



The Central Connection

*WE are SC—every student, teacher, class, and program
contributes to the success of Salina High School Central.*

October 2023

Central High School | Salina, Kansas

Hello Mustang Families,

Central High School students and staff are off to a great start to the school year. October 12 will be the end of the first quarter. All students will be out of school October 13. Please be sure to check Skyward for the latest updates on grades.

CHS fall sports are winding down and we look forward to seeing a number of Mustang athletes extend their season into playoffs and State competitions. Our theater, band, orchestra, and debate programs are in performance mode. We have some wonderful plays, concerts, and contests occurring this October on campus. Watch our website for more information.

Thank you to all who attended Fall Conferences and sat in on the seminars given by the Counseling Department.

Please remember to turn in your Final Forms if your student(s) is/are interested in participating in a winter sport.

CHS Administrative Team

Matt Brungardt, Tiffany Lowe, Steve Rivers, & Greg Maring

Halloween 2023



On Tuesday, October 31, students will be allowed to wear a school-appropriate costume to school. All costumes should be easily removed and have regular clothes underneath. Our staff views Halloween as a fall holiday. Our school does not support the values sometimes associated with Halloween. Safety is our number one priority. We are making memories and having fun!

Costume Guidelines

- Make-up, masks, or any other part of a costume should not cover a student's face.
- Minimal make-up that is not disfiguring is allowed.
- Costumes cannot have any knives or weapons of any type.
- All students should be identifiable.



Counseling Office News

The counseling department is partnering with the Greater Salina Community Foundation and Kansas Wesleyan University's Financial Aid department to host a Senior Parent Night. We will cover upcoming graduation related events and deadlines, scholarships 101, and all things financial aid. All Senior families are invited to attend.



Senior Parent Night

When: Monday, October 25 @ 7 p.m. - 8:30 p.m. *Please park in the north parking lot

Where: Salina Central Cafeteria

October Focus: Positive Self-Talk

October's counseling focus is **Positive Self-Talk**. Positive self-talk is an internal dialogue that makes a person feel good about themselves. The way we talk to ourselves can have a tremendous impact on who we are and what we believe about ourselves. We will spend the month sharing information such as the differences in positive and negative self-talk, tips to stop negative self-talk, the benefits of positive self-talk, ways to practice, and more. Some examples of positive self-talk include:

- My challenges help me grow.
- I forgive myself for my mistakes.
- I get better every day.
- I am enough.
- Every day is a fresh start.
- Today I choose to be confident.



A few resources to learn more include:

<https://positivepsychology.com/positive-self-talk/>

<https://psychcentral.com/health/rewiring-your-brain-for-positivity-with-gratitude#benefits-and-tips>

<https://www.delawarepsychologicalservices.com/post/10-ways-to-practice-positive-self-talk>

<https://www.medicalnewstoday.com/articles/positive-self-talk#seeking-help>



October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Calendar of Events

- 10/6 - 10/7 - Fall Play-Noises Off 7 p.m - 9 p.m.
- 10/8 - Fall Play-Noises Off 2:30 p.m. - 5 p.m.
- 10/10 - Jazz Band Concert 7 p.m.
- 10/11 - Band Marching Festival
- 10/12 - Fall Choir Concert 7 p.m.
- 10/12 - Last Day of Quarter
- 10/13 - No School
- 10/16 - Start of 2nd Quarter
- 10/17 - American Red Cross Blood Drive
- 10/17 - Orchestra Concert 7 p.m.
- 10/20 - Picture Retake Day
- 10/30 - Trunk or Treat

HOSA: Future Health Professionals Blood Drive!

Future Health Professionals will be hosting the Blood Drive this year. The Red Cross will be here at Central on Tuesday, October 17 from 9 a.m. – 2 p.m. in the small gym. Students and staff can sign up to donate with Mr. Carrizales in room 2205. Students have to be at least 16 years old to donate and need a signed parental permission form.

Salina Invitational Cross Country Meet!

On October 7, Salina Central Cross Country along with Salina South Cross Country will be hosting the Salina Invitational Cross Country meet at Bill Burke Park. Races begin at 9 a.m. with the Girls Varsity race followed by the Boys Varsity race at 9:30 a.m.; the Girls JV race at 10 a.m.; and the Boys JV race at 10:30 a.m. There will be 10 schools competing from around the state. Come watch our seniors' last home race and support all of the teams.

Picture Retake Day!

Picture retakes will take place on October 20 from 10:30 a.m. - 12:45 p.m. during the student's lunch period. An announcement will be made during lunch for any students who did not get a chance to have their photos taken or who would like a re-do, to head down to the North Concourse. A last call will be made at the beginning of M7. Students taking re-dos will need to bring their other photos back. Order forms will be available in the main office or can be made online using the link.
<https://inter-state/flyerentry/78553N>

Winter Sports - Tryouts

Winter Sport season is fast approaching! If your student(s) wants to participate in **Boys & Girls Basketball, Boys & Girls Bowling, Coed Cheer-leading, Boys Swimming, Coed VETS or Coed Wrestling**, tryouts will be on November 13! Make sure your student(s) has an up-to-date physical and has completed their Final Forms!



Student of the Week - September



8/28/2023 - 9/1/2023

Carlos Aguilar is a senior at Central High School. Carlos is a member of the Band and is a section leader! His involvement here at Central also includes playing on the Soccer team and wrestling. Carlos enjoys his teachers and classes this year so far. After he graduates Carlos would like to study to be a Doctor. In his spare time, he enjoys playing the piano.

Isaac Hamilton is a junior at Central High School. His favorite class is math with Mr. Hall and enjoys learning and problem solving. He also enjoys the study of behaviors in Psychology. Isaac is involved in the Chess Club and Gaming Club. In his free time he likes playing video games and spending time hiking, biking and running. Isaac wants to pursue a career in electrical engineering after he graduates but also has a dream of becoming an astronaut!



9/4/2023 - 9/7/2023



9/18/2023 - 9/22/2023

Madison Berndt is a sophomore at Salina Central. Madison is involved in Free Spirit Choir, a member of Theater Troupe 639, part of the Mustang Media and a Softball manager. She is also a Kansas Thespian and a part of Theater Salina. Madison enjoys her classes, her teachers and seeing her friends. After high school, Madison would like to pursue a career in Movie, TV and/or Theater Production. In her spare time Madison loves to read, sew and watch movies.

Eliana Williams is a Freshman here at Central High School. She is a member of the VET Squad as well as a part of XCEL. She is on the track team and likes throwing the shot put! Her favorite class is Advanced English with Mr. Cullins. Eliana would love to dance for KU on their dance team after she finishes high school.



9/25/2023 - 9/29/2023



Updates from Your District!

Library Policies

Library Catalog Access for Families:

Parents have access to the library materials currently checked out by their student(s). For access, parents will have their student log into Destiny, the library card catalog:

1. Go to the school's website.
2. Under the Our School tab, click on Library.
3. Under Library, click on the school's library Card Catalog tab.
4. For your student to log in, they can click the Log In button on the top right corner.
5. Next, click on the Sign in with Google button.

Process for Parental Oversight:

Library media specialists should be contacted directly if parents would like to provide expressed permission before their student checks out any book. At elementary, the library media specialist will notify parent by email or phone regarding the book the student would like to check out to get permission. At middle school and high school, the student will provide their parent with the title of the book they wish to check out. The parent will contact the library media specialist by email or phone to give permission.

Checking Out Materials and Loan Periods:

Elementary:

Students may check out books for a two week period. (The number of books a student can check out depends on the student's grade level.)

Middle School:

Students may check out 3 books for a three week check out period.

High School:

Students may check out 8 books for a three week check out period.



Upcoming

- 10/3 - Varsity Boys Soccer VS Eisenhower - 6:15 p.m.
- 10/3 - JV Boys Soccer VS Eisenhower - 5 p.m.
- 10/7 - Cross Country - Salina Invitational - 9 a.m.
- 10/9 - Freshman Football VS Andover Central - 4 p.m.
- 10/9 - JV Football VS Andover Central - 5:45 p.m.
- 10/10 - JV Boys Soccer VS Andover Central - 5 p.m.
- 10/10 - Varsity Boys Soccer VS Andover Central - 6:15 p.m.
- 10/12 - End of Quarter
- 10/13 - No School
- 10/13 - Cross Country - Salina Invitational - 10 a.m.
- 10/13 - Varsity Football VS Goddard - 7 p.m.
- 10/16 - Start of Second Quarter
- 10/17 - JV & Varsity Volleyball VS Eisenhower - 5 p.m.
- 10/20 - American Red Cross Blood Drive - 9 a.m. - 2 p.m.
- 10/20 - Varsity Football VS Arkansas City - 7 p.m.
- 10/31 - Halloween (*Students can wear costumes - see first page for details*)

Athletic Schedule is subject to change.

Visit www.avctl.org for updates

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Assistant Principals		Tiffany Lowe, Steve Rivers
Secretary		Laura Hince
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SALINA
Public Schools

#305GrowsGreatness

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