

# *Bobcat Bits*



Hemingford  
Public Schools

April 2010

## Mr. Ningen-Superintendent

### **MUSIC**

Panhandle Conference Music Champions! Congratulations to Mrs. Chesley and the Hemingford High Music Department on the Conference Championship that they earned at Hay Springs on March 26<sup>th</sup>!

Not only were our musicians overall Champions, Hemingford took first in Percussion Ensemble; First in Women's Ensemble; First in Vocal Duet; and First in Swing Choir !

Other Conference members include Crawford, Hay Springs, Edgemont, Sioux County, and Alliance St. Agnes (St. Agnes is a member in Junior High activities)

### **END OF THE YEAR EFFORT**

With statewide testing occurring in the next several days, and with our fourth quarter underway, I again encourage parents, teachers and paras, and students to complete our last two months with their best efforts. Summer will be much more enjoyable if we all are able to do our very best in completing the 2009-2010 school year.

### **MISSED OPPORTUNITIES**

I am happy to see some of our students stay after school from 3:30 – 4 PM to get additional help from our teachers, but I know that there are many students that would benefit from the extra help that are instead leaving at the end of classes and not staying for that important extra half-hour. This is a time when every teacher is available in their classrooms until 4PM, Monday-Thursday for any and all students. There are no school activity practices that begin until 4PM, in order to provide this important time. Parents, make certain that your sons and daughter are staying in often for this GREAT opportunity.

### **BUILDING PLANS**

The Board of Education is working with administrators to take a serious look at two upcoming building projects that will make our school better and safer. First, the bathrooms in the elementary building and the Central Office

building (where the pre-school and lunch and computer students are), will be remodeled and upgraded, in some cases for the first time since they were built. New fixtures, as well as new wall coverings, lowered ceilings, and new flooring are planned.

### **CONNECTING US**

The area that is now a delivery zone between our three main buildings, just to the south of our present Central Office Building, will be enclosed and become a connecting commons area that will allow our lunch program to have more room, protect the students from traffic and weather, and allow an open, warm space for meetings and activities. Three existing walls will be used to keep construction costs down, and a new entrance will form the fourth (south) wall.

Both plans are being developed by Lee Davies, Graduate of HHS and architect from CG and Associates of North Platte. All new construction and remodeled construction will meet state and federal regulations in fire code and disability codes.

### **RESOURCES**

Money to pay for the projects, which could begin as soon as this summer and fall, will be covered from funds in our District Special Building Fund, and ARRA Grant Funds. Most of the money is already collected and available, with additional Special Building funds coming in during the next year.

These opportunities are being considered by the Board of Education, and will have bids let in the next month. Not only will this be a much needed connector for our buildings, but the updated restrooms, together with the new building itself, will add to what is already a very well kept, attractive school campus.

Enjoy the start of our spring season, and redouble your efforts in and outside the classrooms!

## 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 17<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 95 % 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> – 5<sup>th</sup> NO SCHOOL --Easter Break**

**April 13<sup>th</sup> – Kindergarten Round Up from 5:45 – 6:45 in cafeteria**

**April 22<sup>nd</sup> – April 24<sup>th</sup> (6<sup>th</sup> Grade Field Trip)**

**April 26<sup>th</sup> - K-3<sup>rd</sup> grade Ronald McDonald beginning at 1:30 p.m.**

**April 30<sup>th</sup> – 1:00 p.m. Dismissal – Teacher In-service**

**May 5<sup>th</sup> – Up Shift Day**

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

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

**May 17<sup>th</sup> - K-3<sup>rd</sup> grade EMS presentations beginning at 12:30 p.m.**

**May 18<sup>th</sup> – 3<sup>rd</sup> Grade Field Trip**

**May 21<sup>st</sup> – 2<sup>nd</sup> Grade Field Trip**

**May 24<sup>th</sup> – 1<sup>st</sup> Grade Field Trip**

**May 25<sup>th</sup> – 11:30 a.m. Dismissal – LAST DAY OF SCHOOL ☺**

## Fostering Education Cont.



### TESTING



We will administer the spring MAPS tests beginning April 19<sup>th</sup>. The tentative dates are April 19<sup>th</sup> – April 23<sup>rd</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.

## 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.



### 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.

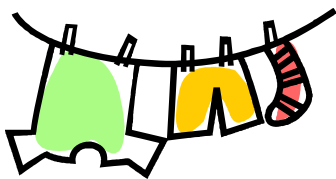
How does SST tie to eligibility? Students that are on the warning week may stay eligible for activities by attending SST (Supervised Study Time) that is held on Monday-Thursday from 3:30-4:00. To stay eligible students must show progress toward raising their grade.

### Update on Eligibility—Prom Eligibility

Planning and invitations are in full swing for the 2010 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 21 through Tuesday, April 27, 2010. Please use the Parent Portal of PowerSchool or contact the teacher if you have questions prior to this time.



### Student Appearance



Daylight Savings Time brings out the shorts. The general rule of thumb is that the short length should touch finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate.

The most comfortable I could think of is a pair of athletic shorts and a bobcat t-shirt. In addition it would be a super way to show school spirit.

### Scheduling Process

Scheduling for next year is in its beginning phases. Students are meeting with Mrs. Huckle 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.



### Absent and Tardy –Thanks for Helping!



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 so that the school does know that your child is safe. However, if the school is working on a life skill—tardiness is not acceptable in a job situation, therefore continuing during the 4<sup>th</sup> quarter students that are tardy may be making up time after school.

Thank you for working with the school and calling your son/daughter in prior to 8:45 am if they will be absent. 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.

### Spring Music Concert

Come join us in an entertaining evening of music. The pieces played will be some from which were selected for use at the District Contest. This is also when the presentation of music awards will take place.

**High School Concert—Monday, April 26th 7:00pm**



### Parent/Teacher Conferences



Overall Parent/Teacher Conference turn out was at about 59%. 9<sup>th</sup> grade led the way with 90% (28 of 31 parents)—terrific. Other grades were 7<sup>th</sup>-50%; 8<sup>th</sup>-72%; 10<sup>th</sup>-56%; 11<sup>th</sup>-38%; and 12<sup>th</sup>-42%. 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 PowerSchool but if you have suggestions on how the school can increase parent participation 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 20 and for seniors on April 8.

### NWEA (Map Testing—Standardized Testing)

Testing window runs from April 12-16. 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.

Questions that you may want to ask your son/daughter about the tests may include:

Did you have gains in the RIT score? (RIT score is a stanine score and students get feedback immediately on their results)

Ask them which test seemed the best for them? Or Ask if they felt like they knew most of the material?

More importantly—ask them if they gave it their best effort—If so, then whatever they scored is ok.

### Busy, Busy, Busy

The April calendar is full of student activities; please check the calendar for current happenings. At this time of year, there are great potential for changes. A good way for students to stay on track academically is to plan to be in SST the day before and after an event.

April 8: Progress Reports for Seniors

April 9: CSC Scholastic Day and Jr High Quiz Bowl

April 10: ACT test date

April 8-10: FFA: State Convention

April 11-13: FCCLA: State Convention

April 15-16: Health Professions to Denver

## Thayer's Thoughts Cont.



- April 19: NHS Induction Ceremony 4:00
- April 21: Ag Field Trip to Sandhills and District Music in Chadron
- April 24: Prom and Post Prom Activities
- April 28: Farm Safety and Petting Zoo
- Sports: JH/SH Track (see school calendar)

### UPSHIFT DAY FOR GRADE 6



**Wednesday, May 5 8:30-10:30 am**

Welcoming the 6<sup>th</sup> grade students into the in the high school building for part of the morning so they may start the transition process. 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.

## 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** – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Are you asking the college representatives about the high school requirements that the college expects you to have to get into their college? Are you thinking about the classes you will need to register for next year?

**The next test date for the ACT is April 10.**

**The next registration date for the ACT is May 7. The test date is June 12.**

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.

How many parents battle with their child about getting them up to go to school? What if there is a way to work on this problem? Would you be interested in finding out more? If you are interested, call me at 308-487-3328.

*The mind is a bit like a garden. If it isn't fed and cultivated, weeds will take it over.* Erwin G. Hall



## Giorgi's Gym



### BOATER EDUCATION CLASS

Sponsored by



Nebraska  
Game and Parks  
Commission

Thirteen 9<sup>th</sup> grade physical education students completed 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

All Skip'n Cats will be performing prior to the Elementary Spring Concert on April 29<sup>th</sup>. Be sure to come early, 6:45 pm, to see what these rope skippers can do!

### WORLD SPORT STACKING CHAMPIONSHIPS

Saturday & Sunday, April 10<sup>th</sup> & 11<sup>th</sup>

Magness Arena, University of Denver, Colorado

For more information or to register:

[worldsportStackingassociation.org](http://worldsportStackingassociation.org)



The only way to prove you're a good sport is to lose.

— *Ernie Banks, baseball player*

It is your response to winning and losing that makes you a winner or a loser.

— *Harry Sheehy, athletic director*

Mrs. Giorgi

## Science Corner



# Spring into Science



With the coming of spring come tons of great science activities that families can explore. First you will need tools for observation and comparison such as: magnifiers (hand-held and free-standing); and small dental mirrors (found in drug stores) for examining under and around small plants and animals. You will also need containers such as clear plastic cups and containers with lids for collecting insects, seeds, and plants; cheesecloth and rubber bands for covering some containers; clear plastic boxes or terrariums; ziplock plastic bags for collecting on walks; and muffin tins or egg cartons for sorting and classifying seeds and plants. You may even consider purchasing (or borrowing) a commercial ant farm or butterfly house.

### Insect Investigations



Questions of where bugs come from, where they live, and what they eat are great starting points for experimentation. A group interested in insects may like to study the life cycle of the fruit fly. Fruit flies are among the easiest to collect and observe. Children can place cut pieces of ripe fruit in two open glass jars. They can place one jar outside, and the other in. Ask children to predict and observe which jar will attract the most flies. Soon, tiny flies will be attracted to the fruit inside the jars. Once they have appeared, you can cover the jars with cheesecloth. Watch closely. The eggs left by the flies will mature and hatch into new young flies and then grow into mature flies, thus completing their life cycle.

### Plant Investigations



Children's seed and plant discoveries outside can lead to great activities inside. Have you ever noticed how a seed can push away a small rock, sprout in a place without soil, or even grow up through pavement? Why not try some of these amazing "Feats of Nature" as science experiments? Invite children to collect and discuss their observations from many plant and seed walks. What were some of the amazing things they saw? How would they like to experiment with these things? Children may want to experiment with the strength and power of plants by planting bean (or other large) seeds in small containers with different soil, gravel, rock, and other materials in them. After predicting what materials the seeds will grow best in, the children can water the seeds, place them in the sun, watch them grow, and record their predictions and observations.

There are many other forms of life to explore. Examining and comparing pond water (and other natural sources) and tap water is fascinating, as is growing mold, hatching eggs, and catching tadpoles. The natural world is the source of a "lifetime" of exploration and play.



## After Prom Party 2010



### 2010 AFTER-PROM PARTY

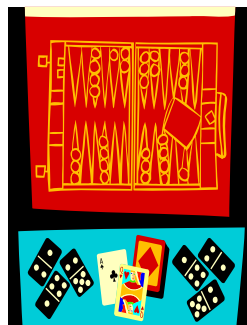
Saturday, April 24, 2010

12:30 am to 3:30 am

At the Hemingford High School Gym

\*\*Door open at 12:30 am

\*\*No one will be admitted after 1 am



FOOD~~GAMES~~PRIZES~~MUSIC~~FUN

BLOW-UP GAMES~~BUNGEE RACE, OBSTACLE COURSE, BOX -N-BOUNCE CARD GAMES BLACK LIGHT WUFFLE BALL EVERYONE WINS A PRIZE GRAND PRIZES WILL BE DRAWN AT THE END

All students grades 10-12 and their dates are invited to attend.

Watch the High School Lobby for more information!!

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"After -Prom" is a tradition to provide a safe place for our kids to meet and create lasting memories of a special night with their friends. Parents will have the peace of mind knowing their kids are in a safe environment! This party is provided to students and their dates at no charge by generous local businesses, community members and parents.

Should you have any questions, please call Lori Glendy at 487-5574 or 760-7495.

## Art News-Mrs. Wade



Hemingford high school students will participate in the annual Dimensions Art Show to be featured at the Carnegie Arts Center at 4th and Laramie in Alliance. High school students from Box Butte County have their work showcased and judged. It will be on display from April 27 through May 16.

## World Strides-2011



HERE WE GO!! As one trip ends the other gets started. These are some of the events for this spring. Mrs. Wade will have a meeting with the students after spring break to go over all the events. Also, pledge sheets will be handed out for the Paint-a-Thon and sign ups for the other events. We are going to try a travel date of May 21-26 to see if we can get better weather! The students will check out of school two days early but still be back before Memorial Day.

April 9 – Firemens' Appreciation Dinner –serve and cleanup. 8 students and 2 adults are signed up. Wear white shirts and nice jeans/capris. Be at the fire hall at 6:30 p.m..

April 26 – Phone Company Dinner – serve and cleanup at the Parish Center. White shirt (plain) and black pants. ALL STUDENTS be there at 5:00.

### **MAY 1 - \$99 DEPOSIT AND CONTRACTS DUE**

May 8 – Paint-a-thon at Minich's, 1 mile west (turn at the "barn" house) and 1 mile north. Wear paint clothes and bring your pledges. 9:00 A.M. - ?

May 15 – Village Yard Sale – We set up in the hallway at school. Any parents wishing to participate, please notify Mrs. Wade.

May 22 – Community Cleanup – Meet 9:00 A.M. at the city shops. Need 4-5 students with muscle!

May 28-29 – Great Ballz o' Fun Days. TBA

May 30 – Alumni Dinner at the Fairgrounds. Need LOTS of servers. Time TBA. Wear plain white shirt and black slacks.

## Capitol Forum-2010



Once again Hemingford will participate in the Capitol Forum Program. On March 29<sup>th</sup> four American Government students will travel to the state capitol for an in depth look at world issues that impact Nebraska. This forum gives our student's exposure to the Nebraska Congressional delegation, to State Senators, and to other top students from across the state. This year Jose Campos, Katee Folkerts, Baily Wood and Nick Wood have been selected to make the trip. Each of these students will be required to become an expert in a specific field of study. As in previous years our students will find this a very stimulating opportunity to learn.

During the trip home from Capitol Forum our students will make stops at MONA, the world class Museum of Nebraska Art in Kearney. Also while in Kearney the students will tour the University of Nebraska Kearney campus. Following our stops in Kearney the students will spend time in North Platte visiting the Golden Spike observation tower that overlooks the Bailey Switching yards. This Union Pacific Railroad train yard is said to be the largest of its kind in the world.

# 3rd Quarter Honor Roll-4-12th Grade



| Elementary Honor Roll 2009-2010 Quarter 3 |             |                    |
|-------------------------------------------|-------------|--------------------|
| Student Name                              | Grade Level | Level              |
| Cullan, Carli A                           | 5           | Distinguished List |
| Frazee, Kortney J                         | 5           | Distinguished List |
| Gasseling, Natalie M                      | 5           | Distinguished List |
| Horstman, Kelli M                         | 4           | Distinguished List |
| Wobig, Riley J                            | 4           | Distinguished List |
| Ansley, Taeller                           | 6           | Honors List        |
| Bright, Abigail                           | 6           | Honors List        |
| Horstman, Jacob                           | 6           | Honors List        |
| Jespersen, Lee                            | 6           | Honors List        |
| Klaes, Kelsey                             | 6           | Honors List        |
| Laursen, Cody                             | 6           | Honors List        |
| Thomas, Brittany                          | 6           | Honors List        |
| Huddle, Austin A                          | 5           | Honors List        |
| Randolph, Mikayla B                       | 5           | Honors List        |
| Rohrbouck, Faith C                        | 5           | Honors List        |
| Wobig, Austin C                           | 5           | Honors List        |
| Buchheit, Macee M                         | 4           | Honors List        |
| Davis, Madison M                          | 4           | Honors List        |
| Manning, Anna                             | 4           | Honors List        |
| Raben, Paul W                             | 4           | Honors List        |
| Benge, Trevor M                           | 8           | Honors List        |
| Irish, Isabella L                         | 8           | Honors List        |
| Phillips, Alexis A                        | 8           | Honors List        |
| Rohrbouck, Cali G                         | 8           | Honors List        |
| Fessler, Hannah L                         | 7           | Honors List        |
| Foster, Colt W                            | 7           | Honors List        |
| Grumbles, MaKayla A                       | 7           | Honors List        |
| Ludlow, Amelia J                          | 7           | Honors List        |
| Rozmiarek, Christian E                    | 7           | Honors List        |
| Rozmiarek, Joseph M                       | 7           | Honors List        |
| Swanson, Hanna N                          | 7           | Honors List        |
| Wood, Matthew J                           | 7           | Honors List        |
| Distinguished--all A's                    |             |                    |
| Honors--all A's or B's @ least 90%        |             |                    |

| High School Honor Roll 2009-2010 Quarter 3 |             |                    |
|--------------------------------------------|-------------|--------------------|
| Student Name                               | Grade Level | Level              |
| Folkerts, Katrina E                        | 11          | Distinguished List |
| Wood, Baily J                              | 11          | Distinguished List |
| Casey, Kaitlin C                           | 10          | Distinguished List |
| Heitz, Kaitlyn A                           | 10          | Distinguished List |
| Kaman, Rachel A                            | 10          | Distinguished List |
| Mendiola, Sandra Y                         | 10          | Distinguished List |
| Elder, Casandra B                          | 9           | Distinguished List |
| Fernandes, Makenzy                         | 9           | Distinguished List |
| Hannaford, Briley H                        | 9           | Distinguished List |
| Hansen, Blake T                            | 8           | Distinguished List |
| Huddle, Tyler J                            | 8           | Distinguished List |
| Kaman, Kyle N                              | 8           | Distinguished List |
| Phillips, Paige E                          | 8           | Distinguished List |
| Fester, NaKaya L                           | 12          | Honors List        |
| Fletcher, Josie R                          | 12          | Honors List        |
| Forgey, Taylor K                           | 12          | Honors List        |
| Hannaford, Brooke A                        | 12          | Honors List        |
| Hinojosa, Shaylea R                        | 12          | Honors List        |
| King, Tylor J                              | 12          | Honors List        |
| Mapes, Kaytlyn D                           | 12          | Honors List        |
| Mendiola, Ana K                            | 12          | Honors List        |
| Orr, Elizabeth S                           | 12          | Honors List        |
| Orr, Sawyer J                              | 12          | Honors List        |
| Reif, Tannis J                             | 12          | Honors List        |
| Smith, Shauna R                            | 12          | Honors List        |
| Campos, Jose A                             | 11          | Honors List        |
| Wootton, Kayla                             | 11          | Honors List        |
| Hansen, Hans C                             | 10          | Honors List        |
| Starman, Taylor J                          | 10          | Honors List        |
| Sutphen, Morgan R                          | 10          | Honors List        |
| Carlson, Caralina J                        | 9           | Honors List        |
| Christianson, Kayla A                      | 9           | Honors List        |
| Connor, Whisper L                          | 9           | Honors List        |
| Forgey, Jayleen J                          | 9           | Honors List        |
| Horstman, Brady W                          | 9           | Honors List        |
| Hughart, Anna L                            | 9           | Honors List        |
| Huss, Samantha C                           | 9           | Honors List        |
| Kumpf, Kyle T                              | 9           | Honors List        |
| Schekall, Nicole E                         | 9           | Honors List        |
| Wood, Kelsy J                              | 9           | Honors List        |



## PE Newsletter-Mr. Hiemstra



### March Madness

Another March Madness has come and gone with an excellent turn out as we had 30-40 elementary age boys and girls come in and work on individual skills with our Jr. High and High School players. The younger kids did a great job and show some real basketball skills along with a competitive desire to get better. I would like to thank all the older basketball players for helping with March Madness; they did a super job teaching the younger Bobcats! It won't be long and we will be getting ready for our summer camps, open gyms, and training sessions. I look forward to a very prosperous off season as our athletes prepare for the 2010-2011 seasons. Take care and keep working to get better.



Sincerely,

Coach Hiemstra  
PE/Strength & Conditioning/Boy's Basketball

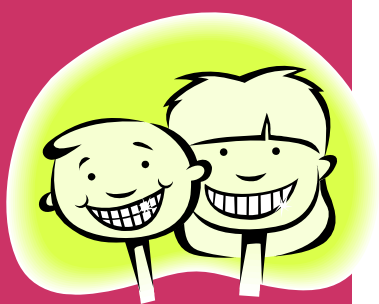
## Summer School– Mrs. Moudry



This year's summer school program will be two weeks long and runs from July 12 through July 23. Students will attend from 9 a.m. until 12 p.m.

The target ages are preschool through 8th 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 two weeks and hope to see your student(s) there! This year we will offer carnival tickets for the fair to students who attend 8-10 days. 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!



# Dental Day

## What is Dental Day?

This day provides dental care for children without dental insurance. Care is provided by dental students from the University of Nebraska Medical Center, College of Dentistry in collaboration with local dentists and hospitals.

# June 4 and 5, 2010

**Panhandle Sites: Alliance, Chadron,  
Sidney, and Gordon**

Transportation may be available.

Contact **Panhandle Public Health District**  
at **487-3600** to register.



\*A pre-exam by a participating local dentist is required at least 3 weeks in advance. There is no charge to receive this service if you qualify.

**Panhandle**

**Public Health District**

P O Box 337 ■ 808 Box Butte Avenue  
Hemingford, NE ■ 69348  
(308)487-3600 ■ (866)701-7173  
[www.pphd.org](http://www.pphd.org)

## April Showers April 8<sup>st</sup>- April 29<sup>th</sup>

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. Drop off locations:



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

- Hemingford Schools
- Methodist Church
- St. Bridget's Church
- Raben's Market
- Mobius
- The Ledger
- Hemingford Credit Union
  
- Bank of the West
- Panhandle Health District





## Music-Mrs. Chesley



### ***2009-2010 Panhandle Conference Music Champions!***

**Top Vocal Duet**-Katoya Rosentrater and Bethany Wacker

**Top Percussion Ensemble**-ShaNae Orr, Jake Yardley, Kayla Wootton, Kohl Boone, Tyler Huddle and Layne Huss

**Top Women's Ensemble**-Taylor Forgey, Katoya Rosentrater, ShaNae Orr, Mindy Gibbons, Bethany Wacker, Brooke Hannaford, Josie Fletcher, Baily Wood, Katee Folkerts, Felicia Vela

**Top Swing Choir**- Taylor Forgey, Katoya Rosentrater, ShaNae Orr, Mindy Gibbons, Delaney Adam, Davina Berg, Brooke Hannaford, Josie Fletcher, Baily Wood, Katee Folkerts, Felicia Vela, Whisper Connor, Cassie Elder, Makenzy Fernandes, Kayla Golka, Kayla Hanson, Shaylea Hinojosa, Kristina Kramer, Kelsey Town and Jessica VanCoppennolle

#### **Superior Ratings**

**\*Instrumental**

7-12 Concert Band

Kaitlyn Jespersen-Alto Sax

ShaNae Orr-Snare Drum

Luchia Sicari-Clarinet

ShaNae Orr-Mallet

Hans Hansen and Richard Heule-Trumpet Duet

Briley Hannaford and Katoya Rosentrater-Trumpet Duet

Rachel Kaman and Kayleen Boone-Flute Duet

Sammy Huss and Kelli Frahm-Flute Duet

Emily Sample and Bethany Wacker-Clarinet Duet

Katoya Rosentrater, Bethany Wacker and Emily Sample-Mixed Trio

Alexis Phillips, Kaitlyn Bergfield, Bethany Moss, Joseph Rozmiarek, Brady Weber and Deryck Topliss-Mixed Double Trio

ShaNae Orr, Jake Yadley, Kayla Wootton, Kohl Boone, Tyler Huddle and Layne Huss-Percussion Ensemble

#### **\*Vocal**

9-12 Women's Choir

9-12 Show Choir

Jessica VanCoppennolle-Solo

Shaylea Hinojosa-Solo

Katoya Rosentrater and Bethany Wacker-Duet

Mindy Gibbons and Emily Sample-Duet

Baily Wood, Katee Folkerts and Taylor Forgey-Trio

Taylor Forgey, Katoya Rosentrater, ShaNae Orr, Mindy Gibbons, Bethany Wacker, Brooke Hannaford, Josie Fletcher, Baily Wood, Katee Folkerts, Felicia Vela-Women's Ensemble

#### **Excellent Ratings**

**\*Instrumental**

Nakaya Fester and J.J. Forgey-Trumpet Duet

Hanna Swanson and Aleix Phillips-Woodwind Duet

J.J. Forgey, Paige Phillips and Kaelia Nelson-Mixed Trio

Kaitlyn Bergfield, Tyler Huddle and Paige Phillips-Mixed Trio

Sammi Huss and Kaitlyn Jespersen-Woodwind Duet

#### **\*Vocal**

Mindy Gibbons-Solo

Josie Fletcher-Solo

Emily Sample-Solo



**IMPORTANT DATES: DISTRICT MUSIC-APRIL 21, 2010-CSC**

**HIGH SCHOOL SPRING CONCERT-APRIL 26, 2010**

**ELEMENTARY SPRING CONCERT-APRIL 29, 2010**

## 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

Check out our  
Website:  
[http://www.hemin  
gfordschools.org](http://www.hemingfordschools.org)



## 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

### Web-Email Lunch Account System

Access your current account information online-at [www.hemingford schools.org](http://www.hemingford schools.org) and click the button on the right labeled "What's for Lunch".

## 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

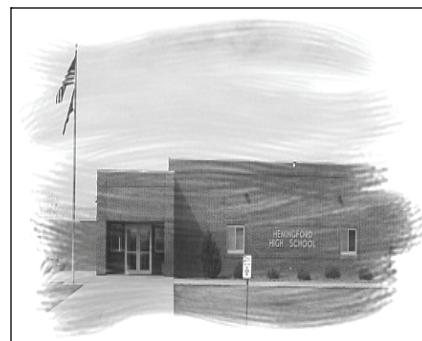
<http://www.hemingfordschools.org>

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.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



## 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 2010

Hemingford Public Schools

Nancy Yardley, Food Service

## BEST BITES



### Keep a water log

Encourage your family to drink more

water with this idea. Hang a small erasable whiteboard on the refrigerator.

Write each person's name down the left side. Each time a family member drinks water, have her draw a glass next to her name.



### Play tourist

Seeing the sights in your own town is a fun way to build physical activity into your family's weekends. You might visit the animals at the zoo, explore plants at a botanical garden, or tour a local factory. **Tip:** Check Web sites for free or reduced-price admission days at nearby attractions.

### DID YOU KNOW?

Seeds are filled with nutrients. Add them to your child's diet by tossing unsalted sunflower seeds into salads or adding pumpkin seeds to soups and cooked vegetables. Choose sesame-seed bagels, or try grinding seeds in a coffee grinder and sprinkling them on oatmeal or cold cereal.

### Just for fun

**Q:** What's the worst thing about being an octopus?

**A:** Washing your hands before meals!



## Snack wisely

As spring days fill up with soccer practice, school play rehearsals, and more time at the playground, families often scramble for quick and healthy snacks. Here are some suggestions.

### After school

When your children come home hungry, try mini-meals rather than chips or sweets. Keep lean deli meat on hand for turkey and ham sandwiches on whole-grain bread. Or make hard-boiled eggs ahead of time. Your youngsters might like them plain, or they can fix deviled eggs. Help them split the eggs in half lengthwise, remove the yolks, and mash them with light mayonnaise, mustard, salt, and pepper. Mound the mixture back into the egg whites, and sprinkle with paprika.

### On the go

Carry snacks in the car when you're driving your children to and from activities. Fill a sports bottle with water for



each child. Take along snacks that are portable and easy to eat, such as squeezable yogurt, pita filled with hummus and grated carrots, or a whole-wheat English muffin with melted cheese.

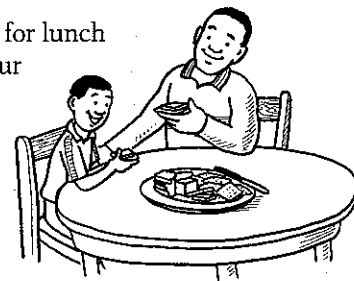
### Anytime

Fruit is always a favorite snack. Dress up everyday fruits by making fruit cones. Puree peaches (peeled and pitted) in a blender, fill an ice cream cone with fruit (kiwi pieces, blueberries, pitted cherries), and drizzle the peach puree on top. For other fun fruit snacks, freeze orange slices or grapes. Or let kids dip apple slices in a little caramel sauce. 🍌

## Guidelines for snacking

Snacking between meals is actually important for growing children. Try these tips for fitting snacks into a healthy diet:

- Have regular snack times (after school, an hour before bedtime) so your child doesn't eat all afternoon and evening.
- Keep snacks small enough that he's not too full for lunch or dinner. You might make snacks off-limits an hour before meals.
- Avoid "liquid calories" by not serving soda, sports drinks, or fruit drinks with snacks.
- Encourage snacks that combine at least two food groups. *Example:* a protein (cheese) with a grain (crackers). 🍌



## Chores: Fit and fun

Your house needs cleaning, you want your children to get exercise, and they just want to have fun. There is a way you can accomplish all of this! Try these ideas.

**Choose a job.** Motivate your youngsters to pitch in by making a game out of choosing chores. List jobs (sweep, vacuum, mop, take out the trash), and let each family member roll a pair of dice. The highest roller picks his chore first, the second-highest next, and so on.



**Beat the clock.** Put more energy into family cleanup time by turning it into a race. Let each person be in charge of straightening up a different room. Then, set a timer. Rushing to beat the buzzer will make everyone move faster!

**Make it fun.** Add a twist of fun to everyday chores.

Have younger children dust with (clean) socks on their hands. Place a small hamper in each bedroom so children can "shoot" dirty laundry into the basket. Or play music while doing chores—you might even take a dance break in between tasks. ●

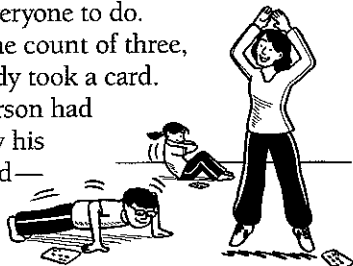
### PARENT TO PARENT

#### Pick a card

My son Luke came home from school the other day excited about a game his gym teacher had taught his class. He asked if we could try it.

He got a deck of cards and had us think of a different exercise to match each suit. We decided on jumping jacks for spades, push-ups for diamonds, running around the room for clubs, and jogging in place for hearts. He said aces were wild—whoever drew one got to name the activity for everyone to do.

On the count of three, everybody took a card. Each person had to follow his own card—a 6 of spades meant



you had to do 6 jumping jacks. A 3 of diamonds meant 3 push-ups. On the next turn, my daughter drew an ace, and she had us do 10 sit-ups.

We had a great time playing the game, and Luke was proud that he had taught it to us. Now we have a good way to get indoor exercise on rainy April days—or any day! ●

### 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.  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
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Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
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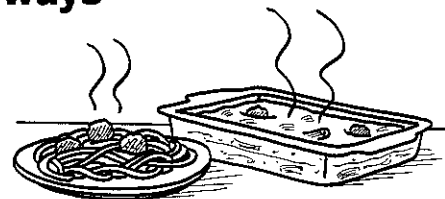
### IN THE KITCHEN

#### Meatballs, two ways

Make one batch of meatballs for two nights of meals. Here's how.

Combine 2 lbs. extra-lean ground beef or ground turkey with  $\frac{3}{4}$  cup bread crumbs, 4 tbsp. grated Parmesan cheese, and 2 eggs. Shape into 10 large and 20 small meatballs for:

■ **Spaghetti and meatballs.** In a skillet, brown the large meatballs in a little olive oil. Place in a baking dish and bake at 350° for about 30 minutes. Then, put in a saucepan with marinara sauce and cook until heated through. Serve over cooked and drained spaghetti.



■ **Baked ziti.** Cook 1 lb. ziti according to package directions, and drain. Mix 16 oz. skim ricotta cheese and 2 eggs. In a 9 x 13 inch pan, layer  $\frac{1}{2}$  cup tomato sauce, half the cooked ziti, the ricotta mixture, the small meatballs,  $\frac{3}{4}$  cup sauce, and the rest of the ziti. Top with 1 cup shredded skim mozzarella cheese. Bake at 350° for 1 hour. ●

### ACTIVITY CORNER

#### Art projects

Does your child love to do art projects? Help her learn about nutrition as she gets creative.

Start by having her cut out pictures of healthy foods from old magazines or catalogs. Suggest that she look for fruits, vegetables, whole grains, lean meats, chicken, fish, beans, and eggs. Then she can try these projects.

**Collage.** Have her sort the pictures into food groups (grains, vegetables, fruits, milk, meat and beans). She can arrange each set into a collage, glue the pictures down, and label



the sheet. Hang the collages in the kitchen as a reminder of healthy foods to choose.

**Mobile.** Let your youngster make a breakfast, lunch, or dinner mobile—or all three! For each one, she can glue pictures onto index cards and carefully cut around the shapes. For a breakfast mobile, she might feature eggs, toast, pancakes, fruit, milk, and orange juice. Then, help her punch a hole in the top of each picture. Tie string through the pictures, and hang them from a coat hanger. ●



## Calendar Events April 2010

| Sun               | Mon                                                                                                                                         | Tue                                                                                              | Wed                                                                                        | Thur                                                                                                                              | Fri                                                                                                                           | Sat                                                                    |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|
|                   |                                                                                                                                             |                                                                                                  |                                                                                            | 1<br>White Day<br>V T @ Bayard C-D Inv.<br>State Reading Test NeSA                                                                | 2<br>No School--Easter Break                                                                                                  | 3                                                                      |
| 4                 | 5<br>No School--Easter Break                                                                                                                | 6<br>Red Day<br>JH T @ Bayard Inv.                                                               | 7<br>White Day<br>2:30 PM FCCLA Big<br>Brother/Sister                                      | 8<br>Red Day<br>Senior Progress Reports<br>Sent Home<br>V T @ Mitchell Inv.<br>FFA State                                          | 9<br>White Day<br>FFA State<br>CSC Scholastic Contest<br>JH Quiz Bowl @Gering                                                 | 10<br>FFA State<br>ACT Test                                            |
| 11<br>FCCLA State | 12<br>Red Day<br>FCCLA State<br>NWEA Map<br>Testing Window<br>8:45 AM 1st Grade Trip to<br>the Gering Landfill<br>7:00 PM School Board Mtg. | 13<br>White Day<br>FCCLA State<br>NWEA Map<br>Testing Window<br>5:45 PM Kindergarten<br>Round-Up | 14<br>Red Day<br>NWEA Map Testing Window                                                   | 15<br>White Day<br>Health Professions Club to<br>Denver<br>NWEA Map Testing Window                                                | 16<br>Red Day<br>JH T @ Gordon/R'ville Inv.<br>(Gordon)<br>Health Professions Club<br>to Denver<br>NWEA Map Testing<br>Window | 17<br>V T WTC @ Morrill                                                |
| 18                | 19<br>White Day<br>NWEA Map<br>Testing Window<br>4:00 PM NHS Induction                                                                      | 20<br>Red Day<br>Progress Reports Sent<br>Home<br>NWEA Map Testing<br>Window                     | 21<br>White Day<br>District Music @ CSC<br>Sandhills Field Trip<br>NWEA Map Testing Window | 22<br>Red Day<br>JH T @ Kimball Inv.<br>6th Grade Field Trip<br>NWEA Map Testing<br>Window<br>5:30 PM FFA Meeting                 | 23<br>White Day<br>6th Grade Field Trip<br>NWEA Map Testing<br>Window                                                         | 24<br>Prom<br>6th Grade Field<br>Trip<br>8:00 AM V T @ Chadron<br>Inv. |
| 25                | 26<br>Red Day<br>H S Spring Concert<br>NWEA Map Testing<br>Window                                                                           | 27<br>White Day<br>V T Best in the West @<br>Scottsbluff<br>NWEA Map Testing<br>Window           | 28<br>Red Day<br>FFA Petting Zoo/Farm Safety<br>NWEA Map Testing Window                    | 29<br>White Day<br>NWEA Map Testing<br>Window<br>5:30 PM FFA Officer<br>Selection Interview<br>7:00 PM EL Spring Music<br>Concert | 30<br>Red Day<br>Early Out 1:00 pm-<br>Teacher In-service<br>NWEA Map Testing<br>Window                                       |                                                                        |

## Calendar Events May 2010

| Sun                                    | Mon                                                                | Tue                                                                                                                         | Wed                                                            | Thur                                                                | Fri                                                                                            | Sat                                      |
|----------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------|
|                                        |                                                                    |                                                                                                                             |                                                                |                                                                     |                                                                                                | 1<br>JH V T Panhandle Conf. @<br>Chadron |
| 2                                      | 3<br>White Day<br>6:00 PM Athletic Banquet                         | 4<br>Red Day<br>JH T @ Morrill Inv.<br>WTC Frosh Track @<br>Kimball                                                         | 5<br>White Day<br>Seniors Last Day<br>8:30 AM Upshift Day-Gr 6 | 6<br>Red Day<br>8:00 AM English AP Exam<br>7:00 PM Honor's Night    | 7<br>White Day<br>V T B-C-D @ Bayard Inv.<br>Graduation Practice                               | 8                                        |
| 9<br>2:00 PM High School<br>Graduation | 10<br>Red Day<br>7:00 PM School Board Mtg.                         | 11<br>White Day<br>6:00 PM FFA<br>Banquet@Parish<br>Hall                                                                    | 12<br>Red Day                                                  | 13<br>White Day<br>District Track @<br>Grant<br>5:30 PM FFA Meeting | 14<br>Red Day                                                                                  | 15<br>Paint-A-Thon                       |
| 16                                     | 17<br>White Day<br>12:30 PM K- 3rd Grade<br>EMS<br>Presentations   | 18<br>Red Day<br>8:30 AM 3rd Grade Field<br>Trip                                                                            | 19<br>White Day                                                | 20<br>Red Day                                                       | 21<br>White Day<br>Semester Tests<br>State Track @<br>Omaha<br>8:30 AM 2nd Grade Field<br>Trip | 22<br>State Track @ Omaha                |
| 23                                     | 24<br>Red Day<br>Semester Tests<br>8:30 AM 1st Grade Field<br>Trip | 25<br>White Day<br>End of 4th Qtr/2nd Sem<br>Last Day of School--<br>Dismiss at 11:30 am<br>Teacher Work Day 11:30-<br>3:00 | 26                                                             | 27<br>Report Cards Go Home                                          | 28<br>Alumni Celebration                                                                       | 29<br>Alumni Celebration                 |
| 30<br>Alumni Celebration               | 31                                                                 |                                                                                                                             |                                                                |                                                                     |                                                                                                |                                          |