

The Pinnacle

Volume 18, Issue 6

January 27, 2010



Pretty Prairie Middle School

'09-'10 Second Quarter Honor Roll

Inside this issue:

Students of Week	2
Science Olympiad	3
Spelling Bee	4
It's Your Health!	4
Cafeteria Menu	4

RED RIBBON (4.0): 5th Grade-Bailey Graber, Hannah Graber, Bradley Kirkbride, Wyatt Krehbiel, Colt Lobban, Sara Schlickau; 6th Grade-Carson Haury, Amber Krehbiel, Nikayla Lampkins, Tanner Ray, Morgan Willhaus; 7th Grade-Keifer George, Whitney Grilliot, Tara Schwartz, Tim Webb, Shanay Wewe; 8th Grade-Renee Elpers, Kelly McDonald, Greg Schlickau, Jon Strohl, Shaylee Wewe.

WHITE RIBBON (3.00-3.99): 5th Grade-Emily Fehrman, Bailey Grilliot, Gabriel Kruse, Brooke Livingston, Eric Moore, Ethan Moore, Aundria Nagle, Bryce Sherow, Amber Tarman, Makiah Wade, Denton Webster; 6th Grade-Jordan Albright, Ashley Atherton, Dylan Bair, Moriah Brewer, Kristin Haflich, Cassidy Howell, Nicholas Lampe, Jacob Loyd, Michael Mains, Jadyen Potter, Trevor Webster, Seth Williams; 7th Grade-Jacob Claycomb, Austin Coulter, Angelica Hernandez, Daniel Smith, Sierra Stone; 8th Grade-Zane Arnold, Gage Benson, Kelsie Bishop, Matt Bray, Tyler Chambers, Austin Couch, Paul Crum, Jared Graber, Connor Haury, Nicholas Helfrich, Brandi Hollenbeck, Charilyn Jackson, Tristan Potter, Rebekah Salmans, Konnaly Schmidt, Tim Vela, Selena Wapelhorst, Cooper Willhaus, Ian Williams.

Highlights of Upcoming Events:

Thurs. -Jan. 28—Reading
Awards Assembly,
11 a.m.

MS BB vs Central Chris-
tian (Boys Only), 5:30
start time for B Boys,
6:00 for A Boys

Fri., Jan. 29—YLRC
Bake Sale during
Seminar

PPMS competes at Science Olympiad

After working for weeks on some of their various projects, PPMS students' participation in the Middle School Science Olympiad regional competition held on Wednesday, January 13th at the K-State at Salina campus went well! Thirteen 5th - 8th graders from Pretty Prairie Middle School competed in a total of 22 of the 23 various events offered, each student competing in 2 - 4 events that kept them quite busy throughout the day!

Two to three students may compete in each event for the school's team. Many of the events are knowledge tests on different areas, while other events are "building" events, in which students have to build something to take to the competition. Other events are "doing" or "building" events which are only completed *at* the competition. Medals are awarded to 1st - 3rd places, with the top 6-7 teams (out of 16 teams) going on to the State com-

(Continued on page 3)

PPMS STUDENT OF THE WEEK



TYLER CHAMBERS
DEC. 21-DEC. 25



TIM WEBB
JAN. 4-JAN. 8



CHRIS LADD
JAN. 11-JAN. 15



TANNER RAY
JAN. 18-JAN. 22



Science Olympiad

(continued from page 1)

petition in Wichita. PPMS placed 13th this year, their first year of Science Olympiad competition.

Participants in this 2009 - 10 competition included:

5th grade - Sara Schlickau & Eric Moore

6th grade - Seth Williams, Tanner Ray, Nikkie Lampkins, & Moriah Brewer

8th grade - Kelly McDonald, Matt Bray, Shalee Wewe, Selena Wapelhorst, Ian Williams, Greg Schlickau, & Rebekah Salmans

Events & Places:

Anatomy -- Ian - 12th

Battery Buggy - Ian & Greg - 6th

Bio-Process Lab -- Shalee - 14th

Can't Judge a Powder - Selena & Rebekah - 12th

Compute This - Kelly & Rebekah - 13th

Disease Detectives -- Selena & Rebekah - 11th

Dynamic Planet -- Tanner & Moriah - 6th

Ecology - Greg -13th

Elevated Bridge - Kelly & Shalee (Bridge had a structural accident before event)

Experimental Design - Shalee & Seth - 12th

Fossils - Kelly & Nikkie - 6th

Junkyard Challenge - Seth & Tanner - 2nd

Meteorology -- Seth & Nikkie - 12th

Ornithology - Tanner & Matt - 8th

Pentathlon - Kelly, Greg, Sara & Eric -13th

Physical Sciences Lab - Moriah & Nikkie - 11th

Road Scholar - Eric & Sara - 12th

Science Crime Busters - Selena & Ian - 6th

Shock Value - Seth & Rebekah - 7th

Solar System - Matt & Eric - 11th

Trajectory - Matt & Tanner - 10th

Wright Stuff - Eric & Sara - 2nd

Write It - Do It - Shalee & Moriah - 14th



Science Olympiad participants: (Front row L to R) Ian Williams, Nikkie Lampkins, Moriah Brewer, Sara Schlickau, Eric Moore, Kelly McDonald; (Back row) Tanner Ray, Seth Williams, Shaylee Wewe, Selena Wapelhorst, Rebekah Salmans, Matt Bray, Greg Schlickau, and facilitator, Mrs. Jean Conkling.

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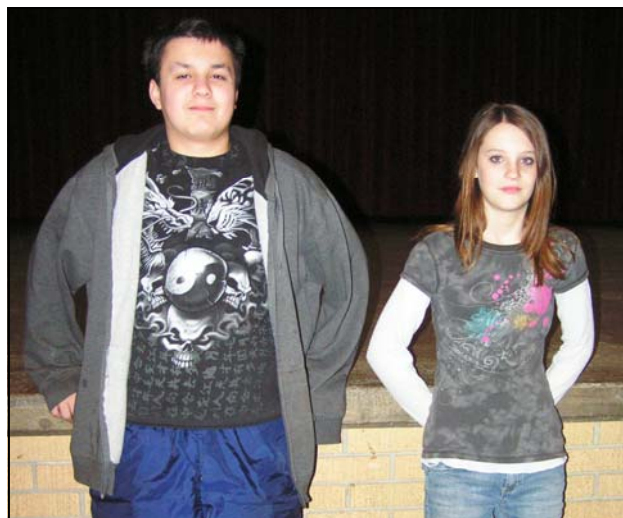
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PPMS Top Spellers

Twenty of the best spellers in grades 5-8 competed in a local spelling bee last Friday. At the end, two remained and one of them is headed to the Reno County Spelling this Friday.

Tim Vela was the local winner and Sierra Stone the runner-up. The County Bee will be held at 10 a.m. at the Fox Theatre in Hutchinson. Tim is planning on participating in the county contest, however in the event of some unforeseen circumstance, Sierra, as runner-up, would compete in his place. Congratulations to all the spellers and good luck, Tim, at the County Bee.



It's your health!

- ☺ **WORK UP A SWEAT** Vigorous work-outs—when you're breathing hard and sweating—help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool-down with more stretching and deep breathing.
- ☺ **DON'T EAT TOO MUCH OF ONE THING** You don't have to give up foods like hamburgers, French fries and ice cream to eat healthfully. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat and many different vitamins and minerals such as vitamins C and A, iron and calcium from a variety of foods. Balancing food choices from the Food Guide Pyramid and checking out the Nutrition Facts Panel on food labels will help you to get all these nutrients.

School Breakfast & Lunch Menus

Wednesday, Jan. 27—Chicken Noodles, Mashed Potatoes, Rosy Applesauce, Hot Roll, Fresh Fruit & Veggie Bar, Milk

Breakfast: Breakfast Pizza

Thursday, Jan. 28—Goulash, French Bread, Peach Halves, Fresh Fruit & Veggie Bar, Milk

Breakfast: Hot Oatmeal

Friday, Jan. 29—Sloppy Joe on Bun, Potato Circles, Carrots, Mandarin Oranges, Fresh Fruit & Veggie Bar, Milk

Breakfast: Breakfast Burrito

Monday, Feb. 1—Cheese Pizza, Corn, Fresh Fruit & Veggie Bar, Milk

Breakfast: Early Risers

Tuesday, Feb. 2—Chili, Saltines, Pear Halves, Fresh Fruit & Veggie Bar, Milk

Breakfast: Breakfast Casserole

Wednesday, Feb. 3—Taco Salad, Green Beans, Mandarin Oranges, Fresh Fruit & Veggie Bar, Milk

Breakfast: Pancake on Stick

Thursday, Feb. 4—Chicken & Noodles, Mashed Potatoes, Roll, Fresh Fruit & Veggie Bar, Milk

Breakfast: Hot Oatmeal

Friday, Feb. 5—Hamburgers & Fries, Fresh Fruit & Veggie Bar, Milk

Breakfast: Breakfast Pizza