



Flinthills Flyer

USD 492 HOME OF THE MUSTANGS

Summer, 2019



CONGRATS, CLASS OF 2019!



Students help each other
ready for the Graduation
Ceremony.





Just time for one more picture, one more laugh, a few more tears, because now it's time.

Here....we....go!

CLASS OF 2019 MUSTANGS FOREVER!





8th GRADE

Final preparations are made for the promotion ceremony. Organizers take a breath before it begins.

Left: Melissa Scribner, Board Member; Cammy Onek, Principal; Jeremy Boldra, Superintendent; Bryna Boldra, School Counselor; Julie Mooney, 8th Grade Sponsor & English Teacher.



Seniors encourage 8th graders to try new things and be involved. Speaking Top row (L-R): Emily Green, Cari Brown, Peyton Girty, and Taylor Bisbee.

Mrs. Boldra awards recipients of President's Awards for Educational Excellence. Recipients in second row (L-R): Kaily Gilman, Philip Harris, and Laura Scribner.

Right: Mr. Fischer conducts his choir for the song "Hold Fast Your Dreams."



PROMOTION



WELCOME TO
HIGH
SCHOOL

Above left: Mrs. Onek announces accomplishments and presents the class to the Board. Students exit in pairs from the ceremony. Clockwise from middle right: Klayton Griffith and Nate Becker, Micheal Neeley and Hunter Lowmaster, and Philip Harris and Madison Alvord



Students exit the ceremony. Clockwise from top left: Alexis Schill and Larrissa Lakin, Karly Girty, Megan Rose and Taren Lakin, Kaily Gilman and Alexis Farris, Madilynn Thomas and Adley Humig, and Laura Scribner and Kaitlynn Klein.



Mustang Youth Volleyball

Camp

Who: All girls going into 1st to 5th grade.

When: June 10th-13th 8:30-10:00 a.m.

Where: Flinthills High School Gymnasium

Cost: Free

This camp will be hosted by the High school and Middle school Volleyball coaching staffs. This camp will be a great way for your students to develop fundamental skills in a fun and engaging way. If you have any questions, please contact one of the following coaches. Please fill out and return the lower section of this form to the school as soon as possible. Thank you!

Kent Harms (316) 251-1330

Diane Harms (316) 377-6452

Player Name: _____ Grade: _____

Name of Parent/Legal Guardian: _____

Emergency Contact Information (Provide 2 Contact Phone #'s):

Potential Medical Issues (allergies, injuries, illnesses, disabilities, etc...):

As parent/guardian, I give my permission for _____ to attend the Mustangs 2019 Volleyball Camp. I release the Volleyball camp staff from responsibility and liability for any injury or illness that may be sustained as a direct or indirect result of camp participation. I understand and accept that there are risks involved in sports and that accidents and/or injuries can occur. However, I give my consent to my child to participate in the Volleyball camp. I also understand that the camp staff has every intention of making my child's camp experience a positive one.

Parent/Guardian Signature: _____ Date: _____

Mustang Youth Basketball

Camp

Who: All students going into 1st to 5th grade.

When: June 10th-13th 10:00-11:30 a.m.

Where: Flinthills High School Gymnasium

Cost: Free

This camp will be hosted by the High school and Middle school basketball coaching staffs. This camp will be a great way for your students to develop fundamental skills in a fun and engaging way. If you have any questions, please contact one of the following coaches. Please fill out and return the lower section of this form to the school as soon as possible. Thank you!

Monty Melguin: (316) 323-0112

Steve Oltman (316) 452-1609

Erik Sorum: (316) 650-5188

Player Name: _____ Grade: _____

Name of Parent/Legal Guardian: _____

Emergency Contact Information (Provide 2 Contact Phone #'s):

Potential Medical Issues (allergies, injuries, illnesses, disabilities, etc...):

As parent/guardian, I give my permission for _____ to attend the Flinthills Mustangs 2019 Basketball Camp. I release the basketball camp staff from responsibility and liability for any injury or illness that may be sustained as a direct or indirect result of camp participation. I understand and accept that there are risks involved in sports and that accidents and/or injuries can occur. However, I give my consent to my child to participate in the basketball camp. I also understand that the camp staff has every intention of making my child's camp experience a positive one.

Parent/Guardian Signature: _____ Date: _____

Mustang Boys Basketball

Camp

Who: All students going into 6th to 12th grade.

When: June 24th-28th 9:00-10:30 a.m.

Where: Flinthills High School Gymnasium

Cost: Free

This camp will be hosted by the High school and Middle school basketball coaching staffs. This camp will be a great way for your students to develop fundamental skills in a fun and engaging way. If you have any questions, please contact one of the following coaches. Please fill out and return the lower section of this form to the school as soon as possible. Thank you!

Steve Oltman (316) 452-1609

Player Name: _____ Grade: _____

Name of Parent/Legal Guardian: _____

Emergency Contact Information (Provide 2 Contact Phone #'s):

Potential Medical Issues (allergies, injuries, illnesses, disabilities, etc...):

As parent/guardian, I give my permission for _____ to attend the Flinthills Mustangs 2019 Basketball Camp. I release the basketball camp staff from responsibility and liability for any injury or illness that may be sustained as a direct or indirect result of camp participation. I understand and accept that there are risks involved in sports and that accidents and/or injuries can occur. However, I give my consent to my child to participate in the basketball camp. I also understand that the camp staff has every intention of making my child's camp experience a positive one.

Parent/Guardian Signature: _____ Date: _____

High School Softball

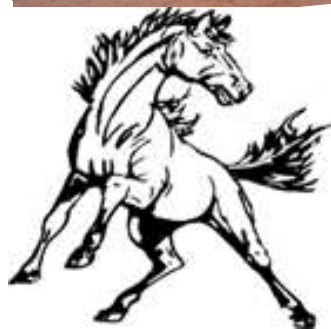
The turning point for the Lady Mustang softball team was after our loss to West Elk 8-10 in the first game of a double-header. This brought our record to 6 wins with 8 losses and I think it woke us up. In the second game we won 8-2 and then we swept Oxford 3-2, 7-0. In the Oxford win Kylee Weis hit her first home run into the wind and Kadyn Nuncio added three hits. With the wins it helped secure at least a tie for third place in league play.

The league tournament we started off strong by defeating West Elk 18-3. It was by far our best hitting performance with Emily Wilson, Kadyn Nuncio and Kylee Weis each having three hits and Sarah Hinnen, Nyah Brown and Lauren Donner each added two hits. Lauren also had 5 RBI's. The second game things didn't go as well with us losing to Udall 2 – 9. In the consolation game we defeated CVD 17-6 to win third place in the league tournament. Sarah Hinnen had three hits and Nyah Brown, Kylee Weis and Kadyn Nuncio all hit homeruns.

The regional tournament we won second place. In the first game we defeated South Haven 14-3 with Sarah Hinnen and Lynsee Olbrey each having three hits. The second game we won 10 – 6 coming from a 0-6 deficit. Emily Wilson and Sarah Hinnen each had three hits. Sarah Sorum pitched really well during these two games issuing only one walk for both games. Sarah does all the pitching for us and has a big responsibility to keep us in games. She did a great job for us this year. Later that night we lost the championship game.

Post season honors were awarded to Kadyn Nuncio, Sarah Hinnen and Sarah Sorum first team awards and Kylee Weis honorable mention. With us losing only two seniors we are expecting good things for next year.

The softball team would like to thank assistant coach Caleb Ruter for his help this year and wish him the best of luck at Hutchinson next year.



**MUSTANG
PROUD!**

N.H.S. NATIONAL HONOR SOCIETY

On May 8th, 2019, the Flinthills High School's chapter of the National Honor Society held its annual induction ceremony. Students inducted in the National Honor Society must have a 3.5 grade point average or higher. They must show leadership that improves the civic life of the school, exemplify positive attitudes and encourages positive behavior in others as well as demonstrating academic initiative. They must show good character by volunteering in and out of the school setting, working with others as well as be willing to take on responsibility and rendering service to the school. Finally, they must exhibit desirable qualities of behavior and cooperate by complying with school regulations.

After verifying their grade point average, students complete an application that includes a listing of their school participation throughout their high school career as well as a listing of anything that they have participated in outside of school such as 4h, scouting, and church activities among others. They also have to list any special honors or recognition that they have received, their work experience and any volunteer work, service projects or other special events that they may have participated in. Applicants must also write two brief essays about character and community service. Once the application has been turned in, they go to a committee who fill out a rubric on each student. Five points are awarded in each of the four categories and applicants must score 17 out of 20 points in order to be inducted into the Flinthills chapter of National Honor Society.

The following students were inducted into the Flinthills chapter: Heaton Griffin, Reagan Heimgartner, Morgan Holcomb, Sarah Sorum, Matison Totty, and Chloe Wieckhorst. Students already inducted into the chapter include: Cari Brown (Sr), Nyah Brown, Destiny Fulps, Jeffrey Garcia (Sr), Colton Gauthier, Peyton Girty (Sr), Sarah Hinnen, Jada Humig (Sr), Kady Nuncio, Harley Ratcliff (Sr), and Janea Totty.

National Honor Society Pledge

I pledge to maintain my high scholastic standing

To hold as fundamental and worthy an untarnished character

To endeavor intelligently and courageously to be a leader

And to give myself freely in service to others

In so doing,

I shall prove myself worthy of a place in the National Honor Society

Back row (L-R): Peyton Girty, Colton Gauthier, Cari Brown, Heaton Griffin, Sarah Hinnen, Chloe Wieckhorst, Janea Totty, Morgan Holcomb, and Reagan Heimgartner

Front row (L-R): Jeffrey Garcia, Kady Nuncio, Jada Humig, Harley Ratcliff, Nyah, Brown, Matison Totty, Destiny Fulps, and Sarah Sorum



Mrs. Hinnen, sponsor, speaks at the NHS induction ceremony.



Mrs. Hinnen cords seniors at the ceremony. Seniors wear their cords at graduation.



Clockwise from top left: Cari Brown, Harley Ratcliff, Jeffrey Garcia, Jada Humig, and Peyton Girty



CONGRATS

INDUCTEES!



Below: Corded Seniors speak to new inductees.

From left: Harley Ratcliff, Cari Brown, Jada Humig, Peyton Girty, and Jeffrey Garcia.





Flinthills Primary School



Pre-K

- **Backpack**—large enough to hold 9x11 books but with no wheels please
- **1 hard clear cover vinyl 3-ring binder** (1")
- **Change of clothes and underwear** - put in a Ziploc bag with child's name
- **2 large boxes of tissues**
- **Small blanket and pillow for rest time**
- **2 rolls of paper towels**
- **1 refillable water bottle with lid** - labeled with child's name
- **1 package of black expo fine dry erase markers**

Boys Only

- **1 package of baby wipes**

Girls Only

- **1 box of quart size Ziploc bags**

Kindergarten

- **Backpack** – large enough to hold 9x11 books but with no wheels please
- **1 hard clear cover vinyl 3-ring binder** (1")
- **1 spiral notebook** - wide ruled
- **1 package of dry erase markers** - Expo brand preferred, any color
- **1 package Crayola washable markers** - any color
- **1 large box of tissues**
- **Clean pair of tennis shoes (velcro please) and socks** that can stay at school for P.E. The shoes do not need to be new, but they need to fit well and your child should be able to take them on and off by themselves. Label with child's name.
- **Change of clothes and underwear** - put in Ziploc bag labeled with child's name
- **Small blanket for rest time** (50x60 or smaller)
- **1 refillable water bottle with lid** - labeled with child's name
- **1 roll of paper towels**
- **1 set headphones** (no ear buds please)

Boys Only

- **1 package of baby wipes**

Girls Only

- **1 box of gallon size Ziploc bags**



Unless specified, you do not need to label supplies with your child's name. They will be classroom community supplies. **We do ask that you label personal belonging such as jackets, hoodies, hats and coats with your child's name.**



Flinthills Primary School



1st Grade

- **Backpack** - Large enough to hold 9x11 books but with no wheels.
- **1 refillable water bottle with lid** - Labeled with child's name
- **Clean pair of tennis shoes and socks** that can stay at school for P.E. The shoes do not need to be new, but they need to fit well and your child should be able to take them on and off by themselves. Label with child's name.
- **Change of clothes and underwear** - Label with child's name
- **2 hard vinyl clear cover 3-ring binder (1")** - Label with child's name
- **1 package of glue sticks large size**
- **Scissors** (Fiskar student) - Labeled with child's name
- **3 boxes of tissues**
- **1 nylon pencil pouch w/ zipper** - Labeled with child's name
- **4 black dry erase markers** - Expo brand preferred, fine point
- **Headphones for Ipads**

Boys Only

- **1 roll of paper towels**
- **1 package of baby wipes**

Girls Only

- **1 roll of paper towels**
- **1 package of napkins**

2nd Grade

- **Backpack** - Large enough to hold 9x11 books but no wheels
- **Clean pair of tennis shoes and socks** - can stay at school for P.E.. The shoes do not need to be new but they need to fit well. Label with child's name.
- **Change of clothes and underwear** - Label with child's name
- **2 boxes of colored pencils, please no crayons**
- **2 large pink erasers**
- **1 pencil box (8.5"x5")** - labeled with child's name
- **Skinny glue sticks** - 4
- **1 package of #2 pencils** - Ticonderoga brand
- **2 hard vinyl clear cover 3-ring binder (1")** - labeled with child's name
- **2 fat dry erase markers**
- **2 skinny dry erase markers**
- **(2) 1 subject spiral notebooks, wide rule, 3-hole punch**
- **Headphones for iPads** with straight end jack
- **1 refillable water bottle with lid**
- **Scissors (Fiskar student)** - labeled with child's name

Boys Only

- **Paper towels** –1 roll

Girls Only

- **Clorox wipes** –1



Unless specified, you do not need to label supplies with your child's name. They will be classroom community supplies. **We do ask that you label personal belonging such as jackets, hoodies, hats and coats with your child's name.**

Flinthills Intermediate School

2019-2020 SUPPLY LIST

3RD GRADE

Markers (water base/8 basic colors only)
Crayons (24 pack only)
Colored pencils
2 dozen pencils
2 highlighters
Kleenex (2 large)
2 Glue sticks
Headphones
2 1-subject spiral notebooks
5 pocket folders (no brads)
Clipboard
2- Black Sharpies
1- 1" 3-ring binder
1- 1 ½" 3 ring binder
Boys – 2 Black Expo Markers; Roll of Paper Towels
Girls – 1 pkg. pencil top erasers; Snack size Ziploc bags

4TH GRADE

Plastic Shoe Box w/ lid (6qt)
1 pkg. Wide-lined notebook paper (Optional)
1-1" 3-ring binder
Scissors-7 in (sharp point)
3-4 Glue sticks
Headphones
2-3 Dz. Pencils
Crayons (24 count) (Optional)
Pencil Top Erasers
Markers (water based/8 basic colors)
2 Highlighters (optional)
5 pocket folders
2 black Sharpies
4 Black EXPO dry erase markers
Clipboard (Optional)
Colored Pencils (Optional)
2-3 boxes of Kleenex
Girls - 1 package of baby wipes, gallon bags
Boys – Clorox wipes, sandwich bags

5TH GRADE

NO LARGE BINDER NOTEBOOKS PLEASE

1 Clipboard
Wide-line loose-leaf notebook paper
2 dozen #2 pencils – *Ticonderoga* preferred!
No Mechanical!!
Scissors (sharp point)
2 Black Sharpies
Colored pencils – *Crayola Twistable* preferred
2 highlighters (no gel)
Pink eraser
Glue stick
Hand held pencil sharpener
Kleenex (2 large)
2 sturdy pocket folders
1 Spacemaker pencil box (8x5 size)
Black EXPO dry erase markers
Baby/Clorox wipes
Earbuds / Headphones

ART 3-5

These are separate from the classroom supplies.

All students:
Bottle of Elmer's WHITE School Glue (blue label)
2 Sharpies
3rd Grade: Crayola Watercolor Paints
4th Grade: Crayola Markers – box of 10
5th Grade: Crayola Markers – Thin Point

GYM – P.E.

Grades 3-5, an inexpensive pair of joggers that can be kept at school (must be clean/no dirt on soles)

Flinthills Mustangs





USD #492 Flinthills Mustangs 2019-20



July 2019						
S	M	T	W	T	F	S
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August 2019						
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September 2019						
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October 2019						
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November 2019						
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December 2019						
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August	
8/1	K-12 Enrollment @ Rosalia 9am-5pm
8/2	K-12 Enrollment @ Cassoday 3pm-8pm
8/16	New Teacher Orientation
8/19-20	No School - Staff Development (SD)
8/21	No School - Teacher Work Day
8/22	Students' First Day of School

September	
9/2	Labor Day - No School
9/16	No School - Staff Development

October	
10/4	No School - 1/2 Day SD; 1/2 Work Day
10/9 & 10	Parent Teacher Conferences 4:00-8:00 PM
10/25	No School - (P-T Comp Day)
10/28	No School - Staff Development

November	
11/27-29	Thanksgiving Break

December	
12/19	End of 1st Semester (1:00 P.M. Dismissal)
12/20	No School - 1/2 Day SD; 1/2 Work Day
12/23-1/3	No School - Winter Break

January	
1/6	No School - Staff Development
1/7	Students Return
1/20	No School - Staff Development

February	
2/12-13	Parent-Teacher Conferences 4:00-8:00 PM
2/14	No School (P-T Comp Day)
2/17	President's Day/No School

March	
3/13	No School - 1/2 Day SD; 1/2 Work Day
3/16-20	No School - Spring Break

April	
4/4	Prom
4/10	No School (Good Friday)
4/13	No School - Staff Development

May	
5/15	Senior's & 8th Grader's Last Day
5/16	8th Grade Promotion 10:00 a.m. (tentative)
5/16	HS Graduation 2:00 P.M.
5/21	End of 2nd Semester (1:00 P.M. Dismissal)
5/22	No School-1/2 Day SD; 1/2 Work Day/Check
5/25	Memorial Day/Offices Closed

Board Meetings @ 7:00 P.M. (December @ 7:30)	
Board Meetings in Cassoday in Sept, Dec, Mar, June	

1st Semester	78	Days
2nd Semester	87	Days
TOTAL Student Days	165	days
Inservice Days	9	days
Work Days	4	days
Parent-Teacher Confs	2	days
TOTAL Teacher Days	15	days

January 2020						
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February 2020						
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March 2020						
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April 2020						
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May 2020						
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June 2020						
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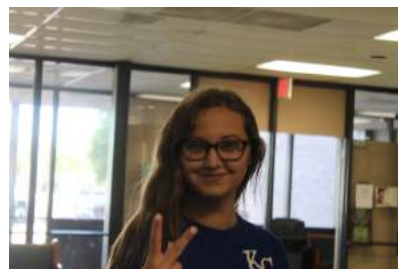
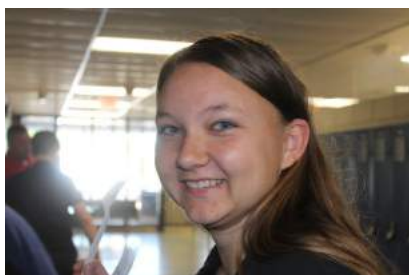
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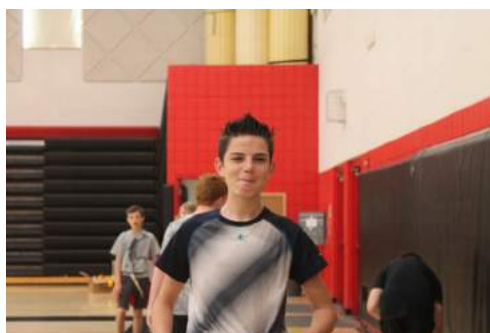
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LAST DAYS OF SCHOOL 2018-2019



WHAT A YEAR!



GREEN: FROM MUSTANG TO GRIZZLY



For those of you that are Butler Grizzly fans, you will be seeing a familiar face on the sidelines when you go to the game. Flinthills own, Emily Green is the recipient of a Butler cheer-leading scholarship. Since her sophomore year, Emily has been going to the co-ed practices in order to hone her skills and in hopes of making the 2019-2020 squad. On April 5 and 6th, Butler held their open try-outs and Emily was chosen as one of 10 young women to represent the college. Congratulations Emily! You've made Flinthills proud.



SCBL Track Meet-

Our 4 young men competed well and a couple of them tried new events just to get some more team points. I am very proud of them. Stats are as follows:

Levi Brown: 2nd in 400m, 4th in Triple Jump, 5th in 100m, and 6th in 200m.

Colton Smith: 10th in 100m, 11th in 200m, 9th in Long Jump, and he threw the Javelin for the first time!

Kody Schafer: 5th in the 300m Hurdles, He had a 4 second PR in the 1600m run and took about a second off his 300 m Hurdle time.

Ethan Stopczynski: 6th in the Triple Jump, 8th in the 3200, 9th in the 800m. He had a 9 second PR in the 1600, and he ran the 3200 for the first time this season at league. The guys all competed well and represented the school in a respectful manner. Off to Regionals this Friday!!

Kody Schafer hurdling at Regionals



Colton throwing the Javelin at Regionals.



Colton jumping at Regionals



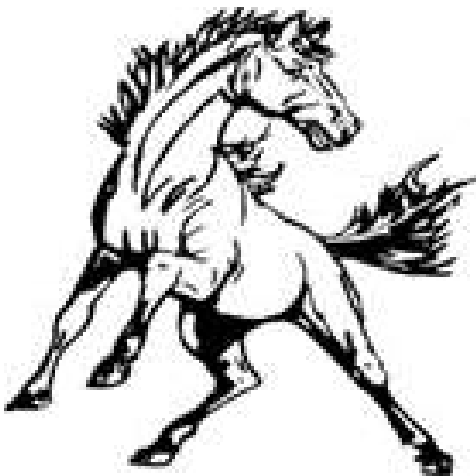
REGIONAL TRACK

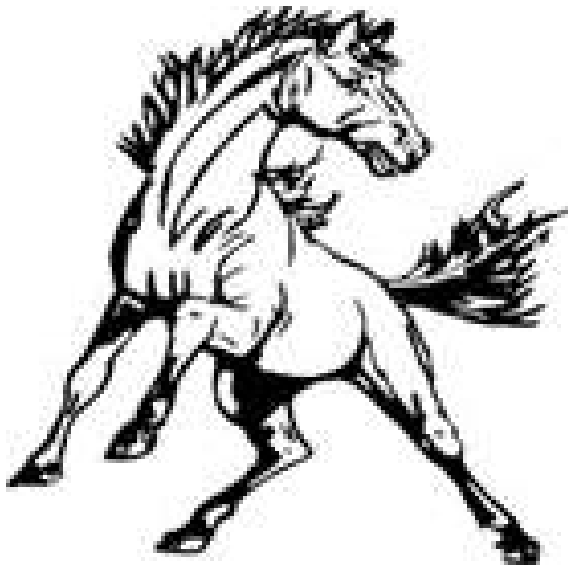
Ethan triple jumping at Regionals



**WAY TO FINISH
THE SEASON
STRONG!**

Levi Triple Jumping at Regionals!





- ◇ Sr. Dylan Steinhauer 1st Team All State 1A-2A Pitcher, selected to All Star Game June 5th at KU
- ◇ Jr. Jack Donner 2nd Team All State 1A-2A 2nd Base
- ◇ Jr. Kedryn Morse 2nd Team All State 1A-2A Outfield

Baseball L to R : Jr. Jack Donner 1st Team, Fresh. Cael Sorum HM, Jr. Jesse Town HM, Jr. Kedryn Morse 1st Team, Sr. Peyton Girty 1st Team, Jr. Justus Humig HM, Sr. Dylan Steinhauer 1st Team.



SCBL All League Players and All State Players

Softball from left to right: Jr. Kaden Nuncio 1st team, Jr. Sarah Sorum 1st team, Jr. Sarah Hinnen 1st team, Soph. Kylee Weis Honorable Mention



FLINTHILLS HIGH SCHOOL FORENSICS TEAM

PLACES 2ND AT

STATE CHAMPIONSHIPS!



May 4th, ten FHS Students competed at the KSHSAA State Forensics Championships at Salina Central High School. Forty top forensics teams in the state fought to take home one of the coveted State Trophies and Flinthills brought home the second place trophy for the greatest forensics accomplishment in FHS history! Taylor Bisbee led the team with her 1st Place finish in Serious Solo Acting. Savannah McCreight was close by winning the second place medal in Serious Solo Acting. Peyton Girty accumulated many team points with his second place finish in Informative Speaking. Emily Green brought in powerful points with her second place finish in Poetry, and Cari Brown locked in Finals points by placing 5th in Impromptu Speaking.

After Semi-finals, Cari, took 7th Place in Prose. Savannah McCreight placed 8th in Informative Speaking. Morgan Holcomb finished 10th Place in Humorous Solo Acting, and Reagan Heimgartner and Taylor Bisbee placed 11th in Duet Acting. Team members contributing in other events to the 2nd Place Win were Reagan Heimgartner in Prose, Emily Green in Prose, Peyton Girty in Poetry, Morgan Holcomb in Oration, Philip Humig and Tabitha Brown in Duet Acting, and Philip Humig and Gavin Girty in Improvised Duet Acting.

Coach, Julie Gray McCreight, stated that the team's successful season was due to their strong work ethic, responsible attitude, extraordinary desire, and intense team mentality. "Never before have I seen a group show so much support and hope for one another," said McCreight. The team's assistant coach is Sandy Bell.

The 2019 FHS Forensics Team chose "Oh, The Places We'll Go" for their season's theme. It was an appropriate theme for the year!

POETRY IN ACTION

Fifth grade students studied and practiced writing various forms of poetry during April, National Poetry Month. Students learned to discern different techniques for writing poetry to make their words come alive, and then had a chance to put those skills to use: each wrote a variety, including verb poems, Haiku, cinquain, and others. They then had the opportunity to perform their poems on Literacy Night at the Intermediate School on April 15. Each student performed his or her verb poem after collaborating with Mrs. McCreight in theatre class to hone their oral delivery skills. The night was a big hit! I'm proud of the fifth grade students for creating and sharing their works with an audience! Check out some of their work, below:

Look at you great white
With your jagged bloody teeth
Forever awesome
-- Brylee Heimgartner

Summers big blue sky
Sun kissed my white skin with love
It was delightful
--Levi Beard

Rubik's
colorful, square
turning ,spinning, amazing
Fun work out for my brain
Cube
--Hunter Davis

Splashing, tubing, skiing,
boating, canoeing, fishing.
Hey! We're the only ones at the lake!
--Mason Randall

Out on the prairie,
the wild grasses always wave,
flowers grow in peace.
--Ataya Nesser

build, create, design,
construct, stack, combine
I can build anything with Legos and Minecraft!
--Barrett Hudson

Jacob
Thoughtful, helpful, creative, joyful
Son of Chris and Brandie
Who loves drawing, family, and friends
Who fears my basement
Who needs my house and food
Who gives kind compliments
Who would like to see Hawaii
Resident of El Dorado Kansas
Kane

round-up, rope, tie-down
brand, sort, doctor.
Arena record -- 7.5 seconds!
--Alex Scribner

CITIZENSHIP AWARD WINNER



Fifth grade student, Karynn Gleason, is the winner of the Intermediate School Citizenship Award for 2018-19. To win this award, the student must be kind, considerate, cooperative, trustworthy, reliable, have good attendance and be in good standing. Congratulations, Karynn!



INTERMEDIATE STUDENT OF THE MONTH

Kaleb Grunder

3rd grade

Parents: Justin & Sarah
Grunder

Hobbies & Activities:
Baseball, football, video
games, and playing with
his dog, Zuma.

Favorite Class: Math &
Science



Congratulations, Bill Edwards, Employee of the Month

Bill Edwards was selected as the April Employee of the Month. Bill has been a dedicated employee for about 1 ½ years, and he was nominated by Erik Sorum and Steve Oltman. He works hard to keep our facilities clean and demonstrates a true investment in each kid he encounters. He is often seen checking in with kids to see how they are doing. He and Marla are seen at many events and are always rooting for the Mustangs. He is a great person to have around! Bill will receive a Certificate and a Flinthills Jacket.

2019 Baseball Alumni Game

The annual Flinthills alumni game was held on Saturday, April 11. Players from as early as 1990's up to last year came together to relive their early days of playing baseball. Next year's game will be held on May 2, 2020. Each year the High School Baseball team tries to raise money at this event to fund some of the "want to's" that helps them be so successful. If you would like to make a donation to the high school baseball team please send the donation to USD 492 in care of Mustang baseball.

By: Sydney Sorum



Graduation Clean-up

On May 5th the Flinthills 4-H Club planted flowers and cleaned the front of the school for the 2019 graduation. This is an annual event that the Flint Hills 4-H chapter uses to beautify the school and as a community service project.

By: Sydney Sorum



REQUIRED FORMS FOR SPORTS & ACTIVITIES

Detach and complete the following forms if your child will participate in sports/activities.

Forms must be on file in the school office BEFORE your child may PRACTICE in team sports.

FORMS (3) ARE FRONT & BACK

Pre-Participation Physical Evaluation

PPE

Kansas State High School Activities Association • 601 SW Commerce Place • PO Box 495 • Topeka, KS 66601 • 785-273-5329

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____

Date of recent immunizations: Td _____ Tdap _____ Hep B _____ Varicella _____ HPV _____ Meningococcal _____

PHYSICIAN REMINDERS

1. Consider additional questions on more sensitive issues

- Do you feel stressed out or under a lot of pressure?
- Do you ever feel sad, hopeless, depressed, or anxious?
- Do you feel safe at your home or residence?
- Have you ever tried cigarettes, chewing tobacco, snuff, or dip?
- During the past 30 days, did you use chewing tobacco, snuff, or dip?

• Do you drink alcohol or use any other drugs?

- Have you ever taken anabolic steroids or used any other performance supplement?
- Have you ever taken any supplements to help you gain or lose weight or improve your performance?
- Do you wear a seat belt and use a helmet?

2. Consider reviewing questions on cardiovascular symptoms (questions 5–14).

EXAMINATION		Male <input type="checkbox"/> Female <input type="checkbox"/>	I	BP (reference gender/height/age chart)***	/	(/)	Pulse
Height	Weight						
Vision R 20/	L 20/	Corrected: Yes <input type="checkbox"/> No <input type="checkbox"/>					
MEDICAL		NORMAL	ABNORMAL FINDINGS				
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, arm span > height, hyperlaxity, myopia, MVP, aortic insufficiency)							
Eyes/ears/nose/throat • Pupils equal • Gross Hearing							
Lymph nodes							
Heart * • Murmurs (auscultation standing, supine, +/- Valsalva) • Location of point of maximal impulse (PMI)							
Pulses • Simultaneous femoral and radial pulses							
Lungs							
Abdomen							
Genitourinary (males only)**							
Skin • HSV, lesions suggestive of MRSA, tinea corporis							
Neurologic***							
MUSCULOSKELETAL							
Neck							
Back							
Shoulder/arm							
Elbow/forearm							
Wrist/hand/fingers							
Hip/thigh							
Knee							
Leg/ankle							
Foot/toes							
Functional • Duck-walk, single leg hop							

*Consider ECG, echocardiogram, and referral to cardiology for abnormal cardiac history or exam. **Consider GU exam if in private setting. Having third party present is recommended.

***Consider cognitive evaluation or baseline neuropsychiatric testing if a history of significant concussion.

****Chart found in: The Fourth Report on the Diagnosis, Evaluation, and Treatment of High Blood Pressure in Children and Adolescents. Pediatric BP mobile application can also be used.

☐ Cleared for all sports without restriction

☐ Cleared for all sports without restriction with recommendations for further evaluation or treatment for _____

☐ Not cleared

☐ Pending further evaluation

☐ For any sports

☐ For certain sports _____

*Reason _____

Recommendations _____

I have examined the above-named student and student history and completed the preparticipation physical evaluation. The athlete does not present apparent clinical contraindications to practice and participate in the sport(s) as outlined above. If conditions arise after the athlete has been cleared for participation, the physician may rescind the clearance until the problem is resolved and the potential consequences are completely explained to the athlete (and parents/guardians).

Name of healthcare provider (print/type) _____ Date _____

Address _____ Phone _____

Signature of healthcare provider _____, MD, DO, DC, PA-C, APRN
(please circle one)

ATTENTION PARENTS AND STUDENTS

KSHSAA ELIGIBILITY CHECKLIST

PPE shall not be taken earlier than May 1 preceding the school year for which it is applicable.

NOTE: Transfer Rule 18 states in part, a student is eligible transfer-wise if:

BEGINNING SEVENTH GRADER—A seventh grader, at the beginning of his or her seventh grade year, is eligible under the Transfer Rule at any school he or she may choose to attend. In addition, age and academic eligibility requirements must also be met.

BEGINNING NINTH GRADERS IN A THREE-YEAR JUNIOR HIGH SCHOOL—So that ninth graders of a three-year junior high are treated equally to ninth graders of a four-year senior high school, a student who has successfully completed the eighth grade of a two-year junior high/middle school, may transfer to the ninth grade of a three-year junior high school at the beginning of the school year and be eligible immediately under the Transfer Rule. Such a ninth grader must then, as a tenth grader, attend the feeder senior high school of their school system. Should they attend a different school as a tenth grader, they would be ineligible for eighteen weeks.

ENTERING HIGH SCHOOL FOR THE FIRST TIME—A senior high school student is eligible under the Transfer Rule at any senior high school he or she may choose to attend when senior high is entered for the first time at the beginning of the school year. In addition, age and academic eligibility requirements must also be met.

For Middle/Junior High and Senior High School Students to Retain Eligibility

Schools may have stricter rules than those pertaining to the questions above or listed below. Contact the principal or coach on any matter of eligibility. A student to be eligible to participate in interscholastic activities must be certified by the school principal as meeting all eligibility standards.

All KSHSAA rules and regulations are published in the official *KSHSAA Handbook* which is distributed annually and is available at your school principal's office.

Below Are Brief Summaries Of Selected Rules. Please See Your Principal For Complete Information.

Rule 7 Physical Evaluation - Parental Consent—Students shall have passed the **attached evaluation** and have the written consent of their parents or legal guardian.

Rule 14 Bona Fide Student—Eligible students shall be a **bona fide undergraduate member** of his/her school in good standing.

Rule 15 Enrollment/Attendance—Students must be regularly **enrolled and in attendance** not later than Monday of the fourth week of the semester in which they participate.

Rule 16 Semester Requirements—A student shall not have more than two semesters of possible eligibility in grade seven and two semesters in grade eight. A student shall not have more than eight consecutive semesters of possible eligibility in grades nine through twelve, regardless of whether the ninth grade is included in junior high or in a senior high school.

NOTE: If a student does not participate or is ineligible due to transfer, scholarship, etc., the semester(s) during that period shall be counted toward the total number of semesters possible.

Rule 17 Age Requirements—Students are eligible if they are not 19 years of **age (16, 15 or 14 for junior high or middle school student)** on or before August 1 of the school year in which they compete.

Rule 19 Undue Influence—The use of **undue influence** by any person to secure or retain a student shall cause ineligibility. If tuition is charged or reduced, it shall meet the requirements of the KSHSAA.

Rules 20/21 Amateur and Awards Rules—Students are eligible if they have not **competed under a false name** or for money or merchandise of intrinsic value, and have observed all other provisions of the Amateur and Awards Rules.

Rule 22 Outside Competition—Students may not engage in **outside competition** in the same sport during a season in which they are representing their school.

NOTE: Consult the coach, athletic director or principal before participating individually or on a team in any game, training session, contest, or tryout conducted by an outside organization.

Rule 25 Anti-Fraternity—Students are eligible if they are not members of any **fraternity** or other organization prohibited by law or by the rules of the KSHSAA.

Rule 26 Anti-Tryout and Private Instruction—Students are eligible if they have not participated in **training sessions or tryouts** held by colleges or other outside agencies or organizations in the same sport while a member of a school athletic team.

Rule 30 Seasons of Sport—Students are not eligible for more than **four seasons** in one sport in a four-year high school, three seasons in a three-year high school or two seasons in a two-year high school.

Student's Name _____

(PLEASE PRINT CLEARLY)

To be eligible for participation in interscholastic athletics/spirit groups, a student must have on file with the superintendent or principal, a signed statement by a physician, chiropractor, physician's assistant who has been authorized to perform the examination by a Kansas licensed supervising physician or an advanced practice registered nurse who has been authorized to perform this examination by a Kansas licensed supervising physician, certifying the student has passed an adequate physical examination and is physically fit to participate (*See KSHSAA Handbook, Rule 7*). A complete history and physical examination must be performed annually before a student participates in KSHSAA interscholastic athletics/cheerleading.

The annual history and the physical examination shall not be taken earlier than May 1 preceding the school year for which it is applicable. The KSHSAA recommends completion of this evaluation by athletes/cheerleaders at least one month prior to the first practice to allow time for correction of deficiencies and implementation of conditioning recommendations.

Parent or Guardian Consent

I do not know of any existing physical or any additional health reasons that would preclude participation in activities. I certify that the answers to the questions in the **HISTORY** part of the Preparticipation Physical Examination (PPE), are true and accurate. I approve participation in activities. I hereby authorize release to the KSHSAA, school nurse, certified athletic trainer (whether employee or independent contractor of the school), school administrators, coach and medical provider of information contained in this document. Upon written request, I may receive a copy of this document for my own personal health care records.

I acknowledge that there are risks of participating, including the possibility of catastrophic injury.

I hereby give my consent for the above student to compete in KSHSAA approved activities, and to accompany school representatives on school trips and receive emergency medical treatment when necessary. It is understood that neither the KSHSAA nor the school assumes any responsibility in case of accident. The undersigned agrees to be responsible for the safe return of all equipment issued by the school to the student.

**The above named student and I have read the
KSHSAA Eligibility Checklist
and how to retain eligibility information listed in this form.**

For Middle/Junior High and Senior High School Students to Determine Eligibility When Enrolling

If a negative response is given to any of the following questions, this enrollee should contact his/her administrator in charge of evaluating eligibility. This should be done before the student is allowed to attend his/her first class and prior to the first activity practice. If questions still exist, the school administrator should telephone the KSHSAA for a final determination of eligibility. (*Schools shall process a Certificate of Transfer Form T-E on all transfer students.*)

YES NO

1. ☐ ☐ Are you a bona fide student in good standing in school? (If there is a question, your principal will make that determination.)
2. ☐ ☐ Did you pass at least five new subjects (those not previously passed) last semester? (*The KSHSAA has a minimum regulation which requires you to pass at least five subjects of unit weight in your last semester of attendance.*)
3. ☐ ☐ Are you planning to enroll in at least five new subjects (those not previously passed) of unit weight this coming semester? (*The KSHSAA has a minimum regulation which requires you to enroll and be in attendance in at least five subjects of unit weight.*)
4. ☐ ☐ Did you attend this school or a feeder school in your district last semester? (*If the answer is "no" to this question, please answer Sections a and b.*)
 - ☐ ☐ a. Do you reside with your parents?
 - ☐ ☐ b. If you reside with your parents, have they made a permanent and bona fide move into your school's attendance center?

The student/parent authorizes the school to release to the KSHSAA student records and other pertinent documents and information for the purpose of determining student eligibility. The student/parent also authorizes the school and the KSHSAA to publish the name and picture of student as a result of participating in or attending extra-curricular activities, school events and KSHSAA activities or events.

Parent or Guardian's Signature

Date

Student's Signature

Date

Birth Date

Grade

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

KSHSAA RECOMMENDED CONCUSSION & HEAD INJURY INFORMATION RELEASE
FORM
2019-2020

This form must be signed by all student athletes and parent/guardians before the student participates in any athletic or spirit practice or contest each school year.

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works. Even though most concussions are mild, **all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.** In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

Symptoms may include one or more of the following:	
<ul style="list-style-type: none">• Headaches• “Pressure in head”• Nausea or vomiting• Neck pain• Balance problems or dizziness• Blurred, double, or fuzzy vision• Sensitivity to light or noise• Feeling sluggish or slowed down• Feeling foggy or groggy• Drowsiness• Change in sleep patterns	<ul style="list-style-type: none">• Amnesia• “Don’t feel right”• Fatigue or low energy• Sadness• Nervousness or anxiety• Irritability• More emotional• Confusion• Concentration or memory problems (forgetting game plays)• Repeating the same question/comment

Signs observed by teammates, parents, and coaches include:	
<ul style="list-style-type: none">• Appears dazed• Vacant facial expression• Confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily or displays incoordination• Answers questions slowly• Slurred speech	<ul style="list-style-type: none">• Shows behavior or personality changes• Can’t recall events prior to hit• Can’t recall events after hit• Seizures or convulsions• Any change in typical behavior or personality• Loses consciousness

Adapted from the CDC and the 3rd International Conference in Sport

What can happen if my child keeps on playing with a concussion or returns too soon?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one (second impact syndrome). This can lead to prolonged recovery, or even to severe brain swelling with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete’s safety.

If you think your child has suffered a concussion

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately and an urgent referral to a health care provider should be arranged (if not already onsite). No athlete may return to activity after sustaining a concussion, regardless of how mild it seems or how quickly symptoms clear, without written medical clearance from a Medical Doctor (MD) or Doctor of Osteopathic Medicine (DO). Close observation of the athlete should continue for several hours. You should also inform your child's coach if you think that your child may have a concussion. Remember it is better to miss one game than miss the whole season. **When in doubt, the athlete sits out!**

Cognitive Rest & Return to Learn

The first step to concussion recovery is cognitive rest. This is essential for the brain to heal. Activities that require concentration and attention such as trying to meet academic requirements, the use of electronic devices (computers, tablets, video games, texting, etc.), and exposure to loud noises may worsen symptoms and delay recovery. Students may need their academic workload modified while they are initially recovering from a concussion. Decreasing stress on the brain early on after a concussion may lessen symptoms and shorten the recovery time. This may involve staying home from school for a few days, followed by a lightened school schedule, gradually increasing to normal. Any academic modifications should be coordinated jointly between the student's medical providers and school personnel. After the initial 24-48 hours from the injury, under direction from their health care provider, patients can be encouraged to become gradually and progressively more active while staying below their cognitive and physical symptom-exacerbation thresholds (i.e., the physical activity should never bring on or worsen their symptoms). No consideration should be given to returning to full sport activity until the student is fully integrated back into the classroom setting and is symptom free. Occasionally, a student will be diagnosed with post-concussive syndrome and have symptoms that last weeks to months. In these cases, a student may be recommended to start a non-contact physical activity regimen, but this will only be done under the direct supervision of a healthcare provider.

Return to Practice and Competition

The Kansas School Sports Head Injury Prevention Act provides that if an athlete suffers, or is suspected of having suffered, a concussion or head injury during a competition or practice, the athlete must be immediately removed from the competition or practice and cannot return to practice or competition until a Health Care Professional has evaluated the athlete and provided a written authorization to return to practice and competition. The KSHSAA recommends that an athlete not return to practice or competition the same day the athlete suffers or is suspected of suffering a concussion. The KSHSAA also recommends that an athlete's return to practice and competition should follow a graduated protocol under the supervision of the health care provider (MD or DO).

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/concussion/HeadsUp/index.html>

<http://www.kansasconcussion.org/>

For concussion information and educational resources collected by the KSHSAA, go to:

<http://www.khsaa.org/Public/General/ConcussionGuidelines.cfm>

Student-athlete Name Printed

Student-athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date

The parties to this document agree that an electronic signature is intended to make this writing effective and binding and to have the same force and effect as the use of a manual signature.

Staff Leaving

Thank you for your Service!

Gina Crossfield, para

Denise Lasher, gifted facilitator

Steve Clark, Special Ed

Kacie Eich, Speech

Skylar Myrick, Ag

Nathan Worrell, Shop

Zach Fischer, Music

Caleb Ruter, Social Studies

Melissa Hoyle, Science

Jody McCollum, Science

Josh Freking, Math

In an effort to provide closure for the Flinthills Community, departing staff members explained their motivations for leaving:



- ♦ Zach – “I’m moving to Wichita area to be with my fiancé and have more resources for the future.”
- ♦ Josh – “I want to have the opportunity to work in a math department and closer to my wife’s family.”
- ♦ Skylar – “To have a 4-day school week!”
- ♦ Nathan – “I’m going home to where my family all attended school.”
- ♦ Melissa – “To be nearer to my family.”
- ♦ Caleb – “To move near my wife’s family.”
- ♦ Jody – “Retirement!!!”

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Rosalia, KS 67132

Phone: 620-476-2237

Fax: 620-476-2253

We're on the Web!
www.usd492.org

