

BOBCAT BITS

Graduation : May 8, 2011

Time: 2:00 PM

Where: High School Gymnasium

Inside this issue:

Mr. Ningen	2
Foster's Facts	3-4
Fostering Education	5
Counselor-Mrs. Hucke	6
Nurse Judy	7
Volleyball	8-9
Giorgi's Gym	10
JAM & Transition	11
World Strides	12
Coach Hiemstra	13



Special points of interest:

- Volleyball Camps- Elementary, Jr. High and High School
- Graduation News
- Counselor News
- Blood Drive
- Lunch Accounts
- Open Gym times
- Weight Room

Colors: Cardinal and White

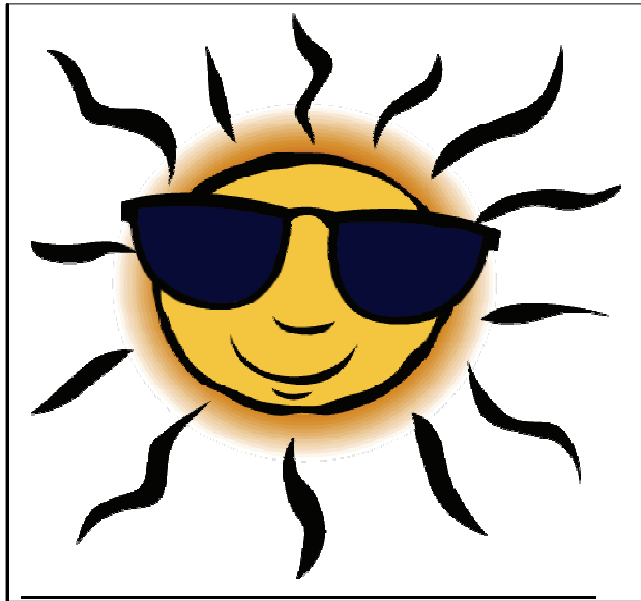
Flower: Tulip

Motto: "It always get rougher before it gets smooth"

Class Song: American Pie

Congratulations Seniors

Summer is ALMOST Here!



Mr. Ningen, Superintendent

The “Finishing Touches”

2010-2011 has been a decent year. Many of our students have excelled in the classrooms, have worked hard at their studies, helped at home, and started every day with a FRESH attitude.

Though from our youngest to our oldest students (and teachers), there are varying amounts of optimism on any given day, largely Hemingford has positive kids and teachers!

Our work is not quite finished however. The month of May has 16 ½ school days that will allow all of us to put the finishing touches on our work for this year.

There are still a few projects to complete, a few chapters to study, and a few ways to end our year on a HIGH note.

Now is the time to sit up straight, listen carefully to our teachers, and do our best at

school and at home to prepare the way for a good summer.

In four weeks when we walk out the door on May 24th, no one will want to come back to complete un-finished work. Nobody will feel satisfied if they haven't given their BEST.

There are some very BIG things planned for next spring in our school, and the way that we work together and understand what we are learning here is going to change dramatically.

Our school is a very good place to learn, but as next year unwinds, and we begin to work together to make certain that our level of understanding is elevated, we will become a GREAT place to learn.

For those of us that need a greater challenge, that will be part of every day; for those of us that need a little nudge to move forward, HANG ON TIGHT.

Congratulations to our pre-schoolers and to our seniors, who will both reach a plateau in their lives before moving on to bigger things.

Congratulations to Mr. Michael Olson and to Mrs. Sally Engelhaupt who are each retiring after giving many years of their lives to District 10!

Thanks to all of the parent support for our students and staff, and thanks for the opportunity to work here together with all of our educators, students, and patrons.

*Have a safe summer !
(and read as much as you can)*

Thanks for giving your BEST !
Mr. Ningen

Foster's Facts



A Big Thank You for supporting our school system and our students this past year. Wow!! The end of the school year is just around the corner and it seems that just last week I was helping the 7th graders locate their classrooms. It is mind-boggling to see all the final preparations in progress.

For a number of students the countdown has begun but we still have a solid weeks of instruction. This is a great opportunity for students to make the final push grades. SST (Supervised Study Time) should be a priority. This time is for any and assistance, finish homework, and ask questions. I wish more students would take

Thank You Parents and Students
three to improve their all students to receive advantage of this time.

Senior Schedule for Last Days

May 4 Wednesday –Final Testing/Checkout

May 5 Thursday—AP Exam 8:00

May 5 Thursday – Grades Posted

No Class for Seniors unless they are finishing work needed for Graduation credit.

May 5 Thursday – Honor Night 7:00

(appropriate dress for this special event)



May 6 Friday –HS Gym

- Need Cords/Medals for Picture
- Receive Cap and Gown
- Practice with Band
- Cap and Gown Pictures
- Senior Slide Show
- Draw for Seating

Senior Picture Ceremony
(10:15 am or so)

May 8 Graduation—2 pm

Other Senior Notes

Caps and Gowns will be handed out on Friday

Honor's Night—All seniors are expected to attend and will be seated as group.

Student Assembly on Cross-Fit Training

Past student Travis Schefcik, a motivation speaker will be here on Monday, May 2 @ 2:30 pm for his presentation on energizing and workouts for the body and mind. He will also be in other Panhandle schools the first week in May. It has been with the Panhandle Health efforts that he will be in the area.

UPSHIFT DAY FOR GRADE 6

Friday, May 13 8:30-10:30 am

6th grade students will be in the high school building for part of the morning. At that time, they will visit with representatives from student council and current 7th graders; participate in a building tour, and visiting with next year's teachers. They will return to their classroom for the rest of the day. Lunch will not be open campus that day.



Awards for Grades 7-11---Tuesday, May 17

The schedule is being created for end of year awards for students in grades 7-11. The plan is to start at 1:00 in the HS Gym. We will have all classes that day, then move over to the gym for the activities.

Foster's Fact's Cont.



World Strides and Juniors

Any junior that is leaving for World Strides must be completely checked out for the school year on Friday, May 20. This includes all homework or tests completed as well as fines, locker cleaned out, etc. Teachers are required to have all grades completed by end of the day on May 24th, the last day of school.



Semester Test Schedule—Grades 7-11

The final days for testing will be on **Monday, May 23** for Periods 4-7 periods and on **Tuesday, May 24**, students will test during periods 1-3. These tests will during their regularly scheduled class period. Checkout sheets will be given to the students earlier in the week to have completed before leaving for the day. Students will be expected to have lunch bills paid, library books returned and any fines paid prior to check out. We will do locker checkout after the end of 3rd until 11:30 when school is out for the school year.

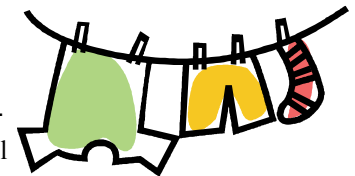


Class Schedules for Next Year (2011-2012) Scheduling Process

Scheduling for next year is in the course selection phase. Once this is completed, students will be slotted into courses they have selected. Some choices by the students may need to be made since at times it is not possible to schedule everything perfectly. Students should have their schedule prior to leaving for summer.

Student Appearance

Thanks for your help in keeping shorts at their proper length—the current trendy short is not necessarily the proper length and should be saved and worn on weekends or after school. The general rule of thumb is that the short length should touch finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. The most comfortable I could think of is a pair of athletic shorts and a bobcat t-shirt. In addition it would be a super way to show school spirit.

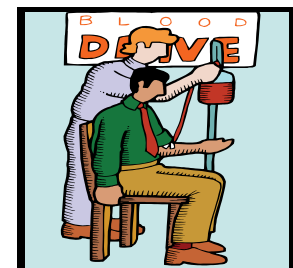


Hemingford Fire Department-Blood Drive

Hemingford Fire Hall

Wednesday, May 18, 2011

8:00 a.m.—12:00 p.m





Fostering Education

IS IT REALLY MAY?

I can't believe that we are into the last month of school. The year just seems like it got started. I have thoroughly enjoyed this year, the kids have been great. The support we've received from everyone has been fabulous.

PARKING



We are asking that no one park between the elementary and high school buildings. We are concerned with the safety of the children and the amount of traffic that is occurring in this area. Pre school parents picking up and dropping off your children please do not park in this area. Thank you for your understanding and cooperation with this request.

STUDENTS' CLASS ASSIGNMENTS FOR NEXT YEAR

Students will be informed by their present teacher whose class they are assigned to for next year at the end of the school year. These class assignments will also be posted on the front window of the elementary all summer long as well.

WORDS TO PONDER

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

MARK YOUR CALENDARS

May 3rd – Kindergarten – 6th Grade Spring Music Concert Starting at 6:30

May 5th – 7th (6th Grade Field Trip to Lincoln)

May 13th - (6th Grade ONLY) Up Shift Day in High School from 8:30-10:30

May 13th - Kindergarten Grade Field Trip to Scottsbluff

May 17th – 1st Grade Field Trip to Scottsbluff

May 18th – 3rd Grade Field Trip to Scottsbluff

May 19th – 4th Grade Field Trip to Fort Robinson

May 19th – Pre –School Graduation at 6:00p.m. at the Multipurpose Hall

May 23rd - 2nd Grade Field Trip to Mammoth Site

May 24th – Field Day for Kdg. – 6th 8:45 – 11:15 a.m.

May 24th – Students Dismissed at 11:30 a.m. for summer vacation ☺

COMMUNICATION

Together we can make a difference for kids ☺

Call us with any questions at 487-3330

Counselor-Mrs. Hucke



COUNSELOR'S

O
R
N
E
R

Seniors – End of the year activities

May	4	Final Testing
May	5	Senior Honors Night
May	8	Graduation – 2:00 p.m. – High School Gym
May	9	Athletic Banquet

You will be receiving a letter in the mail very soon. We wish to make sure we have all the honors that you have received. It is imperative that you fill out the enclosed form by May 2, and return it to the counselor's office. We appreciate your cooperation in this matter so you will receive the recognition that you deserve.

Juniors – Summer is the time for serious college planning.

Start narrowing your college choices.

Update your resume.

Identify teachers, coaches and community members who will write letters of recommendation for you.

Look for scholarships.

Find a summer job to help pay for college expenses.

Last ACT test needs to be registered for by **May 6, 2011**. The test will be administered on **June 11, 2011**.

6th graders: May 13th is up shift day. It will run from 8:30 a.m. to 10:30 a.m.

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

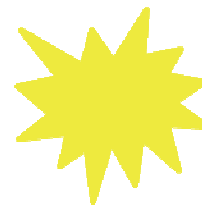


Red Cross Swimming Lessons
Please contact the Hemingford Utilities
Office for Information 487-3465



News From Nurse Judy

Sun Safety Tips



- Keep in mind the sun is strongest between 10 am and 4 pm.
- Wear clothing that's dark and tightly woven.
- Wear a wide-brimmed hat and sunglasses.
- Remember that UV rays bounce off sand, snow, concrete, and water.
- Do not use sun tanning beds.
- Keep very young children (6 months or less) out of the sun.
- Sunscreens need to be applied liberally and evenly over all exposed areas.
- Apply a sunscreen with a SPF of 15 or higher whenever you're outdoors. To achieve adequate UV protection you should use products that provide broad spectrum protection, which means protection against both UVB and UVA rays.
- For children, the SSA recommends sunscreen with an SPF 30 or higher.
- Apply sunscreen before going outdoors and reapply often.
- Reapply sunscreen after swimming, perspiring, and toweling off.
- Provide complete sunscreen coverage for your skin (including neck, ears and lips!).
- For people with thin or thinning hair, apply sunscreen to the scalp as well.
- And remember stay in the shade whenever possible!

New Immunization Requirement

Next year all students will be required to have 2 doses of Varicella (chicken pox) vaccine or documentation of the year that the student had chickenpox.

7th graders will need one dose of Tdap (Tetanus, Diphtheria and Pertussis)

Beat the rush!!! Call and schedule your appointment NOW!

Box Butte County Immunization Clinic

Location: Hyannis Room at Box Butte General Hospital

When: Every other Friday from 1pm-3pm

Call: Sharon Sulzbach at 762-3835 for an appointment

Dawes County Immunization Clinic

Location: Basement of the old Chadron Community Hospital

When: 4th Tuesday of every month from 10 am- 4pm

Call: 432-8979 for an appointment

Scottsbluff County Immunization Clinic

Location: St Mary's Plaza (Regional West Medical Center)

When: 1st and 3rd Wednesday from 3pm-7pm

2nd and 4th Wednesday from 10am-1pm

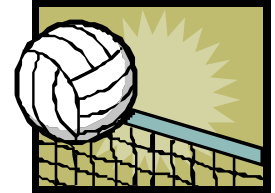
Call: 630-1126 for an appointment

Volleyball-Mrs. Gasseling & Mrs. Cullan



VOLLEYBALL

Girls Grades 3 – 6



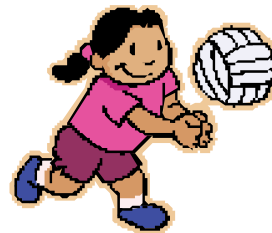
When: May 2nd – May 19th
Mondays, Wednesdays, Thursdays

Time: 3:30-4:30

Where: The Elementary Gym

Come and learn the fundamentals of volleyball on Monday, Wednesday and Thursday nights. We are looking forward to seeing you there! Any questions come and see one of the coaches or call the school at 487-3330.

Mrs. Gasseling
Mrs. Cullan



Volleyball 9-12th-Ms. Morrison



Volleyball News: 9-12th Grade Fall Students



I would like to thank the parents and players who attended the meeting that was held a few weeks ago. Coach Klemke and I are very excited and looking forward to getting to know you this summer during camps and open gym.

If you were unable to attend the meeting and are interested in going out for volleyball this fall please stop by my classroom in the elementary, Room 102.

Those of you that are interested or signed up for the **Ogallala Team Camp July 11-13th**, I would like to meet with you at **5:30 p.m. on May 10th**. Parents are welcome. Please plan on meeting in the gym.

Fall Seniors: Please plan to attend a short meeting **May 13th at 4:00 p.m.** in my classroom.

Reminder: CSC Coach and Staff are hosting a volleyball camp

Where: Hemingford Gym

When: June 24-25th from 9:00-3:30 (90 minute lunch break)

For Whom: High School Players

Deadline: May 13th have waiver and money turned into me.

Please call or email if you have any questions!

Coach Morrison

"To be prepared is half the victory."

-Miguel Cervantes

Junior High Camp Information

If you are interested in attending volleyball camps this summer, WNCC and CSC are having one. You can get the registration forms online or stop by Coach Gasseling's room to pick up a form. I also have some as well.

Giorgi's Gym

SKIP'N CATS PERFORMANCE: May 3, 6:15, prior to the Elementary Spring Concert. The last day for Skip'n Cats is Wednesday, May 4. Congratulations to Rebecca Hansen who completed the Level 1 tricks!



Boater Education Graduates



Eleven 9th graders received their Boater Education cards and are licensed to operate any motorized water vessel. Congratulations to: Kaitlyn Bergfield, Dani Campbell, PK Campbell, Blake Hansen, Tyler Huddle, Belle Irish, Kyle Kaman, Danny Manning, Alexis Phillips, Paige Phillips, and Cali Rohrbouck.

Fitness Testing will be the first week of May. Make sure your child can do a proper pushup at home. The test also includes: mile walk/run, sit ups, sit and reach, and trunk lift.

The annual 5th and 6th Grade Track Meet has started and will continue through the last week of school. The classes compete during their regular scheduled PE times with times and distances recorded for the final placing. Check the school website for results.



ELEMENTARY FIELD DAY - TUESDAY, MAY 24

8:40 AM - 11:15 AM

The annual Field Day will be held on the last day of school. The 6th grade class will be running the events with the rest of the elementary students on teams, each led by a 5th grader. The field day will start at 8:40 and end at 11:15 with school being dismissed at 11:30. Parents, friends and family members are encouraged to come and watch, but will not be allowed to participate.

Mrs. G

JAM

&

Transition Fair



Are you seeking information about programs, services, and products for persons with disabilities?

Do you have questions for agency representatives?

Come join us for an evening of information, food, and fun!

Thursday, May 5, 2011
Gering Civic Center
4:30 Display Booths Open
5:30 Dinner is Served Free of Charge
6:30 Panel and Questions (Moderator: Steve Trickler)

You must register to attend:

Call: PILS at 308-635-7901
or 1-800-644-5352 to register.
Deadline: April 28, 2011

Door Prizes!
Over 25 Exhibits!!
Seven Panelists!!!

Please request need for respite care or interpreters at time of registration.

Sponsored by: United Way
Panhandle Independent Living Services
ESU # 13 Transition Services
Region 1 DD Council



We're so excited to meet you!!



World Strides

WorldStrides - May is a busy month!! There are 32 signed up so far to travel to D.C. in May of 2012.

May 7 – Paint-a-thon. The D.C. students will paint and primer panels for the Diorama, and also the community golf clubhouse. They take pledges for this endeavor. The Lutheran Thrivent Organization has donated \$500 toward this activity. Our thanks to Mrs. Chatelain and the group for sponsoring us again. My thanks to the individual sponsors including Lyle Fodnes, who takes pictures each year and sees they get in the Ledger.

May 14 – Women’s volleyball tournament in the HS gym. \$20/person. Email Jodi Sellman for more information at ajsellman@bbc.net. Extra proceeds go to WorldStrides. Students will provide a concession and be line judges.

May 21 – Community Yardsale – each student marks their own things and we will set up in the hallway of the school on Friday after school. Yardsale begins at 8:00 A.M. Saturday.

Sunday, May 29 – Alumni Dinner at the Fairgrounds. 5:30 – wear black pants and white shirt.

MWade



**ATTENTION PARENTS:
END OF THE YEAR IS FAST
APPROACHING, REMEMBER
LUNCH ACCOUNTS NEED TO
BE AT A POSITIVE BALANCE
BEFORE YOUR CHILD(REN)
CAN CHECK OUT. THANK
YOU FOR YOUR
COOPERATION.**

Coach Hiemstra



Summer Time

Congratulations to our student/athletes for another successful year in Bobcat athletics. As we eagerly jump into a summer away from the rigors of the classroom we will take the week of May 24 through May 30 to recharge our batteries and receive some well deserved rest and recovery. Beginning Tuesday, May 31st we will start our summer conditioning and open gym schedule. Below is an overview of our summer offerings to help us become better athletes and players.

**** Weight room: 6-8 am Monday - Friday
6-8 pm Monday - Thursday**

The weight room will be open starting May 31 and will remain open until approximately July 22nd when the coaches will be gone to their annual clinic. It will then reopen around August 1st until the start of fall practices. Signs will be posted in the locker rooms with further information.

**** Open Gyms: 6-8 pm Monday - Thursday**

The gyms will be open for all activities beginning on June 1st and running until July 11th. After that time, the gyms will be closed for refinishing the floor. People using the weight room will need to enter the back doors of the varsity locker rooms after this time.

**** Physicals: TBA**

Sincerely,

Coach Hiemstra
PE/Strength & Conditioning/Boy's Basketball/Co-Head Football

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

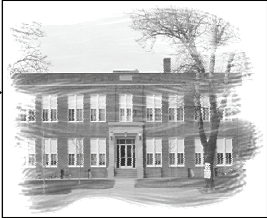
In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website
<http://www.hemingfordschools.org>

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.



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 and click the button on the right labeled "What's for Lunch".

INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SCHOOL MESSENGER

If you have not been contacted by "School Messenger" our web based calling system to alert parents of school cancellations, late starts or any other events, please contact the school. You may have changed phone numbers, or disconnected numbers the school is unaware of. Also, if you don't want to be contacted please notify us so we can take you off of the calling list. Please call the school of any changes at 487-3330.

Nutrition Nuggets

Food and Fitness for a Healthy Child

May 2011

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES

Thank cafeteria staff

At this time of year, students often give thank-you gifts to teachers. Suggest that your youngster think about the people who prepare his school breakfasts and lunches, too. He could write a note to the cafeteria staff, adding a picture of his favorite meal or a poem about a dish he likes.

DID YOU KNOW?

If your child is thirsty, she's already a little dehydrated. Encourage her to drink water all day long. You might get her a reusable water bottle in her favorite color or decorated with her favorite sport. She'll

enjoy drinking out of it at home or when she's out.

Playground safety

Heading to the park? Go over safety rules with your youngster first. For example, he should use both hands when climbing, slide feetfirst down a sliding board, and sit—not stand—on swings. Also, make sure he walks at a safe distance from children on swings. *Note:* Have him wear closed shoes and avoid hoods or drawstrings that can get caught on equipment.

Just for fun

Q: Why did the policeman go to the baseball game?

A: He wanted to catch the players stealing bases!



Avoid summer weight gain

With extra time on their hands and more opportunity for snacking, children often gain weight over the summer. Help your youngster steer clear of this problem with these suggestions.

Eat healthy

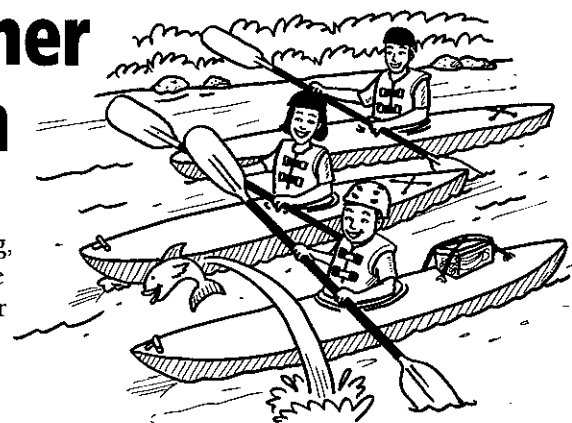
- Show excitement about the fresh foods of summer, and your child will catch your enthusiasm. Let him pick out fruits and vegetables at farmers' markets or produce stands, and showcase those items in meals and snacks. *Idea:* Cut peaches, plums, and nectarines in half (remove the pit), and grill for a delicious side dish or dessert.

- Stick to a schedule. Continue serving meals and snacks around the same time each day. Your youngster will stay in an eating routine, and he'll be less likely to want extra treats. Of course, it's fun to vary the setting in summer—try picnics by a pond, at the park, or in your backyard.

Play with your food

Give your child healthy ingredients, and let her play! The bonus? She gets to eat along the way. Here are a few ideas:

- Create a 3-D vegetable collage. She could use broccoli florets for trees, carrot and celery pieces for flowers, cauliflower for clouds, and a slice of yellow squash for a sun. *Tip:* Add a "river" of fat-free ranch dressing for dipping.
- Read a story, and build a character. Your youngster might read Dr. Seuss's *If I Ran the Circus* and then make fanciful figures from the book using cucumbers, radishes, blueberries, and raisins. Suggest that she hold the pieces together with peanut butter or toothpicks.
- Play games, using fruit as markers. For example, you can use strawberries and grapes for checkers—and eat the pieces you jump. Or play hangman, and make the figure with pieces of fruit instead of drawing it. ●



Stay active

- Make plans that include physical activity. Consider enrolling your child in a structured program like a day camp or sports clinic so he'll get regular exercise. Or help him set up playtime with friends, and encourage them to be active (play outdoor games, run through the sprinkler). *Tip:* If your youngster attends a program that provides meals or snacks, check to see that they serve healthy foods.

- Have active family fun. Brainstorm ways to spend time together outside, and choose different ideas each week. You might go kayaking, walk around the zoo, or play tennis, for example. If you're planning a family vacation, build in physical activity like hiking, biking, or swimming. ●

Run a relay race

Warmer weather and longer days mean more time for active fun outside. Help your child organize family members or neighbors into teams for relay races like these.

Push a ball. For each team, mark a start line and a line for turning around. Place a Ping-Pong ball at each start line. Crawling on hands and knees, use your nose to push the ball to the turn-back line and then back to the start line. Tag the next player, and she does the same thing. The team that finishes first wins.



Fill a carton. Put an empty egg carton and 12 pennies in a bowl at each turn-back line. Team members run to the egg carton, put a penny in an empty section, and run back to the start line so the next person can go. Which team can fill its carton (one penny per cup) the fastest?

Play tic-tac-toe. Use sidewalk chalk to draw a tic-tac-toe board, and give the first person on each team a piece of chalk. One team is Xs, and the other is Os. Race to the tic-tac-toe board, make a mark, race back, and hand your chalk to the next runner on your team. The winner is the first team to get tic-tac-toe.

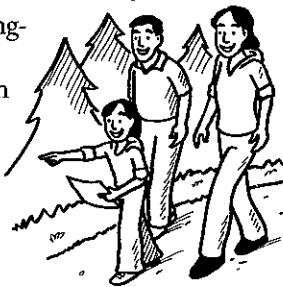
Note: Teams should have the same number of runners, or one person can go twice. ●

ACTIVITY CORNER

Family walks

This summer, consider starting a family walking routine. Walking is easy to do—and, with no special equipment needed, it's always available. Try these ideas:

- Take a "right-turn-only" walk. Start walking, and make only right turns until you get back home. The next time you walk, make it "left-turn-only."
- Let your youngster map out a walking route in your neighborhood. As you walk, she can take notes. When you get home, have her draw the map—and then use it to lead you on another walk tomorrow.
- For a change of scenery, drive to other areas and walk there. Try to find places with points of interest for your child, such as streams, parks, or unusual buildings.



Tip: Get your youngster involved in your walks by making her the timekeeper. Say you want to walk for 30 minutes. After 15 minutes, she can announce that it's time to turn around. ●

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 CCH Incorporated
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

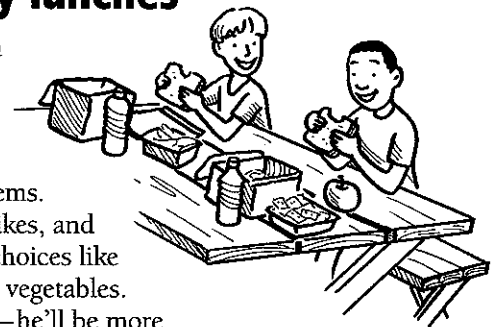
Q & A Packing healthy lunches

Q: During the school year my son buys lunch at school. But this summer he's going to camp, and I'll have to pack his lunch. What advice do you have?

A: Start by shopping together for lunch items. That way, he can help pick out foods he likes, and you'll get a chance to talk about healthy choices like whole-grain bread, lean meats, fruits, and vegetables.

Then, have your child pack his lunch—he'll be more likely to eat it. A fun idea is to put in items he can assemble himself at lunchtime. For example, you can include separate containers of baked crackers, slices of low-fat cheese, and shelled sunflower seeds. He'll be able to make his own nutty cracker sandwiches. Also, try to pack fruits that travel well, such as grapes or orange slices, since kids often won't eat mushy or bruised fruit.

Note: If your youngster's lunch will be refrigerated, you can include perishable foods. If not, put a frozen ice pack or a frozen carton of milk or 100% juice in his lunch box. Or avoid items like yogurt, meat, or mayonnaise that could spoil. ●



IN THE KITCHEN

Smoothie secrets

Looking for a quick breakfast or snack? Mix up a smoothie. Filled with fiber, vitamins, and protein, smoothies are like a healthy milkshake! Here are a few tips:

- In a blender, mix any combination of fruit with low-fat yogurt, fat-free milk, or vanilla soy milk. **Tip:** To get an ice-cold smoothie, freeze the fruit for about an hour ahead of time, or blend in ice cubes.



- If the smoothie is too thick, add a little milk. If it's too thin, put in more fruit, yogurt, or ice cubes.
- Freeze berries when they're in season (and cost less) so you can use them in smoothies year-round.
- For a nutrition boost, add tofu, flaxseed, or wheat germ before blending.
- Serve with a fruit kebob. Thread strawberries, pineapple chunks, or pieces of melon onto a straw, and stick the straw into the smoothie. ●

May 2011

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 CEREAL Fruit	3 PANCAKES Fruit or Juice	4 BREAKFAST Pizza Fruit or Juice	5 ASSORTED HOT BREAKFAST Fruit or Juice	6 CINNAMON ROLL Fruit or Juice
9 CEREAL Fruit	10 SAUSAGE GRAVY/ Biscuit Fruit or Juice	11 CEREAL Fruit	12 WAFFLES Fruit or Juice	13 BREAKFAST PIZZA Fruit or Juice
16 CEREAL Fruit	17 SCRAMBLED EGGS & Toast Fruit or Juice	18 BREAKFAST PIZZA Fruit or Juice	19 PANCAKE & SAUSAGE on a Stick Fruit or Juice	20 CINNAMON ROLL Fruit or Juice
23 CEREAL Fruit	24 BREAKFAST PIZZA Fruit or Juice	25 	26 Breakfast will be served School will dismiss at 11:30 NO LUNCH Have a great summer	
30 Memorial Day	31			

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 Lunch Menu

May 2011

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
2 CHICKEN STRIPS Mashed Potatoes Peaches Roll & Butter SALAD BAR	3 FRITO PIE Green Beans Fresh Fruit Roll & Butter SALAD BAR & Turkey Noodle Soup	4 HAMBURGER French Fries Pineapple Dill Slices SALAD BAR	5 PIG in BLANKET Corn Applesauce SALAD No Bake BAR Beef & Barley Soup	6 MAC & CHEESE Carrots Pears Roll & Butter SALAD BAR
9 PIZZA Corn Pineapple Pudding SALAD BAR	10 CHICKEN FRIED STEAK Mashed Potatoes Peaches SALAD Roll & Butter BAR & Chic. Noodle Soup	11 BOBCAT TACO Lettuce Salad Fruit Cocktail Roll & Butter SALAD BAR	12 CHILI Carrots & Celery Applesauce Cinnamon Roll SALAD BAR & Bean Bacon Soup	13 SPAGHETTI & MEAT SAUCE Coleslaw Pears Garlic Bread SALAD BAR
16 ITALIAN DUNKERS Green Beans Fruit Cocktail Dipping Sauce SALAD BAR	17 CHICKEN SANDWICH French Fries Fresh Fruit SALAD BAR & Potato Soup	18 CRISPITO Corn Peaches Roll & Butter SALAD BAR	19 BEEFY NACHOS Lettuce Salad Pears SALAD Roll & Butter BAR & Veg. Beef Soup	20 GRILLED CHEESE SAND. Carrots Applesauce Tomato Soup SALAD BAR
23 CHICKEN NUGGETS French Fries Pineapple Roll & Butter NO SALAD BAR	24 NO LUNCH Dismiss at 11:30	25 	26 Breakfast will be served Dismiss School at 11:30 May 24th Have a great summer	27
30 Memorial Day	31			

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 May 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 White Day 2:15 PM Kindergarten Egg Drop 2:30 PM Student Assembly	3 Red Day JH T @ Morrill Inv. Golf at PHC@Crawford 6:30 PM Elem Spring Concert	4 White Day 8:30 AM Mrs. Horn Open House Activity	5 Golf at Kimball Invite Red Day 6th Grade Field Trip 8:00 AM AP Exam 7:00 PM Senior Honor Night	6 White Day V T @ Bayard BCD Inv. Senior Picture Hanging 6th Grade Field Trip	7 JH T @ Alliance Inv. 6th Grade Field Trip Paint-A-Thon
8 2:00 PM Graduation	9 Red Day Athletic Banquet @ Multipurpose Hall	10 White Day FFA Banquet	11 Red Day	12 White Day District Track Golf at Crawford Invite	13 Red Day 8:30 AM 6th Grade Upshift Day in High School	14 Women's VB Tourney
15	16 White Day School Board Meeting Golf at Districts (Kimball)	17 Red Day 1:00 PM JH/HS Awards Day	18 White Day 8:00 AM Blood Drive 3rd Grade Field Trip to Scottsbluff 4:00 PM End of Year Staff Burgers 5:30 PM Booster Meeting (HS Lib.)	19 Red Day 6:00 PM PreSchool Graduation	20 White Day State Track	21 State Track Community Yard Sale
22 World Strides Trip	23 Red Day World Strides Trip 2nd Grade Field Trip to Mammoth Site	24 Last Day of School--11:30 release End of 4th Qtr/Sem 2 White Day World Strides Trip	25 World Strides Trip	26 World Strides Trip	27 World Strides Trip	28
29 Alumni Dinner	30 Memorial Day	31				

Calendar Events June 2011

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