

Bobcat Bits

May 2009



HEMINGFORD PUBLIC SCHOOLS

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.

Thank You



UPSHIFT DAY FOR GRADE 6

Wednesday, May 6 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 6 Wednesday –Final Testing
May 7 Thursday—AP Exam 8:00
May 7 Thursday – Grades Posted
No Class for Seniors unless they are finishing work needed for Graduation credit.
May 7 Thursday – Honor Night 7:00



May 8 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
- Hang Class Picture

May 10 Graduation—2 pm

Other Senior Notes

- Caps and Gowns will be handed out on Friday
- Honor's Night—All seniors are expected to attend and will be seated as group.

Awards for Grades 7-11---Tuesday, May 19

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.

Congratulations Class of 2009!



Thayer's Thoughts-Cont.



Semester Test Schedule—Grades 7-11

The final days for testing will be on **Thursday, May 21** for Periods 4-7 periods and on Friday, May 22, 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.

JH/HS Class Schedules for Next Year (2009-2010)

The process continues and I am working on the schedules for next school year and hope to have them ready to be mailed with report cards. In the event that schedules are not finished; they will be mailed home during the summer with dates that students may make changes prior to school beginning in August.

C O U N S E L O R ' S

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Seniors – End of the year activities

May 5	Athletic Banquet
May 7	Senior Honors Night
May 8	Seniors Last Day
May 10	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 5, 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 8, 2009. The test will be administered on June 13, 2009.

6th graders: May 6th 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.



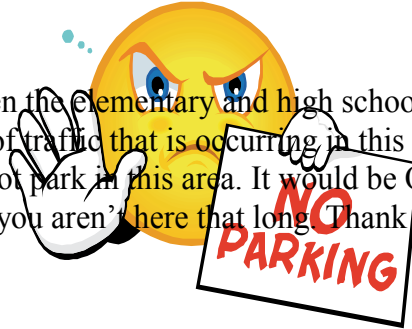
Fostering Education

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.



INTERNET SAFETY

I've listed some useful Web sites with information about how to keep children safe while they use the internet.

www.webwisekids.org ; www.safekids.com ; <http://kids.getnetwise.org>

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.

WORDS TO PONDER

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

MARK YOUR CALENDARS

May 5th - 3rd Grade Field Trip to Scottsbluff

May 6th - 6th Grade Upshift Day (8:30-10:30)

May 6th - Kdg. - 5th Upshift Day (2:30-3:00)

May 8th - 4th Grade Field Trip to Fort Robinson

May 15th - 2nd Grade Field Trip to Mammoth Site

May 19th - Kindergarten Grade Field Trip to Scottsbluff

May 20th - 1st Grade Field Trip to Scottsbluff

May 21st - Pre-School graduation at 6:00p.m. in big gym

May 22nd - Field Day for Kdg. - 6th 8:45 - 11:15 a.m.

May 22nd - 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.



Overwhelmed No More!

Quick Start Guide To Balanced Living

Your role as a mom or dad of a child with special needs is rewarding, fulfilling, and awe-inspiring.

Yet parents of children with special needs often find that their lives can be overwhelming, hectic and unpredictable.

As you learn to implement the systems and strategies in the *Overwhelmed No More!* Program, you'll simplify your life, make time for your priorities, and do what matters most. But what can you start doing *right now* to start living a more manageable, balanced, and joyful life-*today*?

The list on the next page gives the 10 simple actions you can take-today and every day-to get a head start on your road to balanced living. These are things you can do in small moments with minimal effort-yet you will be amazed at the difference even these small actions can make in your life.

Print out the list on the next page and put it anywhere you'll see it every day and be reminded of the small things you can do for more balance, harmony, and joy in your life.





The Ten Simplest Things You Can Do
To Jump-Start Your More
Manageable, Balanced, Joyful Life
In 5 Minutes Or Less – Starting Today!

1. Breathe.
2. Stay hydrated.
3. Stretch.
4. Smile.
5. Go outside.
6. Laugh.
7. Savor a fruit or vegetable.
8. Eliminate or re-schedule an item on your to-do list.
9. Notice a micro-moment of joy.
10. Hug and kiss your children.





Health Professions Club visits Lincoln and Omaha

Recently, the Box Butte General Hospital Health Professions Club traveled to Lincoln and Omaha with 22 students and 5 adults, to tour The Nebraska Heart Institute, Madonna Rehabilitation Hospital and the University of Nebraska Medical Center. Hemingford students Sha Nae Orr and Tanis Reif attended.

The students were able to talk to a wide variety of health professionals, explore their various worksites and ask questions.

At the end of the tour, Anne Constantino, an instructor at UNMC, talked to the students about planning for a health care career. She gave the following advice to students considering a health profession:

- Develop serious study habits
- Take challenging courses in math and science
- Develop a strong work ethic
- Volunteer and seek leadership roles in high school
- Choose not to use alcohol or drugs



Once in college:

- Meet with a college Pre-Health advisor for direction
- Get involved in any type of research being conducted at the college they are attending
- Hit studies hard from the beginning, since it is very difficult to dig oneself out of a hole academically
- Get involved with organizations at the college, and by involved, she said not just by join, but by seek leadership roles
- Visit the professional school of your choice



Nurse Judy-Cont.



She concluded her presentation by saying the HPC members should do the following as soon as they get home: Evaluate your strengths; Perfect your study system; Volunteer; and research professions.

The Health Professions Club is open to any Hemingford High School student interested in a health profession. They meet once a month at BBGH in Alliance at 6:45am. Contact Judy Stewart for more information.

(Some of the information in this article was taken, with permission, from an article written for kcowradio.com by Brian Kuhn)

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.





Boater Education Graduates



Five 9th graders received their Boater Education cards and are licensed to operate any motorized water vessel. Congratulations to: Kanela Aguillo, Kayleen Boone, Bruce Cooper, Hans Hansen and Conni Rasmussen.

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, 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.

Skip'n Cats is finished for the year. Congratulations to those who completed their Level 1 tricks: Luke Cullan, Kelli Horstman, Johnny Manning, Taylee Neefe, Ana Rodriguez, Sheyenne Weaver. Also to those who moved on to Level 3: Carli Cullan, Natalie Gasseling, Amelia Ludlow.



ELEMENTARY FIELD DAY - FRIDAY, MAY 22

8:45 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



Mr. Robinson-Bobcat Summer Football

This summer, we have the privilege of watching two of our young men from the 2008 Bobcat football team compete as all-stars. Anthony Adamson and Joe Haas will be playing in the Western Nebraska All-Star game on June 6 in Scottsbluff. Anthony will also represent Hemingford at the Nebraska Eight Man Football Coaches Association all-star game on June 20 in Hastings. Thank you to everyone in the community that has offered sponsorship and other support to both athletes, and we hope to see you at the games.

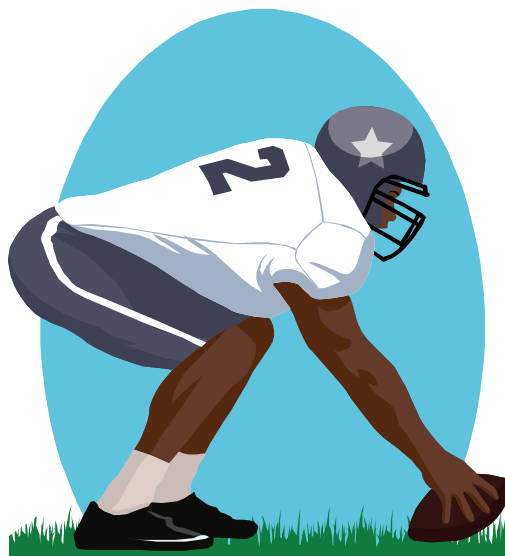
Many team members have also expressed a desire to attend the Chadron State College football camp, to be held June 14-17. We currently have 15 to 20 boys interested in attending, but we will always welcome more! Rumor has it that my son may attend with us. Parents are also invited to watch all the scrimmages and drills during the camp. If you have not received information or need a registration form, please contact me at the school.

We will be holding our annual team camp July 27-30 from 6:00 p.m. until 8:00 p.m. This camp is similar to the others held the past two years, and will give the boys a chance to get together before the county fair. Information on this camp will be mailed before the end of June.

Elementary students in grades 3 through 6 in 2009 are welcome to play flag football with us next fall on Saturday mornings. We had great attendance last fall, and I hope we can increase the number of participants in 2009. Please keep an eye out for registration forms before the end of May.

On a final note, the weight room will be open this summer (hours TBA), and the school will be offering athletic physicals in June and July. Coaches will also provide extensive opportunities to participate in open gym and cardiovascular conditioning. Please encourage your sons and daughters to take advantage of all the opportunities available to them, and remember that champions are built year round!

See you at the sports banquet on May 5th, and thanks for contributing to an exceptional year in Hemingford.



PHYSICALS FOR THE NEXT SCHOOL YEAR WILL BE HELD ON JUNE 10TH AND JULY 15TH. THIS IS FOR ANYONE 7-12TH THAT WILL BE PARTICIPATING IN SPORTS FOR THE UPCOMING 2009-2010 SCHOOL YEAR.



Basketball & Volleyball Camps



Are you looking for something to do if you're in grades four through eight on June 3rd, 4th and 5th? Once again Coach Chatelain and Janssen will be putting on a Sports Development camp for our youth. If you are interested in attending this camp make sure you stop by one of the coaches' rooms and pick up a registration form. The cost is \$25.00 for one camp or \$40.00 for both. Times are from 9:00-11:30 for the volleyball session and 1:00-3:30 for the basketball session. Each camper will receive a t-shirt along with the opportunity to win a variety of skill oriented contests with prizes awarded.



Wade's World

Wow! Your support with saving plastic has been amazing. Last week I hauled 240 POUNDS of plastic bottles to the recycling center in Alliance. We now have right at 300 bags of plastic. We need 500 BAGS (each weighs about 5.5 pounds) by June 1 to qualify for this year's prizes. There is a dumpster now in the west parking area marked just for plastics if you need to leave some. You can email me – mwade@panesu.org – and let me know which class you want to get credit.

WORLDSTRIDES – We have lots of activities in May. **MAY 2** is the Paint-a-thon. The students will prime around 25-30 panels for the Christmas Diorama. Please support them as they ask for pledges. Our thanks to the Thrivent organization who has given us a grant in conjunction with the project. **MAY 16** – is the city-wide yard sale. Again, the students will have LOTS of selection so stop by. **MAY 24**, we serve the alumni dinner. Students are to wear white shirts (no print) and dark slacks or a skirt. THERE WILL BE NO WHEATSHACK this year. When the building was rebuilt, it was fully automated so Coop will not need the students. They have, however, generously pledged \$2500 to be evenly divided among the participants. Thank you!

ART – Check out the student show at the Carnegie Arts Center in Alliance. Also, in August there will be work on display at the fair.

Have a great summer! M. Wade





Suzanne Neefe-FCCLA & Cheerleading

Congrats to the 2009-2010 Hemingford High School Cheerleaders:



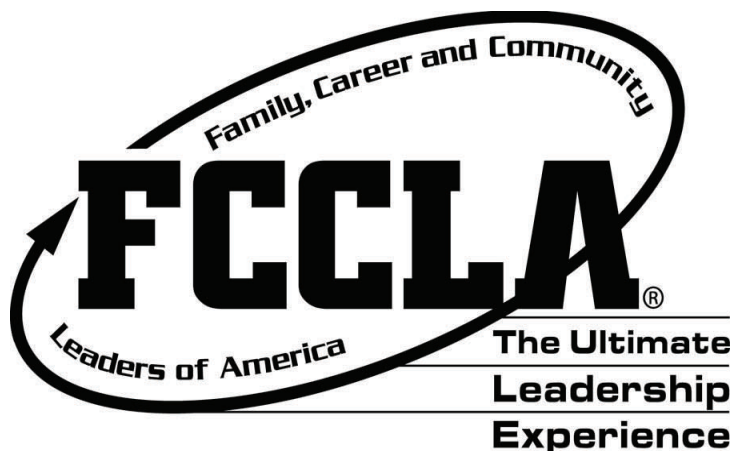
**Josie Fletcher
Cassie Elder
Molly Oetken
Delaney Adams**

FCCLA News:

- **8 Members attended State FCCLA April 6-7**
- **Katie Hughart and Jo Duncan received a silver in Focus on Children**
- **Josie Fletcher and Allison Ludlow qualified for state in Health and Wellness but were unable to compete due to weather issues.**
- **Cassie Elder qualified for state in Recycle and Redesign but was unable to compete due to weather issues.**
- **2009-2010 District officers are Josie Fletcher, Financial Coordinator; Jessica VanCoppennolle, Secretary; Alysha Kittelmann, Public Relations**
- **Kelly Marie served as Voting delegate for our chapter.**
- **A special thank you to Tabi Bryner for driving and assisting in schaperoning!**
- **May 4, 2009: Ice cream social awards and officer installation ceremony. All community members, parents, teachers, and students are invited to attend.**

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.



Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2009

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES



An open mind

We all have foods we like and don't like. Let your child form his own opinions. Rather than mentioning your own dislikes, encourage him to try all kinds of healthy foods. He may wind up loving broccoli—even if you won't touch it!



Activity log

Motivate your youngster to exercise by keeping a weekly family log. Help her create a tracking sheet on the computer, and make it your screen saver. Ask the whole family to enter their activities (cheerleading, jogging) and time spent (30 minutes, 60 minutes). Add up the minutes on Sunday night, and then start again.



DID YOU KNOW?

Americans eat nearly 100 acres of pizza every day! Here's a way to make a nutritious version of this crowd-pleaser. Buy a pre-baked, thin pizza crust. Top with bell peppers, mushrooms, tomatoes, and skim mozzarella cheese. Bake at 400° for about 10 minutes, until the cheese bubbles.

Just for fun

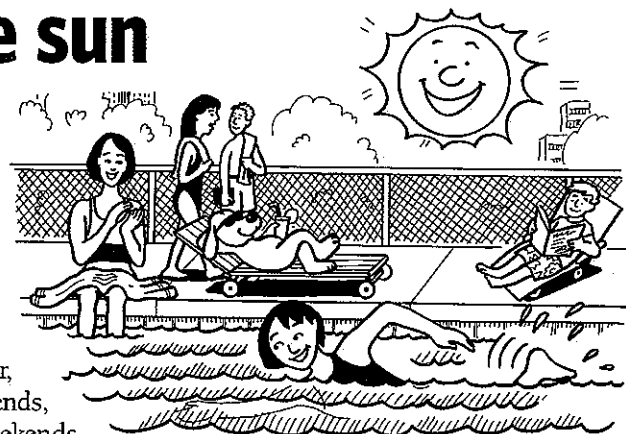
Q: What does it mean when you see nine elephants wearing the same jersey?

A: They're on the same baseball team!



Fun in the sun

Summer is almost here! Start planning now for ways to keep your child physically active throughout the school break. Here are some ideas to get started:



- Make biking a part of your family routine. Together, bike to the pool, to meet friends, or to the post office. On weekends, take bike rides along a nature trail or through a state park.
- Work fitness into vacations or visits to relatives. You might hike, go canoeing, or play tennis. On long car trips, plan to stop along the way for a walk or to tour a landmark.
- Swimming is the perfect summer exercise. Look for low-cost or free options like a community or public pool. Sign your youngster up for lessons if she doesn't know how to swim. *Safety note:* Be sure to keep a careful eye on her while she's in the pool.
- Play outside together. Go out after dinner for a game of freeze tag or

hide-and-seek. Have a basketball shootout (see who can make the most baskets in a row), or play follow the leader through the neighborhood.

● Have sports equipment handy. For example, put different-sized balls, hula hoops, jump ropes, soccer cones, skates, and scooters in a large container or on shelves. Keep costs down by shopping at yard sales or the dollar store, or ask family and friends for hand-me-downs.

● Build in time for free play in your neighborhood, at the playground, or in a park. When your youngster finds other children to play with, they'll think of all kinds of active games on their own! ●

Beware! Nutrition traps to avoid

Carnivals... ballgames... trips. Along with summer fun come a few challenges to healthy eating. Avoid junk food with these suggestions.

Eat first. Before setting out for a carnival, fair, or sporting event, eat a meal at home. If your children are full, they'll be less likely to clamor for hot dogs or cotton candy. Cut down on the junk food and the expense by allowing them to pick one healthier snack each, such as a soft baked pretzel, roasted peanuts, or air-popped popcorn.

Take your own. Pack a cooler to carry with you on car, plane, or train trips. You might take sandwiches like turkey and cheese on whole-grain bread or hummus and sliced carrots in a pita pocket. *Other ideas:* sliced raw vegetables, fresh fruit, rice cakes, and yogurt pouches. ●

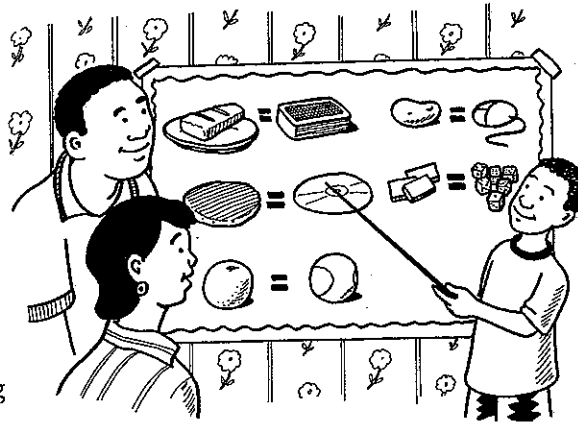


Portion control

Knowing what to eat is important, but knowing how much to eat is just as important. Help your youngster learn the basics of portion control, and he'll develop healthy habits for a lifetime.

Find it

Together, look for examples of serving sizes. Help your child read food labels and put out actual portions (4 crackers, 1 cup of cereal). Or show him ways to compare portions to everyday items (a pancake should be the size of a CD). Find more examples online (try <http://hp2010.nhlbi.nih.net/portion/servcard7.pdf>), or have your child make up his own by using the portions on labels and looking for objects that match.



Post it

Suggest that your youngster make a colorful reminder so he can see serving sizes at a glance. Using old magazines, he can cut out pictures of foods and glue them onto a poster board. Next to each one, have him write an equal sign and then draw an example. For instance, 3 oz. of chicken = a deck of cards, 1 orange = a baseball, 1½ oz. of cheese = 6 dice, 1 baked potato = a computer mouse.

Use it

Ask your child to gather these objects and put them in a bowl as a centerpiece for your kitchen table. At mealtime, he can match his servings to the item. Eventually, he'll be able to spot right-size portions on his own. ●

ACTIVITY CORNER

Food science

Food fuels our bodies, is delicious to eat—and makes a terrific science lesson. Here are two fun activities that will build your youngster's knowledge about food and science.

Moldy bread. Let your child set up an experiment with four slices of bread. Have her put one in the sunlight and one in a paper bag or dark cupboard. She should put the other two slices on a counter, one moistened with a few drops of water and the other one left dry. Have her examine the pieces daily. She'll find that mold grows faster in dark or moist conditions—and she'll understand why bread should be stored in a light, dry place.



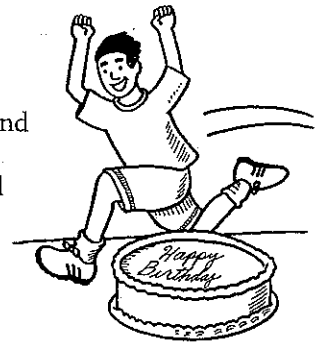
Plastic milk. Help your youngster combine 1 cup of milk and 2 tbs. of vinegar in a saucepan. Watch as she stirs the mixture over medium heat. When the milk curdles, help her pour it into a strainer. The solids that are left are the curds. And she'll have made "plastic milk" that she can squeeze into a ball and bounce! ●



PARENT TO PARENT

A winning party

My son's birthday was approaching, and he wanted a video game party. I groaned inside, imagining a group of 10-year-old boys huddled around a television on a beautiful afternoon. I told David his idea sounded like fun, but why not do something more active? We brainstormed and came up with some possibilities—bowling, soccer, a scavenger hunt, or Olympics.



He loved the Olympics idea, and we decided on "David's Decathlon," a party with 10 fun challenges. For example, guests could throw balls into trash-can targets, do a long jump, and run an obstacle course.

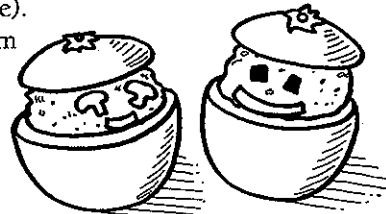
On party day, we posted the list of events and recorded each person's score. At the end, we held a "closing ceremony" and gave each child a medal. I was happy that the kids were active—and David felt like a winner! ●

IN THE KITCHEN

Juicy tomato ideas

Tomatoes and summer go together. Whether your child grows her own or picks them out at the market, she'll enjoy making these tasty creations with you.

Tomato head. Help your youngster carefully cut off the top of a tomato and scoop out the insides. She can fill the shell with tuna or egg salad (made with low-fat mayonnaise). Have her add mushroom or olive "eyes" and a mouth-shaped slice of cheese. The tomato top makes the perfect hat!



Muffin melt. Layer low-fat cheddar cheese and sliced tomatoes on whole-wheat English muffin halves. Broil until the cheese melts. *Idea:* Add a few spinach leaves for extra nutrition.

No-cook pasta sauce. Prepare whole-wheat pasta (rotini, penne) according to package directions, and drain. Toss with chopped tomatoes, basil (fresh, if possible), olive oil, and parmesan cheese. *Note:* This dish is good hot, cold, or at room temperature. ●

OUR PURPOSE

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

Resources for Educators,
a division of Aspen Publishers, Inc.
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www.rfeonline.com

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 2009
Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1 HAMBURGER French Fries Applesauce Dill Slices Alt. Hot Ham & Cheese
4 MAC & CHEESE Green Beans Pineapple Roll & Butter Alt. Crispito	5 POORBOY SAND. Tater Bar Fresh Fruit Cookie Alt. Hamburger	6 CHILI Carrots & Celery Applesauce Cinnamon Roll Alt. Corndog	7 TURKEY GRAVY Mashed Potatoes Peaches Roll & Butter Alt. Chicken Nuggets	8 GRILLED CHEESE Corn Pears Tomato Soup Alt. Pizza Fold-Up
11 CHICKEN SAND. Carrots Fruit Cocktail Pudding Alt. Ready Rib Sand.	12 TOSTADO PIZZA Corn Peaches Dill Spear Alt. Burrito	13 WEINER BOAT Green Beans Applesauce Roll & Butter Alt. Crispito	14 CHICKEN FAJITA SALAD Tater Bar Fresh Fruit Cornbread Alt. Pizza	15 ROTINI & MEAT SAUCE Coleslaw Pears Garlic Bread Alt. Oven Chicken
18 FRITO PIE Lettuce Salad Pears Roll & Butter Alt. Quesadilla	19 TACO Corn Applesauce Roll & Butter Alt. Baked Potato	20 CHICKEN NUGGETS Mashed Potatoes Pineapple Roll & Butter Alt. Corndog	21 CRISPITO Green Beans Peaches Roll & Butter Alt. Philly Cheese Fold-Up	22 No Lunch Last day of school Dismiss at 11:30
25	26	27	28	29

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 2009
Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BREAKFAST PIZZA Fruit or Juice
4 CEREAL Granola Bar Fruit or Juice	5 BREAKFAST BURRITO Fruit or Juice	6 CEREAL Muffin Fruit or Juice	7 PANCAKES Fruit or Juice	8 CINNAMON ROLL Fruit or Juice
11 CEREAL Granola Bar Fruit or Juice	12 APPLE TURNOVER Fruit or Juice	13 CEREAL Muffin Fruit or Juice	14 FRENCH TOAST Fruit or Juice	15 BREAKFAST PIZZA Fruit or Juice
18 CEREAL Granola Bar Fruit or Juice	19 PANCAKE & SAUSAGE on a STICK Fruit or Juice	20 CEREAL Muffin Fruit or Juice	21 WAFFLES Fruit or Juice	22 CEREAL Granola Bar Fruit or Juice
25	26	27	28	29

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Calendar Events May 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
3	4	5	6	7	8	9
	<p>Red Day FCCLA--Ice-Cream Social 10:00 AM V Track WTC @ Mitchell</p>	<p>PHC Golf @ ? (Sioux County-- Host) White Day 8:00 AM 3rd Grade Field Trip 9:00 AM Frosh T WTC @ Bayard 6:00 PM 2008-2009 Athletic Banquet</p>	<p>Red Day K-6 Upshift Day</p>	<p>White Day 7:00 PM Senior Honors Night</p>	<p>White Day JH/VT PHC @ Chadron V Golf @ Chadron Invite 8:00 AM 6th Grade Field Trip</p>	<p>World Strides Paint-a-thon 8:00 AM 6th Grade Field Trip 9:00 AM V Golf WTC @ Kimball</p>
10	11	12	13	14	15	16
<p>Graduation at 2:00 pm</p>	<p>School Board Meeting White Day V Golf Best in the West @ Scottsbluff</p>	<p>Red Day</p>	<p>White Day</p>	<p>V Golf @ Crawford Invite Red Day VT Districts TBA</p>	<p>White Day 8:00 AM 2nd Grade Field Trip</p>	<p>World Strides Garage Sale & Car Wash</p>
17	18	19	20	21	22	23
	<p>Red Day V Golf Districts @ TBA</p>	<p>White Day Kindergarten Field Trip</p>	<p>Red Day 1st Grade Field Trip</p>	<p>White Day 6:00 PM Pre-School Graduation</p>	<p>Red Day End of 4th Qtr/2nd Sem Last Day of School--Dismiss at 11:30 am Teacher Work Day 11:30-3:00 State Track @ Omaha</p>	
24	25	26	27	28	29	30
<p>World Strides serve HHS Alumni Banquet</p>						
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Calendar Events June 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1	2	3	4	5	6
	8 School Board Meeting	9	10 9:00 AM Athletic Physicals	11	12	13 ACT Testing Date
7	14	15	16	17	18	19
21	22	23	24	25	26	27
28	29	30				