

Sugar Salem School District

DIGGER NEWS

January 2015



Do principals have an Impossible Job?

The principal's job is often called the loneliest in K-12 education, but it's just as fitting to call the toughest. Hours are long. Demands come from all directions. And no one else in a school has the same responsibilities. Who would want the job? And who is cut out to do it successfully, year in and year out?

(excerpts taken from Education Week 1-21-15)

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It is time once again for the Used Book Fair at Central Elementary!!! This is a great way to clear out those old books on the book shelf and get some new great books to enjoy. Donations are welcome and appreciated. You can drop your books off at Central Elementary until January 27. The sale will be January 28 & 29. Book prices range from free to \$3, nothing is over \$3. Come get a new book for your children, grandchildren, parent, spouse or yourself. Come browse through and enjoy the great books at the Used Book Fair, February 28 and February 29 at Central Elementary.

More inside!

Hazards of Vaping And E-cigarettes

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Electronic cigarettes, marketed as safer than regular cigarettes, deliver a cocktail of toxic chemicals! Please read!

Fifth Grade Maturation Program

Every year, Kershaw Intermediate school provides a presentation on "maturation" to our 5th grade students...

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Do Principals Have an Impossible Job?

List of Principal Duties

- Report to superintendent
- Supervise all school personnel
- Develop school policies
- Coordinate programs
- Supervise and conduct the student evaluation program
- Supervise activities
- Develop strategic plan
- Ensure that school program is compatible with all legal guidelines
- Develop and conduct professional development program
- Sets curricular program in every subject
- Establish formal working relationships
- Facilitates Organizational efficiency
- Orients and assists new staff and students
- Coordinates school and community resources and programs
- Manages and directs use of supplies and record keeping
- Organizes and oversees special support programs
- Oversees student and staff disciplinary measures
- Handles all issues brought by parents, students, and staff

but the current generation of principals—and the generation that will succeed them—also must oversee colliding rollouts of some of the most dramatic shifts in public schooling in more than a decade: more rigorous academic standards, new assessments, and retooled teacher-evaluation systems.

That principals' time is so often strained by day-to-day requirements of the job while they are held responsible for the success of myriad new initiatives makes their main mission—to be their schools' instructional leaders and chief architects of a positive school climate—all the more challenging.

So who would want the job? And who is cut out to do it successfully, year in and year out?

Here in Sugar Salem we are fond of saying that it is the best place to work because we generally have supportive parents and great students. That doesn't mean that the principal's job is easy. In my observation our principals have very long hours. Most get to school before 6 am and some regularly stay late into the evening hours.

Mr. Miller, for example handles duties as both assistant principal and athletic director at the high school and he is the principal for Valleyview High School, our alternative program. Handling both of those jobs is definitely a juggling act extraordinaire. Discipline issues, curriculum, teacher evaluation and observation, taking phone calls, working with parents, and walking the halls are some of his daily responsibilities. After about 3 pm he supervises freshman, junior varsity, and varsity athletic programs. Often he can be seen as the mediator between parents, patrons, and game officials. It is a tremendously daunting task!

With all of these duties and in light of the fact that it is such a difficult job it is my suggestion that we each express our appreciation to them for all that they each do and continue to show them the high regard for which they are do deserving.



Fifth Grade Maturation Program February 2015

Every year, Kershaw Intermediate school provides a presentation on "maturation" to our 5th grade students created by Proctor and Gamble. We show a 20 minute video, and then leave about 10 minutes for questions if needed. For your convenience, the webpage link to see the video is here:

<http://www.pgschoolprograms.com/parents.php>

(scroll down to the section entitled "videos" - "Always Changing - Boys" and "Always Changing - Girls").

This year will be the first year that we present the new videos (previous years, the "original" videos have been shown). Neil Williams, Principal of Kershaw, and Bryce Owen, District School Counselor, recently met with Mr. Dunn and the District Parent Advisory Committee to discuss the parent's perspective on the new video. All members felt like it was a good tool to be able to begin to educate students about the physical maturation process including tips about

personal hygiene. Parents are welcome to attend the 30 minute session and accompany their child if they desire. Parents who choose to have their child participate also need to sign and return a student participation form before students will be allowed to be in attendance at the presentation. For children who do not bring back a note, or for those who parents choose to have them not participate, appropriate alternative activities will be provided. No student is required to attend.

This year's presentation will most likely be either Feb. 13 or Feb 20 at 2:15 pm at Kershaw. When the exact date is solidified, the parent permission letter will be sent home a few days beforehand with the students for parents to review. And, if willing, parents will sign and return the form with the students the following school day. Feel free to call and talk to Mr. Williams or Mr. Owen at [208-356-0241](tel:208-356-0241) if you have any questions!

21st Annual Glenn Miller Night presented by Sugar Salem High School Jazz Bands



Date: Friday March 20, 2015 and Saturday March 21, 2015

Time: 7:00 p.m.

Place: Kershaw Intermediate School in Sugar City, Idaho

Cost: \$20 per plate

Reservations are required and tickets can be purchased online at glennmillernight@gmail.com. For further questions about reservations please contact Andrea Garner at 359-1285.

The Sugar Salem High School Jazz bands present an evening of live music and dancing at their annual ***Glenn Miller Night***, scheduled for Friday March 20th and Saturday March 21, 2015.

The event is a fundraiser for the music department and is in its 21st season. It is held at the Kershaw Intermediate School in Sugar City. The evening begins at 7:00 p.m. and consists of a prime rib dinner and live jazz music presented by the Beginning and Advanced Jazz Bands. There are approximately 65 students involved, under the direction of Mr. Mark Seare. This event is open to the public and promises to be a delightful evening filled with the charismatic sounds of these fabulous jazz bands and is an opportunity to dance to a live band. The delicious prime rib dinner is served by the upcoming and talented Jr. High band students.

Reservations are required, and tickets (\$20 per plate) can be purchased online at glennmillernight@gmail.com.

For additional reservation information, you may contact Andrea Garner at 359-1285. Voluntary, tax deductible donations, made to the Sugar Salem Jazz Bands, will gladly be accepted the evening of the performances.

Ticket payments must be made by March 6th or reserved seats will be released. Payments are made to Sugar Salem Jazz Bands and can be mailed to 650 Palmer Circle Rexburg, Idaho 83440, or payments can be made directly to Julie Clark at the Sugar Salem High School office.



Health risks of e-cigarettes emerge

Vaping pollutes lungs with toxic chemicals and may even make antibiotic-resistant bacteria harder to kill.



Article from Science News Vol. 185 No. 13, June 28, 2014

Electronic cigarettes, marketed as safer than regular cigarettes, deliver a cocktail of toxic chemicals including carcinogens into the lungs, new studies show. Using e-cigarettes may even make bacterial infections resistant to antibiotics, according to one study.

Engineers developed e-cigarettes several years ago to provide tobacco users a smoke-free source of nicotine. The devices heat up a liquid that a user inhales, or “vapes.” Because e-cigarettes burn nothing, they release no smoke.

“There’s no question that a puff on an e-cigarette is less toxic than a puff on a regular cigarette,” says Stanton Glantz, director of the Center for Tobacco Control Research and Education at the University of California, San Francisco. But few studies have looked at the toxicity of their vapors. As a result, scientists have been circumspect about describing e-cigarettes as safe.

For a May 13 [review](#) in *Circulation*, Glantz and his team pored over emerging data on what vapers are inhaling and found, he says, greater risk than scientists had thought. E-cigarettes deliver high levels of nanoparticles, the researchers found, which can trigger inflammation and have been linked to asthma, stroke, heart disease, and diabetes (*SN: 7/18/09, p. 26*). The levels “really raise concerns about heart disease and other chronic conditions where inflammation is involved,” he says.

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E-cigarettes are no longer niche products, he and others note. Vaping product sales last year were projected to hit an estimated \$1.7 billion, [report](#) li-Lun Chen and Corinne Husten of the Food and Drug Administration's Center for Tobacco Products in Rockville, Md., in a special May issue of *Tobacco Control* on e-cigarettes. E-cigarette sales may exceed those of traditional cigarettes within 10 years, the pair reports. At least 1 in 5 smokers has tried e-cigarettes, as have 10 percent of U.S. high school students, according to the U.S. Centers for Disease Control and Prevention.

Those people may think vaping is safe, but FDA has seen no data establishing anything like that, [writes](#) the agency's Priscilla Callahan-Lyon in the same journal. She reviewed data from 18 studies on e-cigarettes' vapors and found that most contain at least traces of the solvents in which nicotine and flavorings had been dissolved. Those solvents, she reports, are known as lung irritants.

And the solvents can transform into something even more worrisome: carbonyls. This group includes known cancer-causing chemicals, such as formaldehyde, and suspected carcinogens, such as acetaldehyde. Because early e-cigarettes didn't deliver the same powerful hit of nicotine that burning tobacco does, engineers developed second-generation technology that allows users to increase an e-cigarette's voltage, and thus temperature, to atomize more nicotine per puff.

But the higher temperatures also can trigger a thermal breakdown of the solvents, producing the carbonyls, explains Maciej Goniewicz of the Roswell Park Cancer Institute in Buffalo, N.Y. If users of second-generation e-cigarettes maximize the power on their devices while using vaping liquids containing a solvent mix of glycerin and propylene glycol, formaldehyde levels can reach that found in tobacco smoke, his team [reports](#) May 15 in *Nicotine & Tobacco Research*.

Such compounds in smoke are mainly a concern if they make it all the way into the lungs. Many biologists think particle size and count are key, says Glantz. Vapers can inhale huge numbers of very small aerosols — the most toxic size — that can then deposit into the lung's tiniest airways, which are pivotal to moving air into the body.

The median diameter of vaping particles falls around 200 to 300 nanometers, based on unpublished data from Jonathan Thornburg and others at RTI International in Research Triangle Park, N.C. That size "is right in line with conventional tobacco smoke," Thornburg says.

The mass of particles in the vapors is about 3 milligrams per cubic meter of air, he says, or about 100 times as high as the Environmental Protection Agency's 24-hour exposure limit for levels of fine air particles. Thornburg's group's analyses predict that some 40 percent of these inhaled particles would deposit in the lungs' smallest, deepest airways.

Vaping Continued

In addition to nicotine and solvents, vapors also contain chemical flavorings and food preservatives from the vaping liquid. Although they may be GRAS, or “generally recognized as safe” by FDA, Thornburg says, the designation is based on tests of the compounds when they are ingested. “No one has considered their safety when it comes to inhalation,” he says.

And e-cigarette vapors can even make dangerous germs harder to kill, Laura Crotty Alexander reported May 18 at an American Thoracic Society meeting in San Diego. A pulmonary and critical care physician and scientist with the VA San Diego Healthcare System, she exposed methicillin-resistant *Staphylococcus aureus*, better known as MRSA, to e-cigarette vapors.

In a lab dish, these antibiotic-resistant bacteria, which can cause pneumonia, proved harder to kill using a germ-killing protein fragment — a natural antibiotic that people’s bodies make. One reason: Germs exposed to nicotine-rich vapors secreted a thicker biofilm coating that protected them.

Crotty Alexander also allowed mice to breathe in air containing MRSA that had been exposed to e-cigarette vapors. One day later, mice getting vapor-exposed germs had three times as many bacteria growing in their lungs as did mice that got unexposed germs.

“We started these studies so that we could advise our smoking patients on whether they should try switching to e-cigarettes,” she says. “My data now indicate they might be the lesser of the two evils. But e-cigarettes are definitely not benign.”

FCCLA - Dolls for Comfort

Three of Sugar Salem’s Family Career and Community Leader of America (FCCLA) members completed a star event project! For their project, they made dolls for patients at Primary Children’s Medical Center in Salt Lake City. They insured the help of many students that are in Mrs. Nelsons Teen Life Classes in sewing the dolls and hospital gowns. When they went to Salt Lake in November for Cluster Meeting, they gathered over 200 dolls and delivered them to the Primary Children’s Medical Center. This project took many hours to complete. From the time the students spent working on their project, they learned how to take a small task and put it out there for the community to see that three FCCLA members can make an impact on someone’s life. Letting the people who are going through hard times in their lives know that there is still hope and that their community notices and cares. Jeralin Ricks, Russell Blaser, and Samantha Gregston wanted to make a difference in their community by doing a small act of service to give children comfort and assurance that everything will be okay.



Sugar Students take all three places in Patriot Pen Writing Contest



Each year the Veterans' of Foreign Wars promote patriotism by sponsoring a patriotic writing contest. The competition is open to students in our area schools. Winners of this year's Patriot Pen competition are, from left to right, Tallis Barker (second place), Jacob Powell (First Place), and Holly Wise (Third Place).

Each wrote a 300 to 400 word essay on "Why I Appreciate America's Veterans."

Holly's essay placed first in the district event and she is headed to state.

Each of these students took home a prize. Jacob won 100.00, Tallis won 75.00, and Holly won 50.00.

State winners will go on to the national competition. We congratulate each of them!

The Sugar-Salem Play Production class is pleased to announce that next month they will producing not one, but TWO plays! The Play Production class takes place every 2nd trimester during 5th hour and is open to any students that have already taken a drama or acting class. Students in the class take on all the roles in the production of a play by being both onstage and doing tech work such as costumes, props, set construction, lighting, sound, or even stage managing.

Last year the Play Production class worked with Studio C writer Jeffrey Lee Blake in creating a new original play, "Night of the Monster." This play was written specifically for this class. It was a unique experience for everyone to take part in this new process. This year we are once again trying something new. We will be working on producing two classic comedy plays. Many professional companies will have more than one play performing at their theater with actors playing multiple roles. This provides more opportunities for students to experience larger onstage roles and backstage responsibilities. We can't wait for everyone to come and enjoy these wonderful shows and see more of the talent available at Sugar-Salem High School.

Mark your calendars for "You Can't Take it With You" on Feb. 20, 21, 23 and "The Man Who Came to Dinner" on Feb. 27, 28 and March 3. Both plays begin at 7 pm.

Sugar Salem High School Drama presents Two Plays "You Can't Take it With You" and "The Man Who Came to Dinner."



Internet Safety



Internet safety is one of our top concerns for students while on computers at school and at home.

As a district we want to protect our children against online content that is distasteful and dangerous. Facebook was unblocked to students last month and we will continue with its use for the time being.

The internet is a place where new content is being uploaded all the time. In fact, YouTube has over 100 hours uploaded every minute. It shows more than 6 billion hours of video every month. That is 1 hour of video per person for the entire world. Our student average of YouTube is about 3 hours of videos a week per student. If your child is on YouTube watching videos please monitor and talk to them about the videos they are watching. Many videos are informative used for class and help teach life skills while others are funny and entertaining. Some videos, however, are inappropriate and violate the acceptable use policy. We do our best to monitor and block videos but it is impossible to block every new video that is inappropriate. As a parent have regular discussions with your child about his/her computer use, including videos, social media interactions, and searches.

Some sites offer great tools to communicate, one of which is Kik. Kik is a free messaging application known for easy account creation and a sense of anonymity. Although it could be considered a useful way for students to chat with friends while avoiding racking up text message charges, it's no secret that Kik, as well as its sister app, Video Kik, is used for sexting and the sharing of inappropriate photos and videos. If your child is using this kind of online communication it may be red flag, this kind of service is only available on mobile devices.