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SHS FANTASTIC FACS

Nutrition

Pretzels

Mrs. Bramlette's class learned about the difference between quick breads and yeast breads. In this week's food lab students made homemade pretzels using yeast.

Making foods at home can eliminate preservatives and chemicals that are typically in store bought versions of similar foods.

Advanced Nutrition

Fruits and Vegetables

Students learned that good health is not just about a number on a scale. Our bodies need a wide variety

of quality foods to keep our bodies healthy now and in the future.

Eat the Rainbow!

Interpersonal Relationships

Roles and Development Wrap-up

Students have been learning about adolescent development and how to grow into the new roles that are expected as they reach adulthood. Navigating new and more roles can be overwhelming as teens move towards independence. Handling stress well and prioritizing roles is a very important task. Students did a team building activity called "Group Juggle". Students see that juggling a few balls (roles) isn't too stressful but as we add more balls (roles) life becomes more complicated. Their culminating project is to create a visual display depicting a wide variety of strategies for dealing with stress.

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Dress Code Reminders

- Clothing and jewelry will not display alcohol, drugs, tobacco, sexually explicit or implied pictures or phrases, profanity or other words and pictures of an offensive nature. Clothing with suggestive double meanings is prohibited.
- 2. Clothing will cover all undergarments and undergarments will be worn.
- Tops/shirts and dresses may be sleeveless but must completely cover the shoulder and the side seam must reach to the arm pit. All shirts and tops must be able to be tucked in during normal daily activity. Clothing of a seductive nature is inappropriate. Tops/shirts and clothing will not be low-cut (showing cleavage), mesh, or see through.

- 4. Pants must be worn and fastened at the waist. Baggy or sagging pants are not allowed. Shorts, skirts, and dresses must be at least mid-thigh in length, including tops or clothing over leggings. Pants/shorts/skirts are not allowed to have a hole/holes above mid-thigh.
- 5. Shoes must be worn at all times.
- 6. Hats, bandanas, and other head coverings will not be worn.
- No chains, dog collars, or items that appear to be items worn by animals will be allowed. Billfolds and wallets are not allowed to have chains. Spiked jewelry of any sort is not allowed, including rubber tipped spiked iewelry.
- Clothing that resembles gang-related dress or clothing that has been altered will not be worn, including bandanas hanging from clothing.
- Hair styles, body piercings, make-up, overcoats, or other clothing items, etc., that are a disruption to the educational process are not allowed.



This Week at SHS

Fri: 4:30 Golf vs Crothersville

5:00 Baseball @ New Washington Tennis @ Corydon

6:00 Track @ Jeffersonville

Sat: 9:00am Golf @ Floyd Central 10:00am Baseball vs BNL

JV Baseball @ BNL Noon: Winter Perc. @ Union, KY

Track @ Jeffersonville

Mon: 5:00 Sofball vs Henryville Tennis vs Charlestown

5:30 Baseball @ Clarksville

Tues: 4:30 Tennis @ Seymour

5:00 Baseball vs Henryville

Softball @ Austin Track @ Madison

Wed: Noon: Club Pictures

5:00 JV Baseball @ Corydon

Thur: 5:00 Baseball vs Salem

Softball @ Charlestown Tennis vs Jennings Co.

<u>Tennis Shirts!</u>

The SHS Warriorette Booster club is selling tennis T-shirts next week during lunch.

T-shirts will be \$12 and on site, so when you pay for your shirt, you will get your shirt right then!

If you pay by check, please have it made out to SHS.





Lunch Menu

Mon - Chicken Strips & Biscuit Carrots Chef Salad

Tue - Biscuit & Gravy Potato Wedges Chef Salad

Wed - Baked Pasta & Breadstick Broccoli Fruit Chef Salad

Thu - Pizza Italian Veggies Chef Salad

Fri - Chili Dog Baked Beans Chef Salad

*SHS has four options. The menu provided is from the Diner menu and the Marketplace. There are two more options as well in our International line and the Grill.

Scottsburg High School Prom Guidelines

The Scottsburg High School Junior-Senior Prom is an extracurricular event sponsored by Scott County School District 2 and the Junior Class of SHS for the SHS Junior and Senior Class students and their approved guests.

A ticket must be purchased in advance of the Prom to attend. SHS Seniors may attend as guests of the Junior Class, but must still obtain a ticket. Juniors may purchase a ticket or obtain a ticket through approved school fund raising efforts.

To attend the SHS Prom, a student must be in good standing and not be suspended or expelled from SHS or the school they were attending at the time of the Prom. SHS Seniors who have graduated at mid-year are welcome to attend.

SHS students may attend the Prom without a guest. SHS students bringing a guest must identify their date at the time they purchase or obtain their ticket and receive approval from the administration. Guests must provide an approved photo ID (school I.D., driver's license, etc.) at the time tickets are obtained.

Guests attending the Prom with an SHS student must:

be identified at the time of ticket purchase with proper picture ID; be at least 15 years of age and under 21 years of age; not be enrolled in middle or elementary public, charter, or private school; not be suspended or expelled from any public, charter, or private school at the time of the Prom; and agree to comply with the SHS Student Conduct Rules.

No one will be admitted to the Prom without a ticket purchased by the announced deadline. The High School Principal or designee may waive this requirement if the student was unable to purchase a ticket prior to this deadline.

Students and guests must sign in when arriving at the Prom and sign out when leaving the Prom. Students and guests will not be re-admitted to the Prom after signing out.

A student, date, or adult attending the SHS Prom shall not consume alcoholic beverages or controlled substances during the Prom or on the way to or from the Prom. Participants may be required to submit a breath sample for analysis. If the participant refuses to provide a breath sample, or if the analysis of a breath sample shows a violation of this requirement, the violator will be held for release to law enforcement officers. Parents/guardians will be called after law enforcement officers have been called.

Students or guests may be removed from the Prom by the School Principal or designee for violation of SHS Student Conduct Rules. Additional disciplinary measures may be imposed for violation of SHS Student Conduct Rules at the Prom.