



NEWS

The purpose of Be East is to transform East's culture and climate by teaching expected behaviors, celebrating positive attitudes and actions, and supporting students in obtaining skills for success.

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Have a Great Spring Break!



Activities During Break

All over the city and suburbs of Des Moines, there a great Spring Break activities happening for students of all ages. From watching a pro-sporting event to volunteering to connecting with nature, there is something for everyone. Check out these great resources for more information and activities:

DSM4KIDS.COM

DESMOINESPARENT.COM

March Be East Luncheon

Congratulations to the Be East Luncheon nominees for March!

Ashley Martinez-Torres, [Kenna Ruffert](#), Janice Wilborn, [Caleb Cook](#), Sarai Gonzalez-Hernandez, [Chris Jimenez](#), Tswvfeng Vang, [Tristen Utterback](#), Sharisha Summers, [Molly Rivera-Cunningham](#), Han Nguyen, [Priscilla Macias](#), Khem Neupane, [Carlos Pena](#), Nicole Grove, [Joana Rivera-Nava](#), Jasmine Arroyo, [Mayela Chaidez-Lopez](#), Toni McPhee, [Gihana Ahmet](#), Raouda Ahmet, [Tatiana Hodges-Johnson](#), Fernando Oliva, [Manuel Valadez](#), Daija Triplett, [Juan Murillo](#), Devin Turner

Thanks to our sponsors for providing lunch!



Vaccinations for Juniors

All members of the Junior class are required by Iowa State Law to obtain a meningitis vaccination after the age of 16 years old in order to start their Senior year in August. The school nurses are requesting that ALL Juniors complete this requirement during the month of March. "March out Meningitis!" This will assure that this state law requirement is completed prior to the end of the school year since the nurses do not work during the summer. Parents of Juniors need to contact their doctor to arrange for an appointment to complete this requirement as soon as possible. Once the immunization is obtained, turn the updated information in to the health office. Please contact the school nurses if you have questions or need assistance. **Don't Delay - Take Care of this Today!**

In addition - All students over the age of 16 years are eligible to meet this requirement. If your student is 16 years old or older - Please have them obtain this vaccination at their next doctor's appointment and turn in the updated information to the health office.

East High Speech and Debate

By Jen Medina, East High School Speech and Debate Coach

East High Speech and Debate Team has had a great year with many wins in both Speech and Student Congress. Junior Kaitlin Anousis has qualified to the national tournament in Program of Oral Interpretation. She will get her chance to shine this June at Nationals in Fort Lauderdale, Florida.

Debate students went to their first Mock Trial Competition March 8th in Marshalltown. Only East and Lincoln have mock trial teams in the Des Moines District, so we are proud to have our Scarlet lawyers and witnesses in the mix at this great experience hosted by the Iowa Bar Association.



Stress Management

By East High Counseling Department

The reality is that stress is always going to be a part of life, BUT there are a variety of healthy ways to manage stress. Today we'll discuss (and practice!) some of the ways to deal with stress.



First, think about some things that stress you out. (Examples could be family commitments, jobs, school–homework, tests, etc., responsibilities in general–chores, etc.) Ask yourself, what can I control?

It's apparent that we all have stressors in our lives. Again, stress is a normal part of living, and how we handle stress can make a huge difference. What are some of the ways you deal with stress? (Examples could be listening to music, talking or venting with friends/family, breathing deeply, exercising, being outdoors, and writing or doodling.)

Now, let's practice one way of de-stressing: using your breath to relax. This is a good example of how you can use your breath at any time to relax or calm down if you are stressed. Exercises like this are readily available online or through mobile apps such as <http://smilingmind.com.au/>

Here is a short video on using breathing to de-stress.: <https://www.youtube.com/watch?v=GZ9PHsbt-m4>

Please visit the counseling office if you would like more tips on handling stress!

Upcoming Dates

Friday, March 9–Deadline for Purchasing a Yearbook

Friday, March 9-Sunday, March 18–Spring Break

Wednesday, March 14: EHS Bowling Eliminator Tournament– Sign Up [Here](#) by 3/12/18

Tuesday, March 27–Gear-Up Field Trip to UNI

Wednesday, March 28–MidAmerican Business Partners Career Day at East

Thursday, March 29–Senior vs Staff Basketball Game

Friday, March 30–No School

Saturday, April 7–Cheerleading Tryouts for 18-19; 8am-4pm

Saturday, April 21–Prom

Tuesday, May 1– East High Fashion Show; 7pm; \$3 adults, \$2 students, children free

Friday, May 11 & Sat., May 12 –EHS Golf Classic, register by May 1 [Contact Diane Fleming for Details](#)

Special Olympics

By Adam Nordaker, Special Olympics Coach and East Teacher

Special Olympics Bowling:

At the beginning of the school year, while the majority of East High students were still acclimating to their 2017-18 school schedules, 9 EHS Special Olympics student athletes were preparing for their West Central District Bowling competition. Practices were held at the famed Plaza Lanes, as well as the district competition, the last such events the building would see before burning to the ground a few months later. Bowlers competed against opponents from as far away as Perry and Indianola and as local as cross town rival, Roosevelt. EHS athletes worked hard and were rewarded with three 2nd place ribbons, three 3rd place, two 4th place, and one 1st place ribbon earned by Alexis Rivas who qualified to participate at the State Special Olympics Bowling event. Other ribbons were earned by seniors Harley Heston and Daisy Bibian, Juniors David Wilderom, Paul Costa, and Michaela Aunspach, and sophomores Preston Olmstead, Brandon Sudbrock, and Lance Burns.

Special Olympics Basketball:

Six EHS Special Olympics student athlete veterans and one freshman took to the basketball court at Drake's Knapp Center for their Mid-Winter Special Olympics 3-on-3 basketball tournament. Both JV and Varsity squads were assisted by assistant student coach, Daniel Agostino. The varsity team fell to Mason City 0-2 in a best of three tournament. Athletes were David Wilderom, Paul Costa, and freshman Keviyon Sanders. The JV squad went 1 for 2 and qualified to represent EHS at the University of Iowa this weekend against schools from all over the state! Athletes on the JV team include Michaela Aunspach, Lance and Lauren Burns, and Preston Olmstead. All Special Olympics athletes are now starting to prepare for their Spring Track and Field Competition held in Indianola. Go Scarlets!

Tier 1 Team Update

By Fred Niebaum, MTSS Coordinator

Hello friends and families of East High! At East we have a team of staff that analyzes data and seeks to support our staff in a manner that impacts our school for the better. What our team is finding through our data is that major defiance is happening and needs to be addressed by our essential four contributors. The essential four contributors are: **community, family, students**, and the **school**. The only way we will ever create change is through all four of these contributors doing their part. One might say, "They are teens, this is what they do". However, that is not necessarily the case. Here at East, our teachers and staff are attempting to disrupt this pattern of behavior by doing these things:

- **Building Relationships-** Staff has worked hard this year to build positive, lasting relationships as we understand that this can impact student behavior tremendously.
- **Give 'em Five-** This is a 5 step approach to deescalating a student. The 5 steps are: Support, Expectation, Breakdown, Benefit, and Closure. These steps help generate a positive and changing conversation that gives the student voice and meaning in their actions. The steps help a student to deescalate them by not only recognizing who they are and having empathy but also providing an opportunity for them to problem solve to work through the situation.
- **Restorative Circles-** While this practice is not done 100% of the time it has been a great practice to help each party involved to come to terms and get back on the same page. This has personally worked for students who I have served and have seen a great deal of change when using this practice.

We can always be doing more to support our teens and help them along in this journey of life. One of the most important things we can do as one of the four contributors is lead with love, give them opportunities to be who they are, listen to them, set expectations for them, hold them accountable, and support them in becoming a problem solver. Lastly, the only way we will effectively support our students is through effective community amongst the four contributors. We are all in this together and together we can make a difference and defeat this rising issue of major defiance.