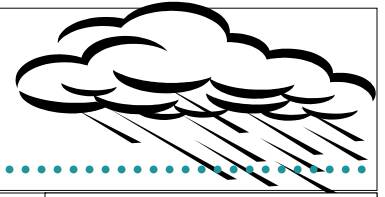




# Bobcat Bits



HEMINGFORD PUBLIC SCHOOLS

April, 2009

## Notes from Mr. Ningen-Superintendent of Schools

### A Time to Look Ahead

“The more I want to get something done, the less I call it work.” That thought by Richard Bach is one that most of us can understand and agree with.

How many times have all of us worked a little harder – sometimes a lot harder to reach something that we really want. Perhaps it is saving money for a new bike or car; perhaps it’s finishing a job so we can borrow our parent’s car! It could be that we will “earn” our way on a trip or even enable us to feel satisfaction that we completed a job and have no more worries – at least for the moment.

For the goals each of us have that involve working towards something specific, keep up the good efforts. I also encourage our students (and staff) to take some time and look at their educational goals that remain for our last two months together, and put a new goal in if it isn’t there already : **TO FINISH THE SCHOOL YEAR WELL.** Everyone has invested time and effort in the seven months of the year that is behind us. Everyone will feel better if we work our hardest the last two months, because that will bring proper closure to the year.

For those that have fallen a little short in their efforts, or for those that believe that they have given 100%, all of us can work even harder to complete our assignments, and to prepare for exams. Every single person, high achieving or not, will stand a little straighter, and walk with a more confident stride if

they push just a little harder through April and May. Give it a try, won’t you?

Music programs, spring sports, outside activities, summer plans, and graduation are all on the horizon here at school. It is a time to really take a moment now and again to watch and listen to our students. We are blessed with many students and staff members who put their hearts into these special events. I know that they appreciate the time that people take to take part in them.

Have a great April! – Mr. Ningen





# Thayer's Thoughts



As I turn the page to the April calendar, I wonder where another year has gone. It is exciting to see how a student has grown from the beginning of the school year until now. In April, comes weather that is beautiful and activities that tend to have students out for a major part of the day. It may be difficult for students to focus on school work; however this quarter is crucial for students to maintain their grades for semester credit. This semester is especially important to juniors where often the 6th semester GPA is used for college applications and scholarships. Please continue to promote the SST time for students. This is a great resource for HHS students. As you can see elsewhere in the newsletter and calendar, activities of all sorts are still in high gear.



### Spring Music Concerts

Trying a new night! Chorus and Band members asked if it was possible to have the concert on a Friday evening. It was the students' thought that more family members may attend since they have the weekend.

**High School Concert—Friday, April 3rd 7:00pm**

### Update on Eligibility—Prom Eligibility

Planning and invitations are in full swing for the 2009 Prom. This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements are being made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period of Wednesday, April 15 through Tuesday, April 21, 2009. Please use K12 planet or contact the teacher if you have questions prior to this time. Progress reports are scheduled to be mailed on April 21 which is after Prom.



### Supervised Study Time (SST)



A great opportunity for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student's grade and reinforce material presented. All students are welcome to use this time.

How does SST tie to eligibility? Students that are on the warning week may stay eligible for activities by attending SST (Supervised Study Time) that is held on Monday-Thursday from 3:30-4:00. To stay eligible students must show progress toward raising their grade.

### Scheduling Process

Scheduling for next year is in its beginning phases. Students are meeting with Mrs. Hucke and will be turning in their course selections for next year. Throughout the rest of the school year, Ms. Thayer will be working on a schedule. This would include what courses are being offered and which period. Once this is completed, students will be slotted into courses they have selected. Some choices by the students may need to be made since at times it is not possible to schedule everything perfectly. Once the student sees their schedule, they will still have the opportunity to make changes. Changes can be made up to the first days of school.





# Thayer's Thoughts-Cont.



## NWEA (Map Testing—Standardized Testing)

Testing window runs from March 30-April 9. Junior High and High School students usually test in 2- 2 hour blocks. Students will test for Reading and Science and then Math and Language Arts. Teachers use the results to see the changes in student growth.



## Tardy, Absent or Truant?

When it is necessary for a student to be absent for a non-school related activity, the parent or guardian is asked to call the school prior to 9:00 am. This is to ensure safety and accountability for your child. After this time students who have not been called in will be marked truant. According to the school handbook, students may make-up the missed work, however, no credit is earned when a student is considered truant. Your help is appreciated in calling students in prior to them being absent.

Also a tardy is tardy—it is appreciated that you call in when something prevents your son or daughter to arrive on time in the morning or at lunch. However, if the school is working on a life skill—tardiness is not acceptable in a job situation, therefore during the 4<sup>th</sup> quarter students that are tardy will be making up time after school. (Students have been informed of this in an assembly setting).

## Busy, Busy, Busy



The April calendar is full of activities; however, students can not afford for the academic piece to slide. Assignments should be turned in prior to leaving for golf, track, music, or state competitions and conventions. Eligibility is in effect even if the absence is excused. Check the calendar for dates.

April 3: Fine Arts: HS Spring Concert, District Music Contest

April 3: CSC Scholastic Day:

April 1-3: FFA: State FFA

April 5-7: FCCLA: State Convention, Big Brother/Sister, Banquet

Sports: Track and Golf (see school calendar)

April 20: Government Day

April 30: NHS Induction Ceremony

## UPSHIFT DAY FOR GRADE 6

### Wednesday, May 6 8:30-10:30 am

A slight change in the schedule this year—6<sup>th</sup> grade students will be in the high school building for part of the morning. At that time, they will visit with representatives from student council and current 7<sup>th</sup> graders (a great time for questions); participate in a building tour, and introduced to next year's teachers. They will return to their classroom for the rest of the day. Lunch will not be open campus that day. An individual schedule will be going home with the 6<sup>th</sup> grade students.

## Parent/Teacher Conferences

Conference turn out was at about 55%. This may be down slightly from the 1<sup>st</sup> quarter conferences due to the fact that you may monitor your child's progress via K12 planet but if you have suggestions on how the school can increase attendance or make it more beneficial to you, please call me or contact me via email--[pthayer@panesu.org](mailto:pthayer@panesu.org) Progress reports for 4<sup>th</sup> quarter should be in the mail on approximately April 21 and for seniors on April 7.





# Fostering Education



## HEADING TOWARDS APRIL



We are into the fourth quarter of school. It is time for me to start to reflect on this school year. We have had a very productive and rewarding year so far. I've seen what the kids have done and believe together we can achieve even more. **We are just getting started!** Please continue to encourage your child to finish the school year in a strong manner.

**Remember our motto kids: FINISH STRONG!**

## SPRING WRITING



The staff evaluated and scored all students papers on March 18<sup>th</sup>. This opportunity provided both the students and staff with information necessary to improve our writing process. We made progress from the fall to the spring. We will continue to work at getting even better. **Remember being a good writer is one of the cornerstones to being successful.**

## PARENT / TEACHER CONFERENCES

Thank you for your attendance during our spring conferences. We had a 94 % turnout.

**GREAT JOB, PARENTS!** I know how busy our lives can be, but remember 10 – 15 minutes is a small amount of time that can make a world of difference in your child's life. Thanks again for your commitment to our school. Please feel free to visit us anytime.

## UPCOMING DATES OF INTEREST



April 2<sup>nd</sup> – 6<sup>th</sup> Grade Bingo Night from 5:00 – 7:00 p.m.

April 7<sup>th</sup> – Kindergarten Round Up from 5:45 – 6:45 in cafeteria

April 24<sup>th</sup> – 1:00 p.m. Dismissal

April 30<sup>th</sup> – May 2<sup>nd</sup> (6<sup>th</sup> Grade Field Trip)

May 6<sup>th</sup> – Up Shift Day

(6<sup>th</sup> grade will be in HS from 8:30 - 10:00)

(Kdg.- 5<sup>th</sup> grade will be from 2:30 – 3:00)

May 15<sup>th</sup> – 2<sup>nd</sup> Grade Field Trip

May 20<sup>th</sup> – 1<sup>st</sup> Grade Field Trip





## Fostering Education-Cont.



### TESTING



We will administer the spring MAPS tests beginning March 30<sup>th</sup>. The tentative dates are March 30<sup>th</sup> –April 3<sup>rd</sup> and April 6<sup>th</sup> – 9<sup>th</sup>. **Please ask them about their testing.** In addition to these tests the teachers have also been administering many other forms of assessments to measure your child's progress this year. I have been very pleased with the results so far, but remember **FINISH STRONG IS OUR MOTTO!** We appreciate the support and encouragement you give your child each day to do their best in school.

### BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.

### INTERNET SAFETY

I've listed some useful Web sites with information about how to keep children safe while they use the internet.

[www.webwisekids.org](http://www.webwisekids.org)

[www.safekids.com](http://www.safekids.com)

<http://kids.getnetwise.org>

### WORDS TO THINK ABOUT ☺

The biggest room in the world is the room for improvement.

What you get by achieving your goals is not as important as what you become by achieving your goals.

You can't have a better tomorrow if you are thinking about yesterday all the time.

### COMMUNICATION

**Together we can make a difference for kids ☺**

Call us with any questions at 487-3330.





# Honor Roll-Elementary & High School 3rd Quarter



Name	3rd QTR	Gr
Craig Anglesey	H	4
Carli Cullan	D	4
Kortney Frazee	D	4
Natalie Gasseling	D	4
Austin Huddle	H	4
Tarin Jespersen	H	4
Denton Payne	H	4
Kaitlyn Kumpf	H	4
Mikayla Randolph	H	4
Faith Rohrbouck	H	4
Peyton Sutphen	D	4
Brooke Turek	H	4
Sheyenne Weaver	H	4
Jamey Wood	H	4
Austin Wobig	H	4
Taeller Ansley	H	5
Jacob Horstman	H	5
Lee Jespersen	D	5
Kelsey Klaes	H	5
Cody Laursen	H	5
Hannah Fessler	H	6
Amelia Ludlow	H	6
Christian Rozmiarek	H	6
Ethan Skinner	H	6
Hanna Swanson	H	6
Matthew Wood	D	6
D--denotes distinguished--all A's H-denotes honored--all A's or B's		

Name	3rd QTR	Gr
Ana Gibbons	H	7
Blake Hansen	H	7
Kyle Kaman	D	7
Ryan King	D	7
Daniel Manning	H	7
Paige Phillips	D	7
Cali Rohrbouck	H	7
Kelsy Wood	H	8
Delaney Adam	H	8
Kohl Boone	H	8
MaKenzy Fernandes	H	8
Jayleen Forgey	H	8
Briley Hannaford	D	8
Kayla Hanson	H	8
Brady Horstman	H	8
Anna Hughart	H	8
Samantha Huss	H	8
A J Jesus	D	8
Kristina Kramer	D	8
Kyle Kumpf	H	8
Taylor Michael	H	8
Caleb Milne	H	8
Nicole Schekall	H	8
D--denotes distinguished--all A's		

Name	3rd QTR	Gr
Amber Adamson	H	9
Violette Carlson	H	9
Kaitlin Casey	D	9
Hans Hansen	D	9
Kaitlyn Heitz	D	9
Rachel Kaman	H	9
Sandra Mendiola	D	9
T J Starman	D	9
Morgan Sutphen	D	9
Jose Campos	H	10
Katrina Folkerts	D	10
Emily Sample	H	10
Baily Wood	H	10
NaKaya Fester	H	11
Kayla Golka	H	11
Karina Mendiola	D	11
Sha-Nae Orr	H	11
Shelby Campbell	H	12
August Darveau	H	12
Katherine Hughart	H	12
Jordan Petersen	H	12
Bryan Rathburn	H	12
Jodi Stangle	H	12
Ashley Yardley	H	12
H--denotes honored--all A's or B's @ least 90%		

## Prom -2009



The HHS prom is scheduled for Saturday, April 18. The festivities will begin with dinner at St. Bridget's Parish Hall at 6:00 p.m., followed by music and fun at the Multi-purpose Hall from 8:00 until 12:00 p.m. If you have not received your invitation or you would like to help with dinner and/or decorating, please contact Mrs. Thompson or Mr. Robinson at the high school.





## Giorgi's Gym



### BOATER SAFETY CLASS

Sponsored by



Nebraska  
Game and Parks  
Commission

Eleven 9<sup>th</sup> grade physical education students are completing a 6 hour Boater Education class with Officer Scott Eveland, from Nebraska Game and Parks, sharing his expertise. As of January 1, 2004, Nebraska law requires any motorboat operator (including personal watercraft - PWC - jet skis) under 18 years of age to complete a Boating Safety Course and be in possession of a course certificate when operating a boat. You must be at least 14 years of age to operate a motorboat (including personal watercraft) in Nebraska.

### SKIP'N CATS

The last practice Skip'n Cats will be on Wednesday, April 29. You will not have to bring your rope that day. The improvement in your jump rope skills this year is amazing!

### SPORTSMANSHIP

Good sportsmanship doesn't happen by chance. But it can become second nature when coaches, spectators, parents and players make it a priority. Here are 10 reminders to help you keep character front and center:

1. Great coaches and athletes model good behavior every day.
2. Honor the letter and spirit of the rules.
3. Promote good sportsmanship in the stands by enlisting home game "ambassadors"
4. Concentrate on winning with honor, not winning at all costs.
5. Make decisions as if your mother/child were looking over your shoulder.
6. Don't make cheating an option.
7. Congratulate everyone, including the opposing coach.
8. Focus on the team, not the stars.
9. Have fun without winning.
10. Make sports a setting for learning.

***Get outside and enjoy the spring weather!  
Hike, bike or just walk around town with a friend.***





## PE/Weight Training



It's hard to believe we are close to putting another year in the record books, but it won't be long and we'll be saying good bye to the Senior class of 2009. We have had a terrific year in PE and weight training. It has been great to have the 7<sup>th</sup> and 8<sup>th</sup> graders all year for physical education. We have seen some good strides in our test scores and I really believe this will help in the areas of retention and allow us to offer a more comprehensive program for the Jr. High students.

We tested our weight training students right before spring break in the 1 max rep bench and squat and the results were phenomenal! Our bench maxes shot up from 10 to 45 pounds and our squats are up anywhere from 20 to a staggering 125 pound increase from the beginning of the year. It's awesome to see our kids work in the weight room. They really take to heart the fact that weight training and conditioning are essential building blocks for a strong athletic program and also can be practiced for a life time.

On a side note; we finished our first March Madness basketball sessions for grades 2-6 and had an outstanding turnout. We usually ran anywhere from 40-50 kids in both gyms with the emphasis on being coachable, being a good team mate, basketball fundamentals, team play, having fun and keeping the ball in their hands. A "BIG" thank you to our Jr. High and high school players for taking time out of their busy lives to help our younger kids develop.



Sincerely,

Coach Hiemstra  
PE/Weight Training

## 2009 Bobcat Football-Mr. Robinson



The 2009 Chadron State football camp is from June 14 to June 17. If you would like your son to participate with us and you have not received information, please contact me at school or at home. This is an excellent opportunity for our young men to develop fundamental football skills, form bonds with teammates, and face some competition as we prepare for the fall season.

Also, we have two all-stars from our 2008 football team, Joe Haas and Anthony Adamson. Both young men have been invited to the Western Nebraska All-Star game on June 6 in Scottsbluff. Anthony has been invited to participate in the 8-man All-Star game on June 20 in Hastings as well. Thank you to everyone that has sponsored their participation in these events.

Finally, we will be selling football t-shirts for the 2009 season for one more week! The cost per shirt is \$9.00. Please call or email indicating sizes and quantities. All orders must be in by April 3, and your purchase should be here in time for the banquet on May 4. Hope to see you then.





# Math Corner-Family and Consumer Sciences



**Many students are surprised when they find out really how much math is involved in Foods, Interior design, and Independent living but the fact is Math is in our daily lives whether we like it or not.**

Math is in every kitchen, on every recipe card, and at each holiday gathering. The mathematics of cooking often goes unnoticed, but in reality, there is a large quantity of math skills involved in cooking and baking. Measuring, reading a recipe, gauging the time it will take to cook, and buying the right amount of ingredients involve math skills. Knowing how to measure can make the difference between a great meal and a horrible. Being able to convert measurements when doubling or tripling a recipe is a very good skill to have. By knowing how fractions work will help when in the kitchen.

**Here is an example:**

Your 4-H club requests that you bring 2 dozen brownies to an event but your recipe only makes one dozen. It will save time to double the recipe:



- 4T. cocoa
- ½ c. butter
- Add:
- 1 c. sugar
- 2 eggs
- ½ tsp. baking powder
- ½ tsp. salt
- ¾ c. flour

To figure this out, you first have to find the conversion factor (how much you have to multiply it by to get the correct amount. To figure this use this formula:

**Desired yield** divided by **Original yield** equals the conversion factor.

A person will need to know how to add fractions together in order to put in the correct amount of ingredients so that the meal is a good one. Too many times people guess as to how much they will need and many times they are wrong. Reading a recipe and knowing how to measure out the ingredients correctly will help a person prepare a delicious meal that everyone will enjoy.

Math is very important when cooking. People who enjoy cooking understand that they need to have sharp math skills in order to prepare good food. These skills can be developed over time and with patience most people can become good cooks. Cooking is considered a talent. Having the skills to back up a talent is very important. Math is one of these skills.





## Math Corner-Family and Consumer Sciences-Cont.



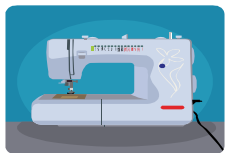
### Grocery Shopping:



Math can come in handy when grocery shopping. People will use their math skills to add up food costs, subtract their coupons, and decide how much ingredients to buy when shopping for a special occasion. Shopping can be very complicated. Many people are on a budget which means that they have to spend only a certain amount in order to have money left over the pay bills and other items. Grocery shopping can involve finding items on sale, using coupons, and deciding which items are necessary and which are not. Using math to add up how much a shopping cart full of groceries will cost is a great way to stay within one's budget.

When preparing a meal that follows a recipe, a certain amount of meat, milk, and other important ingredients will have to be purchased in order to prepare a good meal that serves enough people. Using math to determine how much will have to be purchased is the only way to ensure that one will have enough food. Writing down how much will be needed ahead of time will help. Preparing food in advance is a great way to stay ahead and have extra time in case of a cooking emergency. But having enough ingredients without going over budget is the main concern. Shopping can be done everyday or on a set schedule. Using math skills can help make the trip to the grocery store a much more pleasant one.

### Sewing:



Math in sewing is also very important. Learning your to measure correctly so something isn't too big or too small. From sewing a seam at the correct width, buying the correct amount of material, to measuring the dimensions of your body or the window you are making curtains for, all of this is important to know fractions.

### Tips for helping your kids with measurements and fractions:

- Kids love to cook! Encourage your kids to help you cook.
- Have them help you measure ingredients.
- When doubling recipes, have your kids help you make the conversions.
- Sew with your child! Teach your kids how to use a ruler when you are sewing!
- When shopping, talk to your kids about prices and have them help you figure up how much ingredients you need for recipes.
- Encouraging real life math in your household will help your kids in the classroom too!

By: Suzanne Neefe, Family and  
Consumer Science Teacher.





## Math Corner— Agriculture Education



Hello Fellow Box Butteans,



In this issue of Math Corner I was asked to give examples of how we use math in our Agricultural Education classroom and shop. In the shop we build projects and the first step in building a project is drawing up plans. We do this to scale so the students learn how to convert inches or feet in the real world to  $\frac{1}{4}$ ,  $\frac{3}{32}$ ,  $\frac{1}{16}$  etc. on paper. After a project is drawn up we figure how much material is needed to build the project. This is called a bill of materials in this document we use addition, subtraction, multiplication and division to figure, not only the amount of materials needed, but also what the total cost of the

project will be. This is when the student goes home and you get to practice your math by opening up your check book and deciding if you can afford this project. During the production of the project the students take measurements with a ruler or tape measure and add and subtract fractions. In the classroom we use math to figure rations, calculate net worth, determine production costs, and a plethora of other things. These skills require basic math skills as well as using algebraic formulas. I hope this has given you an insight as to how math is used across the curriculum here at dear old Hemingford High.

By: Gordon Karney-  
Vocational Agriculture Ed.

## Math Corner-Art



Art classes grid pictures to recreate an image in a larger size. Ratios are used to decide whether the piece will be twice the size, two and one-half times the size or maybe even three times larger. If the original picture has a  $\frac{1}{2}$ -inch grid drawn on it, and is 5"x7", then the finished product, if it has a 1-inch grid on it, turns out to be 10"x14" on a canvas or larger sheet. This method helps to keep proportions and details on a larger scale.

By: Marla Wade— Art &  
Spanish Teacher



## Wade's World



The WorldStrides 2010 group has organized. If your child is going to be a junior or senior next year, and has not gone to Washington, D.C., they are eligible to go with the group. Tentative dates are March 13-18, 2010. If you did not come to the meeting, please let me know if your child is interested. We do have a contract with expectations and a list of fundraisers that the students can use to defray the cost of their trip. We will be serving the Hemingford Cooperative Telephone Company and Mobius' dinner in April. The kids and sponsors who have just returned have reported that it was a great experience. Mr. Olson and Ms. Janssen said they got lots of compliments all during the trip on the behavior and demeanor of our students. Some of them even saw the presidential motorcade as it went right by them!

## Recycling



Lee Cheek hauled a big truck full of plastic bottles to Alliance last week. We now have 258 bags. The goal for the first level of prizes is 500, so please keep them coming. I want you to know how much your efforts are appreciated. Contest aside, we are keeping a LOT of plastic out of the landfill and teaching our children to be good stewards of the environment. I don't know about you, but I have learned a lot about recycling myself! I did not even know what that triangle on the bottom of the plastic containers meant before last year.

## Capitol Forum-Dave Chatelain

Four Hemingford High School government students will attend the Capitol Forum in Lincoln, NE on Monday, March 30, 2009. The students attending are: Joe Haas, Brooke Hannaford, Katie Hughart and Josie

Fletcher. This is the second year Hemingford has participated with 25 other Nebraska High Schools in this program co-sponsored by John Gale the Secretary of State, and the Nebraska Humanities Council.





## Family Fun Night



Please plan to attend our Family Fun Festival. Join us for an evening of Fun and entertainment Thursday, April 2, 2009 from 5:00 - 7:00 p.m. in the High School Gym. This will help defray costs for the Sixth Grade Field Trip to Lincoln in April.

Sloppy joe or beefy nachos meals will be served.

## Hemingford Girl Scouts

### *April Showers*

April 1st-April 17th

April Showers is a toiletry and paper item drive organized by Hemingford Girl Scouts. Please bring your donations to any of the drop off locations listed below. *All items collected will be donated to the Hemingford Food pantry.*



**Donation Suggestions:**  
Shampoo, soap, paper towels, toothpaste, wipes, toilet paper, kitchen and bathroom cleaners, new toothbrushes, aluminum foil, dish soap

**Drop Off locations:**  
-Hemingford Schools  
-Methodist Church  
-St. Bridget's Church  
-Raben's  
-Mobius  
-The Ledger  
-Hemingford Credit Union  
-Bank of the West  
-Panhandle Health District





## Summer School



This year's summer school program will be three weeks long and runs from July 6 through July 24. Students will attend from 9 a.m. until 12 p.m. The target ages are preschool through 8<sup>th</sup> grade. Summer school is open to students who receive special education or Title 1 services, students who have been referred by their teacher(s), or those who have attended summer school in past years. Siblings of children qualified to attend may also come and participate. If your child is not in

the above-mentioned groups but you would like him/her to attend, please call the school (487-3330) and let Brianne Moudry know. We would like to make the program available to any student who needs it. The purpose of summer school is to maintain the skills already known, not to introduce new material. We plan to have a light-hearted, enjoyable three weeks and hope to see your student(s) there! **If you have received a notice about summer school, please check whether your child will be attending or not and return it to the school so we can have an approximate count of students and are prepared with enough materials and snacks. I will send a reminder to all invited students in late June. Thanks!**

## Kindergarten & Pre-School 2009-2019

If your child will be 4 by October 15, 2009, s/he is eligible to attend our school preschool. The pre-school runs four days a week with lunch and snack provided. There are two half-day sessions. If you have a child you would like to attend preschool and haven't received any information about it, please call Brianne Moudry at the elementary school (487-3330). Thank you!



If your child will be 5 by October 15, 2009, s/he is eligible to attend Kindergarten. Kindergarten Roundup will be held on Tuesday, April 7, 2009 in the school cafeteria from 5:45-6:45 p.m. If you have a child eligible for kindergarten and haven't received any information, please contact the Hemingford Elementary Office at (487-3330). If attending the roundup please bring the following items: birth certificate, immunization records, and social security number. Thank you!





# Nurse Judy



## “Healthy Children Learn Better”

### Prevention of Obesity

Obesity and related health problems are a great concern for everyone. Many health insurers are adding benefits to address this problem. Check out your specific policy to determine if benefits have been added.

Highmark Blue Cross Blue Shield has added benefits as a part of their prevention of obesity initiative.

### **Benefits for Children with a Body Mass Index (BMI) in the 95<sup>th</sup> percentile are eligible for:**

Two additional annual nutrition counseling visits specifically for obesity.

Two additional annual nutrition counseling visits specifically for obesity.

One set of recommended laboratory studies:

- **Lipid profile**- a lipid panel measures fats and fatlike substances used a source of fuel for your body. The panel measures: Total cholesterol, Triglycerides, High Density Lipoprotein (HDL), Low Density Lipoprotein (LDL)
- **Hemoglobin A1C**- A blood test that measures the amount of sugar bound to hemoglobin. People with diabetes or other conditions that increases blood sugar levels have a higher level than normal.
- **Aspartate Aminotransferase (AST)**- used to assess liver function.
- **Alanine Aminotransferase (ALT)**- used to assess liver function.

**Fasting blood glucose (FBS)**- a measurement of glucose done after you have not eaten for 12-14 hours. A common screen for diabetes.

### **Children with a BMI in the 85<sup>th</sup> percentile are eligible for:**

Two additional annual preventive office visits specifically for obesity and blood pressure measurement.

Two additional annual preventive office visits specifically for obesity and blood pressure measurement.

Check this website to learn more about BMI for children:

<http://www.cdc.gov/healthyweight/assessing/bmi/>





## Nurse Judy-Cont.



### Benefits for Adults (19+ years)

Adults with a BMI over 30 are eligible for:

Two additional preventive office visits specifically for obesity.

Two additional nutrition counseling visits specifically for obesity

One set of recommended laboratory studies:

- **Lipid profile**
- **Hemoglobin A1C**
- **Aspartate Aminotransferase (AST)**
- **Alanine Aminotransferase (ALT)**

**Fasting Blood Glucose (FBS)**

Check this website to learn more about BMI for adults;

<http://www.cdc.gov/healthyweight/assessing/bmi/>

**Contact Nurse Judy with questions**

**487-7425 (487-SICK)**

## C O U N S E L O R ' S

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### Seniors ... it's decision time!

Attention seniors: Now that you have been accepted by the colleges that you have applied to, it's time to make the big college decision and determine where you'll spend the next 4-5 years of your life!

As you make your decision, have a heart-to-heart talk with your parents to make sure you pick your college for the right reasons, not because it's where your friends - or your girlfriend or boyfriend - are going. Talk about:

**Location.** Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If travel costs are prohibitive, you may not make it home as often as you'd like.

**Cost.** Can your family afford the school? What can you expect for financial aid beyond the freshman year? Did you receive renewable scholarships?

**Academic program.** Does the college offer the program that interests you? What happens if you change majors—does the college offer other programs of interest?

**Juniors** – Did you register for the classes next year that will benefit you for your life after graduation? If you have questions, come in and see me and we will find the answers for you.

### The test date for the ACT is April 4.

I will be working with the 3 – 6 graders during the month of April. In the 3<sup>rd</sup> and 4<sup>th</sup> grade we will be working on anger management skills. In the 5<sup>th</sup> grade we will be exploring different careers. 6<sup>th</sup> grade will be a combination of exploring careers and registering for classes for next school year.

As parents, students, and educators, we need to remember to treat each other with respect so that we can receive respect back.

### HEMINGFORD PUBLIC SCHOOLS

EMPOWERING individuals to become RESOURCEFUL, RESPECTFUL, AND RESPONSIBLE... partners in education

Casper Ningen, Superintendent  
Mrs. Peggy Thayer, High School Principal  
Mr. Ron Foster, Elementary Principal  
Mrs. Mandy Plog, Special Education Director

PO Box 217  
911 Niobrara Avenue  
Hemingford NE 69348

Phone: 308-487-3328 High School  
Phone: 308-487-3330 Elementary  
Phone: 308-487-Distance Learning  
Fax: 308-487-5215

## COMMUNICATION SOURCES

In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage. Notices sent home with students Information sent home with reports cards.

Phone calls to students' homes when necessary. K-12 Planet for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



## EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities



## INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site ([www.hemingfordschools.org](http://www.hemingfordschools.org)), and Mobius web site ([www.bbc.net](http://www.bbc.net)).**

## SCHOOL MESSENGER

If you have not been contacted by "School Messenger" our web based calling system to alert parents of school cancellations, late starts or any other events, please contact the school. You may have changed phone numbers, or disconnected numbers the school is unaware of. Also, if you don't want to be contacted please notify us so we can take you off of the calling list. Please call the school of any changes at 487-3330.

# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2009

Hemingford Public Schools  
Nancy Yardley, Food Service

## BEST BITES

### Go light

When it comes to cheese, a little can go a long way. Rather than using whole slices, grate cheese into your child's sandwiches or omelets. You'll cut down on the fat, calories, and sodium that way. Also, look for reduced-fat and reduced-sodium versions of your youngster's favorite cheeses.



### DID YOU KNOW?

More schools, community centers, and recreation departments are addressing the childhood obesity crisis by offering fitness classes for kids.

Check library and grocery store bulletin boards or school Web sites for free or low-cost programs. Then, sign your child up for an after-school or a weekend activity he can enjoy with friends.



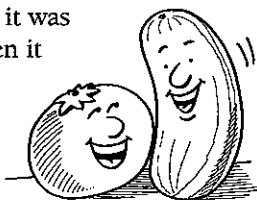
### Cooking playdate

When your youngster invites a friend over, suggest a cooking playdate. Help them look through cookbooks for a healthy recipe, and then supervise them in the kitchen. They'll have a great time mixing and stirring, and they'll want to eat the nutritious food they make.

### Just for fun

**Q:** Why is a tomato round and red?

**A:** Because if it was long and green it would be a cucumber!



## Fast food tips

Does your busy family eat fast food often? You're certainly not alone. But quick doesn't have to mean unhealthy. Try these tips for a healthier trip to the drive-thru.

### Do your homework

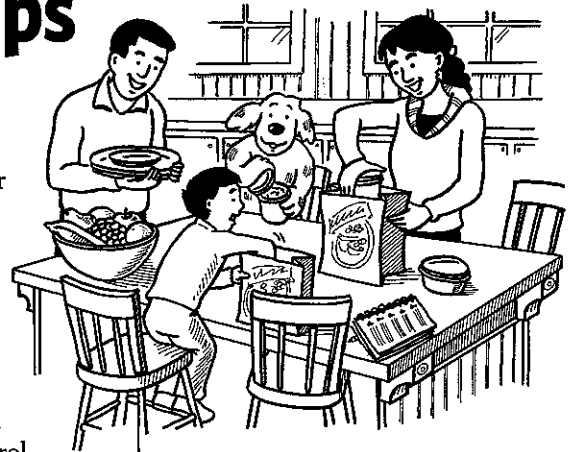
Have your child research nutrition facts for his favorite fast food chains (on their Web sites, in brochures at the restaurants). Ask him to find items that are lower in calories, fat, cholesterol, and sodium.

### Make sample menus

Suggest that he put together a few healthy menus and write them in a notebook (*example:* small hamburger with mustard, baked potato with salsa, water). Keep the notebook in the car so he can refer to it when you stop for food.

### Choose healthy drinks

Watch the drinks—one supersize soda can add 425 calories to a meal! Have your youngster drink water or fat-free milk



instead. *Idea:* He can squeeze a lemon wedge into the water to add flavor.

### Try something new

Instead of a bun, your child could request a "lettuce wrap." Ask the clerk to serve a burger or grilled chicken with a large lettuce leaf, and your youngster can wrap it up to eat.

### Eat at home

Did you know that people tend to eat more when they eat out? Try ordering the main meal only and then adding healthy vegetables and fruit at home. ♥

## Stocking your pantry

A key to healthy snacking is having the right foods on hand. Try these ideas for stocking your pantry with foods your kids will eat:

- Replace potato chips with baked veggie, pita, or tortilla chips. Or get low-fat graham crackers or flavored soy crisps (ranch or barbecue, for example).
- Choose a variety of whole-grain cereals, crackers, bagels, and rice cakes. Other good choices include oatmeal and low-fat granola and cereal bars.
- Fruit is always healthy. Try applesauce, canned fruits (packed in their own juice), and dried fruits like raisins, apples, figs, and blueberries.
- Seeds, such as sunflower or pumpkin seeds, are filled with minerals. Pistachios or mixed nuts make a tasty, high-fiber snack.

*Tip:* Put the items you want your children to eat the most often at their eye level. Place "sometimes" foods on higher shelves. ♥

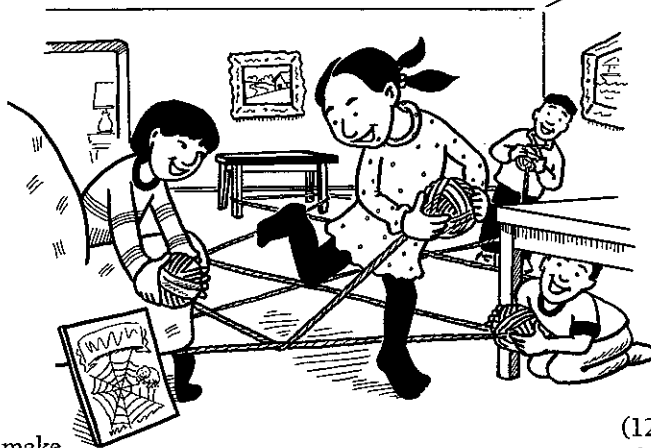


# Active learning

Learning and exercise can go together! Try these fun ideas for combining physical activity and skill building.

**Act out verbs.** Brainstorm a list of 20 action words. *Examples:* gallop, slither, crawl, jump. Have your youngster write each word on an index card. Take turns drawing a card and doing what it says.

**Make a web.** Read a book about spiders (try *Spinning Spiders* by Melvin Berger), and then make a web together. Each person unwinds a ball of yarn through obstacles (over a sofa, under a table, around chair legs). Switch yarns, and walk back through the web, rewinding the ball. The first to finish wins.



## Solve math problems.

Help your child draw a 25-box grid (5 boxes across, 5 boxes down) with chalk on a driveway or blacktop, and number them 1–25. Call out a math problem ( $6 \times 2 = \underline{\quad}$ ), and have her jump to each number and the answer (12). Then, let her give you a problem to solve.

**Spell it out.** Challenge your child to make letters with her body. She could move through the whole alphabet, curving her body into A, B, C, and so on. Or she can form her spelling words one letter at a time. ♡

## ACTIVITY CORNER

### An herb garden

Growing herbs is a great way for children to learn about gardening—and about ways to spice up food.

Start by going together to pick out plants and seeds. Good choices include basil, chives, oregano, and mint.



If you have room, let your child plant the herbs outside. Or consider a clay pot garden. He can decorate the pots with markers or paint and even name and label his plants (“Bobby Basil” or “Ollie Oregano”). Have him set the pots on a sunny windowsill or on a deck or porch.

As the herbs grow, talk about ways your youngster will use them. You might plan a pizza night so he can sprinkle oregano on top of the tomato sauce and cheese. Or he could put sprigs of mint into iced tea for guests. ♡

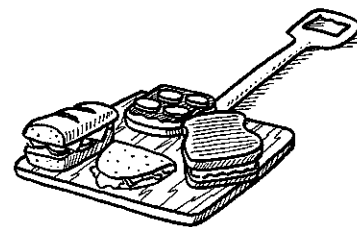


## IN THE KITCHEN

### Panini time

Take healthy items, put them between two pieces of bread, press down, and cook. The result? A delicious panini sandwich! Try these combinations.

- On a baguette spread with pesto sauce, layer tomato slices and skim mozzarella cheese.
- Spread hummus on a whole-wheat tortilla. Cover with mushrooms and shredded carrots. Fold in half.
- Layer lean corned beef or turkey, sauerkraut, and Swiss cheese on rye bread.
- Put leftover chicken or beef strips, chopped romaine lettuce, shredded



cheddar cheese, and low-fat mayonnaise on whole-grain bread.

*Note:* You can buy an inexpensive panini maker, or simply weight down the sandwich with a soup can in a skillet (coated with cooking spray) until it’s crisp on the bottom. Then flip and weight it down again until the other side is browned. ♡

## Q & A Gluten-free eating

**Q:** We recently learned that our daughter has celiac disease. How can we find foods she can eat?

**A:** People with celiac disease cannot digest gluten, a protein that’s in wheat and some other foods. Fortunately, grocery stores are carrying more gluten-free products these days.

Take your daughter shopping with you, and teach her to read food labels carefully. Together, make a list of words she should

watch out for. *Examples:* wheat, flour, soy sauce, malt, rye, couscous, oats, graham, grain, barley.

If she goes to a friend’s house or a party, let her pack a snack to take along. When you eat out, you can help her find safe foods on the menu. Some restaurants will substitute ingredients if you ask.

Learning to live with celiac disease is an adjustment, but with support and planning, your daughter will find plenty of foods she can eat. ♡



## OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,  
a division of Aspen Publishers, Inc.  
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www.rfeonline.com

Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

## Calendar Events April 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 White Day MAP Testing Window State FFA JH T @ Morrill Invite	2 Red Day MAP Testing Window State FFA 5:00 PM 6th Grade Bingo Night	3 MAP Testing Window CSC Scholastic Day White Day State FFA 4:00 PM V Golf @ Alliance Quad 7:00 PM 7-12 Spring Concert	4 ACT Testing Date Federation Wrestling 8:30 AM VT @ Bayard C-D Invite
5 FCCLA State	6 Red Day FCCLA State MAP Testing Window	7 FCCLA State MAP Testing Window Senior Progress Reports White Day 9:00 AM V Golf @ Bayard Invite 9:00 AM JH T @ Bayard Invite 5:45 PM Kindergarten Round-Up	8 Red Day MAP Testing Window	9 White Day MAP Testing Window 1:00 PM V T @ Mitchell Twilight	10 No School--Easter Break	11
12	13 School Board Meeting No School--Easter Break	14 Red Day 9:00 AM V Golf @ Mitchell Invite 4:00 PM V T @ Kimball Invite (re-scheduled)	15 White Day	16 Red Day	17 White Day 1:00 PM JH T @ Gordon	18 Prom 9:00 AM V Golf @ B'port Invite 10:00 AM VT WTC @ Mitchell
19	20 Red Day BBC Government Day	21 White Day Progress Reports Sent Home 9:30 AM V Golf @ Morrill Invite	22 Red Day District Music Contest	23 White Day 9:00 AM JH T @ Kimball Invite	24 Red Day Early Dismissal 1:00 pm	25 VT @ Chadrón Invite 9:00 AM V Golf @ Alliance Invite
26 2:30 PM NHS Bowl-A-Thon	27 White Day	28 Red Day VT @ Best in the West @ Scottsbluff	29 White Day 2:30 PM Big Brother/Sister	30 Red Day 8:00 AM 6th Grade Field Trip 5:00 PM NHS Induction		

## Calendar Events May 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 White Day JH/VT PHC @ Chadron 8:00 AM 6th Grade Field Trip	2 8:00 AM 6th Grade Field Trip 9:00 AM V Golf WTC @ Kimball
3	4 Red Day 6:00 PM 2008-2009 Athletic Banquet	5 White Day PHC Golf @ ? (Sioux County--Host) 9:00 AM Frosh T WTC @ Bayard	6 Red Day K-6 Upshift Day	7 White Day 7:00 PM Senior Honors Night	8 Red Day 8:30 AM Graduation Practice/Picture 8:30 AM VT @ Bayard B-C-D	9 JH Track at Alliance 9:00 AM V Golf @ Kimball Invite
10 Graduation at 2:00 pm	11 School Board Meeting White Day V Golf Best In the West @ Scottsbluff	12 Red Day	13 White Day	14 V Golf @ Crawford Invite Red Day VT Districts TBA	15 White Day 8:00 AM 2nd Grade Field Trip	16
17	18 Red Day V Golf Districts @ TBA	19 White Day	20 Red Day 1st Grade Field Trip	21 White Day	22 Red Day End of 4th Qtr/2nd Sem Last Day of School--Dismiss at 11:30 am Teacher Work Day 11:30-3:00 State Track @ Omaha	23 State Track @ Omaha
24	25	26	27	28	29	30
31						

# Hemingford Public Schools

April 2009

## Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
		1 CEREAL Muffin Fruit or Juice	2 EGG & CHEESE OMELET Toast Fruit or Juice	3 CINNAMON ROLL Fruit or Juice
6 CEREAL Granola Bar Fruit or Juice	7 PANCAKE & SAUSAGE on a Stick Fruit or Juice	8 CEREAL Muffin Fruit or Juice	9 FRENCH TOAST Fruit or Juice	10 
13 Easter Break 	14 SCRAMBLED EGGS & Toast Fruit or Juice	15 CEREAL Muffin Fruit or Juice	16 WAFFLES Fruit or Juice	17 BREAKFAST PIZZA BAGEL Fruit or Juice
20 CEREAL Granola Bar Fruit or Juice	21 PANCAKES Fruit or Juice	22 CEREAL Muffin Fruit or Juice	23 FRENCH TOAST Fruit or Juice	24 CINNAMON ROLL Fruit or Juice
27 CEREAL Granola Bar Fruit or Juice	28 EGG & CHEESE BISCUIT Fruit or Juice	29 CEREAL Muffin Fruit or Juice	30 PANCAKE & SAUSAGE on a STICK Fruit or Juice	31 BREAKFAST PIZZA Fruit or Juice

**Menus are subject to change**

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

*The Hemingford Public School provides lunches in accordance with the National School Lunch Program.*

*The cost of a breakfast is as follows: PreK-12 - \$1.05 Adult Breakfast - \$1.30*

*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.45 7 - 12 Lunch - \$1.75 Adult Lunch - \$2.55*

# Hemingford Public Schools

April 2009  
Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>FRITO PIE</b> Carrots Pears Roll & Butter Alt. Burrito	<b>2</b> <b>TURKEY GRAVY</b> Mashed Potatoes Peaches Roll & Butter Alt. Chicken Strips	<b>3</b> <b>FISH</b> Green Beans Fruit Cocktail Roll & Butter Alt. Crispito
<b>6</b> <b>HOT HAM &amp; CHEESE</b> French Fries Applesauce Dill Spear Alt. Hamburger	<b>7</b> <b>TACO'S</b> Spanish Rice Pears Roll & Butter Alt. Baked Potato	<b>8</b> <b>CRISPITO</b> Corn Peaches Roll & Butter Alt. Pizza	<b>9</b> <b>CHICKEN SANDWICH</b> Green Beans Pineapple Cookie Alt. Ready Rib Sand.	
<b>13</b> <b>Easter Break</b> 	<b>14</b> <b>BOBCAT TACO</b> Lettuce Salad Fruit Cocktail Roll & Butter Alt. Baked Potato	<b>15</b> <b>CHICKEN &amp; NOODLES</b> Green Beans Fresh Fruit Roll & Butter Alt. Chili	<b>16</b> <b>PIZZA</b> Corn Applesauce Pudding Alt. Quesadilla	<b>17</b> <b>CHEF'S SALAD</b> Tater Bar Peaches Cornbread & Honey Butter Alt. Crispito
<b>20</b> <b>HOT DOG/ BUN</b> French Fries Applesauce Baked Beans Alt. Pizza	<b>21</b> <b>SPAGHETTI &amp; MEAT SAUCE</b> Coleslaw Pears Garlic Bread Alt. Oven Chicken	<b>22</b> <b>BURRITO</b> Corn Fruit Cocktail Roll & Butter Alt. Corndog	<b>23</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes Peaches Roll & Butter Alt. Salisbury Steak	<b>24</b> <b>CHICKEN NUGGETS</b> Green Beans Pineapple Roll & Butter NO ALT. Or S. Bar
<b>27</b> <b>SLOPPY JOE</b> Tater Bar Peaches Dill Spear Alt. Hamburger	<b>28</b> <b>BEEFY NACHOS</b> Lettuce Salad Fruit Cocktail Roll & Butter Alt. Baked Potato	<b>29</b> <b>PIG IN BLANKET</b> Corn Pears No Bake Cookie Alt. Pizza	<b>30</b> <b>FRENCH DIP</b> Green Beans Fresh Fruit Pudding Alt. Chicken Sand.	

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