



# Bobcat Bits

## Notes from Mr. Ningen-School Superintendent

### Keeping in Touch – October 2009



Communication is a vital part of providing the very best education we can for our students. With that in mind, I want to remind parents and patrons of upcoming opportunities to keep those lines of communication open.

1. Conversations with your sons and daughters
2. Phone calls to classroom teachers
3. E-mail contact with teachers
4. Parent-Teacher Conferences
5. The District Web Page
6. The District Newsletter
7. School Messenger calling program

Nothing on the list above is more important than having ongoing conversations with your children. When you are sitting down at dinner, when you are traveling together, or even when you're saying good morning or goodnight, asking how classes are going at school, and what new things your children are learning, are great ways to keep in touch. Parents need to remember to ask specific questions, such as, "what did you do in English class today?" instead of, "how's school"? That allows a son or daughter the chance to answer specifically, and gives some real information to parents. General questions will usually receive general, short answers.

Never be afraid to call a teacher or to write a note or an e-mail just to ask if there's anything else that a parent can do to help with the school year. This will give a parent a chance to visit with a teacher before any issues come up. We all work better together if we've seen and heard each other before any problem creates the need for a visit. Just as in the conversation with your child, visiting with a teacher will allow parents to either be able to congratulate their son or daughter for work done well, or be aware of missing work or effort and be able to help encourage better effort too.

Each fall our district sets aside time for parents to come to school and see several teachers in one visit. These are visits that will allow parents to not only hear any concerns or be alerted to missing work, but also serve as a chance to hear the good things that your son or daughter are doing in classes. These are scheduled in October on the 20<sup>th</sup>, from 2PM – 8PM. Please come at that time, or call to make other arrangements if you have a conflict that day.

Our district web page, [hemingfordschools.org](http://hemingfordschools.org) does a decent job of providing articles about sports, activities, special class activities, and offers a history of past events and stories that are archived and can be searched for within our page. It also has some link buttons on the right-hand menu that allows parents and students to check the weather; web broadcasted games and activities by Hemingford Telco; state education information; highway cameras that help during bad weather, and a school calendar. Please check back weekly or more often to see what's new.

Mrs. Deb Campbell does a great job in chasing after staff members for articles and input for our monthly school newsletter that arrives in hardcopy form in everyone's mailbox at the beginning of each school month. This packet also has occasional notes from our community and from our surrounding area of interest to you. Menus for breakfast and lunch are also included.

As with last year, our district has made use of technology to better notify parents and guardians of events that affect our school days, such as weather and scheduled breaks. The voice you usually hear will be an automated one, but one that can be sent to 500 households in just a few minutes. When you answer the phone, the message will begin after just a few seconds of hearing your voice.



## Mr. Ningen – Cont.

If you need to update the two phone numbers that should receive these calls, please contact either office with that information. In the event of any changes that take place during the school year, notifying us at school is necessary.

If you do not wish to receive these calls, which would also include emergencies, please write that request on paper and get it to us here. Your numbers will be taken off our automated list, and no more calls will be made to them.

These are all ways that we can work together to ensure the very best possible education for every one of your sons and daughters. Whether it is good news or bad news, knowing this news as soon as possible is absolutely necessary.

Of course this is a two-way stream of information. The school and our teachers also need to keep com-

munication alive. Together we will make it happen. Thank you again for your input.

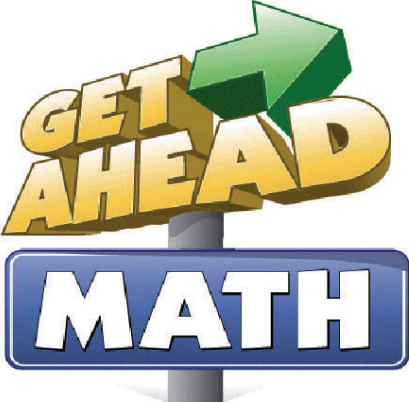
Stop in at school anytime, or visit us on the web at <http://www.hemingfordschools.org>

Our phone numbers here are: Elementary – 487-3330; High School – 487-3328, and fax: 487-5215.

*Mr. Ningen, Hemingford School Superintendent.*

**Please find enclosed in this newsletter several important flyers for your information:**

- 1. Kids Connection**
- 2. CDC “Take 3” Steps to Fight The Flu.**
- 3. HINI Flyer**
- 4. Survey About Walking and Biking to School (PLEASE RETURN TO THE SCHOOL!!)**



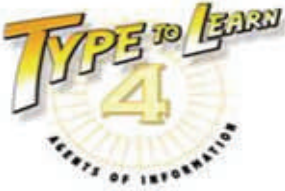
**Hemingford Public Schools is offering Get Ahead Math to all students 3-8! This web-based program can be installed at home. This program provides one-on-one instruction covering seven key concepts.**

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](mailto:gbenda@panesu.org) [bstark@panesu.org](mailto:bstark@panesu.org)

Good Luck and Get Ahead in Math!

**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.**

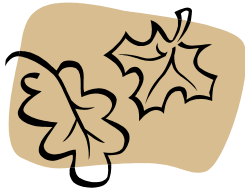
Starting September 1<sup>st</sup>, if anyone is interested in downloading this program please email Gina Benda (K-6) or Brandy Stark (7-12). We will send you the information and the website needed to download and install the program to your home computer. We can also check out CDs to be installed if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

[gbenda@panesu.org](mailto:gbenda@panesu.org) [bstark@panesu.org](mailto:bstark@panesu.org)

**This is your chance to learn to type!**



## Mr. Foster-Elementary Principal



### OCTOBER HAS ARRIVED



We are off to another fantastic start to the school year. It is hard to believe that we are into October and almost done with one quarter of school. The kids have done a good job of adjusting to their new classrooms and teachers. The teachers are constantly striving to help each child reach their fullest potential. I'm very pleased with how things have started.

#### MAPS TESTING

The students just finished with their MAPS testing that we do in the fall of each year. **I was very impressed and pleased with the effort that I saw. I'M VERY PROUD OF THE STUDENTS AND STAFF!** The preliminary results have been very positive.

#### OCTOBER HAPPENINGS

8<sup>th</sup> – Participate in Fire Safety Day at Fire Hall

9<sup>th</sup> – Participate in Homecoming activities downtown at 1:10 p.m.

13<sup>th</sup> – 15<sup>th</sup> The kids will continue to practice their writing skills using a fall prompt .We are following the state writing format that will be used in the spring. Please make sure they are in attendance.

16<sup>th</sup>—End of the 1<sup>st</sup> quarter

20<sup>th</sup> – **Kids will be dismissed at 1:00 p.m. today. Parent/Teacher Conferences will run from 2:00 – 8:00 p.m.**

21<sup>st</sup> – No school for kids. Teachers will score the students' fall writing samples.

22<sup>nd</sup>-23<sup>rd</sup> – No school for kids or staff.

30<sup>th</sup> – Halloween parties from 2:00 – 3:00 p.m. (A letter will be forthcoming.)



#### PARENT/TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, October 20th. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support! **Remember it takes all of us working together to help your child.**

#### 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.

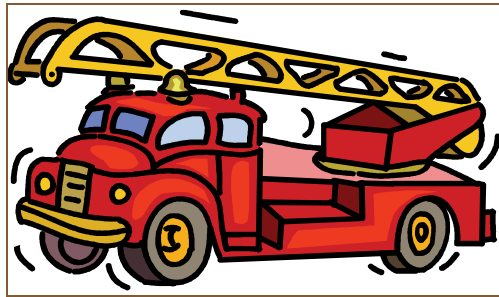
**The first submission of box tops will be October 31<sup>st</sup>.**



## Mr. Foster– Cont.

### ACCELERATED READING

We use the accelerated reading program to supplement their reading in the classroom. I used this program when I was a teacher. I found it provided the kids with great opportunities to enhance their reading. You can help by asking your child questions about their AR book or letting them read to you.



## Fire Safety Day Thursday, October 8, 2009

9:00 A.M. – 10:00 A.M. A.M. Pre- School and Kdg. (38)

10:00 A.M. – 11:00 A.M. 1<sup>st</sup> Grade (33)

11:00 A.M. – 12:00 P.M. 2<sup>nd</sup> Grade (37)

1:00 P.M. – 2:00 P.M. 4<sup>th</sup> Grade (23)

2:00 P.M. - 3:00 P.M. 3<sup>rd</sup> Grade (24)

Fire Safety Day will be held at the Fire Hall this year. Please walk your class to the Fire Hall so you are there at your designated time slot. The presentations will last between 45-60 minutes. Students in grades Pre-School – 2<sup>nd</sup> will deal with general fire safety. Students in grades 3 and 4 will be dealing with more real life situations concerning fire (campfires, etc.) The fire department will have a real fire for the older students to see and show them the proper way to put it out. **In addition the fire department will be hosting an Open House from 5:00 – 7:00 p.m. this same day. Please stop in and visit.**

**Let's continue the great communication that we have established. Please feel free to contact us with any concerns.**

**Mr. Ron Foster, Principal**



# Thayer's Thoughts

September was a great month for school. The weather was beautiful, students are excited to be back, academics are in the fore-front and SST is a positive opportunity for our students. I am so very proud of the way students are being on-time (thanks for your help), welcoming new students to our school, and keeping the school climate positive. Moving forward into October brings Homecoming Activities and Parent/Teacher Conferences.

## Homecoming Week

**This years Theme is Candy: 7<sup>th</sup>-Skittles; 8<sup>th</sup>-Snickers; 9<sup>th</sup>-Nerds; 10<sup>th</sup>-Starburst; 11<sup>th</sup>-M&M; 12<sup>th</sup>-Jolly Rancher**

### Dress up Days

Monday-Pajama Day

Tuesday— Halloween Day  
(Assembly at 1:30—Public invited)

Wednesday— Athletics Day  
(Olympic Tournament during School Time)

Thursday—Dress Your Best

Friday—Spirit Day

**Friday's activities include a parade beginning at 1:30 pm and a pep rally located in front of the Cat Shack. Each class is given a type of candy for their float themes. Various skits and coronation will take place. The elementary school will be invited to participate. In case of inclement weather the pep rally will be in the gym. Students in grades 7-12 will be dismissed after parade and float clean-up (possibly regular dismissal). Buses will run at their normal time.**

### Friday's School Preliminary Plans/Activities

8:20—Class Meeting and Float Building

—Faculty Grilling (lunch)

1:30—Parade

7:00—Game Time Band Performs

After game (9:00)-11:30 Dance for HS only

Cross Country runs at 11:00 in Gordon

FB vs Potter-Dix at 7:00

**Thurs-VB at 4:00 vs Hay Springs**

**The Dance is Friday night begins after the game approximately 9:00 pm and will conclude at 11:30 pm (this should allow younger drivers to be home to meet the deadline for night driving). Cost to the students is \$3 for single or \$5 for couple. (Semi-formal dress). Chaperones will include faculty, student council officer and royalty candidate parents.**



It's time to be ordering items for seniors and to show the sophomore's class rings. Jostens will be here on Monday, October 12 to provide the information and then they will return on Monday, October 19 for the orders. For seniors, you need to be thinking about announcements and quantity if you plan on ordering. There are many options for seniors and the school does not have a requirement about graduation announcements format.

### Music in Chadron

A bit of a change this year. The band will be marching in the parade at Chadron's Homecoming versus traveling to Sidney. Mrs. Chesley thought that a new experience would allow the students see a new group of bands. The date is October 3.



## Mrs. Thayer-Cont.

**Fall Writing**—Time to practice those writing skills. Each class will be given a prompt to write which will be either a narrative, descriptive or persuasive argument. Students have one hour for the rough draft and one hour the following day to polish the piece. During the Teacher Assessment Day on October 21st (no school for kids), the full K-12 faculty will use the 6-traits method and score the student work. These results will then go back into the classroom where teachers can polish areas of need. Fall writing is scheduled for the window of October 13 and 14. Hopefully there will not be much illness in the building and all students are present.

**Parent/Teacher Conferences** –for the Junior High and High School will be held on Tuesday, October 20 beginning at 2 pm and concluding at 8 pm. The office will provide a copy of your son/daughter schedule so that you can visit with each individual teacher. The conferences are held in the individual classrooms –no appointments are scheduled. If you feel that you need more than 5 minutes, you may want to think about scheduling a separate appointment on a different day. I hope to see you there.

### Student and Parent Portal



**Have you tried the Parent Portal?** Your log-on and password were mailed and the parent portal side is ready. A quick lesson is: 1—Go to the Hemingford School web-site 2—Click the PowerSchool button. 3—Enter the username and password. 4—Student information should load

The most difficult thing is to remember the usernames and password for each of your children. They are computer generated and cannot be changed. (Sorry, if you have more than one student—you will have a username and password of each student) Need Help--This would be an excellent opportunity to have your child show you the features and how the system works.

One advantage of the new system is that when teachers enter a new grade from an assignment or test it automatically flows into the grade book program and is immediately available for student or parent viewing. By clicking on the links, you may find additional information about the assignment.

If you have questions once you receive the information, please call the office or email me [pthayer@panesu.org](mailto:pthayer@panesu.org) for assistance.

### ACT Prep Class

<http://www.actstudent.org/>

An opportunity that juniors and seniors are taking advantage is the ACT prep class. It has been incorporated into the school day during SSR (Sustained Silent Reading) time. Those individuals that plan on enrolling for an ACT exam are required to attend the ACT practice test twice a week in lieu of their reading time. After the practice test, the teachers from the various content areas go over the problem areas with the students. Also during this time, are test taking strategies for the students. The plan is to provide these mini sessions prior to each testing period. Students can also go out to the ACT website (address above) for additional questions. Students have been provided with the scheduled ACT dates. Students may also enroll for an ACT class via Distance Learning through Gering for a \$10 fee. The times are set from 7:00-8:00 am during the week prior to the October date.



Don't hesitate to contact me if you have any questions 487-3328 or [pthayer@panesu.org](mailto:pthayer@panesu.org)





## COUNSELOR'S

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I will be working with the 3 – 6 graders during the month of October. Murray the Mannerly Mouse will visit the third grade with more tips about good manners. Fourth and fifth grade will be refining their manner skills and the sixth grade will be working with life situations and how to get a long with other students.

The 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** make sure and check your mail box for the scholarship listing that comes out. If you need a hard copy of a certain scholarship, check in Mr. Chatelin's room, Mrs. Horstman's room or the counselor's office.

Sophomores, Juniors, and Seniors – Make sure and attend the college night that is being held Monday, October 12, 2009, at Alliance High School at 7:00 p.m.

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

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

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

## Suzanne Neefe-FCCLA Events

**Dues: Please pay your dues!!! You will not participate in Big Brother/sister without dues being paid!!!!** \$8.00 for local membership and \$20.00 for Local, State and national membership. Local membership does not qualify students to attend any district or state sponsored events.

**September 30, 2009:** Big brother/big sister (No student who did not pay dues will be eligible to participate in Big brother/big sister!) We will be having a meeting September 29 for the FCCLA members.

**October 28<sup>th</sup>:** Big brother/sister: All members need to be eligible to participate!

**November 4<sup>th</sup>:** District FCCLA in Bridgeport

### Learning about leadership

About 200 students including five students from Hemingford representing 35 schools throughout Nebraska gathered at North Platte Community College on September 14th for a fall leadership workshop sponsored by Family, Career and Community Leaders of America (FCCLA).

Students who attended the Fall Leadership Conference in North Platte from Hemingford include Annie Hughart, Felicia Vela, Connie Rasmussen and Kelby Softly

The purpose of the fall leadership workshop is to help FCCLA members develop leadership skills. FCCLA State adviser Brandt said some of the students who attend may decide to run for a local, district or state officer position.

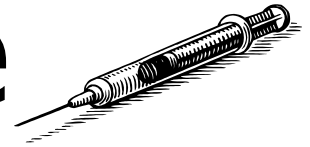
State officer Chad Allen said events like the fall leadership workshop are important because it gets the kids more involved in FCCLA and gets them excited about what they're doing for the coming year. "Once they get started and once they get devoted to a project, they really end up loving everything they're doing and really get involved in their communities and make a difference," Allen said.

Brandt said FCCLA is the only high school leadership group that focuses on the family, which she feels is very important in today's society. Last year, she said FCCLA had some 3,400 students enrolled in 129 chapters throughout the state.



## Nurse Judy

# H1N1 Flu Update



When H1N1 influenza vaccine becomes available we will have a free immunization clinic at school. You will receive vaccine information and a consent form. Vaccination is not mandatory, although the CDC highly recommends that all children age 6 months to 24 years old be vaccinated.

We appreciate your patience in waiting until we receive vaccine. Please visit our website at [www.hemingfordschools.org](http://www.hemingfordschools.org) for updated information or call Nurse Judy at 487-7425 (487-SICK).

## News from Title 1 Reading-Sally Engelhaupt

**A meeting for parents of Title 1 Reading students will be held Wednesday, October 7, 2009 at 2:30 pm in the Curriculum Room of the Elementary Building. The purpose of this meeting is to explain the Title 1 program and answer any questions you may have. The meeting will last 30-45 minutes and refreshments will be served. Hope to see you there!**

**Sally Engelhaupt, Title 1 Reading Teacher**

**Mandy Plog, Title 1 Director**





# Tim Lanik-Science Corner

## Human Skeleton & Organs

Find and circle all of the skeletal parts and body organs that are hidden in the grid.

The remaining letters spell a secret message.

Note: TARSALS and METATARSALS are hidden separately and do not overlap. The same goes for CARPALS and METACARPALS, and BLADDER and GALLBLADDER.

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X Y C C O C P S S P T S H E R A V
S E R A G A L E P S A E F E M U R
A T E H T A G M L U U N V M A N A
N D E E P N U E E V O I C E B O X
L L L R A T S T E K L T D R E L E
U L A L N E T A N O N S M A E T M
A C A S S U T T E H A E S L R A T
W H R T U A M A O L T T U H N R S
P X E O R I H R N A C N U D F S N
S I D M E B E S C I G I I B I A V
C D D A M I A A B S M B V R B L E
A N A C U T R L D I L O R A U S R
P E L H H P T S E E R D N I L A T
U P B A A N C R A N I U M N A C E
L P D L N I K S Y E N D I K I R B
A A S R E D D A L B L L A G S U R
I X R O S I A T I N F G N F S M A

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### Skeleton:

- CARPALS
- CLAVICLE
- COCCYX
- CRANIUM
- FEMUR
- FIBULA
- HUMERUS
- INNOMINATE
- MANDIBLE
- METACARPALS
- METATARSALS
- PATELLA
- PHALANGES
- RADIUS
- RIBS
- SACRUM
- SCAPULA
- STERNUM
- TARSALS
- TIBIA
- ULNA
- VERTEBRA

### Organs:

- APPENDIX
- BLADDER
- BRAIN
- GALLBLADDER
- GENITALS
- HEART
- INTESTINES
- KIDNEYS
- LIVER
- LUNGS
- PANCREAS
- SKIN
- SPLEEN
- STOMACH
- VOICE BOX





## Mr. Olson-Speech Pathologist

### If You Think Your Child Has a Hearing Loss

It is important that parents be aware of their child's hearing from the moment their child is born. A child's hearing can be affected by many things. Some children run a high risk of hearing loss due to certain medical diseases or medications, heredity or perinatal complications, including rubella, syphilis, low birth weight, meningitis, and asphyxia. Toddlers and preschool-age children may acquire a temporary or permanent hearing loss with repeated middle ear infections. Older children may acquire a hearing loss with repeated exposure to loud noises such as loud music. If you suspect your child has difficulty hearing, seek professional help immediately. Early attention to your child's hearing will help your child reach his or her full potential.

Here are a few guidelines to help you determine if your child's hearing is normal.

#### **From birth to 3 months, the child should...**

- Startle or cry at loud noises
- Stop moving and seem to listen to speech or sounds
- Awaken at a loud sound

#### **From 3 to 6 months, your child should...**

- Look toward a sound or speaker
- Smile when spoken to
- Recognize mother's voice
- Enjoy rattles and other toys that make sounds

#### **From 6 to 9 months, your child should...**

- Respond to his or her name
- Babble and make lots of different sounds
- Respond to "No"

#### **From 9 to 12 months, your child should...**

- Turn or look when his or her name is called
- Listen to people talking
- Respond to simple commands such as "give me," and "come here"
- Understand "bye-bye"

#### **From 12 to 18 months, your child should...**

- Point to objects or familiar people by name
- Imitate simple sounds or words
- Follow simple spoken directions
- Say 2 to 3 words by 12 months and 8 to 10 words by 18 months

#### **By 18 months, your child should...**

- Hear you call from another room
- Hear and understand conversation easily
- Hear TV or music at the same loudness level as everyone else
- Hear quiet speech
- Hear normal voice qualities
- Have normal verbal language development (vocabulary, speech sounds, Sentence structure)
- Show social rapport and emotional development appropriate for his or her age



**If you have any concerns about your child's hearing, please contact me at school and I will be pleased to visit with you: 487 3330.**

*Michael R Olson, M.S.  
Speech-Language Pathologist  
Hemingford School District*



# IORGI'S GYM

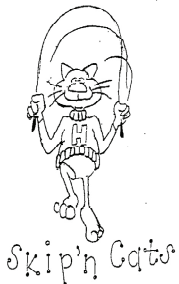


## FITNESSGRAM COMING HOME

Watch for the Fitnessgram which is a print out of your child's fitness scores. The fitness tests include: Mile run/walk, Pacer (Aerobic capacity), Curl Ups and Push Ups (Muscle Strength and Endurance), Trunk Extension and Sit & Reach (Flexibility). These components of physical fitness are important because of their relationship to overall health and optimal function. For each of the above tests, a Healthy Fitness Zone has been identified depending on the child's age. This is a national norm for all children of that age and means that is the score found necessary for good health and improved function. During each PE class, the students work on improving their fitness.

From 4<sup>th</sup> grade on, students receive a percent grade in physical education. The fitness test is one component of that percent grade. There is a possible 12 points for the fitness test - 2 points for each test score in the Healthy Fitness Zone. There is also a daily grade of a possible 10 points, health tests and skill tests for the total PE grade. Fitness testing is done 2-4 times a year.

## LEVEL 2 SKIP'N CATS



Level 2 Skip'n Cats will have their first practice October 6. Each rope skipper will be notified personally of the starting date and time. Level 1 Skip'n Cats will not start practice until after Christmas.

Be sure to keep checking the Hemingford Schools Website for physical education news, curriculum and grading.

Keep on moving!  
Mrs. Giorgi



## Randy Hiemstra-PE/Weights-Conditioning



Well, we are full swing into our first semester in PE and Weight Training. We have completed our fitness testing for each student and will use these results for comparison throughout the year. I am pleased with the effort our kids put forth in our testing process.

I had the extreme fortune to be able to attend an Alternative Training Symposium in Colorado Springs sponsored through the National Strength and Conditioning Association which also happens to be based out of Colorado Springs. I have been to many trainings and workshops during my years involved in education, but this particular event was the best practical application training I have experienced. I came back with two prevalent feelings; one, we are doing good things with our students as far as educating them on the values of physical fitness, and two, we can continue to learn, improve, and provide our students with fun and challenging opportunities.

In closing, I would like to thank all our kids for their efforts and behavior during the first 5 weeks of school. Continue to do your best in all your classes.

Coach Hiemstra  
PE/Weights & Conditioning



## JR. High Volleyball

The Jr. High Volleyball team is in full swing of the season. This year 16 girls make up the team. The 7<sup>th</sup> grade girls include; Hannah Fessler, Hanna Swanson, Christian Rozmiarek, Kaelia Nelson, Amelia Ludlow, Makayla Grumbles, Sammi Minich, and Aubrey Picket Pin. The 8<sup>th</sup> grade girls include; Paige Phillips, Dani Campbell, Cali Rohrbouck, Alexis Phillips, Tegan Yardley, Kaitlyn Bergfield, Precious Campbell, and Lexi Olson. The Jr. High girls are coached by Dave Chatelain and Jennifer Gasseling.

We are in the middle of our season with four games already played and four games left. We have seen a lot of improvement in the short amount of time we have been practicing. Both coaches are very proud of the girls and have enjoyed the excitement that they bring to the game.

The seasoned opened with a home match against the Morrill Tigers. The 7<sup>th</sup> grade girls were able to win one set and played the other two sets closely. The 8<sup>th</sup> grade girls pulled out a win in three sets. The next game brought Bridgeport to Hemingford, where the 7<sup>th</sup> grade girls again were able to win one of the sets and the 8<sup>th</sup> grade girls won in three. Both the 7<sup>th</sup> and 8<sup>th</sup> grade teams earned 6<sup>th</sup> place in the Alliance Tournament.

We will finish our season strong as the remaining games will take the Lady Bobcats on the road. Thanks to the fans that have supported the girls and created a positive environment for them.



## Marla Wade

**Art** – The art classes have done some outstanding work already this year. On November 7, 2009, ten students will travel to Chadron State College to attend their art day for panhandle high school students. Of the ten selected, seniors get first priority, but slots will be filled with underclassmen if seniors cannot attend. Classes are offered that day in ceramics, watercolor, computer graphics and other workshops given by their staff of professional artists. Chadron has one of only 50 glassblowing studios in the United States and it is run by glass-master, Richard Bird, who will be demonstrating.



**WorldStrides** – WorldStrides has had some exciting developments with another panhandle school that is planning to travel to D.C. with us! That makes a great social time for the students and helps with costs as we share a bus in D.C. With the addition of another new student, our numbers are now at 22 students who will be traveling to D.C. with Linda and Dennis Folkerts in March. Thanks to all who supported the Beef Raffle. The kids will be out selling greens for Christmas after the first of October. If you are not approached and would like to have a wreath, swag or centerpiece, please call Mrs. Wade at 487-3891 (home) or 487-3328 (school). We truly appreciate your help!

Our thanks to Brun's Meat Service and Tim Campbell for donating and processing the half-a-beef that was raffled. A reminder to parents – **NOVEMBER 6 - \$250 NONRE-FUNDABLE DEPOSIT DUE.**



## Kelly Thompson-High School Special Education



### ATTENTION

Parents of Students with IEPs  
9<sup>th</sup>-12<sup>th</sup> grade

Speaker: Deborah Gardner from Vocational Rehabilitation

October 13, 2009

5:00-5:30 P.M.

Or

6:00-6:30 P.M.

In the High School Library

Come find out what services are available.



### Be a part of 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!

Keep your eyes on the Ledger for audition information.

If acting is not your cup of tea but you would like to be involved give me a call!

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



Tabi Bryner  
487-5888



## ONE ACT is just around the corner . . .

and we have a great group of students in the audition process! This year's play promises to challenge the students and bring a great production to the stage. We hope you are able to join us for our public performance on Monday, November 30<sup>th</sup> at 7pm.

Enclosed is a copy of the rehearsal schedule. There will be a parents meeting on Monday, October 12<sup>th</sup>. We will do our best to minimize the changes and stick to the times scheduled as much as possible. We want to thank you in advance for supporting your students in this activity. We hope to inspire them to be creative problem solvers on and off the stage!

Mrs. Bryner & Mrs. Thompson



# One Act Rehearsal Times

				<b>1-Oct</b> <b>7a-8a</b> Rehearsal On Stage	<b>2</b>
					7p V FB @ Crawford
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> <b>7a-8a</b> Rehearsal On Stage	<b>8</b> <b>CSC Theater Day</b> Leave 7a Home by 4p	<b>9</b>
	5p JV FB @ Home	1:30p Assembly 7-12 5p JV V VB @ Crawford □		5p JV V VB HS @ Home	1:30p Parade 7p V FB Potter/Dix @ Home Homecoming Dance
<b>11</b>	<b>12</b> <b>7p-8p</b> Rehearsal On Stage <b>8p</b> Parent's Mtg. On Stage	<b>13</b> <b>7p-8:30p</b> Rehearsal On Stage	<b>14</b> <b>7p-8:30p</b> Rehearsal On Stage	<b>15</b> <b>7a-8a</b> Rehearsal On Stage	<b>16</b> <b>7a-8a</b> Rehearsal On Stage
				5p V VB Tri @ Morrill 6p JV FB GR @ Home	7p V FB GC @ Home
<b>18</b>	<b>19</b> <b>7a-8a</b> Rehearsal On Stage	<b>20</b> <b>1p-2p</b> Rehearsal On Stage	<b>21</b> <b>TBD</b> Rehearsal On Stage	<b>22</b> <b>TBD</b> Rehearsal On Stage	<b>23</b>
	5p F JV VB GR @ Home	Early Out 1:00 pm 4:30p JV VB Tri @ Craw	No School	No School	No School 7p V FB @ Creek Valley
<b>25</b>	<b>26</b> <b>7p-8:30p</b> Rehearsal On Stage OFF BOOK	<b>27</b> <b>7a-8a</b> Rehearsal On Stage	<b>28</b> <b>7a-8a</b> Rehearsal On Stage	<b>29</b> <b>7p-8:30p</b> Rehearsal On Stage	<b>30</b> <b>7p-8:30p</b> Rehearsal On Stage
		5p V VB Tri @ Home □		6p FFA Meeting	
<b>1-Nov</b>	<b>2</b> <b>7a-8a</b> Rehearsal	<b>3</b> <b>7a-8a</b> Rehearsal	<b>4</b> <b>4p-6p</b> Rehearsal	<b>5</b> <b>4p-6p</b> Rehearsal	<b>6</b> <b>4p-6p</b> Rehearsal



**Free workshop, open to the public**

Gordon City Offices Multipurpose Room - 311 North Oak – Gordon

# Transition for Life

**Thursday – October 1, 2009**

**6:30 – 9:00 p.m.**



**As children with disabilities get older and prepare to transition from high school, parents face a new set of challenges.**

What will my son do after high school?

Will my daughter find a job or go to college?

Where will my child live?

Is there help for us after high school?

These questions and more will be addressed in this important workshop.

**Please call 800-284-8520 to register by September 30, 2009**

**A free educational opportunity for parents of students receiving special education services and interested others in the community presented by PTI Nebraska a non-profit organization whose goal is to provide information, resources, and support to families who have a child with a disability or special health care need.**

**A light supper will be provided to those who register with PTI at 800-284-8520**

**~ PTI Nebraska ~**

Training, information and support to families who have a child with a disability or special health care need

**Informed Parents ~Improved Outcomes**



### 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](http://www.hemingfordschools.org)), and Mobius web site ([www.bbc.net](http://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

October 2009

Hemingford Public Schools  
Nancy Yardley, Food Service

## BEST BITES



### Praise good choices

When your child eats well, tell her. You'll show her that you notice her healthy eating habits. "I'm proud of you for trying the green beans tonight!" "Yogurt is my favorite snack—I'm glad you like it, too!" Giving your youngster positive feedback will encourage her to continue making good food choices.

### DID YOU KNOW?

Children who are physically active have fewer health problems. That's because they are more likely to be at a healthy weight, to have stronger bones, and to have good cardiovascular fitness. Setting a pattern now will help your youngsters stay active and be healthier later in life.



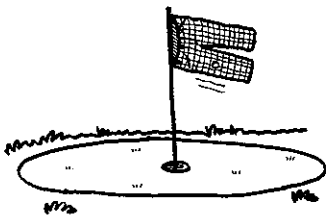
### Add fruits, vegetables

When you bring carryout meals home, add your own fruits and vegetables. For example, instead of ordering french fries, put out a bowl of raw baby carrots. Rather than getting milkshakes or parfaits, serve fresh blueberries or fruit cocktail cups (packed in their own juice).

### Just for fun

**Q:** Why did the golfer have an extra pair of pants?

**A:** In case he got a hole in one!



## Cook and learn

When children learn to cook, they also practice important skills for school. Use these ideas to give your youngster a boost in the classroom while she gets comfortable in the kitchen.



**Research.** Let your child look for healthy recipes in cookbooks or online. She can borrow library books like *The Everything Kids' Cookbook* (Sandra Nissenberg) or *Kids' Fun & Healthy Cookbook* (Nicola Graimes). Or she can enter ingredients you have on hand (ground beef, onions, ketchup) at a site like [www.epicurious.com](http://www.epicurious.com) to find a recipe for meat loaf or hamburgers.

**Vocabulary.** Reading through recipes will help your youngster develop a larger vocabulary. Encourage her to look up unfamiliar words in a dictionary or to use clues in nearby words to define them. For example, a smoothie recipe may say, "Puree the strawberries and bananas in a blender until they're

smooth." She might think about the words *blender* and *smooth* and realize that *puree* means to mash up something until it is soft.

**Math.** Let your child help with math problems as you cook together. Younger children might count out muffin liners for two dozen muffins. Older children can multiply fractions to double a recipe ( $2 \times \frac{3}{4}$  cup =  $1\frac{1}{2}$  cups). Or ask your youngster to figure out when a casserole will be done if you put it in the oven at 5:10 and it has to bake for 35 minutes. ♣

### Tip of the week

Want to get your whole family working together for good health? Here's a suggestion.

Each week, let a different family member decide on a healthy eating or exercise tip. *Examples:* Stop eating when you're full. Do jumping jacks during TV commercials.

Post the weekly tip on the refrigerator, and ask each person to make a tally mark when he follows it. Save the sheets in a folder marked "Our Healthy Family"—you'll have a reminder of ways your family can eat better and be more active.

*Idea:* Have your child add up the tally marks and report the results. Which tips are most successful for your family? ♣



# Be a nutrition detective

How can you help your youngster make healthy food decisions? Turn him into an “ingredient detective.”

1. Give him a magnifying glass, a small notebook, and a pencil to take when you go grocery shopping. He can use his magnifying glass to read the tiny print on ingredient lists of food packages and then jot down notes in his notebook.
2. Ask your child to compare different brands by counting the number of ingredients. Let him know that the fewer ingredients there are, the more likely the food is to be healthy.



3. Have him write down the first ingredient listed—that’s the one the package has the most of. Talk about how the top ingredients should be healthy foods like whole wheat, vegetables, or fruit.
4. Look at the ingredient list together. Are there big words that neither of you can recognize or pronounce? Those are probably chemical additives or preservatives.

*Idea:* Give your youngster a list of five “suspects” to watch for: hydrogenated oil, partially hydrogenated oil, high-fructose corn syrup, MSG (monosodium glutamate), and sodium nitrate. Ask him to alert you to foods containing those items, since they’re not likely to be very healthy. ●

## ACTIVITY CORNER

### Hoop games

Spin it. Roll it. Jump into it. A hula hoop is a fun and inexpensive way to get your family moving. Try these activities:

- Challenge each other to do tricks while spinning the hula hoop. *Examples:* Stand on one foot, walk forward, walk backward, move in a circle, spin the hoop around your knees.

- Play Thread the Needle with family members or a group of friends. Stand in a circle



holding hands, with a hula hoop hanging from one person’s arm. That person has to step through the hoop to pass it to the next player—without letting go of anyone’s hand. The next player does the same thing, and so on until the hoop gets back to the first player.

- Hang a hula hoop from a tree branch or a clothesline. Have one player stand on each side, and throw a ball back and forth through the hoop. ●



## PARENT TO PARENT

### Rake and play

Every fall, my husband and I used to spend several weekends raking leaves. Last year we came up with fun ways for our children to pitch in—and get exercise at the same time.

We borrowed rakes from neighbors so we would each have one. Then, we each chose an area and raked the leaves into piles. We left a path wide enough for the kids to kick a ball or ride a bike through. Next, we made an obstacle course with small piles to jump over and a zigzag section to run through.

Finally, we made a race out of bagging up the leaves. We set a timer to see how many bags each person could fill before the buzzer went off. We repeated our race until all the leaves were bagged. The kids had so much fun that now they can’t wait for the leaves to fall again! ●



## IN THE KITCHEN

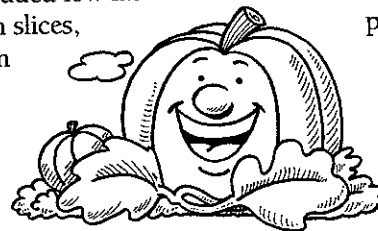
### Pumpkin season

A trip to the pumpkin patch can be a youngster’s favorite part of fall. Pumpkins are not only fun to pick out and decorate—they’re also delicious and healthy to eat. Try these ideas.

**Pumpkin enchiladas.** Mix ½ cup canned pumpkin with 2 tsp. low-sodium taco sauce. On a corn tortilla, layer 2 tbsp. low-sodium enchilada sauce, the pumpkin mixture, shredded low-fat cheddar cheese, mushroom slices, and chopped onions. Warm the tortilla slightly, roll, place on a nonstick cookie sheet, and bake for 8 minutes at 400°. Top with tomato salsa.

**Roasted pumpkin seeds.** Let your child help scoop the seeds from a pumpkin. Put them in a bowl of water for about an hour, and then rinse in a colander. Pat dry and toss with 2 tsp. olive oil. Spread on a cookie sheet. Bake at 250° until crisp and browned, about 40 minutes.

**Pumpkin sauce.** Stir together 2 cups canned pumpkin, ⅓ cup applesauce, 1 tbsp. lemon juice, ¼ tsp. pumpkin pie spice, and ¼ cup honey. Mix well. Serve as a side dish or a spread for whole-wheat toast. ●



**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.  
 128 N. Royal Avenue • Front Royal, VA 22630  
 540-636-4280 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
 ISSN 1935-4630



8. Has your child asked you for permission to walk or bike to/from school in the last year? (select one)  YES  NO

9. At what grade would you allow your child to walk or bike without an adult to/from school? (select a grade between K - 8)  grade (or  I would not feel comfortable at any grade)

10. Which of the following issues affected your decision to allow, or not allow, your child to walk or bike to/from school? (select all that apply, mark with X in box)

- Distance
- Convenience of driving
- Time
- Child's before or after-school activities
- Speed of traffic along route
- Amount of traffic along route
- Adults to walk or bike with
- Sidewalks or pathways
- Safety of intersections and crossings
- Crossing guards
- Violence or crime
- Weather or climate

11. Would you probably let your child walk or bike to/from school if this problem were changed or improved? (select one choice per line)

My child already walks or bikes to/from school)

- |                              |                             |                                   |
|------------------------------|-----------------------------|-----------------------------------|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
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| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | <input type="checkbox"/> Not Sure |

12. In your opinion, how much does your child's school encourage or discourage walking and biking to/from school? (select one, mark with X in box)

- |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Strongly Encourage       | Encourage                | Neither                  | Discourage               | Strongly Discourage      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

13. How much FUN is walking or biking to/from school for your child? (select one)

- |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Very Fun                 | Fun                      | Neutral                  | Boring                   | Very Boring              |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

14. How HEALTHY is walking or biking to/from school for your child? (select one)

- |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Very Healthy             | Healthy                  | Neutral                  | Unhealthy                | Very Unhealthy           |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

15. What is the highest grade or year of school you completed? (select one, mark with X in box)

- |   |  |
|---|--|
| <input type="checkbox"/> Grades 1 through 8 (Elementary)        | <input type="checkbox"/> College 1 to 3 years (Some college or technical school) |
| <input type="checkbox"/> Grades 9 through 11 (Some high school) | <input type="checkbox"/> College 4 years or more (College graduate)              |
| <input type="checkbox"/> Grade 12 or GED (High school graduate) | <input type="checkbox"/> Prefer not to answer                                    |

16. Please provide any additional comments below:

Thank you for participating in this survey!

PLEASE COMPLETE AND RETURN - VERY IMPORTANT

**Flu is a serious contagious disease.**

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

**This flu season could be worse.**

There is a new and very different flu virus spreading worldwide among people called novel or new H1N1 flu. This virus may cause more illness or more severe illness than usual.

**Flu-like symptoms include:**

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- runny or stuffy nose
- muscle aches
- sore throat
- vomiting
- sometimes diarrhea

For more information, visit

**[www.flu.gov](http://www.flu.gov)**

or call

**800-CDC-INFO.**

**Department of Health and Human Services  
Centers for Disease Control and Prevention**

**CDC Says**

**“Take 3” Steps**

**To Fight The Flu**

**These actions  
will protect  
against the new  
H1N1 too!**



# CDC urges you to take 3 action steps to protect against the flu.

## #1

### Take time to get vaccinated.

■ CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.

■ The seasonal flu vaccine protects against the three seasonal viruses that research suggests will be most common.

■ Vaccination is especially important for people at high risk of serious flu complications, including young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

■ Seasonal flu vaccine also is important for health care workers, and other people who live with or care for high risk people to prevent giving the flu to those at high risk.

■ A seasonal vaccine will not protect you against novel H1N1.

■ A new vaccine against novel H1N1 is being produced and will be available in the coming months as an option for prevention of novel H1N1 infection.

■ People at greatest risk for novel H1N1 infection include children, pregnant women, and people with chronic health conditions like asthma, diabetes or heart and lung disease.



## #2

### Take everyday preventive actions.

■ 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 hand cleaners are also effective.\*

■ Avoid touching your eyes, nose or mouth. Germs spread this way.

■ Try to avoid close contact with sick people.

■ If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.

■ While sick, limit contact with others to keep from infecting them.

*\*Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.*



## #3

### Take flu antiviral drugs if recommended.

■ If you get seasonal or novel H1N1 flu, antiviral drugs can treat the flu.

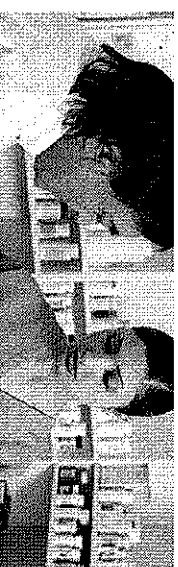
■ Antiviral drugs are prescription medicines (pills, liquid or an inhaled powder) that fight against the flu by keeping flu viruses from reproducing in your body.

■ Antiviral drugs can make your illness milder and make you feel better faster. They may also prevent serious flu complications.

■ Antiviral drugs are not sold over-the-counter and are different from antibiotics.

■ Antiviral drugs may be especially important for people who are very sick (hospitalized) or people who are sick with the flu and who are at increased risk of serious flu complications, such as pregnant women, young children and those with chronic health conditions.

■ For treatment, antiviral drugs work best if started within the first 2 days of symptoms.



**Hemingford Public Schools**  
**October 2009**  
**Breakfast Menu**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CEREAL Muffin Fruit or Juice	2 BREAKFAST PIZZA Fruit or Juice
5 CEREAL Granola Bar Fruit or Juice	6 PANCAKES Fruit or Juice	7 SCRAMBLED EGGS & Toast Fruit or Juice	8 CEREAL Muffin Fruit or Juice	9 CINNAMON ROLL Fruit or Juice
12 CEREAL Granola Bar Fruit or Juice	13 BREAKFAST BURRITO Fruit or Juice	14 SAUSAGE GRAVY/ Biscuit Fruit or Juice	15 CEREAL Muffin Fruit or Juice	16 BREAKFAST PIZZA Fruit or Juice
19 CEREAL Granola Bar Fruit or Juice	20 EGG & CHEESE BISCUIT Fruit or Juice	21 	22	23
		NO SCHOOL Fall Break 21-23		
26 CEREAL Granola Bar Fruit or Juice	27 PANCAKE & SAUSAGE on a STICK Fruit or Juice	28 WAFFLES Fruit or Juice	29 CEREAL Muffin Fruit or Juice	30 CINNAMON ROLL Fruit or Juice

**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*

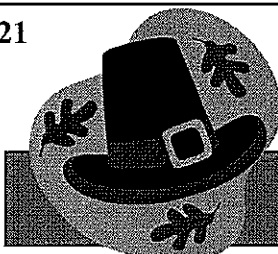


# Hemingford Public Schools

October 2009

## Lunch Menu

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>CHILI</b> Carrots & Celery Fruit Cocktail Cinnamon Roll Alt. Corndog	<b>2</b> <b>CHEF'S SALAD</b> Tater Bar Peaches Cornbread & Honey Butter Alt. Crispito
<b>5</b> <b>CHICKEN GRAVY/Biscuit</b> Tater Bar Applesauce Pudding Alt. Sausage Gravy	<b>6</b> <b>MAC &amp; CHEESE</b> Green Beans Peaches Roll & Butter Alt. Quesadilla	<b>7</b> <b>BURRITO</b> Lettuce Salad Peaches Roll & Butter Alt. Stromboli	<b>8</b> <b>WEINER BOAT</b> Corn Pineapple Roll & Butter Alt. Pizza	<b>9</b> <b>HAMBURGER</b> French Fries Fresh Fruit Cookie Alt. Poor Boy Sand.
<b>12</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes Peaches Roll & Butter Alt. Salisbury Steak	<b>13</b> <b>CRISPITO</b> Corn Pineapple Roll & Butter NO ALT. NO SALAD BAR	<b>14</b> <b>TACO</b> Refried Beans Peaches Roll & Butter Alt. Bk. Potato	<b>15</b> <b>HOT HAM &amp; CHEESE</b> French Fries Applesauce Cookie Cake Alt. Hamburger	<b>16</b> <b>CHICKEN &amp; NOODLES</b> Green Beans Fruit Cocktail Roll & Butter Alt. Italian Dunkers
<b>19</b> <b>CORNDOG</b> Tater Bar Peaches Roll & Butter Alt. Crispito	<b>20</b> <b>CHICKEN NUGGETS</b> Corn Fresh Fruit Roll & Butter No Alt. Or Salad Bar		<b>22</b> NO SCHOOL Fall Break 21-23	<b>23</b>
<b>26</b> <b>HOTDOG/ BUN</b> Tater Bar Pineapple Baked Beans Alt. Pizza	<b>27</b> <b>BEEFY NACHOS</b> Lettuce Salad Fruit Cocktail Roll & Butter Alt. Bk. Potato	<b>28</b> <b>ROTINI &amp; MEAT SAUCE</b> Coleslaw Peaches Garlic Bread Alt. Oven Chicken	<b>29</b> <b>SLOPPY JOE</b> French Fries Applesauce Dill Spear Alt. Hamburger	<b>30</b> <b>CHICKEN SAND.</b> Corn Peaches Cookie Alt. Ready Rib Sand.

**Menus are subject to change**

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*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.45      7 - 12 Lunch - \$1.75      Adult Lunch - \$2.55*

# Calendar Events October 2009

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1	2
					3	4
					5	6
					7	8
					9	10
					11	12
					13	14
					15	16
					17	18
					19	20
					21	22
					23	24
					25	26
					27	28
					29	30
					31	

# Calendar Events November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Red Day FCCLA District @ Bdpt	3 White Day	4 Red Day	5 White Day 3:00 PM JH W @ Gordon/R'ville Inv. (Gordon)	6 Red Day	7
8	9 White Day WTC Art Day @CSC 7:00 PM School Board Mtg.	10 Red Day JH G BB Crawford @ Home	11 White Day Veteran's Day Program 2:30 PM	12 Red Day JH W Hemingford Inv. 12:00 PM 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 WTC Vocal Music @ B'port 8:00 AM	17 White Day JH G BB @ Crawford 5:00 PM	18 Red Day PHC One-Act @Crawford	19 White Day Progress Reports Sent Home FFA Fruit Sales Winter Sports Pics (Retakes Also) 6:00 PM FFA Meeting	20 Red Day FFA Fruit Sales JH W @ Morrill Inv.	21 Speech @ Gordon/R'ville Inv. 8:00 AM JH W @ Alliance Inv.
22	23 White Day FFA Fruit Sales 12:00 PM JH W @ Bridgeport Inv. 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					