



NEWSLETTER

MS Wrestling ACAC CHAMPIONS



Please Make Note...

The Indiana Department of Education (IDOE) has granted schools a waiver for the instructional days missed during the week of January 26, 2026. As a result, we will now reinstate the Staff Professional Development Day for Wednesday, April 8, 2026. On Good Friday, April 3, there will be NO SCHOOL for students or staff.

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.





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. You can write one (1) check for all of your kids as long as we have a list of their names/teachers names.

Calendar



Monday, March 16

MS Track Practice begins after school until 4:15 p.m.

4th grade iLearn checkpoint 3 ELA

2nd grade Natural Resources Program in the elem. gym from 8:30-9:50 a.m.

Tuesday, March 17

4th grade iLearn checkpoint 3 Math

MS Track Parent meeting after school in the HS commons.

Thursday, March 19

Indy. 500 Mobile for 4th graders

Friday, March 20

Kindergarten field trip to the Decatur Movie Theater (lv. at 8:15/ret. at 11)

MS Escape to Crazy Pinz, Ft. Wayne

4th grade Pizza Planet at 1:30 p.m.

March 23-27

Spring Vacation

Monday, March 30

Spring Band Concert at 7 p.m. in the auditorium for MS/HS.

Tuesday, March 31

Spring Choir Concert at 7 p.m. in the auditorium for grades 6-12.

Wednesday, April 1

Optional spring school pictures in the HS Commons at 8 a.m.

MS Hat Day - pay 50 cents & wear a hat.

3rd grade checkpoint 3 ELA and Math testing

Thursday, April 2

Grandparents Day from 1-2:30 p.m.

Friday, April 3

Good Friday / No School

Monday, April 6

MS Spring Sports pictures after school

Wednesday, April 8

Staff Development Day

Thursday, April 9

Rotation 5 ends

MS Tennis at Randolph Southern - 5 p.m.

GREAT FUTURES START HERE!

SOUTH ADAMS YOUTH LEAGUE

Summer Program 2026

Summer Camp

Summer Camp is our exciting program. It runs from 9:00am-12:00pm. Cost of \$15 per day or \$45 per week per child, for the first two children, with an additional \$10 per week for each additional child. Summer Camp participants get access to more field trips, learning opportunities and a t-shirt. Breakfast and AM snack are provided for Summer Campers.

Registration

Register for Summer Camp before 3:00pm for \$45. After 3:00pm, the registration fee increases to \$55. Summer Camp members will receive a free t-shirt if registered before school. Registration is required for all members who plan on attending our Summer Programs, but registration fees apply to Summer Camp only.

Summer Club

Summer Club is our afternoon program! It runs from 12:00pm-3:00pm. Summer Campers may also join Summer Club as well! This service is covered under the club membership at no additional cost. Lunch and PM snack are provided for members. Must be a member to participate in Club programs.



SOUTH ADAMS YOUTH LEAGUE

SPRING 2026

Registration Open

BASEBALL & SOFTBALL

DIVISION	FEES	GRADE	ELIGIBILITY REQUIREMENTS
T-BALL (CO-ED)	\$45	Pre-K - K	Must be 5 by August 1, 2026
MINOR LEAGUE	\$55	1st - 3rd	Must be 7 by August 1, 2026
LITTLE/JUNIOR LEAGUE	\$65	4th - 6th	Must be 10 by August 1, 2026
KOUFAX/STARFIRE LEAGUE	\$70	7th - 8th	Grade-based

REGISTER & PAY ONLINE AT:

[HTTPS://SOUTHADAMSYOUTHLEAGUE.SPORTNGIN.COM/](https://southadamseyouthleague.sportngin.com/)

EVALUATIONS

BASEBALL - MARCH 7TH
SOFTBALL - MARCH 9TH

OPENING DAY & PICTURES
SATURDAY, APRIL 25TH



SEASON INFORMATION CAN BE FOUND ON OUR WEBSITE OR BY SCANNING THE QR CODE

QUESTIONS?
CONTACT KYLA LINGERICH
(260) 525-1163
KYLA.LINGERICH@GMAIL.COM

southadamseyouthleague.sportngin.com South Adams Youth League sa_youth_league



Track & Field Camp for grades 1-5

Cost: \$30

Practice: March 31, April 7 & 10
at 3:10 - 4:15pm

Track Meet: April 11 at 10am
Location: Starfire Field

Come join the future of South Adams athletics as the newest generation works on speed in fun ways.

After three days of practice, athletes will participate in a meet on Saturday, April 11. Running events will include 200 dash, 50 dash, 100 dash, and 800 meter run.

Please have all students meet in the cafeteria after school and picked up at Starfire Field. Tennis shoes and water bottles are recommended.

Contact Coach West for all questions: allisonmawest@gmail.com

Student Name: _____
Grade: _____
Parent/Guardian: _____
Parent/Guardian Signature: _____
Emergency Phone Number: _____
Shirt Size: YS YM YL S M L XL
Submit registration forms to South Adams Schools by April 1 for t-shirt.
All late entries are welcome.

INJURY DISCLAIMER I give full permission to _____ as he or she participates in the 2026 Spring Track at South Adams Elementary on March 31, April 7, 10, and 11. I accept full responsibility for any injury that could occur as a result of my participation in this camp.

Scholastic Book Fair

March 12-19, 2026

<https://www.scholastic.com/bf/southadamselementaryschool>



MS iLearn Dates for April

When scheduling your child's appointments try to avoid the following middle school testing dates: **April 21, 22, 28, 29, 30.** Thanks for your help!

Grandparents/VIPs Open House on April 2, 2026

We will have an open house from 1-2:30 p.m. on April 2nd. Grandparents should enter Door S21 or N4. They will visit the classrooms and take a tour with their grandchildren. Bring a phone or camera for a photo opportunity.

Lifewise for 6th Grade Students

LifeWise Academy South Adams is excited to announce that Meredith Bailey is the 6th grade LifeWise teacher! If your child attended LifeWise as an elementary 5th grader, that enrollment does NOT carry over to middle school. You will need to register them as a middle schooler. Several 6th graders have already signed up. If you haven't enrolled your 6th grader yet, no problem! It's never too late to sign up! 6th grade enrollment is still open!



6th grade LifeWise classes will start the week of March 30. 6th graders will ride the LifeWise bus with their homeroom class, one day per week, on either Mondays, Wednesdays, or Fridays, during homeroom period and lunch. This will be from 12:15-1:15 p.m. On their LifeWise day, students will either pack a lunch or grab a “to-go” lunch from the school cafeteria and take it with them to eat in their LifeWise class.

6th graders should only bring their lunch over. All electronic devices must stay at school. All learning supplies will be provided at LifeWise.

Enroll online at www.lifewise.org/southadamsin OR pick up a registration paper from the school office.

Get ready to experience Bible education in a fun and interactive way! Mrs. Bailey is excited to see you!

Inside the Teen World

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

Parent Update

March 2026

Issue #7

Guardrails That Build Healthy Teens

The teen years are a time of rapid growth for young people...physically, socially, and mentally. While every family's values and expectations may look different, clear and consistent guidelines help teens feel safe, supported, and prepared for independence. Our Alive & Well curriculum spends significant time teaching teens the importance of creating guardrails in life and how they are a vital tool in helping them avoid unhealthy choices and habits.

Technology is part of teen life, but boundaries matter! The goal is not restriction alone, but teaching self-regulation and healthy habits. These are some suggestions.

Ages 10-12

- 1-2 hours recreational screen time per day
- Devices parked outside bedrooms at night
- No social media accounts yet
- Parents have full access to devices and passwords

Ages 13-14

- 2 hours recreational screen time on school nights
- Phones out of bedrooms at night
- Regular conversations about online safety & digital reputation
- Encourage screen-free family meals

Ages 15-16

- Social media use tied to demonstrated maturity & parental oversight
- Curfew for devices
- Discuss digital footprint, college/employer visibility
- Encourage tech-free blocks during homework

Ages 17-18

- Practice adult-level time management
- Parents shift from monitoring to mentoring

Student Quote

"I learned so much about how to deal with online sites and games and know that I should only trust people I've seen in real life that are my real friends and family."



Conversation Starters

1. "If you could design the perfect balance between screen time, school, sleep, and friends...what would it look like for you?"
2. "When do you feel like your phone helps you? When do you feel like it drains you?"
3. "When you scroll through social media, how does it usually make you feel afterward?"

Guardrails for Healthy Social Media Use

Social media impacts identity, self-esteem, and mental health.

Alive & Well suggests:

- Delaying accounts as long as possible
- Parental access to passwords until 16+
- No private accounts unknown to parents
- Discuss what is appropriate to post (Would you want a coach, teacher, or future employer to see it?)
- No phones overnight in bedrooms

Teach Teens:

- Comparison steals joy
- Not everything online is real
- The Internet is written in PEN, not pencil
- Protect personal information
- Report bullying immediately

Red Flags to Watch for:

- Secret accounts
- Extreme emotional reactions after being online
- Sleep disruption

Common Sense Media: Advice for Parents of Teens: Common Sense Media.
<https://www.commonsensemedia.org/advice-for-parents/teens>

American Academy of Pediatrics: Media and Children Communication Toolkit.
HealthyChildren.org. American Academy of Pediatrics.
<https://www.healthychildren.org/English/media/Pages/default.aspx>



Student Quote

"Alive and well helped me to find healthy ways to cope with my struggles and emotions without bringing myself down more."
-High Schooler

Emotional Guardrails for Growing Healthy Teens

Adolescence is one of the most emotionally intense stages of life.

What Teens Need Most:

- 8-10 hours of sleep nightly
- Physical activity
- Regular family connection time
- Safe space for honest conversations
- Downtime in their nightly schedule

What to Watch For:

- Sudden grade drops
- Loss of interest in favorite activities
- Changes in eating/sleep patterns
- Irritability or socially isolating
- Persistent anxiety or sadness

Build Emotional Health By:

- Normalizing conversations about stress
- Teaching coping skills (journaling, spending time in nature, breathing exercises, etc.)
- Encouraging IRL (in real life) friendships
- Prioritizing one-on-one parent time



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

