

# The Buzz

Volume 1  
September 14, 2005

## The 2005-06 newspaper staff

Haleigh Richards, newspaper editor; Ryan Harper, Donovan Castillo, Cecilio Chavez, Marty Dial, Allison Layton, Chelsey Cline, Jerry Smith, Montana Steinbock, Amber Synatschk, Britney Bryant, and Adrian Gonzales.

These students will be submitting "The Buzz" twice a six weeks and articles for the Sudan Beacon News every week.



**Due to the re-organization of The Sudan Beacon News, the staff of "The Buzz" will be submitting news stories through the newspaper. It is the intention of the staff to provide information in this newsletter about upcoming events, the lunch menu, relevant information for all students, and a few entertaining articles. Catch the student-written articles in The Sudan Beacon News in the School Section.**

**Haleigh Richards, newsletter and newspaper editor**

## TEACHER SPOTLIGHT

by Britney Bryant

*The feature teacher for this week is Mrs. Jana Synatschk. She graduated from Sudan High School in 1973 and graduated from Texas Tech University. She later received her master's from West Texas A&M University. Her favorite part about teaching is when students are successful in learning the concepts and now passing the TAKS. In her spare time, Mrs. Synatschk loves to shop for antiques and is crazy about water sports.*



### **THE PRINCIPAL'S CORNER**

School has gotten off to a great start and is running very smoothly. You as parents and your children are to be commended for a great first three weeks of school. Some upcoming events that you need to be aware of are: 1) SPIN meeting on Monday, October 3, 2005 @ 6:00 p.m. 2) Herrf Jones representative meeting with juniors and seniors on Wednesday, October 5, 2005, to decide on graduation invitations and class rings 3) Downtown pep rally on Thursday, October 6, 2005 @ 8:00 p.m. 4) Herff Jones rep. meeting with seniors and juniors to take orders for invitations and class rings on Friday, October 7, 2005 and 5) Parent/Teacher conferences on Monday, October 10, 2005, which is a school holiday for students. Please look closely at the enclosed calendar for other activities going on at Sudan High School during the upcoming weeks. It is VERY IMPORTANT that you read the enclosed letter about the updating change to the Sudan ISD drug testing policy concerning a student refusing to give a specific type of biological sample. If you have any questions concerning this updating policy or any concerns at all, feel free to call me at 227-2431 ext. 113.

Enjoy the Buzz!  
-Mr Davis

### **FUN WEBSITES**

By: Adrian Gonzales

Here are some helpful internet sites for you to explore if you are in need of financial aid or scholarships:

[www.collegeaidaward.com](http://www.collegeaidaward.com)  
[www.fastweb.com](http://www.fastweb.com)  
[www.collegesource4u.com](http://www.collegesource4u.com)  
[www.meritbadge.com/mb/100.htm](http://www.meritbadge.com/mb/100.htm)

### **CALENDAR OF EVENTS**

Sept. 15	JH & JV Football @ Petersburg, 5-8 pm
Sept. 16	Open Date for Varsity
Sept. 17	Cross Country Meet @ Olton
Sept. 22	JH & JV Football vs. Sundown, here, 5-8 pm
Sept. 23	Pep Rally Switch 8th & 5th, 3:30 pm Varsity Football vs. Sundown, there, 7:30 pm
Sept. 24	Cross Country Meet @ Lubbock South Plains Fair Ag Mechanics @ Lubbock All-Region Choir Tryouts @ Lubbock
Sept. 29	JH & JV Football vs. Anton @ Sudan
Sept. 30	End of 1st Six Weeks Pep Rally Switch 8th & 4th Varsity Football vs. Iraan @ Lubbock, 7:30 pm
October 1	South Plains Fair @ Lubbock--Heifer/Steer Show Cross Country Meet @ Sundown
October 3	Begin 2nd Six Weeks FCCLA Workshop @ Friona, 3-6 pm SPIN Meeting, 6-7 pm
October 5	Herff Jones Meet With Seniors and Juniors
October 6	JH & JV Football vs. Farwell, here, 5-8 pm Downtown Pep Rally, 8-9 pm
October 7	Herff Jones Take Orders from Srs. & Jrs. Pep Rally, 3:30 pm Varsity Football vs. Farwell, there, 7:30 pm
October 8	Cross Country Meet @ Plains
October 10	School Holiday, Parent/Teacher Conference School Board Meeting @ 7:30 pm
October 12	PSAT Test--Jrs. and Soph.
October 13	Career Expo @ Lubbock--Seniors JH & JV Football vs. Bovina, there, 5-8 pm
October 14	Pep Rally, Switch 8th & 7th, 3:30 pm Football Supper, FCCLA, 4:30-6:30 pm Varsity Football vs. Bovina, here, 7:30 pm
October 15	Band Marching Festival @ Plainview Cross Country Meet @ Canyon
October 17	School Picture Retakes
October 18	TAKS English Retest--EXIT Level
October 19	TAKS Math Retest--EXIT Level Ulisses LEARN
October 20	TAKS Science Retest--EXIT Level JH & JV Football vs. S-E, here, 5-8 pm
October 21	End of 2nd 3 weeks TAKS Social Studies Retest-EXIT Level Pep Rally, Switch 6th & 8th, 3:30 pm Football Supper to Go, NHS, 4:30-6:30 pm Varsity Football vs. S-E, there, 7:30 pm
October 22	Band UIL Marching Contest @ Plainview
October 23	District 4-A Cross Country Meet @ Lubbock
October 26	Plan Test--Sophomores
October 27	JH & JV Football vs. Nazareth, here, 5-8 pm
October 28	Pep Rally, Switch 5th & 8th, 3:30 pm Varsity vs. Nazareth, there, 7:30 pm
October 29	Band UIL Area Marching Contest @ Lubbock

## COUNSELOR'S CORNER

Dates-

Oct. 12- PSAT (National Merit Scholar competition for juniors; practice for sophomores)

Oct. 13- Career Expo in Lubbock for seniors

Oct. 18-21- Retest for Exit TAKS

Oct. 26- PLAN (pre-ACT for sophomores)

ACT Testing Dates 05-06

“www.act.org” to register online

10/22/05 ,register by 9/16/05, regular deadline

12/10/05, register by 11/04/05, regular deadline

2/11/06, register by 1/06/06, regular deadline

4/8/06, register by 3/03/06, regular deadline

6/10/06, register by 5/05/06, regular deadline

SAT Testing Dates 05-06

“www.collegeboard.com” to register online

11/05/05, register by 9/30/05, regular deadline

12/03/05, register by 10/28/05, regular deadline

1/28/06, register by 12/22/05, regular deadline

4/01/06, register by 2/24/06, regular deadline

5/06/06, register by 4/03/05, regular deadline

6/03/06, register by 4/28/05, regular deadline

Enclosed as a page on “Coping with Traumatic Events” with tips for parents working with children that experience trauma.

## Fashion Kudos!

by Amber Synatschk

**Girls!! Your latest fashion trend is the Gaucho Pant. You can dress them up with a frilly, nice top or dress them down with a plain old T-shirt. They come in so many colors; you can wear them with anything and at any-time.**

**Guys!! Your style is jeans that look like you just finished working on your car: torn, faded, grungy, and frayed. They're great for all seasons.**



## Cross Country Report

by Montana Steinbock

Saturday, September 10, Sudan cross-country runners competed in a meet at Morton. The varsity girls' team consisted of Montana Steinbock, Skylar Sowder, Shayla Scisson, Brittany Williams, and Amber Synatschk. Montana placed 5th; Skylar placed 8th; Shayla placed 22nd; Brittany placed 19th; and Amber placed 33rd. The team finished placed 3rd overall.

The varsity boys also ran. Runners consisted of Brandon Gilliam who placed 14th, Mathew Montoya who placed 17th, William Perez who placed 19th, Carson Brierman who placed 20th, Donovan Castillo who placed 23rd, and Ramiro Agundiz who placed 24th. The team placed 3rd overall.

The JV boys were Cecil Chavez who placed 16th and Logan Lance who placed 15th. JV girls were Lanisha Rosemond who placed 8th.

JH girls were Mariah Steinbock who placed 4th, Petrik Vanderlei who placed 13th, Marlynke Vanderlei who placed 22nd, and Jaci Helton who placed 24th.

## Lunch Menu for the Week of Sept. 19-23

Monday: Breakfast--peanut butter and Texas toast;  
Lunch--BBQ sandwiches, chili beans, corn, and peach cobbler

Tuesday: Breakfast--waffles and sausage;  
Lunch--taco salad, garden salad, refried beans, applecrisp, and corn bread

Wednesday: Breakfast--breakfast burritos  
Lunch--ham & cheese hoagies, lettuce, tomatoes, fruit, oven wedges, and a cookie

Thursday: Breakfast--pancakes and sausage  
Lunch--enchiladas, pinto beans, garden salad, cupcakes, and fruit

Friday: Breakfast--cinnamon rolls  
Lunch--chicken nuggets, creamed potatoes, green beans, hot rolls, and fruit

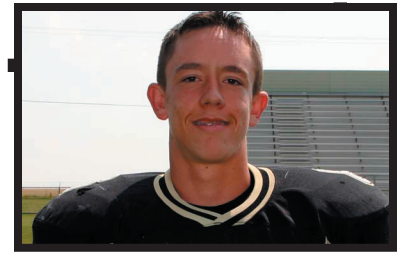
Breakfast served with fruit juice and milk

Lunch served with assorted milk.

# PLAYERS OF THE WEEK



**DJ Robertson**  
*Offensive Player--Olton Game*  
*Offensive Player--Plains Game*



**Bubba Roberts**  
*Scout Team--Olton Game*  
*Scout Team--Vega Game*  
*Scout Team--Plains Game*



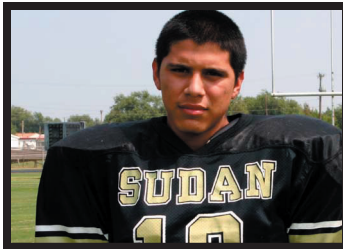
**Noel DeLaRosa**  
*Defensive Player--Olton Game*  
*Defensive Player--Plains Game*



**Elisha Quick**  
*Offensive Player--Vega Game*  
*Offensive Player--Plains Game*



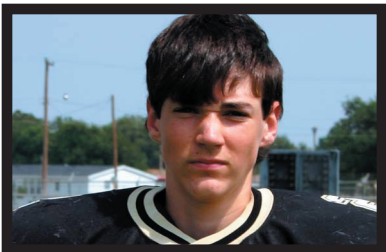
**Ryan Harper**  
*Offensive Player--Vega Game*  
*Offensive Player--Plains Game*



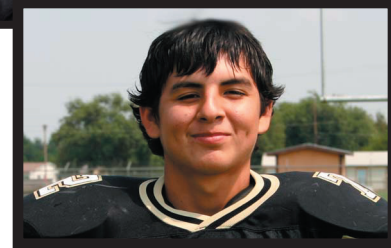
**Jose Sital**  
*Scout Team--Vega Game*



**Daniel Cruz**  
*Defensive Player--Vega Game*



**Landry Gunter**  
*Defensive Player--Vega Game*

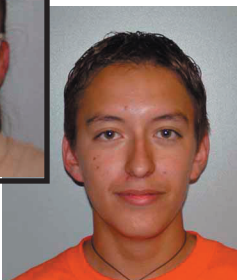


**Marty Dial**  
*Defensive Player--Plains Game*

## BAND MEMBERS OF THE WEEK

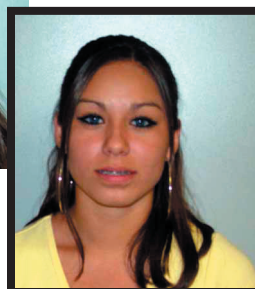
### Olton

*Mercedes Enriquez-cymbals*  
*Ramiro Agundiz-clarinet*



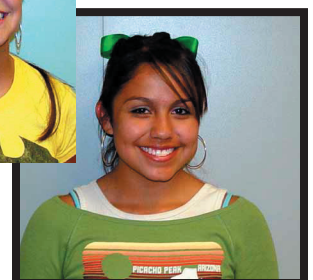
### Vega

*Evy Armendariz-flute*  
*Karla Alcaraz-flute*



### Plains

*Haylee Swart-french horn*  
*Monique Castillo-flute*



## Coping with Traumatic Events

### Special Comments for Parents and Caregivers

1. Don't be afraid to talk with your child about these events. Be open, honest, clear and accurate. Children do not benefit from 'not thinking about it' or 'putting it out of their minds.' It is important, however, how you talk about this. Your children will hear some of your conversations with friends, family and your spouse. They may be hearing some of what is on the news because you have on the TV. It is important to make sure that you talk with your child. You should be the healthy filter of information for your child.
2. Find out what your child thinks and feels. An important first step in talking with your child is to find out what they have heard and how they feel about that. Young children often make false assumptions about the causes of major events. Often these distortions will magnify his or her sense of fear and make your child more likely to have persisting emotional or behavioural problems. Correct their misperceptions with simple, age-appropriate explanations.
3. Take your child's lead on when, what and how much to say. After you have some sense of what your child knows and how they feel, gauge your answers to their concerns. You do not need to be too detailed or comprehensive. In fact, you may find that the child just acts disinterested or seems to ignore what you are saying. If you let the child control when you discuss this – directed by their questions – you will find that you will have many, many short discussions and not one "big" talk. These little discussions make it easier for the child to digest this huge emotional meal.
4. Don't feel that you have to have all the answers. Some aspects of this will forever remain beyond understanding. You can explain that you just don't know – and that sometimes we will never know why some things happen. Help teach them that hate can lead to senseless cruelty. If your child sees that you struggle to make sense of this, their own struggle to do so becomes easier. And when they see you continue to be a solid and caring parent – even when you don't have the answers - they actually feel safer. The unknown becomes a less frightening thing.
5. Reassure your child. Many children – and many adults - are frightened. Reassure your child. Your home and community are safe. Steps are being taken to make things safer. Remind them that only a few hateful people did this.
6. Limit your child's exposure to media coverage. Watching the images of this over and over only won't help your child. In fact, it may make this worse for them. Young children are very vulnerable to this. Children six and under may actually think that there have been hundreds of buildings collapsing. If they do watch the news, watch with them and then discuss it. Ultimately, the goal is to decrease the traumatic power of these images and that is very difficult when the images permeate the media.
7. Resume normal patterns of activity at home as soon as possible. It is helpful to keep routines. If these events disrupt the family structure, events it can be even more disturbing for children. The sooner there is a familiar structure and predictability to your child's life, the sooner she or he will feel safe. When traumatic events disrupt a child's life, the harder it is to recover.
8. Anticipate some "regressive" behaviours following traumatic events. When children feel overwhelmed, confused, sad or fearful, they will often "regress." And so do adults. You may see a variety of symptoms in your child: these include anxiety (or fearfulness), sadness, difficulty concentrating, sleep problems, increased impulsivity or aggression. These symptoms are usually short-term (days or weeks) and tend to resolve with reassurance, patience and nurturing. When children feel safe, they will be most likely start to "act their age."
9. Some children will be more vulnerable than others. Not all children will react to these events in the same way. Some children may seem disinterested and no changes in their behaviours will be noticed. Other children may have profound symptoms that seem out of proportion to their real connection to these events. We can not predict how a given child will react but we do know that children

with pre-existing mental health or behavioural problems are more likely to show symptoms. We also know that the closer a child is to the actual traumatic event (i.e., if a loved one was injured or killed) the more severe and persisting the symptoms will be.

10. Your reactions will influence your child's reactions. Your child will sense emotional intensity around them and will mirror your emotional responses and interpretations. Younger child will try to please you – sometimes by avoiding emotional if they sense that it may upset you. Try to gauge your own sense of discomfort and directly address this with the child. It is reassuring to children that they are not alone in some of their emotional upset. Make sure they hear, many times, that even though it may be upsetting it is still important to share feelings and thoughts with each other.

11. Don't let anger be misdirected. A major mistake following these events would be to let hate win. Don't let your frustration, anger and rage be misdirected.

12. Don't hesitate to get more advice and help. If you feel overwhelmed or if you see persisting problems with your child don't hesitate to reach out for help. In most communities there are professionals and organizations that can answer your questions and help you get the services that you need.

Information taken from article by Bruce D. Perry, M.D., Ph.D. Dr. Perry an internationally-recognized authority on children in crisis. In addition, Dr. Perry serves as the Senior Fellow of the ChildTrauma Academy. Both a clinician and a researcher, Dr. Perry has been consulted on many high-profile incidents involving traumatized children including the Branch Davidian siege in Waco and the Oklahoma bombing.

Distributed by

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