

## BOBCAT BITS

## HAPPY ST. PATRICK'S DAY

## NOTES FROM MR. NINGEN

MARCH 2011

*Winter Activities Lead Us Into a Great Spring Opportunity!*

The past few months have been good ones for our basketball teams, our wrestlers, our speech team, and our musicians. Though our teams ended the season a game or two earlier than they wanted to, there was a lot of hard work and improvement shown.

Winning records in Basketball, with some tournament Championships and second place finishes thrown in really kept the community involved.

Sending two wrestlers to state was good, and having both Aaron Jespersen and Jose Campos earn medals there was GREAT! Both seniors also won district titles and more than 100 matches. Both wrestlers lost tough close matches in Omaha to the eventual class champions in their weight.

Speech Districts are still a ways off, but Hans Hansen and our O.I. D. teams seem to be doing very well.

In music, Ms. Schmidt sent Katee Folkerts, Mindy Gibbons, Richard Heule, Emily Sample, Luchia Sicari, and Bethany Wacker to the CSC High Plains Festival.

Thanks to our Cheerleaders too! Delaney Adam, Kayla Hansen, Davina Berg, and Cassie Elder all did a GREAT job in getting out in front of the fans and getting our crowd fired up! Thanks to Mrs. McConville for sponsoring cheerleading this year!

Activities can really be a unifying force for a school, especially when hard work pays off with good seasons. There have been many times in Hemingford where the won-loss record wasn't very shiny, but the students and coaches were still doing their best.

Sports seasons like we have had this winter have been like frosting on a cake!

*Speaking of frosting*, old man winter is still packing a punch, so I want to encourage our students and staff to be careful on those slippery roads.

However - Spring beckons, and on March 16-18 the student body will get a well-deserved spring break. Just before break, the faculty will have Parent - Teacher Conferences from 2PM - 8PM on Tuesday afternoon and evening, Tuesday, March 15<sup>th</sup>. Students are encouraged to attend as well.

2010-2011 is winding down, with Graduation just around the corner. I want our seniors to finish hard, but I also want our underclassmen and elementary students to do the very best they can with the short time that remains in our year.

*The summer of 2011 will be a good one if all of our work is done. Now is the time to gear up for making that happen!*

DO YOUR VERY BEST!





## FOSTER'S FACTS

Already—Yes! Set those clocks ahead on March 13<sup>th</sup>. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. Being on time is a skill that needs to be developed. School is the primary "job" for students and should be treated as such. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh (athletic length) is a good visual ruler for you.



### School Safety News:

Each year the school reviews ways to make the school atmosphere more safe and conducive to learning. At the February school board meeting, the school board has adopted protocol when having PSD enter the campus during the school day. The following protocol will be implemented:

#### School Sniff Protocol for Police Service Dog

Before PSD may enter the school campus, school must be in "lock-down" mode. All staff and students must be accounted for by school staff and secured inside a classroom or office. No students should be allowed to move through hallways or other common areas unless escorted by a school staff member.

Upon entering a school building a school staff member will accompany the PSD Team or PSD Teams. The staff member will keep a respectable distance and not interfere with the PSD Team but remain in sight of the team at all times.

Should the PSD alert on student locker, the location of the locker will be noted but left undisturbed. After the PSD Team has finished the search of the premises, the PSD will be returned to the patrol car and secured. After the PSD has been secured, a law enforcement officer and school staff member will conduct a search of the locker and contents the PSD alerted on. The two lockers on each side of the locker which was alerted on will also be searched. The secondary search of the additional lockers will be conducted each time, unless narcotics have been recovered from the primary locker.

#### Absent or Truant?

When it is necessary for a student to be absent for a non-school related activity, the parent or guardian is asked to call the school prior to 8:45 am. You can leave a message on the school answering machine early in the morning if that works best for you. This is to ensure safety and accountability for your child. Also if you would like an assignment sheet for your son/daughter, it needs to be requested when you call in. Normally when your child is ill enough to be at home, it may be more beneficial for them that they sleep during the day and plan on staying for SST the next day to work on missed assignments.



Also, attendance is a direct correlation for student success. Please try to schedule necessary appointments during breaks or when little time from school can be missed. Your help in keeping students in school as long as possible is much appreciated.



## FOSTER'S FACT'S CONT.

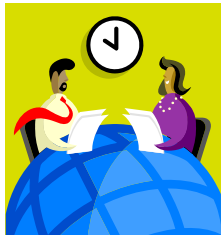
### Cell Phones—Thanks for your help.

Thank you for calling the office and leaving messages for your son or daughter rather than texting them. The office is more informed when students need to check out for student appointments. We welcome students leaving their phone in the office in the morning and then picking it up later in the day so they have it for their travel home. Thank you for cooperating with the school on this.



### School Activities

During the month of March, the focus is pulled from athletic competitions to the fine arts and academic competitions. Band clinics, instrumental music, quiz bowl teams are all part of the March activities. The Dinner-Theatre is set for the second weekend in March with District Speech (March 16) and WTC Music (March 8). A student teacher from Chadron State College will join the Family and Consumer science department from March 7 through April 29.



### Parent/Teacher Conferences—End of 3<sup>rd</sup> Quarter

Please plan to spend some time at the high school on **Tuesday, March 15** for parent/teacher conferences. Conferences run from 2:00 – 8:00 pm. At that time you may pick up your son or daughters report card as well as discuss with teacher the strengths of your child. This is an excellent opportunity to discuss what projects will be upcoming or ask questions. Feel free to bring your son/daughter to conferences with you. It is useful for them to hear the good as well as how they could do better. Remember conferences are for all the students in grades 7-12.

### Supervised Study Time (SST)

It happens from 3:30-4:00 Monday-Thursday. Looking for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student grade and understand material presented. All students are welcome to use this time.



### Teacher Assessment Day

The morning of March 16, teachers will spend time with the 6-trait writing scoring. They will score the writing that was completed early in earlier this month. Juniors may find their results additionally beneficial before they April ACT test date especially if they complete the writing portion.



### Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 28 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.

## Scheduling for Next Year

The scheduling process for the 2011-2012 school year will begin mid March. Your son/daughter will be bringing home registrations forms. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign the form indicating that they are aware of courses their son/daughter may be taking.



## FOSTER'S FACTS CONT.

**ACT Testing Date**—If your son or daughter plans on taking the April ACT (the time most juniors take the test for the first time) they are required to be in the current ACT prep class. The school provides the opportunity during their SSR reading period to work through a practice test. Students that do not attend a prep class are at a disadvantage when taking the test. The school is using the John Baylor Test Prep materials which are successful in raising test scores. This is free to the students, which is an advantage for our students. Some schools charge for this prep activity.

### Prom Eligibility

The juniors are in planning stages for the 2011 Prom (April 9). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period beginning Wednesday, April 6 through Tuesday, April 12, 2011.



### April Activities

Scholastic Day @ CSC (Friday–April 1)  
 JH Quiz Bowl @ Gering (Friday–April 1)  
 Prom (April 9)  
 District Music—April 20  
 Progress Reports (Seniors-April 7; Grades 7-11, 21<sup>st</sup>)  
 Health Professions Trip (April 28/29)

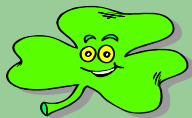


#### Did You Know?

Did you know that the transfer date for 2011-2012 will be March 15, 2011? Enrollment Option transfers, transfers from public-to-private, private-to-public, private-to-private, intra-district, and transfers from out-of-state must be completed by March 15 (for fall enrollment) and entered on a new electronic entry page on the NSAA web page. Such students meeting the March 15 deadline and whose information is submitted electronically to NSAA by March 15, 2011 can be eligible in the new school in the fall. Failure to meet this March 15 deadline will result in a 90 school days ineligibility period for the transfer student.

Students who submit transfer paperwork on or before March 15, 2011, and who later decide not to transfer, will be ineligible for 90 school days in the school where they have been attending. Please make students aware of this rule change.





## FOSTERING EDUCATION



### HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 10<sup>th</sup>, it just doesn't seem possible. We have had a very productive and rewarding year so far. I love walking into the classrooms and seeing the kids engaged in learning. As principal I feel blessed having children who are coming to school each day eager to learn. Our teachers are doing an excellent job helping the kids reach their potential.

### STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. This took place on February 7<sup>th</sup> and 8<sup>th</sup>. The students in all other grades will write using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers on March 16<sup>th</sup>.



### DATES OF INTEREST

March 15<sup>th</sup> - 1:00 p.m. Dismissal

Parent / Teacher Conferences will run from 2:00 – 8:00 p.m.

March 16<sup>th</sup> – No school for kids ---Teacher Assessment 8:00-12:00

March 17<sup>th</sup> – 18<sup>th</sup> No School ---- Spring Break

March 24<sup>th</sup> – 6<sup>th</sup> Grade Bingo Night from 5:00 – 7:00 p.m.

### PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, March 15<sup>th</sup>. 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.

### STATE READING and STATE MATH TEST



We will administer the NeSA-R and NeSA - M (Nebraska State Accountability Reading and Math) tests this spring for students in grades 3, 4, 5, 6, 7, 8, and 11. This is a state requirement to measure student growth against schools throughout our state.

**THESE TESTS ARE VERY IMPORTANT. Let's show everyone how great our school is by doing our very best.**

### 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.



### KINDERGARTEN ROUND UP

We will be contacting parents who have children that will turn 5 years of age before the October 15<sup>th</sup> deadline. If you are new to the district and have a child who will meet the age requirement, please contact us at 487-3330. We will be having a meeting in April. **Items you will need to bring to that meeting are the original or copies of the following: Birth Certificate, Immunization Records, and Social**

**Security Number.**

**Together we can make a difference for kids ☺ Call us with any questions at 487-3330.**



## Notes from the Nurse

WOW!! We are recovering from a couple of weeks of having many students gone with febrile illness. We are cleaning and sanitizing the school on a regular basis, with emphasis on those rooms that have many students absent with illness. Your student might also have told you that the nurse came into their classroom and took everyone's temperature. I did this in an effort to identify those students with fever and get them home to recover. We must all work together if we want to keep all of the students and staff healthy.

Here's how you can help:

1. If your child has a temperature of 100 degrees or more, keep them at home.
2. If your child has vomiting or diarrhea, keep them at home.
3. If your child acts like they don't feel well, keep them at home.
4. Do not allow your child to return to school until they are fever free for 24 hours without Tylenol or Ibuprofen.

Since we are seeing cases of **Influenza**, please watch for the following symptoms:

Dry, hacky cough  
Muscles aches  
Headaches  
Fever

If your child has these symptoms, please call your health care provider.

As always, it really helps if you let me know if your child has an infection, especially those that spread easily in the school environment, like:

Strep throat, Mono, Pink eye, Influenza

Call 487- SICK (7425)

Thanks for keeping our students and staff healthy!!





# Giorgi's Gym



**-COMING MARCH 10<sup>th</sup>-**

## **ARE YOU MORE COORDINATED THAN YOUR FIFTH GRADER?**

The third annual Parent PE Challenge night will be held on Thursday, March 10 from 6:00 - 7:00 PM in the high school gym.

All 5<sup>th</sup> graders and their parents are invited to attend. Parents will have a chance to challenge their 5<sup>th</sup> graders in 6 events: hula hoop, jump rope, partner throw and catch, volley up, paddle

strike, and balance shuffle. Be sure to come and see if you are more coordinated than your fifth grader!

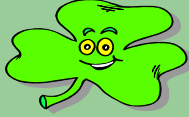


## **BOATER EDUCATION CLASS**

In March and April, a 6 day Boating Safety class will be offered free of charge to all interested 9<sup>th</sup> grade students during their PE class. This class is certified by the Nebraska Game & Parks Commission, and students who pass the final test will be issued a Boater Education Card which allows them to operate a boat as well as a personal watercraft (jet ski).

Mrs. Giorgi

# THINK SPRING!!



## Getting Involved With Alcohol Awareness

The fourth grade class had been participating in the MADD program. It is a program designed to teach youth about the effects that alcohol has on the body as well as techniques to use if you are found in a situation where alcohol is involved. Well our last lesson stated facts about drunk driving and asked the students to take a stand against drunk driving. Some students asked guest speakers to come in and talk, others made posters to display around town, and another group decided to place an ad in our newsletter. Encourage our youth and take a stand with us to stop the abuse of alcohol.

**Don' Drink and  
Drive!**



**2** People are killed an hour by drunk driving.  
**48** people are killed a day. **17,520** people  
are killed in one year. Drunk driving is stupid  
and it puts others in danger!





## WORLDSTRIDES-MRS. WADE

March is a busy month!



WorldStrides – With the Chamber dinner on March 7, the organizational meeting has been rescheduled for March 22. Twelve of the sophomores in the new WS group for 2012 will serve. They need to be at the Multi-Purpose Hall at 5:30 in dark pants/skirt (not too short and NO shorts) and a plain, white shirt.

The organizational meeting will be in Mrs. Wade's room on March 22 at 7:00 p.m. It is very important for the students to attend WITH a parent.

We will go over many of the fundraisers and information about the trip. It takes a lot of planning but is well worth the effort. This meeting is also for any junior who did not attend this year as they are eligible to go next year.

## QUIZ BOWL-MRS. WADE

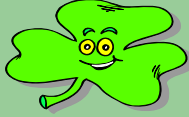
As we return from Spring Break, high school students will be attending the Panhandle Conference Quiz Bowl on Monday, March 21, and we will host the WTC on March 23. Our thanks to the Catholic Church for allowing us to use their facilities.



## MR. KARNEY-FFA

The FFA Oyster/ fish fry scheduled for March 11<sup>th</sup> has been moved to March 25<sup>th</sup>.





# **BINGO NIGHT**

**MARCH 24, 2011**

**5:00 P.M. – 7:00 P.M.**

**6th Grade Field Trip Fundraiser**

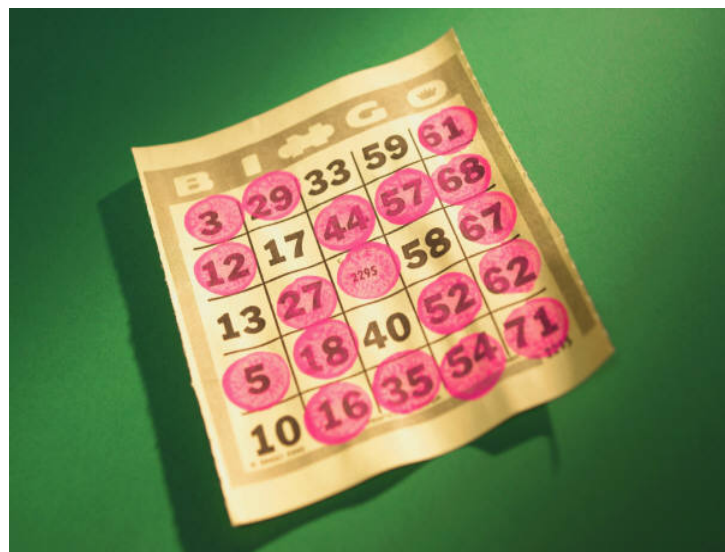
**HEMINGFORD HIGH SCHOOL BIG GYM**

**BINGO**

**COLORING CONTEST**

**TATTOO CORNER**

**SLOPPY JOES & BEEFY NACHOS!**



**ENJOY A NIGHT OF FAMILY FUN!!**



## Junior High Track 2011



Mark your calendars for the following dates:

Track Meeting will be held the first week of March in Mrs. Horstman's room—kids will have to listen for announcements

**Monday, March 21**—Track Practice Begins 4:00  
This will be a "try everything day!!"

**Tuesday, April 5**—Bayard Invitational

**Friday, April 15** -Gordon-Rush Invitational

**Tuesday, April 19**—Kimball Invite

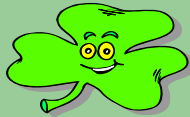
**Saturday, April 30**—Panhandle Conference at Chadron

**Tuesday, May 3**—Morrill Invitational

**Saturday, May 7**—Alliance Meet

**\*\*\*Junior Olympics\*\*\***

Not sure of date yet. Last year it was May 19<sup>th</sup>. Located in Scottsbluff and a great experience for the athletes. Medals are awarded and the opportunity to advanced to the state level in Omaha, NE.



## COUNSELOR'S

## ORNER

**Seniors** – Do you have your taxes done? Do mom and dad have their taxes done? You need that information to fill out the FAFSA. Go to [www.fafsa.gov](http://www.fafsa.gov). to fill out the FAFSA. If you have any questions, call me at 308-487-3328.

**Juniors** – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Come and get an idea of what the college is like.

**The next registration date for the ACT is March 4. The test date is April 9.**

The ACT prep class for the April test will start on Thursday, March 3<sup>rd</sup>. Students taking the test in April need to be taking the prep class. The signup sheet is posted on my door. Please sign up immediately for the class if you are taking the test in April.

I will be working with the K, 1<sup>st</sup> and 2nd graders during the month of March. We will be working on our anger management skills.

How many parents battle with their child over homework? What if there is a way to work on this problem? Would you be interested in finding out more? If you are interested, call me at 308-487-3328.

*Realize that life isn't always fair. Accept what you must, and change what you can.* – Barbara Cage



Jose Campos finished 3rd in the state at 135 lbs. at the Nebraska State Wrestling 2011.



Aaron Jespersen finished 4th in the state at 125 lbs. at the Nebraska State Wrestling 2011.



Don't miss the 2011 Dinner Theater  
featuring Hemingford's talented and  
charming cast and crew in:

**AIRLINE**

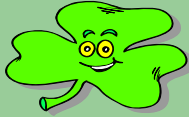


and

**Seussical**

**March 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup>!**

Tickets go on sell March 1st at the  
Hemingford Community Federal Credit Union!



Please remember to get your senior pictures and baby pictures into Kay Horstman. You will need to supply a picture for these 5 areas:

- A picture scanned for the yearbook
- A picture scanned and used for newspaper ads
- A picture scanned for the senior video
- A billfold picture kept for the senior composite.
- A baby picture to put in the yearbook and on the slide show

It is entirely up to you whether or not you use the same picture or a different one for each scenario. I just need to have this in ASAP!!! Thanks for your support. 😊

## Parents of seniors (and others who love them!)

Your opportunity to give tribute to a graduating senior is near. Now is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. These are called PDA ads.

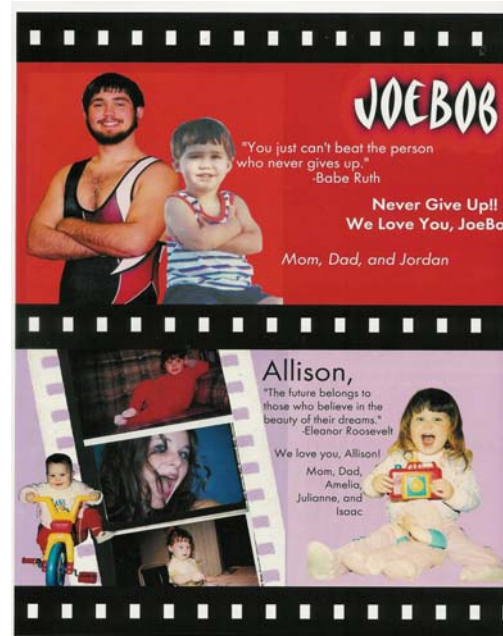
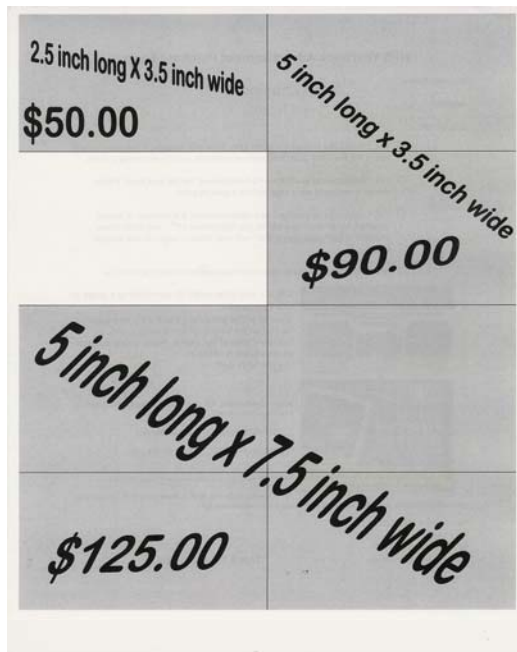
(Public Display of Affection.) The cost ranges from:

- \$50.00 for a 2.5 x 3.5 inch ad
- \$90.00 for a 5 x 3.5 inch ad
- \$1250.00 for a 5 x 7.5 inch ad

Past examples included pictures of their youth, now, and a poem or special message. Basically it is anything you wish to use that will show a tribute to a graduate.

Deadline for placing a PDA ad is April 15. Easy to remember: Taxes and PDAs!!

Please call 487-3328 and talk to Kay Horstman for any questions.



## COMMUNICATION SOURCES

### HEMINGFORD PUBLIC SCHOOLS

EMPOWERING individuals to become RESOURCEFUL, RESPECTFUL, AND RESPONSIBLE... partners in education

Casper Ningen, Superintendent  
Mrs. Peggy Foster, 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: 308-487-5252 Distance Learning  
Fax: 308-487-5215

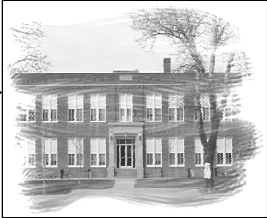
In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website  
<http://www.hemingfordschools.org>

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

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

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



### 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)).**

### EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities

### Web-Email Lunch Account System

Access your current account information online-at [www.hemingford schools.org](http://www.hemingford schools.org) and click the button on the right labeled "What's for Lunch".

### 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

March 2011

Hemingford Public Schools  
Nancy Yardley, Food Service

**BEST BITES**



## Activity reminder

Ask your youngster to draw or paint pictures of herself playing sports or doing other physical activities. She might sketch herself playing soccer or riding a bike. Or she could paint a playground scene, featuring herself going down the slide. Hang her pictures up as a reminder of active fun.



## Introduce new grains

You might already buy whole-wheat bread or whole-grain cereal—but have you tried barley, quinoa, spelt, or buckwheat? There are all kinds of interesting whole grains in your grocery store's bread, rice, and pasta aisles. Consider trying a new one each week. Then, look for easy recipes on packages, in cookbooks, or online.

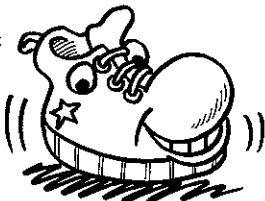
## DID YOU KNOW?

Only about 10 percent of children walk to school today, compared with more than 50 percent 40 years ago. Consider letting your youngster walk if there's a safe route and the distance is manageable. You might walk with him, or you could help him find other children to walk with. He'll get a daily dose of exercise without even realizing it!

## Just for fun

**Q:** What plays and runs around all day, comes home at night, and stays in the corner with its tongue hanging out?

**A:** Your sneaker.



## Practice portion control

Eating sensibly often has more to do with *how much* your child eats rather than *what* he eats. Use these tips to help him learn what healthy portions look like.

**Create a book.** Help your youngster make his own booklet of serving sizes. Have him look at food labels on favorite foods (cereal, cheese) or check a reference guide like <http://hp2010.nhlbi.nih.gov/portion/servingcard7.pdf>. Then, on separate sheets of construction paper, he can write the name of the food and draw a picture showing the portion. For example, he might trace around a ½ cup measure for cooked rice or draw a deck of cards to show the size a serving of chicken should be. Have him design a cover, and staple the pages together so he can refer to his book when he's choosing portions.

**Make single servings.** The larger the package, the more your child will tend to eat. When you unpack groceries, let



him help you divide big bags into smaller containers. For example, he could put individual servings of pretzels (3 rods, 20 minis) or vegetables (12 baby carrots) into snack-size baggies. Then, when he wants a snack, he can easily grab one portion.

**Measure food.** For a week, have your youngster measure his food onto his plate. Turn it into a game by having him take handfuls or spoonfuls to estimate portion size (for instance, 12 crackers or 15 grapes). He can count to check his estimate. Soon he'll be able to see at a glance what healthy portions look like. ●

## Climb and carry

When it comes to exercise, every little bit helps. Here are two easy ways to incorporate more physical activity into your youngster's day:

- While you're doing errands, going to the eye doctor, or visiting the library, ask your child to spot the stairs. Then, make it fun to take them. You might have her keep track of the number of stairs she climbs each day or week. Or see if she can take two at a time when she goes up or jump from the bottom step to the landing.
- Help your youngster build strength by being a "designated carrier." She can tote bags in the mall, carry clothes hampers to the washing machine, or bring groceries into the house, for instance. ●





# World foods

What do children like to eat in Thailand, Mexico, or New Zealand? Use these steps to get your youngster thinking about other cultures as she discovers healthy foods to enjoy here in America:

1. Let your child choose a different country each month. Help her locate it on a map and look in library books or online. She can find foods that grow there and snacks that are popular.
2. Look for a healthy recipe to make together. For example, children in Nigeria enjoy rice and beans, youngsters in Iran have cream cheese and green grapes rolled in pita bread, and kids in Korea eat pickled cabbage called *kimchee*.



3. As you eat, talk about the similarities and differences between their foods and ours. Your child might see, for instance, that children in Japan rarely eat cheese. You can also discuss the different customs and even try eating foods the native way. For example, scoop up meat and vegetables

with bread instead of utensils as in Ethiopia, or use chopsticks for Chinese food.

*Tip:* Look for specialty food markets or restaurants where you can find ingredients or sample foods from the country you're exploring. ●

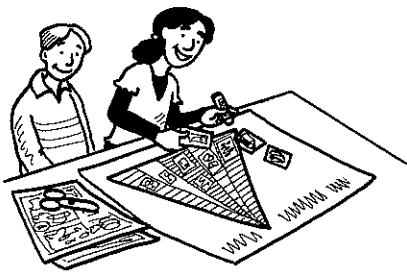
## ACTIVITY CORNER

### My own pyramid



Suggest that your child build her own food pyramid, and she'll get a better idea of which foods to choose for a healthy diet. Here's how.

Have her draw a large triangle on paper or poster board and divide it into five sections. Help her label each section with the name of a food group: grains, vegetables, fruits, milk, and meat and beans. The grains section should be the largest and the meat and beans section the smallest.

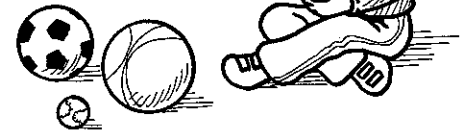


Then, let her cut pictures from grocery circulars and glue the foods where they belong. Encourage her to include variety, such as fruits and vegetables of all different colors or different kinds of milk, cheese, and yogurt. ●

## Q & A Choosing a sport

**Q:** My child wants to sign up for a spring sport. How do I know which one is right for him?

**A:** Start by asking him what he's interested in. He might like playing soccer at recess or enjoy tumbling at his best friend's house. Or perhaps classmates are signing up for baseball and he wants to join them. Having friends on a team can make him more excited about going to practices—and help you with carpools.



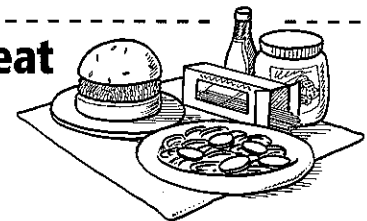
At this age, it's a good idea to let your youngster try different sports. But consider letting him do only one sport per season so he's not overscheduled. In addition, you'll want to check the time and money commitment to make sure it's reasonable for you.

If this will be your child's first experience with organized sports, try to set him up for success. Look for a program that gives kids equal playing time and emphasizes fun and instruction instead of winning. Also, realize that your son is likely to go through a few sports before settling on the ones he likes best. ●

## IN THE KITCHEN

### Meals without meat

Whether anyone in your family is a vegetarian or not, you may want to serve meatless meals from time to time. Everyone will benefit from healthy vegetables and high fiber—and you'll save money, too. Here are a few recipes to try.



**Black bean burgers.** Sauté 1 cup chopped onions and 2 cloves minced garlic. Purée in a food processor with 1½ cups canned black beans (rinsed and drained), 1½ cups cooked brown rice, and 1 cup whole-wheat bread crumbs. Season with salt and pepper, and shape into patties. Broil until heated through.

½ cup creamy peanut butter, ½ cup warm water, 1 tbsp. low-sodium soy sauce, and 1 tbsp. sesame oil. Toss with the noodles, and top with sliced water chestnuts and scallions. Serve warm or at room temperature.

**Peanut noodles.** Cook very thin spaghetti, and drain. Whisk together

**Barbeque mix.** Separate 1 head cauliflower into florets, and peel and slice 2 carrots. Cut 1 container extra-firm tofu into cubes. Stir the cauliflower, carrots, and tofu with ½ cup barbeque sauce, and spread onto a foil-lined baking sheet. Bake at 425° for 25 minutes. ●

**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

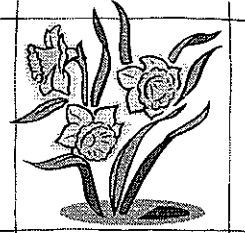
Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
 ISSN 1935-4630



# Hemingford Public Schools Lunch Menu

**March  
2011**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 CHICKEN STRIPS</b> Corn Peaches Roll & Butter SALAD BAR & Tortellini Soup	<b>2 FRITO PIE</b> Green Beans Fresh Fruit Roll & Butter SALAD BAR	<b>3 CHILI</b> Carrots & Celery Applesauce Cinnamon Roll SALAD BAR & Veg. Beef Soup	<b>4 BURRITO</b> Lettuce Salad Pears Roll & Butter SALAD BAR
<b>7 BOBCAT TACO</b> Carrots Pears Roll & Butter SALAD BAR	<b>8 CHICKEN FRIED STEAK</b> Mashed Potatoes Peaches SALAD Roll & Butter BAR & Bean & Bacon Soup	<b>9 MAC &amp; CHEESE</b> Green Beans Fruit Cocktail Roll & Butter SALAD BAR	<b>10 CRISPITO</b> Tater Tots Fresh Fruit Roll & Butter SALAD BAR & Turkey Noodle Soup	<b>11 CHEESE PIZZA</b> Corn Pineapple Cookie SALAD BAR
<b>14 HOT HAM &amp; CHEESE</b> French Fries Applesauce SALAD BAR	<b>15 CHICKEN NUGGETS</b> Corn Peaches Roll & Butter NO SALAD BAR	16 	17  18  <b>NO SCHOOL SPRING BREAK</b> March 16-18	
<b>21 PIG in a BLANKET</b> Carrots Pears No Bake Cookie SALAD BAR	<b>22 BEEFY NACHO</b> Lettuce Salad Fresh Fruit Roll & Butter SALAD BAR & Chic. Noodle Soup	<b>23 GRILLED CHEESE</b> Green Beans Peaches Tomato Soup SALAD BAR	<b>24 CHICKEN SAND.</b> Corn Pineapple SALAD BAR & Beef Noodle Soup	<b>25 SPAGHETTI</b> Coleslaw Fruit Cocktail Garlic Bread SALAD BAR
<b>28 PIZZA</b> Corn Fruit Cocktail Pudding SALAD BAR	<b>29 HAMBURGER</b> French Fries Peaches Dill Slices SALAD BAR & Potato Soup	<b>30 CHICKEN &amp; NOODLES</b> Green Beans Fresh Fruit Roll & Butter SALAD BAR	<b>31 TACO'S</b> Refried Beans Applesauce Roll & Butter SALAD BAR & Cheese Soup	

**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 - \$1.10 Adult Breakfast - \$1.50*

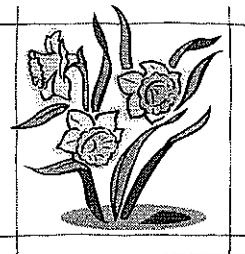
*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.55      7 - 12 Lunch - \$1.85      Adult Lunch - \$2.65*



# Hemingford Public Schools Breakfast Menu

**March  
2011**

**Milk is served with all meals**

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> EGG & CHEESE BISCUIT Fruit or Juice	<b>2</b> CEREAL Fruit	<b>3</b> PANCAKES Fruit or Juice	<b>4</b> BREAKFAST PIZZA Fruit or Juice
<b>7</b> CEREAL Fruit	<b>8</b> PANCAKE & SAUSAGE on a Stick Fruit or Juice	<b>9</b> SCRAMBLED EGGS & Toast Fruit or Juice	<b>10</b> BREAKFAST TACO Fruit or Juice	<b>11</b> CINNAMON ROLL Fruit or Juice
<b>14</b> CEREAL Fruit	<b>15</b> BREAKFAST PIZZA Fruit or Juice	<b>16</b> 	<b>NO SCHOOL SPRING BREAK March 16-18</b>	
<b>21</b> CEREAL Fruit	<b>22</b> BREAKFAST BURRITO Fruit or Juice	<b>23</b> CEREAL Fruit	<b>24</b> WAFFLES Fruit or Juice	<b>25</b> BREAKFAST PIZZA Fruit or Juice
<b>28</b> CEREAL Fruit	<b>29</b> SAUSAGE GRAVY/Biscuit Fruit or Juice	<b>30</b> BREAKFAST PIZZA Fruit or Juice	<b>31</b> EGG OMELET Toast 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 - \$1.10 Adult Breakfast - \$1.50*

*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.55 7 - 12 Lunch - \$1.85 Adult Lunch - \$2.65*

## Calendar Events March 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day Spring Writing NAEP testing—Grade 8 Ag Ed Contest @ Kimball Six Trait Window for Spring Writing - Grades K -12	2 White Day NAEP testing—Grade 4 Six Trait Window for Spring Writing - Grades K -12 Spring Writing	3 Red Day GBB State Six Trait Window for Spring Writing - Grades K -12	4 Hunter's Safety NHS Rock, Risk, Roll Night ?? White Day GBB State Six Trait Window for Spring Writing - Grades K -12	5 Hunter's Safety Speech @ Minature Inv. ?? GBB State
6	7 Red Day	8 WTC Instrumental Music @ Morrill White Day	9 End of 3rd Quarter Red Day	10 4th Quarter Begins White Day BB State 6:00 PM PE Challenge (Elem)	11 Red Day BB State Dinner Theater	12 BB State Dinner Theater
13 Dinner Theater	14 White Day School Board Meeting	15 Red Day 2:00 PM Parent Teacher Conference Release at 1:00	16 No School—Teacher Assessment Dist Speech @ Benkelman	17 No School—Spring Break	18 No School—Spring Break	19
20	21 PC Quiz Bowl @ Sioux County White Day	22 Red Day Spring Pictures 7:00 PM World Strides Organization Meeting	23 White Day WTC Quiz Bowl @ Hemingford	24 Red Day State Speech 6th Grade Bingo Night 6:30 PM FFA Meeting	25 White Day State Speech FFA Oyster Feed PC Music @ Hemingford	26 VT @ Morrill Inv.
27	28 Red Day Capital Forum	29 White Day	30 Red Day 2:30 PM Big Brother/Sister	31 White Day		

# Calendar Events April 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Red Day CSC Scholastic Day JH Quiz Bowl @ Gerling	2 V T @ Bayard CD Inv.
3 State FCCLA Conference	4 White Day State FCCLA Conference	5 Red Day State FCCLA Conference JH T @ Bayard Inv.	6 White Day State FFA	7 Red Day V T @ Mitchell Inv. State FFA Senior Progress Reports Sent Home	8 White Day State FFA	9 State FFA PROM 8:00 AM ACT Date
10 Red Day School Board Meeting	11 Red Day White Day	12 White Day	13 Red Day Big Brother/Sister 2:30 PM	14 White Day	15 Red Day JH T @ Gor/Rush Inv.	16 V T @ WTC Bayard
17 White Day	18 White Day	19 Red Day JH T @ Kimball Inv. District Music @ Schluft	20 White Day District Music @ Chadron Ag Sandhills Trip? 5:30 PM Booster Meeting (HS Lib.)	21 Red Day JH T @ Mitchell/Morrill Twilight Progress Reports Sent Home	22 No School--Easter Break	23
24	25 No School--Easter Break	26 White Day V T @ Best West Scobuff	27 Red Day Ag Petting Zoo	28 White Day Health Professions Trip 8:00 PM HTC Annual Meeting	29 Red Day Health Professions Trip	30 V T @ PHC Chadron JH T @ PHC Chadron