

strong and healthy relationships

rigorous and relevant learning

responsive and caring culture



THE OFFICIAL NEWSLETTER OF THE SEAMAN SCHOOL DISTRICT

COMMUNICATOR

www.seamanschools.org | 2019 FIRST QUARTER

**BREAKFAST NOW SERVED
AT ALL SCHOOL BUILDINGS**



WORKING
TOGETHER
TO
TACKLE
NEW
OPPORTUNITIES
AND
CHALLENGES

VAPING



**ONLINE
FILTERING**

SEAMAN
Fall into Fitness
5K
November 9





FRED PATTON

USD 345 SCHOOL BOARD PRESIDENT

Back in 1920, when Mr. Fred A. Seaman served as the high school's first principal, I'm sure he had no idea our high school would continue to exist today. We had one of the very first rural high schools in Kansas, yet consolidations of schools and districts were a frequent thing across Kansas at the time. Who would have thought this newly formed high school would one day celebrate its 100th graduating class?

On May 17, 2020, we will graduate nearly 300 students as part of our 100th class. While we anxiously look forward to celebrating with those students and their families next May, we will be spending the entire school year recognizing our 100 years. We began our celebration with our back to school staff meeting in August and continued it with our high school Homecoming parade and festivities on September 27. It has been fun reminiscing with students, staff, and community members.

In addition to serving on the Seaman Board of Education, I am a member of the board of the Seaman High School Alumni Association. In conjunction with the school district, we are planning additional 100-year activities. Plans are still tentative at this point, but we hope to do a large-scale event at the end of the school year for our alumni and community members. Information will be shared on social media and in future Communicators when the details are finalized.

This will be a year for our entire community to show their pride in our schools. Please join us as we reflect upon the past, highlight the present, all while looking ahead to our future, too.

shs.seamanschools.org/about_us/100_years 🔍



Go Vikings!

Fred Patton and his family of Vikings!

Dr. Carolyn Orozco Fitness Trail

Celebrate 100 years!

Buy an engraved Brick and/or Bench

Purchase an engraved brick or bench to support the Dr. Carolyn Orozco Fitness Trail located at Seaman High School. Your help will promote Seaman's wellness efforts and will pay for maintenance and improvements to the trail. Your gift will give back to the community and support the future.

Bricks and benches can serve as memorials or be used as gifts for graduations, birthdays, anniversaries, class gifts, or other special occasions.



Dr. Carolyn Orozco Fitness Trail
Located South of the
Seaman High School Soccer Complex

seamanschools.org/wellness 🔍



Logan COMMUNITY Resource Room
1124 NW LYMAN RD

September 26: 4-6:30 pm
October 10: 4-6:30 pm
October 21, 22, 23, 24
November 5: 4-6:30 pm
November 18: 4-6:30 pm
December 12: 4-6:30 pm
December 19: 4-6:30 pm

If your family could benefit from the Logan Community Resource Room, or if you would like to donate, please email khegarty@usd345.com. We have school supplies, hygiene items, food, clothing, etc for families in our community.

Now accepting donations for Seaman families!

Days and times are subject to change. Follow the Logan Facebook page for more information.

- non-perishable food
- hygiene supplies
- new socks & underwear



Dr. Steve Noble

Superintendent of Schools

At Seaman, we pride ourselves on being a family of community members who care about all of our kids and each other. This year, our family turns 100 years old as we celebrate our 100th graduating class from Seaman High School. Whether you are a lifelong family member who is a Seaman alum or new to our Seaman family, we care about you, your children, and your grandchildren. We believe in the importance of working together to tackle new opportunities and challenges we face as a school district. This issue of the Communicator contains several stories of these opportunities and challenges.

We are so excited to offer breakfast at all of our schools for the first time ever. Having a nutritious breakfast in the morning is important to our children's success that day. We also realize how hectic it can be for our working families to get their children off to school with a nutritious breakfast in their tummies. With the option of breakfasts at all of our schools this year, families can rest easy knowing we are here to help ensure your child gets something healthy to eat before school starts.

Some of the bigger challenges facing our kids in our 100th year are e-cigarettes (vaping), bullying, depression, and suicide. At Seaman, we are tackling the e-cigarette issue head on by forming a new "vaping prevention committee." This committee will meet throughout the year to become better educated about the research around harmful effects of vaping, how manufacturers are marketing to our kids, and how to spot a vaping device. The committee plans to host a community conversation around the dangers of vaping later this fall.

Addressing bullying behavior, both online and in our schools and community, continues to be another point of focus for our schools. This year, our technology

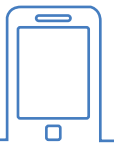
department will provide at-home device filtering to help our families keep their children safe online while using district issued laptops. Our schools also offer social emotional programming throughout PreK-12 and we have formed an anti-bullying committee led by our directors of teaching and learning. Bullying at school and in our community requires all of us to stand up to bullying behavior. If you see something, say something. These challenges require our Seaman family - both at school and at home - to come together, become better educated, and communicate effectively to help keep our kids safe.

Speaking of communication, we know how important it is to provide effective communication to our families. This year, we are offering a variety of ways for our Seaman family to stay informed. We provide an online "Board Digest" which contains information about the most recent school board meeting. We also provide an online monthly "eCommunicator" containing news and information about our district. A paper version of the "Communicator" is mailed out to all Seaman households quarterly. For those of you who are effective users of our website, Facebook and/or Twitter, all of these communication sources are available via these means as well. Follow Seaman Schools on Facebook and Twitter and by going to our newly revamped website www.seamanschools.org.

In our 100th year of educating students, we are proud of our Seaman family's heritage. We are also proud to embrace new family members who bring diversity to our Seaman family. While we are facing new challenges in our 100th year, we are also facing incredible opportunities to improve the future for our children.

Thank you for all you do for our kids and each other.

Connecting with you



The Seaman School District is committed to delivering relevant, timely, accurate, and consistent communication with all stakeholders. The USD 345 Communication Department regularly produces a variety of publications, designed to inform and guide, based on community needs and feedback. District social media is used throughout the district to supplement its main communication channels while actively engaging with the public.

“Our public has access to more information than ever before,” said Candace LeDuc, Director of Communications. “With so many places to go for information, the challenge is creating a well-organized format so our community can find timely, relevant, and accurate content without having to dig for it. We’ve made several changes and enhancements over the past few years and we’re always evaluating and looking for new ways to connect with our community. Some of our newest additions just launched this year, including a new monthly e-newsletter and redesigned websites.”

New e-Newsletter created after Parent Feedback

Parent and community involvement is an important aspect of Seaman School District. Students, staff, parents, and community members continually work together to ensure the success of all students. At the end of last school year, the district’s technology committee asked for input on parent communication. The results showed SchoolMessenger as the top source for parent information with 72% accessing online content through their mobile devices. Parents also wanted more info on calendar items. After reviewing survey results, the communication department created the new e-Communicator. This new publication will be the official e-newsletter for the district in a mobile-friendly design, and emailed through SchoolMessenger. The e-Communicator will be emailed at the beginning of each month and will include more calendar events and important district info. The public can always view current and past e-Communicators by visiting www.seamanschools.org/eCommunicator. The printed Communicator will continue to be printed and mailed to Seaman addresses on a quarterly basis.



move from school website to school website. Each site holds a main menu item called “Resource Center” for important and frequently searched material. The main menu follows users throughout their navigation to help gain quick access to the information they’re seeking, from any page.



The new design incorporates a “responsive” layout that adapts to different mobile devices. The site was also designed to fulfill web accessibility requirements under the American Disabilities Act, making it accessible to individuals who have vision, hearing, and physical disabilities.

“We’ll continue to update and improve user experience,” said LeDuc, “so please, jump online and visit us often.” Users can also email me with suggestions. I’m always excited to hear how we can improve. I hope our families enjoy the new website and find it inviting, engaging, and easy to navigate.”

www.seamanschools.org/departments/communications



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- www.facebook.com/SeamanMiddleUSD345
- www.facebook.com/SeamanHighUSD345
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- www.facebook.com/LoganUSD345
- www.facebook.com/NorthernHillsUSD345
- www.facebook.com/NorthFairviewUSD345
- www.facebook.com/WestIndianolaUSD345
- www.facebook.com/ElmontUSD345



www.twitter.com/seamanschools

New Website Launched

After more than a year of planning, designing, and migrating previous content, the District launched redesigned websites for all schools. The new websites all follow a similar navigation so content search is consistent when families



CHAIN OF COMMAND Communication Guide

Parents and other community members frequently request help in knowing the best way to communicate with the school. The communication guideline chart below will serve as a helpful resource. By contacting the following people in the prescribed order, questions will be answered more efficiently and effectively.



Area of Concern	First Level	Second Level	Third Level	Fourth Level	Fifth Level	Sixth Level
Athletics, Activities	Coach/Sponsor	Athletic Director/Assistant Principal	Principal	Superintendent	Board of Education	
Athletic Facilities	Athletic Director	Principal	Director of Facilities & Grounds	Superintendent	Board of Education	
Curriculum, Academic, Instruction	Teacher	Principal	Directors of Education	Superintendent	Board of Education	
Discipline	Teacher	Assistant Principal	Principal	Directors of Education	Superintendent	Board of Education
Facilities	Principal	Director of Facilities & Grounds	Superintendent	Board of Education		
Guidance	Counselor	Assistant Principal	Principal	Directors of Education	Superintendent	Board of Education
Special Education	Teacher	Assistant Principal	Principal	Director of Special Services	Superintendent	Board of Education
General Concerns	Teacher	Assistant Principal	Principal	Directors	Superintendent	Board of Education
Computer, Technology	Teacher	Principal	Director of Technology	Superintendent	Board of Education	
Transportation	Assistant Principal	Principal	Director of Transportation	Superintendent	Board of Education	
Maintenance, Custodial	Assistant Principal	Principal	Supervisor	Director of Facilities & Grounds	Superintendent	
Food Service	Manager	Director Food Service	Director of Business	Superintendent	Board of Education	Board of Education

KEEPING STUDENTS SAFE ONLINE

SEAMAN SCHOOL DISTRICT CONTENT FILTERING

Seaman School District is in its fourth year of 1:1 MacBook deployment for grades 7-12, and a districtwide initiative of incorporating blended learning (student learning via electronic and online media as well as traditional teaching) in all of our buildings. The district is committed to providing the safest possible experience for students who are learning to navigate the boundless mountain of information available on the internet in a 21st century learning environment.

Under the Children's Internet Protection Act (CIPA), school districts are responsible for implementing technology measures or internet filters to restrict access to sites that are "harmful to minors." CIPA requires three elements for compliance: 1.) content filtering to prevent access to obscene, pornographic, or harmful images; 2.) monitoring of online activities of minors; and 3.) education in appropriate online behavior and cyberbullying awareness.

The district currently filters all devices using the school's internet and will soon add content filtering to all school-issued devices, even when they're used off-campus. This means when a student is at home using their school MacBook, they will have the same filtering used at school. The content filter checks sites against a massive cloud hosted dynamic database of URLs, IP addresses and websites, while also enforcing safe search on all search engines. Real-time web activity monitors generate usage data that helps us customize our filtering strategies and enforce new rules where necessary.

"New sites pop up daily and we're continuously updating our content filtering to find the right balance between safety and access to the rich educational materials that will support all academic and curriculum endeavors," said Jeff Mathes,

Director of Technology. "There is a vast amount of resources online, but not all of it is appropriate for students."

In addition to content filtering, the district covers online safety with students using digital citizenship curriculum. "We want our students to understand what safe internet access and behavior looks like," said Megan Nussbaum, Director of Innovation. "Something that parents and educators should know is that we can't block every piece of unwanted material," Nussbaum says. "Technology only takes us so far. This is why education on internet safety is so important right now. Many of our students access the unfiltered web on their own smart phone. We have to educate our students as they learn safe internet practices in an increasingly mobile device-focused world."

The district uses Common Sense Education's award winning digital citizenship curriculum to instruct our K-12 students on the digital citizenship knowledge they need to make smart choices online and in life. Designed and developed in partnership with Project Zero at the Harvard Graduate School of Education, and guided by research with thousands of educators, each digital citizenship lesson takes on real challenges and digital dilemmas that students face today, giving them the skills they need to succeed as digital learners, leaders, and citizens tomorrow.

Parents should continue to monitor students device usage and contact the USD 345 Technology Department with any sites that require further evaluation. USD 345 is committed to keeping students safe, both online and offline.

The district blocks various categories of content for students including, but not limited to, the following examples:

- Adult Content
- Alcohol / Drugs
- Movie/Music Sites
- Gambling
- Games
- Social Networking
- Hacking
- Unlawful Activities

Please contact the USD 345 Technology Department with any sites that require further evaluation.

Jeff Mathes
Director of Technology
jmathes@usd345.com
785-286-8483



“
TECHNOLOGY ONLY TAKES US SO FAR. THIS IS WHY EDUCATION ON INTERNET SAFETY IS SO IMPORTANT RIGHT NOW...
”

Electronic cigarettes (e-cigarettes, vapes, or vape pens) have become a new trend among children and teens and Seaman School District is working towards prevention. In the most recent Kansas Communities that Care (KCTC) survey, district leaders found e-cigarette use on the rise and a decline in traditional cigarettes.

VAPING

Teen Vaping on the Rise

Recently, the district has partnered with local agencies, teachers, staff, parents, and students to form a vaping prevention committee. Local agencies include Shawnee Regional Prevention and Recovery Services (PARS), Kansas State Department of Education (KSDE), Shawnee County, Blue Cross and Blue Shield of Kansas (BCBSKS), and medical personnel.

"We formed this committee as a way to be less reactive to this growing issue and more proactive," said Danira Fernandez-Flores, Director of Secondary Education. "As a school district, we have the will but we're lacking the resources, which is why we're calling on other agencies for help. We are all here for the health of our youth."

USD 345 district policy was recently updated to include e-cigarettes on the district's prohibited list and the committee spent time reviewing these policies. Seaman High School students from the committee suggested a higher consequence for distributors since many students are underage and relying on older students for materials. The committee also discussed updating tobacco-free signage to include "no vaping," and more tobacco education for students at the elementary level. "Unfortunately, elementary schools have seen vape pens brought in by students," said Rebecca Kramer, Director of Elementary Education. "Students are curious, they see all of these enticing flavors and want to try them out. We need to be able to help our staff and parents talk about potential dangers with their kids and what to look for."

Seaman Middle School and Seaman High School is considering the addition of nicotine to the random drug testing along with vaping

detectors in bathrooms. "We have a professional duty to make sure this is something we address," said Fernandez-Flores. A representative from PARS talked to the committee about how nicotine can be considered a gateway drug to other chemicals when kids are trying to manage themselves when it comes to anxiety and stress. The elementary level is looking into curriculum resources around vaping.

The committee will host a community conversation on November 12 from 6:00 to 8:00 pm at Seaman High School. All parents and students are invited to attend this important discussion centered around the potential dangers of vaping, misconceptions about e-cigarettes, and how we can all help our kids and community prevent vaping.

COMMUNITY CONVERSATION
 NOV 12 | 6-8 PM
 SEAMAN HIGH SCHOOL

According to the US Centers for Disease Control (CDC) website, "CDC, the U.S. Food and Drug Administration, state and local health departments, and other clinical and public health partners are investigating a multi-state outbreak of lung disease associated with e-cigarette product (devices, liquids, refill pods, and/or cartridges) use."

CDC recommends that you consider refraining from using e-cigarette or vaping products. If you have recently used an e-cigarette or vaping product and you have symptoms like those reported in this outbreak see a healthcare provider.

KEY FACTS

Using an e-cigarette product is commonly called vaping.

E-cigarettes work by heating a liquid to produce an aerosol that users inhale into their lungs.

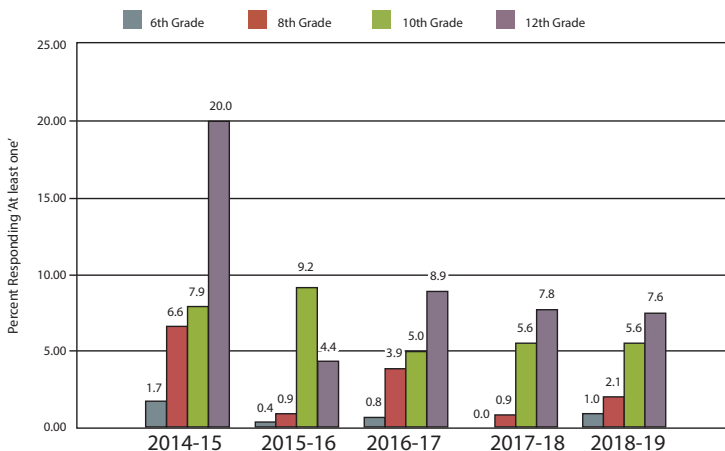
The liquid can contain: nicotine, tetrahydrocannabinol (THC) and cannabinoid (CBD) oils, and other substances and additives.

What does our data say?

USD 345 Kansas Communities That Care Survey Results

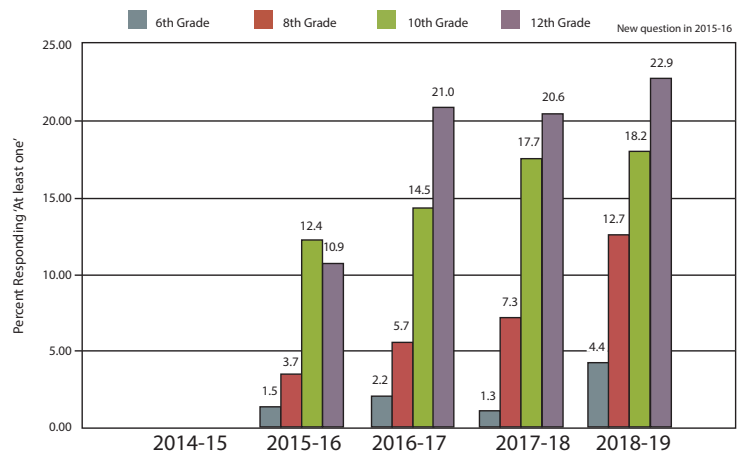
Cigarettes

Percentage of USD 345 students who reported smoking cigarettes one or more times in the past 30 days.



E-Cigarettes

Percentage of USD 345 students who reported using e-cigarettes one or more times in the past 30 days.



BREAKFAST TIME



BREAKFAST NOW SERVED AT ALL SCHOOL BUILDINGS

Seaman Nutrition Services is excited to now offer breakfast to ALL students by adding breakfast service to Elmont, North Fairview, and West Indianola from 8:30 to 8:50 am. The breakfast offered at these new locations is a quick service with milk, fruits, and grain bread items (cereal bars, wrapped whole grain items for example) to make a reimbursable meal as per USDA/KSDE, Child Nutrition & Wellness requirements. All other breakfasts will continue as normal.

Breakfast Times

Elementary Schools	SHS
8:30-8:50 am	Before School: 7:30-7:50 am
SMS	2nd Chance: 9:20 am
Before School: 7:30-7:50 am	
2nd Chance: 9:26 am	

Pricing

Breakfast (K-12) \$1.85
 Reduced Breakfast (K-12) 30¢
 Adult Breakfast \$2.35

BREAKFAST MENU

SHS, SMS, LOGAN, NORTHERN HILLS (BEFORE SCHOOL)

MONDAY

BREAKFAST PIZZA OR PASTRY & SLICED PEACHES

TUESDAY

MINI BAGELS & PINEAPPLE CHUNKS

WEDNESDAY

POP DOGS (4 EACH) & ORANGE WEDGES

THURSDAY

BISCUIT WITH GRAVY & SLICED PEARS

FRIDAY

CHOC CHIP FRENCH TOAST BITES
 OR PASTRY & APPLESAUCE

SHS & SMS (2ND CHANCE), ELMONT,
 NORTH FAIRVIEW, WEST INDIANOLA, PLEASANT HILL

CEREAL BAR, WHOLE GRAIN SNACK
 100% FRUIT JUICE, FRUIT OPTION, MILK

SEAMAN Fall into Fitness 5K

All Ages! **EARLY BIRD DEADLINE: OCT. 18**

Adults	Early Registration \$20
	Late Registration \$30
Under 18	Early Registration \$15
	Late Registration \$20

register online as a participant and/or sponsor
SEAMANSCHOOLS.ORG/FALLINTOFITNESS

Return form(s) and payment to:
 Seaman High School, c/o Claudia Welch
 4850 NW Rochester Rd., Topeka, KS 66617
 *Make checks payable to "Fall into Fitness"

SATURDAY, NOVEMBER 9, 2019

SEAMAN VIKING STADIUM | 8:30 am RACE
HALF MILE FUN RUN/WALK 9:30 am

Adults	Under 18
Early Registration \$20	Early Registration \$15
Late Registration \$30	Late Registration \$20

Name _____
 Male or Female _____
 Date of Birth _____
 Address _____
 City _____
 State _____
 Zip _____
 Phone _____
 Email _____
 Signature/Date _____

Parents sign for children under 18

Select T-shirt Size

Registration Fee includes t-shirt (if registered before Oct. 22)

Youth: 6-8 10-12 14-16 18-20
 Adult: SM MD LG XL XXL

Waiver: I know that running/walking a road race/walk is a potential hazardous activity. I should not enter or run unless I am medically able and properly trained. I assume all the risks associated with running/walking this event including, but not limited to falls, contact with other participants, the effects of the weather, traffic on the course, and the condition of the roads, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release the Seaman School District, directors, sponsors, and their representatives from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the forgoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

There will be no refunds for inclement weather.

Online Registration Available



The Seaman Communicator

Seaman Unified School District #345
Steve P. Noble, Ed.D, Superintendent
Seaman Education Center
901 NW Lyman Rd.
Topeka, KS 66608
785-575-8600
www.seamanschools.org

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PRE-SORT INC



Parents as Teachers®
Affiliate

WE HAVE OPENINGS

785-286-7103 | babyvikes@gmail.com
melc.seamanschools.org/PAT

Parents as Teachers is a FREE home visitation program for any family who lives in the Seaman School District. Our playroom is open for anyone every Tuesday morning from 9:00 am-11:00 am (come and go); no registration required! Come and play! Call or text 785-221-6416 for more info.

**Are you 65
or over and
live in the
Seaman District?**

**District Senior Citizen
Athletic Event
Passes Available**

**Get free admission
to home athletic events**
Available at the
Seaman Education Center

Jobs@345

We have several job openings posted for the upcoming school year. Follow this link to view and apply online.

www.seamanschools.org/employment

The Seaman Communicator is published during the school year by

Seaman USD 345
901 NW Lyman Rd.
Topeka, KS 66608
785-575-8600
www.seamanschools.org



SeamanUSD345



@SeamanSchools

Notice of Non-Discrimination

Seaman USD 345 does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs and activities and provides equal access to the Boy Scouts and other designated youth groups. The Seaman USD 345 superintendent has been designated to handle inquiries regarding the nondiscrimination policies and he may be reached by contacting Steve Noble, Seaman Education Center, 901 NW Lyman Rd., Topeka, KS 66608 (785-575-8600).

Notice for a Drug Free Workplace

The unlawful manufacture, distribution, dispensing, possession or use of a controlled substance is prohibited in Seaman USD 345. Violators will be prosecuted.

**TEEN
VAPING**

COMMUNITY
CONVERSATION

NOV 12 | 6-8 PM

SEAMAN HIGH
SCHOOL