



# Sheridan Middle School

3030 West 246th Street  
Sheridan, Indiana 46069

317-758-6780

## Students of the Month

## Dates to Remember:



### The Sheridan Middle School 7th Grade Student of the Month is Levi Gellert .

Levi is the son of Cory and Jessica Gellert. He was nominated by Mrs. Gentry and voted on by SMS staff.

Mrs. Gentry wrote, "Levi is very responsible, attentive, considerate, and helpful. Levi is a great role model for his peers because he strives for excellence daily. "

**Congratulations Levi!**

**Mon 10/04- Picture Retakes**

**Thurs 10/12- Choir Concert**

**Fri 10/13 End of the Q1**

**Mon 10/16-Fri 10/20- Fall Break**

**Fri 10/27 Report Cards**

**Fri 10/27- Q1 Award Ceremony**

**Wed 11/01- e-Learning Day**

**Thurs 11/02- Talent Show**



### The Sheridan Middle School 6th Grade Student of the Month is Lana Lechner

Lana Lechner is the daughter of Luke and Nina Lecher. Lana was nominated by Mrs. Davis and voted on by SMS Staff. Mrs. Davis wrote, "Lana demonstrates PRIDE on a daily basis! She always does her best, is cooperative, has high standards for herself, and is willing to help others."

**Congratulations Lana!**



### The Sheridan Middle School 8th Grade Student of the Month is Alexis Sayre

Lexi is the daughter of Christopher and Ashlea Sayre. She was nominated by Ms. Cali and Mrs. Policka, then voted on by SMS staff. Nominator quoted read, "Lexi comes to class prepared and with a positive attitude every single day. She puts forth her personal best on all assignments, turning everything in on time (if not, early!) Lexi is a pleasure to have in class. She is consistently focused and paying attention. "

**Congratulations Lexi!**

# S

Hello  
Sheridan fans!

Buy your tickets to all Sheridan MS/HS events on one site! Tickets for ALL FALL events are online now!

Winter tickets will be released soon! Bookmark this site for easy access!

<https://sites.eventlink.com/s/sheridan/purchase-tickets>





# Notes from the Nurse

## October Notes from the Nurse

Be sure your student is up to date on required immunizations. It is a state law to be properly immunized to attend public school. This was supposed to be done before school started, and we are only allowed a 20 day grace period before children should be excluded from school.

6th graders need Tdap and Meningitis vaccinations. 12th graders need a second Meningitis vaccine.

I have contacted many parents whose child is not up to date. Please get me the record ASAP. I really really appreciate those who have gotten them to me so far!

### *PowerSchool forms:*

Please fill out the health information and health administration forms on PowerSchool. This must be done every school year. Your child cannot receive OTC meds at school if I don't have permission from you to give them. Contact the tech department if you don't know how to login to PowerSchool. Also, please make sure your contact information and demographics are up to date. It's important for the school to be able to contact you.

A physician's order is required for all prescription medication that is to be given at school. Medication must be brought in by a parent, not a student. Students should not keep any medication in their possession while at school because it is a safety concern and against school policy. The only medications students may possess are epi pens and inhalers for emergency use, but they must have a signed consent by parent and physician every year. If your child currently has one of these emergency medications with him or her and you have not filled out a consent, please contact me.

Students are not covered by school insurance for accidents or injuries.

Accidental Health Insurance is available thru Markle Insurance.

You can find information about this under the Health tab and Student Accidental Insurance.

Parents can enroll by phone: 1-877-444-5014

We have Meningitis and HPV information on our school website at [www.scs.k12.in.us](http://www.scs.k12.in.us)

Select your child's school, then click the "Services" tab, then click "Health Service" on the drop down menu for this information and much more.

Vision Screenings: I will start to do vision screenings on 8th grade students in early October. If your child is in another grade, but you have concerns and would like me to screen his or her vision, please let me know and I would be happy to do that.

Good health starts at home. Help support your children by encouraging proper hydration, balanced nutrition, good hygiene, daily exercise, limited screen time and appropriate amounts of sleep. A successful school day starts with good physical, mental, and emotional health.

Please do not send your child to school, and contact the health office, if they have any of the following:

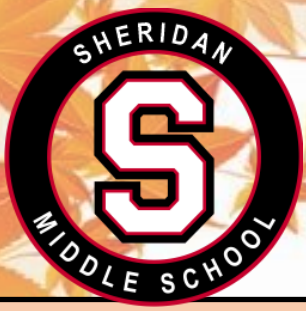
- Temperature greater than 100.0, congestion, cough, shortness of breath, diarrhea, headache, nausea or vomiting, sore throat, muscle pain, chills, new loss of taste or smell.
- If your child tests positive for COVID, he or she will need to isolate at home for 5 days from start of symptoms. If fever free for 24 hours without medicine and improving symptoms, the student may return on days 6-10. The use of a mask those days is highly recommended and courteous to the health of other students and staff.

As always, if you have any concerns or information regarding your child's health that I should be aware of, please do not hesitate to reach out to me to discuss. I am here to help support and advocate for a student's well-being while at school.

**Were your kids talking  
about NWEA testing?  
Here's what they were  
referring to.**

Sheridan Middle School will be using MAP Growth by NWEA as a formative assessment measure for Language Arts Reading, and Math and Sheridan High School will be using Language Arts Reading in grades 9 and 10. MAP Growth measures what students know and informs what they're ready to learn next. The assessment is taken on computers and provides timely, easy-to-use reports to help teachers plan his/her instruction and provides a tool for students to help set learning goals; all to increase learning for all students. NWEA is a nation-wide assessment which provides national norms on three assessments throughout the school year. Once we have fully implemented MAP, parents will be provided reports on their child(ren).





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## 6th grade Science

Mrs. Moran sixth grade science students learned about the Law of Conservation of Mass by using glow sticks. They measured the mass before and after the chemical reaction to see the mass remained the same!



### Closing s and Delays

With winter weather just around the corner, a reminder that school delays and closings will be broadcast on the local Indianapolis news programs on WTHR, WISH-TV, WRTV and Fox 59. In addition, we also post on our social media accounts and our school websites. Text messages and emails will also be sent to all of our parent/guardians using SchoolMessenger if we have your updated contact information.

If your information has changed since you submitted your registration this summer, please make sure you contact your school office so that they can update your information.



Adams Township Trustee  
MAMA's Cupboard  
Sunflower Pantry

# **ATTENTION**

## **Sheridan Community Residents**

### **ARE YOU STRUGGLING & NEED HELP PAYING YOUR WINTER ENERGY BILL**

Apply online at: <https://www.gsnlive.org/energyassistanceprogram>

or contact any of these office for a paper application.

☎ **Adams Township 317-758-1029**

☎ **Sheridan Youth Assistance 317-758-4431 ext. 4400**

☎ **MAMA's Cupboard 317-758-1338**

☎ **Sunflower Pantry 317-379-3633 senior citizens only**

Required Information - No Exceptions PROVIDE COPIES ONLY - NO ORIGINALS

Please submit your application to Good Samaritan Network - who is administering EAP on behalf of Area IV in Hamilton County.

1. Photo ID for the person completing and signing the application.
2. Proof of SSN for each member of the household. This may be one of the following:
  - Copy of Social Security card, Copy of a valid U.S. passport, Copy of a valid state-issued REAL ID, Copy of a pre-printed federal form, such as correspondence from the Social Security Administration or a W-2, that contains the person's name and full, unredacted SSN.
3. Current documentation of income for all household members age 18 or over. This may include:
  - Employment/wages - Most recent paystub, Request for Earnings information form – contact GSN.
  - Social Security/SSI/VA benefits - Most recent award letter (may be downloaded from online), Bank statement
  - Pension/retirement - Award letter
  - Self-Employment - Most recent Form 1040 tax return, with all appropriate self-employment schedules.
  - Unemployment Benefits - Completed release of information form for DWD, Full print-out of your most current Uplink statement.
  - Alimony/spousal support/Worker's Compensation/Private disability - Any documentation of payments received
  - Odd Jobs/irregular income/No Income - Completed Income Verification form – contact GSN.
4. Current, complete bills for your electric, heating, and water/wastewater utilities.
- If you heat with bulk deliverable fuel, provide most recent delivery receipt.



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## REPORT CARDS GOING DIGITAL FOR SMS AND SHS

## POWERSCHOOL PARENT PORTAL

Now that we have implemented our registration process online, many more parents have PowerSchool Parent Portal access. We encourage you to continue to use this all throughout the school year to view your student's grades and other important information. You'll want to keep track of your username and password so that you can log in throughout the year, as well as being prepared for next year's back to school registration. If you've forgotten your credentials, you can use the [Forgot Username or Password?](#) Link to request a reset. Please make sure you check your spam folder after using this feature, as depending on your email provider, it can get flagged as spam and delivered to your junk or spam folder.

Sheridan Middle and Sheridan High School Report Cards are being delivered electronically. SMS and SHS report cards will be sent to parents/guardians via email through our Secured Document Delivery feature of SchoolMessenger. Please be sure that the school offices have your up-to-date email address on file. If you are unable to use email and need your student's report card delivered in an alternate method, please contact the office.



SYAP is sponsoring career exploration days for students in 7<sup>th</sup>-12<sup>th</sup> grade. We will

have local businesses and organizations represented with displays and information about jobs at their place of work. Our first day will be a Business and Technology careers day on Wednesday, October 24. Make sure your student stops by the tables outside of the cafeteria during their lunch if they would like to know more about construction careers and trades!



### Student and Parent Sign In

[Sign In](#) [Create Account](#)

Username

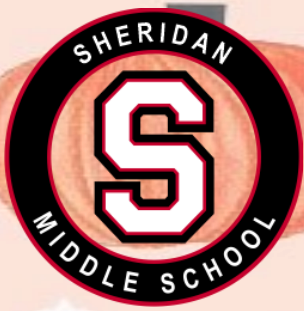
Password

[Forgot Username or Password?](#)

[Sign In](#)







# Sheridan Middle School

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*Clothing Giveaway*  
*Come shop on*  
*Saturday, November 4*  
*9:00 a.m. – 12:00 p.m.*  
*Sheridan Elementary School*  
*Cafeteria*

Clean and Gently Used Items

Call Lisa at 317-647-5063 with any questions.



Register for the  
Sheridan  
Community  
Kids Coats



[www.youthassistance.org/sheridan-news](http://www.youthassistance.org/sheridan-news)  
Youth must live in or attend the Sheridan  
Community School District to be eligible.

To donate new or gently used winter coats, please contact  
317-758-4431 ext. 4400, 317-379-3633 or drop off at Sunflower  
pantry (green house) 1st & 3rd Tuesday 1:00-3:00.

Partnership between  
Sheridan Youth Assistance  
MAMA's Cupboard  
Sheridan United Methodist Church  
Hamilton County Kids Coats

**Deadline to  
register  
October 16**

**Apply today!**

**become a mentor**

Do you believe in Sheridan youth?  
Can you spend 4 hours a month for 1 year  
with a middle school student?

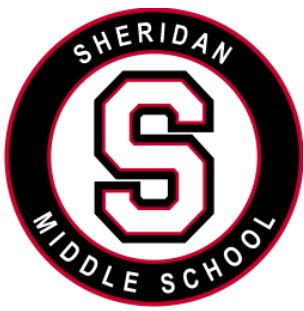
<http://youthassistance.org/become-a-mentor-sheridan>  
or call/text 317-647-5063



**October 23rd-27th**

*Red Ribbon  
Week*





# Sheridan Middle School

Children who eat breakfast start the day ready to learn, which is reflected by higher test scores and better classroom behavior. Too many children are showing up to school hungry, and we know hungry children can't learn. A healthy breakfast helps students focus in the classroom and perform better. "Make the Grade with School Breakfast" reminds everyone in the school community- parent, students, and administrators- that a healthy school breakfast sets students up with a day of learning and academic success.

Every School day, Sheridan Community School's breakfast program offers students a healthy breakfast that they need to get set up for a busy school day. Breakfast is served at the middle/high school cafeteria from 7:30 to 8:00 and is delivered to elementary hallways starting at 7:40. Each breakfast offered has an entrée, fruit and/or fruit juice and milk. Every school breakfast served meets federal nutrition standards limiting fat, calories and sodium. This year Breakfast is **free** to everyone. Breakfast menus are posted monthly on the school website.

This institution is an equal opportunity provider and employer.

## POWERFUL PROTEIN

Every year, the Indiana Farm to School Food Day Workgroup selects a food theme for the year. This year we are highlighting all types of protein - specifically, beef, poultry, whole eggs, pork, fish, cheese, yogurt, beans, and tofu.

Proteins play many important roles in the body and are critical to most of the work done by cells for healthy tissues and organs. Proteins are found in animal and plant foods, and animal-based proteins are notably considered "complete proteins," as they contain all 9 essential amino acids the human body needs.

JOIN US IN CELEBRATING THE IMPORTANCE OF PROTEIN IN

## WHAT IS INDIANA FOOD DAY?

An important annual component of the Indiana farm to school

movement has been the implementation of Indiana Food Day in the month of October, to align with National Farm to School Month. It was originally derived from National Food Day which was first celebrated in 1975.

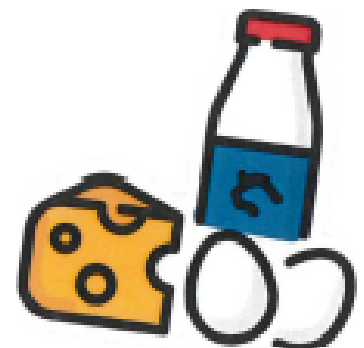
Schools can celebrate Indiana Food Day any day in October, to accommodate their different calendars. In addition to K-12 students, early-care and other pre-K children and their caregivers take part - all ages, however, are wel-



other local food purchasing initiatives throughout our state. Every school is allowed to pick their definition of local, which can mean something five miles down the road, within the county, state, or however the school feels best fits their program.

Each year, a different food or category of foods is selected to highlight in lessons and activities. This

is a fun way to connect nutrition to all kinds of curricula — from science to math, reading to health and wellness, and more. It's also an ideal project to introduce more locally- and regionally-sourced foods into your cafeteria's menu, broaden students' healthy choices, and expand your school's food procurement from area farmers.





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Twenty-first Century  
**SCHOLARS**

## Free College Tuition!

### *What's the program all about?*

Indiana's Twenty-first Century Scholars program helps students turn their dreams into reality by ensuring that they *can* afford a college education. If they fulfill the Scholars pledge, they are guaranteed to receive up to four years of undergraduate tuition\* at any participating public college or university in Indiana. Assistance is also available for private and proprietary schools in Indiana.

(\*The scholarship amount may be adjusted based on the family's ability to contribute to a college education.)

### 2023-2024 Income Guidelines

Household Size	Maximum Annual Income
2	36,482
3	45,991
4	55,500
5	65,009
6	74,518
For each additional person in your household, add \$9,509	

### Twenty-first Century Scholars' Pledge

- I will graduate with a minimum of a Core 40 diploma from a state-accredited Indiana high school.
- I will complete the Scholar Success Program that helps me stay on track for college and career success.
- I will achieve a cumulative high school GPA of at least 2.5 on a 4.0 scale.
- I will not use illegal drugs or alcohol or commit a crime or delinquent act.
- I will apply for admission to an eligible Indiana college my senior year.
- I will file the FAFSA as a high school senior and each year thereafter until college graduation.
- I will complete at least 30 credit hours each year in college to stay on track to earn my degree on time.
- I will maintain satisfactory academic progress (SAP)

Apply on-line at [www.scholars.in.gov](http://www.scholars.in.gov)

### Contacts

#### Sheridan Middle School

Erica Paul, School Counselor  
Email: [epaul@sheridan.k12.in.us](mailto:epaul@sheridan.k12.in.us)  
317-758-6780 ext. 3323

#### Twenty-first Century Scholars North Central Region

[www.scholars.in.gov](http://www.scholars.in.gov)

Amy Parraga





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OCTOBER 2023

SHERIDAN MIDDLE AND HIGH SCHOOL

BREAKFAST



**School Information:**

FALL BREAK OCT. 16<sup>TH</sup> - 20<sup>TH</sup> SCHOOL NOT IN SESSION.



Cinnamon Roll Day is October 4. Start your day in a fun way with a cinnamon roll. Don't forget to add a glass of milk and a side of fruit to complete your meal!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MINI PULL-APART  
CINNAMON ROLL,  
FRUIT, JUICE, MILK

BREAKFAST WRAP,  
FRUIT, JUICE, MILK

CINNAMON ROLL  
"GRAB & GO", FRUIT,  
JUICE, MILK

BREAKFAST PIZZA,  
FRUIT, JUICE, MILK

CHURRO DONUT,  
FRUIT, JUICE, MILK

APPLE FRUDEL, FRUIT,  
JUICE, MILK

MINI PANCAKE, FRUIT,  
JUICE, MILK

"GRAB & GO", FRUIT,  
JUICE, MILK

BREAKFAST  
SANDWICH, FRUIT,  
JUICE, MILK

CHOCOLATE FILLED  
CRESCENT ROLL, FRUIT,  
JUICE, MILK

FALL BREAK BEGINS

FALL BREAK

FALL BREAK

FALL BREAK

FALL BREAK ENDS

STRAWBERRY MINI  
BAGEL, FRUIT, JUICE,  
MILK

WAFFLES, FRUIT, JUICE,  
MILK

"GRAB & GO", FRUIT,  
JUICE, MILK

PANCAKE SAUSAGE  
WRAP, FRUIT, JUICE,  
MILK

FRENCH TOAST, FRUIT,  
JUICE, MILK

BREAKFAST PIZZA,  
FRUIT, JUICE, MILK

Halloween day  
MINI PULL-APART  
CINNAMON ROLL,  
FRUIT, JUICE, MILK



This institution is an  
equal opportunity  
provider.

OCTOBER 2023

Sheridan Middle and High School

LUNCH



**School Information:** Oct. 16<sup>th</sup>-20<sup>th</sup> Fall Break.  
Indiana food day Oct. 5<sup>th</sup>  
Octoberfest, Oct. 6<sup>th</sup>  
Farm to school Oct. 25<sup>th</sup>-27<sup>th</sup>



**October is National Apple Month.** Did you know that there are about 7,500 varieties of apples? Can you find a new variety of apple to try this month?



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

B-B-Q grilled chicken  
sandwich, baked beans,  
cooked carrots, mixed  
fruit cup, milk

Italian calzone,  
marinara sauce,  
broccoli, fresh fruit,  
peaches, milk

National taco day  
Walking taco, chips,  
salsa, taco meat,  
lettuce, cheese, fresh  
apples, milk

Indiana food day!  
Breaded pork patty,  
mashed potatoes,  
gravy, corn, roll, pears,  
milk

Octoberfest  
Bratwurst w/  
sauerkraut, potato  
pancakes, applesauce,  
pretzel bites, milk

Sausage gravy, biscuit,  
sausage, breakfast  
potatoes, warm spiced  
apples, tomato juice,  
milk

Cheese quesadilla,  
cilantro rice, salsa,  
refried beans, romaine  
salad, fruit cup, milk

Chicken parmesan  
sandwich, marinara  
sauce, mixed veggies,  
fresh fruit, milk

Salisbury steak, mashed  
potatoes, gravy, green  
beans, roll w/ butter,  
applesauce, milk

Enjoy your break  
COOK'S CHOICE,  
vegetable, fruit, milk

FALL BREAK BEGINS

FALL BREAK

FALL BREAK

FALL BREAK

FALL BREAK ENDS

Breakfast for lunch  
Mini pancakes, sausage,  
breakfast potatoes,  
warm spiced apples,  
juice, milk

Chicken or vegetarian  
Fajita bowl, Spanish  
rice, salsa, onions &  
peppers, fresh fruit,  
milk

Farm to School  
Red Gold products  
Meatball sub, marinara  
sauce, broccoli, fruit  
cup, milk

Farm to School  
Dandy Breeze Dairy  
Blackhawk bowl,  
Samples of milk will be  
available.

Farm to school  
Stuckey's Orchard  
Top your mac & cheese  
Ham, broccoli, tomato,  
roll, apples, milk

Chicken and waffles,  
breakfast potatoes,  
orange slices, tomato  
juice, milk

Halloween day treat  
Mummy wrapped hot  
dogs, sweet potato spider  
webs, skeleton bones,  
(celery/carrot sticks), rosy  
applesauce, milk.



THIS INSTITUTION IS AN  
EQUAL OPPORTUNITY  
PROVIDER.



# October 2023

FB– Football  
VB– Volleyball