

BOBCAT BITS

Bobcat bits

March, 2008

HEMINGFORD PUBLIC SCHOOLS

Superintendent's Notes – Mr. Ningen

How about those speech team members! The four girls on the team have done some very impressive things this season for Sponsor **Judy Stewart**. **Britt Anderson** and **Megan Roland** have performed at a high level, finishing first or second in most meets in Duet Acting. They joined **Luchia Sicari** and **Nakaya Fester** in Oral Interpretation of Drama to also score some big points. All four girls made the All – Conference team in the Western Trails Conference for their high finish as runner-ups in their events. Thanks to **Mrs. Roland** for her time and efforts in helping out when Mrs. Stewart can't be there.

In music, **Mrs. Chesley** took four HHS musicians to Chadron State for High Plains. The musical talent this year belonged to **Taylor Jespersen**, **Britt Anderson**, **Kelly Marie**, and **Katoya Rosentrater**. This honor came on the heels of solid Christmas Concerts and a great Veteran's Day Program earlier this school year.

Congratulations to **Joe Bob Haas** and **Steven Overshiner** for winning medals at the State Wrestling meet, and congratulations to **Aaron Jespersen** and **Jose Campos** for making it to Omaha as freshmen. **Coach Karney** and **Coach Weber** have worked hard this season, and the entire team has re-

sponded with good efforts.

Thank you to the efforts as well to our basketball teams. The girls made the last part of the season exciting as they beat Mitchell before falling in two tight contests to Hay Springs and Morrill, each by a thin three points. **Coaches Chatelain and Janssen** can be proud of the way the girls played, always against much bigger teams.

The boys played hard, even though they were faced with a small lineup, and a short-handed one at times, due to injuries. **Coaches Lanik and Hiemstra** were always encouraging, and the senior leadership on the team kept plugging away, doing the best they could. The last game against Morrill was an exciting one, with the Bobcats only losing by a point. The Boys were the PAC runner-ups in what may be Coach Lanik's last season. Thanks Coach!

I want to also say thank you to **Mr. Chatelain** and **Mrs. Horstman** for their project assignments for the junior high. The "Great Wall of China" project, and the interior floor-plan constructions really added to their classes, and to what our school can offer. Usually the science department is alone in doing these "away from our desks" assignments, so it is good to see other curricular areas see

the value in hands on activities.

Thank you also to **Mrs. Thayer** and the secondary faculty in providing additional opportunities for our secondary students to prepare more completely for ACT tests. At Hemingford, we are blessed with bright students, caring parents, and hardworking faculty. It's always good to see the fruits of that labor result in better test scores, and improved assessment results.

Speaking of assessment, **Mr. Foster** and the elementary faculty do a very good job of presenting information to our Pre-K through sixth grade classes, and then making certain that our students understand that material before they move on.

In closing, I want to remind all of our parents, patrons, and students to be aware of the weather that still could cause us some problems as winter begins to wind down. I encourage good communication before traveling when weather is threatening, and also encourage all of our drivers to slow down when conditions call for it. Have a good remainder of February and a GREAT beginning to March and spring!

Thayer's Thoughts

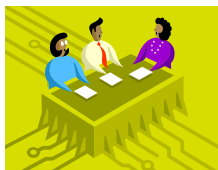
Yep, we have completed the winter activities, and thank you for the support that you give your kids. To run hither and yonder while keeping up with school work, jobs and friends is full time process for the students. This is where K12 planet helps students keep an eye on their academics. Please call if you are experiencing problems with the site or you cannot see a grade reflected.

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.**

Parent/Teacher Conferences

Please plan to spend some time at the high school on **Tuesday, March 18** 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 up coming 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. Mrs. Wade, Mrs. Thompson will be with our World Stride group at this time and Mrs. Chesley will be at the Panhandle Music this day. They will have information available for you or contact them. Following respectively are their emails: mwade@panesu.org kthompson@panesu.org and achesley@panesu.org



Teacher Assessment Day

The morning of March 19, 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.

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 in March.



Prom Eligibility

Planning and invitations are in planning stages for the 2008 Prom. 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 16 through Tuesday, April 22, 2008. Progress Reports are scheduled to be mailed on the April 17th. Please use K12 planet or contact the teacher if you have questions prior to this time.



Parents: Get Involved...Stay Involved! Don't Miss the 2008 Statewide Parent Involvement Conference

As a parent, have you ever wondered how you do it all? We want our children to grow up happy, healthy, safe, and successful. How do you, as a parent, make certain you have 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 2008 Statewide Parent Involvement Conference.

Saturday, March 29, 2008

**Papillion-LaVista South High School
10799 Highway 370
Papillion, Nebraska 68046**

For more information or to download registration forms,

visit <http://www.nde.state.ne.us/PIC/index>

or contact Mandy Plog at the school, 487-3330.

Fostering Education

HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 13th, 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 fell 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.

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. This took place on Wednesday, January 30th and Thursday, January 31st. 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 19th.



DATES OF INTEREST

March 18th - 1:00 p.m. Dismissal

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

March 19th – No school for kids -
--Teacher Assessment 8:00-
12:00

March 20th – 24th No School ----
Spring Break J

March 27th – 6th Grade Bingo
Night from 5 – 7:30

PARENT /TEACHER CONFERENCE

Please plan to attend your child's parent/teacher conference on Tuesday, March 18th. 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.

LATE STARTS

When the weather turns bad and our students and staff are at risk we will begin school at 10:00 a.m. Please listen to the local radio stations AM 1400 and FM 105.9, also check our school's website for the announcement: <http://www.hemingfordschools.org/>

Parents with students that ride the bus should plan on having them picked up approximately 1 hour and 40 minutes later than normal.

THERE IS NO MORNING PRE-SCHOOL OR BREAKFAST ON LATE STARTS

Together we can make a difference for kids ☺ Call us with any

Visit us at our Web-site
hemingfordschools.org

Paige Phillips and Cali Rohrbouck, 6th graders at Hemingford Middle School, will leave Monday, March 3rd to go to Washington, D.C. They were both chosen by "People To People" to represent our school. While in Washington, D.C. they will visit many National Monuments, attend World Leadership Conferences, and visit many famous museums. Paige and Cali were both nominated and chosen because of their outstanding leadership skills and ability. They'll be in the nation's capitol until March 9th.



Giorgi's Gym

Be sure and check out the school's webpage for monthly fitness calendars. The following is an excerpt from the March Elementary Fitness Calendar. A Secondary Fitness Calendar for older students is also on the website. There are lots of daily great ideas for exercise.

NDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <i>Help your family clean the basement today. Lifting helps make you strong!</i>	3 <i>Catch and throw a ball today! 20 catches each time.</i>	4 <i>Do 15 curl ups today in the morning and before bed time.</i>	5 <i>Play with a hula hoop today. Can you hoop 100 times?</i>	6 <i>Ride your bike today for 15 minutes. Don't forget to wear your helmet!</i>	7 <i>Get outside and help your family clean up the yard for spring. Gardening is great exercise</i>	8 <i>Go to the local animal shelter and walk the dogs.</i>

Have your child show you how they do sit-ups and push-ups. Check their form, and see how many they can do. This will help them prepare for fitness testing in April.

BOATER EDUCATION CLASS

For 6 days in March, a Boating Safety class will be offered free of charge to all 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.



SKIP'N CATS

On March 8, 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, Canada and England will be helping with the woshop.

WINNERS TRAIN

OTHERS COMPLAIN

WADE'S WORLD

WORLDSTRIDES -

Here we go! WorldStrides 2008 will be leaving March 15 (VERY early) and returning on March 20 (VERY late!). The students have worked hard – eight made all of their money. AND, the sophomores for 2009 have their kickoff March 4 at 7:00 p.m. in the science room at the high school. We need parents to attend so they are informed on all aspects of the program. The year goes very quickly and there is much to do.

Junior parents, your WorldStride students should have brought home an information packet for you from our meeting on February 26. It has all the info from hotel names, locations and phone numbers to rules and regulations. It has the entire itinerary of our trip – where and when! Also, I have asked all the students to wear their blue Wheat Shack shirts as we travel to D.C. We have a lengthy lay-over in Minneapolis and it really helps to keep track of which people belong to our group!

We are anxious to experience this great trip together. Thank you to all the parents, the Hemingford Telephone Company/Mobius, the BNSF railroad, the Alliance Country Club, the Hemingford Chamber of Commerce, the Box Butte County Fair, Farmer's

Co-op, Berean Church, the HHS Alumni, and the Fire Department who have all sponsored fundraisers for the kids. Also to Dave and La-Ronda Minich for their help with the Paint-a-thon. Thank you to the Bob Haas family and Silverline Salvage for seeing that the aluminum cans get cashed in. We appreciate our community and all the support for our students, whether you hired the students to work, bought wreaths, or donated money. Thank you.

EVENTS in March – **QUIZ BOWLS** are March 26th (changed from 19th) at Bayard and 28th at Edgemont. I have had a number of students practicing. Juniors and seniors get first priority but I also like to have underclassmen to "train". Notes will go home to those eight parents with their child to be signed and returned. Parents are welcome to attend and watch the games.

PLASTIC RECYCLING –

In collaboration with Keep Alliance Beautiful and Keep Hemingford Beautiful, we are participating in a contest to save #1 plastic from the landfills. These are the clear bottles with a number 1 in the triangle on the bottom. They can be pop bottles, glass cleaner bottles – any clear plastic, #1 bottle. Each black trash bag full weighs 5.5 pounds. Last year St. Agnes saved over **two tons!** We

think we can too! Although the contest is formally the high school and junior high, we want to include and encourage the elementary to save plastic bottles also. They will be treated to a sundae party – with a special gift for the class that collects the most. If any of you have a lot of plastic you would like to have picked up, call me at 487-3328 (school) or 487-3891 (home). If you live in the country but would like to drop some off, you may bring it by my home at 421 Box Butte.

Facts: Americans use 4 million plastic bottles every hour – yet only 1 in 4 is recycled.

Enough plastic bottles are thrown away each year in the U.S. to circle the earth four times (end-to-end).

<http://Recycling-Recycling>
Trivia

If we can keep the bottles out of the landfills – we all win!



C O U N S E L O R ' S

O R N E R

Juniors: It's time to start looking at colleges

Start looking at colleges your junior year so you can narrow your choices by the time you're a senior. Follow these tips for successful campus visits.

Visit your top college choices while the schools are in session. You won't get the true flavor of the school during breaks or finals week.

Web resources to help with your college search

Find information about Midwest colleges in the **College Profiles** section at www.educationquest.org

Seniors: What happens after you submit the FAFSA?

By now, you have probably submitted your Free Application for Federal Student Aid (FAFSA). Here's what happens next.

Expect your SAR and Award Letter

You'll receive a Student Aid Report (SAR) after you submit the FAFSA. This acknowledges that your form was processed and can be used to make corrections to your FAFSA. You'll need the PIN you used to file the FAFSA to make electronic corrections.

The colleges you listed on the FAFSA will send you a financial aid award letter detailing the assistance they're offering. They may offer a combination of scholarships, grants, work-study and student loans.

March "To Do" List

Seniors

- ☐ Expect your Student Aid Report (SAR) – use it to make corrections to the FAFSA.
- ☐ Expect college acceptance letters during March and April.
- ☐ Continue applying for scholarships.

Juniors

- ☐ Register by March 7 for the April 12 ACT.
- ☐ Register by April 1 for the May 3 SAT.
- ☐ Schedule campus visits.

Seniors!!

Please remember to get your senior pictures into Kay Horstman. You will need to supply a picture for these 4 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.

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 year-book, but to also purchase an ad in regards to a senior. These are called PDA ads. (Public Display of Affection.) The cost ranges from:

\$35.00 for a 2.5 x 3.5 ad

\$55.00 for a 5 x 3.5 ad

\$80.00 for a 5 x 7.5 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.

Seniors

PE/Weight Training Happenings for Mr. Hiemstra

We are well into the second semester with new groups of 7th and 8th graders participating in Physical Education and our Weight Training students gearing up for Spring conditioning.

Our PE classes have adapted well to inside activity, but we'll all be ready to run outside as the weather warms up. We continue our format of 3 days of fitness and 2 activity days with our PE students. We have pre-tested in the areas of cardio vascular endurance (timed/mile run), muscular endurance (push ups), agility and quickness (shuttle run), flexibility (sit & reach), and core strength (curl ups). We will continue to emphasize these areas of fitness so we can hopefully improve our scores during our post-test which we will conduct later this Spring.

Weight training classes will begin to shift gears as we have finished our Winter sports activities. We will cycle into an 8 week session of more intense lifting 4 times a week and also utilize speed and agility work as well as plyometrics to enhance explosive power. I am a firm believer that most gains are made during the Spring and Summer months for athletes. I am pleased with our kids' work ethic and feel we will truly notice a difference athletically in our kids as we increase the intensity

Last, I would like to all of us to encourage our students to participate in Spring activities. I am probably most partial to track and field as I feel it best helps all our athletic programs, but we also offer boy's golf for those who best fit that sport. Thank you to all who have supported our programs with your efforts, kind words of encouragement, and willingness to help out wherever needed.

Mr. Hiemstra-PE/Weight Training Instructor

How To Keep Your Child's Voice Healthy

A child who yells, screams, talks in a noisy environment, or does an excessive amount of crying, laughing, singing, cheering, coughing, throat clearing, or loud talking, may be risking the health of his or her voice. These misuses or abuses of voice often cause hoarseness in children. Continuous vocal abuse may lead to swelling and thickening of the vocal folds, which in turn may lead to vocal nodules (callous-like growths on the vocal folds). The child's voice may become hoarse, breathy, or lower in pitch. Hoarseness in children may also be due to medical conditions such as allergies, sinus infections, or colds. If your child is hoarse for more than ten days but shows no other signs of allergies or upper respiratory infection, take your child to a medical doctor. If the cause is vocal abuse, voice therapy may be necessary following any medical treatment. Therapy is aimed at identifying the child's vocal behaviors that contributed to the nodules, and then reducing or eliminating them. Vocal nodules can be prevented by practicing healthy voice habits.

To help prevent voice problems, your child should...

- reduce the amount of talking, especially in a noisy environment. turn down the volume on the televisions, radios, and computer games to create a quieter environment.

- stop yelling and screaming; use nonverbal methods to get attention or to show excitement (for example, at sporting events substitute clapping or using a noisemaker for cheering; train the dog to come with a clap of the hands instead of yelling).

- move close to another person before talking.

- rest the voice throughout the day.

- avoid using the voice to make special effects noises, as children often do when playing with toy vehicles.

- stay away from cigarette smoke.

- relax the muscles in the neck, face, and shoulders.

- avoid excessive talking, singing, coughing, or throat clearing, especially during episodes of upper respiratory infection or allergies.

You, as parents, should...

- look for evidence of straining or effortful speaking, such as neck muscles that bulge, and immediately suggest a quieter volume.

- try to be a good voice model for your child.; use a calm, comfortable pitch and loudness level.

- provide a healthy diet and encourage your child to drink plenty of water.

- set up a calm, quiet, restful environment, especially when the child is experiencing hoarseness.

- eliminate the sources of background noise so your child does not have to speak loudly to be heard.

- ask the child to use the quietest voice that can still be heard without whispering.

- tell your child you can only "hear" when he or she uses a quiet "indoor" voice and then respond only after he or she speaks in a quiet voice.

Save the date for the Dinner Theater!

Cinderella
in
NEW YORK

Come see two great plays:
February 29th, March 1st & 2nd

Fit to be Tied

The shows are cast starring Hemingford's finest 7th graders thru seniors! Rehearsals for *Cinderella in New York* are underway and the seniors are also getting ready for *Fit to be Tied*! We are very excited to get these productions up and running; they promise to provide a night of wonderful entertainment for all ages!

Tickets are on sale at the Hemingford Community Federal Credit Union

We hope that you are able to join us at the Multipurpose Hall for a night in New York.

News Release

Program to Help Parents Become Informed about Technologies.

NORTH PLATTE, Neb Parents need to take an on-going interest in what their kids are doing online. Social networking sites have exploded on the internet in recent years. Now with the advance of technology the availability of personal electronic devices is vast. Parents need to understand the potential of online posting and be aware of the potential problems associated with them.

Don't become a parent that goes around screaming, "the sky is falling – social networking is evil." Rather take the time to become informed of the new online choices that youth have today.

The Net Smart Parent workshops have been developed by University of Nebraska – Lincoln Extension staff in the west central and panhandle districts to help parents and other interested adults become better informed. The workshops begin with a 8:30 a.m. registration and the workshop from 9:00 a.m. to 3:00 p.m.

Locations include: March 29 – Sidney, Western Nebraska Community College; April 5 – Chadron, Chadron State College Student Center and April 12 - North Platte, North Platte Community College, south campus.

By participating, parents will be better informed to return home to interact with their 10 to 14 year olds. Parents will increase their knowledge and be able to answer such questions as; Can my child be too "social"?; Can my child safely post information online?; What is the electronic playground?; Whoever heard of RPG, or FPS, or RTS or MMORPG?

Topics will include: social networking, posting on the internet, internet gaming, keeping our digital lives safe, communicating with your child and how and where to learn more.

Registration is required. Registration cost is \$49.00 which includes lunch. Participants must register one week in advance of the workshop location they wish to attend.

To register online via secure site and pay by credit card – go to: <http://cariregistration.unl.edu>.

Brochures are available at: <http://lincolnmcperson.unl.edu>. And completed registrations can be mailed with a check 7 days prior to workshop to: University of Nebraska – Lincoln Extension, 115 West 4th Street, North Platte, NE 69101.

For more information on these programs contact Brenda Aufdenkamp, Extension Educator, University of Nebraska – Lincoln Extension in Lincoln and McPherson Counties, phone 308-532-2683 or 1-800-200-1381 or email baufdenkamp1@unl.edu.

See next page for registration form.



Chords from Chesley



Busy time of the year for the Music Department! The choir traveled to Bayard for a Swing Choir competition on February 27th. Schools from all over the Panhandle competed for ratings. This yearly competition is a great way to see what other schools will be performing at contest.

Several members of our band will be participating in the Western Trails Honor Band. This honor band is selected from audition sent in from Morrill, Mitchell, Bridgeport, Bayard, Kimball and Hemingford. Britt Anderson, Gina Jespersen, Taylor Jespersen and Megan Roland have been selected for the WTC Honor Band. We will host the clinic during the day on March 5th followed by a full performance at 6:00 p.m. in the gym. The performance will feature several Jazz Bands from the conference. Everyone is welcome to attend the performance and admission is free!

The 7-12 Band and 9-12 Choir will travel to Crawford for the Panhandle Conference Contest on March 18th. Instrumental students will compete in small ensembles, trios, duets and solos as well as with the Concert Band. Vocal students will compete in solos, duets, Women's Choir, Swing Choir and Mixed Choir. Hemingford was name Panhandle Champs in 2007. Though we will be lacking most of the Junior Class we hope to bring home the Champion Trophy for the second year in a row along with numerous individual awards. April will bring two more big performances. District contest at Chadron State will be the 18th of the month followed by our Spring Concert at 7:00 p.m. on the 29th. The year will close with the elementary concert on May 6th at 7:00 p.m. and a Choir and Band performance for Graduation on Mother's Day.

