HEALTH & EDUCATION

USD405 New Strength & Conditioning Facility

By Kelly Nusser At the November Board of Education Meeting, members of the USD 405 Board of Education approved a bid for the construction of a new Strength and Conditioning Facility (Weight Room) for Lyons High School and Lyons Middle School. A committee of two Board of Education Members, one administrator, and two teacher/coaches studied the needs and toured five other school districts' weight rooms to gather ideas and what would best fit the needs for USD 405.

The new building will be 74' x 76' (5250 square feet) and will be located just north of the art room at the northwest corner of Lyons High School. The facility will include office spaces for the coaches, ADA accessible restrooms, a mechanical room and a storage room. This will be a huge improvement over the

1230 square foot weight room that is currently being used by our students. The new Strength & Conditioning Facility will allow our high school and middle school students to improve their strength, agility and conditioning for athletics and for overall health improvement. High School classes such as Weights & Conditioning and Freshman Physical Education will be able to lift weights, and do plyometrics, agilities and speed improvement drills in the new Strength & Conditioning facility. Lyons Middle School plans to offer strength and conditioning classes to their class schedule in the future. The plan in equipping the new strength and conditioning facility is to have at least ten power racks, various pieces of equipment to perform auxiliary lifts, plyometric boxes, and cardio equipment to help with rehabilitation from injuries. Sum-

Park Elementary Activities, Accomplishments for 2017 By John Cannon

Park Elementary is where the roar begins and 2017 was no different. As our building mission statement affirms, we are providing the building blocks for learning in a nurturing, child-centered environment. Those building blocks always include book fairs, parent-teacher conferences, school pictures, music programs, special presentations, field trips and the everyday joy of children playing on the playground. Children and families come and go, but one thing stays constant and that is the high level of teaching and learning that occurs at Park.

In addition to the routine events, we provide our students with opportunities to experience educational activities outside the school. Over last year we sent second graders to the Kansas Cosmosphere in Hutchinson and the Exploration Place in Wichita. Kindergarten students experienced the Great Bend Zoo and the P & M Pumpkin Ranch in Moundridge. First graders went to the Kansas Corn Maze in Buhler, the Cheyenne Bottoms Wetlands Educational Center and the Quivira/Coronado Museum here in Lyons.

We hosted a traveling exhibit called Body Venture that explores and teaches children healthy lifestyle habits and how those good habits benefit the body. The display took up the vast majority of the gymnasium. Students of Park have also experienced multiple assemblies on character education, kindness and resilience.

One of the major additions to our curriculum and instruction in 2017 was the Second Step Social- Emotional Skills program. The program teaches students emotional management, situational awareness and academic achievement. It focuses on teaching children how to make friends, manage their emotions, solve problems, and deal with peer pressure. It has been an excellent supplement to our social-emotional curriculum.

Overall, 2017 was an outstanding year. Children grew academically, socially, emotionally and physically. They were given opportunities that they regularly wouldn't have and did things that challenged them, made them curious and most importantly, had fun while learning.

LMS Reaches Out To Houston Middle School

The Builders Club is an international student-led organiza-

mer weights and conditioning will also be using the facility as well.

Mark Borecky Construction of Hutchinson is the contractor for this project. Relocating of the various utilities (water lines, gas lines, and electrical lines) should be completed by mid-February, some of which have already been moved. The timeline established for sitework will begin in February and is scheduled to be completed by early March. Following the sitework, concrete work will then happen and then actually putting up the metal building should begin in early April. Target date for completing the entire project is slated for no later than August 1. An open house will be held shortly after the beginning of school in August for those interested in seeing the new Strength & Conditioning Facility.

"Pride of Lyons" Marching Band

The "Pride of Lyons" Marching Band has had a busy fall semester of the 2017-18 school year. The band is under the direction of Mr. Andrew Scherer and assistant director Corey Braxton. Members of the marching band began preparing for their year with Band Camp that was held from August 9-11 where the musicians focused on improving their marching skills and the halftime show that was performed at halftime of the home football games this past fall. The "Pride of Lyons" performed at five different events in September, October and November. The band marched at the Hoisington Labor Day Parade and received many positive comments from organizers and patrons at the parade. Next, the band made their annual appearance at the Kansas State Fair in September by marching up Main Street where they received at "I" Rating which is the highest rating possible. The band looked and sounded very sharp as they marched in their new uniforms in downtown Hutchinson. For their performance on the Fairgrounds at

the State Fair the band received a "II" Rating which is second highest rating possible. The band then made a trip to Manhattan, Kansas for the second straight year, on October 3 to compete in the Central States Marching Festival sponsored by the Kansas State University Marching Band. Nearly 40 schools ranging from Class 2A to Class 6A compete in this marching festival. The band received positive comments and suggestions for improvements from the judges and received a "II" rating on their performance. The band also benefited from working with members of the KSU Marching Band in a clinic prior to their performance in front of the judges. An additional benefit to attending the Central States Marching Festival is watching the other schools perform their halftime shows. Later in October, the "Pride of Lyons" Marching Band made the trek to Andover to compete in the Southern Plains Marching Festival for the first time where they competed with 27 other high school bands. The band received a "II" Rating for

their performance. To finish a busy fall, the "Pride of Lyons" Marching Band marched in the Lyons Veteran's Day Parade in downtown Lyons. These performances are in addition to marching and performing at all the home varsity football games and pep band at all home varsity basketball games.

The band continues to have a busy spring schedule as they prepare for the Central Kansas League Music Festival in late February. To better prepare for the Kansas State High School Activities Association State Large Group contest in April the band will travel to Tabor College for a Pre-Festival Clinic on March 28. The final performances of the spring semester will be in May with the 6-12 Instrumental Concert on May 3 and their performance during Commencement on May 20. The band is constantly striving for improvement and excellence in all they do. The high school band and their directors do and excellent job of representing Lyons High School and the Lyons community at these various events!

Happenings at Central Elementary School

We have an outstanding Character Education program that is run by Teresa Konda and Chad Comley. They have been doing this for the past fifteen years. Teresa does a great job of getting various acts or people to come in and present to our students over our character education traits. This year we opened our year with Shaun Harper, former NFL lineman and now motivational speaker. In the past we have had KC Wolf mascot for the Chiefs. Throughout the year we have school organizations come and talk, Bureau of Lectures each year sends a list of programs available and we select ones that will fit our needs. The amazing thing about our program is that our students never see the same presentation twice. Our acronym for our program is SCHARP. S stands for Self-discipline, C stands for Compassion, H is Honesty, A is for Attitude, R is for Responsibility and P is for Perseverance. We also offer classroom activities each month that tie into our traits and each year our new third graders and new students to our district paint their hands on the wall to show that they understand our traits and will abide by them. Food drive: We did two this year. We always do one at Halloween and walk to the food bank in costume to deliver our goods and then again at Christmas time. This year we collected a little of 1200 pounds at Halloween and 1010 pounds at Christmas. This is something we have done for years. Assist: An after-school program that is run to help students that struggle in reading or who have been identified as being at least one grade level behind. The after-school program runs Monday through Thursday for one hour. We have had some great success with this program as we have had students increase their reading scores by a grade level. Orienteering: A 4th grade activity that enables the students to use map reading skills. They are given a topographical map and compass to follow a course that was designed by the teachers. The students also have the opportunity to fish, grill hot dogs and make smores. They will spend the entire day orienteering. It is a

great activity for the students and we have parent volunteers who come along and take their student along with a small group and orienteer. For some of our kids it is their first experience fishing and cooking over an open fire.

Book Fair: An annual event for CES. It is away for us to get new books for our library and teachers to receive books for their classrooms. The book fair generates money for school activities as well.

STEM/ Makerspace Room: With the building of the new middle school three years ago it has enabled us to have access to the former sixth grade wing of the building. In it we have set up a STEM/Maker space. We ordered science kits, robot kits and electronic kits for our students to have time to build and understand how science, technology, engineering and math work together. Teachers from Central also went to a conference in Pratt this past summer from the Kansas Oil and Gas producers and received a tub full of supplies each for our room, and as we use the supplies they will replenish whatever we need. It is a great place for our students to go and be able to do science. If it is a multi-day project we now have room to leave the project there and come the next day and begin work again. Concerts: CES does two concerts a year for all grades and one for our 5th grade Central Singers that tours the community and sings. They return to school and enjoy cookies and punch as sort of final farewell to CES. We do a winter program with a Christmas theme and a spring concert with songs of spring. They are very entertaining and well attended by our community. We support our high school sports activities each year by selling t-shirts to our students that have the Lyons logo and school colors. The proceeds are sent to the athletic department to be added to their budget to help purchase items for our athletic teams. CES put in a functional room in our building two years ago to help our students in the resource room to be able to work on everyday skills. It has been an amazing addition to our building and is exciting to go into the room on Fridays and watch our students cook, do laundry and wash dishes. The enjoyment you see in their eyes will bring tears to yours. They are so proud when they have finished what they have cooked and will deliver the treats to a different classroom each week. They also cook enough to take home with them to share with their families. They also do laundry for some of our middle school sports teams.

Coding: This is a new program for us at CES. We received training before school started for an online computer programming system called Vidcode. It is a program for 4th - 12th grades. It has been a slow process for us but as the year has gone on we are becoming more comfortable with it and begin to code once a week. Our 3rd graders are using code. org and will move into Vidcode next year. This is an area of the work force that is exploding with opportunities for employment. We are wanting to give our students a step up on the competition with introducing them to coding early in their educational career. In November we took our entire school to the movie Wonder in Hutchinson. The movie theatre allowed us to rent out three theatres and put a grade level in each. Our character education trait for the month was compassion and the movie fit perfectly and we also had several classrooms reading the book. The students talked about the movie after we returned and, as a result of the movie two 5th grade students developed our concert for a cause. They had toys donated to the school that were then delivered to the local fire station to be delivered to families in need in Lyons. This year we transformed one of our 4th grade classrooms into a Quantum Learning environment. It has had amazing results with all of the students. We will be adding a second room yet this year. It will be in our 5th grade and the transformation is beginning now. The walls will be painted with soft colors and the lighting will be dimmed. Traditional seating is gone and tables and stand up desks along with areas of bean bags and rugs. It is really different to walk into the room as the atmosphere there is different. Below you will find the description of a Quantum classroom.

tion with the goal of providing middle school aged members with the opportunity to perform service, build character, and develop leadership. With the help of the local Kiwanis chapter, Builders Club first started in Lyons Middle School during the 96-97 school year. The Lyons Middle School has been finding ways to give back to the community ever since.

Earlier this year, the students of Builders Club led a brainstorming session to find a new and unique way of reaching out to students in need. The discussion was filled with many great ideas but continually returned to the damaging hurricanes that had affected the Houston area. During this discussion, the students realized that there was a connection between Linda Keller, a long-time sponsor of the LMS Builders Club, and Thompson Intermediate, a Houston based junior high that had sustained heavy damage during the hurricanes. Further research was conducted and determined that Thompson Intermediate had lost almost their entire band department throughout the damaging storms. The Lyons Middle School Builders Club had made their decision and were going to raise money to give to Thompson Intermediate in hopes of helping to rebuild their band department.

While many of the usual fund raisers were suggested, LMS decided to try something new. On Friday September 22nd, the students of LMS held their first "Drive-In Movie Night." While no cars were involved, a movie was projected on the exterior of one of the gym walls. Students sat in chairs and lay on blankets during the beautiful fall evening. The money was raised in the form of a small entry fee and snacks that could be purchased throughout the evening. The students consumed an enormous amount of food and drink as they enjoyed the Lego Batman movie. Following the movie, everyone relocated to the football field where they enjoyed kickball and other games. During this time, the whole group of students and sponsors filled the stands to take a group picture. This picture was tweeted and emailed to the principal of Thompson Intermediate along with wishes of support and a speedy recovery.

With almost 75% of the LMS student body in attendance, the amount of money raised well exceeded the expectations. The final total raised by the students of Lyons Middle School was more than \$600. The appreciation expressed by the administration of Thompson Intermediate was overwhelming. They could not believe that a small school in Kansas would care enough to think of them as they were rebuilding after their devastation. Our students at Lyons Middle School and the members of Builders Club showed tremendous dedication and an inspiring desire to help such a thoughtful cause, which is something the community of Lyons should be proud of.

- Old middle school to be razed -

By Bill Day

After nearly two years of attempting to find a feasible alternative to demolishing the old middle school, the Lyons-USD 405 Board of Education is in the process of razing the building.

The building at 401 South Douglas was abandoned in 2015 after the new middle school was constructed at 501 East American adjacent to Lyons High School.

Since that time the district has explored several options for disposing of the property. Initially several companies were notified of the availability of the property for renovation into apartments. A couple of those companies expressed early interest, but decided that the project would not be fiscally beneficial and did not proceed.

Several large local and regional businesses were informed of the opportunity to acquire the building, but the building was either too large, would require too much investment to renovate or cost too much for utilities that most of those options also ended. Interest in the building was expressed by a couple of smaller business entities, but the district was not willing to turn the property over to smaller entities due to unanswerable questions concerning the ability for those to keep the building open and to ensure the safety of the remaining school property (Central Elementary) next door.

An area non-profit expressed some interest in owning the property, but the board was reluctant to turn the building over to the non-profit due to concerns about the ability of the organization to renovate and maintain the property and to ensure the safety of the elementary school.

At the February 2018 board meeting, the school board will award a bid to demolish the old building. It will take a couple of months for the demolition process, but the building could be gone before school dismissed for the summer.

The building was originally built in 1928 as Lyons High School. When a new high school was built at 601 East American in 1969, the middle school moved into the 1928 building.

The building is on the Kansas and National Register of Historic Places and all necessary steps have been taken to have the building removed from those registers.

The breezeway that connected the two-story structure to the gymnasium will cut in half and the remaining portion will become an entrance foyer to the gym. Grass will be planted on the rest of the property creating a large field.