



BOBCAT BITS

Superintendent's Notes-Mr. Ningen

Advance Planning for 2010-2011

As 2009-2010 begins to wind down for our parents, staff members, and students, it is important to enjoy our efforts for the current school year, but perhaps even more important, put into place some strategies that will ensure even greater success next year.

Though there are many ways to plan ahead, I am going to touch on just three; School Academic Success, School Activity Success, and School Safety Success.

In each area of planning, there will be different perspectives to consider, whether you are a student, a teacher, a parent, or a district patron. This article is intended to address all of you.

School Academic Success

Students Learning

The end of a school year and the approaching summer can be wonderful opportunities to stay sharp, or to grow intellectually. I would invite every student to spend some time outside, learning about the world around us, while also renewing your library card in Hemingford or Alliance, so that literary knowledge and adventures are your companions this summer too.

Teachers Learning

Many teachers take second jobs in the summer, or use the flexible schedule of a summer to spend more time with their children. Staff members also should enjoy traveling in the area and outside the area for new learning, or perhaps even sign up for a class online or at WNCC or CSC.

Parents Encouraging

Without support from parents for that ride to the library or that time to sit down and read, plans will not be successful. Summer is also a time when additional assistance at home with chores around the farm or home will earn extra trips and time for helpful students.

School Activity Success

Students Gaining Skills

Activities are on an upswing in Hemingford, and our growing success is due to practice. Students should take time each day for exercise, whether it is playing catch, shooting baskets, or swimming. All of those activities will help a person's confidence to grow, allowing greater success. Musicians and artists can really benefit from spending time honing their skills in the summer too.

Coaches Providing Opportunities

At HHS, we are blessed with coaches that open the gyms and weight-rooms in the summer for students to use our facilities. Camps and other opportunities are also available. There are opportunities for music students in marching practice later in the summer, and FFA summer activities are also sponsored by faculty members to prepare for our annual county fair.

Parents Encouraging

Of course the time and effort required for students to participate in summer activities in FFA, sports, and fine arts require sacrifice again from parents for providing transportation, money, and encouragement when tired students return home after a long day.

School Safety Success

Students Cooperation

Students need to be especially careful in the summertime in the fields, at the lake, at the pool, on the highways, and even on the computer. Students need to remember that there are many smaller children around, and many strangers in our community or where we might travel, in vacation spots, or on the internet.

Faculty Leadership

Our teaching staff, along with our paras, custodians, cooks, secretaries, and drivers has helped parents to teach our students right from wrong, and how to be safe. School staff members don't stop teaching when summer comes; they are still there if you need assistance.

Parents Encouraging

Parents, who are a child's first teachers, also don't take any time off during a child's life, 24 -7. Kids believe that they are indestructible and that nothing bad will ever happen to them. Of course we all know that safety is something that we have to be aware of, wherever we live, travel, or visit. Be safe – always, and as your parents have told you more than once, use your heads and common sense.

Thank you for letting me share some thoughts with you as summer approaches. The common thread or theme of this article has been that all of us have great potential to continue growing no matter how smart, or old that we get, but we must work together to make that result occur. Cooperation is imperative. ***Be good to one another, and help each other succeed.***

Fostering Education



IS IT REALLY MAY?

I can't believe that we are into the last month of school. The year just seems like it got started. I have thoroughly enjoyed this year, the kids have been great. The support we've received from everyone has been fabulous.

PARKING



We are asking that no one park between the elementary and high school buildings. We are concerned with the safety of the children and the amount of traffic that is occurring in this area. Pre school parents picking up and dropping off your children please do not park in this area. It would be OK if you park in front of the school even if it means in the yellow area, as you aren't here that long. Thank you for your understanding and cooperation with this request.

STUDENTS' CLASS ASSIGNMENTS FOR NEXT YEAR

After discussion with kindergarten through 5th grade staff it was decided that there would be no up shift day in the elementary. We feel the kids know the teachers and it isn't necessary to have them meet. **Students will be informed by their present teacher whose class they are assigned to for next year at the end of the school year. These class assignments will also be posted on the front window of the elementary all summer long as well.**

WORDS TO PONDER

Being defeated is often only a temporary condition, giving up is what makes it permanent.

MARK YOUR CALENDARS

May 5th – (6th Grade ONLY) Up Shift Day in High School from 8:30-10:30

May 6th – 4th Grade Field Trip to Fort Robinson

May 17th – EMS Presentations for Kdg. - 3rd starting at 12:30

May 18th – 3rd Grade Field Trip to Scottsbluff

May 20th - Kindergarten Grade Field Trip to Scottsbluff

May 21st - 2nd Grade Field Trip to Mammoth Site

May 24th – 1st Grade Field Trip to Scottsbluff

May 24th – Pre –School graduation at 6:00p.m. at the Multipurpose Hall

May 25th – Field Day for Kdg. – 6th 8:45 – 11:15 a.m.

May 25th – Students Dismissed at 11:30 a.m. for summer vacation ☺

COMMUNICATION

Together we can make a difference for kids ☺

Call us with any questions at 487-3330

Thayer's Thoughts



A Big Thank You for supporting our school system and our students this past year. Wow!! The end of the school year is just around the corner and it seems that just last week I was helping the 7th graders locate their classrooms. It is mind-boggling to see all the final preparations in progress.

For a number of students the countdown has begun but we still have a solid three weeks of instruction. This is a great opportunity for students to make the final push to improve their grades. SST (Supervised Study Time) should be a priority. This time is for any and all students to receive assistance, finish homework, and ask questions. Your continued support on SST program is appreciated and one that will be continued next year.



UPSHIFT DAY FOR GRADE 6

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

6th grade students will be in the high school building for part of the morning. At that time, they will visit with representatives from student council and current 7th graders; participate in a building tour, and visiting with next year's teachers. They will return to their classroom for the rest of the day.

Lunch will not be open campus that day.

Senior Schedule for Last Days

May 5 Wednesday –Final Testing
May 6 Thursday—AP Exam 8:00
May 6 Thursday – Grades Posted
No Class for Seniors unless they are finishing work needed for Graduation credit.
May 6 Thursday – Honor Night 7:00
(appropriate dress for this special event)



May 7 Friday –**HS Gym**

- Need Cords/Medals for Picture
- Receive Cap and Gown
- Practice with Band
- Cap and Gown Pictures
- Senior Slide Show
- Draw for Seating

Senior Picture Ceremony (10:15 am or so)

Other Senior Notes

Caps and Gowns will be handed out on Friday

May 9 Graduation—**2 pm**

Awards for Grades 7-11---Tuesday, May 18

The schedule is being created for end of year awards for students in grades 7-11. The plan is to start at 1:00 in the HS Gym. We will have all classes that day, then move over to the gym for the activities.

Semester Test Schedule—Grades 7-11

The final days for testing will be on **Monday, May 24** for Periods 4-7 periods and on **Tuesday, May 25**, students will test during periods 1-3. These tests will during their regularly scheduled class period. Checkout sheets will be given to the students earlier in the week to have completed before leaving for the day. Students will be expected to have lunch bills paid, library books returned and any fines paid prior to check out. We will do locker checkout after the end of 3rd until 11:30 when school is out for the school year.

Thayer's Thoughts-Cont.



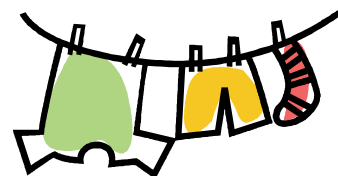
Class Schedules for Next Year (2010-2011) Scheduling Process

Scheduling for next year is in its beginning phases. Students are meeting with Mrs. Hucke and will be turning in their course selections for next year. Throughout the rest of the school year, Ms. Thayer will be placing students into the schedule. This would include what courses are being offered and which period. Once this is completed, students will be slotted into courses they have selected. Some choices by the students may need to be made since at times it is not possible to schedule everything perfectly. Students should have their schedule prior to leaving for summer.



Student Appearance

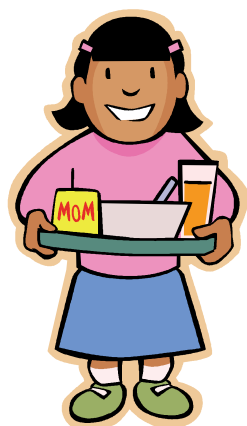
Thanks for your help in keeping shorts at their proper length—it has been great. The general rule of thumb is that the short length should touch finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. The most comfortable I could think of is a pair of athletic shorts and a bobcat t-shirt. In addition it would be a super way to show school spirit.



Booster Banquet—Monday, May 3 6:00 pm Multi-Purpose Hall

Letters have been mailed to high school students for general information.

Quick Details: All families a meat dish. Families with last name beginning with A-L are asked to bring a salad. Families with last name beginning with M-Z are being asked to bring a dessert. Contact a Booster representative for further information.



**ATTENTION PARENTS:
END OF THE YEAR IS FAST
APPROACHING, REMEMBER
LUNCH ACCOUNTS NEED TO
BE AT A POSITIVE BALANCE
BEFORE YOUR CHILD(REN)
CAN CHECK OUT. THANK
YOU FOR YOUR
COOPERATION.**

Giorgi's Gym



The last day for Skip'n Cats is Wednesday, May 5. Congratulations to those who completed their Level 1 tricks: Brianna Grumbles, Casey Lashley, and Kiara Long.



Boater Education Graduates



Five 9th graders received their Boater Education cards and are licensed to operate any motorized water vessel. Congratulations to: Cole Connor, Jayleen Forgey, Briley Hannaford, Trae Vogel, and Corwin Wootton.

Fitness Testing will be the first week of May. Make sure your child can do a proper pushup at home. The test also includes: mile walk/run, sit ups, sit and reach, and trunk lift.

The annual 5th and 6th Grade Track Meet has started and will continue through the last week of school. The classes compete during their regular scheduled PE times with times and distances recorded for the final placing.

ELEMENTARY FIELD DAY - TUESDAY, MAY 25



8:40 AM - 11:15 AM

The annual Field Day will be held on the last day of school. The 6th grade class will be running the events with the rest of the elementary students on teams, each led by a 5th grader. The field day will start at 8:40 and end at 11:15 with school being dismissed at 11:30. Parents, friends and family members are encouraged to come and watch, but will not be allowed to participate.

Mrs. G

WorldStrides-Marla Wade



Reminder for WorldStrides -

- May 8 - Paint-a-thon
- May 15 - Village yard Sale
- May 22 - Village Clean-up
- May 29 - Great Ballz'o Fun Days
- May 30 - Serve alumni dinner

FFA- State Convention- Mr. Karney



On April 7, 2010 13 members from the Hemingford FFA traveled to Lincoln to attend the Nebraska State FFA Convention. Members in attendance and the contest they competed in are as follows. In Ag mechanics: Tylor King, Mitch Vogel, Brandon Roland and Tanner Lembke. In Agronomy: Brady Horstman, Kyle Kumpf, Brandon Roland and Caleb Miline. In Junior Livestock Selection: Cash Weber, Kipper Irene, Casey Stangle and Tanner Lembke. In Senior Livestock Selection: Tylor King, Zane Jaramillo and Jose Campos. Competing in the Cooperative Speaking event was Kayla Golka, the title of her speech was, Understanding Cooperatives. The members also attended leadership workshops, a career show, delegate sessions and general sessions while at the convention. The members were joined by Gordon Karney (Chapter Advisor) and Ronda Campos (chaperone).



Red Cross Swimming Lessons

June 21, 2010- July 2, 2010

Registration will be held the week of June 7th

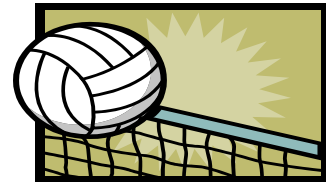
*Lifeguarding classes will be offered-must be 15 years old.
Interested persons may contact Lisa or Jordan Haas.*

Sports Camps



**LADY CAT SPORTS DEVELOPMENT CAMP 2010
JUNE 2, 3 AND 4 AT HEMINGFORD HIGH SCHOOL
FUNDAMENTALS WILL BE TAUGHT WITH THE YOUNG PLAYER IN
MIND**

**WE RECOMMEND THIS CAMP FOR YOUNG PLAYERS FROM THE
FORTH THROUGH THE EIGHTH GRADES**



***VOLLEYBALL-9:00 A.M. TO 11:30 A.M.
BASKETBALL- 1:00 P.M. TO 3:30 P.M.***

***YOU ARE ENCOURAGED TO REGISTER FOR BOTH SPORTS, BUT YOU
MAY CHOOSE TO PARTICIPATE IN
ONLY ONE – COST; 25.00 PER SPORT, OR 40:00 FOR BOTH***

***CHECKS PAYABLE TO: LADYCAT SPORTS DEVELOPMENT CAMP.
EACH PLAYER WILL RECEIVE A CAMP T-SHIRT ALONG WITH THE
CHANCE TO WIN A VARIETY OF SKILL ORIENTED CONTESTS WITH
PRIZES AWARDED.***

NAME: _____ GRADE _____

ADDRESS: _____

HOME # _____ EMERGENCY # _____

T-SHIRT SIZE (CIRCLE ONE) s m lg xl

MEDICAL RELEASE

***I hereby authorize the members of the Lady Cat Development Camp to act for
me according to their judgment in any emergency requiring medical attention,
and I hereby waive and release the personnel of the Lady Cat Development
Camp from any liability for any injuries or illnesses incurred while attending
the camp.***

Signature of Parent or guardian: _____

Date: _____





Make your own compost bag

Collect your materials:

- *a medium sized Ziploc style bag
- *a hole punch
- *1 cup of damp soil (you can take it out of your home flowerbed)
- *some food that a worm would like (potato peelings, carrots, lettuce, cabbage, celery, apple peelings, banana peels, orange rinds, egg shells, coffee grounds with the filter, tea bags, etc)
- *3-5 worms (you can get them from your flowerbed or buy them at a bait store with mom or dad's help)

Observe your materials:

- *Use your magnifying glass to look at your soil.
- *Draw a picture and color it to show what you see right now.
- *Do the same thing with your worm food.
- *How does the soil feel? Record your ideas in your notebook.

Assemble your compost bag:

- *punch 4-6 holes in the top half of the Ziploc (near the zipper)
- *fill the bottom of the bag with the damp soil
- *add worm food
- *carefully transfer worms into your compost bag
- *close zipper on bag carefully

Maintain your compost bag

- *keep the soil moist (not wet) with aged water (water you let sit out in an open container overnight from the faucet to get rid of the chlorine).
- *store your bag in a cool, dark place

Observe your worms at work:

- *watch the worm food in your bag and write in your notebook about what is happening.
- *Include drawing as well as writing about what you are seeing.
- *After 3-4 weeks you will notice major changes in the worm food.
- *Remove some of the soil and look at it with a magnifying glass. Record what you notice.
- *Compare your drawings now to the ones you made at the beginning of your study.
- *Write about what you notice.
- *How does the soil feel now? Record your ideas in your notebook.





C O U N S E L O R ' S

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Seniors – End of the year activities

May	3	Athletic Banquet
May	5	Final Testing
May	6	Senior Honors Night
May	9	Graduation – 2:00 p.m. – High School Gym

You will be receiving a letter in the mail very soon. We wish to make sure we have all the honors that you have received. It is imperative that you fill out the enclosed form by May 4, and return it to the counselor's office. We appreciate your cooperation in this matter so you will receive the recognition that you deserve.

Juniors – Summer is the time for serious college planning.

- Start narrowing your college choices.
- Update your resume.
- Identify teachers, coaches and community members who will write letters of recommendation for you.
- Look for scholarships.
- Find a summer job to help pay for college expenses.

Last ACT test needs to be registered for by **May 7, 2010**. The test will be administered on **June 12, 2010**.

6th graders: May 5th is up shift day. It will run from 8:30 a.m. to 10:30 a.m.

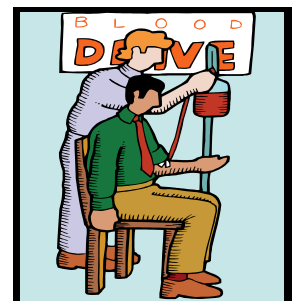
As parents, students, and educators, we need to remember to treat each other with respect so that we can receive respect back.

Hemingford Fire Department-Blood Drive

Hemingford Fire Hall

Wednesday, May 19, 2010

8:00 a.m.—12:00 p.m



PANHANDLE INDEPENDENT LIVING SERVICES

JAM

Joint Agency Meeting on Disabilities

Moderator: Dr. Laura Gaudet, Chair, Dept. of
Counseling, Psychology, & Social Work

Chadron State College Student Center
1000 Main
Chadron, NE 69337
4:30 - Exhibits
5:30 - Dinner
6:30 - 7:30 - Panel Discussion
May 6, 2010



RSVP BY NOON April 29, 2010
Call PILS at 1-800-644-5352 or 308-635-7901
Request Special Accommodations
With your RSVP

PILS

A panel of State Agency representatives will be in Chadron to answer questions from all members of the community interested in disability issues. If you are unable to attend, please phone, mail, or e-mail any questions you may have.

Panhandle Independent Living Services
P O Box 2454, Scottsbluff NE 69363-2454
800-644-5352 or 308-635-7901
e-mail: pils@allophone.com





AUTISM SOCIETY OF NEBRASKA PUZZLE WALK

Date: SATURDAY, MAY 1ST 2010
Time: 10:30 AM
Where: LAING LAKE, ALLIANCE, NEBRASKA

Meet at the parking lot on the north side to walk around the lake to show support for Autism.

Feel free to bring a sign!

IF YOU HAVE ANY QUESTIONS FEEL FREE TO CALL ME ON MY CELL PHONE

DEBBIE HAGLER - 308-760-8055



“

An Introduction to Autism Spectrum Disorders”

**Date: May 13, 2010
Location: ESU #13
4215 Ave. I, Scottsbluff, NE 69361**

Time: 9:00 – 3:30pm

Presenter: Vicki Rutter, Western Region ASD Coordinator

**Registration Fee: \$10
(Payable to ESU #13 or bring to the Inservice 5/13/2010)**

WHO SHOULD ATTEND?

**Administrators -- Educational Professionals -- Family Members
Paraprofessionals -- Community Providers -- Related Service providers**

This in-service will be an OVERVIEW of the following TOPICS:

- Characteristics, definition, facts and myths
- Information and examples of social, communication, behavioral, developmental and sensory characteristics, current etiological understandings, prevalence and statistics
- Assessment-Verification/Identification
- Medical diagnosis versus educational verification
- Considerations for selecting interventions
- Best practice strategies and how to address individual needs based on assessment
- An overview of interventions
- Intervention descriptions, conclusions (advantages/disadvantages) and research

To register, go to www.esu13.org, select the button on the left “Event Registration.” Please fill out and submit the form online.

****If billing your district - in the “District” box on the form - please include the specific billing information [attention to: (billing person’s name), address, phone number].**

**Registration Form Deadline:
May 10, 2010**

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

May 2010

Hemingford Public Schools
Nancy Yardley, Food Service



BEST BITES

Looks good!

Make healthy food appealing to your youngster with creative packaging at home. You might store whole-grain crackers in a cookie jar, for example. Or keep fruit in a bowl your child made at a paint-your-own pottery shop. For a treat, bake blueberry muffins in mini-cupcake tins and use liners printed with fun patterns (soccer balls, balloons).



DID YOU KNOW?

Fitness habits set in childhood tend to stick with a person for a lifetime. To help your youngster become an active adult, encourage her to be active now. Try to build exercise into family time by going swimming, taking hikes, and walking rather than driving whenever you can. Also, suggest that she play outside and participate in sports.

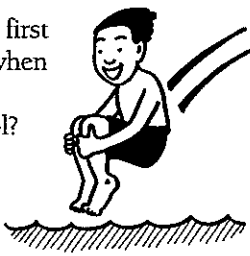
Healthy shopping

When you go to the grocery store, “shop the perimeter” first. The outside aisles are where you’ll usually find fresh produce, healthy dairy products (fat-free milk, yogurt, and cheese), and fresh meats, chicken, and fish. Fill your cart mostly with those items, and then get what you need from the middle of the store.

Just for fun

Q: What is the first thing you do when you jump in a swimming pool?

A: Get wet!

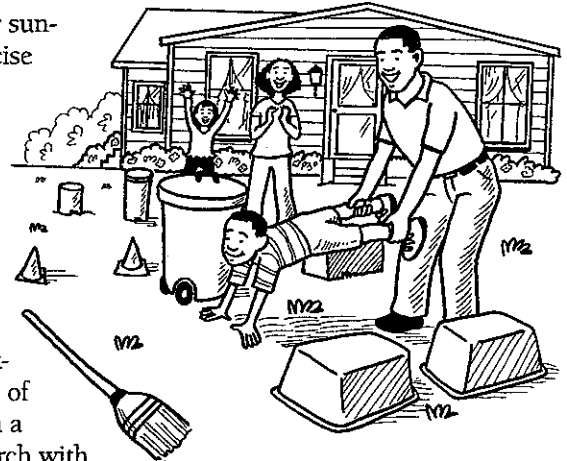


Active all summer

Take advantage of the summer sunshine to help your child get exercise and have fun. Here are ways he can build endurance, strength, and flexibility—three types of training that are important for children and adults.

Keep moving. Boost your youngster’s endurance with aerobic exercise that will get his heart pumping faster. In the backyard or at a park, call out a series of fun directions. *Examples:* “Run in a rectangle.” “Fly like a bird.” “March with your knees high.” “Walk on your heels.” When your child has friends over, suggest running games like tag or relay races. As a family, go biking or skating.

Be a wheelbarrow. Have your youngster “walk” with his hands, and he’ll build arm strength. Together, set up an outdoor obstacle course with soccer cones, recycling bins, or trash cans. Then, hold your child by his ankles, and have him use his hands to move around the obstacles. *Idea:* Let your youngster and his



friends set up a course and take turns steering each other through it.

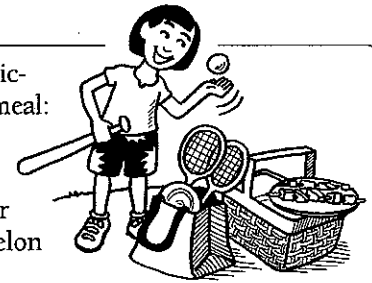
Bend and stretch. To make muscles more flexible, children need to stretch. See if your youngster can spell his name with stretches—he’ll have to bend his body into the shape of each letter. Or have him think of stretches that start with as many letters of the alphabet as he can. He might “arch” for A, “dip” for D, “lunge” for L, or “reach” for R. Other ways to stretch: do cartwheels, practice splits, or try to dunk a basketball. ●

Picnic time

Ready to pack the cooler and head out for a picnic? Here are suggestions for a healthy outdoor meal:

- Have a meal-on-a-stick. On a wooden skewer, thread cubes of ham and cheese, pineapple chunks, and squares of red bell pepper. For dessert, make fruit skewers with strawberries, melon chunks, and grapes.
- Take ingredients for wraps, and let family members make their own. You might pack a bag of whole-wheat tortillas, a container of tuna or chicken salad, a package of shredded lettuce, and boxes of raisins.
- Pack balls, bats, and Frisbees so you can mix in physical activity. Or picnic near a playground with equipment for your youngsters to climb on.

Note: Be sure to use ice or freezer packs to keep perishable food cold. ●



Fast food—keep it healthier

Fast doesn't have to mean unhealthy. With tips like these, your family can make smart choices at fast-food restaurants:

■ Your child can still get a kid's meal with a toy and a fun bag. But make it healthier by having her pick milk or water instead of soda, and fruit or salad rather than French fries. *Tip:* Give her only healthy choices ("Would you like milk or water?"). If soda isn't an option, she won't drink it.



■ Point out grilled burgers or grilled chicken sandwiches on the menu. Have her skip the cheese and "special sauces" (they tend to be high in fat). Suggest that she ask for mustard instead.

■ Encourage your youngster to order an entrée salad. But make sure she gets low-fat dressing—regular dressing can have the same calories and fat as a hamburger! Also, she'll use less dressing if she gets it on the side and uses it as a dip.

■ Recommend soft tacos or bean and chicken burritos when you order Mexican food. Teach your child to ask for low-fat cheese, just a little guacamole, and extra salsa instead of sour cream. Also, try to skip the tortilla chips—they're probably fried. ●

Q & A Same foods every day?

Q: My child only wants cereal and pasta. How can I get her to eat different foods?

A: Start by asking her to try just a bite of a new food—having to eat a whole portion might seem overwhelming. If she tries it and doesn't like it, don't make a big deal about it. Youngsters often have to try a food many times before they enjoy it.



Also, you might offer new foods in different forms. For example, try raw baby carrots one day, roasted carrots another day, and carrot soup another time.

Finally, involve your child in picking out and preparing food. At the supermarket, talk about the color and texture of fruits and vegetables, and have her select ones to take home. Or let her choose the dinner menu and help cook it. Chances are she'll try foods when she has played a part in preparing the meal. ●

ACTIVITY CORNER

Make an activity pyramid

The food pyramid shows your youngster how many servings he should have each day from different food groups. Let him make an activity pyramid, and he'll have his own guide to healthy exercise.

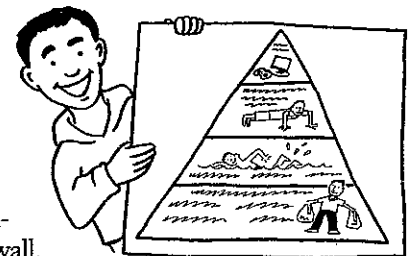
Have him draw a large triangle and divide it into four different-sized sections by adding three horizontal lines. Then, he can label each section with how often he should do the activities. *Example:* The largest section can be for "every day" and the smallest for "occasionally." Finally, help him brainstorm activities to write in each block. Here's a sample:

Every day: Take a walk. Play outside. Clean up my room. Help in the yard. Walk the dog.

3–5 times a week: Play sports. Go skateboarding. Run. Jump rope. Dance.

2–3 times a week: Practice tumbling. Do push-ups, pull-ups, and sit-ups. Use a rock-climbing wall.

Occasionally: Watch TV. Play video or computer games. ●



IN THE KITCHEN

Corn-ucopia

Add corn to your table with these summer recipes. You'll also be adding a healthy dose of fiber, vitamins A and C, and antioxidants to your family's diet.

On the grill. Let your youngster peel back the husk and remove the silk from ears of corn. Then, have him brush a little olive oil or melted butter on the corn and close up the husks. Wrap in aluminum foil, and place on the grill.



Cook about 30 minutes, turning a few times, until the corn is tender.

In a salad. Husk 4 ears of corn, and cook in boiling water for 3 minutes. Drain, cool, and cut off the kernels. Combine with 1 lb. cooked green beans and 1 cup grape tomatoes. Mix 2 tbsp. olive oil and 1 tbsp. apple cider vinegar, and toss with the vegetables. Let stand for 30 minutes so the flavors can blend. ●

OUR PURPOSE

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

Resources for Educators,
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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

May 2010

Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 CEREAL Granola Bar Fruit	4 FRENCH TOAST Fruit or Juice	5 SCRAMBLED EGGS & Toast Fruit or Juice	6 CEREAL Muffin Fruit	7 CINNAMON ROLL Fruit or Juice
10 CEREAL Granola Bar Fruit	11 EGG & CHEESE BISCUIT Fruit or Juice	12 PANCAKE & SAUSAGE on a STICK Fruit or Juice	13 CEREAL Muffin Fruit	14 BREAKFAST PIZZA
17 CEREAL Granola Bar Fruit	18 SAUSAGE GRAVY/ Biscuit Fruit or Juice	19 COOK'S CHOICE Fruit or Juice	20 CEREAL Muffin Fruit	21 CINNAMON ROLL Fruit or Juice
24 CEREAL Granola Bar Fruit	25  Dismissal @ 11:30 Have a safe summer!	26	27	28
31				

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.

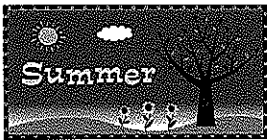
The cost of a breakfast is as follows: PreK-12 - \$1.05 Adult Breakfast - \$1.30

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

May 2010
Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 FRITO PIE Corn Pears Roll & Butter Alt. Quesadilla	4 TACO BURGER Tater Bar Fresh Fruit Alt. Baked Potato	5 TURKEY GRAVY Mashed Potatoes Peaches Roll & Butter Alt. Chicken Nuggets	6 BURRITO Lettuce Salad Fruit Cocktail Roll & Butter Alt. Pizza	7 READY RIB Green Beans Applesauce Alt. Hamburger
10 SAUSAGE GRAVY/ Biscuit Tater Bar Pears Alt. Italian Dunkers	11 CHILI Carrots & Celery Applesauce Cinnamon Roll Alt. Corndog	12 CHICKEN SAND. French Fries Blueberries Alt. Hamburger	13 PIG in BLANKET Corn Peaches No Bake Cookie Alt. Pizza	14 MAC & CHEESE Green Beans Pineapple Roll & Butter Alt. Crispito
17 HAMBURGER French Fries Peaches Dill Slices Alt. Hot Ham	18 TACO'S Refried Beans Pears Roll & Butter Alt. Baked Potato	19 PIZZA Corn Pineapple Cookie Alt. Burrito	20 CRISPITO Green Beans Fresh Fruit Roll & Butter Alt. Corndog	21 GRILLED CHEESE Carrots Applesauce Tomato Soup Alt. Quesadilla
24 CHICKEN NUGGETS Mashed Potatoes Peaches Roll & Butter NO Alt. or Salad Bar	 <p>Dismissal @ 11:30 Have a safe summer!</p>	26	27	28
31				

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Calendar Events May 2010

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