



Cougar Pause



We build positive relationships between home and school so that all students are safe, honorable, and successful.

October 2026

South High School | Salina, Kansas

Cougar families,

As we look forward to our upcoming parent-teacher conferences, we warmly invite you to join us in conversation about your student's learning, growth, and future. We know family schedules are busy, and we appreciate the time you make to connect with teachers. These conversations are an opportunity to work together in a supportive, respectful partnership centered on each student's strengths, needs and developing perseverance when learning feels challenging.

Parent-teacher conferences help build a team around your student. Teachers can share insights that go beyond grades, including academic strengths, growth areas, study habits, participation, perseverance in tackling challenging work, accountability for completing assignments and engagement in class. Families can ask questions about course expectations, assignments, assessment practices and ways to support learning at home. Together, we can celebrate progress, clarify concerns and identify early intervention or additional support opportunities before small challenges become larger obstacles.

Conferences are valuable even when students are doing well academically. They provide a fuller view of social-emotional growth, relationships, confidence, leadership opportunities and areas where students may be ready for new challenges. These discussions also create space to talk about a student's willingness to seek help, try unfamiliar tasks and take on meaningful opportunities, as well as course planning, graduation requirements, college and career interests and other post-graduation pathways. By sharing information and listening to one another, families, students and educators can help ensure each student stays on track for graduation and is prepared for what comes next.

Conferences will be held on October 14 from 5:00 to 7:30 p.m., and October 15 from 7:15 to 11:15 a.m., 12:00 to 3:00 p.m., and 5:00 to 7:30 p.m., in the SHS main gym. Thank you for being such an important part of our school community. Your involvement makes all the difference!

Warm regards,
Dr. Ginger Jones, Principal





SRO Corner

Greetings from SRO Kuhlman! I hope you are adjusting well to this school year's routine. School brings with it exciting opportunities for our students to learn, grow and discover who they are and what avenues are available to them in the future.

As parents, we hope our students adapt and overcome whatever adversities and differences they face as they become young adults. Sometimes the expectations we set as parents, along with current academics, future academics/careers and social pressures build to overwhelming amounts of stress for students. Some common reactions to overwhelming stress are:

- Anxiety
- Withdrawal
- Aggression
- Physical illness
- Drug and alcohol abuse

There are some positive ways you can help your student cope with the stress in their life:

- Establish a good sleep routine
- Avoid excess caffeine
- Avoid illegal drugs, alcohol and tobacco
- Talk with your student about their stress and triggers
- Doing your very best, every time is the best expectation versus perfection
- Seek professional mental health assistance if you believe your student would benefit from services

September Teacher of the Month

Danielle Jackson is an integrated and physical science teacher at South High. She has been teaching for 12 years, with this being her second year at South. When Danielle was younger, she would pretend she was a teacher and teach the neighborhood kids, but the person who inspired her most to pursue a career in education was her ninth grade science teacher, Mr. Slaven. Her favorite part of teaching is building connections with her students and creating a classroom environment where they feel comfortable being their authentic selves. A fun fact about Danielle is that she loves live music - she has seen over 200 different artists and bands in concert.





September Students of the Week



Hollis Murdock is a senior at South High. At school, she is involved in Student Council and is on the Peppers dance team. Her favorite part of school is her American Justice class. Outside of school she enjoys working at her part-time job and stays active by participating on a dance team. After graduation, she plans to attend college and major in financial law or engineering. Some fun facts about Hollis are that she enjoys watercoloring, baking, and singing.

Lilly Khamdalanikone is a senior at South High. At school, she is involved in Student Council, National Honor Society and is on the cheer team. Her favorite part of school is her AP chemistry class. Outside of school, she enjoys playing pickleball. After graduation she plans to attend college to become an automation engineer. Some fun facts about Lilly are that her favorite color is pink, she has two sisters and one brother.



Adrian Lara is a senior at South High. At school he is involved in Cougar Nation and is on the soccer team. His favorite parts of school are learning new things and being able to see his friends throughout the day. After graduation he plans to attend college to play soccer. Some fun facts about Adrian are that he likes to play pickleball and fish.

Elise Holliday is a senior at South High. At school she is involved in color guard and drama club. Her favorite part of school is taking art classes. After graduation, she plans to attend the University of Kansas. Some fun facts about Elise are that she has one sister and likes to play video games.





Join us at Salina Public Schools!

Want to be more connected with your school community? Whether you have a child, grandchild, family member or friend in Salina Public Schools or are simply looking for an opportunity to make a difference, there's a place for you at SPS!

We're hiring food service, custodial and paraprofessional team members who want to support students and be part of a school community where greatness grows.

Find your place at SPS and make a difference every day!



[Apply Online](#)

Supporting Every Student Through Ci3T

Ci3T stands for Comprehensive, Integrated, Three-Tiered model of prevention.

Ci3T provides a coordinated, research-based approach to supporting the academic, behavioral and social-emotional needs of all students. It is not a new curriculum or a one-size-fits-all program. Think of it as a blueprint for student support, helping our schools organize resources and provide support based on the needs of their students.

Ci3T includes three levels of support:

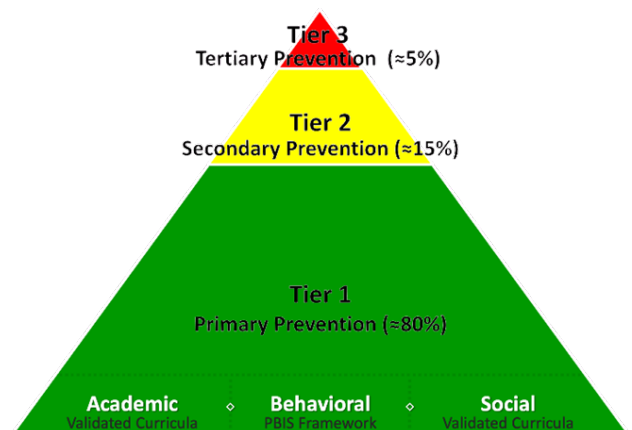
Tier 1: Provides a strong foundation for all students through high-quality academic instruction, positive behavioral supports and social-emotional learning. The goal is to support student success and prevent academic or behavioral difficulties before they emerge.

Tier 2: Provides more focused academic, behavioral or social-emotional support for students who need more than Tier 1. Schoolwide data helps identify students who may benefit from these additional supports.

Tier 3: Provides specialized, intensive interventions for students experiencing greater academic, behavioral or social-emotional needs. Support is individualized based on each student's specific needs.

Rather than addressing academic, behavioral and social-emotional needs separately, Ci3T brings these areas together so they work as one connected system of support. Ci3T also brings together all of us – teachers, administrators, support staff, parents and families – working together to create a safe and caring learning community where every student can grow and succeed.

Watch for more information about Ci3T and how we are working together to support every student throughout the school year.





October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Calendar of Events

- 10/6 Apply South High Event
- 10/7 Jostens Ring Orders Due
- 10/8 & 9 No School/In-Service
- 10/14 & 15 Fall Conferences
- 10/15 & 16 No School
- 10/19 Site Council Meeting
- 10/20 Picture Retakes
- 10/21 Senior Cap/Gown Meeting

Attendance Matters

Keep your child healthy and in school. Daily attendance is critical to help your child stay on track and engaged in learning. Be sure to send your child to school daily when they are feeling well and able to participate in activities. Children can still attend school if they have:

- A mild cold (such as a runny nose or cough)
- Water eyes without a fever, eye pain, or red eyelids
- A mild stomachache
- A mild rash with no other symptoms
- Been fever free for 24 hours without fever-reducing medication

Please remember to call the attendance office at 785-309-3706 to notify them when your child will be absent.

How do I know if I should keep my child home?

Fever: Fever is an important symptom that may indicate a contagious illness. Parents should keep children home during the course of a fever (100.4 degrees or above) and they should be fever free for 24 hours without fever reducing medication before returning to school.

Vomiting and diarrhea: Vomiting and diarrhea if a single episode, may not be reason enough for the child to miss school. If your child has repeated episodes, keep your child out of school until the illness passes and they are able to tolerate solid foods.

Coughing: Coughing with "run-of-the-mill" cold symptoms should not be a reason to miss school. However, a deep, productive cough with more severe cold symptoms may indicate bronchitis, flu or even pneumonia.

Strep Throat: Strep throat is a highly contagious condition caused by bacterial infection. Signs of possible strep are fever with a sore throat, a severely sore throat of sudden onset, enlarged, cherry red tonsils that may also have white patches, a sore throat that subsides and reappears. A rash may appear 12 to 48 hours after the onset of illness.

Eye Irritation: Conjunctivitis (pink eye) is contagious. If your child's eyes are red, burning, swollen, or producing a colored discharge, please contact your healthcare provider or school nurse if you need guidance on when it's okay to return.



Counseling Corner

Financial Aid Night - the South High School Counseling Department will host Financial Aid Night for seniors and their parents on Wednesday, October 14, at 6:00 p.m. in the auditorium. A financial aid representative from K-State Salina will be presenting on the new simplified version of the Free Application for Federal Student Aid (FAFSA), as well as other financial resources for families to assist in funding their student's post high school education.

College and Career Fair - on Thursday, October 29, from 8:30-10:30 a.m., SHS juniors and seniors will have an opportunity to attend a College and Career Fair at Salina Central High School. There will be over 40 colleges and universities in attendance. We also anticipate having over 30 businesses/industries and 9 military branches (and counting) participate in this year's fair. Transportation will be provided for students if needed. Interested juniors and seniors will need to have a signed field trip form (available in the Student Center) submitted no later than Friday, October 23.

It's for Me Event - the end of high school comes for everyone. It's for Me is a one day opportunity to explore what comes next. You can afford college and you can stay in Salina to do it. Sophomores and Juniors will have the opportunity to visit and tour Kansas Wesleyan University, K-State Salina University, and Salina Area Technical College all in one day. Our local colleges offer a wide range of certificates and degrees. Even if you plan to join the workforce or military, our local colleges have resources you can use. The event will be held on Wednesday, November 4. Please see Mrs. Wagner or Mrs. Potocnik if interested.

Attention Class of 2027 - Statewide Kansas Apply Free Days: October 5 through 9

Applying to college just got easier! During Kansas Apply Free Days, seniors can submit applications for free to any public two-year, four-year or technical college, as well as select private institutions across the state.

Need Help Getting Started? Join us for our #ApplySouthHigh event on October 6 in the South High Library! Stop by for hands-on application help, answers to your questions, and a little celebration as you take this big next step.

How to Sign Up: Register in advance by completing the form below or by clicking the link in your Class of 2027 Google Classroom.

Don't miss out on saving on those application fees! See you there!



[Registration Form](#)

Phone		785.309.3700
Principal		Dr. Ginger Jones
Assistant Principals		Krista DeVoe, Timothy Quinn
Athletic Director		Ryan Stuart
Office Manager		Julie Work
Website		305southhigh.com



#305GrowsGreatness

Unified School District #305 does not discriminate on the basis of race, color, national origin, sex, age, or disability in admission or access to, or treatment or employment in, its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. Any person having inquiries concerning Unified School District #305 compliance with the regulations implementing Title VI, ADA, Title IX, or Section 504 is directed to contact the Unified School District #305 Executive Director of Human Resources, P.O. Box 797, Salina, Kansas 67402, 785-309-4726.