



NEWSLETTER

5th Grade "A" Honor Students for Qtr. 2



Due to the length of the newsletter, quarter 2 honor rolls will be posted in next week's weekly newsletter.

Kindergarten 26/27

Kindergarten roundup will be held on Tuesday, April 7, from 4:00-6:30 p.m. To be eligible for kindergarten, kids must be five (5) years old on or before August 1, 2026. If you have a child you are planning to send to kindergarten in the fall, please contact Mikala Watson by email at mwatson@southadams.k12.in.us.

Please give us your child's full name, date of birth, Guardianship name(s), address, email, phone number, and if your child has attended preschool. This will give us an idea of how many students to expect.

This coming year, we will have a new online enrollment portal for registration. We will let you know as soon as the new portal is open for registration.



5th - 8th Grade Spelling Bee

The annual spelling bee will be held on Wednesday, January 14, at 1:30 p.m. in the auditorium. The winner of the spelling bee will compete in the County Spelling Bee on Monday, February 2nd. The County Spelling Bee will be held in the South Adams High School Auditorium and will start at 6 p.m. (snow date February 12).



Daddy/Daughter Dance

Saturday, Feb. 21 at 6:30 p.m. in the elementary.
\$20 per couple/\$5 for each additional daughter
More details will be coming.

Elementary Yearbooks

Elementary yearbooks can be ordered for \$20 (deadline is March 20). After March 20, the price goes up to \$23.

To order a yearbook please send in your payment with the following information:

Student's Name _____

Grade _____ Home Room _____

Phone Number _____

Quantity of Yearbooks Ordered _____

Total \$ attached _____

Make checks payable to South Adams
Elementary School



Calendar



Monday, January 12

PTO meeting at 5:30 p.m. in the cafeteria. Office Hough will talk about safety and security measures.

Tuesday, January 13

4th grade math checkpoint 2 testing at 9:40 a.m.

MS Boys Basketball at St. Joe - 5 p.m.

Wednesday, January 14

5th-8th Grade Spelling Bee at 1:30 p.m. in auditorium.

Thursday, January 15

SOS guest speaker, Chad Dunlap. He will share his story of HOPE with MS students at 11:40 a.m.

MS Girls Basketball vs. Ft. Recovery (home) - 5 p.m.

Friday, January 16

MS Reward to the Roller Dome in Ft. Wayne (lv. at 10:30/ret. at 2:30)

Saturday, January 17

MS Wrestling at Belmont - 8:30 a.m.

Monday, January 19

Staff PD Day - no school for students. Boys/Girls Club is closed.

Tuesday, January 20

3rd grade ELA checkpoint 2 testing -a.m. and p.m.

MS Girls Basketball vs. Monroe Central (home) - 6 p.m.

Thursday, January 22

MS Intense Intervention. Field Trip to McDonalds in Berne

MS Boys Basketball vs. Jay County (home) - 5:30 p.m.

MS Girls Basketball at Jay County - 6 p.m.

Friday, January 23

3rd grade to the Shrine Circus (lv. at 8:10/ret. at 1:30 p.m.

8th grade to Ft. Wayne for JA Finance Park (lv. at 8:30/ret. at 2:30)

Saturday, January 24

MS Wrestling at Delta - 10 a.m.

MS Boys Basketball at A.C. - 9 a.m.

MCKINNEY-VENTO NEWSLETTER



JANUARY
2026

WE ARE HERE FOR YOU!



This well-being wheel reminds us that students thrive when all parts of their lives feel supported. Through the McKinney-Vento program, we help families facing housing difficulties stay connected to resources that support health, stability, and positive relationships. Our goal is to make sure every child has what they need to learn and grow.

Family Supports

Healthy Families 260.724.0491
Firefly 1.866.800.8115
WIC 260.724.8495
Adams Wells Crisis Center
260.728.9800
Veterans Service Officer
260.724.5371
Bright Point 260.423.3546

Mental Health

Adams Behavioral Health 260.728.3906
Bowen Health 800.342.5653
Crosswinds Counseling 877.594.9204
Great Heights ABA 260.226.3395
Monroe Wellness 260.216.2017
Family Centered Services, Inc 260.824.8574
Meridian Health Services 260.436.0932
Park Center 260.481.2700
Renovate Counseling 260.307.5030
Soar Counseling, LLC 260.525.0185



Physical Health

Medical

Unfailing Love Clinic
260.724.2911

Adams County Health Clinic
(immunizations)
260.724.5327 Monday - Friday
8:00-4:00

The Hope Clinic (pregnancy)
260.589.3561 (Berne) 260.728.4191
(Decatur)

Meals

Grace First Community Church
502 W. Monroe St Decatur, IN
46733
Wednesday 5:00-6:00

New Beginnings Faith Center
655 N 10th St Decatur, IN 46733
Wednesday 5:00p

St. Vincent De Paul Society
301 Mercer Ave Decatur, IN 46733
Wednesday 5:00p

Zion Lutheran Church
1022 W. Monroe St Decatur, IN
46733
Tuesdays 6:00p

Food Pantries

St. Marks Food Pantry: (546 W US Hwy
224 Decatur, IN 46733)
1st and 3rd Tuesdays 4:45-6:15pm

St. Vincent De Paul Food Pantry: (313
Mercer Ave Decatur, IN 46733)
Mon.&Wed. 11:00-1:00 and Wed. 7:00p-
8:00p

The Bread Ministry: (909 E. Monroe St
Decatur, IN 46733)
Monday 12:00-1:00

Decatur Church of God: (1129 Mercer Ave
Decatur, IN 46733)
By Appointment on Tues. 1:30-2:30, Thurs.
5:00-6:30
Call: 260.728.4503

The Lighthouse Church: (201 S. Van Buren
St Monroe, IN 46772)
2nd and 4th Tuesday 6:30-7:30

Contacts

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“Together with parents, we guide teens toward positive choices that nurture their mind, body, and relationships.”

Parenting Teens in 2026

Raising teens has always required wisdom, patience, and flexibility, but today's teens are growing up in a world that's changing faster than ever. Their brains are still developing, while technology, social pressures, and emotional demands are hitting them from all sides. *Awareness*, not parenting out of fear, should be the goal.

January's newsletter includes 5 key areas where parents should pay attention in 2026, along with simple ways to start meaningful conversations at home.

1. Social Media, Screens, and Comparison Culture

Teens spend a significant portion of their day online. Social media can offer connection and creativity, but it also brings constant comparison and exposure to content that can affect self-worth and sleep.

What to watch for:

- Mood changes after screen time
- Obsession with likes, streaks, or followers
- Sleep disruption from late-night scrolling

2. Mental Health & Emotional Overload

Anxiety, stress, and pressure to perform remain a common threat to teens. Academic pressure, social engagement, and nonstop digital influences can make it hard for teens to fully recharge or feel at ease.

What to watch for:

- Withdrawal from friends or family
- Changes in sleep, appetite, or motivation
- Increased irritability or emotional shutdown

"2026 Screen Time Parenting Strategies That Actually Work." MIPA Overseas, 2026, <https://mipaoverseas.com/screen-time-parenting-strategies-2026/>



Tech Stat

44% of students we surveyed are spending 4 hours or more per school night on their devices, outside of school work.

**Results taken from the student survey.
(2024-2025)*

Conversation Starters

1. "What kinds of posts make you feel good...and which ones don't?"
2. "What's been the most stressful part of your week? When you feel overwhelmed, what helps you calm down?"
3. "Do you ever feel pressure to keep up online?"

Parenting Teens in 2026

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3. AI, Chatbots, and New Digital Influences

Many teens now interact with AI tools daily. Some teens use AI for homework help, entertainment, and even emotional support. While these tools can be useful, they are not substitutes for real relationships or guidance from a trusted adult.

What to watch for:

- Over-reliance on AI for decision making or emotional support
- Exposure to inappropriate or misleading AI-generated content
- Reduced face-to-face communication

4. Deepfakes & Online Safety

With AI-generated images, videos, and fake accounts becoming more realistic, teens need strong critical-thinking skills to navigate what's real and what's not.

What to watch for:

- Teens who believe viral content without questioning it
- Over-sharing personal information online
- Falling for scams or sexting requests

5. Online Gambling & Addiction Risks

Online gambling is increasingly reaching teens through apps, games, and sports betting content. Because teens' brains are highly sensitive to rewards and still developing impulse control, these experiences can become addictive quickly. What starts as fun can lead to secrecy, money issues, and addiction in other areas of their lives.

What to watch for:

- Obsession with betting or in-app rewards
- Secrecy around devices or spending
- Strong reactions to winning or losing

Conversation Starters

- "Have you ever seen a video or post that turned out to be fake? How did you feel after finding out?"
- "How can you tell when a game is just for fun versus when it's trying to keep you hooked?"
- "How can you tell that an app or game is starting to control you... instead of you controlling it?"



Student Quote

"I feel empowered to stay away from drugs and alcohol after seeing what can happen to your body."

—High School Student

New Substance Alert: 7-OH

7-OH (7-hydroxymitragynine) is a highly concentrated substance derived from kratom that acts on the same brain receptors as opioids. In these concentrated forms, it can be very powerful and addictive, especially for teens.

It is often sold in gummies, vapes, pills, or drink shots at gas stations or vape shops and may be marketed as a "natural" or "legal" alternative to anxiety medications. This can be misleading. Health officials warn that 7-OH can cause dependence, withdrawal symptoms, slowed breathing, overdose risk, and dangerous interactions with alcohol or other drugs.



Find us online:
<https://www.aliveandwellteens.com/>



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