

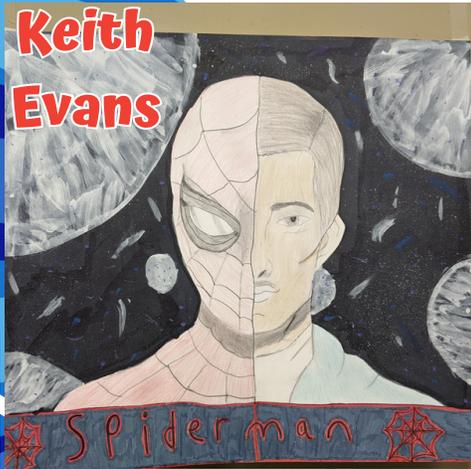
# REBEL NEWS

Edition: 11  
Date: 2/16/24

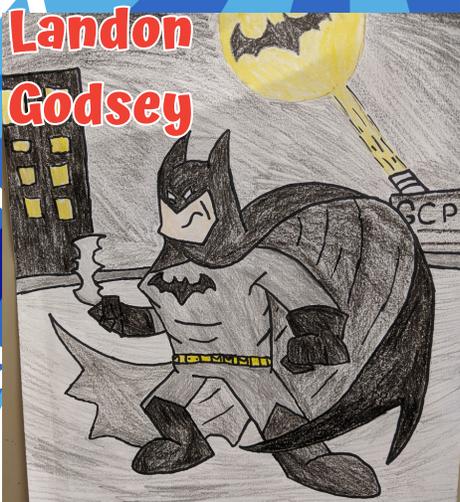
## Homecoming

For Homecoming Mrs. Rice decided to have a superhero drawing contest for students. The winner was Keith Evans and the runner-up was Landon Godsey.

**Keith  
Evans**



**Landon  
Godsey**



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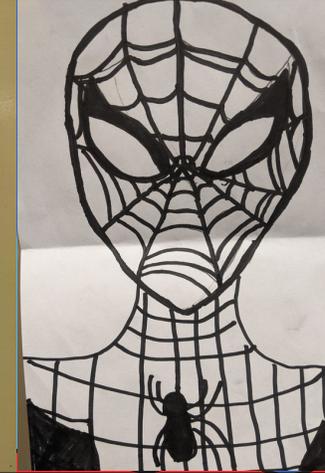
## Important Links

School Website



MORE  
SUPERHERO  
CONTEST  
SUBMISSIONS

# Wow!



## PEP SESSION

THE JUNIOR CLASS WAS  
THE WINNER OF THE PEP  
SESSION!



2024  
HOMECOMING ROYALTY



DUKE TREYTON BAKER & DUTCHESS EVELYNN ATKINS



KING BRETT SOUTHWOOD & QUEEN ALLIE BLACK



PRINCE KEITH EVANS & PRINCESS ALYSSA SNOWDEN

# The Sports Report

## Archery Update



This year's archery team finished up their season this past Saturday. Pictured is the '23 - '24 team and coaches Jeff and Jackie Ison.

## Varsity Boys Basketball Update

Last night the Varsity Boys Basketball team defeated the Anderson Prep Jets, 70-59, to earn their second win on the season. Noah Allen led the scoring attack with 19 points while Brody Mills and Ronnie Dotson added 15 each. Trent Jeffries had 7 points, Brody Sullivan and Ian Vance each had 5 points while Taysen Stewart added 4 points. Brody Mills and Brody Sullivan each had 8 rebounds. Noah Allen had 4 assists in the total team effort. The Rebels will travel to Tri High on Saturday night to take on the Titans.

[Click here for upcoming athletic events.](#)

## Upcoming Events

2/16 - Sweetheart Dance  
7:00p - 10:00p

2/19 - Snow Make-Up Day -  
School is in Session

3/6 - Spring Picture Day

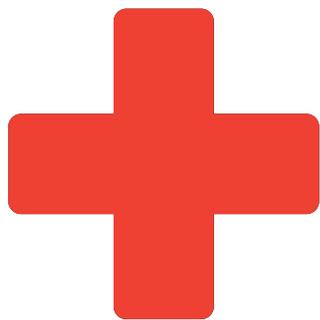
## Messages from the Athletic

### Department

**ATTENTION 8TH  
GRADERS,  
JUNIORS, &  
SENIORS**

Do you want to earn money to help pay for your trip? You can work sporting events to earn money for your trip.

Questions? See Mrs. Bebout or email her at [beboutk@rssc.k12.in.us](mailto:beboutk@rssc.k12.in.us).



# Nurse's Note



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## February is Heart Health Month

Many people reflect on matters of the heart this month, like love and relationships. It is also a time to remember the importance of our heart health.

According to the American Heart Association, heart disease is a leading cause of death for both men and women in the United States. Sometimes heart disease is genetic, but sometimes it is caused by our lifestyles. Here are a few ideas that can help us have healthy hearts.

- **Eat a Balanced Diet:** eat fruits, vegetables, whole grains, lean proteins, and low-fat dairy. Limit saturated and trans fats, sodium, and added sugars
- **Exercise Regularly:** Engage in physical activity for at least 150 minutes per week. Activities like walking, cycling, and swimming can help improve cardiovascular fitness.
- **Quit Smoking:** If you smoke, seek support to quit. Smoking is a major risk factor for heart disease.
- **Manage Stress:** Practice stress-reduction techniques such as mindfulness, meditation, or yoga to reduce the impact of stress on your heart.
- **Monitor Blood Pressure:** Check your blood pressure regularly.
- **Control Cholesterol:** Maintain healthy cholesterol levels by following a heart-healthy diet and, if necessary, taking prescribed medication.
- **Maintain a Healthy Weight:** Achieve and maintain a healthy weight through balanced eating and regular physical activity.
- **Limit Alcohol Consumption:** If you drink alcohol, do so in moderation. Excessive alcohol consumption can contribute to heart problems.
- **Get Adequate Sleep:** Aim for 7 to 9 hours of quality sleep per night.



# BINGO NIGHT

WEDNESDAY, MARCH 13TH

At Randolph Southern

Doors Open : 5:00 pm — BINGO Starts : 6:00 pm

GAMES | PRIZES | BINGO

\$5 per

Game Card

Concessions available  
for purchase

All Proceeds  
support R.S.

Prom

February

## Student of the Month

Bree was chosen by Mrs. McReynolds as Student of the Month because she has been a lifesaver in the office, answering phones, filing papers and so much more!!



Senior:

Bree  
Smith

RS

### Bree's Favorites:

Color - Pink

Food - Pasta

Hobby - Playing Basketball

Quote - "Be the reason  
someone smiles."

Role Model - Her Dad

### Plans After High School:

To attend Ivy Tech and major  
in Sonography.

February

## Student of the Month

Jordan was chosen by Mr. Wilson as the Junior Student of the Month for her outstanding performance in AP PreCalculus.



Junior:  
Jordan  
Black

RS

### Jordan's Favorites:

Color - Blue

Food - Pizza

Hobby - Reading

Movie - Jurassic Park

Role Model - Her Mom

### Plans After High School:

To attend college.

February

## Student of the Month

Alyssa was chosen by Mr. Stephan as Student of the Month because she is always willing to do whatever is needed in class. She is a joy to have in class and she is always ready to work.



Sophomore:

Alyssa  
Snowden

RS

### Alyssa's Favorites:

Color - Green

Food - Tacos

Hobby - Cheer

TV Show - Modern Family

Role Model - Her Grandpa

### Plans After High School:

Go to Ball State for Business.

February

## Student of the Month

Makinzee was chosen by Miss Fisher as student of the month for always working hard in class, assisting fellow classmates, and not being afraid to ask questions when needed!



Freshman:  
Makinzee  
Collins

RS

### Makinzee's Favorites:

Color - Teal & Black

Movie - Forest Gump

Hobbies - Riding horses &  
Crocheting

Role Model - Doc Howell

### Plans After High School:

To attend Purdue University and  
become a Veterinarian.

February

## Student of the Month

Shaylin was chosen by Ms. Day as Student of the Month for being engaged in all of the STEM activities in 8th-grade Transition and for "secretly enjoying" Ms. Day's Jokes of the Day.



8th Grade:  
Shaylin  
Mackey

RS

### Shaylin's Favorites:

Colors - Teal

Hobby - Painting

Quote - "You must be the change you wish to see in the world."

TV Show - Supernatural

### Plans After High School:

To attend a good college and become a Veterinarian.

February

## Student of the Month

Kaleb was chosen by Mrs. Brown for Student of the Month because Kaleb always tries his best and takes pride in anything he is asked/assigned to do.



7th Grade:

Kaleb

Ansberry

RS

### Kaleb's Favorites:

Color - Blue

Food - Pizza

Hobby - Legos

TV Show & Movie -

Transformers

Role Model - Shigeru

Miyamoto

### Plans After High School:

To attend college and then work for Nintendo.