



Cougar Tails



November 2014

NORTH PUTNAM HIGH SCHOOL

P.C. FOUNDATION SCHOLARSHIPS

The Putnam County Foundation Scholarships are now available! This year the scholarship is in a new format that is completely online and very user-friendly. The online scholarship form is set up for students to fill out just one form for all scholarships-- there are over 40! Please encourage your students to start early as the deadline is January 9th. They need to ask their teachers, counselors, coaches, etc for recommendations ahead of time. The scholarship form can be found [atwww.pcfoundation.org](http://www.pcfoundation.org)

Principal
Mr. Jason A. Chew

Assistant Principal
Mr. Levi Yowell

Athletic Director
Mr. John Danaher

Guidance Counselor
Mrs. Lauren Alspaugh

Guidance Counselor
Mr. Jesse Winger

FINAL GRADE CALCULATIONS

IMPORTANT DATES

Below is a reminder on how final semester grades are calculated. If you have questions please contact our guidance department.

- November
- 19 Senior Retakes
 - 21 Pie Breakfast
 - 26 Fall Blood Drive
 - 27 9/12th Grade Seminar
 - 28/29 Thanksgiving Break

- December
- 5 Herff Jones Ring Delivery
 - 16 Finals Begin
 - 19 End of 1st Semester
 - 20 Winter Break Begins

- January
- 6 2nd Semester Begins

	Percentage of Final Grade	Example	Letter Grade
1st Nine Weeks	40%	85%	B
2nd Nine Weeks	40%	75%	C
Final Exam	20%	75%	C
Semester Final Grade		79%	C+

SPELLBOWL STATE QUALIFIERS

Congratulations to the North Putnam High School Spellbowl Team! They qualified for the state finals, which will be held at Purdue University on Saturday, November 15. Team members are: Olivia Zarate, Brittney Ault, Samantha Flannelly, Shyanne Gibbs, Coach Chase Hiland, Audri Hess, Madisyn Smith, Trae Straziscar, Kelsey Marshall, Savannah Rambis, Laurel MacGregor, Kaylee Henninger.



Tuesday, December 16th
Exam 5

1 8:15 - 9:02 47
 2 9:07 - 9:54 47
 3 9:59 - 10:46 47
 4 10:51-12:16
Lunch A 10:46-11:16
Class: 10:51-11:16
Class: 10:51-11:46
 6 12:21- 12:59 38
5 1:04- 2:34 90
 7 2:39- 3:17 38

Class: 11:21-12:16
Lunch B 11:16-11:46

Class: 11:48-12:16
Lunch C 11:46-12:16

Exam

Wednesday, December 17th
Exams 1 and 4

2 8:15- 9:15 60
1 9:20-10:50 90
 3 10:55-12:20
Lunch A 10:50-11:20
Class: 10:55-11:20
Class 10:55-11:50
 6 12:25- 12:59 34
4 1:04- 2:34 90
 7 2:39- 3:17 38

Class: 11:23-12:20
Lunch B 11:20-11:50

Class: 11:53-12:20 (57)
Lunch C 11:50-12:20 (55)

Exam

Thursday, December 18th
Exams 2 and 6

3 8:15- 9:15 60
2 9:20-10:50 90
 1 10:55-12:20
Lunch A 10:50-11:20
Class: 10:55-11:20
Class 10:55-11:50
 5 12:25- 12:59 34
6 1:04- 2:34 90
 7 2:39- 3:17 38

Class: 11:23-12:20
Lunch B 11:20-11:50

Class: 11:53-12:20 (57)
Lunch C 11:50-12:20 (55)

Exam

Friday, December 19th
Exams 3 and 7

1 8:15- 9:15 60
3 9:20-10:50 90
 2 10:55-12:20
Lunch A 10:50-11:20
Class: 10:55-11:20
Class 10:55-11:50
 4 12:25- 12:59 34
7 1:04- 2:34 90
 6 2:39- 3:17 38

Class: 11:23-12:20
Lunch B 11:20-11:50

Class: 11:53-12:20 (57)
Lunch C 11:50-12:20 (55)

Exam

North Putnam High School		E-Mail Address	Ext.
Jason Chew	Principal	jchew@nputnam.k12.in.us	302
Levi Yowell	Assistant Principal	lyowell@nputnam.k12.in.us	303
Lauren Alspaugh	Counselor	lalspaugh@nputnam.k12.in.us	307
Jesse Winger	Counselor	jwinger@nputnam.k12.in.us	308
John Danaher	Athletic Director	jdanager@nputnam.k12.in.us	348
Lynn Scott	ONT Coordinator	lscott@nputnam.k12.in.us	349
Greg Barrett	Physical Education Teacher	gbarrett@nputnam.k12.in.us	342
Bill Brothers	PE and Health Teacher	bbrothers@nputnam.k12.in.us	358
Kelly Caudill	Fine Arts Teacher	kthomas@nputnam.k12.in.us	356
Joseph Cialkowski	Science Teacher	jcialkowski@nputnam.k12.in.us	328
Rick England	Mathematics Teacher	rengland@nputnam.k12.in.us	318
Monique Fields	English/LA Teacher	mfields@nputnam.k12.in.us	336
Anthony Freund	Social Studies Teacher	tfreund@nputnam.k12.in.us	327
Anthony Gray	Alternative School Teacher	tgray@nputnam.k12.in.us	354
Jim Hess	Project Lead the Way Teacher	jhess@nputnam.k12.in.us	329
Chase Hiland	English/LA Teacher	chiland@nputnam.k12.in.us	314
Nicole Jordan	Business Teacher	njordan@nputnam.k12.in.us	324
Holly Kiger	Special Education Teacher	hkiger@nputnam.k12.in.us	322
Krysten Kingery	English/LA Teacher	kkingery@nputnam.k12.in.us	315
Amanda Kramer	Graphics Design Teacher	akramer@nputnam.k12.in.us	416
Kristy Lippencott	Mathematics Teacher	klippencott@nputnam.k12.in.us	319
Annette Maier	Science Teacher	amaier@nputnam.k12.in.us	343
Nathan Martindale	Social Studies Teacher	nmartindale@nputnam.k12.in.us	316
Collin McCartt	Business Teacher	cmccartt@nputnam.k12.in.us	415
Ashley Moeller	Spanish Teacher	amoeller@nputnam.k12.in.us	338
David Moeller	Mathematics Teacher	dmoeller@nputnam.k12.in.us	335
Riachel Mosteller	Special Services Teacher	rmosteller@nputnam.k12.in.us	323
Brittney Nees	Fine Arts Teacher	bnees@nputnam.k12.in.us	333
Janna Oxford	Agri-Science Teacher	joxford@nputnam.k12.in.us	341
Wesley Richardson	Swim Teacher	wrichardson@nputnam.k12.in.us	453
Sheri Roach	English/LA Teacher	sroach@nputnam.k12.in.us	312
Thomas Roach	Social Studies Teacher	troach@nputnam.k12.in.us	320
Rebecca Scotland	Family & Consumer Science	rscotland@nputnam.k12.in.us	331
Kate Skirvin	Agri-Science Teacher	kskirvin@nputnam.k12.in.us	340
James Spencer	Social Studies Teacher	jspencer@nputnam.k12.in.us	344
Michelle Spencer	Mathematics Teacher	mspencer@nputnam.k12.in.us	334
Kathy Sykes	Special Services Teacher	ksykes@nputnam.k12.in.us	321
Jamie Treash	English/LA Teacher	jtreash@nputnam.k12.in.us	311
Eric VanHaaften	Science Teacher	evanhaaften@nputnam.k12.in.us	326
Matthew Wargel	Fine Arts Teacher	mwargel@nputnam.k12.in.us	355
Angela Werking	Mathematics	awerking@nputnam.k12.in.us	317
Maria Wilson	Spanish Teacher	mwilson@nputnam.k12.in.us	337



Mental Health Minute

Brought to you by your Cummins Behavioral Health Systems, Inc.
North Putnam High School
November 2014 Issue

Promoting Mental Health

Mental health, like physical health, may be viewed as existing on a continuum from healthy living to chronic illness. A person with positive mental health uses interpersonal assets and skills to function successfully in his or her daily life. Mental health problems emerge when these assets and skills begin to deteriorate, resulting in a struggle to cope with life's challenges and responsibilities.

It is important to understand the role mental health plays in the school context because it is so central to students' social, emotional and academic success. A recent longitudinal study provided strong evidence that intervention that strengthened students' social, emotional and decision-making skills also positively affected their academic achievement in terms of higher standardized test scores and better grades (Fleming et al., 2005). Failure to address children's mental health needs is linked to poor academic performance, behavior problems, school violence, dropping out, substance abuse, special education services, suicide, and criminal activity.

Teachers can build protective factors into the learning environment to give children the foundation they need to attain and maintain good mental health. Protective factors are individual or environmental characteristics, conditions, or behaviors that reduce the effects of stressful life events. These factors also increase an individual's ability to avoid risks or hazards, and promote social and emotional competence to thrive in all aspects of life, now and in the future. These protective factors aide in establishing a child's long-term capacity for positive behavior, social competency, academic achievement, and emotional well-being.

It is estimated that 13 –20 percent of children living in the United States (**up to 1 out of 5 children**) experience a mental disorder in a given year.

Your Cummins Staff:

Tips for Promoting Protective Factors

- A Sense of Belonging** – Feeling connected and welcomed is essential to children's positive adjustment, self-identification, and sense of trusts in others and themselves.
- School Connectedness** – The belief by students that adults and peers in the school care about their learning as well as about them as individuals.
- Competencies** – Children need to know that they can overcome challenges and accomplish goals through their actions (both academically and socially).
- Making a difference**- Children should be encouraged to help others. Helping others and getting involved reinforces being part of the community.
- Sense of Accomplishment** – Children need to know that they can accomplish goals through their actions.
- Recognition** – All children need recognition. Positive feedback validates behaviors or accomplishments that are valued by others.

Course of Treatment

Identifying the signs of severe mental health issues and referring students for early interventions is critical to recovery. Teachers should consult with their Cummins staff if a student exhibits a change in habits, withdrawal, decreased social and academic functioning or a change in behavior. Below is a list of common behaviors students in need of mental health services might exhibit:

- Anger Management
- Anxiety
- Attention Deficit Hyperactivity Disorder
- Behavior Management
- Communication skills (i.e., not expressing feelings and emotions appropriately)
- Depression
- Family/peer issues
- Grief and loss
- Low Self-esteem
- Trauma
- Cooperative skills
- Substance Abuse
- Suicide/Homicidal ideations/Self harming behaviors

If you have a student who appears to be struggling with any of the above difficulties, or if a parent/guardian comes to you with concerns about such issues, please get in touch with the Cummins staff in your building. Once a referral is completed, the Cummins therapist will contact the parent/guardian to explain the services offered and schedule an intake (if family wishes to enroll in services). The therapist will follow up with school staff regarding the status of the referral. Once an intake is completed the student will receive on-going

counseling services.

References:
1. Centers for Disease Control and Prevention. *School Connectedness: Strategies for Increasing Protective Factors Among Youth*. Atlanta, GA: U.S. Department of Health and Human Services; 2009.
2. Whitley, P., Cash, G., and Brson, D. (2003). *The ABC's of Children's Mental Health – Information for School Principals*. Bethesda, MD: National Association of School Psychologists.
3. Skalski, A. and Smith, M. (2006). *Responding to the Mental Health Needs of Students*. Bethesda, MD: National Association of School Psychologists.
4. Fleming, C.B., Haggerty, K.P., Catalano, R.F., Harachi, T.W., Mazza, J.J., & Gruman, D.H. (2005). Do social and behavioral characteristics targeted by prevention interventions predict standardized test scores and grades? *Journal of School Health*, 75, 342-349.
5. National Research Council and Institute of Medicine. *Preventing mental, emotional, and behavioral disorders among young people: progress and possibilities*. Washington, DC: The National Academic Press; 2009.

