

SHS News Break



Scottsburg High School (812)752-8927

September 6, 2013

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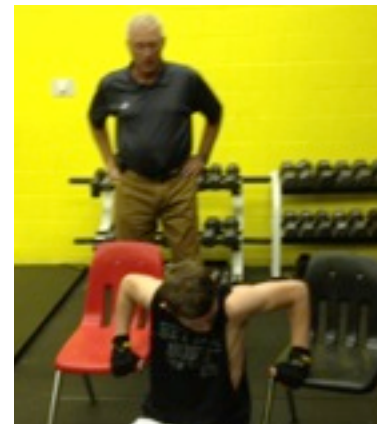


The classes, which includes both boys and girls, spend three days a week doing strength training in the weight room and two days a week in the gym doing a cardio and endurance program.

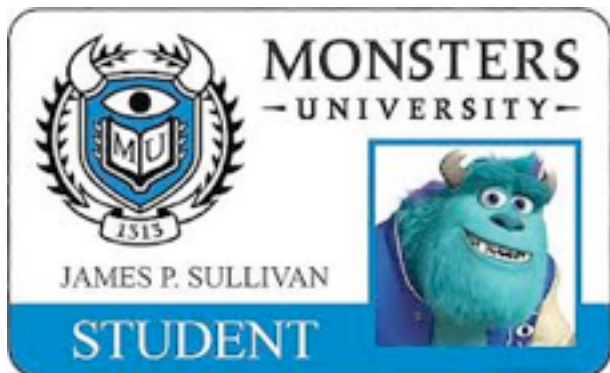
They are graded on participation and incremental improvement in four target areas. "The kids are doing a great job," said Mr. Rabe. "We hope to expand the course and offer it more periods during the day in the future."

New Class Offering

Another addition to the expanded roster of classes we are offering this year at SHS is the Advanced PE Class. The course is taught during two periods by Mr. Al Rabe, our district Athletic Director as well as the varsity baseball coach, and Mr. Jason Clancy, who coaches middle school basketball. The justification for the course, according to Coach Rabe, was an interest on the part of students, and a desire to help our scholar athletes improve their physical condition.



Picture Day is Monday, Sept. 9



All students should have their picture taken on that day to receive their free student ID card. Order envelopes for pictures were distributed during Advisory and additional order forms are available in each front office.

If you wish to purchase a photo package, students should bring the completed form with payment directly to the photographer on picture day when their class is called. Pictures may also be ordered online using order code 389742 at: www.inter-state.com.



This Week at SHS

- Fri: 6:00 Girls Soccer @ Switz Co
- Sat: 10:00 am Volleyball @ Switz Co
11:00 am Boys Soccer @ Shawe
- Mon: 7:30 am PICTURE DAY
5:30 Volleyball vs Brownstown
- Tue: 4:30 Golf @ Mitchell
Tennis @ Henryville
5:30 Cross Country - Scottsburg Inv.
6:00 Girls Soccer @ Salem
Volleyball @ New Washington
- Wed: 4:00 Golf vs Eastern
6:00 Boys Soccer @ Austin
- Thur: 4:45 Tennis vs North Harrison
5:30 Volleyball vs Seymour
6:00 Girls Soccer vs Southwestern

Guidance Corner

The teaching staff graciously allowed the Guidance department to visit their classrooms this week. Presentations were made to the Freshman classrooms on Tuesday to introduce the Guidance staff and to pass out the Learn More Indiana magazines. They discussed the importance of passing all classes in order to keep opportunities open for their future. They also pointed out several features of the magazine such as developing a four year plan and utilizing the www.learnmoreindiana.org website.



Lunch Menu

- Mon - Chicken Nuggets
Biscuit
Carrots
Fruit
Chef Salad
- Tue - Cook's Choice Sandwich
Chips & Black Bean Salsa
Fruit
Chef Salad
- Wed - Pizza
Broccoli
Fruit
Chef Salad
- Thu - Mac & Cheese
Peas
Fruit
Chef Salad
- Fri - Chicken Sandwich
California Veggies
Fruit
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.