



The Gladiator Arena Newsletter

Week of: September 30, 2019

SCHOOL'S MISSION STATEMENT

The mission of the Ontonagon Area School District in concert with the community is to educate all students to reach their highest potential, and be productive members of society.



Getting Kids Interested in Reading!

From the article - How to Make Reading Fun: 25 Ideas Kids Will Love by: Jean Reagan on readbrightly.com

*Change how or where you read together. Halloween books are more fun in the dark with a flashlight. Bundle up and read outside.

*Have kids give books a rating when you're finished. A simple thumbs up or down for the younger ones. Older kids can use a 1-5 star rating.

*Stop reading at an exciting part of the story and encourage kids to finish.

*For preschoolers and early readers - pick a sight word like "the" or "and" and have them circle it or highlight it in a newspaper or magazine.



Elementary Student of the Week: Justus Wiseman, 2nd Grade, 7 years old

What do you like about being a kid? I don't have to be grumpy all the time.

If you had a superpower what would it be and why? I'd want to fly, so then I could go around to places.

What's your favorite sports team? The Detroit Pistons! Well, actually any team from Detroit!

Junior High Student of the Week: Jordan Rader, 6th Grade, 11 years old

How are you liking Junior High and what's your favorite part? It's okay. My favorite part is switching classes every hour.

How many pets do you have? I have two dogs, a Golden Retriever and a Great Dane.

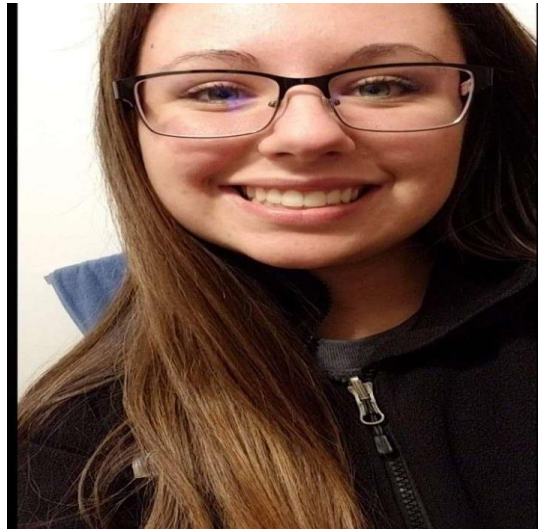
If someone gave you an elephant, what would you do with it? I would storm the town.

High School Student of the Week: Cadence Cleland, 9th Grade, 14 years old

How's High School so far? It's a little rougher than Junior High, but it's about the same. It's harder though because everything counts.

Who's your favorite teacher? Mr. Brady Guilbault

If you had to eat the same dinner for a month, what would it be? Probably salad, it doesn't seem to get old.



Lydia Strasser, 17

Is being a senior different from past years? Yeah, I'm only at the school for 3 hours a day.

What's your favorite memory from High School? My favorite memory is probably prom.

If you could go anywhere on vacation where would it be, and why? Iceland, because it's pretty.

Upcoming Sporting Events

Next week the volleyball team will be playing Dollar Bay on October 1st and Chassell on October 3rd, both away and the football team will be playing in Rapid River on October 4th. Also, the Girl's Junior High basketball team will be playing Lake Linden on September 30th and Houghton on October 3rd, and the Junior High football team will be playing Hancock on October 1st.



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Upside-Down Frito Pie

Using ground turkey is a smart way to lighten up this hearty family-pleaser!—Mary Berg, Lake Elmo, Minnesota

Upside-Down Frito Pie Recipe photo by Taste of Home

[Next Recipe](#)

Ingredients

- 2 pounds ground turkey or beef
- 1 medium onion, chopped
- 2 envelopes chili seasoning mix
- 1 can (10 ounces) diced tomatoes and green chiles, undrained
- 1 can (8 ounces) tomato sauce
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 cup shredded cheddar cheese
- 3 cups corn chips
- Optional: Sour cream, minced fresh cilantro and additional chopped onion

Directions

- In a large skillet, cook turkey and onion over medium heat until no longer pink, breaking into crumbles, 8-10 minutes; stir in chili seasoning. Transfer to a 3- or 4-qt. slow cooker. Pour tomatoes and tomato sauce over turkey.
- Cook, covered, on low 2-3 hours or until heated through. Stir turkey mixture to combine. Top with beans. Sprinkle with cheese. Cook, covered, 5-10 minutes or until cheese is melted. Top with chips. If desired, serve with sour cream, minced cilantro and additional onion.

Nutrition Facts

1-1/3 cups (calculated without sour cream): 524 calories, 26g fat (8g saturated fat), 118mg cholesterol, 1662mg sodium, 33g carbohydrate (5g sugars, 6g fiber), 41g protein.

Originally published as Slow Cooker Frito Pie in Taste of Home Everyday Slow Cooker & One Dish Recipes 2016

**Arts
& Crafts**



How to Make A Cereal Box Guitar

What You'll Need: Cereal box, spaghetti box, craft knife, rubber bands, glue, corks, straws, paint, paintbrush

Make It:

1. Paint the boxes and cut out a circle on one side of the cereal box.
2. Stretch the rubber bands over the middle of the cereal box.
3. Attach the spaghetti box to the cereal box with glue to create the guitar neck. Draw "strings" onto the neck.
4. Have an adult cut holes on the sides of spaghetti box and insert corks for the tuning keys. Glue in place.
5. Place a straw piece under the rubber bands underneath the hole to create the bridge (this will help make a sound when you strum).

How to Get into the Back to School Routine



Back to School

Before you know it, the school bells are ringing, and it's time for the kids to head back to school. Do you have your back-to-school routine planned out? Personalize your family's routine with help from the following ideas. Once you have a method in place, your family will start the new school year on a bright and less harried note.

Don't wait too long to establish your back-to-school routine. The longer you wait to get your children into the habit of going to bed at a set bedtime, for example, the harder it will be for your children to get up for school in the morning. Most experts agree that children need between 9 and 10 hours of sleep each night to be at their best, while 8 hours is the absolute minimum. For example, if you know that your child must be up by 6 a.m. to be ready for school by 7:30 a.m., your children should be getting ready for bed around 7:30 p.m. The sooner you start this process, the easier it will be for them to get used to going to bed early again. A good night's sleep also lessens crankiness, which makes them easier to be around!

Establish an Evening Routine Get your children in the habit of following a routine every night. If they choose their clothing for the next day, take a bath, brush their teeth, and get into their pajamas every night before they go to bed, you're transitioning them into settling down. Having a set routine such as this, or any schedule you use as a family, will give them a strong sense of consistency and help them wind down. This process can also reduce complaining from your kids about bedtime. Older children are often allowed to stay up later than younger children, but this doesn't mean that they should be permitted to stay up too late. Have them follow the same routine – choosing their clothes, taking care of their personal needs, and going to bed earlier than usual – so that they'll be ready to get a good night's sleep. Since they've taken the time to choose their clothing the night before a school day, you won't be faced with questions like, "Mom, have you seen my blue shirt?" or "Mom, where are my sneakers?" Preparing like this makes the next morning flow much more smoothly.

Once the children are in bed, dim the lighting in their room to a comfortable level. Take this time to enjoy one-on-one time – depending on their age, read them a bedtime story or have a chat about something that happened that day or about something that they want to talk about. Talk to them about the next day. What activities are planned? One item you may want to purchase for your children at the beginning of the school year is an alarm clock. By giving your child an alarm clock, you're giving them some of the responsibility in getting up on time. Does this mean that you won't have to nudge them to get them out of bed when school first starts? Most likely not; in fact, chances are you'll have to remind them over and over to get up, get dressed, and eat so that they can get to school on time. For younger children, it's a good idea to create a chart of things that they need to do each morning. You may want to use pictures to create a "to-do" list with the following items:

- Get dressed – picture of clothing (shirt, pants, socks, and shoes)
- Eat breakfast – picture of food
- Brush teeth – picture of toothbrush and toothpaste
- Get ready to go – picture of backpack and lunch bag

Older children may not need pictures, but having a list of what they need to do each day is still helpful. Post a list in several places around the house, such as their bedroom, the bathroom, and the refrigerator so that they don't have to keep running through the house to figure out what's next. Place the list in a sheet protector so that they can cross or check the items off. Eating breakfast improves a child's concentration and allows them to perform better in school. If your child doesn't want to eat a full breakfast, find foods that they can eat

quickly, but that will still provide the nutrients their body needs. Most experts recommend eating a serving of protein first thing in the morning. Scrambled eggs on toast, yogurt and fruit, or a peanut butter and jelly sandwich on whole wheat bread are good options for breakfast. Routines help us to know what to expect every day, stay organized, and prepare for the next day.. Before you know it, your home will be running smoothly. Related: Getting Ready – Top Tips for Preparing and Organizing for Back-to-School

Originally published in the October 2013 issue of Parents magazine.

Continue reading at <https://childdevelopmentinfo.com/holiday-seasonal-family/back-to-school-tips/#gs.2o3ifi> |



A Florida student obsessed with the University of Tennessee wanted to represent the Volunteers during his elementary school's "College Colors Day," but didn't own any of their apparel -- so he took the matter into his own hands.

Laura Snyder, his teacher at Altamonte Elementary School in Altamonte Springs, says he drew a "U.T.", the university's logo, on paper and pinned it to an orange t-shirt.

"When the day finally arrived, he was SO EXCITED to show me his shirt," Snyder wrote Wednesday on [Facebook](#). "I was impressed that he took it one step further to make his own label."

But by lunch time, the spirited Vols fan was in tears.

"Some girls at the lunch table next to his (who didn't even participate in college colors day) had made fun of his sign that he had attached to his shirt. He was DEVASTATED," said Snyder. In hopes of raising his spirits, Snyder said she planned on buying him an official University of Tennessee T-shirt, and asked friends if they had contacts with the school who could "make it a little extra special for him."

By Thursday, her Facebook post had gone viral among Vols fans, with lots of people leaving supportive comments. And it wasn't long before the University of Tennessee reached out wanting to send the student a care package full of swag and apparel.

"You all have taken this above and beyond what I had ever imagined," wrote Snyder. Snyder updated the Facebook post on Friday to let everyone know how excited the student was to receive the care package.

"My student was so amazed at all the goodies in the box," she said. "He proudly put on the jersey and one of the many hats in the box. All who saw had either goosebumps or tears while we explained that he had inspired and touched the lives of so many people." What's more, University of Tennessee said it was turning his "U.T." design into an official T-shirt.

"Share in a Florida elementary student's Volunteer pride by wearing his design on your shirt too!," the university's official campus store said on Twitter.

According to the university, a portion of the proceeds from every shirt sold will go to an anti-bullying foundation.

"When I told him that his design was being made into a real shirt and people wanted to wear it, his jaw dropped," said Snyder. "He had a big smile on his face, walked taller, and I could tell his confidence grew today!"

Although Snyder kept the student's photo and name private, she shared a note written by his mother on Facebook. "I am overwhelmed by the love I feel from this extended community and the pride I feel for my son and for being a VFL. Every comment, item sent, and action taken on behalf of my son will never be forgotten and hopefully will serve as inspiration for him throughout his life," his mom said.



Demand for the student's T-shirt was so high on Saturday that it [crashed University of Tennessee's online shop](#).

Randy Boyd, interim university president, even chimed in, [tweeting](#) that he was "touched" by the student's story and "loved his imagination behind designing his own shirt."

[https://www.cnn.com/2019/09/07/us/bullied-student-university-of-tennessee-shirt-](https://www.cnn.com/2019/09/07/us/bullied-student-university-of-tennessee-shirt-trnd/index.html?fbclid=IwAR3A1ZRLcrEGVJGCMw07mSsM3jhx4tg7jyo8F0k2xdoecWlz5iy5MfAgFAc)

[trnd/index.html?fbclid=IwAR3A1ZRLcrEGVJGCMw07mSsM3jhx4tg7jyo8F0k2xdoecWlz5iy5MfAgFAc](https://www.cnn.com/2019/09/07/us/bullied-student-university-of-tennessee-shirt-trnd/index.html?fbclid=IwAR3A1ZRLcrEGVJGCMw07mSsM3jhx4tg7jyo8F0k2xdoecWlz5iy5MfAgFAc)

Elementary Art Class Projects



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