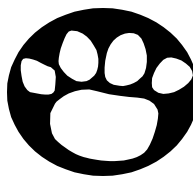


# Bobcat Bits



**HEMINGFORD  
PUBLIC  
SCHOOLS**  
Empowering individuals  
to be **RESOURCEFUL,  
RESPECTFUL, AND  
RESPONSIBLE** lifelong  
learners.

## Thayer's Thoughts

September 2009

Cooler temperatures and a light drizzle greeted opening day again this year. Students participated in welcome back activities and ice cream sponsored by the student council. During the morning assembly, I challenged students to keep the school grounds looking sharp by using sidewalks and using the trash cans placed throughout the campus. One area that I asked students to improve is during activities they need to do a better job of throwing their trash away and not just leaving it in the bleachers for someone else to dispose of. Your reminders and support would also be helpful. Thank you, Thank you for getting the year off to a great start by helping in areas of cell phones, appropriate dress and attendance.

Now that school is rolling, and activities are in full swing, please check out the calendar on the website for the most current information. The Booster Calendar is an asset, but a few events have changed since the calendars were printed. Many items are added and deleted on a continuous basis.

Currently enrollment for JH/HS is 161 students --Seniors: 28; Juniors: 24; Sophomores: 29; Freshmen: 31; 8<sup>th</sup> grade: 25 and 7<sup>th</sup> grade: 24.

### Questions -- Answers

- What are class dues used for? Each class votes on class dues that accumulate each year. Expenses from this account include Homecoming float costs, possible class projects, but mainly it accumulates for Prom and graduation costs. Class Dues voted on as follows: Seniors: \$TBA; Juniors: \$TBA; Sophs: Plants; Fresh: \$30; 8<sup>th</sup>: \$TBA 7<sup>th</sup>: \$TBA. The sponsors and classes are looking for ways/projects to help with the dues. For example last year the 9<sup>th</sup> grade sold pepper and tomato plants and cover the student class dues. 8<sup>th</sup> grade cleaned the road ditches and received funding for their efforts.
- How do students get their cell phones back? On the first violation (page 12 of handbook), parent contact must be made prior to returning the cell phone to the student. On the second violation a parent must pick up the cell phone from the office.

Who are Class Officers this year? Leading Student Council this year are: Seniors: Trey Ramos and Tyler Olson (Co-Presidents) and Secretary: Jessica VanCoppennolle Treasurer: Shaylea Hinojosa

| Class     | Seniors  | Juniors   | Sophs     | Fresh     | 8 <sup>th</sup> | 7 <sup>th</sup> |
|-----------|----------|-----------|-----------|-----------|-----------------|-----------------|
| President | Brooke H | Brandon R | Katie H   | MaKenzy F | Blake H         | Asa C           |
| Vice Pres | Tylor K  | Katee F   | TJ S      | Cash W    | Paige P         | Christian R     |
| Secretary | Tannis R | Andee M   | Conni R   | Kaitlyn J | Kaitlyn B       | ----            |
| Treasurer | Taylor F | Baily W   | Felicia V | Kelsy W   | Cali R          | Hanna S         |
| St Rep    | Officers | Jose C    | Hans H    | Brady H   | Kyle K          | Matthew W       |
| St Rep    |          | Baily W   | Kelby S   | Briley H  | PK C            | Hannah F        |

## Thayer's Thoughts Cont.



PowerSchool

### Student and Parent Portal

**What is the Status??** If you have been wondering--all junior high and high school students should have the information to access the on-line student grade information. Ask them for their username and password until 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 (It is easy).

### When will I receive the Parent Portal Information??

In the next few weeks a letter will arrive with the username and password for use by a parent. The computer automatically generates the username and password. The same process to log in as above. The main difference on the screens is that parents will have an option to go in set up for an email notification of grades and attendance. You would set this up by clicking on the email notification icon in the parent portal and select the options you wish. At this time only grades and attendance will be available. The website and newsletter will be the primary source for information and the balance alert is not in use at this time.

### Training or How to Use??

In the letter with your username and password will be dates that you may come to school for assistance. Also we will be posting basic directions on the web-site. This system is very easy to use. The most difficult thing is to remember the usernames and password for each of your children. (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.

### Student Message System

Along with the notification of the PowerSchool Parent Portal information will be a student demographic information sheet. The school is asking that you look over the information and make any corrections. One piece of information that is extremely important is your current phone numbers. Hemingford School District will be using this information to update the student phone notification system and would like to make sure we have the email addresses and cell phone contact information so that you receive the school-related information.

### Supervised Study Time (SST)

Terrific—I see students in the library after school as well as checking in with teachers during SST time. SST has started and is available for all students. Teachers are available from the final bell until 4:00 pm Monday through Thursday.

I want to encourage all students to use this time for extra help, computer use, study time or relaxed reading in the library. Activity practices will begin at 4:00 pm. Teachers still encourage students to come in and receive help in the morning if needed.



## Thayer's Thoughts Cont.



### Student Advocate Program

The goal of the Student Advocate Program at HHS will insure that every student will have an adult sponsor to personalize the education experience. Each faculty member will be assigned a specific number of students to support. Advisors will meet informally with student to provide details of the program and meet a minimum of four times during the school year to provide more specific information. The objectives of the program are to increase positive adult contact at school; assist students in maintaining focus on career objectives through graduation; assist with early detection of problems/concerns; and improve the overall relationship between students and teachers.

Through a random selection process, students are being assigned to teachers. The teachers and the students will meet in a large group for the first time during SSR. The groups are comprised of students in grades 7-12, approximately 2 from each class for a total group of 8 or 9 students.



### Upcoming Dates:

#### HS Picture Day – September 16

Picture Packets will be available prior. Some of the activities will also be having pictures on this day. Please bring your packets, smiles and uniforms.

**Testing** – September is the beginning of a variety of testing. MAP Testing window runs from September 21st-October 2nd. Junior High and High School students usually test in 2- 2 hour blocks. Elsewhere in the newsletter you will find some information about MAP testing. Teachers use the results for curriculum adjustments and to see the changes in student growth. Questions that you may want to ask your son/daughter about the tests may include:

- Did you have gains in the RIT score? (students get feedback immediately on their results)
- Students will test for Reading and Science and then Math and Language Arts. Ask them which seemed the best for them?
- Ask if they felt like they knew most of the material?
- More importantly—ask them if they gave it their best effort—If so, then whatever they scored is ok.



**Progress Reports—September 22:** 1<sup>st</sup> quarter progress reports will be mailed out.

### Homecoming Week – October 5-10

**Student Assembly—Todd Becker Foundation— Program Title:--“Where is your Life Headed?”**  
1:30 (Open to Parents and Public) (Tuesday, October 6)

The assembly deals with a story told by his brother Keith of the choices made Todd made during his life.

- **Homecoming Parade 1:30 pm (Friday, October 9)**
- **Homecoming Dance 9:00 -11:30 pm (Friday, October 9)**

# Fostering Education



## WE'RE OFF!



The first part of school has been terrific. It was great to see all of the kids and their faces filled with smiles and anticipation on the first day. I have made it around and met all of the new students enrolled in our school and said hello to everyone else. My word for this year is **"MANNERS"**. I spoke to the kids about how we are going to help each other succeed this year. We'll be there to encourage, help, and give them whatever they need to be successful in school and life. I also talked about how they need to help their classmates who are struggling, having a bad day, or just need a word of encouragement. **Together we can make a difference for kids when we have a common goal** 😊

## FRONT DOOR ENTRY

The front door of the elementary will once again be accessible for parents to enter. We have a system that requires you to push a button (like a doorbell) and talk to identify yourself. We then can open the door for you. This system is located on the west wall (on the left) by the front door. Please feel free to visit our school. Remember we are very concerned with the safety of our children. Please give this system a try; it will be very easy to get use to. **THANK YOU FOR YOUR UNDERSTANDING.**

## TESTING

We will administer the fall MAP tests in September this year to students in Kindergarten -11<sup>th</sup> grade. The tentative dates are September 21-25 and September 28- October 2. Please help by making sure your child/children are in school and have had a good night's sleep. We appreciate the support and encouragement you give your child each day to do their best in school.



## 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.

## WHAT MAKES KIDS SUCCEED IN SCHOOL?

### Children who succeed in school:

1. **Are "eager to learn."** From earliest childhood, parents and community have offered interesting things to explore, and have encouraged curiosity.
2. **Pursue learning. This means they ask questions, and they seek help.** When they get stuck, they know that adults are on hand to help—and that it's worth asking.
3. **Put effort into their work.** Parents can convey the message that if kids try hard, the results will pay off. These kids are proud of effort, and they don't give up.
4. **Use solid emotional and social skills.** School is full of emotional and social challenge, as kids handle friends, authority, and group dynamics. Parents can help by supporting kids in making good decisions and being generous friends.

## Fostering Education Cont.



5. **Look to parents as role models for learning.** This does not mean that parents must be perfect—it means they must be real, and they must be willing to be learners sometimes too.
6. **Have homes that “promote learning by natural teaching.”** It means that parents talk, explain, name and count everyday things and experiences, helping kids learn and make meaning.
7. **Follow helpful family routines.** Kids can count on regular meals, baths, and sleep times. When it's time for school, they're ready to go.
8. **Know that rules count.** Parents help by setting clear limits and boundaries - “authoritative” rather than too strict or too lax.
9. **Attend schools with high expectations, and good communication about kids' progress.** Whatever the age of the child, parents can help by modeling good communication, and by staying in close touch with teachers and school staff.

**Is it easy to do these things? Not at all! If you can actively promote the items on this list, everyone in a family benefits, especially your school-age child.**

### UPCOMING DATES OF INTEREST

Sept. 7<sup>th</sup> – No School – Labor Day

Sept.– 25<sup>th</sup> and Sept. 28<sup>th</sup> – Oct. 2<sup>nd</sup> MAP TESTING



### WORDS TO THINK ABOUT ☺

Never look down on anybody unless you're helping them up.

You can't cross the sea merely by standing and staring at the water.

### COMMUNICATION

Call us with any questions at 487-3330.

**Together we can make a difference ☺**



On Friday August 12 the FFA held their annual welcome back breakfast for the school staff. The members served pancakes, scrambled eggs, hash browns, sausage, coffee, milk and juice to over 30 staff members. The FFA has done this for the past four years to let the staff know how much we appreciate the hard work they accomplish throughout the school year and to start the year off with a treat.



**Dear Parents,**

This year we are going to have to deal with a new virus, H1N1. I know that we can all work together to keep from getting sick.

The **most important** thing that you can do as parents is if your child is sick with these symptoms:

Dry, hacky cough  
Muscle aches  
Headache  
Nausea/vomiting  
Diarrhea  
FEVER (Temperature over 100 degrees)

**DO NOT SEND THEM TO SCHOOL**

Thank you for caring about the children and staff at our school. Please call me if you have ANY questions. I have a direct line to my office.

487-7425 (SICK)

Nurse Judy



## Nurse Judy Cont.



### Action Steps for Parents to Protect Your Child and Family from the Flu this School Year

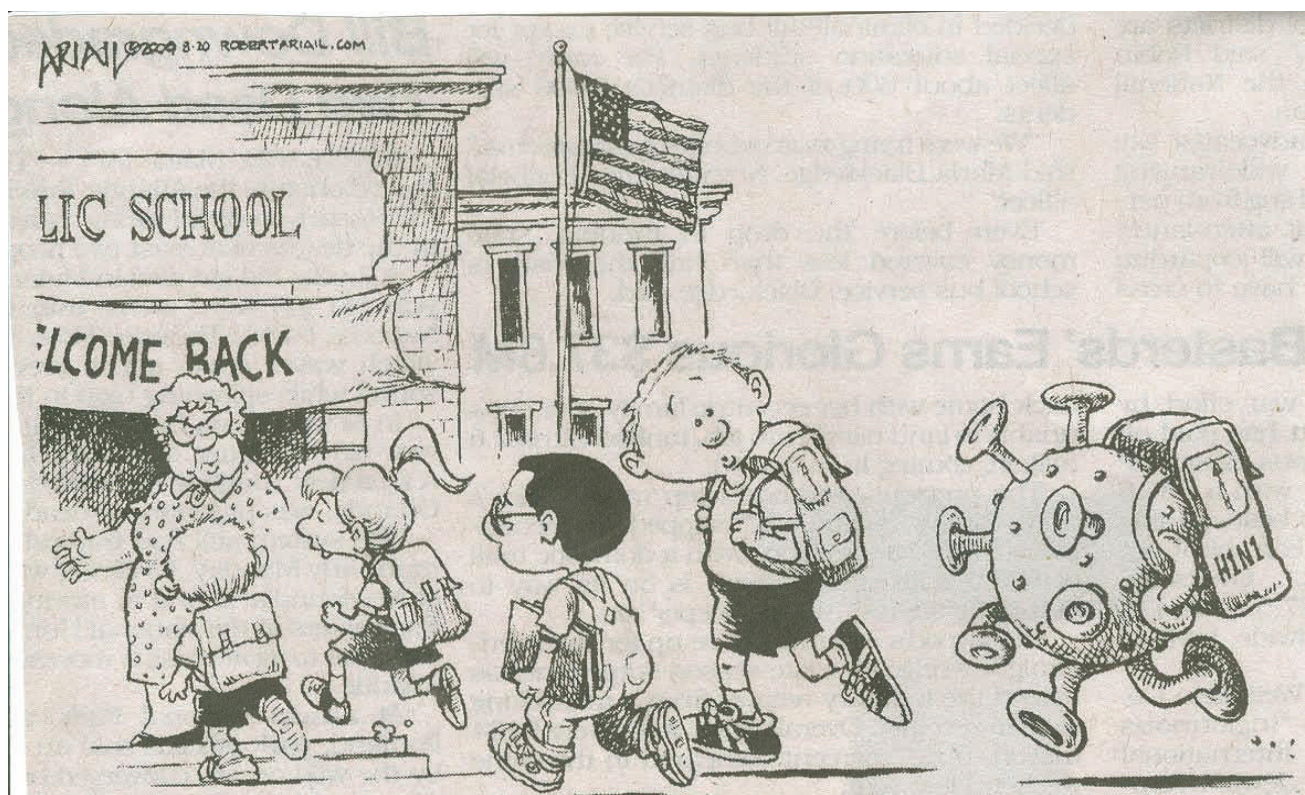
The Centers for Disease Control and Prevention (CDC) recommends 4 main ways you and your family may keep from getting sick with the flu at school and at home:

**Practice good hand hygiene** by washing your hands often with soap and water, especially after coughing or sneezing. Alcohol-based hand cleaners are also effective.

**Cover your mouth and nose** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder; not into your hands.

**Stay home if you or your child is sick** for at least 24 hours after there is no longer a fever or signs of a fever (**without the use of fever-reducing medicine**). Keeping sick students at home means that they keep their viruses to themselves rather than sharing them with others.

**Get your family vaccinated** for seasonal flu and 2009 H1N1 flu when vaccines are available.





## IORGI'S GYM



We got to start out the year again with swimming. Many thanks to the administration and the Village of Hemingford for making it possible to use the pool!

The last week in August and first week in September, is preliminary fitness testing: mile, sit-ups, push-ups, and flexibility. We are going to focus on fitness again this year so please make sure your child gets plenty of exercise at home and eats right.

### Grading

Kindergarten through Third Graders receive a behavior and participation grade: 4-exceeds expectations, 3-consistently meets expectations, 2-inconsistently meets expectations, 1-does not meet expectations.

Fourth, Fifth and Sixth Graders receive a percentage grade based on daily grade, 90%, fitness performance and written tests, 10%.

I have 2 rules in Physical Education:

1. Try Your Guts Out
2. Have Big Time Manners

Please encourage your child to do their best in everything they do!

### Website

Be sure and check the school's website for up-to-date happenings and photos from PE classes. Click on "Classes" on the left hand side, then "Physical Ed." There are also fitness calendars available there which you can print out and use each month. It's a great way to keep your kids moving after school.

### Tennis shoes in PE

Please make sure your child wears tennis shoes on PE days:

| Time          | White Days            | Red Days                          |
|---------------|-----------------------|-----------------------------------|
| 8:25 - 9:10   | 5 <sup>th</sup> grade | 6 <sup>th</sup> grade             |
| 12:25 - 12:55 | Kindergarten          |                                   |
| 1:00 - 1:30   | 1 <sup>st</sup> grade | 1:00 - 1:45 3 <sup>rd</sup> grade |
| 1:45 - 2:15   | 2 <sup>nd</sup> grade | 2:20 - 3:05 4 <sup>th</sup> grade |

I'm looking forward to a great year!

Mrs. Giorgi



## Worldstrides-2010



### WORLDSTRIDES – Parent reminder: Important dates -

I sent home slips with the students showing funds in their accounts at this time (still need to add in fair and some can money). The wreath-sales sheets will go out in October, with sheets AND MONEY due to me **Wednesday, October 28**.

The \$250 NONREFUNDABLE deposit is due **Friday, November 6, 2009**.

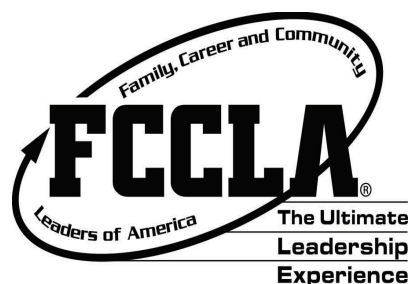
Thank you to all the parents who worked during the fair and the summer events. The students have made great progress on their money-making efforts.



Tim Campbell graciously donated a half of beef for a raffle, and Brun's Meat Service is donating the wrapping and the processing. So, there are 150 tickets at \$10 available. The students HAVE to account for the tickets they have and we want to sell them all.

**Worldstrides Beef Raffle winner will be drawn at the home football game, September 25, 2009. Need not be present to win.**

## FCCLA News Events



**Dues** this year will be \$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 2, 2009: Pizza new member/old member party

September 14, 2009: Fall leadership conference in North Platte. Officers attending need to pay their \$23.00 to Mrs. Neeffe by September 10<sup>th</sup>. Permission forms must be turned in as well. We will be leaving at 4:30 am.

TBA: Big brother/big sister (No student who did not pay dues will be eligible to participate in Big brother/big sister!) Interested members need to sign up, pay dues and turn in their forms to Shaylea, Ammie, or Mrs. Neeffe.

### What is Happening in the Family and Consumer Sciences classroom?

**Living arts:** Busy quilters! These 8<sup>th</sup> Graders are using their measurement skills be cutting, sewing and create their own quilted projects.

**Foods II:** The class will be learning about working and careers in the food service area. They will be developing their own foodservice career portfolios!

**FCS 4:** This new class will be learning about Interior design, Clothing, Child development and Foods and Nutrition. They will also be developing their own PLP (Personal Life Plan).

**Foods I:** The topic that foods I is studying is the history of food, influences and traditions of food, and the need for food.

**Life Skills:** Life Skills will be learning about goals building and an introduction to measuring in cooking.

## Mr. Olson-Speech Pathologist



### How To Help Your Child Listen

Listening is half of communication. Help your child learn to be a better listener and he or she will become a more effective communicator. First, make sure your child is hearing normally. If you have any concerns about your child's ability to hear, seek professional help from an audiologist for a complete hearing evaluation.

Once your child hears adequately, the child then has to understand what he or she hears in order to respond appropriately. When children understand what they hear, they have auditory comprehension. When a child understands words and sentences, he or she has developed speech and language skills. Listening skills help a child develop friendships by participating in the normal sharing of conversational give-and-take. Good listening skills provide a child with a greater chance at success at school since students spend more time listening than doing any other activity.

When you respond to a child's speech and language efforts in a positive manner, the child is encouraged to continue to keep trying. Likewise, the child learns how to become a good listener when you model desirable behavior. Let your child know you are listening in a sincere way. You can do this by giving your full attention when the child is talking to you, looking at the child, waiting patiently for the child to finish, and then responding in a meaningful way to what the child said. You can also show good listening behavior when you sit down in a quiet room, turn off nearby radios or televisions, and devote all your attention to the conversation with your child.

Challenge your child's listening skills by interjecting a little humor. For example, ask the child how many wings a bird has, and then ask how many wings a frog has. When you ask your child questions, vary the type of question you ask to keep the child listening closely. Sometimes a question seeking a one-word reply is necessary (for example, "Did you feed the dog?") Other questions may require more listening and thinking (for example, "What did you like about dinner tonight?" "Why do we go to the grocery store?" "What would happen if your big brother tried to wear your shoes?")

You can encourage your child's good listening skills when you...

Reduce and eliminate background noise and distractions when talking to the child

Get the child's attention before speaking

Talk to the child at eye level

Speak slowly and clearly to the child, and repeat if necessary

Reduce visual and auditory distractions in the room to help with attention and focus

Use a consistent routine

Respond to what the child says so he or she know you are listening

For more suggestions or information, call me at 487 3330.

Michael Olson, Speech-Language Pathologist  
Hemingford School District



2nd Edition

## Coaches Corner



Hello and welcome to a new school year! It's an exciting time with classes starting up and the beginning of the fall sports season. We are all anxiously anticipating the kick off of football, the opening serve of volleyball, and the starter's pistol signifying cross country is under way.

We have improved our facilities with upgrades to the track and weight room, new finishes on the gym floors, and the football fields look awesome. A big thank you to the Booster Club, Marv and the guys, Karla, and Ron Wood for all their efforts to provide our kids the best facilities.

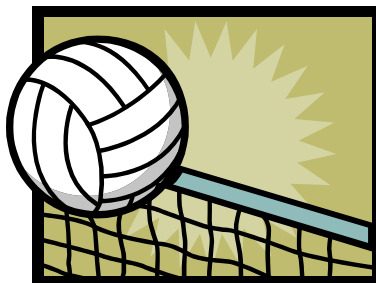
We are currently busy testing for our fitness performance indexes in phys ed and weight training classes. I feel it is essential that we test students periodically throughout the year so they and their parents can see areas of growth and maybe identify an area or two where we can emphasize improvement.



I would like to stress the importance of regular exercise for all as a means of maintaining a healthy lifestyle. Studies have shown even a few minutes of activity provide benefits for our bodies. Don't forget to stress nutrition, drink plenty of water, and make sure we get enough sleep.

I look forward to another great year at Hemingford. Nobody treats their children any better than the Bobcats and we are front and center when it comes to providing hospitality to our guests when they arrive for their out of town contests. Welcome back and let's go Bobcats!

Coach Hiemstra



# COUNSELOR'S

## ORN E R

Murray the Mannerly Mouse will again be in school with us this year. He will be coming to grades K – 2. He is bringing with him good manners and how to use them. Ask your child about Murray and what he is all about.

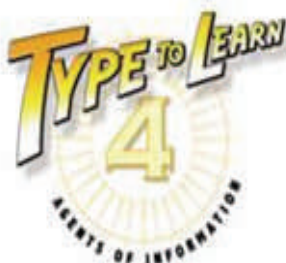
**7<sup>th</sup> – 12<sup>th</sup> graders *Get Involved*** – Start the school year by getting involved in extracurricular activities to increase your chances for scholarships and admission to college.

**Seniors** be watching in the mail. We will be having a meeting about your life after graduation. We will cover release of transcripts, college visits, senior mailboxes, ACT test dates, scholarships, world of work after graduation, etc. The letter will be coming soon.

To take the test on October 24, 2009 the next registration date for the ACT is September 18, 2009. Register online @ [www.actstudent.org](http://www.actstudent.org). If you have any questions, come in and see me or give me a call @ (308)487-3358.

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

### 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.

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

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

This is your chance to learn to type!

# Nutrition Nuggets

Food and Fitness for a Healthy Child

September 2009

Hemingford Public Schools

Nancy Yardley, Food Service

## BEST BITES



### Try new foods

Does your child want the same foods every day?

Encourage him to branch out by serving new foods along with ones he already likes. For instance, put tomato on a grilled cheese sandwich or avocado on a turkey and cheese sandwich. *Tip:* Offer only one new food at a time.

### DID YOU KNOW?

Your youngster might qualify for free or reduced-price school breakfasts and lunches. Complete the simple application form your school sends home, or ask in the school office. *Note:* Cafeterias use ID systems that keep payment information private, so no one knows who pays and who gets free meals.



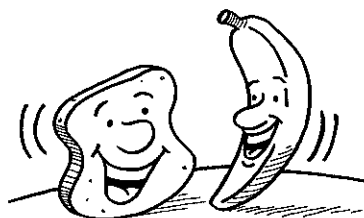
### Stop and go

Help your kids get exercise and boost coordination with this fast-paced game. One person kicks a ball and calls out a body part (right foot, left arm, left knee). Players try to stop the ball using that body part. If a player doesn't follow the directions, she gets a point. Lowest score wins!

### Just for fun

**Q:** What did the banana say to the bread?

**A:** Nothing. Bananas don't talk!



## Start the day right

Teach your child to eat a healthy breakfast every day, and you'll help him build an important habit for life. Here are some ideas.



### Why should I eat breakfast?

Start by explaining to your youngster that food gives him the energy he needs to do schoolwork and to play. Ask him, "Can we drive our car without gas in the tank?" When he says, "Of course not!" you can tell him that food is like fuel in his tank.

### What should I have?

Help your child learn how to put together a healthy breakfast. Using old magazines, have him cut out pictures of foods. Then, he can glue several "meals" on separate paper plates.

Discuss his choices. Has he included a protein like eggs, milk, or yogurt? Does he have whole grains, such as oatmeal, whole-wheat toast, or whole-grain waffles? Did he add fruit?

### What can I do?

Let your youngster plan breakfast menus for the week. Suggest that he write each one on an index card and keep them in a small box. Go food shopping together, and help him select healthy versions of his choices (fat-free milk, non-sugary cereals).

At night, he can pull out the next morning's card and do "prep" work. For example, he might set the table, put out cereal boxes, wash fruit, or help you make pancakes that you can reheat in the morning.

*Note:* Ask if your school serves breakfast. Your child can get a healthy meal and will have fun eating with his friends. ●

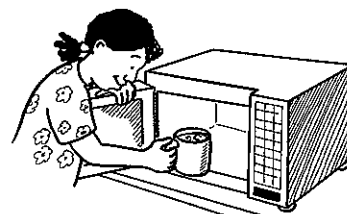
### What's for breakfast?

Looking for easy breakfasts that your youngster will love? Try these.

**Egg cup:** Spray the inside of a mug with nonstick spray. Whisk two eggs with a little fat-free milk, and pour into the mug. Stir in pieces of low-fat cheese and ham. Microwave for 1½–2 minutes, until the eggs are set.

**Pineapple sundae:** Scoop nonfat vanilla yogurt into a clear glass. Top with pineapple chunks and mandarin oranges (canned in their own juice and drained). Sprinkle with shredded coconut.

**Roll-ups:** Top a whole-wheat tortilla with fillings like low-fat cream cheese and sliced cucumbers or refried beans and shredded cheddar cheese. Roll the tortilla tightly into a log, and slice it crosswise into small pieces. ●





# Family circuit training

Health clubs often have "circuits," or groups of exercise machines to use in a row. Create your own circuit at home for free, and enjoy exercising together as a family! You can set up stations like these.

**Squat and reach.** Hold a ball at chest level. Squat into a sitting position, stand up, and "touch the sky" with your arms. Repeat.

**Step up.** Stand at the bottom of a staircase, hold on to the banister, and step up with one foot. Raise your other knee up high, and step down with both feet. Alternate legs.



**Open and close.** Hold a soup can in each hand. With elbows at your waist and arms straight out in front, move your arms out to your sides and back to the center. Balance on one foot for an extra challenge.

**Jump over.** Jump from side to side over a phone book (older kids and adults) or a small box (younger children). Land with knees bent.

Have one person watch the clock and call "next station" after 30 seconds. You can add aerobic exercise by jogging in place or doing push-ups for 15 seconds between stations. Note: For safety, be sure everyone wears sneakers. ●

## ACTIVITY CORNER

### Food tokens

Encourage your youngster to eat the daily recommended number of food group servings with this fun idea.

Together, make a set of food tokens for each family member. Here's how: cut out small cardboard circles and draw pictures for each food group (examples: cows for dairy foods or carrots for vegetables). Each person will need tokens for 9 servings of grains, 4 vegetables, 3 fruits, 3 dairy, and 2 meat and beans. Tip: Have everyone initial their tokens.



Each person starts the day with all his tokens. At meal or snack time, everyone puts one in a jar for each serving they ate. Can your family members use all their tokens every day? ●

## OUR PURPOSE

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

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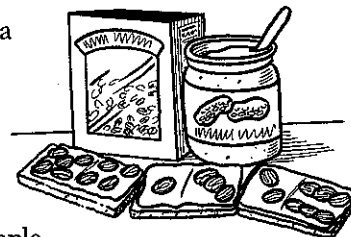
## IN THE KITCHEN

### Count, add, and snack

Here are two tasty ways to build a math lesson into snack time.

**Dominoes.** Let your child break a whole graham cracker into four pieces and spread each one with a thin layer of peanut butter (substitute cream cheese if allergic). Next, he can put raisins on top to turn the pieces into dominoes. For example, he could make a domino with 4 raisins on one half and 5 on the other. Join him in making dominoes, and take turns matching your numbers end-to-end. Then, eat them together!

**Fruit countdown.** Your youngster can practice counting backward by making a number-based fruit salad for your family. He might combine 10 banana slices, 9 blueberries, 8 grapes, and so on, down to 1 big strawberry on top. Have him add all the numbers (on paper or in his head) to find the total number of pieces of fruit. ●



## Q & A Ready for organized sports?

**Q:** T-ball and soccer leagues are forming in our community. How do I know if my child is ready for organized sports?

**A:** For sports, as for everything else, children develop at different rates. Some may be ready to play on teams at age 5 or 6; for others, it may be age 10 or older.

Start by considering whether your child can follow directions, share with others, and handle losing when she plays

games. If so, talk to her about whether she wants to play on a team. Is she excited about the idea, or is she indifferent? Make sure she understands the commitment—she will probably have at least a practice and a game each week.

If your youngster feels she's ready, let her help select the sport to try. She's more likely to stay motivated if she has a say in the decision. ●



# Hemingford Public Schools

September 2009

## Breakfast Menu

Milk is served with all meals

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
|   | 1<br><b>PANCAKES</b><br>Fruit or Juice                                  | 2<br><b>EGG &amp; CHEESE<br/>BISCUIT</b><br>Fruit or Juice | 3<br><b>CEREAL<br/>Muffin</b><br>Fruit or Juice  | 4<br><b>BREAKFAST<br/>PIZZA</b><br>Fruit or Juice  |
| 7<br><div>NO SCHOOL<br/>Labor Day</div>               | 8<br><b>PANCAKE &amp;<br/>SAUSAGE on a<br/>STICK</b><br>Fruit or Juice  | 9<br><b>WAFFLES</b><br>Fruit or Juice                      | 10<br><b>CEREAL<br/>Muffin</b><br>Fruit or Juice | 11<br><b>CINNAMON<br/>ROLL</b><br>Fruit or Juice   |
| 14<br><b>CEREAL<br/>Granola Bar</b><br>Fruit or Juice | 15<br><b>SCRAMBLED<br/>EGGS &amp; Toast</b><br>Fruit or Juice           | 16<br><b>APPLE<br/>TURNOVER</b><br>Fruit or Juice          | 17<br><b>CEREAL<br/>Muffin</b><br>Fruit or Juice | 18<br><b>BREAKFAST<br/>PIZZA</b><br>Fruit or Juice |
| 21<br><b>CEREAL<br/>Granola Bar</b><br>Fruit or Juice | 22<br><b>PANCAKES</b><br>Fruit or Juice                                 | 23<br><b>FRENCH<br/>TOAST</b><br>Fruit or Juice            | 24<br><b>CEREAL<br/>Muffin</b><br>Fruit or Juice | 25<br><b>CINNAMON<br/>ROLL</b><br>Fruit or Juice   |
| 28<br><b>CEREAL<br/>Granola Bar</b><br>Fruit or Juice | 29<br><b>PANCAKE &amp;<br/>SAUSAGE on a<br/>STICK</b><br>Fruit or Juice | 30<br><b>WAFFLES</b><br>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

## September 2009

### Lunch Menu

Milk is served with all meals

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   | <b>1 BEEFY NACHOS</b><br>Lettuce Salad<br>Applesauce<br>Roll & Butter<br>Alt. Baked Potato     | <b>2 CHICKEN &amp; NOODLES</b><br>Green Beans<br>Peaches<br>Roll & Butter<br>Alt. Crispito       | <b>3 TOSTADO PIZZA</b><br>Carrots<br>Pineapple<br>Pudding<br>Alt. Burrito                               | <b>4 POORBOY SAND.</b><br>French Fries<br>Fresh Fruit<br>Dill Spear<br>Alt. Hamburger |
| <b>7</b><br><div style="border: 1px solid black; padding: 5px; text-align: center;"> <b>NO SCHOOL</b><br/>           Labor Day         </div> | <b>8 TACOS</b><br>Spanish Rice<br>Pears<br>Roll & Butter<br>Alt. Baked Potato                  | <b>9 FRITO PIE</b><br>Green Beans<br>Fresh Fruit<br>Roll & Butter<br>Alt. Quesadilla             | <b>10 CHICKEN FAJITA SALAD</b><br>Tater Bar<br>Fruit Cocktail<br>Roll & Butter<br>Alt. Pizza Hot Pocket | <b>11 B.B.Q. SAND.</b><br>Corn<br>Pineapple<br>Cheese Stick<br>Alt. Chicken Sand.     |
| <b>14 HAMBURGER</b><br>French Fries<br>Pineapple<br>Dill Slices<br>Alt. Hot Ham   | <b>15 CRISPITO</b><br>Corn<br>Fresh Fruit<br>Roll & Butter<br>Alt. Pig in Blanket              | <b>16 PIZZA</b><br>Lettuce Salad<br>Pears<br>Cookie<br>Alt. Stromboli                            | <b>17 TURKEY GRAVY</b><br>Mashed Potatoes<br>Peaches<br>Roll & Butter<br>Alt. Chicken Nuggets           | <b>18 GRILLED CHEESE</b><br>Green Beans<br>Applesauce<br>Tomato Soup<br>Alt. Corndog  |
| <b>21 HOTDOG / BUN</b><br>Tater Bar<br>Peaches<br>Baked Beans<br>Alt. Pizza   | <b>22 BOBCAT TACO</b><br>Lettuce Salad<br>Fruit Cocktail<br>Roll & Butter<br>Alt. Baked Potato | <b>23 SPAGHETTI &amp; MEAT SAUCE</b><br>Coleslaw<br>Peaches<br>Garlic Bread<br>Alt. Oven Chicken | <b>24 CHICKEN SAND.</b><br>Corn<br>Fresh Fruit<br>Dill Spear<br>Alt. Ready Rib Sand.                    | <b>25 SLOPPY JOE</b><br>French Fries<br>Pineapple<br>Cookie Cake<br>Alt. Hamburger    |
| <b>28 SAUSAGE GRAVY/ Biscuit</b><br>Green Beans<br>Applesauce<br>Pudding<br>Alt. Pizza  | <b>29 TACO BURGER</b><br>French Fries<br>Pineapple<br>Dill Spear<br>Alt. Baked Potato          | <b>30 CHICKEN NUGGETS</b><br>Corn<br>Peaches<br>Roll & Butter<br>Alt. Philly Steak               |   |   |

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# Calendar Events September 2009

| Sun | Mon  | Tue  | Wed  | Thur   | Fri   | Sat   |
|-----|--|--|--|--|---|---|
|     |  | 1<br>Red Day<br>5:45 PM Jr. Tackle FB @ Alliance   | 2<br>White Day<br>FCCLA Pizza Party        | 3<br>Red Day<br>4:00 PM JH VB Morrill @ Home<br>5:00 PM F JV V VB @ Mitchell   | 4<br>White Day<br>1:00 PM JH V CC @ Gering Inv.<br>7:00 PM V FB @ Edgemont                                    | 5   |
| 6   | 7<br>Labor Day - No School   | 8<br>Red Day<br>5:00 PM V VB Triangular BCh/H'Sp @ Home<br>5:45 PM Jr. Tackle FB @ Alliance<br>6:00 PM JV FB @ Crawford  | 9<br>White Day<br>FFA-Impact@SBluff        | 10<br>Red Day<br>7:00 PM Senior Parent/Student Night   | 11<br>White Day<br>2:00 PM JH V CC @ Kimball Inv.<br>6:30 PM V FB Mullen @ Home                               | 12<br>8:30 AM JV V VB @ Gordon/R'ville Invite   |
| 13  | 14<br>Red Day<br>FCCLA Leadership<br>4:30 PM F JV VB Morrill @ Home<br>5:30 PM JV FB @ Leyton            | 15<br>FFA Range Judge<br>White Day<br>4:00 PM V VB Triangular Kimball/G-R'ville @ Home<br>5:30 PM Parent PowerSchool Trng<br>7:00 PM School Board Mtg.   | 16<br>Red Day<br>High School Picture Day   | 17<br>White Day<br>Elementary Picture Day<br>4:00 PM JH VB B'port @ Home<br>5:00 PM JH FB Gordon/R'ville @ Home  | 18<br>Red Day<br>ACT Registration Deadline<br>7:00 PM V FB Mullen @ Banner County (Harrisburg)                | 19<br>8:00 AM JH VB @ Alliance Invitational<br>9:00 AM V VB Hemingford Invite<br>9:00 AM JH V CC @ Alliance Inv.    |
| 20  | 21<br>White Day<br>NWEA Map Testing Window<br>5:00 PM JV VB @ Hay Springs<br>6:00 PM JV FB @ Hay Springs | 22<br>Red Day<br>Progress Reports Sent Home<br>NWEA Map Testing Window<br>4:00 PM F JV VB Triangular @ Alliance w/ Chadron<br>4:45 PM JH V CC @ Scottsbluff Inv.<br>5:00 PM JH FB @ Alliance<br>5:45 PM Jr. Tackle FB @ Hemingford | 23<br>White Day<br>NWEA Map Testing Window | 24<br>FCCLA Lunch w/Rep<br>NWEA Map Testing Window<br>Red Day<br>4:45 PM JV V VB @ Banner County<br>5:30 PM Parent PowerSchool Trng<br>6:00 PM FFA Meeting | 25<br>White Day<br>NWEA Map Testing Window<br>1:00 PM JH V CC @ Torrington Inv.<br>7:00 PM V FB Leyton @ Home | 26<br>JV V VB @ Mitchell Invitational<br>JH VB Panhandle Conference @ Edgemont<br>10:00 AM JH FB Hay Springs @ Home |
| 27  | 28<br>Red Day<br>NWEA Map Testing Window<br>5:30 PM JH VB Gordon/R'ville @ Home                          | 29<br>White Day<br>NWEA Map Testing Window<br>4:30 PM Jr. Tackle FB Consolations & Championships @ Alliance<br>5:00 PM V VB Tri @ Home w/B'port & Bayard   | 30<br>Red Day<br>NWEA Map Testing Window   |  |   |   |

# Calendar Events October 2009

| Sun  | Mon  | Tue  | Wed                                    | Thur   | Fri  | Sat  |
|--|--|--|--|--|--|--|
|  |  |  |  | <p>1 2:30 AM JH V CC @ Bayard Inv.<br/>NWEA Map Testing Window<br/>White Day<br/>4:30 PM JH VB @ Crawford<br/>6:00 PM JH FB @ Crawford</p> | <p>2 Red Day<br/>NWEA Map Testing Window<br/>7:00 PM V FB @ Crawford</p>   | <p>3 Band Marching at CSC</p>  |
| <p>4 White Day<br/>Homecoming Week<br/>5:00 PM JV FB Alliance Frosh @ Home</p>   | <p>5 White Day<br/>Homecoming Week<br/>5:00 PM JV FB Alliance Frosh @ Home</p>   | <p>6 Red Day<br/>Homecoming Week<br/>1:30 PM Assembly 7-12<br/>5:00 PM JV V VB @ Crawford</p>                                      | <p>7 White Day<br/>Homecoming Week</p> | <p>8 Red Day<br/>Homecoming Week<br/>5:00 PM JV V VB Hay Springs @ Home</p>  | <p>9 White Day<br/>Homecoming Week<br/>11:00 AM JH V CC @ W T C @ Gordon<br/>1:30 PM Homecoming Parade<br/>7:00 PM V FB Potter/Dix @ Home<br/>9:00 PM Homecoming Dance</p> | <p>10</p>  |
| <p>11 Red Day<br/>Jostens (Rings/Announce)<br/>5:00 PM JH VB @ Hay Springs<br/>7:00 PM School Board Mtg.</p>   | <p>12 Red Day<br/>Jostens (Rings/Announce)<br/>5:00 PM JH VB @ Hay Springs<br/>7:00 PM School Board Mtg.</p>   | <p>13 White Day</p>  | <p>14 Red Day</p>                      | <p>15 White Day<br/>5:00 PM V VB Triangular @ Morrill w/Bayard<br/>5:00 PM JH VB @ Bayard<br/>6:00 PM JV FB Gordon/R'ville @ Home</p>      | <p>16 Red Day<br/>End of 1st Quarter<br/>7:00 PM V FB Garden County @ Home</p>   | <p>17 V VB Panhandle Conference @ Edgemont<br/>8:00 AM Jr PSAT Test (optional)</p> |
| <p>18 State Student Council<br/>White Day<br/>Begin 2nd Quarter<br/>9:00 AM Jostens (Rings/Announce) Order<br/>5:00 PM F JV VB Gordon/R'ville @ Home</p> | <p>19 State Student Council<br/>White Day<br/>Begin 2nd Quarter<br/>9:00 AM Jostens (Rings/Announce) Order<br/>5:00 PM F JV VB Gordon/R'ville @ Home</p> | <p>20 Red Day<br/>Early Out 1:00 pm<br/>2:00 PM Parent/Teacher Conferences<br/>4:30 PM JV VB Triangular @ Crawford w/H'Springs</p> | <p>21 No School--Assessment Day</p>    | <p>22 No School--Fall Break</p>  | <p>23 No School--Fall Break<br/>State Cross Country<br/>7:00 PM V FB @ Creek Valley</p>  | <p>24 ACT Test<br/>1:00 PM V VB Western Trails Conference @ Bridgeport</p>         |
| <p>25 White Day</p>  | <p>26 White Day</p>  | <p>27 Red Day<br/>5:00 PM V VB Triangular w/ C'ford &amp; Sioux City @ Home</p>  | <p>28 White Day</p>                    | <p>29 Red Day<br/>6:00 PM FFA Meeting</p>  | <p>30 White Day</p>  | <p>31</p>  |