

PARENT CONNECTION

January 2010

**Upcoming Events:****January**

- **January 4th-School Resumes**
- **January 4-5th—Health Fair**
- **January 6th-PM Homeroom Schedule**
- **January 7th—NFL Presentation 9:20—10:00 a.m.**
- **January 8th—End of 1st Semester**
- **January 15th—Report Cards sent home**
- **January 18th-Martin Luther King Jr. Day-No School**
- **January 20th –Early Out**

SHS Receives Results from ASSET Survey

In October, all Sterling High School students took part in a survey from Search Institute. Search Institute is the modern day think tank that is responsible for the 40 Developmental Assets. The survey that the Sterling High School students took was entitled *Profiles of Student Life: Attitudes and Behaviors*.

“The Developmental Asset framework covers extensive territory, including the experiences of young people and

their commitments, values, skills, and identity.” Assets are positive building blocks for successful youth. The more ASSETS a young person has, the more likely he/she is to not take part in risk-taking behaviors and thrive.

The national average of ASSETS for youth freshman through senior is 17.6. Sterling High School’s average number of ASSETS for its youth is 18.6. While there is no “magic number” of ASSETS young people should have, Search Institute’s data indicates that 31 is a worthy, though challenging benchmark for experiencing the ASSETS” positive effects most strongly. With this in mind, it is evident that Sterling High School and the surrounding community have a long way to go.

We have made huge stride though since 2005. In 2005, Sterling High School juniors took the same Search Institute survey and those juniors had an average of 17.7 ASSETS. In 2009 Sterling High School juniors have an average of 19.5 ASSETS. This is something the Sterling High School community should be very proud of.

The implementation of the Lions Quest curriculum for all Sterling High School students is one way we are working to continue to increase all students’ ASSETS. Each Lions Quest lesson is tied to at least one of the 40 Developmental ASSETS.

There are a few areas of concern on the 2009 ASSET survey. Only 22% of Sterling High School students report that they communicate positively with their parent(s) and only 24% of our students say their parents and other adults model positive and responsible behavior. Sterling High School students also report that only 17% of them read for pleasure 3 or more hours a week.

Beginning this month, you will notice a flyer sent home with every newsletter highlighting ways all adults in the community can be ASSET builders.

Health Fair in P.E. Classes

With the return from winter break, students will be participating in a Health Fair at Sterling High School.

The Physical Education Department, in conjunction with local area agencies, will be having a Fitness and Health Seminar during their classes on January 4th and 5th. Students will have the opportunity to participate in a Blood Pressure Screening and a variety of sessions including information such as fitness, nutrition, alcohol education, stress management, and other topics.

Sterling High School counselors will also be providing information on coping skills during this fair and students will be conducting workshops on the 40 Developmental ASSETS.



**Sterling High School's
Mission Statement**

Sterling Schools, in partnership with parents and community, will create a caring environment in which all students learn. This partnership shall empower all students to become responsible learners and decision-makers as they prepare for the future.

Sterling High School

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www.sterlingpublicschools.org/shs

Administration

Jason Austin, Principal

Lori Adell, Secretary

Jessica Bicknell, Associate Principal

Joyce Howze, Secretary

Nathan DeLany, Activities Director

Elaine Forward, Secretary

Deans

Janet Barnhart, Dean of Instruction

Vicki Dunphy, Dean of Students

Mary Rhodes, Secretary

Greg King, Dean of Attendance

Andi Sumerfelt, Secretary

Counselors

Darci Francis, Counselor

Kaileen Gaumer, Counselor

Cami Hartman, Counselor

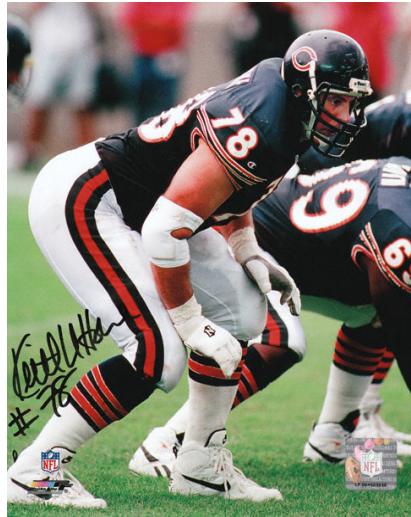
Travis Myers, Counselor

Kris Hippen, Secretary/Registrar

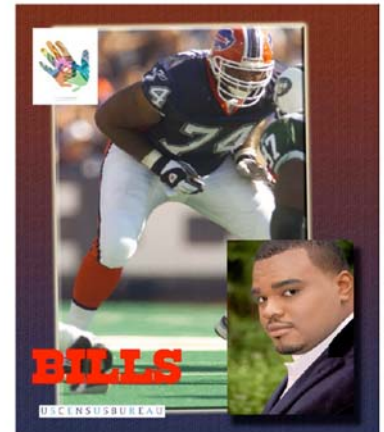
Parent Coordinator

Janet Freed

NFL CENSUS PRESENTATION



Remember Keith Van Horne from the 1985 Chicago Bears? Keith, along with fellow NFL alumnus Marques Sullivan from the Buffalo Bills, will be visiting Sterling High School on January 7. They are coming as part of the NFL Alumni's effort to reach out to communities about the importance of participating in the 2010 Census; which will be mailed to your home in



March. They will be talking with students about why we have the census every 10 years, how it is used, and how it helps our school and community.

ATHLETIC UPCOMING EVENTS

- January 9, 2010----- Roscoe Eades Award Presentation
(Kaitlin Loos and Raciell Ocampo)
- January 16 & 18, 2010----- MLK Boy's Basketball Tournament
- January 19, 2010----- Wrestling Senior Night
- January 26, 2010----- Boy's Swimming and Diving Senior Night
- February 5, 2010----- Hall of Fame Presentation
- February 12-13, 2010 ----- SHS Hosts Wrestling Sectional

Go to www.sterlingpublicschools.org/shs for a complete listing of activities and athletic events

ACT PREP CLASS

During the second semester, Sterling High School will offer to juniors an early-bird course to address test-taking strategies, ease test anxiety, and understand the format of the ACT test. The class will meet Monday through Thursday from 7:00 a.m.—7:50 a.m. beginning on January 19th and ending March 25th. Science, English and math teachers will lead sessions on understanding the test format and reviewing often-tested concepts. If you are interested in enrolling your student in the class, please contact the SHS Main Office at 815-625-6800 ex. 1505. Cost for the class is \$50.00. Students may qualify for a fee waiver.