

Bobcat Bits

HEMINGFORD PUBLIC SCHOOLS

NOTES FROM MR. NINGEN, SUPERINTENDENT OF SCHOOLS

It's hard to believe that the first half of our school year is complete. My thanks to our students and staff for their efforts to do their best first semester. Our approaching break will give everyone a chance to spend some time with their families, get outside for some fresh air, and be able to gather ourselves for a superior effort second semester.

Though I am sure no new ground is being broken, I remind our students and teachers that the first few weeks in January are the most important of any in the months that are yet to come.

If teachers come prepared after break, with plans, goals, and directions clearly mapped out, there will be a high expectation of success. Students must be ready to put their past efforts behind them, and redouble their quest for knowledge.

To some, what I have just shared may sound old-fashioned or corny, but everyone can agree that if a student (or teacher) falls behind in the first few weeks of a semester, playing catch-up is painful and a frightening challenge. Getting off to a good start by turning in required assignments on time, preparing for tests, and seeing teachers before or after school if needed will ensure success.

For everyone, there are only 24 hours in a day, so it is important to remember that we can be in only one place at a time. Sometimes adults and well as students "bite off more than they can chew", by accepting too many responsibilities, or by being TOO involved in activities, clubs, work, family and church life.

We all have our limits, and not being able to do an exceptional job with a project or assignment can be (should be) bothersome.

Satisfaction from a job well done can be better accomplished by focusing in on a smaller number of duties, and doing them well.

There have been a few opportunities to use our school contact system, and we have found that perfection is still not here. Please write if you

would like to be taken off the calling list, and please call if you would like to be added.

As always, find up to date information and articles on our school web site:

<http://www.hemingfordschools.org>

call or stop in at any time. We are here to serve the children, parents, and patrons of our school district. (308)487-3328 or (308)487-3330

*Travel safely over the holidays, and once again, **GET READY** for a dedicated, hard-working, educational, self-satisfying beginning of our second semester.*

Merry Christmas and Happy New Year!

Mr. Ningen, Superintendent



FOSTERING EDUCATION

LOOKING TOWARDS JANUARY 2009

We will finish the second quarter of school on December 19th. The Christmas season is almost here which brings a time for each of us to reflect. The kids are striving to reach their potential. We have very hard working kids that I'm pleased to be around each day. **GREAT JOB KIDS ☺** I feel extremely lucky to be a part of such a **GREAT SCHOOL SYSTEM**. I'm blessed to be surrounded by a **WONDERFUL and DEDICATED STAFF**. Your children are getting the best! Please be safe if you are planning any travel over this holiday break.



HOPE YOU HAD A MERRY CHRISTMAS!

STATE WRITING

Grades 4, 8, and 11 will be participating in the state writing. This will take place on Wednesday, February 4th and Thursday, February 5th. It will be extremely important that you mark these days on the calendar. Please help us make sure that your child is in attendance these days. We can make up the writing, but from prior experience you don't get as good of results as when they are in attendance the same days everyone else is writing. Let's show everyone what great writers we have!



UPCOMING DATES OF INTEREST

Jan. 5th - School Resumes----Welcome Back ☺

Feb. 4th and 5th – Grades 4, 8, and 11 State Writing

COATS

Please make sure your child has the appropriate clothing for the weather as we will go out for recesses if at all possible. **Also, please label their jackets with their name.** We don't want anyone to lose their jackets.

COMMUNICATION

Remember there's no "I" in team. It takes all of us working together to make a difference. Call us with any questions at 487-3330

HAPPY NEW YEAR

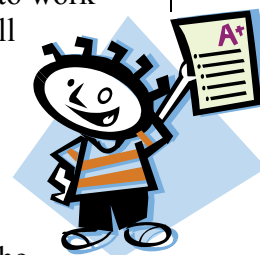
THAYER'S THOUGHTS

Busy, Rush, Run, seems to be getting more common and January will be full of school winter activities. Please continue to check the website for updates to the events on scheduled times. Report cards will be mailed when we return from Christmas break. The semester grade is the average of 1st and 2nd quarter which is how a student earns credit toward graduation. One of the first questions, you may ask your child is “Are you giving your best effort?” A “C” or a “D” grade may be ok if the student is taking advantage of the opportunities provided and they really are trying. Teachers are willing to help, but students need to make an effort to receive help. If a student is part of an activity and receives help after school, the teacher will provide a note for the coach or sponsor so they are excused. Enjoy your break; see you back here on January 5, 2009.

ACT Testing Date—Students have the opportunity during their SSR reading period to work through a practice test. Each section is reviewed by a faculty member. ACT prep will begin January 8th during SSR for the February test.

---February 7, 2009 (Registration Deadline January 6)

---April 4, 2009 (Registration Deadline February 27)



Report Cards

Report Cards for the 2nd quarter/1st semester will be mailed out upon returning from the Christmas break. The tentative date for mailing will be the week when school resumes.

Honor Roll

The honor roll will be forthcoming mid January to include grades 4-12 for the 2nd Quarter and 1st Semester. It will be published in the newspaper as well as the next newsletter. The Distinguished List will include the names of those students who have earned all “A’s”. The Honor List will include the names of those students who have all “A’s” and “B’s” and have earned an average of 90% and above.

Winter Activities



Italian Buffet—Sponsored by World Strides and the Alliance Country Club
Saturday, January 17—Excellent Food and a Great Way to support the World Stride Students. Tickets may be purchased from a World Stride member.

School Wide Events

A system-wide event is the Statewide Writing Day. **The date is set for February 4th and 5th. Please mark your calendar—we need all students present at that time. The first day is set for students to do pre-writing. Students will have 40 minutes to develop ideas with a specific prompt. The second day is used to finalize writing. Again students will have 40 minutes. All grades will participate, however; grades 4, 8, 11 writing tests will be submitted to the state and will be scored by an independent group while the other grades plus grades 4, 8, 11 will be scored by the Hemingford faculty on the next assessment day in March.** It is great to compare how the state scoring against faculty scoring.

MANDY PLOG-DIRECTOR OF SPECIAL EDUCATION

Dyslexia Information

Dyslexia is a learning problem characterized by difficulties with reading, spelling, writing, speaking, or listening. In many cases, dyslexia appears to be inherited. Some people believe that dyslexia is when a person reverses letters or words or reads letters backwards. Those can be symptoms of dyslexia, but it is much more complex than that.

When a person has dyslexia, there is often an unexpected difference between achievement and aptitude. However, each person with dyslexia is unique. Many students with dyslexia have talents in art, athletics, drama, or music. These special talents are often in areas that require the ability to integrate sight, spatial skills, and coordination. Often, a person with dyslexia has a problem turning language into thought (listening, reading), or turning thought into language (writing, speaking).

Students with dyslexia can be diagnosed clinically by a combination of medical history, observation and psychological testing. There is no one test that can give a definitive diagnosis. The diagnosis is made based on the results of all the data. Schools do not administer tests to diagnose dyslexia. Schools do administer academic and ability testing to see if students verify for special education services, but this is different from specific dyslexia testing.

In September, a nationally recognized dyslexia expert, Susan Barton, gave a free, three hour long, dyslexia presentation at the Alliance Library Learning Center. She discussed the classic warning signs of dyslexia, the latest brain and genetic research on dyslexia, and techniques to improve reading, writing, and spelling skills. Included in this newsletter is a handout from her presentation. Many parents have asked recently about dyslexia and how it might apply to their child in the public school setting.

If you are concerned about your child's development or progress in school, please contact your child's teacher. The classroom teacher is knowledgeable about the Nebraska state standards and how your child is progressing towards meeting those standards. If a child is having difficulty in school, a parent or teacher can refer a student to the Student Assistance Team. The SAT is a problem solving team made up of teachers and faculty. They observe in the child's classroom, identify strategies the teacher can use to better meet the child's needs, and follow-up to see which strategies have been most successful. The SAT team will also review the cumulative academic file.

If the SAT decides that a more thorough assessment of the child's strengths and weaknesses is needed, they may recommend individual testing. Written parent permission is required before this testing is begun. If you live within the Hemingford School District and have or know of a child who may benefit from special education or related services, please contact Mandy Plog, Hemingford Special Education Director, at 487-3330 for details on the referral process.



Warning Signs of Dyslexia

If a child has 3 or more of the following warning signs, encourage that child's parents and teachers to learn more about dyslexia.

In Preschool

- delayed speech
- mixing up the sounds and syllables in long words
- chronic ear infections
- severe reactions to childhood illnesses
- constant confusion of left versus right
- late establishing a dominant hand
- difficulty learning to tie shoes
- trouble memorizing their address, phone number, or the alphabet
- can't create words that rhyme
- a close relative with dyslexia

In Elementary School

- dysgraphia (slow, non-automatic handwriting that is difficult to read)
- letter or number reversals continuing past the end of first grade
- extreme difficulty learning cursive
- slow, choppy, inaccurate reading:
 - guesses based on shape or context
 - skips or misreads prepositions (at, to, of)
 - ignores suffixes
 - can't sound out unknown words
- terrible spelling
- often can't remember sight words (they, were, does) or homonyms (their, they're, and there)
- difficulty telling time with a clock with hands
- trouble with math
 - memorizing multiplication tables
 - memorizing a sequence of steps
 - directionality
- when speaking, difficulty finding the correct word
 - lots of "whatyamacallits" and "thingies"
 - common sayings come out slightly twisted
- extremely messy bedroom, backpack, and desk
- dreads going to school
 - complains of stomach aches or headaches
 - may have nightmares about school

In High School

All of the above symptoms plus:

- limited vocabulary
- extremely poor written expression
 - large discrepancy between verbal skills and written compositions
- unable to master a foreign language
- difficulty reading printed music
- poor grades in many classes
- may drop out of high school

In Adults

Education history similar to above, plus:

- slow reader
- may have to read a page 2 or 3 times to understand it
- terrible speller
- difficulty putting thoughts onto paper
 - dreads writing memos or letters
- still has difficulty with right versus left
- often gets lost, even in a familiar city
- sometimes confuses b and d, especially when tired or sick

To Learn More:

Attend our workshops

Call for free e-newsletter

Visit our website

Order our videos



Bright Solutions for Dyslexia

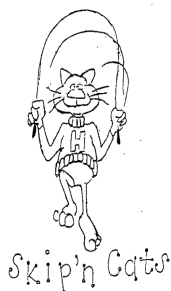
Email: info@BrightSolutions.US

(408) 559-3652

www.BrightSolutions.US

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GIORGI'S GYM

**SKIP'N CATS START**

Level 1 Skip'n Cats starts Wednesday, January 14, 2008, at 7:45 am in the Elementary Gym. The Skip'n Cats Rope Skipping Team is open to any 2nd - 12th grade student. Handbooks and medical release forms can be picked up from Mrs. Giorgi and must be signed and returned on the first day of practice.

Start the New Year by eating healthy and exercising at least 30 minutes a day.



Why are tennis balls round?
Because if they were square they wouldn't roll.

Mrs. G

**LOST AND FOUND**

We have a pair of small child's glasses in the Elementary office. They were found on the playground about a month ago. We have asked the kids in the Elementary and we haven't found an owner. If your child has lost a pair of glasses, please contact the Elementary office at 487-3330.

MATH CORNER

Remember when your children were little and you would practice skip counting by 2's, 5's and 10's. Those are the numbers that the children still can count by the best. When you are traveling together maybe practice skip counting by 6's, 7's and 8's. It is a way to make those miles go by quicker as well as improving their skills.

Ask children to figure the total cost of food when the family is buying food at a concession stand or when eating out at a restaurant. They could also calculate how much change there will be after paying and what coins / bills they would expect to receive.



An easy way to review time is to ask the child to tell you what time it is. For elapsed time perhaps ask how long it would be until the family needed to leave for an activity or when traveling have them figure, "How much longer until we get there?".

Web sites:

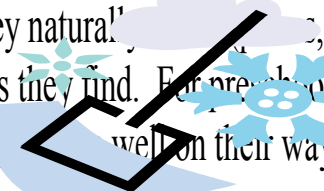
For homework help-<http://www.webmath.com>

Other sites-<http://www.coolmath4kids.com>

<http://www.funbrain.com>

EARLY MATH PRACTICE

Math for toddlers and preschoolers is all about counting! Count anything and everything! Count during everyday activities: count snack items out, count shirt buttons, or stuffed animals. Use math language. Talk about who has more or less, how many more days until something, or how many more ingredients you need to add. Have them count as they shop with you. How many kinds of cereal they find? Also help them understand what we use numbers for and point out all the places they find numbers. Children at this age struggle to comprehend how numbers and letters are different. Find places they naturally find numbers (e.g., nutrition information, and street signs) and see if they can identify the numbers they find. For preschool and younger, the key is to get them talking, noticing, and counting. If they do that well on their way to a strong math foundation.



MATH CORNER CONT.

7th grade uses math skills to read a nutrition label

The 7th grade health class completed a unit on nutrition by looking at a nutrition label for fresh pineapple. Using their math skills they determined that 2 slices of fresh pineapple contains:

- 60 calories
- 0 grams of total fat
- 4% Recommended Daily Allowance for fiber
- 2% Recommended Daily Allowance for iron
- 25% Recommended Daily Allowance for Vitamin C



Since they determined that fresh pineapple was a healthy snack, we all shared a fresh pineapplemmmmmm Delicious!

Here's how to read a nutrition label

The nutrient information is based on a specified amount of food. Compare this to the amount you eat.

This number is the amount of the nutrient in the specified quantity of food.

The *Nutrition Facts* table will include this list of Calories and 13 nutrients

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
• Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The % Daily Value gives a context to the amount of the nutrient in the specified amount of food. The Daily Values are based on recommendations for healthy eating.

The **horizontal format** may only be used when there is not enough room for the standard format.

Nutrition Facts		Amount / Teneur	% DV / % VD*	Amount / Teneur	% DV / % VD*
Valeur nutritive		Fat / Lipides 13 g	26 %	Carbohydrate / Glucides 23 g	8 %
Per 1 bar (40 g)		Saturated / saturés 5 g	42 %	Fibre / Fibres 0 g	0 %
pour 1 tablette (40 g)		• Trans / trans 3.5 g		Sugars / Sucres 20 g	
Calories 220		Cholesterol / Cholestérol 10 mg		Protein / Protéines 3 g	
		Sodium / Sodium 70 mg	3 %		
		Vitamin A / Vitamine A 2 %		Vitamin C / Vitamine C 0 %	
		Calcium / Calcium 6 %		Iron / Fer 4 %	

The **linear format** may appear on smaller

Nutrition Facts per 1 cup (264 g): Calories 260
 Fat 13 g (26 %), Saturated Fat 5 g (25 %), Trans Fat 3.5 g (25 %), Cholesterol 10 mg,
 Sodium 70 mg (28 %), Carbohydrate 35 g (10 %), Fibre 0 g (0 %), Sugars 5 g,
 Protein 5 g, Vit A (4 %), Vit C (2 %), Calcium (15 %), Iron (4 %) % = % Daily Value

NEWS FROM MR. ROBINSON

As of this writing, the first semester is rapidly coming to a close and the best time of the year will soon be upon us. I hope you find yourselves celebrating this special time with your family and loved ones, and look forward to 2009 with a sense of optimism and hope.

In our English classes during January, we will focus heavily on further development and perfection of writing skills in preparation for the Statewide Writing Assessment during the first week of February. All students in grade 8 will be writing a descriptive essay, and all students in grade 11 will be writing a persuasive essay. These essays will then be reviewed by trained evaluators from other areas of the state, with results typically available to the public at the beginning of the next school year. This is an excellent opportunity for all our students to prove once again to themselves that they are among the top students in the state of Nebraska, just as they have over the past two school years.

Athletically, we will tip off our junior high basketball season at home against Crawford on January 13. Mrs. Kim Haas and I will be working with the boys, and we believe we will have a very successful season. I would also ask you to please take a moment to congratulate our football players at all levels for their success this year. We were especially fortunate to have many varsity players recognized by media outlets and other coaches for their hard work with all-state Honorable Mentions and the like.

Thank you for a successful first semester, and best wishes during the holidays. Merry Christmas and Happy New Year.

Patrick Robinson



World Strides-January 2009

FINAL PAYMENT IS DUE –JANUARY 19, 2009. Statements with the students earnings were sent out the first of December so parents should have a general idea what funds are still needed. Tickets for the Italian Buffet were handed out December 9. Through the generosity of the Country Club, BNSF Railroad (\$500 for supplies), Roger Wade (cookies) and other donors that this is a good money-maker for the students if they get out and sell those tickets! Encourage your child to make those contacts. **MONEY AND EXTRA TICKETS MUST BE IN TO ME ON JANUARY 9** so we can order food and have enough supplies ready. Students **MUST** be accountable for their tickets and money. The next two-and-a-half months will go quickly and they will be boarding the plane. What an exciting time!

Reduce – Reuse – Recycle. Elementary students in grades kindergarten through 3rd received blue fleece jackets as a bonus for their participation in the recycling contest. As all jackets were size Youth Large, they were given to the smaller children. Any extra jackets were given to Coats for Kids. I am proud of the students and their enthusiasm for helping the environment. It is amazing how many plastic bottles this small school saved and kept out of the landfill! We also have a \$1000 gift certificate for Sam's Club. That will be used for something to benefit all the students in the rest of the classes. It was a group effort and we hope to find something everyone can use together. Watch for additional recycling bins around town.



MR. OLSON-SPEECH LANGUAGE PATHOLOGIST

How to Help Your Child Listen

Listening is half of communication. Help your child learn to be a better listener and he/she will become a more effective communicator. First, make sure your child is hearing normally. If you have any concerns about your child's ability to hear, seek professional help from an audiologist for a complete hearing evaluation.

Once your child hears adequately, the child then has to understand what he/she hears in order to respond appropriately. When children understand what they hear, they have auditory comprehension. When a child understands words and sentences, he or she has developed speech and language skills. Listening skills help a child develop friendships by participating in the normal sharing of conversational give-and-take. Good listening skills provide a child with a greater chance at success at school since students spend more time listening than doing any other activity.

When you respond to a child's speech and language efforts in a positive manner, the child is encouraged to continue to keep trying. Likewise, the child learns how to become a good listener when you model desirable behavior. Let your child know you are listening in a sincere way. You can do this by giving your full attention when the child is talking to you, looking at the child, waiting patiently for the child to finish, and then responding in a meaningful way to what the child said. You can also show good listening behavior when you sit down in a quiet room, turn off nearby radios or televisions, and devote all your attention to the conversation with your child.

Challenge your child's listening skills by interjecting a little humor. For example, ask the child how many wings a bird has, and then ask how many wings a frog has. When you ask your child questions, vary the type of question you ask to keep the child listening closely. Sometime a question seeking a one-word reply is necessary (for example, "Did you feed the dog?"). Other questions may require more listening and thinking (for example, "What did you like about dinner tonight?" "Why do we go to the grocery store?": What would happen if your big brother tried to wear your shoes?").

You can encourage your child's good listening skills when you...

Reduce and eliminate background noise and distractions when talking to the child

Get the child's attention before speaking

Talk to the child at eye level

Speak slowly and clearly to the child, and repeat if necessary

Reduce visual and auditory distraction in the room to help with attention and focus

Use a consistent routine

Respond to what the child say so he or she knows you are listening

Use words helpful to the child as he or she remember a sequence (for example, "first," "next," "then," "finally")

Use other cues, such as facial expressions, pointing to objects, or gestures, as needed to enhance communication.



MR. OLSON-SPEECH-LANGUAGE PATHOLOGIST CONT.

“Shoes go on first. Then go play.” “What do you do first?”
 “If you have your shoes on, then you may go play.”)



Give your child time to think after a question

Exaggerate important words with your voice

(for example, “Time for **lunch**,” “Wear the **purple** shirt.”)

Rephrase your directions or questions

Provide a generous supply of listening experiences (for example, human voices, singing, music, animal sounds, sounds found in a park, a zoo, a city street, a backyard) and have your child tell you everything he or she hears

Give praise when the child listens well

Have an occasional reward waiting for the child when he or she listens well

Spend time every day conversing with your child in a relaxed, unhurried setting

If you have questions or concerns about your child and their speech and language. Please feel free to contact me at 487-3330.

Michael Olson, Speech-Language Pathologist
 Hemingford School District

A HAPPY
 NEW YEAR

COUNSELOR'S

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Seniors – Don't forget to attend the financial aid program. The program is free and open to the public. The financial aid program for Hemingford will be held on January 13 at 4:00 p.m. in the distance learning lab.

All students that are filling out the FAFSA need to request a Personal Identification Number (PIN) for you and one for a parent at pin.ed.gov. The PIN is your signature for the online FAFSA.

Juniors – Juniors need to attend the financial aid program too. Don't forget to register for the ACT test if you haven't already.

The academic conference with the juniors was great. I now have an idea about the path that each junior is thinking about pursuing after high school. Ask your son/daughter what we discussed.

The next registration date for the ACT is January 6. The test date is February 7.

If students are planning to take the ACT test in February, they need to register for the ACT prep class on my door.

I will be working with the kindergarten, 1st, and 2nd graders during the month of January. We will be working on anger management.

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



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



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.



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), and Mobius web site (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.

Hemingford Public Schools

January 2009

Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2
5 PIG in BLANKET Corn Pears No Bake Cookie Alt. Pizza	6 BEEFY NACHOS Lettuce Salad Peaches Roll & Butter Alt. Baked Potato	7 CRISPITO Green Beans Fruit Cocktail Roll & Butter Alt. Corndog	8 CHICKEN GRAVY On Mashed Potatoes Carrots Applesauce Roll & Butter Alt. Chicken Strips	9 HAMBURGER French Fries Pineapple Dill Slices Alt. Hot Ham & Cheese
12 CHICKEN FRIED STEAK Mashed Potatoes Peaches Roll & Butter Alt. Salisbury Steak	13 TACOS Spanish Rice Pears Roll & Butter Alt. Baked Potato	14 HOTDOG/ BUN French Fries Fresh Fruit Baked Beans Alt. Pizza	15 CHICKEN SAND. Green Beans Pineapple Dill Spear Alt. Ready Rib Sand.	16 CHILI Carrots & Celery Applesauce Cinnamon Roll Alt. Corndog
19 PIZZA Corn Peaches Cookie Alt. Burrito	20 BOBCAT TACO Lettuce Salad Pears Roll & Butter Alt. Baked Potato	21 SLOPPY JOE French Fries Fresh Fruit Pudding Alt. Hamburger	22 CORNDOG Green Beans Pineapple Roll & Butter Alt. Chicken Nuggets	23 GRILLED CHEESE SAND Carrots Applesauce Tomato Soup Alt. Crispito
26 CHICKEN NUGGETS Green Beans Applesauce Roll & Butter Alt. Chicken Fried Stk	27 BURRITO Corn Fruit Cocktail Roll & Butter Alt. Baked Potato	28 TURKEY GRAVY Mashed Potatoes Peaches Roll & Butter Alt. Chicken Strips	29 MAC & CHEESE Carrots Pears Roll & Butter Alt. Crispito	30 READY RIB SAND. Coleslaw Pineapple Cookie Cake Alt. Hamburger

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

January 2009
Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 No School	2
5 CEREAL Granola Bar Fruit or Juice	6 BREAKFAST BURRITO Fruit or Juice	7 CEREAL Muffin Fruit or Juice	8 FRENCH TOAST Fruit or Juice	9 BREAKFAST PIZZA BAGEL Fruit or Juice
12 CEREAL Granola Bar Fruit or Juice	13 SAUSAGE GRAVY/ Biscuits Fruit or Juice	14 CEREAL Muffin Fruit or Juice	15 WAFFLES Fruit or Juice	16 CINNAMON ROLL Fruit or Juice
19 CEREAL Granola Bar Fruit or Juice	20 APPLE TURNOVER Fruit or Juice	21 CEREAL Muffin Fruit or Juice	22 PANCAKE& SAUSAGE on a STICK Fruit or Juice	23 BREAKFAST PIZZA Fruit or Juice
26 CEREAL Granola Bar Fruit or Juice	27 SCRAMBLED EGGS & Toast Fruit or Juice	28 CEREAL Muffin Fruit or Juice	29 FRENCH TOAST Fruit or Juice	30 CINNAMON ROLL Fruit or Juice

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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

Calendar Events January 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 No School--Christmas Break	2 No School--Christmas Break SP @ LCCC Invite (?)	3 SP @ LCCC Invite (?) JV V GBB BBB Edgemont @ Home
4	5 White Day Begin 3rd Qtr/2nd Sem	6 Red Day 6:00 PM 9th BBB @ Bayard	7 White Day	8 Red Day 2:00 PM WTC WR @ WNCC	9 White Day 2:00 PM V GBB/BBB @ Bridgeport Tourney	10 SP @ Alliance Invite 9:30 AM WR @ Garden County Invite
11	12 School Board Meeting Red Day	13 White Day 3:00 PM JH BBB Crawford @ Home 6:00 PM 9th BBB Crawford @ Home	14 Red Day FFA Contest @ WNCC	15 White Day 6:00 PM WR @ Bayard	16 Red Day 2:00 PM JV-V GBB/BBB vs Bayard (home)	17 Italian Buffet Speech@Scotsbluff 9:30 AM WR @ Dunning (Sandhills Invite)
18	19 White Day	20 Red Day WR Best of the West @ Scotsbluff HS PHC GBB/BBB Tourn @ Edgemont 4:00 PM JH BBB @ Alliance ("B")	21 White Day FCCLA STAR @ Alliance	22 Red Day 5:00 PM WR vs Mitchell (home)	23 White Day PHC GBB/BBB Tourn @ Edgemont V WR Chadron Invite @ CSC	24 PHC GBB/BBB Tourn @ Edgemont SP @ Chadron V WR Chadron Invite @ CSC
25	26 Red Day 3:00 PM JH BBB @ Morrill 3:30 PM 9th BBB Bridgeport Tourney	27 White Day 2:00 PM JV-V GBB/BBB @ Hay Springs	28 Red Day TBD JH BBB Panhandle Conference @ Alliance St. Agnes 2:30 PM Big Brother/Sister	29 White Day 3:30 PM 9th BBB Bridgeport Tourney 5:00 PM JH BBB Hay Springs @ Home	30 Red Day	31 WR @ Mitchell Invite SP @ Bayard 2:00 PM JV-V GBB/BBB @ Sioux County

Calendar Events February 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 White Day State Writing Window JH PHC BBB @ St. Agnes High Plains Music @ CSC	3 High Plains Music @ CSC Red Day State Writing Window Progress Reports Sent Home 2:00 PM JV-V GBB/BBB vs Minatare (home)	4 White Day State Writing for HS and EL FFA Ag Mech Contest @ Gordon/Rush	5 Red Day State Writing for HS and EL WTC GBB/BBB Tourney @ WNCB 6:00 PM WR @ Chadron	6 White Day State Writing Window WTC GBB/BBB Tourney @ WNCB	7 ACT Testing Date WTC GBB/BBB Tourney @ WNCB WR Southeast Goshen Invite @ Yoder, WY
8	9 School Board Meeting Red Day State Writing Window	10 White Day State Writing Window 2:00 PM JV-V GBB/BBB vs Morrill (home)	11 Red Day State Writing Window WTC SP @ Bayard 2:30 PM Big Brother/Sister	12 White Day State Writing Window 5:00 PM JH BBB @ Crawford 6:00 PM 9th BBB Hay Springs @ Home	13 District Wrestling @ North Platte St. Pat's Red Day Teacher Inservice--Dismiss at 1:00 pm State Writing Window 2:00 PM JV-V GBB/BBB vs Kimball (home)	14 9:00 AM JH BBB Bridgeport @ Home
15	16 No School--Mid-Winter Break	17 White Day	18 Red Day	19 White Day State Wrestling @ Omaha	20 Red Day State Wrestling @ Omaha NAEP Testing 4th & 8th grades	21 State Wrestling @ Omaha SP @ Gering 9:00 AM JH BBB Bayard Tournament 6:00 PM JV-V BBB @ Crawford
22	23 White Day FCCCLA Peer Retreat @ Kearney	24 Red Day	25 White Day	26 Red Day	27 White Day	28 PHC SP @ Alliance Invite