



SUPERINTENDENT-MR. NINGEN'S NOTES

With March almost here, it's a great time to pat some people on the back in our Winter Activities.

Congratulations to Aaron Jespersen and Jose Campos for making it to State Wrestling again this year. Both guys led the team this year, with their third trip to the Qwest Center in Omaha! Aaron won two matches there, while Jose was able to get three wins and a fourth place medal. ***Coach Weber*** and ***Coach Honstein*** have both been valuable sources of technique and conditioning for the entire team. The team will miss senior member Tylor King next year, but upcoming members will help the team continue to grow.

Thank you to the efforts as well to our basketball teams. The girls were able to play well throughout the season, winning ten games for the first time in many years. Coaches ***Dave Chatelain*** and ***Lisa Janssen*** can be proud of the way the girls played, always against much bigger teams. Seniors Ammie Minich, Taylor Forgey, and Brooke Hannaford completed a very strong four years for the Lady Cats. With several promising under-class members, the next several years will be good ones.

The boys have also played hard, with several overtime contests along with others that were also close. It has been a few years since the boys have had a winning season, but 2009-2010 may end up that way, with sub-districts on the horizon. Trey Ramos has had a solid year, but is the only senior on the team, so opponents should be aware that the Cats will be back next year with even more desire to excel. Coaches are ***Randy Hiemstra*** and ***Joe Collins***.

Speech Team has also been busy. The members on the team have done some very impressive things this season for Sponsor ***Judy Stewart***. With several placings this season, the team is anticipating some state meet experiences as well. Members include Hans Hansen, Emily Sample, Mindy Gibbons, Makenzy Fernandes, Davina Berg, Luchia Sicari, Jesse Ashing, Carolina Carlson, Richard Heule, Jake Lux, Nicole Schekall, NaKaya Fester, and Ana Gibbons, Manager. Districts are scheduled for Grant on Monday, March 8th.

FFA and FCCLA have also been working hard, with qualifiers for state contests starting to be named.

Brandon Roland, Tylor King, Mitch Vogel, and Tanner Lembke have qualified in Ag Mechanics in FFA. As a team they placed 3rd for Sponsor ***Gordon Karney***.

FCCLA has had one state qualifier and one district officer candidate for Sponsor ***Susanne Neefe***: Jessica VanCoppennolle received a silver medal for her Family Challenges and Issues talk on Rape and Shaylea Hinojosa received a silver medal for her Life Planning Event on planning dorm life. Shaylea advances on to state in April. Cassie Elder will also be running for district officer at state.

In music, Sponsor ***Ann Chesley*** had nine HHS musicians qualify for High Plains at Chadron State. Bethany Wacker was also selected as first chair clarinet. The complete list of selections:

- Bethany Wacker-Honor Band,
- Sha-Nae Orr-Festival Band,
- Luchia Sicari-Festival Band,
- Emily Sample-Festival Band,
- Richard Heule-Festival Band,
- Hans Hansen-Festival Band,
- Katoya Rosentrater-Women's Choir,
- Mindy Gibbons-Women's Choir
- and the late Taylor Michael-Women's Choir

In closing for this month, 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 GREAT March, and we'll all look forward to a warm and green Spring!



THAYER'S THOUGHTS

Already—Yes! Set those clocks ahead on March 14th. 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. Being on time is a skill that needs to be developed. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh (athletic length) is a good visual ruler for you.



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 as well as the support you provide the school.

Absent or Truant?



When it is necessary for a student to be absent for a non-school related activity, the parent or guardian is asked to call the school prior to 8:45 am. This is to ensure safety and accountability for your child. After this time students who have not been called in will be marked truant. According to the school handbook, students may make-up the missed work, however, no credit is earned when a student is considered truant. Your help is appreciated in calling students in prior to them being absent. Also if you would like an assignment sheet for your son/daughter, it needs to be requested when you call in. Normally when your child is ill enough to be at home, it may be more beneficial for them that they sleep during the day and plan on staying for SST the next day to work on missed assignments.

ACT Testing Date—If your son or daughter plans on taking the April ACT (the time most juniors take the test for the first time) they should be in the current ACT prep class. The school provides the opportunity during their SSR reading period to work through a practice test. Students that do not attend a prep class are at a disadvantage when taking the test. ---April 10, 2010 (Registration Deadline March 5, 2010)

Cell Phones—Thanks for your help.

Thank you for calling the office and leaving messages for your son or daughter rather than texting them. It has helped cut down on the number of duplicate calls for students and the office is more informed when students need to check out for student appointments. We welcome students leaving their phone in the office in the morning and then picking it up later in the day so they have it for their travel home. Thank you for cooperating with the school on this.



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 8. A student teacher from Chadron State College will join the music department from March 8 through April 30.



THAYER'S THOUGHTS CONT.



Parent/Teacher Conferences—End of 3rd Quarter

Please plan to spend some time at the high school on **Tuesday, March 16** 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.

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.



Teacher Assessment Day

The morning of March 17, 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 the in March.

Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 29th 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.)

Prom Eligibility

The juniors are in planning stages for the 2010 Prom (April 24). 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 beginning Wednesday, April 21 through Tuesday, April 27, 2010.



THAYER'S THOUGHTS CONT.

Scheduling for Next Year

The scheduling process for the 2010-2011 school year will begin mid 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 the form indicating that they are aware of courses their son/daughter may be taking.

**April Activities**

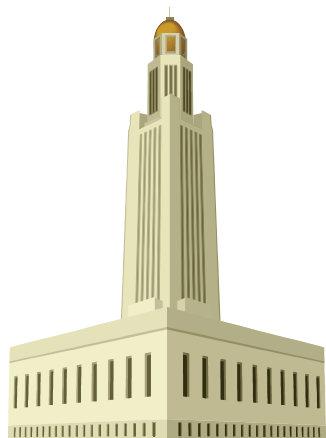
Scholastic Day @ CSC (Friday--April 9)

NWEA Testing Window (April 12-16)

Prom (April 24)

Spring Concert for 7-12 (Friday—April 26)

CAPITOL FORUM—2010



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



FOSTERING EDUCATION

HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 11th, 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.

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. This took place on Wednesday, February 3rd and Thursday, February 4th. 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 17th.

DATES OF INTEREST

March 16th - 1:00 p.m. Dismissal

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

March 17th – No school for kids ---Teacher Assessment 8:00-12:00

March 18th – 19th No School ---- Spring Break

March 25th – 6th Grade Bingo Night from 5:00 – 7:00 p.m.

March 29th – 1:00 p.m. Dismissal (Hosting Quiz Bowl in our school)

April 13th - 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 16th. 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.



NEW STATE READING TEST

We will administer the NeSA-R (Nebraska State Accountability Reading) tests in late March and early April this year. The tentative dates are March 29th - April 1st for students in grades 3, 4, 5, 6, 7, 8, and 11. This is a new requirement to measure student growth against schools throughout our state. **THESE TESTS ARE VERY IMPORTANT.** Please make sure your child is in attendance these days. **Let's show everyone how great our school is by doing our very best.**

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.



FOSTERING EDUCATION



NORM REFERENCE TESTING

We will administer the spring MAP (Measure of Academic Progress) tests in April this year. The tentative dates are April 12th - April 16th for students in 2nd – 11th grade. In addition to these tests the teachers have also been administering many other forms of assessments to measure your child’s progress this year. I have been very pleased with the results so far. We appreciate the encouragement and support you are providing your child. We also are encouraging the kids to do their best each day in school.

SCHOOL WEBSITE

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



KINDERGARTEN ROUND UP – April 13th

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 13th 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.**

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. 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.

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.



MRS. CHESLEY-MUSIC NEWS

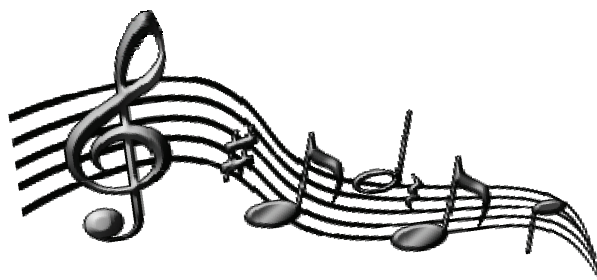


Spring is a busy time for the H.H.S. Music department. High Plains Music Festival at CSC was the first Monday and Tuesday in February as it is each year. Katoya Rosentrater, Sha-Nae Orr, Bethany Wacker, Emily Sample, Luchia Sicari, Hans Hansen and Richard Huele were selected for this honor. Vocalist and instrumentalist trained for two days on difficult selections and gave an early evening performance at Memorial Hall on February 2nd.

Western Trails Honor Choir was November 16th at Bridgeport, while WTC Honor Band is hosted by Mitchell this year on March 8th. WTC Honor Choir participants spent the day rehearsing choral selections and presented a concert on the evening of the 16th. Students selected for the Honor Choir include Katoya Rosentrater, Mindy Gibbons, Bethany Wacker and Emily Sample. Those selected for the WTC Honor Band are Katoya Rosentrater, Sha-Nae Orr, Bethany Wacker, Emily Sample, Luchia Sicari, Richard Huele and Kaitlyn Jespersen. They will use the day to rehearse then perform an evening concert.

March 26th the Band, Choir, Swing Choir and Women's Choir will travel to Haysprings for Panhandle Conference Contest. The event is a one day contest. Students receive individual ratings as well as compete for the Conference title. The Music groups have won several titles in small groups, solos and large groups with Hemingford being named PHC Champions in 2007 and 2009 and Runner-up in 2008.

April brings concerts and contest. District Music Contest is April 21st at Chadron State College. The Band, Choir, Swing Choir and Women's Choir will compete for ratings. There are a number of students who will compete with solos, duets, trios and small ensembles as well. Following District Contest the High School Concert and Awards Ceremony will be held on April 26th at 7:00 p.m. The Music Parents and students will be hosting a taco feed prior to the Elementary Spring Concert on April 29th that begins at 7:00 p.m.



GIORGI'S GYM



-COMING MARCH 11th-
ARE YOU MORE COORDINATED THAN YOUR
FIFTH GRADER?

The second annual Parent PE Challenge night will be held on Thursday, March 11 from 6:30 - 7:30 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 22, 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 6, 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 Colorado will be helping with the workshop.

Mrs. Giorgi



SCIENCE CORNER-MRS. HUDDLE



With spring right around the corner it is wonderful time to visit with your children about what is going on in nature. There are so many changes from the plants that are just coming up to the migrating birds.

As you and your family are traveling it is fun for children to count how many of something you see. You might also visit about why a person sees more hen or rooster pheasants. If children are having a race to see who can see the most of something it often helps the miles go by more quickly.

You can also talk about the different types of clouds that can be seen and what weather is associated with each kind. One can bring in some safety issues of the season when you talk about tornadoes and what your children should do in case they see a tornado.

SCIENCE CORNER- BUSINESS TEACHERS



As business teachers, we emphasize the importance of good Internet safety. The Internet can be a great tool to use in the classroom and at home. Many students could benefit from the activities that the Web provides. Science is a fun subject to learn and students can apply their knowledge all year long by playing games, exploring, or surfing the web. It is more fun to be outside and enjoy what nature has to offer; however, we can't always get outside because of the weather or the time of year. Here are a few websites we found for students of all ages that deal with Science. Some of these sites provide activities to be performed outside when the Mother Nature allows, while others provide games, trivia, and ample study material. Parents, please sit down and see what your students know and see if you can play a couple of games with them; who knows, you may not be smarter than your 5th grader!

www.gamequarium.com/science.htm

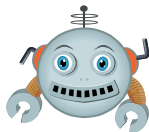
www.primarygames.com/science.htm

www.schooltimegames.com/Science.html

www.engagingscience.org/games/onlinegames/games.html

www.surfnetkids.com/games/Science_Games/

www.triviaplaining.com/08_science.htm



Junior High Track 2010



Mark your calendars for the following dates:

Track Meeting will be held the first week of March in Mrs. Horstman's room—kids will have to listen for announcement

Second week in March will be "Try All Events Week" --Again kids will have to listen for announcements on that

Monday, March 22—Track Practice Begins 4:00

Tuesday, April 6—Bayard Invitational

Friday, April 16 -Gordon-Rush Invitational

Thursday, April 22—Kimball Invite

Saturday, May 1—Panhandle Conference at Chadron

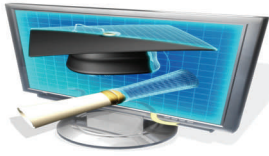
Tuesday, May 4—Morrill Invitational

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

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

2010 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:



- A picture scanned for the yearbook
- A picture scanned and used for newspaper ads
- A picture scanned for the senior video
- A billfold picture kept for the senior composite.
- 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. ☺

SENIOR—PDA’S

Parents of seniors (and others who love them!)

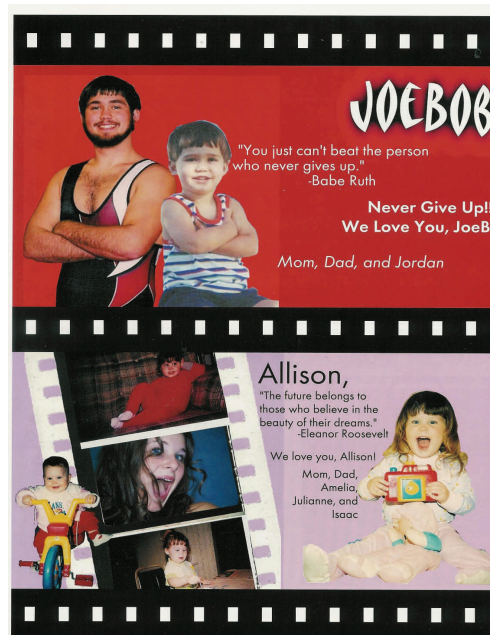
Your opportunity to give tribute to a graduating senior is near. Now is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. These are called PDA ads. (Public Display of Affection.) The cost ranges from:

- \$50.00 for a 2.5 x 3.5 inch ad
- \$90.00 for a 5 x 3.5 inch ad
- \$1250.00 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.

2.5 inch long X 3.5 inch wide \$50.00	5 inch long x 3.5 inch wide
	\$90.00
5 inch long x 7.5 inch wide \$125.00	



HEMINGFORD FFA AGRICULTURAL MECHANICS TEAM QUALIFIES FOR STATE COMPETITION-MR. KARNEY, FFA ADVISOR



On Wednesday, February 17th four members of the Hemingford FFA traveled to Gordon to compete in the District 12 agricultural Mechanics Contest. Members participating were Brandon Roland in Energy Systems, Tylor King in Structures, Mitch Vogel in Machinery and Equipment and Tanner Lembke in Environment and Natural Resources. Individual placing were as follows. Brandon Roland placed 3rd, Tylor King placed 3rd and Mitch Vogel Placed 2nd. Tanner Lembke didn't place but actually scored more points in his division than any of our other members did in their respective divisions. As a team they placed 3rd. This brings the number of Hemingford FFA members that have qualified for state this year up

to five. The next competition for the chapter will be on Tuesday, March 2 when we will travel to Kimball for the Livestock selection and Agronomy contests.

C O U N S E L O R ' S

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Seniors – Do you have your taxes done? Do mom and dad have their taxes done? You need that information to fill out the FAFSA. Go to www.fafsa.gov. to fill out the FAFSA. If you have any questions, call me at 308-487-3328.

Juniors – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Come and get an idea of what the college is like.

The next registration date for the ACT is March 5. The test date is April 10.

The ACT prep class for the April test is already in session. Students taking the test need to talk to me or Mrs. Thayer to sign up for the class.

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.

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

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



MRS. PLOG-SPECIAL EDUCATION DIRECTOR



The Federal Trade Commission (FTC) released a guide entitled "NetCetra: Chatting with Kids about Being Online." This simple, straightforward guide discusses the issues associated with the use of internet and cell phones by teens and younger children and how to approach students and children with the information. There are additional resources and helpful websites at the end of the pdf guide. This document is too large to include in the newsletter, but parents can download the brochure and get additional information from www.onguardonline.gov. Click on the blue NetCetra box on the lower right side of the page. The school also has printed a few copies. If you are an interested parent and are unable to download the guide, please contact Mandy Plog at the school for a copy. Thanks!

Mandy Plog
Hemingford Public Schools
308-487-3330
mplog@panesu.org

MRS. WADE-WORLDSTRIDES

WORLDSTRIDES – It is time again to begin our year of planning and fundraising for the trip to Washington, D.C. Sophomore students, juniors who did not go this year AND a parent are invited to the organizational meeting on Thursday, March 4 at 7:00 p.m. in the biology room. There will be a list of fundraisers and information. The importance of a parent being there is really stressed so they know all the rules, expectations, and deadlines.

WorldStrides 2010 will be leaving from the school with Dennis and Linda Folkerts at 2:30 A.M. on Saturday, March 13, 2010. Bon voyage! Our thanks to Bus driver Bob. They will return early Friday, March 19, very tired and ready for the rest of Spring Break.



Quiz Bowl – Eight students will be participating in the Western Trails Quiz Bowl at Gordon on March 24. Hemingford will host the Panhandle Conference Quiz Bowl – both high school and junior high with Mrs. Ahrens - here on Monday, March 29. It will begin at 2:00 P.M. and we hope to be done by 5:30 or 6:00 p.m. Team parents will be notified and visitors are welcome to watch. However, they must be VERY QUIET.



BINGO NIGHT

MARCH 25, 2010

5:00 P.M. – 7:00 P.M.

6th Grade Field Trip Fundraiser

HEMINGFORD HIGH SCHOOL BIG GYM

BINGO

COLORING CONTEST

TATTOO CORNER

SLOPPY JOES & BEEFY NACHOS!



DINNER THEATRE- MARCH 5TH, 6TH & 7TH

Get your tickets for the 2010 Dinner Theater!
Come see two great shows:

Lagooned

and

Alice in Wonderland
the musical

Tickets available at the Hemingford Community Federal Credit Union.
487-5578

Performances March 5th, 6th & 7th

Doors open at 5:30 p.m. Performance at 6:00 p.m.



Did You Know?

Did you know that the transfer date for 2010-2011 will be March 15, 2010? 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, 2010 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, 2010, 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.



**NEBRASKA
FAMILY**

Your call for **HELP** is answered.

LINE

1-888-866-8660

•
Call 24/7/365 to speak with a trained, caring counselor.

•
Children's behavioral issues

•
Parent/child conflict resolution

•
Juvenile mental health

A statewide Help-Line supported by the Nebraska Department of Health and Human Services

COMMUNICATION SOURCES

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

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

<http://www.hemingfordschools.org>

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

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

Phone calls to students' homes when necessary.

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



EQUAL OPPORTUNITY

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

Web-Email Lunch Account System

Access your current account information online-at www.hemingford schools.org and click the button on the right labeled "What's for Lunch".

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.

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2010

Hemingford Public Schools

Nancy Yardley, Food Service

BEST BITES



Use a plate

Eating from a bag or box encourages overeating since it's hard to see the portion or realize how much you've had. Ask your child to put snacks into a bowl or on a plate. Ideally, she should use the serving size on the food label as a guide (7 pretzels, $\frac{3}{4}$ cup cereal).

Active quizzing

Combine homework and physical activity with these ideas. If your



youngster is studying for a spelling test, he can do it while walking up

and down stairs. Call out a word, and have him say a letter with each step. Or have him jump rope while naming state capitals.

DID YOU KNOW?

Fresh, frozen, or canned vegetables are all good for your children—the important thing is for them to eat a variety of vegetables all week long. If you buy canned vegetables, try to find ones with no added salt. And choose frozen vegetables that don't have butter or cream sauce.

Just for fun

Q: What has no beginning, no middle, and no end?

A: A bagel.



Wholly delicious

Get your child used to eating whole grains while he's young, and you'll help him build a healthy habit for a lifetime. Whole grains will make him feel fuller so he doesn't eat too much, and they also decrease the risk of diabetes and other diseases. Try these suggestions:

- Begin by explaining why whole grains are good for him. You can tell him they're still "wearing their coats"—they contain the entire grain kernel with all its fiber, vitamins, and minerals. Processed grains like white bread have the outer layer removed, so they've lost important nutrients.
- On your next food shopping trip, put your youngster in charge of finding whole-grain versions of family favorites. Let him know he'll need to find the words "whole grain" or "whole wheat" on the front of a package or at the top of the ingredient list. See if he can locate whole-grain bread, pasta, rice, cereal, and pancake mixes.



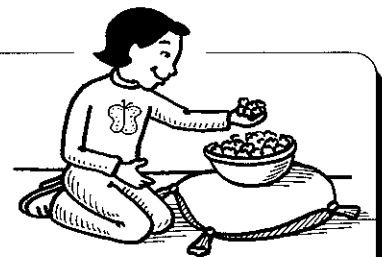
- Have your child look in the grocery store or through your pantry for whole grains. Then, play a rapid-fire game of "Name the Grain." Take turns saying a whole grain or a type of food that can be made from whole grains. *Examples:* oatmeal, spaghetti, rye bread, couscous, pretzels, tortillas, cornmeal, barley.

Note: Aim for 5–7 ounces of grains a day, with at least half of that in whole grains. One ounce = 1 slice of bread; 1 cup dry cereal; $\frac{1}{2}$ cup rice or pasta. See www.wholegrainscouncil.org for more ideas. ●

Serve up whole grains

There are many easy ways to add whole grains to your youngster's diet. Here are three:

1. Crumble up whole-wheat bread (by hand or in a food processor), and add to ground beef or turkey when making meatloaf or burgers.
2. Make healthy popcorn. Put $\frac{1}{3}$ cup popcorn kernels in a paper bag, turn the bag down to close it, and microwave as you would microwave popcorn (but without added fat or chemicals). Season with Parmesan cheese or cinnamon.
3. Buy whole-grain bread, rolls, and crackers, and use them for sandwiches and snacks. *Tip:* While making the sandwich, prepare sandwiches with one slice of whole-wheat bread and one slice of white bread. ●

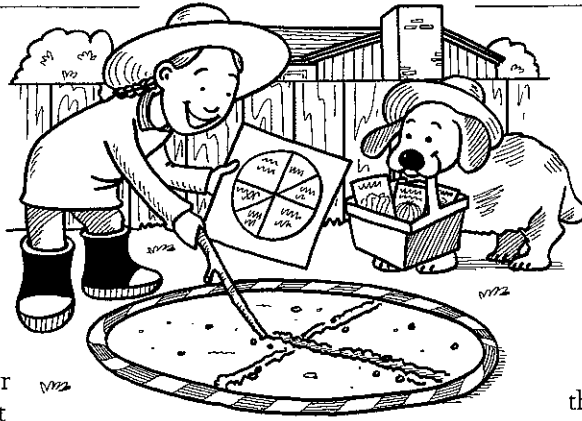


Grow a pizza

Let your youngster learn where food comes from by planting a “pizza garden.” She can grow the ingredients and then use her harvest to help you make pizza. Follow these steps.

Design. On a sheet of paper, have your child draw a circle and divide it into pizza-shaped slices. In each wedge, she can write or draw the vegetable or herb she wants to plant (tomatoes, bell peppers, onions, oregano, basil).

Plant. Pick a sunny spot in your backyard, or sign up for a plot in a community garden. Then, your youngster can place



her plants or seeds in the ground according to her design. *Tip:* Have her lay down a hula hoop as her circle or use a stick to draw the “pizza.”

Tend. Let your child be responsible for watering and weeding the garden. She can pick the vegetables when they’re grown and pull leaves from the herb plants as needed.

Eat. Help her make a pizza sauce with her homegrown tomatoes and herbs. Buy or make a whole-wheat pizza crust, and spread on the sauce. Have her sprinkle on shredded skim mozzarella cheese, and top with the vegetables she grew. Bon appétit!

Note: For advice on the best time to plant in your area, contact your local cooperative extension office. ●

ACTIVITY CORNER

In training

Charity runs are a good way for your family to get exercise and work together toward a goal.

Look in your community newspaper for announcements of upcoming events. Sign up as a family team, and then create a training schedule.

If you’re going to run a one-mile event, for example, you can map out a one-mile route in your neighborhood. Run a short distance the first day (say, one block and back), and add to that during each session. You might set targets, such as “Let’s run to the O’Briens’ house and then turn around.”



On race day, you’ll share in the good feeling of having accomplished something worthwhile. Then, keep the physical activity going by regularly walking or running your neighborhood route—and even signing up for another event. ●

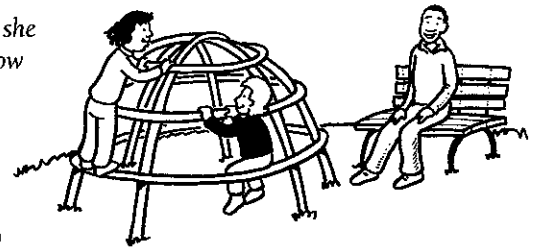


Q & A My child won't exercise

Q: When my daughter Amanda was little, she ran around and played all the time. But now she says she doesn't like sports and she'd rather do other things. What can I do?

A: Let your child know that it's important to get an hour of physical activity a day to keep her body healthy. Then, help her find activities she will enjoy and that she can do with friends or family, such as hopscotch, bike riding, or roller skating. Take her and a friend to a park where they can climb on the equipment and make up games.

You might have your daughter try a gymnastics class or a recreation center session of jazz, hip-hop, or ballet. It often takes kids awhile to find an activity they like, so don't be discouraged if your child goes through a few before she sticks with one. ●



IN THE KITCHEN

Going bananas

Bananas are the most popular fruit in America—and for good reason. They contain an almost perfect balance of nutrients and vitamins, and they're economical.

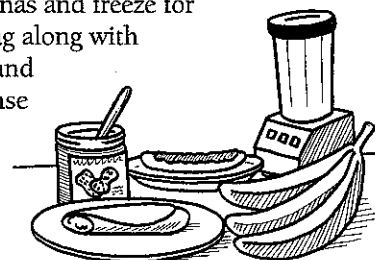
Keep bananas on hand for healthy snacking anytime. And use a few for kid-friendly ideas like these.

Blended. Slice 2 bananas and freeze for 3 hours in a plastic bag along with 6 whole strawberries and ¼ cup blueberries (rinse and stem the berries first). Put the frozen fruits in a blender or food processor along

with 1 cup nonfat vanilla yogurt. Blend into a smoothie.

Wrapped. Spread peanut butter and jelly on a whole-wheat tortilla. Add a peeled, whole banana, and roll up the tortilla tightly around the banana.

Baked. Slice an unpeeled banana lengthwise, and place in a pie pan. Sprinkle with cinnamon and a little brown sugar, and bake at 350° for 20 minutes. Cool slightly, and eat the banana right out of the peel with a spoon. ●



OUR PURPOSE

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

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

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Hemingford Public Schools

March 2010
Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
1 SLOPPY JOE French Fries Applesauce Alt. Hamburger	2 BOBCAT TACO Lettuce Salad Pears Roll & Butter Alt. Baked Potato	3 CHICKEN & NOODLES Green Beans Peaches Roll & Butter Alt. Crispito	4 PIZZA Corn Fruit Cocktail Alt. Quesadilla	5 FISH Tater Bar Pineapple Roll & Butter Alt. Chicken Nuggets
8 HAMBURGER French Fries Peaches Dill Slices Alt. Ready Rib Sand.	9 CRISPITO Corn Fresh Fruit Roll & Butter Alt. Philly Steak	10 WEINER BOAT Carrots Fruit Cocktail Roll & Butter Alt. Pizza	11 B.B.Q. SAND. Coleslaw Pears Alt. Chicken Sand.	12 ITALIAN DUNKERS Green Beans Applesauce Marinara Sauce Alt. Burrito
15 CORNDOG Tater Bar Pineapple Roll & Butter Alt. Crispito	16 CHICKEN SAND. Corn Peaches Cookie No Salad Bar or Alt.		No School Spring Break	
22 HOTDOG /BUN French Fries Pears Baked Beans Alt. Pizza	23 CHILI Carrots & Celery Applesauce Cinnamon Roll Alt. Corndog	24 BURRITO Corn Fruit Cocktail Roll & Butter Alt. Baked Potato	25 TURKEY GRAVY Mashed Potatoes Peaches Roll & Butter Alt. Chicken Strips	26 MAC & CHEESE Green Beans Pineapple Roll & Butter Alt. Crispito
29 CHICKEN FRIED STEAK Mashed Potatoes Peaches Roll & Butter Alt. Salisbury Steak	30 BEEFY NACHOS Lettuce Salad Pears Roll & Butter Alt. Baked Potato	31 CHICKEN NUGGETS Corn Fresh Fruit Roll & Butter Alt. Pig in Blanket		

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 2010

Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
1 CEREAL Granola Bar Fruit	2 FRENCH TOAST Fruit or Juice	3 EGG & CHEESE BISCUIT Fruit or Juice	4 CEREAL Muffin Fruit	5 BREAKFAST PIZZA Fruit or Juice
8 CEREAL Granola Bar Fruit	9 SAUSAGE GRAVY/Biscuit Fruit or Juice	10 PANCAKES Fruit or Juice	11 CEREAL Muffin Fruit	12 CINNAMON ROLL Fruit or Juice
15 CEREAL Granola Bar Fruit	16 PANCAKE & SAUSAGE on a STICK Fruit or Juice	17 	18 No School Spring Break	19
22 CEREAL Granola Bar Fruit	23 SCRAMBLED EGGS & Toast Fruit or Juice	24 WAFFLES Fruit or Juice	25 CEREAL Muffin Fruit	26 BREAKFAST PIZZA Fruit or Juice
29 CEREAL Granola Bar Fruit	30 PANCAKES Fruit or Juice	31 EGG & CHEESE POCKET Fruit or Juice		

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Calendar Events March 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<p>1</p> <p style="text-align: center;">White Day</p> <p>12:30 PM 4th Grade Field Trip to Knight Museum</p> <p>4:00 PM Quiz Bowl Practice</p>	<p>2</p> <p style="text-align: center;">Red Day</p> <p>FFA Livestock@Kimball</p>	<p>3</p> <p style="text-align: center;">White Day</p>	<p>4</p> <p style="text-align: center;">Red Day</p> <p>Girls' State Basketball</p> <p>7:00 PM 2011 World Strides Meeting</p>	<p>5</p> <p style="text-align: center;">White Day</p> <p>Girls' State Basketball Dinner Theater</p>	<p>6</p> <p style="text-align: center;">Girls' State Basketball Dinner Theater</p>
<p>7</p> <p style="text-align: center;">Dinner Theater</p>	<p>8</p> <p style="text-align: center;">Red Day</p> <p>WTC Band @ Mitchell</p> <p>District Speech @Grant</p> <p>7:00 PM School Board Mtg.</p>	<p>9</p> <p style="text-align: center;">White Day</p> <p>5:30 PM 4th Grader Famous Nebraskan Speeches</p>	<p>10</p> <p style="text-align: center;">Red Day</p> <p>End of 3rd Quarter</p> <p>2:30 PM FCCLA Big Brother/Sister</p>	<p>11</p> <p style="text-align: center;">White Day</p> <p>Begin 4th Quarter</p> <p>Boys' State Basketball</p> <p>6:30 PM Are You More Coordinated Than a 5th Grader PE Challenge Parent Night?</p>	<p>12</p> <p style="text-align: center;">Red Day</p> <p>Boys' State Basketball</p> <p>6:00 PM FFA Oyster Feed/Auction</p>	<p>13</p> <p style="text-align: center;">FCCLA Pro-Start Competition</p> <p>Boys' State Basketball</p>
<p>14</p> <p style="text-align: center;">World Strides DC Trip</p>	<p>15</p> <p style="text-align: center;">White Day</p> <p>World Strides DC Trip</p>	<p>16</p> <p style="text-align: center;">Red Day</p> <p>Early Out 1:00 pm</p> <p>2:00 PM Parent/Teacher Conferences</p> <p>World Strides DC Trip</p>	<p>17</p> <p style="text-align: center;">No School--Assessment Day</p> <p>World Strides DC Trip</p>	<p>18</p> <p style="text-align: center;">No School--Spring Break</p> <p>World Strides DC Trip</p> <p>State Speech</p>	<p>19</p> <p style="text-align: center;">No School--Spring Break</p> <p>World Strides DC Trip</p> <p>State Speech</p>	<p>20</p>
<p>21</p>	<p>22</p> <p style="text-align: center;">White Day</p>	<p>23</p> <p style="text-align: center;">Red Day</p>	<p>24</p> <p style="text-align: center;">White Day</p> <p>Spring Pictures</p> <p>WTC Quiz Bowl @ Gordon/R'ville</p>	<p>25</p> <p style="text-align: center;">Red Day</p> <p>8:00 AM Health Professions Club to Denver</p> <p>5:00 PM 6th Grade Bingo Night</p> <p>5:30 PM FFA Meeting</p>	<p>26</p> <p style="text-align: center;">White Day</p> <p>PHC Music @HaySprings</p> <p>8:00 AM Health Professions Club to Denver</p>	<p>27</p> <p style="text-align: center;">V T @ Morrill Inv.</p>
<p>28</p>	<p>29</p> <p style="text-align: center;">Red Day</p> <p>PHC Quiz Bowl @Hemingford</p> <p>Capital Forum@Lincoln</p> <p>State Reading Test NeSA</p> <p>1:00 Release for PK-12 (Quiz Bowl)</p>	<p>30</p> <p style="text-align: center;">White Day</p> <p>State Reading Test NeSA</p>	<p>31</p> <p style="text-align: center;">Red Day</p> <p>State Reading Test NeSA</p>			

Calendar Events April 2010

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