



# The Titan Way



Issue # 8

October 21<sup>th</sup>, 2016

## Middle School & High School Information & Important Dates

- Parent teacher conferences are coming soon, November 1<sup>st</sup> and 3<sup>rd</sup> starting at 3pm. Please visit this link to schedule your conference:
- High School: <http://www.signupgenius.com/go/4090845adaa2ca7ff2-fall>
- Middle School: <http://www.signupgenius.com/go/4090845adaa2ca7ff2-fall1>

If you do not have Internet access at home then your student will be able to sign you up at school. Just provide them with a time.

- The Second Quarter begins on October 24<sup>th</sup>, please review your kid's grades and make sure they are passing for the quarter.
- Middle School boys' basketball has started. Please make sure your son has a physical done if they were not out for football.
- FFA Fruit sales are starting this week. Please be on the look out for a FFA member to help out our local chapter.
- Girls Basketball starts November 7<sup>th</sup>, while Boys Basketball and Wrestling start on November 14<sup>th</sup>.

## Elementary Information and Important Dates

- What's going on at the GT Elementary School? Visit this link to read and see what is happening.
- <https://www.smores.com/sfvr3>
- Elementary Conferences are November 1<sup>st</sup> & 3<sup>rd</sup>. Please be on the look out for information on how to register for a time.

### Teacher Spotlight Chris Olesen

"It took five years of teaching in three different schools, but I am happy to be narrowed down in my curriculum to just high school Social Studies, while also coaching the three greatest sports- football, wrestling, and track. The things I enjoy most at GT are being around the fun, energetic, and great natured students and staff- I leave school everyday happy. I come home to a house we just bought here in Graettinger to my lovely wife Cassie who is a nurse in Spencer and beautiful 5-month-old daughter Vivienne. Woodworking is about my only other hobby, besides my family, sports, and being a devoted Hawkeye fan. I really just can't be more happy to be back home and a proud Titan!"

## Titan Athletics

The GRTA Titans finished their volleyball season on Tuesday in a playoff game at Lake Park vs. HLP. GTRA come out fighting right away vs. a good HLP team. The first set went back and forth, eventually going to HLP 25-22. HLP would then go on to win the next two matches. GTRA finished the year 7-24. The Titans will lose one senior this year: Emma Feldhacker. Emma has been a big part of the Volleyball team over her 4 years. She was a senior leader that will be greatly missed.

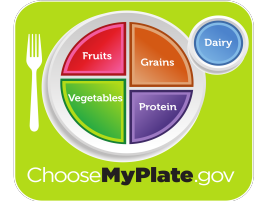
On Friday night the GTRA football team had a miraculous comeback from a 20-6 halftime vs. West Bend Mallard to win the "corn bowl" 36-26. The Corn Bowl is a newly created trophy between WBM & GTRA, which the Palo Alto County and Iowa Corn Growers Association sponsor. Although the Titans did not make it to the playoffs they ended the season with a win and a trophy for a 7-2 record on the year. The Titans will lose some talented seniors but with hard work and dedication their spots will be filled without hesitation.

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# School Wellness at GT

## October is Farm to School Month

Sodium, also known as salt, is often added to foods during processing, cooking, or at the table. While the body needs some sodium, almost everyone eats more than the body needs. Too much sodium plays a role in high blood pressure, which makes it harder for the heart to do its job.



Schools are an important player in overall national efforts to reduce the amount of salt that people eat. As such, schools participating in the National School Lunch and School Breakfast Programs will continue to reduce the amount of salt in meals by choosing lower sodium versions of foods and flavoring foods with spices and herbs. See the resources below for information about sodium limits in school meals and guidance on selecting and preparing foods with less sodium.

#GetMoving

If you would like to be involved with this committee please contact: Corey Boe @ [cboe@gt.ratitans.org](mailto:cboe@gt.ratitans.org) or Jane Brown @ [jbrown@gt.ratitans.org](mailto:jbrown@gt.ratitans.org)

#USDA

## Why Parent Teacher Conferences?

A growing body of evidence suggests that family engagement matters for student success. Research shows that family engagement improves school readiness, student achievement, and social skills. Furthermore, an increasing number of innovative approaches to education leverage and connect the many settings and times in which children learn and grow to create seamless *complementary learning* systems that place families as core partners in the learning process.

Family engagement does not happen in a vacuum. Rather, it takes the committed actions of both families and schools working together—through parent–teacher conferences as well as other forms of engagement—to support student success. Through this shared responsibility, schools reach out to and engage families in meaningful ways, and, similarly, families do their part to actively support their children’s learning and development.

### Defining Family Engagement

Research demonstrates that family engagement is a dynamic, interactive process that provides a pathway to student success. In particular, family engagement is:

1. A shared responsibility among families, community organizations, and schools.
2. Continuous throughout a child’s life, from birth through adolescence.
3. Occurring across the multiple settings and contexts in which children grow and learn.

More information can be found at: <http://kidshealth.org/en/parents/parent-teacher-conferences.html>

or <http://www.hfrp.org/var/hfrp/storage/fckeditor/File/Parent-Teacher-ConferenceTipSheet-100610.pdf>