Prom tickets will go on sale Monday April 16-20th during all three lunches in the mail. $28.00 for one and $56.00 for two.
PTSA Update
From the PTSA President
The PTSA’s BIG EVENT, After Prom, is April 21st!! We need help in so many ways to pull off an event this big. Please see below for the ways you can be a part of it!

Please join us at our last PTSA Meeting May 2nd, 3pm in the NW Library. We will celebrate some PTSA awards. If you would like to nominate someone for a PTSA Spirit Award or Honorary Life Membership, please contact me!

Thanks for supporting PTSA! Sara Crafton, SMNW PTSA President
smnwptsa@gmail.com

After Prom Committee
SMNW After Prom - Classic KC
We are going to have one amazing party for the juniors and seniors (and their dates) at After Prom! This is a fun-filled evening for the juniors and seniors even if they don’t attend the actual Prom. The evening includes music, snacks, carnival games, inflatables, casino games, and of course lots of PRIZES!

Ticket sales will be available April 17-20 during lunches. Advance purchase tickets are $10 and include a free t-shirt. Tickets will be $15 at the door. Plan ahead and purchase your tickets ahead of time to ensure you get a shirt!

We are still in need of donations of cash or prizes! You can follow the link to see the items we are still in need of:

Prize Signup: http://www.signupgenius.com/go/508094bafac22a46-afterprom2

Donations of small items, gift cards or checks can be sent to: SMNW, ATN: PTSA After Prom, 12701 W. 67th Street, Shawnee, KS 66216. Contact Heidi Winkelmolen at hwinkelmolen@gmail.com to arrange for pick-up of larger items.

In addition, it takes LOTS of parent volunteers to make it a successful, fun-filled evening! All parents are invited to volunteer, even if your student isn’t a junior or senior. It’s a great way to see firsthand what After Prom is all about. You can sign up at:
Volunteer Signup: http://www.signupgenius.com/go/508094bafac22a46-2018

Congratulations to the After Prom poster design contest winners!
- Jonathan Ramos-Tecorral
- Kyle Harris
- Alyssa McDonald

Thank you for helping keep our kids safe by making our 2018 After Prom a night our students will remember!
Lisa Johnson, After Prom Chair

More Volunteer Opportunities
After-Grad Party
We are looking for a chair for this event. The venue has already been confirmed at Power Play on May 17th, so it’s mostly coordinating volunteers for the event. If you’re interested, please email PTSA at smnwptsa@gmail.com.

Staff Appreciation Week
The second week in May we will celebrate our wonderful, hard-working staff during National Teacher Appreciation Week. Help PTSA show our entire staff how much their efforts are appreciated – see signup below!

7th- Mexican Meal
http://www.signupgenius.com/go/5080948AAA923A5FA7-staff3

You can also visit our volunteer page on our website for active signup links: http://www.smnwptsa.org/volunteers.html

Legislative Update
The Kansas Supreme Court Gannon 5 decision last summer said that the school funding formula was inadequately funded, and contained 4 points of Constitutional inequity.

General consensus among those across the education community was that around $600-$700 million in new funding, phased in over about 3
years would likely address funding inadequacy, but there was pushback from those who didn't want to add this kind of funding.

Lawmakers said that courts required them to "show their work", so House & Senate leadership commissioned another study, rather than adjusting the most recent one done in 2006 for inflation.

The recent Lori Taylor / WestEd study found that Kansas has some of the most efficient schools in the nation, averaging a rate of over 96 percent! The study also found that outcomes such as graduation rates and test scores are inextricably linked to funding. To meet Kansas Department of Education and Federal ESSA outcomes, around $1.7-$2.1 billion of new money is needed to meet those targets. This affords the state of Kansas the flexibility to invest in the success of our students when evaluated overall.

The state of Kansas has set lofty goals. Legislators have discussed the need for a responsible, long-term solution that won't leave the rest of the needs of Kansas behind. This requires funding K12 education and the rest of the budget over time.

For a deeper dive into school finance history, here are some articles we recommend:

"Learn The History Behind ‘Rose Standards’ Central To Kansas School Funding Fight"
By Celia Llopis-Jepsen

"The ABCs of school finance: How we got here and where we go next"
by Peter Hancock
March 27, 2016

"History of School Finance" by Shawnee Mission School District
http://budgetfinance.smsd.org/pages/history.aspx

Thanks, and as always feel free to reach out to me & SMAC-PTA leadership with questions or concerns!

Devin Wilson
PTA Legislative Chair

Discount for SMNW PTSA Members
The Shawnee Mission Post is offering a discounted subscription to anyone involved with an SMSD PTA. You can get $15 off your first year with the discount code SMSDPTA. This is the link:
https://my.shawneemissionpost.com/cmc/subscriber/p/2#online-only

Shawnee Mission Northwest Annual Plant Sale
The Environmental Education classes have been very busy growing and learning about different types of plants in class! Please come visit the greenhouse to purchase your spring plants to help our program continue this great tradition. At the greenhouse sale, you will find many varieties of tomatoes and peppers, herbs, many types of annuals, all kinds of perennials for shade and full sun flowerbeds, and beautiful hanging baskets! Cash, check, debit/credit cards will be accepted when purchasing your plants.

Hours and dates of the sale are:
Saturday: April 21, April 28, and May 5 from 9:00 to 6:00
Sunday: April 22, April 28, and May 6 from 11:00 to 5:00
Wednesday: April 25, May 2, and May 9 from 3:15 to 5:15

A special parent open house for currently enrolled Environmental Education students will occur on Friday, April 20 from 5:00 to 7:30.

Please contact Stacy Robins at nwrobins@smsd.org or Mike Pisani at nwpisani@smsd.org if you have any questions. Hope to see you soon!
Stuco Update
Greetings! Quarter 4 is in progress and Student Council is hard at work for our school! Here is some of the news regarding Student Council’s upcoming activities. Also, make sure to follow @TheNWStuCo on Twitter and Instagram @smnwstuco for pictures and important updates about things going on at Northwest!

Garage Sale
Stuco will be hosting the annual garage sale on Saturday, April 7 from 7:30 am – 2:30 pm in the NW cafeteria. We are currently taking donations of clothing, furniture, toys, kitchen and home decor, and other small knick knacks. (See ad in the newsletter for more info!)

Care for Community Drive
Stuco is hosting our annual school wide Care for the Community Drive to raise personal care items for the Johnson County Christmas Bureau and the Shalom House. Personal care items can be brought in to student’s 5th hour classes for the competition. All hair care, skin care, dental care products are welcome!
**Matchmaker**
StuCo has just finished up with the annual matchmaker fundraiser. The results were sold during all 3 lunches for $1, which totalled to $220.

**Presidential Elections**
StuCo had our Presidential Elections on Wednesday, February 28. The two pairs of candidates gave speeches during TCB, and students voted online. Congratulations to Dawson Mesh and Henry Fears who will be the 2018-2019 Student Body President and Vice President – They chose their Executive Board right before Spring Break, consisting of: Secretary Libby Johnson, Treasurer Henry Tomasic, Parliamentarian Peyton Carder, and Publicist Alieu Jagne.

**Dodgeball**
StuCo hosted the 10th annual Dodgeball tournament on Saturday, March 3 at 12:00 p.m. in the NW gymnasium. Six teams competed to win the tournament. StuCo raised about $360, in which all of the proceeds have been donated to the Johnson County Christmas Bureau.

**Representative Elections**
StuCo will be having the annual Representative Elections on Thursday, April 19. Contracts and Speeches will be due on April 12 by 3:00 p.m. Students can join StuCo’s google classroom with the code of hi3nt9 for more information. See Will Gross, Peyton Carder, or Sarah Dent in room 132 with any questions.

**Rock, Paper, Scissors Tournament**
StuCo will be having the annual Rock, Paper, Scissors tournament. Sign ups will start April 3-13, tournament play will start April 16-19, and the final four will compete at the prom assembly on April 20. Sign up is $1 and the proceeds will all go to the Leukemia and Lymphoma society.

**Spring Carnival**
StuCo will be hosting the annual Spring Carnival on Saturday, April 28 from 4-6 pm in the Northwest Mall. Children grades K-4 are invited to come and participate with games, contests, and cookies. We hope to see you there!

**ISC**
SMNW Student Council will be hosting the end of year banquet for all Shawnee Mission Executive Boards. Students will talk about upcoming events, share ideas, and introduce their new Executive Board.

**Important Upcoming Dates**
President Council is in May (date TBD)

If you have questions, comments or suggestions for Student Council please contact a representative or the StuCo sponsor: Sarah Dent (nwdents@smsd.org). Thank you!

**Food Service**
Did you know there are Nutrition Standards for All Foods Sold in School called ‘Smart Snacks in Schools’? The guidelines went into effect July 1, 2014. The law has specific nutrition standards for all foods and beverages sold to students outside the school meal programs; on the school campus; and at any time during the school day. This includes foods and beverages sold a la carte in the cafeteria, in school stores, at snack bars, through fundraising, from vending machines or any other venues that sell food to students – including coffee shops and bake sales. The school day is defined from the midnight before, to 30 minutes after the end of the instructional school day. For more information, please visit the Smart Snacks section of the SMSD Food Service webpage.

The Alliance for a Healthier Generation Smart Snacks Product Calculator can be used for food and beverage items to determine if they meet the nutrition standards. Print off the results page summary along with a copy of the product’s label for documentation. This documentation should be submitted to the school’s nurse to request approval for a fundraising event.

Don’t forget – if your child receives free or reduced meals, they are eligible for one breakfast and one lunch per day as part of this benefit. All breakfast and lunch meal choices are available for all students regardless of eligibility status.

The school breakfast menus, lunch menus, and other nutrition information are available on the district’s website at [http://foodservices.smsd.org](http://foodservices.smsd.org).
From the Nurse
Sun safety tips that could be lifesavers!

- Avoid the sun between 10:00am and 4:00pm, when the sun’s rays are the strongest.
- Stay in the shade whenever possible.
- Wear protective, tightly-woven clothing, such as pants and long-sleeved shorts.
- Wear a 5 inch wide, broad-brimmed hat and sunglasses, even when walking only short distances.
- Apply a liberal amount of a broad spectrum sunscreen with a Sun Protection Factor (SPF) of at least 30.
- Reapply sunscreen every two hours, even on cloudy days.
- Reapply sunscreen both before and after swimming, since the water will wash it off.
- Avoid reflective surfaces (lake, ocean) since they can reflect up to 85 percent of the sun’s damaging rays.
- Protect children by keeping them out of the sun if possible.
- See your dermatologist if you notice any change in the size, shape, color or appearance of a mole.

Compliments of your American Dermatology Associates medical staff, 913-631-6330, 6333 Long Street, Shawnee, KS.

Summer Skin Care
Cancer of the skin is the most common of all cancers. Melanoma accounts for about 4% of skin cancer cases, but it causes 79% of skin cancer deaths.

Four Ways to Protect Your Skin: “Slip! Slop! Slap! … And then Wrap” is a catch phrase for kids that works well for adults too. It reminds people to use four key methods to protect themselves. Slip! on a shirt, Slop! on sunscreen, Slap! on a hat. Wrap on sunglasses when outdoors to protect the eyes and sensitive skin around them from ultraviolet light.

Avoid tanning beds and sunlamps: Many people believe the UV rays of tanning beds are harmless. This is not true. Tanning lamps give out UVA and usually UVB rays as well. Both UVA and UVB rays can cause long-term skin damage, and can contribute to skin cancer. Tanning bed use has been linked with an increased risk of melanoma, especially if it is started before the age of 30. Most skin doctors and health organizations recommend not using tanning beds and sun lamps.

If you want a tan, one option is to use a sunless tanning lotion, which can provide a darker look without the danger (see the section, “What about tanning pills and other tanning products?”). Two other sunless tanning products, bronzers and extenders, are considered cosmetics for external use and are not thought to be harmful when used properly. These products can give skin a darker color (although in some people it may have a slight orange tinge), but they don’t offer much protection from the damaging effects of UV radiation. Even if they contain sunscreen, it would only be effective for a couple of hours. No tanning pills have been approved by the FDA.

Tips for Correct Use of Sunscreen: For maximum effectiveness, apply sunscreen 20 to 30 minutes before going outside. Be generous and use a product with a sun protection factor (SPF) of 15 or higher. About one ounce of sunscreen should be used to cover the arms, legs, neck, and face of the average adult. Less is needed for a child. For best results, most sunscreens need to be reapplied every two hours and immediately after swimming or sweating heavily.

If swimming or perspiring, don’t forget to reapply sunscreen to maintain protection. Remember that sunscreen usually rubs off when you towel yourself dry.

The UV Index Sunny Day Forecast: The UV index, 0-10, measures the amount of ultraviolet radiation reaching the ground during an hour around Noon. There’s a daily UV forecast for 58 cities, based on local conditions, which many newspapers and TV stations report. The higher the number on the scale, the greater the exposure to UV radiation. On a typical sunny spring day, the UV index will rise to high (7,8,9)
or very high (10+). For a fair-skinned person sun damage can begin in 15 minutes without skin protection.

Beyond Sunscreen: Seeking shade, wearing tightly-woven clothing, and avoiding the sun from 10 to 4 are excellent ways to protect yourself from sunlight and skin cancer. Some people think about sun protection only when they spend a full day at the beach or pool. But sun exposure compounds daily. It happens whenever you are in the sun--gardening, fishing, hiking, biking, going to the zoo, attending a baseball game, or going to and from your car.

How to Do a Skin Check: Dermatologists recommend doing a skin check monthly, so you'll be more likely to notice small changes and even find a skin cancer when it's still small. People with dark skin tones, need to check their palms, fingernails and feet carefully. The best time to examine your skin is after a shower or bath. Check yourself in a well-lighted room using both a full-length mirror, and a hand-held mirror. Become familiar with your birthmarks, moles and blemishes so that you know what they usually look like and then can easily identify any changes they undergo. Signs to look for are changes in size, texture, shape, and color of blemishes or a sore that does not heal. If you find any changes, see your doctor or health care provider. Also, during regular checkups, ask your doctor to check your skin.

ABCD Rule: The ABCD rule is a convenient guide to the usual signs of melanoma. Be on the lookout and notify your doctor about any changes in the following factors:

- A is for ASYMMETRY: Half of a mole or birthmark does not match the other.
- B is for BORDER: The edges are irregular, ragged, notched, or blurred.
- C is for COLOR: The color is not consistent, but may have differing shades of brown or black, sometimes with patches of red, white, or blue.
- D is for DIAMETER: The area is larger than 6 ml (about ¼ inch -- the size of a pencil eraser) or is growing larger.

The most important warning sign for skin cancer is a spot on the skin that is changing in size, shape, or color over a period of one month to one or two years.

SHAWNEE MISSION NORTHWEST PTSA
After Prom 2018
April 21, 2018

Donation & Sponsorship Form

Contact Information:

Organization/Business: ____________________________________________

Contact Name: ___________________________________________________

Address: _________________________________________________________

City: ______________________ State: _______ Zip_________________

Phone: ___________________ E-mail _________________________________

Description of Donated Item:

________________________________________________________________

Estimated Value: $__________

Item enclosed:

Sponsorship Amount
$500  $250  $100  $50

Other amount: ___________

Item enclosed:

Please call to pick up:

SMNW PTSA is a 501(c)(3) non-profit organization. All donations and sponsorships are tax deductible and you will be mailed an acknowledgement.

Please return by April 15, 2018 to:

SMNW High School PTSA
Attn: After Prom
12701 W. 67th St.
Shawnee, KS 66216

Or contact Tina Bennett at tbennettsix@gmail.com or (816) 835-9736 to arrange for pick-up of your item.

Thank you for your support!
SMNW SPORTS PHYSICALS

ANY MALE OR FEMALE STUDENT ATHLETE NEEDING A PHYSICAL FOR THE 2018-2019 SCHOOL YEAR.

Thursday, May 10, 2018

Location: SMNW Athletic Training room in the basement
Time: 6:30 p.m. - 8:30 p.m.

Cost: $20.00
We Accept Checks or Cash
Make checks payable to SMNW Boys Basketball Booster Club

Proceeds directly benefit the boys’ basketball teams. Your support will provide funds for pregame meals, team building outings, the end of season banquet and miscellaneous expenses for the 2018-2019 season.

The PPE Physical and Concussion Forms can be found at http://smnorthwest.smsd.org
WANT A FUN OR FORMAL WAY TO WEAR YOUR COUGARS SUPPORT?

Help support your Cougars Boys Basketball teams. Your support will provide funds for pregame meals, team building outings, the end of season banquet and miscellaneous expenses.

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ORDER PLACEMENT:
We accept orders anytime of the year
Send order form and payment to SMNW Basketball Booster Club, 13931 West 76th Circle, Lenexa KS 66216 or smnwhoops@gmail.com
Checks made payable to SMNW Boys Basketball Booster Club
PayPal account smnwhoops@gmail.com. 3% service fee applies

DELIVERY OPTIONS:
**Email for local order pick up option to eliminate shipping cost.
Orders will be shipped 3-5 days from receipt of payment.

FABRIC CONTENT:
All of the neckties, bowties, and pocket squares are made from silky faille which is 100% polyester with a soft finish and a slight sheen to it.

SIZES:
Necktie is a standard men’s necktie approximately 58” long and 3” wide
Mens bowties are pretied with an adjustable neck strap
Pocket squares are approximately 10”x10” and are one sided

CUSTOM ORDERS AVAILABLE:
For more information on custom orders, contact Julie at jkendallapparel@gmail.com or 913-961-9062.
10% of all custom orders will go back to the SMNW boys basketball booster club
STUDENT COUNCIL GARAGE SALE – Accepting Donations!

SPRING CLEANING YOUR HOUSE/CLASSROOM AND LOOKING TO GET RID OF YOUR UNWANTED STUFF?! StuCo is looking for any and all DONATIONS for the Annual Student Council Garage Sale on Saturday, April 7!

WHAT CAN I DONATE?
Anything you don’t want, we’ll take it! Here are some suggestions: gently used, clean clothing of all sizes, shoes, jewelry, books, VHS/DVDs, housewares, kitchen items, bed & bath linens, toys, games & puzzles, electronics, toiletries, furniture, knick knacks, décor, sports equipment, holiday decorations, the list is endless! If you don’t need it, someone else wants it!

WHAT IF I ONLY HAVE A FEW ITEMS TO DONATE?
No donation is too small. We need your stuff. 😊

WHEN AND WHERE CAN I DROP OFF ITEMS?
Anytime from now until Fri. April 6 in the main office at SMNW. Office hours are 7 AM – 3:30 PM. Large furniture items can go directly into our storage – just call the office at (913) 993-7200 and StuCo Sponsor Sarah Dent can arrange for students to unload after school!

IS MY DONATION TAX DEDUCTIBLE?
Maybe. We cannot give you a tax-deductible form, but we can give you a receipt via email for your donated items.

I WANT TO DONATE MY LARGE ITEMS BUT I HAVE NO WAY OF GETTING THEM TO SMNW. WHAT DO I DO?
Please contact StuCo Sponsor Sarah Dent ASAP at nwdents@smsd.org to coordinate a pick-up time before Fri. Apr. 6. We usually do most pick ups the week of the sale as storage is limited.

I DON’T HAVE ANYTHING TO DONATE BUT I WOULD LIKE TO HELP OUT IN SOME WAY. WHAT CAN I DO?
Feel free to shop the sale on Saturday, April 7, from 8:00 AM to 2:00 PM. Help us spread the word on to your family and friends!

WHEN AND WHERE IS THIS AWESOME GARAGE SALE?
SMNW Cafeteria on Saturday, April 7, from 8:00 AM to 2:00 PM.

WHY ARE YOU HAVING THIS SALE?
SMNW Student Council is trying to fundraise $8,000 to send approximately 15 students to leadership camps across the country this summer.

Thanks for all of your help!

Sarah Dent, SMNW Social Sciences Teacher
CCC, StuCo, International Relations, World Regional Honors, SADD
nwdents@smsd.org and (913) 993-7227
SMNW Prom 2018

Get Your *Tux Rental* at

BE BRIDAL EXTRAORDINAIRE
12109 Shawnee Mission Parkway, Shawnee, Kansas 66216

*Whatever Your Style*

Support SMNW After Prom

Schedule an appointment by Calling or go online

Order Your Tumbler Today

Support

SMNW After Prom

20 Oz double wall construction

Stainless steel interior & exterior

Vacuum insulation technology

Keep liquids hot or cold for 6 hours

BPA-free and FDA compliant

$20

Checks Payable to:

SMNW PTSA

To Order: Send Check to: Ardely Vil, 4970 Noland Rd, Shawnee, KS 66216

Questions – Email or Text: vilfamily1997@gmail.com or 913-7076234
SMNW Drill Team Spring Dance Clinic!

Saturday, April 28th 9:00 AM to 12:00 PM

Join SMNW Cougar Classics Drill Team for our Spring Special Dance Clinic! At the clinic the students will be taught one routine. Dancers will perform the routine at our Spring Special Dance Recital on Friday, May 4th.

For Clinic

Participants: K-7th Grade
Location: SMNW Aux Gym
Cost: $30 if registered by April 21st; $35 after (cash/check made to SMNW Drill Team)
Clinic Date: 4/28/18, 8:00 - 11:00 AM
What to Wear: Please come dressed in comfortable clothes and tennis shoes (or jazz shoes).*
What We’ll Do: We will work on dance technique, have a snack, play games, and learn our dance!

For Performance

Location: Meet outside theater
Cost: Dancers + 1 Adult get in for free; adults cost $7
Performance Date: 5/4/18; please arrive at 6:30 so we can practice before
What to Wear: Clinic T-Shirt (given at clinic), black bottoms, and tennis/dance shoes.*

*Per KSHSAA rules, your hair must be up and out of your face and no jewelry (earrings, watches, hand bands on your wrist) is allowed.

Questions? Contact Kelsi Horner at kelsihorner@smsd.org

@smnwdrillteam  SMNW Cougar Classics Drill Team  @smnwdrillteam
SMNW Drill Team Spring Dance Clinic!

Saturday, April 28th 9:00 AM to 12:00 PM

Please fill out the information below and include a check ($30 if registering before 4/21, $35 after) and mail (or drop off) at the following address:

Kelsi Horner-SMNW Drill Team
12701 W. 67th Street
Shawnee, KS 66216

CHILD'S NAME: __________________________________________ GRADE: ______

SCHOOL: _______________________________________________________

PARENT(S) NAME(S): ___________________________________________

ADDRESS: __________________________________ CITY: __________ ZIP: ______

EMAIL: _________________________________________________________

CELL PHONE #: __________________________________ ADDITIONAL PHONE #: _______________________

HOW DID YOU HEAR ABOUT THE EVENT? ________________________________________________

Please Circle a T-Shirt Size

6-8 Youth Small   10-12 Youth Medium   14-16 Youth Large

Adult Small       Adult Medium        Adult Large         Adult Extra Large

Release and Waiver

I give permission for ____________________ to participate in the SMNW Drill Team Dance Clinic. My student may/may not (circle one) be photographed.

PARENT SIGNATURE: __________________________________ DATE: __________

Questions? Contact Kelsi Horner at kelsihorner@smsd.org

@smnwdrillteam   SMNW Cougar Classics Drill Team   @smnwdrillteam
A healthy weight: What works?

Weight is a challenging topic for many tweens and teens. To help your child understand how to maintain or achieve a healthy weight, share these common questions from her peers.

Q: Now that I'm a teenager, it's harder to stay thin. What can I do?
A: Adolescence brings many changes to your body, so it's not unusual to notice a difference in your weight. First, think "healthy" vs. "thin." Eat plenty of fruits and vegetables, lean protein, and whole grains, and get at least an hour of physical activity a day. These habits will help you maintain a weight you're happy with and make you healthier overall.

Q: I eat right and work out, but I'm not losing weight. Will cutting out soda really make a difference?
A: You may not realize how much what you drink affects your weight. Sugary beverages sneak in lots of extra calories—usually without any health benefits. Swapping water or nonfat milk for soda will lower the total calories and sugar you take in. Idea: Punch up plain water with frozen fruit or a squeeze of fresh orange or lemon.

Q: Should I stop eating gluten to lose weight?
A: Some people avoid gluten—found in grains like wheat and barley—for health reasons. But gluten-free breads and pastas may be just as high (or higher) in sugar, fat, and sodium as their wheat-containing cousins. Instead of eliminating any particular ingredient, it's important to focus on eating a variety of healthy foods.

A different kind of "rice"

"Riced" vegetables help your tween fit more produce into his diet—and they have fewer carbs than actual rice. Follow these steps to transform veggies into "rice."

Step 1: Break 1 head of broccoli or cauliflower into florets. Or peel 3 large carrots or 1 large sweet potato, and cut into bite-sized pieces.

Step 2: Pulse vegetables in a food processor or blender. Or grate carefully with a cheese grater. Each piece should be about the size of a grain of rice.

Step 3: Saute the "rice" with 2 tbsp. olive oil in a skillet over medium-high heat until softened, about 3–5 minutes. Add salt and pepper to taste.
Outdoors: No membership required!

Why join a gym when your family can exercise in the great outdoors for free? Here are tips for taking advantage of warmer weather.

**Make a fitness circuit.** Choose a route for a walk or run. Then, have your child list 10 things you'll see along the way and write down an exercise for each one. For example, do 10 tricep dips on every unoccupied park bench and 10 jumping jacks at each walk signal.

**Take nature hikes.** Look for trails with different terrains. A steep hill will get your teen's heart pumping and strengthen his legs. One that includes stream crossings lets him practice balancing as he steps from rock to rock. **Ideas:** During rest stops, work on flexibility while you appreciate nature. Do stretches silently, and count how many different animals you see or hear.

Should we buy organic?

My son Josh asked if we could start buying organic produce because it's healthier. I told him I wasn't sure if it was actually better for us, but I do know it's more expensive. I suggested that we do some research together.

We learned that organic produce is grown without synthetic pesticides or fertilizers. Farmers have to use certain natural products to label their fruits and vegetables organic.

That is why some people prefer to buy organic versions of produce you don't peel, such as apples, blueberries, and spinach. We're going to watch for sales or coupons and consider buying organic fruits and vegetables like those occasionally.

Start an active hobby

The word hobby may make your tween think of relaxing activities like knitting or coin collecting. But some hobbies can help your teen learn something new while staying active, too. Consider these ideas.

**Juggling.** Your teen's shoulders and arms will get a workout as she learns to keep balls in the air. She'll also work on hand-eye coordination. Suggest that she check out juggling books from the library or look up video tutorials online.

**Geocaching.** This high-tech treasure hunt lets your teen use GPS to find small hidden objects, such as charms, pens, or mini notebooks. Have her download a free app (see geocaching.com to learn how to get started). Then she can walk around your neighborhood or a park with friends to locate items other players have hidden—and leave an object for each one she takes. It's an active way to put her problem-solving skills to the test!

Awesome avocados

Avocados can be used for more than just guacamole. Containing healthy fats, this fruit has a mild flavor and a creamy texture.

**Egg-in-a-hole**
Preheat the oven to 425°. Cut an avocado in half, remove the pit, and place the halves on a baking sheet. Then, crack an egg into each crater. Bake 15 minutes, or until eggs are set. Top with salsa if desired.

**Sandwich spread**
Scoop out the flesh from 2 avocados, and puree in a blender with the juice of 1 lime and ¼ tsp. cayenne. Blend until smooth. You'll have a creamy spread to use on sandwiches instead of mayonnaise.

**“Green goodness” dressing**
Put the flesh of 1 avocado into a blender. Add 1 clove garlic, 2 chopped green onions, ¼ cup olive oil, ½ cup each chopped fresh chives and parsley, and the juice of 1 lemon. Puree until well blended. Refrigerate in a jar, and enjoy as a dip for vegetables or drizzled on salads.
The only thing secret about the Secret Samaritan Society is who we help.

The Secret Samaritan Society is a Kansas public charity dedicated to providing financial assistance to SMNW students for education and school related expenses.

Who is eligible? Any current SMNW student! There are times or moments in life when it might be a little harder to pay a test fee, buy sports equipment, purchase a calculator or attend a conference or camp. Grants generally range from $10 to $250.

What is funded? Below is a list of types of assistance that are generally funded. This list is not meant to be exhaustive, but to give you an idea of what can be funded.

- Club & sports memberships/dues/fees
- Prom, after-prom, & other dance tickets
- Sports equipment & uniforms
- Calculators
- Classroom fees
- ACT prep classes
- AP/IB Testing fees
- Summer school fees
- Bus transportation
- Yearbooks
- Camp and conference fees & travel expenses for school related clubs, classes and athletics. For example:
  - Debate trips
  - Business Professional Association conventions
  - Boys State and Girls State
  - Thespian conference
  - Journalism camp

How do you get support? Complete the application on the back of this form and submit it to a SMNW administrator or counselor. For questions, contact Susan Hartman in the counseling office.

Become a Secret Samaritan! There is no membership fee and no commitment required. All we need is your email address. An email is sent to all Secret Samaritans when a need is identified. The email shares what is needed and how much is needed, but not who needs it. If the need speaks to your heart, reply that you can make a full or partial donation. Funds are distributed promptly, fairly, generously, respectfully and quietly.

You can also attend our annual fundraiser. A fun and casual event is held in the spring to raise money for college scholarships for SMNW students. Scholarships are awarded on a combination of financial need and commitment of the SMNW student to succeed in higher education.

Remember, your support enables our students to reduce some of their stress and more fully participate in school. You provide tools to further their success and encourage their involvement. It’s simple. No matter how big or small, your donation will make a difference for a SMNW Cougar.

Email secretsamaritans1@gmail.com to join today!
Funding Request Form

Please return completed form to the SMNW Secret Samaritan Society Liaison Susan Hartman, who will submit all requests to the Secret Samaritan Society. For questions or more information, please contact Susan. Student identity will be kept confidential.

STUDENT'S NAME SHOULD ONLY BE BELOW DOTTED LINE.

Request prepared by: □ Student/Parent □ SMNW Counselor/Teacher/Administrator/Coach

SMNW Contact:
Name: ___________________________ Email Address: ___________________________

Describe the need with some detail:
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Date funding is needed by: ___________________________

$ __________ Student/family contribution (Some amount expected)
$ __________ Any additional funding (School support, Booster club, etc.)
$ __________ Amount requested from Secret Samaritan Society
$ __________ Total cost for item/activity

Entity requiring payment (Pay to the order of): ___________________________

Funding will not be made to individuals. Must be SMNW or school related organization.

Deliver payment to:
Name: ___________________________ Email Address: ___________________________

Address: ___________________________ City: ___________________________ State: ___________________________ Zip: ___________________________

FOR SMNW STAFF ONLY

Comments: ___________________________

Date Received: ___________________________

____________________________

Susan Hartman will detach below dotted line and keep on file at SMNW

Student: ___________________________ Grade: ___________________________ Date: ___________________________

FOR SMNW STAFF ONLY

□ Grant Received
Amount Awarded: ___________________________

□ Grant Declined
Reason: ___________________________

19
2017-2018 SMNW PTSA Membership Form

PTSA represents Parents, Teachers and Students at SMNW and we want you to be a part of the SMNW team! Please join us in creating great memories like After-Prom and After Grad parties, as well as supporting important service programs like Student Recognition, Citizenship and Reflections Contests, Staff Appreciation, SMNW Newsletters, Legislative Awareness, and Teacher Grant Fund. Anyone can be a PTSA member: parents, students, grandparents, teachers. Please join today!

<table>
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<tr>
<th>Membership Type</th>
<th>Qty</th>
<th>Total Due</th>
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<tr>
<td>Student Membership @ $15 each</td>
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<tr>
<td>Staff Membership @ $15 each</td>
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| Adult/Staff Name(s)             |     |
|                                 |     |
| Student Name(s) and Grade(s)    |     |
|                                 |     |
| Mailing Address                 |     |
|                                 |     |
| Phone                            |     |
|                                 |     |
| Email Address                   |     |

Please Indicate Your Volunteer Interests:
Either visit the volunteer tab on our website to fill out a volunteer interest form OR check the following options:
___ General Volunteer
___ After Prom Party
___ After Graduation Party
___ Beautification
___ Citizenship Contest
___ Reflections Contest
___ Senior Breakfast
___ SMAC PTA Clothing Exchange
___ Staff Appreciation

Please place this form and your payment in in the PTSA mailbox in the NW mailroom. You may also turn in your envelope at Registration/fee Payment or Back-to-School Night or mail to: Northwest PTSA Membership, 12701 W. 67th St., Shawnee, KS 66216.

Connect with us on Facebook (facebook.com/SMNWPTSA) and Twitter (SMNW_P TSA) or visit our website at smnwptsa.org