



BOBCAT BITS



March, 2009

HEMINGFORD PUBLIC SCHOOLS

NOTES FROM MR. NINGEN-SUPERINTENDENT OF SCHOOLS

A Time for Greater Efforts

February has come and gone and student and staff thoughts are starting to become optimistic with our warm weather. Before we all get ahead of ourselves, we need to remember to stay on task and finish this school year in a positive fashion that is nearly three quarters over.

That means participating in class discussions, and asking questions of our teachers that will allow them to push us along even further. This thing called school continues on for staff and faculty, but students are only here for thirteen short years before graduation. What a wonderful thing it would be for every one of our students to say that they were able to get everything they wanted from our school!

Just as our parents and families are getting ready for planting, as students and teachers, we all need to take a second look at all there is for us to take in – or grow, too. There is so much out there that we have yet to learn about. What an exciting prospect to consider. What a remarkable world that we live in: the shift towards taking better care of our environment, the possibility of finding cures for the illnesses that have touched all of our families; the huge leap forward in technology that seems to be everywhere. This is indeed a remarkable time to be alive!

March, April, and May are all that remain of our 2008-2009 school year. There are so many unanswered questions that remain; so many books left that we haven't read, so many ways that our own progress can benefit Hemingford, our panhandle area, and our neck of the woods. Some of us will even get the opportunity to be involved with national or world-wide events as well.

Mrs. Ningen and I will be overseas for part of the approaching summer, and just as in the past when we have been fortunate enough to go abroad, there will be new people to meet, new languages to listen to (and learn a little of), and new experiences. Wherever our summers take us, now is the time to begin preparing to get the most out of the days/months/years ahead.

For some of our students that may mean simply getting to school each day, or being on time to class; or just getting assignments completed. These are small goals for some, but may seem unreachable for others. You aren't doing yourself justice if you aren't reaching out and soaking up all the education and learning that you can.

Use the library at school, downtown, or in Alliance. There are so many great books and resources there. The computer is another wonderful device that can help us access information. The internet can take you anywhere in any field. Even on television there are opportunities to learn for all of us.

Don't stop reading, don't stop writing, don't stop playing or listening to music, and don't stop drawing and imagining.

The time being provided after school (supervised study time) can be used to make up work, to do homework, to study or prepare for tests, and to help raise your grades. It can also be a time for personal journeys to the past, to other countries, and to new ideas in science, math, and history.

Please take advantage of this wonderful chance to get additional help and direction from our teachers.

Of course our students will need to spend some time with family and to socialize some – to get to the theatre or a dance now and then, but there seems to be a missed opportunity for students to gather and do homework and research together. Perhaps it sounds old fashioned or corny to get together for studies or for a travel show, (the Travel Channel) or a good historical movie – but before you make light of those – give them a try. You might (you will) be surprised!

Have a great March! – Mr. Ningen



FOSTERING EDUCATION



HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 12th, it just doesn't seem possible. We have had a very productive and rewarding year so far. I love walking into the classrooms and seeing the kids engaged in learning. As principal I feel blessed having children who are coming to school each day eager to learn. Our teachers are doing an excellent job helping the kids reach their potential.

THANK YOU

Parents and students I want to say thank you for your efforts at our recent basketball games held in our gym. I noticed the kids sitting watching the games and not running around, or being outside. I've had many positive comments from fans (both ours and visiting) commending the kids and our fans. They remarked it was an enjoyable experience to visit our school. GREAT JOB!

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. This took place on Wednesday, February 4th and Thursday, February 5th. The students in all other grades wrote using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers on March 18th.



DATES OF INTEREST

March 12th – 5th grade parent PE challenge from 6:30 – 7:30 p.m.

March 17th - 1:00 p.m. Dismissal

Parent / Teacher Conferences will run from 2:00 – 8:00 p.m.

March 18th – No school for kids ---Teacher Assessment 8:00-12:00

March 19th – 20th No School ---- Spring Break

March 31st - Spring music program for elementary students beginning at 7:00 p.m.

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

April 7th - Kindergarten Round – Up from 5:45 – 6:45 in cafeteria

PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, March 17th. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support. Remember it takes all of us working together to help your child.



TESTING

We will administer the spring MAP (Measure of Academic Progress) tests in late March and April this year. The tentative dates are March 30th - April 3rd for students in 2nd – 11th grades and April 6th – April 9th for students in Kindergarten -1st grades. In addition to these tests 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. We appreciate the encouragement and support you are providing your child. We also are encouraging kids to do their best each day in school.

FOSTERING EDUCATION-CONT.



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.



COATS

We have been hit hard by Old Man Winter these past weeks. 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, hats, and gloves with their name.** We don't want the kids to lose anything.

ACCELERATED READING

We use the accelerated reading program to supplement their reading in the classroom. I used this program when I was a teacher. I found it provided the kids with great opportunities to enhance their reading. You can help by asking your child questions about their AR book or letting them read to you.

SCHOOL WEBSITE

Please remember to visit our school website for the latest happenings. The address is:
www.hemingfordschools.org



KINDERGARTEN ROUND UP

We will be contacting parents who have children that will turn 5 years of age before the October 15th deadline. If you are new to the district and have a child who will meet the age requirement, please contact us at 487-3330. We will be having a meeting on April 7th from 5:45 – 6:45 p.m. in the cafeteria. **Items you will need to bring to that meeting are the original or copies of the following: Birth Certificate, Immunization Records, and Social Security Number.**

MORNING ANNOUNCEMENTS

Each day of school begins with the morning announcements. It is a way for me to communicate birthdays, meetings, trivia, and other important information to students. I also like to use this opportunity to give the students a short message to think about.

Here are a couple of examples:

- * **One goal of education is to replace an empty mind with an open mind.**
- * **Everyone has inside of him a piece of good news. The good news is that you don't know how great you can be! What you can accomplish! And what your potential is!**

Together we can make a difference for kids ☺ Call us with any questions at 487-3330.

THAYER'S THOUGHTS



Yep, set those clocks ahead. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. It is official—winter activities are coming to a close. Thank you for allowing the time commitment it takes when students are juggling school, work and activities.

Supervised Study Time (SST)

It happens from 3:30-4:00 Monday-Thursday. Looking 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 grade and understand material presented. All students are welcome to use this time.



E-Mail Would it be easier to have teachers contact you via email about student progress? The school is trying to compile a more accurate list for teachers. If you would like to be added just email me so that I can copy your email into a spreadsheet for teachers. You may also contact teachers--Teacher emails are first initial last name flast@panesu.org Example: pthayer@panesu.org

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 February 26th during SSR for the April test.

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

School Activities

During the month of March, the focus is pulled from athletic competitions to the fine arts and academic competitions. Band clinics, instrumental music, quiz bowl teams are all part of the March activities. The Dinner-Theatre is set for the first weekend in March with District speech and WTC music on Monday, March 9.

Parent/Teacher Conferences

Please plan to spend some time at the high school on **Tuesday, March 17** for parent/teacher conferences. Conferences run from 2:00 – 8:00 pm. At that time you may pick up your son or daughters report card as well as discuss with teacher the strengths of your child. This is an excellent opportunity to discuss what projects will be upcoming or ask questions. Speaking from when I attended my own children's conferences, they wanted to hear the good as well as how they could do better. Remember conferences are for all the students in grades 7-12. Mr. Olson and Miss Janssen will be with our World Stride group at this time. They will have information available for you or you may contact them. Following respectively are their emails: bolson@panesu.org ljanssen@panesu.org



Teacher Assessment Day

The morning of March 18, teachers will spend time with the 6-trait writing scoring. They will score the writing that was completed early in February. Juniors may find their results additionally beneficial before they April ACT test date especially if they complete the writing portion.

THAYER'S THOUGHTS-CONT.



World Strides heading to Washington, DC

Thank you for all the support you have given the students in their fund raising efforts for their trip to DC. The long awaited trip will take place the in March.

Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 30 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.



NWEA (Map Testing—Standardized Testing)

Testing window runs from March 30-April 9. Junior High and High School students usually test in 2- 2 hour blocks. Students will test for Reading and Science and then Math and Language Arts. Teachers use the results to see the changes in student growth. Questions that you may want to ask your son/daughter about the tests may include:

- Did you have gains in 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.

Prom Eligibility



Planning and invitations are in planning stages for the 2008 Prom (April 18). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period of Wednesday, April 15 through Tuesday, April 21, 2009.

Scheduling for Next Year

The scheduling process for the 2009-2010 school year will begin early March. Your son/daughter will be bringing home registrations forms. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign prior to entering a schedule. It may be beneficial to plot what classes the student wants to have completed by graduation time. The goal is to send next year's schedule home with end of year report cards. The web site for Hemingford contains the course descriptions along with what classes are required for each year. Web site address is <http://hemingfordschools.org>

April Activities

- Scholastic Day @ CSC (Friday--April 3)
- Spring Concert for 7-12 (Friday—April 3)
- 6th Grade Bingo Night (Thursday—April 2)



WADE'S WORLD

Meeting change – Due to unforeseen circumstances, the **2010 WorldStrides** meeting scheduled for March 3 has been changed to March 12 at 7:00 p.m. at the high school. All interested sophomores and parents need to attend. Linda and Dennis Folkerts will sponsor this group.

March is Quiz Bowl month with the Western Trails on March 25, 2009, at Bridgeport and Panhandle Conference the 30th at Hay Springs. I will be sending notes home for parents to sign giving consent.

MANDY PLOG- SPECIAL EDUCATION DIRECTOR

Being a Parent is a Hard Job!
Don't Miss the 2009 Statewide Parent Involvement Conference

Saturday – March 21, 2009
8:30 a.m. to Noon
Ralston High School
8969 Park Drive, Ralston, Nebraska

For more information or to download registration forms,
visit <http://www.ralstonschools.org>
or contact Mandy Plog at the school, 487-3330.

Parents – If you are interested in attending the 2009 Statewide Parent Involvement Conference in Ralston, Nebraska on Saturday, March 21, 2009, Hemingford Public Schools will pay the registration fee of \$25.

(The school is unable at this time to reimburse associated costs such as hotel, mileage, or meals.)

FFA- GORDON KARNEY



Hemingford FFA to Hold 1st annual Rocky Mountain Oyster/Fish Fry Supper



FFA Chapter will not hold the Ag Days this year. However, we are going to hold a Rocky Mountain Oyster/ Fish Fry feed in the fairgrounds multipurpose building on Friday March 13, 2009. The menu will be oysters or fish, potato salad, baked beans and a drink. Tickets are \$7.00 each.

Events for the night will include:

The Hemingford FFA Hired Hand for a Day Auction

Project Auction (featuring projects made by Ag students in the shop)

Free car drawing, anyone holding a ticket to the meal will have their chance at winning a car.



THAT'S RIGHT we will be giving away a car. No it is not a new car but the body, tires and interior are in real good shape and it is mechanically sound. It would make a great work or school car.

It is our hope that this giveaway will entice more people to come out. The entry for the car drawing is free with your meal ticket; you must be present to win so come out and give it a try.

Did You Know?

Did you know that the transfer date for 2009-2010 will be March 15, 2009? Enrollment Option transfers, transfers from public-to-private, private-to-public, private-to-private, intra-district, and transfers from out-of-state must be completed by March 15 (for fall enrollment) and entered on a new electronic entry page on the NSAA web page. Such students meeting the March 15 deadline and whose information is submitted electronically to NSAA by March 15, 2009 can be eligible in the new school in the fall. Failure to meet this March 15 deadline will result in a 90 school days ineligibility period for the transfer student.

Students who submit transfer paperwork on or before March 15, 2009, and who later decide not to transfer, will be ineligible for 90 school days in the school where they have been attending. Please make students aware of this rule change



SENIORS!!



Please remember to get your senior pictures and baby pictures into Kay Horstman. You will need to supply a picture for these 5 areas:

1. A picture scanned for the yearbook
2. A picture scanned and used for newspaper ads
3. A picture scanned for the senior video
4. A billfold picture kept for the senior composite.
5. A baby picture to put in the yearbook and on the slide show

It is entirely up to you whether or not you use the same picture or a different one for each scenario. I just need to have this in ASAP!!! Thanks for your support. ☺

Parents of seniors (and others who love them!)

Your opportunity to give tribute to a graduating senior is near. Now is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. These are called PDA ads. (Public Display of Affection.) The cost ranges from:

\$40.00 for a 2.5 x 3.5 inch ad

\$60.00 for a 5 x 3.5 inch ad

\$90.00 for a 5 x 7.5 inch ad

Past examples included pictures of their youth, now, and a poem or special message. Basically it is anything you wish to use that will show a tribute to a graduate.

Deadline for placing a PDA ad is April 15. Easy to remember: Taxes and PDAs!! Please call 487-3328 and talk to Kay Horstman for any questions.



DINNER THEATRE



You don't want to miss this!

**Cases of
Mistaken Identity**

and

JUNGLE BOOK
THE MUSICAL

A night of
delicious food and delightful entertainment!

March 6th, 7th, and 8th

Get your tickets now at the
Hemingford Community Federal Credit Union!

Thank you for supporting the students' involvement in the arts!
We hope to inspire them to be creative problem solvers on and off the stage!

Mrs. Bryner & Mrs. Thompson

COUNSELOR'S

O **Seniors** –for a humorous and comprehensive overview of how to complete the FAFSA (Free Application for Federal Student Aid), check out Education Quest's new 10-minute video – "The FAFSA Made Easy." You can find it on the website [Education Quest.org](http://EducationQuest.org).

N **Juniors** – You will be registering for next years classes. Have you checked into what classes you will have to have to for the college you want to attend, the military branch you are looking at, or for going straight into the world of work.

R **The test date for the ACT is April 4.**

If students are planning to take the ACT test in April, ACT prep class starts Thursday, February 26, 2009.

I will be working with the K, 1st and 2nd graders during the month of March. We will be working on our anger management skills.

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

GIORGI'S GYM

-COMING MARCH 12th-
ARE YOU MORE COORDINATED THAN YOUR
FIFTH GRADER?

The first annual Parent PE Challenge night will be held on Thursday, March 12 at 6:30 PM in the high school gym. All 5th graders and their parents are invited to attend. Parents will have a chance to challenge their 5th graders in 6 events: hula hoop, jump rope, partner throw and catch, volley up, paddle strike, and balance shuffle. Be sure to come and see if you are more coordinated than your fifth grader!

**BOATER EDUCATION CLASS**

For 6 days, starting March 27, a Boating Safety class will be offered free of charge to all interested 9th grade students during their PE class. This class is certified by the Nebraska Game & Parks Commission, and students who pass the final test will be issued a Boater Education Card which allows them to operate a boat as well as a personal watercraft (jet ski).

**SKIP'N CATS**

On March 7, Level 2 Skip'n Cats will be traveling to Louisville, Colorado for the International Spring Fling Workshop hosted by the Boulder Valley "Skip-Its". Teams from Puerto Rico and Canada will be helping with the workshop.

WINNERS TRAIN
OTHERS COMPLAIN

Mrs. Giorgi

JUNIOR HIGH TRACK-2009



Mark your calendars for the following dates:

March 16—Track Meeting after school
Mrs. Horstman's room

Monday, March 23—Track Practice Begins 4:00 pm

Wednesday, April 1—Morrill Track Meet 9:00 am

This has been rescheduled from May due to them resurfacing their track. We will be home in time for church activities.

Tuesday, April 7 -Bayard Invite 9:00 am

Friday, April 17—Gordon Track Meet 1:00 pm

Thursday, April 23—Kimball Invite 9:00 am

Friday, May 1—Panhandle Conference at Chadron 8:30 am

*****Junior Olympics*****

Not sure of date yet. Last year it was May 19th. Located in Scottsbluff and a great experience for the athletes. Medals are awarded and the opportunity to advanced to the state level
in Omaha, NE.

MATH CORNER



In my Science class I have the students figure out their own percentages on their quizzes by having them divide their points received by the total points possible.

I also like using logic problems once in a while to vary the routine of my classroom. The students have to use their math skills to solve various problems involving distance, time and money to mention a few.

Playing games is a great way to exercise your brain. Even a simple game like Tic-Tac-Toe can teach you about strategy.

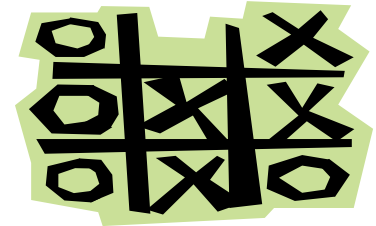
This new version of an old game will bend your brain.

RULES FOR DIME TIC-TAC-TOE--A GAME FOR TWO PEOPLE

1. One player (**A**) has the dimes, the other (**B**) has the pennies. **A** puts one coin in a square, then it's **B**'s turn.
2. The first player to get 3 coins in a row is the winner.
3. If all 6 coins are down, but there is no winner (no one has 3 in a row), then the game changes.

After **B** puts down his last penny, **A** gets to move one of her dimes, with these rules:

- A coin can only be moved one square at a time.
- A coin can only be moved into an empty square.
- No diagonal moves allowed; only right, left, up, or down.
- A coin can't jump over another coin.
- A player has to move when it's his or her turn.



4. **A** and **B** keep moving their coins, in turn, until someone gets 3 in a row and wins the game.

HOW CAN I WIN?

Until all six coins are played, Dime Tic-Tac-Toe is just like regular Tic-Tac-Toe. But once you start moving the coins around, it becomes a very different game. Strategy becomes very important. Here are a few tips about moving the coins.

You can't move to just any empty square. You can only move a coin one square over. So try not to get yourself in a bind—having two coins in a row, but no way to move your third coin to join them.

If you surround the other player's coins with yours, he can't move the trapped coin. (And your opponent can do the same to you.)

Sometimes you can trap the other player's coins so that his *only* choice is to move out of the square that you want to move into.

This game comes from the Website listed below -

<http://www.exploratorium.edu/explore/online.html>

MATH CORNER-CONT.



In the Social Studies department, we have been incorporating mathematical skills in our daily activities. The math skills Mr. Chatelain and Mr. Collins have used include: measurement, simple addition/subtraction, multiplication, division, and skills involved in scaling.

Mr. Chatelain and his 8th graders have been working very hard on creating a model of Lewis and Clark's keelboat. They had to use some very impressive math skills in order to build their models to scale. The 8th grade students are now trying to figure out how many highway miles they would have to travel if they were to follow the Lewis and Clark trail and how long that would take given a 60 mph average speed. Mr. Chatelain is also using math skills in the government class to count and figure electoral votes.

Mr. Collins uses math skills in his Social Studies 7 and World History classes when students map out locations that they learn about. He also incorporates math in talking about the number of families that were devastated during the Great Depression in his American History classes. The 9th grade students talked about buying stocks on margin which dealt with percentages and profit/loss. The Social Studies department is conscious about involving math skills in the social studies classroom in order to help boost students' math scores on assessments.

English classes use Math

The following methods are employed in the English classes to implement Math skills across the curriculum:

Multiplication, Division, and Percentages.

Students are able to use their basic Math skills to double possible point totals on assignments. Then, students are required to double their earned points and compare their earned points against the maximum allowable total (they are also required to double their mistakes!). Students are able to figure their own grades using division of points earned by the amount of points possible on assignments. Students are then able to convert their percentages to letter grades using the school's grading scale.



Overall Grades

There are also other Math skills implemented in our English classes for students and instructors to determine a student's overall grade. There are "weighted" grades for daily assignments and tests, which require the use of algebraic formulas to determine performance. For example, a student might earn 75 percent of the total points on one assignment and 92 percent of the total points on a test. If the "weight" for the first assignment is 45% and the "weight" for the test is 55%, the student would multiply 75% times 45%, then multiply 92% times 55%, add the two totals together for an average, then the average is converted to a letter grade based on the grading scale. The formula would look like this:

$$75(.45) + 92(.55) = \text{average}$$

$$33.75 + 50.6 = 84.35\% \text{ average, which is equal to a grade of C on the current scale.}$$

Even though they seem to be in opposition, Math and English do go together, especially where grades are concerned.

MR. OLSON-SPEECH-LANGUAGE PATHOLOGIST



How to Teach Your Child Early Writing Skills



Parents should give their children lots of opportunities to enjoy early attempts at writing. Children observe family members writing lists and letters, making notes, and working at computers. Children need to pretend to do the same things too. Enjoying early attempts at writing will enhance your child's ability to formally write in Kindergarten and First Grade. The following activities encourage children to begin to see the visual forms, structures, and spacing necessary for writing, and to understand that symbols convey meaning.



Have available pencils, crayons, pens, chalk, markers, and paper for children as young as eighteen-months old to use for marking and drawing.

Cut out letters and numbers from different textures such as sandpaper or clay. Have your child run his or her finger over the shape of the letter or number and then try to draw that shape with a finger, followed by a marker or pen.

Talk to your child about different shapes and describe how they look. Use words such as straight, circular, and zig-zag.

Use modeling in early writing just as you do in speech. Draw a letter, and have your child draw the letter. Hang the letters up in the child's room. Begin to associate each letter with a familiar object such as a fruit or toy. Practice the alphabet in this way.

Have your child pretend to write a letter to a relative. Encourage your child to "scribble" pretend words or to draw a picture to represent a word. Have your child "read" the letter to you. Be sure to address an envelope and mail the letter.



Help your child practice simple letters such as O, T, C, and U. You can then make simple words, with the child writing "t" and you writing "o" and "y" for *toy*. Your child will quickly understand and like to play this writing game.

Have your child practice making shopping lists. Sit next to your child and talk about what you need to buy at the store. Write key words such as "milk" and encourage your child to make a copy of the list. Your child can make his or her list by drawing, scribbling, or copying the letters.

MR. OLSON-SPEECH-LANGUAGE PATHOLOGIST



Have your child practice writing his or her name. Print the letters in the child's name, let your child try to copy the letters, then hang the letters up in the kitchen so the child can see and practice them.

Provide magnetic letters for your child to use to make words on the refrigerator. Have your child use the letters to form some of the words from your grocery list.



Writing a story is great fun for a child. Children can draw pictures to represent words or actions, or can print key letters. Have your child draw, going from left to right and from the top of the page to the bottom. Then have your child practice telling the story to you. This is a wonderful verbal and prewriting activity that encourages creative thinking.

CAT

Encourage your child to write a story about his or her feelings or wishes. Again, pictures, scribbles, or letters all work well to tell the story.

Point out familiar signs you see while driving or when in stores (for example, "stop," "exit"). Talk about the letters and what the words mean. Encourage your child to include these words when drawing or writing a story.

HI Let your child explore the computer keyboard and learn what happens when he or she presses a key. Children especially like to use drawing programs and to have letters appear in color. Movement and sound are very exciting to children. Always sit next to your child when he or she is exploring the computer so you can talk about what is happening and encourage your child to try different things.

As your child approaches four years of age, you can incorporate verbs and adjectives in writing activities. Use simple verbs or adjectives such as *go*, *red*, and *good*.

Never pressure your child to "write perfectly." Always have fun with learning activities. Children have years to perfect their writing. Also, allow your child the choice of which hand he or she wants to use to write or draw.



MARY

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.

Being a parent is a hard job!



How do parents do it all? You want your kids to like you, love you, and respect you. You want your children to grow up happy, healthy, safe, and successful. How do you make certain you've provided your child with the parental support and guidance they need?

If you want to be the best possible parent for your child,
Don't miss the...

2009 Statewide Parent Involvement Conference

Saturday – March 21, 2009

8:30 a.m. to Noon

Registration is 7:45-8:20 a.m.

Ralston High School

8969 Park Drive, Ralston, Nebraska

Pre-registration \$25 - Day of Conference \$30

Includes continental breakfast

Keynote Speaker: Dr. Scott Poland is a nationally-certified psychologist, and a nationally-recognized speaker/facilitator. Dr. Poland has worked with high-profile communities like Columbine on supporting youth and preventing youth tragedies. He is an expert on parenting tips for today's world! At the presentation Dr. Poland will talk with parents about: identifying early signs of high risk behaviors; preventing children from engaging in high risk behaviors; bullying; discipline; and so much more!

Take advantage of learning from professional educators, counselors, law enforcement officials, and more. By attending the conference and investing 4 hours of your time, you will gain parenting skills for a lifetime.

Break Out Sessions Include:

- Helping your child be a better reader
- Internet safety
- Impact of technology on children
- Discipline
- Communication
- Nutrition
- Parent resource exhibits
- So much more...

Sign Up Today!

Parent Registration Form

Name: _____

School: _____

Home Address: _____

City/State/ZIP: _____

Home/Cell Number: _____

E-mail Address: _____

FREE Childcare provided! Limited free childcare will be provided on a first come, first serve basis. Children must be pre-registered by **March 18, 2009. No drop in children.**

Do you need childcare? ☐ Yes Ages of children _____

Please indicate if you are in need of special accommodations. Pre-registration is required for individuals needing an interpreter. ☐ ASL ☐ SEE ☐ Spanish

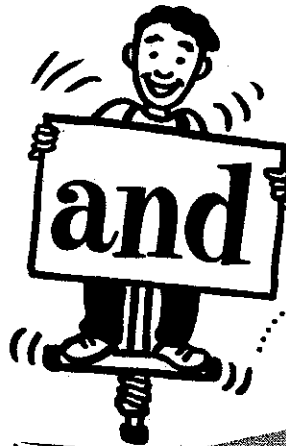
☐ Other Language: _____ ☐ Physical Accommodation _____

Please return completed form and \$25 check made payable to NSPRA. Mail to PIC Papillion-La Vista School District, 420 S. Washington St. Papillion, Nebraska 68046 or e-mail to aeyman@paplv.esu3.org or fax to 402-537-6216

Conference Web site: <http://www.ralstonshools.org/>

Get Up and Go!

Put the fun in fitness! Here are ideas for adding physical activity to your child's schedule—month by month. Encourage your youngster to get at least an hour total of active play every day to keep him at the top of his game.



JANUARY

Theme: Name one weekend each month "No TV Weekend." Spend the time playing instead.

Copycat: The leader announces an activity to be the "stopper" (say, hopping on one foot). Then, the leader quickly does a bunch of actions for the other player to copy (jumping jacks, silly dance). The game ends when the leader tricks the copycat into doing the stopper.



More ideas:

- Have 3-minute contests: Who can score the most baskets, jump rope the most times, or do the most push-ups in 3 minutes?
- Learn yoga (look for classes at your county parks and recreation department).
- Go sledding or ice skating.

FEBRUARY

Theme: Find ways to bring outdoor games inside.

Mini soccer: Place shoebox goals at opposite ends of the house. Using a small ball, take turns defending the goals and trying to score by steering the ball with your feet.

More ideas:

- Play balloon volleyball over an imaginary net.
- Clear a space in the basement or garage for rollerblading.
- Have an indoor "snowball" fight with loosely wadded newspaper balls.



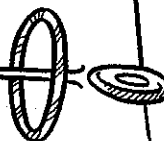
MARCH

Theme: Look beyond organized sports. Invest in basic equipment (ball, jump rope), and invent your own games.

Widen the river: Lay two jump ropes a foot apart and parallel to each other. The space between the ropes is the river. Take turns jumping the river, widening the distance between the ropes after each turn. The last person able to jump the river wins.

More ideas:

- Dribble a basketball through a homemade obstacle course (around a lawn chair, over a picnic bench, between two bikes, and back).
- Hang a hula hoop from a clothesline as a target for Frisbee toss.
- Try to keep a badminton birdie in the air using only your palms.



APRIL

Theme: Make the inactive active.

Puzzle hunt: Hide the pieces to a small jigsaw puzzle (say, 25 pieces) around the house. Set a timer for 15 minutes, and let your child race the clock to find the pieces and assemble the puzzle.



More ideas:

- When watching TV, have a sit-up contest during commercial breaks.
- Act out stories as you read them.
- During board games, assign an activity to each roll of the die. For example, hop on one foot five times each time a 1 is rolled, or walk around the table backward when a 2 is rolled.

MAY

Theme: Use activities as treats.

Family yard sale: Cleaning out closets, setting up tables, and clearing up afterward are all good exercise. Treat everyone to a summer membership at the local swimming pool with the money you earn.

More ideas:

- Celebrate special occasions at a mini-golf course.
- Make bowling or another activity a reward for good grades.
- Give homemade gift certificates for games of catch or weekend hiking trips.



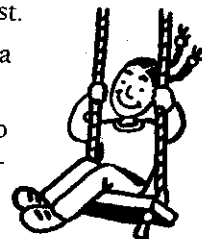
JUNE

Theme: Explore playgrounds, parks, and school yards.

Heads/tails hike: On the way to the playground, get in an extra walk. At the end of each block, flip a coin. For heads, turn left. For tails, turn right. Flip 10 times before walking to the playground.

More ideas:

- See who can swing the longest.
- Play hopscotch, or climb on a jungle gym.
- Take along a piece of chalk to draw a straight line on the playground. Pretend it's a balance beam, and tiptoe across it.



Get Up and Go!



JULY

Theme: Enjoy warm summer evenings by extending outdoor play past daylight hours.

Spotlight hide-and-seek: "It" carries a flashlight to shine on people when he finds them. When hit with the spotlight, players must run for the base before being tagged. A tagged player becomes the new "It."

More ideas:

- Get a glow-in-the-dark Frisbee for nighttime games.
- Catch fireflies (and release them).
- Go on a "star hike." Take a few sleeping bags, walk to a safe spot, lie down, and look up.



OCTOBER

Theme: Tailor activities to your youngster's interests and abilities.

Activity box: Give your child an index-card box and a stack of 25 index cards. Let her fill out 15 cards with activities she loves and 10 with ones she would like to try. Use the cards as boredom busters.

More ideas:

- Interest imaginative youngsters in an active game of charades.
- Challenge contest-driven kids to simple competitions, such as who can do the most push-ups in a minute or keep a hula hoop going the longest.
- Invite a child who loves the outdoors to go on a hike.



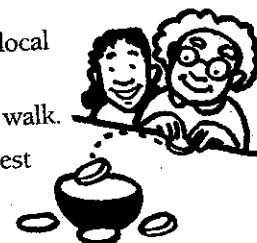
NOVEMBER

Theme: Get the whole family involved.

Oldies but goodies: Ask grandparents to teach you and your youngster how to play a game they remember from their childhood, such as kick the can or stickball.

More ideas:

- Go on a family bike ride through a local park. (Remember to wear helmets.)
- Visit a museum and walk, walk, walk.
- Have a fire drill. Discuss the closest exits, and see how fast everyone can crawl from bed to outside.



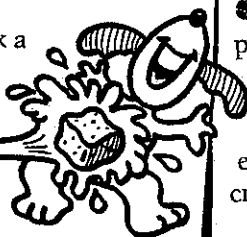
AUGUST

Theme: Get a workout while working.

Splat: Wash the car together. When finished, play a game of dodge ball using a wet sponge as the ball.

More ideas:

- Take your dog for a walk. No dog? Walk a neighbor's.
- Clean out the garage or rearrange furniture together.
- Spend an afternoon picking up litter in your local park.



SEPTEMBER

Theme: Use music and rhythm to turn playtime into active time.

Marching band: Make homemade instruments by putting dried beans or pasta inside plastic containers. Turn on some music, and shake the instruments while dancing or parading around.

More ideas:

- Grab a broom or swimming-pool noodle and hold a limbo contest while music plays.
- Act out the animals while singing "Old MacDonald Had a Farm" (chickens flap wings, donkeys kick, cats stretch).
- Borrow learn-to-dance videos from the library, and practice some new moves.



DECEMBER

Theme: Share the fun.

Party time: Host a party and play games of musical chairs and hot potato.

More ideas:

- Learn to juggle or play Chinese jump rope (check your library for instruction books). Teach your new games to three people.
- Swap equipment with neighbors so you can try new sports without buying the gear.
- Join a karate class at the local community center.



Nutrition Nuggets

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NN06xx030E

Calendar Events March 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Red Day	3 White Day 9:00 AM FFA Ag Contest @ Kimball	4 Red Day 2:30 PM Big Brother/Sister	5 White Day Girls State Basketball @ Lincoln	6 Red Day Girls State Basketball @ Lincoln Hunter Safety Class	7 Girls State Basketball @ Lincoln Hunter Safety Class Skip'n Cat Workshop
8	9 School Board Meeting White Day WTC Band @ Kimball 5:00 PM 4th Grade Famous Nebraskan Speeches	10 Red Day District Speech	11 White Day End of 3rd Quarter District Speech	12 Red Day 4th Quarter Begins Boys State Basketball @ Lincoln 6:30 PM Are You More Coordinated Than a 5th Grader PE Challenge Parent Night	13 White Day Boys State Basketball @ Lincoln	14 Boys State Basketball @ Lincoln World Strides
15 World Strides	16 Red Day World Strides	17 White Day Early Dismissal 1:00 pm World Strides 2:00 PM Parent/Teacher Conferences	18 No School--Assessment Day World Strides	19 No School--Spring Break World Strides	20 No School--Spring Break World Strides State Speech 4:00 PM V Golf @ Alliance Dual	21
22	23 Red Day	24 White Day	25 Red Day WTC Quiz Bowl @ B'port	26 White Day	27 Red Day PHC Music @ Edgemont	28 9:00 AM VT @ Kimball invite
29	30 White Day MAP Testing Window Capital Forum @ Lincoln PHC Quiz Bowl @ Hay Springs	31 Red Day MAP Testing Window 7:00 PM K-6th Spring Music Concert				

Calendar Events April 2009

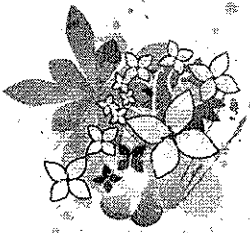
Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 White Day MAP Testing Window State FFA	2 Red Day MAP Testing Window State FFA 5:00 PM 6th Grade Bingo Night	3 White Day State FFA MAP Testing Window 4:00 PM V Golf @ Alliance Quad 7:00 PM 7-12 Spring Concert	4 ACT Testing Date 8:30 AM VT @ Bayard C-D Invite
5 FCCLA State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

Hemingford Public Schools

March 2009

Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 SLOPPY JOE Green Beans Applesauce Dill Spear Alt. Hamburger	3 BOBCAT TACO Lettuce Salad Pears Roll & Butter Alt. Baked Potato	4 CRISPITO Corn Peaches Roll & Butter Alt. Chicken Nuggets	5 SAUSAGE GRAVY/ Biscuit Tater Bar Fresh Fruit Pudding Alt. Stromboli	6 CHEESE PIZZA Carrots Pineapple Cookie Alt. Quesadilla
9 HAMBURGER French Fries Peaches Dill Slices Alt. Hot Ham & Cheese	10 BURRITO Corn Mixed Fruit Roll & Butter Alt. Baked Potato	11 HOTDOG/ BUN Tater Bar Pineapple Jello Alt. Pizza	12 ROTINI & Meat Sauce Coleslaw Pears Garlic Bread Alt. Oven Chicken	13 MAC & CHEESE Green Beans Applesauce Roll & Butter Alt. Crispito
16 CORNDOG Carrots Peaches Roll & Butter Alt. Pizza Fold-Up	17 CHICKEN SAND. Green Beans Applesauce Cookie NO ALT. Or Salad Bar	18 	19 20 No School Spring Break	
23 PIG in a Blanket Corn Peaches No Bake Cookie Alt. Pizza	24 BEEFY NACHOS Lettuce Salad Fruit Cocktail Roll & Butter Alt. Baked Potato	25 CHICKEN FRIED STEAK Mashed Potatoes Fresh Fruit Roll & Butter Alt. Salisbury Steak	26 CHILI SOUP Carrots & Celery Applesauce Cinnamon Roll Alt. Corndog	27 GRILLED CHEESE Green Beans Pears Tomato Soup Alt. Quesadilla
30 CHICKEN NUGGETS French Fries Pineapple Roll & Butter Alt. Stromboli	31 TACO BURGER Corn Applesauce Cookie Cake Alt. Ready Rib Sand.			

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.

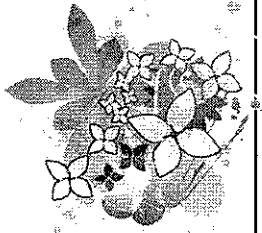
The cost of a breakfast is as follows: PreK-12 - \$1.05 Adult Breakfast - \$1.30

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

March 2009
Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 CEREAL Granola Bar Fruit or Juice	3 PANCAKE & SAUSAGE on a STICK Fruit or Juice	4 CEREAL Muffin Fruit or Juice	5 FRENCH TOAST Fruit or Juice	6 BREAKFAST PIZZA Fruit or Juice
9 CEREAL Granola Bar Fruit or Juice	10 WAFFLES Fruit or Juice	11 CEREAL Muffin Fruit or Juice	12 BREAKFAST BURRITO Fruit or Juice	13 CINNAMON ROLL Fruit or Juice
16 CEREAL Granola Bar Fruit or Juice	17 SCRAMBLED EGGS & Toast Fruit or Juice	18 	19 No School Spring Break	20
23 CEREAL Granola Bar Fruit or Juice	24 SAUSAGE GRAVY Fruit or Juice	25 CEREAL Muffin Fruit or Juice	26 FRENCH TOAST Fruit or Juice	27 BREAKFAST PIZZA Fruit or Juice
30 CEREAL Granola Bar Fruit or Juice	31 PANCAKES Fruit or Juice			

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