

THE REPUBLIC PC

Your Parent Connection to Republic High School News

APR/MAY 2010

From the desk of Assistant Principal Shelly Sprague...

The weather is getting warmer and students are getting anxious for the last day of school, which is May 27. There are still many activities and events keeping us busy at the high school.

May 3 – May 7 have been scheduled for end of course exams. This is the required state assessment for high school students enrolled in American Government, Algebra I, English II, and Biology I. Students will also be taking bonus tests in Geometry and English I on May 10 and 11th. Ten percent of the test score will be added to students' final grades in the above listed courses. We ask that appointments and any non-essential matters not be scheduled during this week. Please assist us by encouraging your student to get plenty of rest and to have a good breakfast during this time.

Last day of school for seniors will be May 7 with graduation on May 11 at Hammon's Student Center. Final tests for 9-11th graders will be given on the last week of May 24-27. May 27 is a half day for all students. Grade cards will not be mailed, but students may pick up their grade cards on and after June 4th in the counseling office.

THIS WILL BE THE LAST PARENT CONNECTION THAT IS SENT BY MAIL. PLEASE CHECK US OUT NEXT YEAR WITH OUR NEW LOOK & ONLINE VERSION AT:

<http://www.republicschools.org/pages/buildings/hs/parentnews/PC.pdf>

YEARBOOK

If you have not already purchased your 2010 RepMO yearbook, you can still do that at this time. There are two ways to pay: you can send a check (made out to RHS) or cash with your student for \$45 to the high school to be given to Mrs. Howard in Room 210 OR get online and go to jostensyearbooks.com

Thanks for your support of the publication! It is going to ROCK!

UPDATED END OF YEAR

May 24th, Full day of student attendance

May 25th, Full day of student attendance

May 26th, Full day of student attendance

May 27th, Half day of student attendance and half teacher work day

May 28th, Teacher work day

FBLA NEWS

On Tuesday, March 2, Republic's FBLA club traveled to Brighton, Missouri to participate in District 13's Leadership Conference. Students were able to attend workshops to improve their leadership skills and network with students from other schools. Students also participated in competition relating to business skills. Republic was well represented in the competition and students placed as follows:

- Entrepreneurship Team (Mike Adams and Weston Moore) 5th place
- Public Speaking II (Shanna Sharp) 4th place
- Business Math (Lyndsey Carlson) 4th place
- Desktop Publishing (Courtney Gardner and Caroline Johnson) 1st place
- Spreadsheet Applications (Kate Holland) 1st place
- Word Processing II (Kate Holland) 1st place

Kate Holland, Caroline Johnson, and Courtney Gardner will compete at the State Leadership Conference in Columbia, Missouri for placing first in their events. They will spend April 18-20 in Columbia competing and attending workshops relating to business and leadership skills. If students place first in their event, they will travel to Nashville, Tennessee in July to compete on the National level. FBLA is the oldest student organization in the country and has contributed to the success of many business leaders. If you have any questions about FBLA or would like to join, please contact Mrs. Robertson at the high school.

**REPUBLIC
PC
IS GOING
GREEN**

HEALTH INFORMATION

TOP 10 Healthy Foods for 2010

1. Foods with Omega 3 Fatty Acids, such as cold water fish (salmon), walnuts and flax seed—try for 2 or 3 servings of fish each week.
2. Nuts and seeds supply our bodies with essential vitamins A and E and with the minerals phosphorous and potassium. Great choices include almonds, pecans, walnuts, pumpkin and sesame seeds.
3. Berries-strawberries, blueberries, raspberries, blackberries; they're all great choices. Berries contain the antioxidants Vitamin C and proanthocyanidin, thought to help prevent cancer and heart disease. Mix them in yogurt, cereal, oatmeal, or eat them as is.
4. Low Fat Dairy-Unfortunately many people shy away from dairy because of the fat content, but low-fat dairy can be included into any meal plan in moderation. Cheese, milk, and cottage cheese are good sources of protein and more importantly calcium.
5. Spinach or Kale, both great sources of vitamins and minerals, contains lutein which is necessary for good vision. Easy to mix into your favorite sauces or eaten raw.
6. Quinoa, a very rare property for grains, provides all of the essential amino acids. This powerhouse grain can replace the rice in your favorite dishes, or can stand alone on the side providing an earthy, almost nutty flavor to any dish.
7. Oatmeal contains soluble fiber which may help reduce our bad cholesterol (LDL) without lowering our good cholesterol (HDL). Skip the instant flavored oatmeal and choose the plain and add fruit and cinnamon to sweeten it naturally.
8. Broccoli is one of the powerhouse foods offering a long list of benefits including helping control blood pressure and fighting cancer.
9. Vitamin D can be obtained from sun exposure, fortified foods, and supplements.
10. Fruits and Vegetables- Include as many different colors of fruits and vegetables. Different skin colors represent different antioxidants.

STUDENT OF THE MONTH

January

Jordan Lemay
Chelsea Elsen
Alisha Dooley
Jess Reuter
Chris Berrer
Michael Kinkade
Zoey Elder
Emme Despain
Courtney Gardner
Lauren Himmelberg
Logan Swanson
Dakota Stone
Jennifer Green

Chad Cook
Dalton Golding
Madison Hamm
Brenna Askew
Malachai Hendrix
Hannah Heinzler
Buddy Perryman
Kneesha Cafourek
Kryztal Arteaga
Allee Freeman
Brittany Felton
Derek Flores

February

Kelsey King
Elle Aston
Nicole Quade
Ja'Ron Proctor
Ethan Weatherford
Josh Spitler
Sara Pfeifer
Emmie Despain
Jeff Owens
Andie Myers
Shelby McNeil
Dylan Boydston
Jordan Baker
Kayla Barelsmeier

Isha Wade
Fredrick Trapp
Zach Lotterer
Katie Vait
Dorothy Pearman
Kandi Knock
Garret Shisler
Joe Davis
Zach Thompson
Ja'Ron Proctor
Travis Lantz
Josh Philipp
Brandon Turner
Hayden Puckett

CHOIR NEWS

April and May prove to be a busy one for the choirs at Republic. Following March's District solo and ensemble Contest, the singers are ramping up for State Choir Contest on April 19th. Their music selections this year include German, French, and Hebrew as well as English, so they are truly getting a "multi-cultural" experience! On May 1st, the students who received a "1" rating on their solo or ensemble at Districts will be traveling to Mizzou to perform for State Music Contest; and, of course, what would Spring be without "One Fine Night" where our music students will bring some of their talent to the stage on May 3rd. Our Spring Concert (featuring all the choirs) will be on Friday, May 7th at 7pm (with hopes of being in our new auditorium!). Finally, our senior choir students will perform at Graduation on May 11th. Such GREAT experiences!

The Concert Chorale has been invited to sing on the Mid America Singers' April concert. They will be the featured area choir... April 25th at 3pm at Redeemer Lutheran Church in Springfield.

CLUB INFORMATION

FRENCH CLUB

Select students from French and Spanish classes will be traveling to Missouri Southern State University in Joplin, MO on Tuesday, April 27th. Students will be competing in the annual Foreign Language Field Day. The group will depart from the high school at 7:00 am to compete in various competitions including: Culture Bowl, Vocabulary Recognition, Poetry Reading, Reading Comprehension, Geography, and the Poster Contest. At noon, the group will lunch at Pizza by Stout. Students will return to the high school around 4:00 pm.

SPANISH CLUB

Congratulations to Thomas Uthipratuma winner of the prestigious Presidential Scholarship to MSU Springfield, which will cover free tuition, room and board.

RHS Spanish classes will compete in the annual MSSU Joplin Foreign Language Field Day competition on April 27th, 2010.

SPECIAL THANKS

I just wanted to personally thank this year's seniors in Desktop II. These students have worked extremely hard this year on all of our "real-life" projects and wanted to recognize them for their efforts. These students are:

Whitney Meador, Chelsea Elsen, Caroline Johnson, Kadie Howerton, Taylor Jenkins, Kelsey King, Brittany Damron, Shelby Patton, Ashley Norris, Rachel Nichols, and Elle Aston.

Thanks for reading our last printed Parent Connection and make sure you check us out online next year.

- Mr. Best

THIS MONTH'S EDITORS

Brittany Damron
Chelsea Elsen
DTP II Class

