



Thomas County Board of Education Newsletter

Thomas County Schools Serve Up Fresh Fruits and Vegetables



Todd Brinson, L-R, Director of Nutrition Cindy Carnes, and Blayne Paschall prepare broccoli and ranch dressing for every pod at Garrison-Pilcher as part of the Fresh Fruit and Vegetable Program Grant. Brinson and Paschall are both TCHS seniors who participate in the Work-Based Learning Program.



Garrison-Pilcher first graders Logan Lee, from left, Elizabeth Payne, and Chloe Lewis eat fresh broccoli provided by the Fresh Fruit and Vegetable Program Grant. GP Cafeteria Manager Tara Parker and Director of Nutrition Cindy Carnes (standing) help distribute the healthy snack.

A federal grant is providing fresh fruits and vegetables to Thomas County students.

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program that provides all children in participating schools with a variety of fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. The FFVP also encourages schools to develop partnerships at the state and local levels for support in implementing and operating the program.

"Having this grant allows us to expose students to a variety of common and unique fruits and vegetables, promoting conversations about fresh fruits grown locally and in regions other than our own," Thomas County's Director

of Nutrition Cindy Carnes said. "We love the exposure and experience that it brings to the senses including sight, touch and taste. This definitely provides teachable moments for both our cafeteria staff and teachers."

The students will receive a fruit or vegetable snack three days a week and will be educated on what they are eating. Some of the fruits and vegetables slated to try are kiwi, mango, dragon carrots, star fruit, dragon fruit, tri-colored cauliflower, jicama, asparagus, red oranges, kale, passion fruit and a variety of apples.

The goal of the FFVP is to create healthier school environments by expanding the variety of fruits and vegetables children experience, increasing children's fruit and vegetable consumption, and making a difference in children's diets

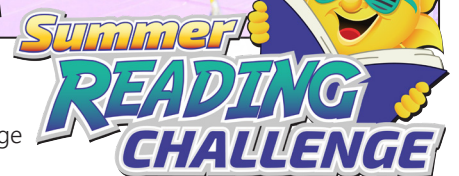
to impact their present and future health.

This program promotes change in efforts to combat childhood obesity by helping children learn more

healthful eating habits. The FFVP introduces school children to a variety of produce that they otherwise might not have had the opportunity to sample.



Garrison-Pilcher Elementary issued a Summer Reading Challenge to its students at the end of the school year. More than 70 students read the required amount of 20 books, and many read a lot more! Students enjoyed a party during the school day as their reward. The first and second grader who read the most were recognized, and every child received a poster.



Writing Workshops Offer MERIT Students One-on-One Support



Nancy Rogers, right, MERIT teacher and writing coach, confers with eighth grader Kallie Reeves on a writing assignment.

The Thomas County School System's MERIT program is providing daily afternoon writing workshops to prepare MERIT students at Thomas County Middle School (TCMS) for the rigors of Advanced Placement (AP) classes and to support MERIT students at Thomas County Central High School (TCCHS) who are enrolled in AP classes.

Thomas County's MERIT program spans grades 5 through 12 and includes students from both Thomas County Middle School and Thomas County Central High School. The workshop is part of an initiative to bridge the MERIT program between the two schools.

Facilitated by Nancy Rogers, who has taught for eight years at Thomas County Central High School and five years at Thomas County Middle School, the

writing workshop offers individualized assistance for students daily, and special focus workshops are scheduled to coincide with special activities or assignments.

The special workshops will focus on various types of writing, including argumentative and persuasive essays, informational essays, and research papers. These workshops provide support for the National History Day and science fair competitions at both TCMS and TCCHS. Other special focus workshops will be added during the school year.

MERIT Program Director Dr. Dale Graham explained that the sessions are open to all MERIT students as needed.

"Nancy Rogers is uniquely qualified to help students transition from MERIT at the middle school

to high school MERIT," Graham said. "Her passion for education draws students to her; the relationships she has built make her highly accessible by both current and former students."

Rogers explained, "The MERIT writing workshop is a magnificent opportunity to help our students succeed in rigorous courses while cultivating their writing skills." Workshop sessions are held 3:00-4:00 p.m. on Mondays and Fridays in Rogers' classroom at TCMS and on Tuesdays and Wednesdays in the MERIT office at TCCHS. Students do not have to sign up for the writing workshop in advance. They may go directly to the MERIT office located in E Hall at TCCHS or Rogers' classroom (802)

at TCMS. Students are encouraged to correspond with Rogers via email if they have questions before attending the workshop. Students and teachers are encouraged to share ideas for these special focus workshops with Rogers at narogers@tcjackets.net.

"As an English teacher I know the value of individualized writing instruction; I also know that it is often difficult to have enough classroom time to address the concerns of each student. Having a writing workshop will allow me to extend classroom lessons and truly provide one-to-one assistance with those students who take advantage of the program," Rogers added.



STEPHENS PLAYS BEST NOTES AT GHP - It was the summer of jazz, improved improvisation and growth for Thomas County Central High School senior Joshua Stephens, pictured with parents Lisa and Michael Stephens. Stephens attended this year's month-long Georgia Governor's Honors Program. Jazz bass was his selected area of study, a decision for which Stephens is grateful. Stephens spent most of his days immersed in his "major," or selected field, including performance – both ensemble and solo – and jazz theory, his favorite aspect. Improved improvisation is a skill to which Stephens particularly aspired. It is also at the root of the most valuable lesson he learned during his GHP experience: how to interact with the rest of a performing ensemble. For his minor, Stephens chose Latin and Greek, languages he's never studied. He intends to directly implement the skills he acquired through GHP within his TCCHS Bands' work, particularly with the school's jazz band. And he plans to keep playing music after high school and explore new opportunities to perform in college bands and jazz clubs.

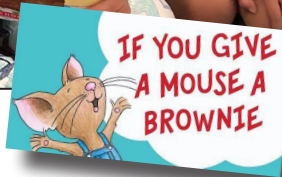
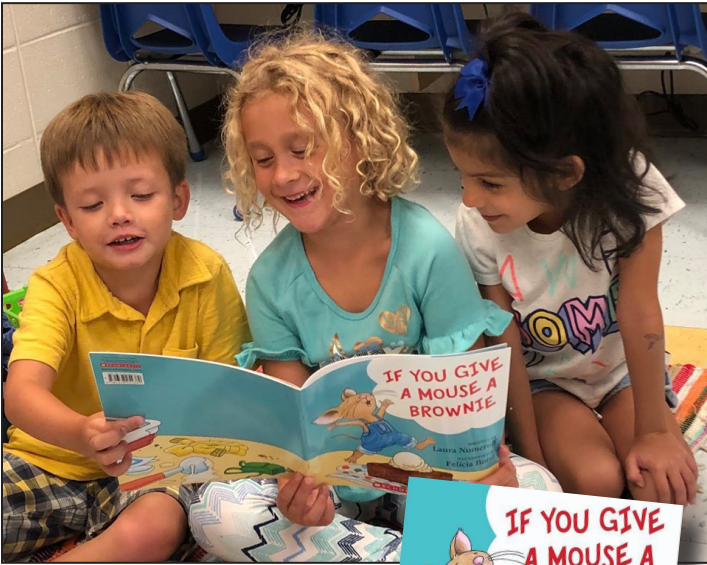
CPR and First Aid will be offered from 4:00 - 8:00 p.m. at Hand-In-Hand Primary School on the following dates:

September 17, 2019 First Aid

October 22, 2019 CPR

Please sign up on PExpress to attend one of these classes or to see others offered!





Catherine Croley's and Bryce Carter's class at Hand-In-Hand have some very special classroom sponsors who have generously given money to purchase students a book each month. This is to create a love for reading and to provide books for their home library. The sponsors are very much appreciated, and the children are looking forward to receiving a book every month.



FBLA MEMBERS PLACE AT NATIONAL COMPETITION - Thomas County Central High School Future Business Leaders of America chapter members left their mark at this summer's 2019 FBLA National Leadership Conference and Competition. The event took place in San Antonio, Texas, June 27-July 3. TCCHS competed against clubs from around the nation and world. Then juniors Jonathan Strickland and Zach Goff (pictured above L-R) placed in the top 10 in their events. Strickland earned third in Coding & Programming while Goff placed eighth in Help Desk. Dev Patel, who graduated in May, and then-freshman Christian Miranda were finalists (in the top 15) in Public Service Announcement. Their PSA featured soft skills and could be only 30 seconds long. The duo chose to use a sports theme to make the PSA more fun and engaging.



Agricultural education teacher Nikki Smith & student Jade Moser observe a ladybug.

GREAT GEORGIA

Pollinator Census



Students Briona Walker, Malaysia Walker and Adryanah Watson record observed insects.

Students in Thomas County Central High School agricultural education teacher Nikki Smith's classes recently took part in The Great Georgia Pollinator Census.

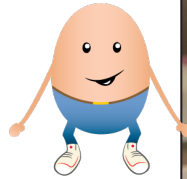
Each student received a pollinator insect identification guide and observation sheet.

Students spent 15 minutes walking through the on-campus garden – the Tall Timbers forestry plot featuring native plant specimens installed earlier this year – logging all insects seen during that time frame. Then, everyone returned to the classroom and discussed the most commonly observed specimens.



EGG DROP PROJECT

Egg drop projects teach students to use logic and teamwork to protect their eggs from a fall. Students in Erin Lipsey's class worked with a partner to build walls for 'Humpty Dumpty' to balance on and tested different materials to try and protect an egg from cracking when dropped.



BOOK FAIR TIME!



Cross Creek Elementary School students Kevin Ramirez, from left, Ellie Treat, and Jaleigh Hurst won \$15 from a recent drawing to spend at the school book fair. Cross Creek also holds an estimation contest where students guess the number of candy in a jar. The students with the closest estimation wins the candy and book fair dollars!

EYE-OPENING SCIENCE

Garrison-Pilcher students explore science tools and safety while measuring "potions."



TCCHS FOOTBALL SEPTEMBER 2019

Cook County	Sept. 13	8:00 p.m.	TCCHS
Monroe	Sept. 19 (Th)	7:00 p.m.	Albany
Brooks County	Sept. 27	7:30 p.m.	Quitman

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