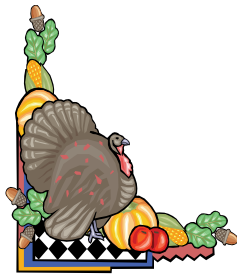


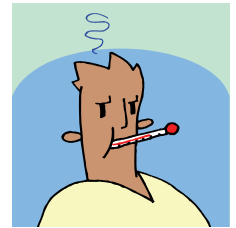
Thayer's Thoughts



As the days slip into November, it begins the close of the fall activities and post season tournament play. Students are very busy with activities, jobs, friends and homework; however, it is my hope that students maintain their focus on academics. School is still the primary “job” for students with attendance and grades as top priority. Just a reminder--course selection or graduation hinges on passing the current courses that the students are enrolled during this school year. Progress Reports for 2nd quarter are slated for mid November. SST is a great tool for students to finish projects or receive additional assistance from the teachers.

Activities and Illness

Students that are home due to illness or fever should not be at school activities in the evening. There is a policy on activities that if a student is not in school they cannot participate or practice in the evening. This should also be followed by the student body. Even though the student may be feeling better, staying home and resting helps them recover more quickly.



Fine Arts Students on the Move

Upcoming activities will showcase the talents of the fine art students with the conference art show/clinic in Chadron on November 9 as well as the WTC Vocal Honor Chorus at Bridgeport (November 16). Hitting the stage for performances will be our One-Act troupe. Productions begin on November 17 (tentative) for Elementary and High School Students; competition on November 18 and 24 with the goal of District competition on December 1 in North Platte. A public performance is scheduled for Monday, November 30.

Veteran's Day Program—Wednesday, November 11 2:30 pm



The music department under the direction of Mrs. Chesley will be performing a short program as a tribute to Veterans. The performance will be in the High School Gym. The public is welcome to attend.

Inside this issue:

Mrs. Thayer	1
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Mr. Olson	8
Honor Roll	9

Special points of interest:

- *Weather Issues-Mr. Ningen*
- *Science Corner*
- *Honor Roll*
- *Activities*
- *Menus*
- *Chamber of Commerce –Holiday Home-coming*



Thayer's Thoughts Cont.

PowerSchool

Passwords: Your son or daughters password can be found on the bottom of the 1st quarter report card. If you have misplaced yours, give the office a call or email me at pthayer@panesu.org Have you tried the email piece? Grades can be sent to your email account. This is set up in the parent portal.

NWEA Student Progress Reports

Attached to your son/daughter's report card (either you picked the report card up at conferences or it was mailed) are the results of Fall MAP testing. The report shows growth from previous years as well as giving you the student growth and typical growth and district growth comparisons. School-wide all grades did have growth. Faculty will continue to use this information to adjust curriculum to meet student needs. I am pleased with the overall results.

No School Wednesday, November 25

It is the hope of the school that sending out school newsletters will improve the communication that exists currently. Please check out the website for the school calendar. It is updated as events change. It is found on the school website: www.hemingfordschools.org

School Message System

Did you receive the message about Early Dismissal? Again in an effort to improve communication, Hemingford School District has an automated message system which can be used for a variety of announcements; however, it will be used mainly for weather-related morning announcements. If you do not want to receive these calls, please contact the office and we will pull your number from the system.



Health Professions Club

As part of the activities of the Health Professions Club, a trip to Rapid City is being planned. Students will attend a Health Career Fair as well as touring a various medical facilities. Nurse Judy leads this organization in partnership with Box Butte General Hospital. The day is planned for November 12, 2009.

FFA Fruit Sales—The window to order fruit from the FFA will begin on November 19 and run through December 3. If you are interested and are not contacted, please call and Mr. Karney will send an FFA member your way.



Picture Retakes

Not quite the smile you planned. Picture retakes are slated for Thursday, November 19, 2009. At this time, the winter activities pictures will also take place.

Weather Issues 2009-10

By Mr. Ningen, Superintendent



Winter has come earlier this year than in the past few years and only time will tell if it stays longer, and if lower temperatures and added moisture are part of the package.

Attendance Issues

The District tries to schedule as many student days as we can within each school year. There are other days that call for teachers to be in school for additional education or learning. There is also an allowance for severe weather each year. State requirements are in place that governs the hours that our students are in class. Basically this means that if weather prevents our school from having classes for two or three days each year, our state mandated hours are still met or exceeded. When we miss our fourth school day, we are at that limit, and could result in “making up” that missed day with one later in the spring, usually during one of our scheduled breaks.

Notification



If severe weather threatens our students and staff, we will inform our students and parents in three ways: 1.) Our **School Messenger System** allows us to place electronic calls to home and cell phones that are listed in our data base. This method is very complete, just requiring those that are called to say hello so the message will begin. Without a response from the home or cell phone being called, the message will not begin. Whenever your phone numbers change, or if you would prefer to not receive these calls, contact Gina Benda at 487-3330. 2.) Our **school web site** www.hemingfordschools.org will have updated information on the front page if a schedule change is planned. 3.) **News**

Outlets - Our local newspaper, *The Hemingford Ledger*, http://www.starherald.com/hemingford_ledger/front/ our local radio stations in Alliance (KCOW) and Chadron, (KCSR) and the Mobius Website will also have the same information.

Notification will always be made as soon as a decision is made, as early as 6AM in the morning. There will doubtless be times when the weather in one part of our large district will vary with other parts of the district. Because we bus many students, and because many faculty members also have long drives to work, the district will err on the side of caution when considering late starts, early dismissals, or canceling classes.

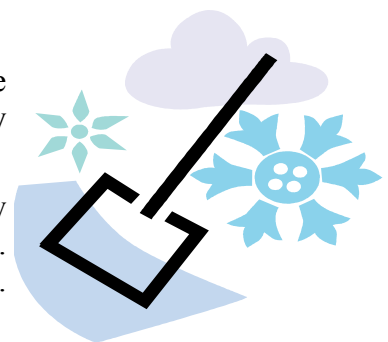
Parents Decisions

Because of that same distance and district size, and also because our parents are in a far better position to decide individually how their own roads and conditions are, I encourage parents to keep their kids at home, even if classed are still being held, if conditions in that part of the district warrant it. Having your own kids leave class early to head home with you is also a prudent thing that we encourage if weather in your neck of the woods calls for it.

Activities and Sports

On days when classes are cancelled because of severe weather, there will be no activity or sports contests or practices held. On days when there is an early dismissal for severe weather, the same procedure will be followed.

Though we have all been hearing how this winter will unfold, all I really know is that there will be cold weather, there will be snow, and there will be wind. We will all find out together how much of each of those actually gets here. Stay warm and stay safe!





Fostering Education

HEADING TOWARDS NOVEMBER

Where has the school year gone? November will be upon us before we know it. Things are continuing to go well here at school. I believe that we are making wonderful progress each day. We are all working together as a team (**parents, kids, and teachers**) which makes the biggest difference in creating a successful learning environment for the kids. **Thank you for your support.**



DRESSING FOR THE WEATHER

Please help keep the kids healthy this year by seeing they have the needed clothing for the type of weather that is upon us. **PLEASE PUT THEIR NAME INSIDE COATS AND HATS.** **Thanks, this will help us identify their coat or hat if they are misplaced.** This will take a team effort to keep them healthy.

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.

UPCOMING DATES OF INTEREST

November 25th – 27th No school (Thanksgiving Break)

December 4th -- 6th Grade Dime Carnival

FALL WRITING

The kids did their practice writing for the fall on October 13th – 15th. The students are practicing the 6 traits of writing they are learning here at school. The teachers scored the fall writing on October 21st. These results will be shared with the kids.



Here are the 6 traits that we want students to model their writing after:

Ideas: The ideas are the heart of the message, the content of the piece, the main theme, together with the details that enrich and develop that theme.

Organization: Organization is the internal structure of a piece of writing, the thread of central meaning, the logical and sometimes intriguing pattern of the ideas.

Voice: The voice is the heart and soul, the magic, the will, along with the feeling and conviction of the individual writer coming out through the words.

Word Choice: Word choice is the use of rich, colorful, precise language that moves and enlightens the reader.

Fluency: Sentence fluency is the rhythm and flow of the language, the sound of work patterns, the way in which the writing plays to the ear - not just to the eye.

Conventions: Conventions are the mechanical correctness of the piece - spelling, grammar and usage, paragraphing, use of capitals, and punctuation.

PARENT / TEACHER CONFERENCES

Thank you for your attendance during our fall conferences. We had a 96 % turnout. I know how busy our lives can be, but remember 10 – 15 minutes is a small amount of time that can make a world of difference in your child's life. Thanks again for your commitment to our school.

COMMUNICATION

Let's continue the great communication we have established with each other. **Together we can make a difference.** Call us with any questions at 487-3330.



IORGI'S GYM



The following calendar is a sample of what can be found each month on the Hemingford Schools website under Physical Ed. Be sure and get out and exercise as a family after your Thanksgiving meal - take a hike, a walk, or play softball! Mrs. G

November 2009

Elementary Physical Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Practice vertical jumping today-jump high and reach for the sky.	2 Think up activities that start with every letter of the alphabet and do them. A is for alligator crawl, B is for bouncing. Make up your own.	3 Play tag today at school. Include all of your friends. Use different locomotor activities in the game.	4 Make an obstacle course in your house or backyard. Now try it out!	5 Practice dribbling a ball with one hand, now the other hand. Now change hands with each bounce.	6 Throw underhand at a target. Take one step away and practice some more. Keep stepping back to make it harder.	7 Practice hula hooping today. Get your parent or another adult to try too!
8 Practice frog jumps across the backyard or down a sidewalk.	9 Use two empty water bottles to tap out rhythms. Tap your name, making a new pattern for each letter. Make up new patterns.	10 Pretend you are a horse and gallop around the playground at school today.	11 Walk on a board or crack in the sidewalk-can you stay on the line? Now balance on one foot. Switch feet. Strike a pose!	12 Jog laps around the playground at school today. Can you jog without getting tired? Take slow and deep breaths.	13 Practice jumping off of something and landing softly. Start with a low step.	14 Stand on one foot and practice hopping. Change feet and practice on both legs. Now hop backwards.
15 Bounce a ball under each leg and catch it.	16 Play catch with a friend during recess today. Try for 100 good catches!	17 Practice your jump roping skills today.	18 Jump side to side over a line. Now jump from one spot to another spot. Change the distance for a long jump.	19 Crab walk around the playground today.	20 Play partner tag with a friend today. Play until you are tired. Try again later.	21 Sing a happy song and skip around the neighborhood today.
22 Practice dribbling a ball with your feet today.	23 Practice leaping from one leg to another. Pretend you are leaping over a turtle.	24 Try catching a ball that you throw to yourself using a plastic cup. Keep your eyes on the ball.	25 Practice kicking a ball with a friend. Can you kick the ball right to your partner?	26 Play Blob Tag today with your friends.	27 Practice sliding to the right and sliding to the left. What sports use sliding?	28 Place a ball on the ground and see if you can jump forward and backward over the ball.
29 Do ten curl ups. Find ten times to do this today.	30 Use a stuffed animal to play catch with somebody.	Duplicated with permission from the National Association for Sport and Physical Education (NASPE).				

ON CHRISTMAS DAY IN THE MORNING

BY: FAYE COUCH REEVES

Hemingford's Second Annual Holiday Play!

Actors and Technicians of all ages needed!

There is no one too old and if you are in school or have a parent involved you are old enough!

Auditions and Callbacks, Friday, November 6th 5:30 p.m.-8:00 p.m. at the Multipurpose Hall.

Please sign in before 6:00 p.m. and be prepared to stay from 6:00 p.m.-8:00 p.m.

If you have any questions please give me call.

I am thrilled to be able to share my love for theater with the community!



Tabi Bryner
487-5888





Great Truths and Misconceptions of Science

A young rattlesnake is more venomous than an adult.

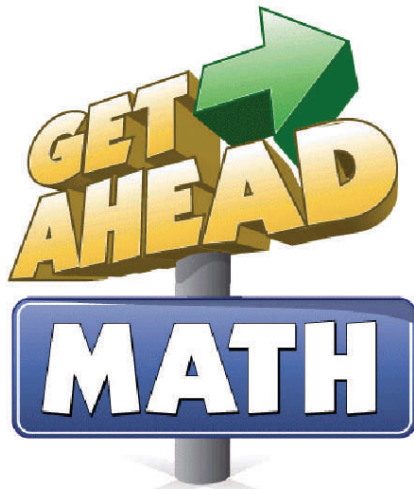
There are birds of prey know as chicken hawks.

The extinction of the mammoth was partially due to the presence of man.

Winter weather can be predicted by studying the thickness of the fur of some animals.

The above statements might be true or common misconceptions. For a change of pace sit down with your young person and sort out the truth from the fiction.

Answers will be revealed in the next news letter.



**Hemingford Public Schools is offering
Get Ahead Math to all students 3-8!**

This web-based program can be installed at home. This program provides one-on one instruction covering seven key concepts.

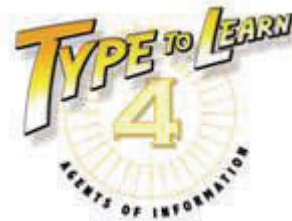
Anyone interested in installing this program please email
Gina Benda (K-6) or Brandy Stark (7-12).

We will check out the 3 CD set to be installed on your home computer.

gbenda@panesu.org

bstark@panesu.org

BRAND NEW WEB-BASED



**Hemingford Public Schools is offering
TTL4 to all students K-12!**

**This web-based program can be
downloaded at home, and students can
learn to type on the same program we use
at school.**

Starting September 1st, if anyone is interested in downloading this program please email Gina Benda (K-6) or Brandy Stark (7-12). We will send you the information and the web-site needed to download and install the program to your home computer. We can also check out CDs to be installed if you prefer instead of downloading.

gbenda@panesu.org

bstark@panesu.org



Science Corner-Mrs. Ahrens

Parents make the biggest difference in whether their kids learn science and math and how well prepared they are for the world of work.

•Be positive about science and math. Your attitude sets the tone for how they'll feel about science and math.

Did You Know When parents and caring adults are involved in their children's education:

- ✓ kids earn higher grades and receive higher scores on tests
 - ✓ attend school more regularly
 - ✓ complete more homework
 - ✓ demonstrate more positive attitudes and behaviors
 - ✓ graduate from high school at higher rates
 - ✓ are more likely to enroll in higher education than students with less involved families (Source: U.S. Department of Education)
- Twenty-two out of the thirty fastest growing occupations are computer and health-related. (Source: U.S. Department of Labor 2006-2007)
 - Students of all income levels who take rigorous mathematics and science courses in high school are more likely to go to college. (Source: U.S. Department of Education)
 - The top five job growth areas in the next 10 years will require math/science skills and a college degree (Source: U.S. Dept of Labor 2002-2003)
 - Students with higher-level mathematics skills earn more. (Source: National Center for Education Statistics)

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 MAXFICTCDRADIUSNRUDRCCIMGAXDEFMGTAEHVJG
 OLFUWFYSJFLPDZEXZKMEUFIHWCJYULDUIBDPVPYE
 XREDDALBWNSSPFOFCRBXNUBQWKLLVGHJJCJTESTES

Body System Challenge

Find each word and write it on a line with its correct system.

SKELETAL:

1. _____
2. _____
3. _____

DIGESTIVE:

1. _____
2. _____
3. _____

NERVOUS:

1. _____
2. _____
3. _____

IMMUNE:

1. _____
2. _____
3. _____

MUSCULAR:

1. _____
2. _____
3. _____

RESPIRATORY:

1. _____
2. _____
3. _____

ENDOCRINE:

1. _____
2. _____
3. _____

INTEGUMENTARY:

1. _____
2. _____

CIRCULATORY:

1. _____
2. _____
3. _____

EXCRETORY:

1. _____
2. _____
3. _____

REPRODUCTIVE:

1. _____
2. _____
3. _____



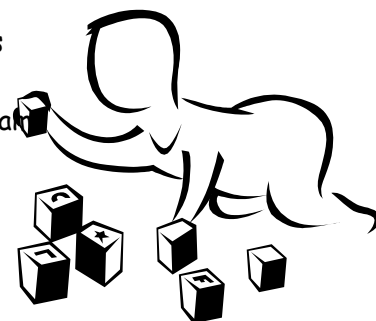
How to Increase Your Child's Vocabulary

Expanding vocabulary is a lifelong process that begins during a child's earliest months. Long before a child can speak in simple words, phrases, and sentences, the child is forming an extensive vocabulary of words he or she understands.

This learning takes place every time you name things for your child, sing a song, talk recite nursery rhymes, and describe the world as he or she goes through daily activities. Your child's ability to produce vocabulary either verbally or through writing (or signing) follows quickly. A child's vocabulary grows rapidly to around 2,000 words by his or her fifth birthday. Your child learns that words represent objects and actions. Later, a child learns that combined words can be used to change the actions of other people, to reflect on the past and project to the future, and to express feelings and ideas. Parents enrich a child's vocabulary by continually exposing a child to new words and reinforcing the new words by using them in everyday conversation.

You can help to expand your child's vocabulary if you...

- talk, read, and sing to your child, starting at birth
- teach the names of everyday objects as you experience daily activities
- provide experiences to stimulate new vocabulary - to to the park or zoo, go grocery shopping and talk about what you could make with the items and describe the appearance and taste of foods, have a picnic, take a walk, clean the house together, plant a garden
- use a variety of words in your everyday conversation so the child is exposed to a rich vocabulary
- repeat new words until the child uses them
- add new information to expand on what your child is saying and ask questions to stimulate thought and language
- give our child objects to smell, touch, hear, and see while describing them; name the sounds things make (i.e., "Listen to the crinkle of this waxed paper.")
- read often, showing enthusiasm as you explore the pages together
- play children's recordings and sing along with your child
- describe your movements (for example, "Watch how I jump quickly over the ball, but walk slowly to the tree.")
- have your child imitate new words until he or she can say them easily
- make a scrapbook of pictures your child likes and write the names on the pictures
- help your child describe a simple object in as many ways as possible (for example, an apple is round, smooth, cold, red, shiny, wet, crunchy, sweet); then introduce another object (for example, an orange) and discuss how the two are alike and different
- teach opposites (for example, **push** and **pull**, **throw** and **catch**, **big** and **little**)
- take turns naming (or sorting) things in categories (for example, foods you like, clothes, animals, furniture, people's names, cartoon characters, drinks, book titles)
- talk about how two things are similar and different.



If you have questions or concerns, please contact the school (487 3330) and I will be willing to visit with you.

Elementary & High School Honor Roll 4th-12th 1st Quarter



Name	1st Qtr.	Grade
Macee Buchheit	H	4
Madison Davis	H	4
Kelli Horstman	D	4
Anna Manning	H	4
Keaton Morgan	H	4
Paul Raben	H	4
Ezra Ray	H	4
Conner Swanson	H	4
Taylor Vogel	H	4
Riley Wobig	H	4
Carli Cullan	H	5
Kortney Frazee	D	5
Natalie Gasseling	D	5
Emily Hansen	H	5
Austin Huddle	H	5
Jon Mayer	H	5
Mikayla Randolph	H	5
Faith Rohrbouck	H	5
Peyton Sutphen	H	5
Austin Wobig	H	5
Taeller Ansley	H	6
Abigail Bright	H	6
Robert Heule	H	6
Jacob Horstman	H	6
Lee Jespersen	D	6
Taylor Keegan	H	6
Kelsey Klaes	H	6
Cody Laursen	H	6
Brittany Thomas	H	6
Callahan, Nickolas	H	7
Carlson, Asa	H	7
Fessler, Hannah	D	7
Foster, Colt	H	7
Grumbles, MaKayla	H	7
Ludlow, Amelia	D	7
Rozmiarek, Christian	H	7
Swanson, Hanna	H	7
Wood, Matthew	D	7
Benge, Trevor	H	8
Hansen, Blake	H	8
Irish, Isabella	H	8
Kaman, Kyle	H	8
Phillips, Alexis	H	8
Phillips, Paige	D	8
Rohrbouck, Cali	H	8

Name	1st Qtr.	Grade
Adam, Delaney	H	9
Boone, Kohl	H	9
Carlson, Caralina	D	9
Elder, Cassie	H	9
Fernandes, Makenzy	D	9
Forgey, Jayleen	H	9
Hannaford, Briley	D	9
Hanson, Kayla	H	9
Horstman, Brady	D	9
Hughart, Anna	H	9
Huss, Samantha	D	9
Jespersen, Kaitlyn	H	9
Jesus, A J	H	9
Kumpf, Kyle	H	9
Milne, Caleb	H	9
Schekall, Nicole	H	9
Weber, Cash	H	9
Wood, Kelsy	H	9
Adamson, Amber	H	10
Casey, Kaitlin	D	10
Hansen, Hans	H	10
Heitz, Kaitlyn	D	10
Kaman, Rachel	D	10
Mendiola, Sandra	D	10
Starman, Taylor	H	10
Sutphen, Morgan	H	10
Campos, Jose	H	11
Folkerts, Katrina	D	11
Wacker, Bethany	H	11
Wood, Baily	D	11
Wootton, Kayla	H	11
Fester, NaKaya	H	12
Fletcher, Josie	H	12
Forgey, Taylor	H	12
Golka, Kayla	H	12
Hannaford, Brooke	H	12
Hinojosa, Shaylea	H	12
King, Tylor	H	12
Mapes, Kaytlyn	D	12
Mendiola, Karina	D	12
Minich, Ammie	H	12
Orr, Sha-Nae	H	12
Orr, Sawyer	H	12
Reif, Tannis	H	12
Vogel, Mitch	H	12

D-denotes distinguished — All A's

H-denotes honored-all A's or B's @ 90%

This Honor Roll does not reflect all students' grades due to illness-it will be updated again next month.

C O U N S E L O R ' S

O

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R



Juniors and Seniors need to listen to announcements and sign up on my door if they want to attend the college representatives coming to school.

Seniors you need to be:

- Working on college applications. Many applications are due in early January.
- Check with your prospective colleges about additional financial aid application forms and requirements.

Juniors you need to be:

- Thinking about your college choice.
- We will be meeting for a 15 minute conference in the near future to talk about your life after high school.

Sophomores you will be:

- Taking the PLAN test in the future. The PLAN test is a great way to prepare for the ACT test. It covers the same subjects and gives you an estimated ACT score. It also lets a student know if they are on track for college, points out academic strengths and areas that need improvement, helps find careers that match interests, and connects a student with colleges.

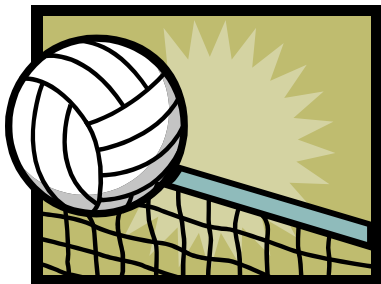
Here are some scholarship resources on the web available for anyone to check out

- ScholarshipQuest at Education Quest.org
- www.scholarshipmonkey.com
- ScholarshipExperts.com
- <https://studentaid2.ed.gov/logon.asp>
- Schoolsoup.com
- Scholarships.com
- Collegeboard.com

K – 2 grade will be starting the Second step program. We will be finding out what our happy, sad, and mad face looks and feels like. There are many lessons we will be learning. If there are any questions about the program, don't hesitate to call or stop by and visit with me. I can be reached at (308)487-3330 or (308)487-3328.

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

Junior High Volleyball



We would like to say a big thanks to the 7th and 8th grade volleyball girls on an outstanding season. We had a fantastic season with many successes due to your hard work and dedication.

A big thanks also to the parents and the fans for your words of positive encouragement, support at the games and always cheering the girls on.

Coach Chatelain and Coach Gasseling



Family and Consumer Sciences-Mrs. Neefe

Foods I. Class Teaches 3rd Graders the Six Essential Nutrients!



On October 15, nine Foods I students and one Foods III students taught nutrition to 27 3rd graders. As part of the 9th-12th Foods and Nutrition curriculum, the students were assigned to plan and present a lesson about one of the six essential nutrients. The students played games, were given nutritious snacks such as cupcakes made with pumpkin and smoothies and presented with information on vitamins, minerals, carbohydrates, fats, protein, and water.

This is the second year that the Foods I class has presented this project to the 3rd graders that benefits both groups and is hoping to do this project again!





Flat Casey: That's right, our State FCCLA President is here to visit Hemingford High school! Be looking for a life-size photo of our State Pres. around town this week!

Big Brother/sister: October 26, 2008. Look for November date....

Districts: November 4, 2009 at Bridgeport.

Theme: Celebrating 65 years of Making a difference with FCCLA. Come see what FCCLA can do for you! Make friends, listen to great speakers, cupcake decorating contest, centerpiece contest, talent show, bucket auction, State officer election and much, much more!!!

STAR: Think about what project you are going to do as an individual or with a partner. Come to an informational meeting on November 11, 2009 during lunch.

Any questions??? Any questions about FCCLA ask your sponsor, Suzanne Neefe or any officer or member.

Marla Wade



ART DAY – November 9, 2009 at Chadron State College. CSC is hosting its annual art day for high school students. Each school is limited to 10 students so I had to select, starting with seniors first. I would like to say, this year, I could have taken a lot more! The students have really been productive and turned out some very nice work. The 10 students selected will be bringing home notices to their parents to sign.

WORLDSTRIDES – Bosses' Night cleanup at the firehall on November 21, babysitting for a special Thanksgiving service for the Berean Church on Sunday, November 22 at about 9:45 A.M. until around 11:15. That will be at the multipurpose room in the high school – go in the door directly off Cheyenne Avenue. A date to look at for future reference, Kim and Nancy Yardley have agreed to work with a soup supper on Saturday, December 12 in conjunction with the Mitchell game. I will have a meeting to see what needs to be done and what can be done ahead of time for the wrestlers who have an out-or-town tournament that day. The Italian Buffet will be January 16 at the Country Club in Alliance. Tickets will be handed out mid-December.

REMINDER - \$250 out-of-pocket deposit due NOVEMBER 6.

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

COMMUNICATION SOURCES

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

<http://www.hemingfordschools.org>

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

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

Phone calls to students' homes when necessary.

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



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

November 2009

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES



Try this!

Can't get your child to eat vegetables? Try this cauliflower side dish that tastes like mashed potatoes. Break a cauliflower head into pieces and microwave until tender, 4–6 minutes. In a



blender or food processor, combine the pieces with ½ cup fat-free milk, 1 tbsp. butter, and freshly ground pepper. Mix until smooth.

Go for walks

Fall is a wonderful season for family walks. As you exercise together, encourage your child to notice changes in the season. You might set a goal for each walk, such as counting squirrels, pointing out completely bare trees, or spotting flocks of birds flying south.

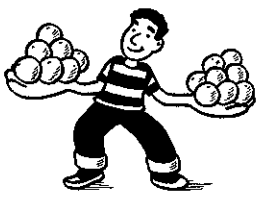
Nighttime reading

When you read to your youngster each night, add this piece: the school cafeteria menu. Together, look at the next day's selections, and help him pick his favorite healthy items. *Tip:* Be sure he has money in his cafeteria account, or tuck lunch money in his backpack.

Just for fun

Teacher: If you had seven oranges in one hand and eight in the other, what would you have?

Justin: Really big hands!



Super sandwiches

November 3 is National Sandwich Day—making this month the perfect time for your child to learn about healthy sandwiches. Here are some suggestions for throwing a month-long sandwich party.

Menu board. Have your youngster design a sandwich menu for your kitchen. On poster board, he can make rows for bread, meat, cheese, vegetables, and toppings. Help him brainstorm healthy items for each category, such as whole-grain breads (pita, English muffins, date bread, rolls) and low-fat toppings (honey mustard, ranch dressing). Then have him use his menu to make a grocery list.

Fun shapes. Encourage your child to be creative. He might make a “sushi sandwich” by rolling up a slice of whole-wheat bread with toppings (say, ricotta cheese, banana slices, and a drizzle of honey) and cutting it into sushi rolls. Or he could



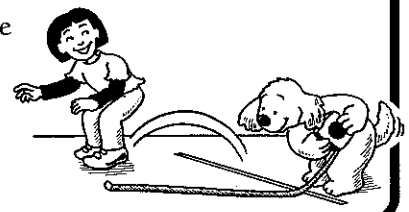
build a snowman with bread cut into three different-size circles (use glasses or cookie cutters). Have him fill each sandwich with something different, arrange them on a plate, and decorate his snowman with raisins and pretzel sticks.

My own sandwich. Let your youngster design and name his own sandwich. He might make “Scott’s Scramble” (scrambled eggs and a tomato slice on whole-wheat cinnamon swirl bread) or “Scottie’s Salsa” (canned tuna mixed with salsa on rye bread). *Idea:* Have family members make up their own sandwiches and sample each other’s. ♥

Get moving

Getting off the couch and moving around is as easy as 1-2-3 with these fun ideas:

1. Mark a line on a sidewalk or the basement floor, and take turns jumping from a standing-still position or with a running start. Measure the distances jumped, and record your “personal best.”
2. Play a balance game. While on your hands and knees, raise one arm or lift one knee for 10 seconds. Next, raise an opposite arm and a knee at the same time. Keep going until you run out of combinations.
3. Have your child bounce a medium-size ball while chanting the alphabet and matching names (“A is for Amy, B is for Brian,” and so on). On every name, she can swing her leg over the bouncing ball. Suggest that she play with cities and states, favorite foods, or anything else from A to Z! ♥



Read all about it

Introduce your child to books about food. She'll enjoy a good story *and* learn about healthy eating.

● In *The Berenstain Bears and Too Much Junk Food* (Stan and Jan Berenstain), Mama Bear notices that Papa and the cubs are putting on weight. Have your youngster make a list of the healthy eating and exercise habits that the bears' doctor recommends. She can put a star by the ones she will try.



● *The Vegetables We Eat* (Gail Gibbons) takes readers on a nonfiction journey from farm to supermarket. Let your child pick vegetables from the book to buy and use in making soup. Help her fill a large pot with broth (beef, chicken, or vegetable), add a can of diced tomatoes, and stir in fresh vegetables (sliced or cubed). Cook on low heat for 45 minutes.

● Your youngster will find out all about tortillas in *The Tortilla Factory* by Gary Paulsen. Ask her to come up with ideas for tortilla meals in your home. *Examples:* grilled-cheese tortilla, refried beans or chili on a tortilla, "tortilla pie" (browned ground beef, tomato sauce, and shredded low-fat cheese between two tortillas). ●

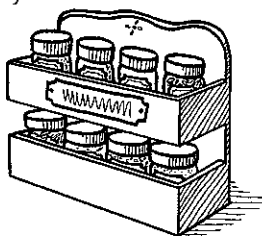
Examples: grilled-cheese tortilla, refried beans or chili on a tortilla, "tortilla pie" (browned ground beef, tomato sauce, and shredded low-fat cheese between two tortillas). ●

Q & A

Watch salt intake

Q: I was surprised when my son's doctor said his blood pressure was higher than it should be. The doctor recommended that we watch Joey's salt intake. What's the best way to do this?

A: Your son is not alone. Unfortunately, high blood pressure is more common among young people today. You can help by not buying salty foods like processed meats, chips, canned or boxed soups, frozen meals, or macaroni and cheese mixes. Also, limit fast food, Chinese food, and other carryout items that are high in sodium. Try to choose fresh foods and reduced-salt versions of ketchup, soy sauce, soup, or other items your child likes.



Your youngster will get all the sodium he needs in an everyday healthy diet, so keep the salt shaker in the cabinet at mealtime. If you cook with little or no salt, and he doesn't add more at the table, he will get used to eating that way. *Note:* Try flavoring foods with herbs and spices instead of salt. ●



IN THE KITCHEN

Dip it

Did you ever notice how dipping makes food more fun? Your youngster can make her own dips with these yummy recipes.

Vegetables. Mix 1 small container plain yogurt with 1 tsp. dried dill and 1 tsp. dried parsley. Baby carrots, raw green beans, or celery stalks all make good "dippers."

Fruit. Combine 1 cup cottage cheese, 1 tbsp. frozen orange juice (thawed), ½ tsp. vanilla, and a pinch of cinnamon. *Dippers:* pineapple chunks, strawberries, bananas, cantaloupe cubes.

Crackers. Soften an 8-oz. package of cream cheese in a microwave. In a blender or food processor, combine the cream cheese with 15 oz. canned pumpkin, 1 tsp. cinnamon, and 1 tsp. ground ginger until smooth. *Dippers:* low-fat graham crackers, bagel chips, or ginger snaps.

Note: Teach children not to double dip, and make sure they rinse fresh vegetables and fruits before eating. ●



ACTIVITY CORNER

Marching band

Your children can create homemade instruments that will have your family marching to the beat—and enjoying a workout in the process. Suggest that they start with these:

■ Tape the lids shut on two empty oatmeal canisters, and then tape the two containers together into a bongo drum. Hold the drum with one hand, and beat with the other.

■ Put uncooked rice into two clean, empty plastic bottles, and screw the tops on tightly. Shake them like maracas.

■ Stretch rubber bands around a small, open box. Strum like a guitar.

Let each person choose an instrument to play. Then, put on upbeat music and play a musical version of Follow the Leader. Everyone moves like the leader (march with high knees, tiptoe through the living room). When the song ends, switch instruments and leaders, and start again. ●



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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540-636-4280 • rfeustomer@wolterskluwer.com
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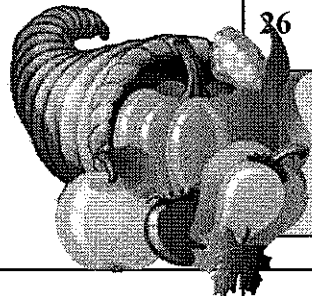
Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

Hemingford Public Schools

November 2009

Breakfast Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 CEREAL Granola Bar Fruit or Juice	3 PANCAKES Fruit or Juice	4 BREAKFAST HOT POCKET Fruit or Juice	5 CEREAL Muffin Fruit or Juice	6 BREAKFAST PIZZA Fruit or Juice
9 CEREAL Granola Bar Fruit or Juice	10 FRENCH TOAST Fruit or Juice	11 SCRAMBLED EGGS & Toast Fruit or Juice	12 CEREAL Muffin Fruit or Juice	13 CINNAMON ROLL Fruit or Juice
16 CEREAL Granola Bar Fruit or Juice	17 PANCAKE & SAUSAGE on a Stick Fruit or Juice	18 SAUSAGE GRAVY Biscuits Fruit or Juice	19 CEREAL Muffin Fruit or Juice	20 BREAKFAST PIZZA Fruit or Juice
23 CEREAL Granola Bar Fruit or Juice	24 PANCAKES Fruit or Juice	25	26	27
		 <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> NO SCHOOL Thanksgiving Break November 25-27 </div>		
30 CEREAL Granola Bar Fruit or Juice				

Menus are subject to change

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The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

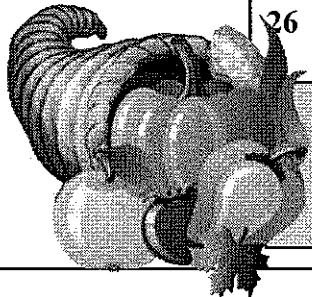
The cost of a breakfast is as follows: PreK-12 - \$1.05 Adult Breakfast - \$1.30

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

November 2009 Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 HAMBURGER French Fries Peaches Dill Slices Alt. Hot Ham	3 BURRITO Lettuce Salad Fruit Cocktail Roll & Butter Alt. Stromboli	4 CHICKEN GRAVY/ M. Potatoes Peas Fresh Fruit Roll & Butter Alt. Pizza	5 FRITO PIE Corn Pears Roll & Butter Alt. Quesadilla	6 MAC & CHEESE Green Beans Applesauce Roll & Butter Alt. Crispito
9 PIG in BLANKET Corn Fruit Cocktail No Bake Cookie Alt Pizza	10 CHICKEN NUGGETS Green Beans Peaches Roll & Butter NO Salad Bar or Alt.	11 TACO BURGER French Fries Pears Jello Alt. Bk. Potato	12 CHICKEN FRIED STEAK Mashed Potatoes Pineapple Roll & Butter Alt. Salisbury Steak	13 GRILLED CHEESE Carrots Applesauce Tomato Soup Alt. Corndog
16 READY RIB Sandwich Green Beans Pears Pudding Alt. Hamburger	17 BOBCAT TACO Lettuce Salad Fresh Fruit Roll & Butter Alt. Bk. Potato	18 PIZZA Corn Pineapple Cookie Alt. Chicken & Noodles	19 TURKEY GRAVY Mashed Potatoes Peaches Roll & Butter Alt. Chicken Strips	20 POORBOY Sandwich Tater Bar Fruit Cocktail Dill Spear Alt. Sloppy Joe
23 CORNDOG Green Beans Pineapple Roll & Butter Alt. Pizza	24 CRISPITO Corn Peaches Roll & Butter Alt. Philly Steak	25 	26	27
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> NO SCHOOL Thanksgiving Break November 25-27 </div>				
30 CHICKEN Sandwich Corn Peaches Dill Spear Alt. Ready Rib Sand.				

Menus are subject to change

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Calendar Events November 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 Red Day VB Subdistrict @ SBluff	3 White Day VB Subdistrict @ SBluff	4 Red Day FCCLA District @ Bdpt	5 White Day 3:00 PM JH W @ Gordon/R'ville Inv. (Gordon)	6 Red Day	7 10:00 AM Brownie Girl Scout Fancy Nancy
8	9 White Day WTC Art Day @CSC 7:00 PM School Board Mtg.	10 Red Day 5:00 PM JH G BB Crawford @ Home	11 White Day 2:30 PM Veteran's Day Program	12 Health Professions to RC Red Day 12:00 PM JH W Hemingford Inv. 3:20 PM Daisy Girl Scouts 3:20 PM Brownie Girl Scouts	13 White Day	14 9:00 AM JH W @ Chadron Inv. 10:30 AM JH G BB @ Hay Springs
15	16 Red Day 8:00 AM WTC Vocal Music @ B'port	17 White Day 5:00 PM JH G BB @ Crawford	18 Red Day PHC One-Act @Crawford	19 Winter Sports Pics (Retakes Also) White Day Progress Reports Sent Home FFA Fruit Sales 6:00 PM FFA Meeting	20 Red Day FFA Fruit Sales 9:00 AM JH W @ Morrill Inv.	21 Speech @ Gordon/R'ville Inv. 8:00 AM JH W @ Alliance Inv.
22	23 FFA Fruit Sales White Day 12:00 PM JH W @ Bridgeport Inv. 2:30 PM FCCLA Big Brother/Sister 3:20 PM Brownie Girl Scouts	24 Red Day FFA Fruit Sales WTC One-Act @ Bayard 3:00 PM JH G BB @ Morrill	25 No School--Thanksgiving Break FFA Fruit Sales	26 No School--Thanksgiving Break FFA Fruit Sales	27 No School--Thanksgiving Break FFA Fruit Sales	28
29	30 White Day FFA Fruit Sales 7:00 PM One-Act Public Performance					

Calendar Events December 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day FFA Fruit Sales 8:00 AM District One-Act @ NPlatte 12:30 PM JH W @ Bayard Inv.	2 White Day FFA Fruit Sales	3 FFA Fruit Sales Red Day 1:30 PM American Essay Speaker 3:20 PM Daisy Girl Scouts 3:20 PM Brownie Girl Scouts	4 White Day 5th - 6th Grade Dime Carnival 2:00 PM JV V G/B BB Gordon/R'ville @ Home	5 9:00 AM JH G BB @ Gordon/R'ville Inv. 9:00 AM V W @ Crawford Inv. 2:00 PM JV V G/B BB Hyannis @ Home
6	7 Red Day JH W @ Mitchell Inv.	8 White Day 4:30 PM JH G BB Alliance St. Agnes @ Home 6:00 PM JV V G BB @ Crawford	9 Red Day FFA District Lead@CSC 2:30 PM FCCLA Big Brother/Sister	10 White Day 4:00 PM JH G BB Bridgeport @ Home 6:00 PM 9th/10th G/B BB @ Mitchell	11 Red Day	12 World Strides Soup Supper V W @ Banner County Inv. Speech @ Morrill Inv. ACT Test 2:00 PM JV V G/B BB Mitchell @ Home
13	14 White Day JH G BB Panhandle Conf. @ Hay Springs 7:00 PM School Board Mtg.	15 Red Day 6:00 PM Christmas Concert	16 White Day	17 Red Day 6:00 PM FFA Meeting	18 White Day Semester Tests 2:00 PM JV V G/B BB Bridgeport @ Home	19 V W @ Bridgeport Inv. 2:00 PM JV V G/B BB @ Leyton
20	21 Red Day Semester Tests	22 White Day End of 2nd Qtr/1st Sem Early Out 1:00 pm	23 No School--Christmas Break	24 No School--Christmas Break	25 No School--Christmas Break	26
27	28 No School--Christmas Break V G/B BB @ Mitchell Tourney	29 No School--Christmas Break V G/B BB @ Mitchell Holiday Tourney	30 No School--Christmas Break	31 No School--Christmas Break		