



September 2015
Volume 2, Issue 2

The Paulding Pulse

ARE YOU READY FOR SOME FOOTBALL?

In August, the Paulding County Rotary Club hosted the 4th Annual Pigskin Preview. Originally the brain-child of Club President Ford Thigpen and East Paulding High School Principal Jason Freeman, the event serves as a kickoff to the fall football season.



In his opening speech, Mr. Freeman recognized the dedication each student-athlete puts into his team, but also talked about the qualities he sees in the district's head football coaches.

"They're about creating great young men, not just football players," Freeman said. "One of the lessons they teach is: how you respond to the hard knocks on the field will translate how you will respond to the adversities life brings."

A coach from each high school introduced several of their players, many of which maintain high GPAs and are involved in more than just the football team.

Quotable Moments from the Coaches:

"Our kids have worked extremely hard to prepare for this season. I know they're going to perform really well, and represent our community well." -David Hines, North Paulding High

"We emphasize the importance of competition, and we tell them 'someday you're going to leave school and have to compete for a job. You're going to have to compete for your bride. There are others out there wanting the same things you want. We talk about the importance of competing against yourself first, then your team—push your teammates to be good citizens, run a little faster—and finally competing against your region." -Ed Koester, South Paulding High

"You hear about 'kids these days' and everyone is trying to cut them off at the knees. I'm here to tell you: we're in good shape. We have a ton of great kids out here." -Chris Brown, Hiram High

"If your kids are [out in the community] doing the right things, that's the greatest victory a head coach can have." Scott Hamilton, Paulding County High

"Our team looks a lot like our field right now. We've got a lot of loose ends to tie up, but it's coming together." Jon Lindsey, East Paulding High

We're looking forward to a great season on the field!

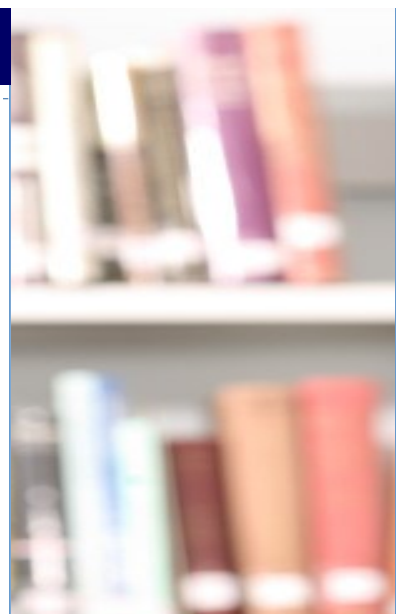
STAY CONNECTED WITH PAULDING COUNTY SCHOOL DISTRICT

 Paulding County School District

 @pauldingboe

 Positively Paulding blog (www.paulding.k12.ga.us)

The mission of the Paulding County School District is to prepare
ALL students for success today and tomorrow.



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UPCOMING DATES:

SEPTEMBER 2: 2-HOUR EARLY RELEASE

SEPTEMBER 4: PROGRESS REPORTS GO HOME

SEPTEMBER 7: LABOR DAY (SCHOOLS & OFFICES CLOSED)

SEPTEMBER 21-26: FALL BREAK

SPOTLIGHTING OUR PARTNERS IN EDUCATION

Thanks to the following companies for sponsoring meals for our teachers and administrators during our preplanning weeks.



Thanks to all of our Partners in Education!



FROM THE SUPERINTENDENT'S DESK...

Already a month of this school year is in the books! Now is a great time to explore all the resources we have for parents to help students with their work. Parents of elementary school students will find new math resources available to them this year. Some of our teachers took a few days this summer to make videos that walk you through the strategies your children are learning. You'll find these videos on the [Math Practice for All Ages and Grades](#) page on our website. We also have other math resources available for middle and high school students. I hope you will find these informative and helpful, and we would love your feedback on any future resources you would find helpful.

Just in time for the 2015 football season, the new artificial turf fields at East Paulding High and Paulding County High have been completed. The durability of these fields will allow much more than just football practice. They can be used year-round for P.E. and all other extracurricular activities, rain or shine, without any risk of damage to the field.

Construction at Shelton Elementary is on schedule. You can see the new 38 classroom addition taking shape. We are looking forward to providing the community updates as construction progresses on our [Facilities & Maintenance](#) department webpage.

I hope each of you are having a good year so far and have a safe, relaxing Fall Break.

Cliff Cole
Superintendent

Buzz from the Board

September is...

Little League Month

School Success Month

We Observe...

Suicide Prevention Week: 2nd week

September 4: National Wildlife Day

September 5: Fight Procrastination Day

September 7: Labor Day

September 8: International Literacy Day

September 11: Patriot Day

September 13: Grandparents' Day

September 17: Citizenship Day

September 19: Talk Like a Pirate Day

September 23: Autumn Equinox

September 28: Family Day

Board Meeting Dates:

September 8 – 6:15pm

September 14 – 8:00pm
***Called Board Meeting**

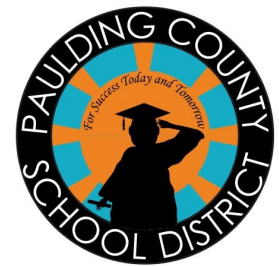
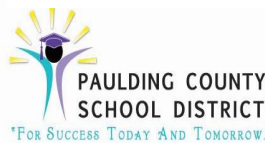
September 29 – 8:30am

At its evening meeting on August 11th, the Board of Education met the two students who won last Spring's logo contest. The District asked students to submit their ideas for a new district logo. Two students submitted similar designs and were named co-winners.

Congratulations to Austin Kiker (Scoggins Middle School) and Khyari Green (Paulding County High School).



Austin Kiker's entries



Khyari Green's entry

Both Austin and Khyari received a 7" Android tablet, courtesy of T-Mobile, for winning the logo contest.



(L-R) Khyari Green and Austin Kiker

IMPORTANT SOCIAL MEDIA LESSONS

Written by: Suzanne Wooley, Director of Communications

Yep, we saw it. We ALL saw it. We saw how quickly a mistake can be photographed, posted online and shared over and over and over again. The grammatical error on the marquee at East Paulding Middle School on the first day of school was certainly embarrassing. But what now? What lesson can we take away from that public relations nightmare?

Many of our middle schoolers are getting their first cell phones, signing up for social media networks and beginning their online lives. Kids now live in a culture where sharing has changed the concept of what privacy means. Every time your child comments on something, posts a video, or texts a picture of themselves to a friend, they potentially are broadcasting themselves to the world. As we learned last month, their reputations can be forever harmed in the eyes of the community, the nation, even the world.

So what can you do to help your budding social(media)ite understand the risks and dangers of social media?

1. **Help them think long term.** Everything leaves a digital footprint. Whatever is created never goes away. It's up to kids to protect themselves by thinking twice about what they post.
2. **Keep private information, well, private.** Define what private means: addresses, phone numbers, and/or birth dates.
3. **Use privacy settings on your social network pages.** Encourage your kids to think carefully about the nature of their online relationships, and adjust their privacy settings accordingly.
4. **Remind kids to protect their friends' privacy.** Passing along a rumor or tagging a picture affects other's privacy. If your kids are tagged in their friends' photos, they can ask to be untagged.
5. **Remind kids that the Golden Rule still applies online.** If kids spread a rumor or talk trash about a teacher, they can't assume that what they post will stay private. Whatever negative things they say can, and probably will, come back to haunt them.

Tips from: commonsensemedia.org



The students at P.B. Ritch Middle School walk by signs urging them to be safe online and, most importantly, observe that "Golden Rule."

"I believe our posters remind everyone who sees them to truly think before they act—whether the action be to speak, text, or make a social media post," Ritch's principal, Christy Carson says. "We continually stress to our students that once you 'send' something," then it is there forever. I often tell people the saying 'sticks and stones may break my bones, but words will never hurt me' is not true—often the words sent or spoken seem to last in our memory forever while bruises fade and are forgotten."

I think a quote from my favorite movies, *Notting Hill*, sums up what I believe is the most important lesson everyone needs to learn about social media:

William (Hugh Grant): "Well, you know, it's just one day. Tomorrow, today's papers will all have been thrown out."

Anna (Julia Roberts): "You really don't get it. This story will be filed. Every time anyone writes anything about me, they'll dig up these photos. Newspapers last forever. I'll regret this forever."

Don't think you'll ever see that East Paulding Middle School sign again? Think again. I guarantee you that we'll see it at the beginning of next school year. What will your child's online story be? What will they post today that will show up again when they apply for a job?



FOCUS ON FAMILY FITNESS FUN

Written by: Kimberly Blackmon, Wellness Manager

WELLNESS CORNER

According to the CDC, "Regular physical activity in childhood and adolescence improves strength and endurance, helps build healthy bones and muscles, helps control weight, reduces anxiety and stress, increases self-esteem, and may improve blood pressure and cholesterol levels" (U.S. Department of Health and Human Services, 2012). Experts say an active childhood leads to a healthy lifestyle later and builds the foundation for the social, psychological, and mental skills needed to succeed as an adult.

In the Paulding County School District, fitness is fun! One can experience a night of laughter, dancing, and games at a Family Fitness Night at a local school. Schools, such as Nebo Elementary and Roberts Elementary, offer these events that create an exciting environment where parents and children alike are burning calories without even thinking about it. The energy at Family Fitness Night is contagious making it difficult to not join in the fun and games! Especially the dance off where parents face off against their children.



With so much fun to be had, more schools around the county, and even the country, could benefit. And those who wanted to take the initiative and put together lesson plans aren't alone. Resources such as PECentral.org offer free lesson plans for children and adolescents from preschool through grade 12. It's easy to make a list of 'activity stations' that focus on fitness (and nutrition games, too!) that the whole family can take part in. All you need is space, music, and someone to let others know when to rotate to the next station.



So, how can you get involved? Get active! Help your children develop positive attitudes toward healthy lifestyles now, and they'll be more likely to carry healthy habits with them into adulthood. Children like to model the actions of adults around them. You can be a fitness role model by becoming active yourself.

Take the initiative! All it takes is one person to get something, like fitness events, into motion. Put together a proposal of fitness ideas, potential expenses, and schedules to support your desire to incorporate more physical activity.



References:

U.S. Department of Health and Human Services. *Physical Activity Guidelines Advisory Committee report*. Washington, DC: U.S. Department of Health and Human Services, 2012.

SENSIBLE SNACKING

Written by: Kimberly Blackmon, Wellness Manager and Ashley Patterson, Life Univ. Dietetic Intern

- It is **OK** to have a snack between meals if you **ARE** hungry and choose the **right type** of snack.
- A **sensible** snack will keep you energized until it is time for your next meal.
- Avoid high sugar snacks to avoid a spike in blood glucose followed by a crash.



Choose snacks with the following components:



1. Whole grain
2. High fiber
3. Protein
4. Small amounts of healthy fats

Sample Snacks

- Raw veggies with 2 tablespoons of hummus (80 calories)
- 2-3 Unsalted Rice cakes with 1 tablespoon of peanut butter (200-250 calories)
- 1 cup of non-fat or low fat yogurt with ½ cup berries (150 calories)
- ½ cup of non-fat cottage cheese with a peach (120 calories)
- ¼ cup mix of almonds, cashews, pistachios (200 calories)
- Apple slices or 10 whole grain crackers with 1 tablespoon of peanut butter (190 calories)
- Whole grain granola bars (150 calories)
- ¼ cup of sunflower seeds (170 calories)
- 1 low fat string cheese and a piece of fruit (140 calories)
- Small bowl of oatmeal or whole grain cereal with skim milk and fruit (250 calories)



Healthy Snacking!

Snacking is **NOT** the enemy!

Choosing the **right types** of snacks will keep you full and energized to complete your daily tasks well, have energy for after work activities, and keep your metabolism revved up to aid in weight loss or maintenance.

Crazy, Curly Broccoli Bake Preparation time: 25 minutes

Ingredients:

- ½ cups whole wheat corkscrew pasta, dry
- 3 cups broccoli, frozen, chopped
- 1 10.5-oz. can low-fat cream of broccoli soup, condensed
- ½ cup skim milk
- 2 tablespoons plain bread crumbs
- ¼ teaspoon salt-free seasoning blend

Each serving provides: An excellent source of vitamin C and fiber, and a good source of vitamin A, folate and magnesium.

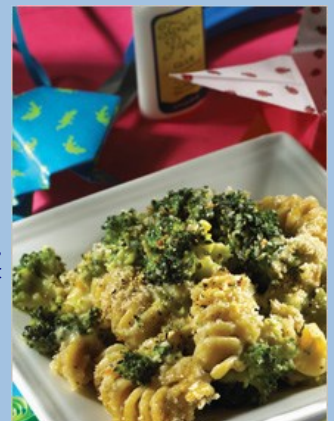
Instructions:

1. Preheat oven to 350°F.
2. Cook pasta according to package directions.
3. Place frozen broccoli in large microwave safe and oven proof dish and cook for 2 minutes on HIGH.
4. Coarsely chop cooked broccoli.
5. Mix soup with skim milk, and add to chopped broccoli.
6. Add cooked pasta and mix. Top with bread crumbs and seasoning blend.
7. Bake in oven for 10-15 minutes until heated through.

Serves: 6

½ Cup of Vegetables per Serving
Fruit and/or Veggie Color(s): Green

Nutrition Information per serving: calories: 164, total fat: 2.2g, saturated fat: 0.6g, % calories from fat: 11%, % calories from saturated fat: 3%, protein: 8g, carbohydrates: 31g, cholesterol: 2mg, dietary fiber: 5g, sodium: 351mg



Xtreme Family Field Day

Xtreme Family Field Day is back! The 2nd annual Xtreme Family Field Day will once again focus on education, fitness and FUN! The day begins with a 5K and Fun Run, and then transitions into our Xtreme 10-event obstacle course. After completing that challenge, head over to the carnival to enjoy food, bounce houses, games and the excitement of competition. Participants and spectators can also enjoy performances from various school and county clubs and organizations.

Monies raised from Xtreme Family Field Day directly support schools in Paulding County by funding the \$2,500 grants requested by each school. That totals more than \$82,000!

Join us for Xtreme Family Field Day on September 12th at Veterans Park (next to the Watson Government Complex) in Dallas.



TIPS FOR BETTER STUDY HABITS

Homework. It's a reality for students. But most kids would rather be doing other things, which can make it hard to concentrate and not get distracted.

Here are a few tips to help your student improve his or her study habits:

Find the right environment

Procrastination and distraction are the two common enemies when it comes to homework and studying. If you truly want to spend as little time as possible on your work, prepare the environment so it is free from distractions.

A bedroom, while comfortable, might not be the most productive place to study. Try the dining room, kitchen, or even create a special workspace that is free from distractions.

Get comfortable

But not too comfortable! Lying on a bed with your books isn't going to be the most conducive to a productive study session. Make sure the temperature is just right. Too hot, and you'll get sleepy. Too cold, and you'll be uncomfortable.

Avoid distractions

Clear your mind of any other distractions, like your chores, returning phone calls and texts, etc. Turn your cell phone off, or leave it in another room altogether. Having all of these things out of the way will free your mind of these distractions enabling you to stay focused on your work.

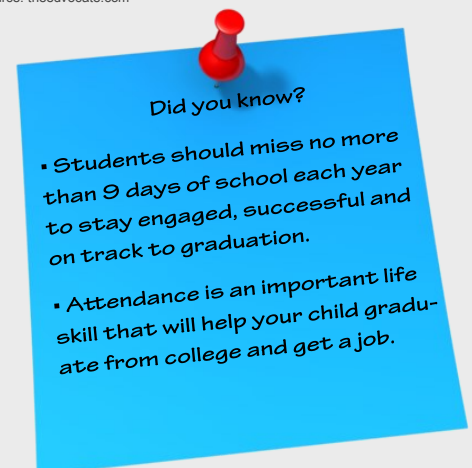
Make sure that you are not tired when it is time to study as you will not be able to make the best use of your time, and your ability to retain the information you are studying will be hampered. Take regular breaks to reenergize your mind.

Playing music

Music can either distract you or put you in the mood to study. Various research has been carried out with differing results, but the general option is that light background music can actually improve memory retention. Loud, heavy music is not recommended. It has been shown to decrease a person's memory retention.

Effective study is all about self discipline and finding the correct environment which suits your style of studying. Not all people are the same, so you really do need to work out what works best for you. When you do find something that works, try to duplicate it.

Source: theedvocate.com



Did you know?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Attendance is an important life skill that will help your child graduate from college and get a job.

PAULDING TEACHER NOMINATED FOR NATIONAL AWARD

Paulding County High School's Marc Pedersen is a state finalist for a prestigious national award.

Mr. Pedersen, a science teacher for the Academy of Science, Technology and Medicine, is one of Georgia's finalists for the "7th through 12th Presidential Award for Excellence in Science Teaching."



All the state finalists for the award are forwarded to a national selection committee composed of science educators, teachers and past awardees. If chosen as a PAEMST awardee, Mr. Pedersen will be notified by the White House, receive \$10,000 and be honored at various ceremonies in Washington, DC.

This would not be Mr. Pedersen's first honor. He was the Paulding County School District Teacher of the Year for 2013-2014. He went on to serve as Georgia's Teacher of the Year in 2015.

Congratulations, Mr. Pedersen!

FREE MICROSOFT OFFICE 2013

The Paulding County School District is very excited to have the opportunity to offer the Microsoft Office 2013 suite to all Paulding County students FREE OF CHARGE!

Through the support of Microsoft, we are able to offer five copies of the Microsoft Office 2013 client for each faculty and staff member (may download on five personal computers) and five copies of the mobile app for MS Office (may install on five personal mobile devices). Each copy can be installed on a variety of devices and platforms.

To get started, go to: <https://products.office.com/en-US/student>

Click on "Find Out More," then "Find Out If You're Eligible." From there, enter your student's student ID (lunch number) + @paulding.k12.ga.us. (ie. 12345@paulding.k12.ga.us).

Passwords are as follows:

Middle and High School students: Use the password your student uses to login to the computer at school.

Elementary students: The password is set to the student ID number (lunch number)

You can find step-by-step directions in the "Find It Fast" section of the District's website.



"A person who never made a mistake never tried something new."

- Albert Einstein

TRANSITION TUESDAYS

There are many exciting opportunities coming up to learn about the transition from high school to post-secondary life. We explore these in our monthly "Transition Tuesdays" meetings.

September's Topic:
Everything You Need to Know about Going to College
September 15th
Hiram High School Cafeteria
6 to 8 p.m.

Childcare and dinner are provided with an RSVP. If you want to receive meeting reminders and updates via text message, please sign up for the Transition Parent Group. Text @pewittpcsd to 81010. You can opt-out of messages at any time by replying "unsubscribe @pewittpcsd." If you have trouble using 81010, try texting @pewittpcsd to 470-235-4271 instead.

For a complete look at this year's Transition Tuesdays lineup, go to: <http://www.paulding.k12.ga.us/site/Default.aspx?PageID=373>

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VISION

The vision of the Paulding County School District is to provide a safe, healthy, supportive environment focused on learning and committed to high academic achievement. Through the shared responsibility of all stakeholders, students will be prepared as life-long learners and as participating, contributing members of our dynamic and diverse community.

