsmiles.com/student-signup

or scan the QR code with your camera

DENTAL SERVICES

CLEANING
FLUORIDE
X-RAYS
SEALANTS
RESTORATIVE CARE
FREE DENTAL SUPPLIES



The Dinner Table Project

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



Easy Chicken Pot Pie

- ½ cup frozen mixed vegetables, thawed
- 1 cup cooked chicken, cut into bite-size pieces
- 1 (10% ounce) can low fat, condensed, cream of chicken soup
- 1 cup reduced fat baking mix
- ½ cup milk
- 1 egg



Wash hands and any cooking surfaces. Preheat oven to 400 degrees F. Mix vegetables, chicken, and soup in an ungreased, 9-inch pie plate. Stir baking mix, milk, and egg in a mixing bowl with a fork until blended. Pour over vegetables, chicken, and soup mixture in the pie plate. Bake for 30 minutes or until golden brown. Let cool for 5 minutes and serve.

Servings: 6 Serving Size: 1/6 of pie

Conversation Starters

Would you rather see everything in slow motion or fast forward?

Share a time when you felt peaceful and content.

Who is your favorite person to laugh with and why?

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?

Did You Know...

When you are cooking, you're performing a science experiment that you can eat! Make observations and predictions, experiment with different ingredients, and evaluate how your tasty experiment turned out!



Science Experiment Time! Make a Homemade Lava Lamp



Materials & Tools You Need:

- water
- oil (baby oil or vegetable oil)
- food coloring
- Alka-seltzer effervescent antacid tablets
- tall glass or bottle



Instructions:

1. Fill the glass with 1 to 2 inches of water.
2. Add your favorite food coloring.
3. Fill the rest of the glass with oil but stop at about 1 inch from the top so that it won't bubble over.
4. Drop an antacid tablet into the mixture and watch what happens!

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 - Family Boundaries

Set family boundaries by sitting down with your child and creating a list of family rules together. Allow your child to have input on possible consequences for breaking the family rules. Monitor your child's whereabouts by creating check-in times; this can be as easy as having your child wear a digital watch and telling your child to check-in at 3pm and 5pm when they are outside playing with their friends.

Internal Asset - Sense of Purpose

Help your child to find their sense of purpose by helping them to recognize their passion. Encourage your child to try new things such as joining a new club or trying out for a sport or play. Every opportunity you get, let your child know when they did something to make you proud. While eating dinner, have your child tell you what they do well and why they feel that way; share with your child what you think they do well and why. A combination of these things will help your child to recognize their strengths, which will lead them to their purpose.



Help us improve our newsletters by completing this quick survey!

DTP... On The Go!

We tend to spend more time indoors in the winter months, and this can be a great opportunity for families to connect. A great family bonding activity is 20 Questions. This activity will allow family members to share their thoughts, feelings or ideas. Each member of the family will come up with twenty questions to ask each other. Family members may choose the themes of the questions which may include silly or serious topics.

[dinnertableproject.org](https://www.dinnertableproject.org)



The Dinner Table Project

WINTER 2023

The Dinner Table Project

Table Talks

STARTING MEANINGFUL CONVERSATIONS WITH YOUR TEENAGER

DEVELOPMENTAL ASSETS

Search Institute® has identified 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.

FAMILY SUPPORT

FAMILY LIFE PROVIDES HIGH LEVELS OF LOVE AND SUPPORT

RESISTANCE SKILLS

YOUNG PERSON CAN RESIST NEGATIVE PEER PRESSURE AND DANGEROUS SITUATIONS

CYBER BULLYING

WHEN SOMEONE USES THE INTERNET TO BULLY, HARASS, OR SEND INTIMIDATING MESSAGES. THIS CAN HAPPEN AT ANY POINT OF THE DAY MAKING ONE FEEL LIKE THEY CAN'T GET AWAY FROM THE BULLY. SOME TEENS FIND IT STRESSFUL TO RETURN FROM SCHOOL AFTER A HOLIDAY BREAK DUE TO BULLYING.

Signs of Bullying

- Being less active in class
- Acting out
- Anxiety
- Depression
- Faking illness to miss school.

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.

15.1%

of Kentucky 10th Graders responded that they had been electronically bullied within the past year, including bullying through texting, Instagram, Facebook, TikTok, online gaming, or other social media.

Citrus Chicken Stir Fry

Servings: 4 Serving Size: 1 cup Recipe Cost: \$6.42 Cost per Serving: \$1.61.

INGREDIENTS

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken thighs
- 2 teaspoons garlic powder
- 2 tablespoons low-sodium soy sauce
- 1/4 cup orange juice
- 1 teaspoon honey
- 1/2 teaspoon black pepper
- 8 ounces sugar snap peas, wash and string, if needed
- 1 red or orange bell pepper, sliced

DIRECTIONS

- Heat oil in a large skillet over medium-high heat.
- Add chicken and sprinkle garlic powder over the pieces. Brown each side for about 2 minutes, flipping chicken occasionally.
- In a small bowl, stir together soy sauce, orange juice, honey and black pepper. Pour over chicken. Add sugar snap peas and bell pepper slices to the pan. Stir to combine.
- Cook for an additional 3-4 minutes, until peas and bell pepper slices soften and chicken has reached 165 degrees F. Serve over rice.

TIPS ON CARING

Help your child to be the caring person you know they can be by encouraging them to help others. Always look for ways for your child to be helpful, such as, having them hold the door for the person behind them or helping a neighbor carry in their groceries. At home, allow your child to help you with preparing dinner, folding laundry, or reading a bedtime story to their siblings. In order to teach your child to become a caring person, they must be shown an example of a caring person. So don't forget to set the example for your child by watching the neighbors' pet when they're away, bringing food when someone has a new baby, asking the cashier at the grocery store how their day is going, etc.

CONVERSATION STARTERS

1. If you could live in a TV show or movie for a day, what would it be and why?
2. What is the kindest thing you ever did for a friend?
3. What do you wish parents or teachers were more understanding about?



thedinnertableproject.org





UPCOMING DATES:

TRACK WORKOUTS

- JANUARY 15 GIRLS 1PM
- JANUARY 16 BOYS AFTER SCHOOL

BOYS AND GIRLS
PARENT MEETING
JANUARY 16 @ 5:15

SOUTH WARREN GIRLS LACROSSE

INTERESTED IN JOINING THE TEAM?

2023-2024 PRESEASON OPEN FIELD PRACTICES!

JANUARY 8TH - FEBRUARY 7TH
EVERY MONDAY-WEDNESDAY

3 - 4:30 @ SOUTH WARREN SIDE PRACTICE FIELD

***CURRENT PHYSICAL
IS REQUIRED***

***ALL
UPDATES/CHANGES
WILL BE POSTED ON
OUR SOCIAL MEDIA***



SWHS CHEER CELEBRATES OUR



2024 Graduates



SOUTH WARREN
SPARTAN SENIORS!

Order your Spartan Senior Yard Signs

\$20



ALL PROCEEDS BENEFIT SWHS
CHEERLEADERS COMPETITION FEES,
THANK YOU FOR YOUR SUPPORT!



PROCEEDS BENEFIT
SOUTH WARREN SOFTBALL

PANCAKE · BREAKFAST ·

SATURDAY
JANUARY 20TH
6-11am

•••••

\$6/Person

includes

ALL YOU CAN EAT!
Pancakes, Sausage,
Juice, Coffee, Milk

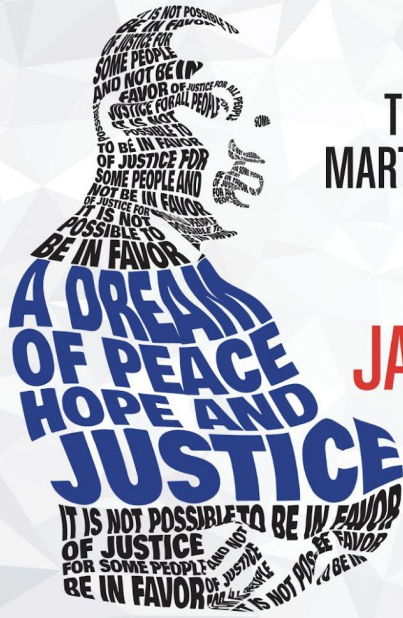
•••••

Rich Pond
Market & Deli
8233 Nashville Road
Bowling Green, KY



Congratulations to the Marching Spartans for being invited to participate in the Governor's Inauguration Parade on Tuesday, December 12th in Frankfort, KY! The beginning of the parade was dedicated to remembering the devastation of the tornadoes that came through our communities two years ago, and the band was selected to represent Bowling Green and Warren County. What an honor it was to represent our community in such a meaningful way! [Here is a link to the live broadcast from KET!](#) Start around the 30 minute mark!



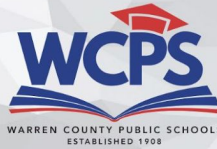


2024
THE 10TH ANNUAL
MARTIN LUTHER KING JR.
CELEBRATION

WEDNESDAY
JANUARY 10th
5:30 pm

WARREN CENTRAL
HIGH SCHOOL
559 Morgantown Road
Bowling Green, Kentucky

“It is not possible to be in favor of justice for some people and not be in favor of justice for all people.”



Sponsored by The Equity Council of Warren County Public Schools

