

# SPARTAN *News*



SCINTILLA  
**SPARTANS**



**TUESDAY,  
OCTOBER 29TH**



OCT 2024





# SPORTS THIS WEEK



**SCINTILLA SPARTANS**

## SPORTS THIS WEEK

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**10/28** Middle School Basketball Away vs. Echols  
Girls @ 4:00/ Boys @ 5:00

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**10/29** Middle School Basketball HOME vs. Clinch  
Girls @ 4:30 / Boys @ 5:30

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**10/30**

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**10/31** Middle School Basketball Away vs. ATCO  
Girls @ 4:00 / Boys @ 5:00

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**11/01**

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## UPCOMING EVENTS

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**SPARTANS**  
You are cordially invited  
to attend SCA's  
**Fall Sports  
Recognition Ceremony**  
Wednesday, October 30th at 2:10pm  
in the SCA Gymnasium  
Scholars are encouraged to dress  
nicely. Parents, doors will open at  
2:00pm please be sure to bring your  
ID.



We're Stronger  
Together



SCA scholars can wear pink tomorrow  
in honor of breast cancer awareness.

**SCA** SCINTILLA  
CHARTER ACADEMY  
COURTESY | MENTOR | LANSING

OCT 2024

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## STAFF SPOTLIGHT: ALBERT BUSSEY



MR. BUSSEY HAS BEEN A BAND TEACHER FOR 36 YEARS AND LOVES MAKING A DIFFERENCE. HE HAS BEEN MARRIED TO HIS WIFE, CRYSTAL, FOR 36 YEARS; THEY HAVE FOUR CHILDREN AND ONE DAUGHTER IN LAW. MR. BUSSEY WAS RAISED IN VALDOSTA AND GRADUATED FROM LOWNDES COUNTY, HE IS HAPPY TO BE TEACHING IN VALDOSTA AGAIN AFTER SO MANY YEARS!



WHAT IS YOUR FAVORITE HOLIDAY: CHRISTMAS  
ONE THING YOU CAN'T LEAVE THE HOUSE WITHOUT: "A KISS FROM MY WIFE."  
IF YOU COULD ONLY WEAR ONE COLOR WHAT WOULD IT BE: BLUE  
WHAT WOULD YOU DRESS AS FOR HALLOWEEN: FAT ALBERT  
FAVORITE HALLOWEEN CANDY: REESES





**CONGRATS TO OUR GREEN CHECK SCHOLARS! WE ARE SO PROUD.**

**6th GRADE:**

Owen A.  
Caelynn B  
Kendall M  
Zoey P  
Jacob P  
Lyla R  
Bonnie R  
Lucas S  
Alex V  
Harbour W

**7th GRADE:**

Bailey B  
Brooke B  
Tyler H  
Ellie J  
Scarlett L  
Tyler L  
Ali Reese M  
Braelyn M  
Victory W

**8th GRADE:**


Morgan B  
Rylin H  
Layla M  
Qian W  
Pauline N  
Austin P  
Mallory P

**UPPER GRADES:**

Trevior A  
Zyan W  
Preston B  
BJ H  
Morgan M  
TeShawn M  
Chase S

# WHAT'S COOKING?

Mrs. Trees' elective class researched and applied design thinking principles to locate and craft healthy recipes. Scholars also identified the benefits of vitamins and minerals to determine the nutritional value of their healthy recipes. 7th grade scholars Easton and Mason wanted to share their recipes with the SCA family for you to enjoy as well. Happy cooking!



### Tuna Wrap

**Total Time** Prep/Total Time: 10 Min.  
★★★★☆  
**Test Kitchen Approved**

Loaded with the best tuna salad and fresh, colorful, crunchy vegetables, this heart-healthy tuna wrap is perfect for lunch or a light dinner.

#### Ingredients

- 1 pouch (6.4 ounces) light tuna in water
- 1/4 cup finely chopped celery
- 1/4 cup chopped green onions
- 1/4 cup sliced water chestnuts, chopped
- 3 tablespoons chopped sweet red pepper
- 2 tablespoons reduced-fat mayonnaise
- 2 teaspoons prepared mustard
- 2 spinach tortillas (8 inches), room temperature
- 1 cup shredded lettuce

#### Directions

1 In a small bowl, mix the first 7 ingredients until blended. Spread over tortillas; sprinkle with lettuce. Roll up tightly jelly-roll style.

#### Nutrition Facts

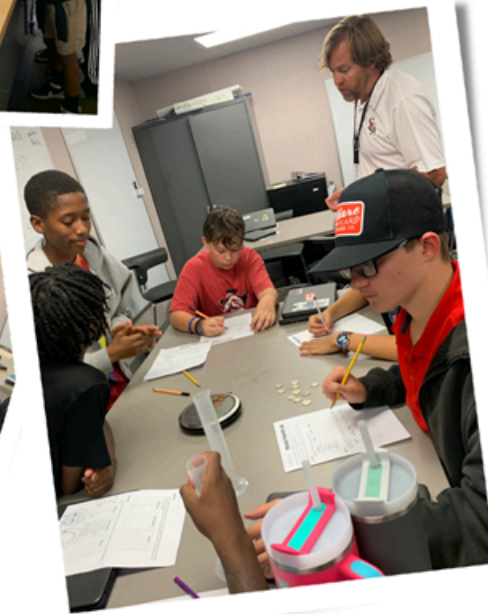
1 wrap: 312 calories, 10g fat (2g saturated fat), 38mg cholesterol, 628mg sodium, 34g carbohydrate (2g sugars, 3g fiber), 23g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1/2 fat.



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## 8TH GRADE SCIENCE

Eighth Grade Scholars investigated physical properties of matter today. Some of the properties investigated included density, solubility, and viscosity.



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