

HARTSBURG-EMDEN CUSD NO. 21

FEBRUARY 2017 NEWSLETTER

FROM THE SUPERINTENDENT'S DESK

Terry Wisniewski, Superintendent

I mostly consider myself an optimist. That doesn't mean that I can't get negative given the circumstances. However, as an educator, I have long believed that negativity somehow disrupts the learning process. When one takes a positive approach to learning, they are interested in and enjoy the content they are learning, the educational process is a lot more successful. There also just seems to be so much negativity out there already, schools really need to be a place to help combat that endless source of pessimism. Coverage of the Presidential Elections, police officer shootings, lack of a State Budget, and many other events seem to focus mostly on the negative. Over the past several years, I've looked to hire optimistic individuals to help stimulate a culture of high standards and learning that is gratifying to our students. I have as a continuing goal, to move the school district towards a more positive culture each and every year. Often it is a struggle for me to understand how some people seem to always be negative. The world seems to have a fair share of people who are pessimists and unable to find joy in almost anything. Over the last year, I've decided to try to understand why it is so difficult for some people to think positively.

Travis Bradberry, Ph.D. and Co-author of Emotional Intelligence 2.0 claims that research shows that most people complain once a minute during a typical conversation. Complaining for many people is rewarding because it makes them feel good (or is even enjoyable) at the moment they express their negativity. Many people do it inadvertently as a means of stress relief. However, like smoking or eating a pound of bacon for breakfast to relieve stress, complaining isn't necessarily good for you. When you repeat a behavior, such as complaining, your neurons branch out to each other. Your brain loves efficiency and feeling good. This makes it much easier to repeat that behavior in the future. Many people may find it easy to do; in fact, they might not even realize that they are complaining as much as they are. Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you. Complaining becomes your default behavior, which changes how people perceive you.

Research from Stanford University has shown that complaining shrinks the hippocampus. This is the area of the brain that is critical for problem solving and intelligent thought. Negativity does make learning much more difficult. There are other physical risk factors for continuous negativity; such as increased chances for high blood pressure, heart disease, stroke, and others.

As an administrator, I often need to absorb negative talk. There's nothing wrong with someone feeling bad about something. There are many things wrong with the world in which we reside and we can't be blind to that fact. However, one can either magnify the negativity or help move past it by the way they respond to that negativity. Negativity can send everyone into a downward emotional spiral that brings everything to the lowest common denominator. This type of negative talk is what we are trying to avoid here at Hartem. I prefer to avoid focusing on problems (or who created it) and focus on solutions. There are things we have control over and things we don't. We need to squash negative talk over those things we don't control (or we can't change); negative talks about those things don't move in a direction of improvement. We need to focus on things we do have control over. When we focus on actions that we do have control over, we better ourselves and our circumstances, we create a sense of personal efficacy that produces positive results. The teachers and staff of Hartsburg-Emden are taking (and will continue to take) control over those things we control. An example of this was our PARCC scores, which are now at the top of all the schools (K-12) in the immediate area and in our conference. We will continue looking for enhancements and new methods to advance the culture of our school district, so we will be a positive and enjoyable place for all our students. We will not allow ourselves to get consumed by negativity. Our kids deserve such a place to be.

On a final note, I'd like to let everyone know that the Logan County Sheriff's Office has begun making many appearances in Logan County schools. Over the past couple of years, police officers have received much negativity and controversy surrounding them. My oldest son, Zachary, (who is a junior in high school) has ambitions to go into law enforcement. The negativity at its peak surrounding police officers was very concerning.
(Superintendent's message continued on next page)

Sheriff Nichols is making a much needed attempt for his officers to be seen in a positive light with students. They've been coming to the school much more often and engaging with our students in a friendly manner. Many law enforcement agencies have begun similar initiatives. We would like everyone to know why they might be seeing police officers at the schools more often. Until next month, I hope you live life to the fullest and focus on all the gifts you've been blessed with.

FEBRUARY BREAKFAST & LUNCH COSTS

19 Student Breakfasts	@\$2.00	\$38.00
19 Reduced Student Breakfasts	@\$0.35	\$6.65
18 Student Lunches	@\$2.55	\$45.90
18 Reduced Student Lunches	@\$0.50	\$9.00

Students at Hartsburg will need to pay for seconds. Entrées are \$.90, vegetable/fruit are \$.50 and milk is \$.40. Seconds need to be paid for at the time they are served. Adult lunches purchased are \$3.05. You can check your student's meal account balance using the Parent Portal. Contact Erika at the high school if you need assistance in accessing this information.

PRINCIPAL'S MESSAGE

Jon Leslie, Principal

Welcome to Spring Semester 2017. With the semester well underway, we want to thank everyone for your continued support of our students, staff, and school as we do our best to provide the best possible learning environment. Our teachers will continue to challenge our students so that they are college and career ready. It is extremely important for our students to get off to a good start to ensure a successful semester. Please help your child by insisting on good attendance and good study habits.

This is the time of the year that our seniors will really solidify their college plans. Our guidance counselor, Amanda Feltes, does an excellent job in providing our students assistance with college planning. Parents and students both are welcome to contact Mrs. Feltes with any questions regarding the college process.

As all of you are aware, we extended the first semester into the first week of January when we returned from break because of two "snow days" that occurred on the 19th and 20th of December. This will mean that our regular school calendar will be extended by two days in the month of May.

January has had pretty mild weather thus far, but February could prove to be different (Let's hope not).

Please be sure that you have current contact information on file in our district office to ensure that you will receive automated emergency messages. We will also update our school website and social media sites with emergency announcements.

February will prove to be an exciting and busy time. Junior High Volleyball, High School Scholastic Bowl, and Junior High Scholastic Bowl are all underway and having good starts. Junior High Basketball has begun its IESA State Playoff series. FFA is in full swing. High School Basketball and High School Cheerleading will have a busy month. Senior night for both will be on Tuesday, February 14th. A complete listing of events can be found throughout this newsletter. Come on out and catch one of our many activities. GO STAGS!!!

FFA NEWS

Elizabeth Fanning, FFA Sponsor

The FFA will be selling FRESH Strawberries again this year!! We will be selling January 29th - February 11th. To order strawberries see an FFA member, fill out the online order form posted on the FFA facebook page, or contact the high school office at 217-642-5244.

FFA members are going to have a very busy semester full of contests and leadership conferences. The FFA and Horticulture class are eagerly awaiting the plugs to arrive for the Spring plant sale. We will also be offering vegetables this year. There will not be an auction this year. We are looking into doing a toy show in the coming year.

BAND NEWS

Calob Pluhm, 6th-12th Band/Choir Director

Instruments in need of repair!!! The Bands and Choirs of Hartsburg Jr/Sr High School will be having a fundraiser to bring our school instruments back to proper working condition. Although this is the main goal of our fundraiser this year, we always need funds for new music and for music festivals which students attend. Our fundraiser kicks off on February 13th-thank you in advance for supporting music in our school.

GUIDANCE DEPARTMENT

Amanda Feltes, K-12 Guidance Counselor

School Counselors Celebrate During National School Counseling Week, Feb. 6–10, 2017

National School Counseling Week, sponsored by the American School Counselor Association (ASCA), will be celebrated from Feb. 6–10, 2017, to focus public attention on the unique contribution of professional school counselors within U.S. school systems and how students are different as a result of what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career. The special week honoring school counselors provides recognition for school counselors who "implement comprehensive school counseling programs, a vital part of the educational process for all students as they meet the challenges of the 21st century."

School counselors are actively engaged in helping students examine their abilities, strengths, interests and talents; for working in a partnership with parents as they encounter the challenges of raising children in today's world; for focusing on positive ways to enhance students' social/personal, educational and career development; and working with teachers and other educators to provide an educational system where students can realize their potential and set healthy, realistic and optimistic aspirations for themselves. Professional school counselors are certified, experienced educators with a master's degree in guidance and counseling. The combination of their training and experience makes them an integral part of the total educational program.

Anne Frank once said, "How wonderful it is that nobody need wait a single moment before starting to improve the world." Anne Frank did not know that her words, written while her family hid from the Nazis during World War II, would reach and touch millions of children and adults. Unfortunately, she did not get to see that happen. Did you know you can make a difference, through realizing your potential? Look at yourself and your life. What do you like? What skills do you need to improve? How can you help others to be successful? Everyone has the potential to achieve excellence and discovering your potential is an extraordinary journey. The first step to realizing your potential is exploration. The teachers, administrators and staff here at Hartsburg-Emden are here to help you during this journey.

And if you ever want to chat about how you can make a difference, stop by and talk to me.

PSAT 10

There are 2 seats open to any sophomore student interested in taking the PSAT 10 on March 28th. The PSAT 10 will provide practice for the SAT, which students are required to complete during their junior year. Students will also receive personalized practice guides with the results of their PSAT 10. The PSAT 10 is an optional test and the cost to participate is \$15. If you are interested in registering or have any questions, please contact Mrs. Feltes asap.

Dual-Credit Courses

Are you interested in taking college classes while still in high school? Dual credit is an opportunity for students in grades 11-12 to take classes in high school and one or more college level classes on an online university. Dual credit courses are a great opportunity to receive extra high school credit AND earn college credit towards Gen. Eds. The courses that will be offered next year are: **ENGLISH 101** (Critical Reading & Writing) and **ENGLISH 102** (Multimodal Composition).

Qualifications:

If you are interested in taking a Dual Credit course next year (AY 17-18), you MUST complete a Heartland application and ACCUPLACER Assessment (or submit a qualifying score) by March 31st in order to be eligible to enroll in the course. Students can submit qualifying ACT and/or SAT scores in place of the ACCUPLACER. Contact Mrs. Feltes for more details.

ENGLISH DEPARTMENT NEWS

A HUGE thank you from the High School English Dept. Thank you to everyone who has contributed to the high school English class in some way or another. We have obtained 3 Chromebooks, 2 bookshelves, 26 books, post-its, and markers all through your generosity. I'd like to say a special thank you to the Hartem Community Club who purchased one of the three Chromebooks for the use of the junior high genius hour class. Thank you to all who have personally contributed to the Donors Choose projects of the high school English class. Keep a watch out for more—Donors Choose helps us obtain supplies more quickly than I would be able to on my own. I cannot say thank you enough for your generosity and support.

ATHLETIC DEPARTMENT

Matt Stoltzenburg, Athletic Director

Tourney time is here. The Hartsburg-Emden basketball teams and the junior high volleyball team are beginning postseason play.

Coach Rademaker and the 8th grade basketball team are in their regional at Greenview the first week of February and have their sectional on Feb. 8th. The 7th grade boys ended their season in regional play.

Coach Garber, Coach Bolen, and the high school basketball team are finishing their regular season this month and have Senior Night against Midwest Central on February 14th. They begin their regional on Feb 20th and we will host our 65th Annual Fresh-Soph Tournament beginning on Feb 25th. Coach Hayes, Coach Langley and the junior high volleyball teams have home matches on February 7, 9, 16, and have their 8th grade night on Feb 21 vs. West Lincoln-Broadwell. The 7th grade team will be in the Logan County Tournament on the 17th at WLB. We will be hosting the 8th grade Logan County Tournament on Feb 24. The girls will also be in the 8th grade Effingham Tournament on Feb 18.

Looking ahead, we are going to host the 71A volleyball sectional (March 6), 81A volleyball regional (March 7 - 9) and 81A sectional (March 13).

The Stags are in it to win it as the winter sports come to an end. If you haven't already, please try to make it out and cheer on our hard-working coaches and student-athletes.

COACHES VS. CANCER

Coach Garber, Matt Stoltzenburg, Diane Swart

Our high school basketball team is once again involved in the Coaches vs. Cancer Shoot-Out. Our game against Midwest Central, February 14th, will be our fundraising game. We will be having a dinner from 4:30-7:00, raffle at half-time of the Varsity game, 50/50 drawing, and Luminaries to honor our loved ones. Until February 3rd, we will be selling t-shirts with 100% of all proceeds going to The American Cancer Society. Please look in the newsletter for the order forms for t-shirts and luminaries. There are two different t-shirts on display in the high school office. Luminary forms may be sent in until February 10th. We are looking forward to another successful year raising money for the American Cancer Society. Thank you!

HARTEM YEARBOOKS-UPDATE

I am on a mission to collect and maintain a complete library of HARTEM Antlers (Yearbooks) for the HARTEM Alumni Association. The very first HARTEM Antler was published in 1935 with Beulah Gilchrist Schmidt serving as the first student editor. During the month of November I was able to add yearbook from 1936, 1946 and 1967. I have been overwhelmed by the generosity of the HARTEM faithful and your help in meeting my goal. I have been able to collect 62 yearbooks since announcing this effort on behalf of the Alumni Association. I still need your help!! If you have inherited any yearbooks from the years listed below and not sure what to do with them, the alumni association would love to be their caretaker. We still need one copy of the following years: 1937, 1938, 1939, 1940, 1941, 1942, 1943, 1944, 1945, 1949, 1950, 1960, 1961, 1975, 1984, 1985, 1986, 1987, 1988, 2001. Prior to the Antler (1935), if you have any school related artifacts, we would be interested in those as well. I have also collected a variety of school related pictures dating back to the 1920's and other Stag related items. If you have antlers from the years listed or other school district artifacts you would like to donate to the association, please contact Ron Spencer by email at coach_spencer@hotmail.com or phone/text 309-838-0360.

A very special thanks for the following HARTEM supporters for their donations: Ruth Logeman ('38), Jayne Finchum Cross ('71), Ruby Harmsen ('39), Beulah Gilchrist Schmidt ('35) Estate, Pat Sparks, Gary Rademaker ('58), Brad Lessen ('82) & Betty Jo Reiners Lessen ('83), Greg Phillips ('89), Sarah Rayburn McCree ('00), Shauna Fletcher Wetherell ('97), Bob Cross ('54), Emden Historical Society, Lee West ('55), Anna Detmers West ('55), Diana Reiners Walsh ('65), Bill Detmers ('58), Diane Smith Detmers ('58), Rudy Klokkenga ('65), Dan Underwood ('68).



got yearbook?

FEBRUARY**2017**

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
School Calendar			1 JHBK-7A Sect. 6:00	2 JHBK-8A Reg. TBA JHVB @ Carroll Catholic 6:00 HS Sch. Bowl @ Greenview 5:00	3 <i>3rd Qtr. Progress Rpts</i> HSBK @ Illini Bluffs 6:00	4 JHBK-7A State TBA
5	6	7 HSBK @ Tremont 5:30 JHVB vs. MP 6:00	8 JHBK-8A Sect. 6:00	9 JHBK-7A State TBA JHVB vs. Little Flower 6:00 HS Sch. Bowl @ Athens 5:00	10	11 JHBK-8A State TBA
12	13 JHVB @ Chiddix Junior High 4:30	14 HSBK vs. MWC 6:00 (Sr. Night) Coaches vs. Cancer Dinner 4:30-7:00	15 <i>HCC Mtg. @ GS café 6:30</i> JR/SR Beta Club Induction Ceremony @ HS Café 5:00	16 JHBK-8A State TBA JHVB vs. MWC 6:00 HS Sch. Bowl @ Illini Bluffs 5:00 JH Sch. Bowl vs. NHM 4:00	17 HSBK @ Heyworth 5:30 JHVB @ WLB-7 th Gr. LoCo Tourn TBA 11:30 Dismissal SIP Day	18 JHVB @ 8 th Gr. Effingham Tourn 9:00 JHVB @ WLB 7 th Gr. LoCo Tourn TBA HS Sch. Bowl @ Masonic Tourn-Blue Ridge 8:30
19	20 <i>Board Mtg. 7:00</i> HSBK-1A Reg. TBA No School	21 HSBK-1A Reg. TBA JHVB vs. WLB 6:00 (8 th Gr. Night) JHVB and Class of 2019 Fundraiser Dinner @ HS Café 4:30-6:00	22	23 HSBK-1A Reg. TBA JHVB @ Olympia MS 5:00 HS Sch. Bowl @ Delavan 5:00 JH Sch. Bowl-Host WLB 4:00	24 HSBK-1A Reg. TBA JHVB-Host 8 th Gr. LoCo Tourn TBA	25 HSBK-Host Fresh/Soph Tourn 9:00 JHVB-7A Reg. TBA
26	27 HSBK-Host Fresh/Soph Tourn 6:00	28 HSBK-1A Sect. TBA JHVB-7A Reg. TBA				

JUNIOR HIGH STUDENT COUNCIL NEWS

Lynn Curry, JH Student Council Sponsor

The Junior High Student Council visited the Logan County Humane Society on Wednesday, January 25 to take the donations we collected. We delivered two large boxes along with monetary donations. During the visit members toured the facility, learned about the history of the Humane Society and met the animals that are up for adoption. Members were able to play outside with the dogs and a lot of time was spent in the cat room. After our tour and visit of the Humane Society, we all enjoyed lunch at CHI. Well, most of us enjoyed our Chinese lunch! The Junior High student council wants to thank everyone who graciously donated to the Humane Society. Members are Prescott Davis, Cassie Crabtree, Blake Martin, Jenna Benner, Connor Zinser, Alyvia Gannon, Grace Beekman and Lanie Hamilton. We would also like to thank Mr. Wisniewski for being a chaperone.



LIBRARY NEWS

Susan Wilson, Librarian

Mr. and Mrs. Don Asher have donated the book, "Boy: Tales of Childhood" by Roald Dahl, a biography of his life as a memorial for a British friend.

Scholastic Book Fair will be held at Emden Elementary during the week of March 13-17. Family Reading Night will be held on Thursday, March 16th. The theme this spring is HAPPY CAMPER BOOK FAIR.



CHRISTMAS MOVIE THANK YOU

Emden Elementary would like to extend a HUGE thank you to the HCC for providing the funds to go to our Annual Christmas movie at the ARLEE. We were able to watch TROLLS and enjoy popcorn and a drink. For many of the students this is the only chance they have to see a movie in the theater. It was such a treat! Thank you!

PENNIES FOR PATIENTS

Emden Elementary is participating in Pennies of Patients again this year. Students will collect loose change from Feb 6th – 24th. All money raised goes to the Leukemia and Lymphoma Society to help fight blood cancers. Help us reach our goal of \$500!



JHVB AND CLASS OF 2019 FUNDRAISER

The Jr. High Volleyball Team and the Class of 2019 are hosting a FAT BOYS BBQ supper on 8th Grade Night – Tuesday February 21st from 4:30-6:00. Meal tickets are \$8.00 each and include: PULLED PORK SANDWICH, BAKED BEANS, COLE SLAW, PEGGY'S PLACE HOMEMADE COOKIE AND DRINK. Tickets will be sold by all the JHVB players, coaches, and the SOPHOMORE CLASS. Tickets can be bought in advance or at the door, carry-outs are available. Thank you for your continued support!

HARTEM RECYCLING FOR EDUCATION

You may have noticed some new bins near the usual recycling bins. You can now put your aluminum cans/glass in the specially marked R.A.C.E. H-E recycling bins. They have been generously provided by Tri-Ag. You can support this project by simply recycling your aluminum cans /glass. The 1st delivery yielded 366 lbs. of aluminum cans and 1250 lbs. of glass. The money brought in goes towards the extra-curricular activities of the Hartsburg-Emden school district. Thank you so much to Tri-Ag and you!

FEBRUARY

A variety of milk is available every day.
This institution is an equal opportunity provider.

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Breakfast Menu			1 Cereal bar Toast Oranges Apple juice	2 Biscuit Egg patty Pears Apple juice	3 French toast Peaches Apple juice	4
5	6 Pop tart Toast Pineapple Orange juice	7 Breakfast pizza Mixed fruit Orange juice	8 English muffin Sausage patty Mandarin oranges Orange juice	9 Nutri-grain bar Toast Pears Orange juice	10 Waffles Cheese stick Peaches Orange juice	11
12	13 Peanut butter and Jelly jamwich Applesauce Apple juice	14 Assorted cereal Toast Mandarin oranges Apple juice	15 Scrambled eggs Toast Pears Apple juice	16 Pancakes Mixed fruit Apple juice	17 Donut Trail mix Apple juice	18
19	20 No School	21 Sausage patty Toast Tri tater	22 Pancake & sausage On a stick Cherry star juice Orange juice	23 Yogurt Toast Pineapple Orange juice	24 Bagel Cream cheese Fruit Orange juice	25
26	27 Fruit frudel Cheese stick Peaches Apple juice	28 French toast sticks Mandarin oranges Apple juice				

FEBRUARY

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
Lunch Menu	<p>A variety of milk is available every day. Chef salad and side salads are available every day at the high school. This institution is an equal opportunity provider.</p>					
			<p>1 Toasted cheese sandwich Tomato soup Crackers Mini carrots Pears</p>	<p>2 Beef nuggets Bread Corn Cottage cheese Peaches</p>	<p>3 Meatball sub Oven fries Peas Pineapple</p>	4
5	<p>6 Chicken patty on bun Cooked carrots Romaine lettuce Mixed fruit</p>	<p>7 Beef tater tot casserole Bread Peas Mandarin oranges</p>	<p>8 Crispito w/cheese sauce Mixed vegetables Bread Pears Graham cracker</p>	<p>9 Chicken and noodles Green beans Bread Peaches Jello</p>	<p>10 Hamburger on bun Nacho chips Bean salsa Garden salad Applesauce</p>	11
12	<p>13 Nacho supreme Lettuce/tomatoes Corn Mandarin oranges</p>	<p>14 Chicken nuggets Peas Macaroni and cheese Pears Cake</p>	<p>15 Pork tenderloin on bun Green beans Tri tater Mixed fruit</p>	<p>16 Cheesy breadstick with Meat sauce Romaine lettuce Mini carrots Applesauce</p>	<p>17 11:30 Dismissal SIP Day</p>	18
19	<p>20 No School</p>	<p>21 Cheeseburger on bun Oven fries Lettuce salad Cherries Cake</p>	<p>22 Spaghetti w/ meat sauce Green beans French bread Pineapple</p>	<p>23 Corn dog Soft pretzel Baked beans Fresh fruit</p>	<p>24 Deli turkey sandwich Fresh veggies/dip Goldfish crackers Peaches</p>	25
26	<p>27 Grilled chicken wrap Diced tomatoes Pasta salad Corn Mandarin oranges</p>	<p>28 Chili with crackers Carrot/celery sticks Cinnamon roll Pears</p>				

SR. BETA CLUB EVENTS

The Sr. Beta Club has a lot of activities going on right now. We are currently selling items to be given to students for Valentine's Day. You can choose from Orange Crush, Chocolate, and a choice of a red or pink carnation. Each item is \$2 and will be delivered to each school on Friday, February 17th. Orders are due on February 15 and can be dropped off at either school, or emailed to John Robinson. Also, the Junior and Senior Beta Clubs are having their induction ceremony on Wednesday, February 15 at 5:00 at the high school. Jr. Beta is inducting 18 new members; Senior Beta is inducting 14 new members. Finally, the Sr. Beta Club will host their Spring Blood Drive on Thursday, May 4, from 10 am to 2 pm in the HS Gym. We need 20 donations for a senior to get a scholarship, so your help is much appreciated. Congrats to all of the new members and we thank you in advance of your support in our Valentine's Day Fundraiser and Blood Drive in May.



Check-in 11:00 a.m.
Race Start 12:00 p.m.

\$35.00 Prior To Race (Single Adult)
\$25.00 For Students Prior To Race
(18 and Under)
\$40.00 Day of Race (Single Adult)
\$30.00 For Students Day of Race (18
and Under)

MONEY IS NON-REFUNDABLE

Registration/check-in will be at Integrity Data at
125 North Kickapoo Lincoln, IL.

Every racer will receive a long-sleeve t-shirt,
race bag and Jimmy John's lunch.

[Register at it'sracetime.com](http://it'sracetime.com)

Follow our Facebook Page Land of Lincoln
CEO Honest Abe 5K Color Splash Run/Walk

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