



## Winter Thoughts 2011-12

By Mr. Ningen, Hemingford Superintendent

Even though we have been blessed with a good spring and summer, and a GREAT fall, it is time to share our school weather information, as I have in the past.

### Attendance Issues – and Supervised Study Time

The District tries to schedule as many student days as we can within each school year. There are other days that call for teachers to be in school for additional education or learning. There is usually an allowance for severe weather each year, though this year that allowance may be less than usual because of some intensive training that our entire staff will have in early May (7<sup>th</sup>-10<sup>th</sup>) There will be no classes during those days for any of our students.

The extra half hour that our secondary teachers remain to help students in their classrooms each day, Monday – Thursday for SST will help off-set the time that students will miss during the May 7-10<sup>th</sup> training, especially if more junior and senior high students take advantage of SST.

In the event of a snow day or two this winter, increased attendance at SST could mean that those days would not need to be made up. Missing more days would mean making them up by shortening any remaining breaks, or adding days at the end of May.

In any case, parents would be wise to insist that their sons and daughters stay after school to get personal faculty tutoring for homework and assignments during the four days each week that it is provided (at no charge). Utilizing this method to get help, and to complete or at least get a good start on homework is a win-win situation. Parents are missing an opportunity if they are not requiring their secondary students to stay for 30 minutes to get additional help after school.

### Notification

If severe weather threatens our students and staff, we will inform our students and parents in three ways:

1.) Our **School Messenger System** allows us to place electronic calls to home and cell phones that are listed in our data base. This method is very complete, just requiring those that are called to say hello so the message will begin. Without a response from the home or cell phone being called, the message will not begin. Whenever your phone numbers change, or if you would prefer to not receive these calls, contact Gina Benda at 487-3330.

2.) Our **school web site** [www.hemingfordschools.org](http://www.hemingfordschools.org) will have updated information on the front page if a schedule change is planned.

3.) **News Outlets (paper, radio, and TV)** - *The Ledger*,

[http://www.starherald.com/hemingford\\_ledger/front/](http://www.starherald.com/hemingford_ledger/front/) our local radio stations in Alliance (KCOW) and Chadron, (KCSR) and the Mobius Website will also have the same information.

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

### Parents Decisions

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

### Activities and Sports

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

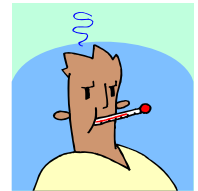
*Predictions may be for "normal" winter weather in 2011-2012, but as we all know, the storms that come our way sometimes move north or south farther than predicted, changing what actually happens. In the end, we will take the weather that comes our way, and hopefully our communications with our parents will be complete. Mr. N.*



As the days slip into November, the close of the fall activities and the beginning of Junior High wrestling and girls' basketball is upon us. Students are very busy with activities, jobs, friends and homework; however, it is my hope that students maintain their focus on academics. School is still the primary "job" for students with attendance and grades as top priority. Just a reminder--course selection or graduation hinges on passing the current courses that the students are enrolled during this school year. SST is a great tool for students to finish projects or receive additional assistance from the teachers.

### Activities/Illness/Homework Sheet

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



It is the expectation that if you request a homework sheet for your child that the work will be completed and ready to turn in when they return to school. Students are allowed two days to complete any work missed due to after an illness when they return to school.

### Fine Arts –Activities for Music, Art, and One-Act

- Upcoming activities will showcase the talents of the fine art students with the conference **Art Clinic** in Chadron on **November 7** as well as the **WTC Vocal Chorus** at Hemingford on **November 14**.
- Hitting the stage for performances will be our **One-Act** troupe. Elementary and High School students will be able to view the dress rehearsal during school time. Competition begins on November 16 and again on November 22 with the goal of District competition on November 30 in North Platte. A **public performance** is scheduled for Monday, November 21 at 8 pm.

### Daylight Savings Time Ends—Fall Back

Not only do we need to change the clocks, but also a change in clothing. Beginning Monday, November 7, students may no longer wear shorts. This policy is referenced on page 29 in the student handbook.



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



### NWEA Student Progress Reports

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

### Check the School Calendar on the website.

It is the hope of the school that sending out school newsletters will improve the communication that exists currently. Please check the school website for the most current activities. It is updated as events change. It is found on the school website: [www.hemingfordschools.org](http://www.hemingfordschools.org)

### School Message System

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



## FFA Fruit Sale

Nov 1 to Dec 1

The Hemingford FFA will begin its annual fruit and snacks sale on Tuesday November 1<sup>st</sup>. The sale will end on Thursday December 1<sup>st</sup>. If you know an FFA member you would like to purchase fruit from give them a call and have them come by. If you haven't been contacted by a member and wish to order you can call Mr. Karney at the school 308-487-3328 and he will send someone to take care of your needs. The proceeds from this sale fund an educational field trip to the National Western Stock Show in Denver.



## Fostering Education

### HEADING TOWARDS NOVEMBER

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

### DRESSING FOR THE WEATHER

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

### BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.

### MAPS TESTING

We administered the MAPS tests during October. The preliminary results have been very positive. I have seen good gains in their scores from last spring to this fall. The kids really worked hard and stayed focus during the testing. **GREAT JOB KIDS!**

### UPCOMING DATES OF INTEREST

**November 6<sup>th</sup> – Daylight Savings Time Ends --- Set Clocks back 1 Hour – Remember NO MORE WEARING OF SHORTS AFTER NOVEMBER 4<sup>th</sup>**  
**November 15<sup>th</sup> – High School One Act performs for Elementary At 1:00 p.m.**  
**November 23<sup>rd</sup> – 25<sup>th</sup> No school (Thanksgiving Break)**



### FALL WRITING

The kids did their practice writing for the fall on October 18<sup>th</sup> – 20<sup>th</sup>. The students are practicing the 6 traits of writing they are learning here at school. The teachers scored the fall writing on October 27<sup>th</sup>. These results will be shared with the kids.

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

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

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

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

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

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

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

### COMMUNICATION

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





# COUNSELOR'S

# ORNER

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

**Seniors** you need to be:

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

**Juniors** you need to be:

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

**Sophomores** you will be:

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

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

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

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

*By giving our children a chance to make responsible choices and by letting them learn how to solve their problems, we can provide them with tickets to success. – Jim Fay*





## Connecting with kids

- “How do I get them out of bed in time to catch the school bus?”
- “How can I stop my children from bickering and fighting?”
- “How do I get my children to help with the chores without an argument?”
- “Is there a way to discipline my toddler in public without creating a scene?”
- “How do I get him to stop spitting his peas and whining at dinner?”
- And many other day-to-day parenting challenges

*Would you like help with these questions?*

There is a program that is designed to give you practical skills  
that can be used immediately!

When: November 2, November 9, November 16,  
November 30, December 7, December 14

Time: 6:30 p.m.

Where: Hemingford High School Library

Cost: \$10 for cost of supplies

Facilitator: Ramona Hucke

\_\_\_\_\_

To Register: Call 308-487-3328 or fill out the bottom part of this page and send it in.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Number and ages of children: \_\_\_\_\_

Mail registration to: Ramona Hucke  
P.O. Box 217  
Hemingford, NE 69348



## One Act Play & Holiday Play

You don't miss the one act performance of

### ***Deus Ex Machina!***

The public performance will be November 21st at 8am.

You are welcome at any of our competitions.

***Panhandle Conference***, November 16<sup>th</sup> in Hemingford at 8:30a.

***Western Trails Conference***, November 22<sup>nd</sup> in Rushville at 8a.

***Districts***, November 30<sup>th</sup> in North Platte.

Thank you for supporting the students' involvement in the arts!  
We hope to inspire them to be creative problem solvers on and off the stage!

### Be a part of Hemingford's Fourth Annual Holiday Play!

Actors and Technicians of all ages needed!

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

Auditions will be November 9th at the Multipurpose Hall on the Fair Grounds.

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

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



Tabi Bryner & Irene Prochazka  
760-1120



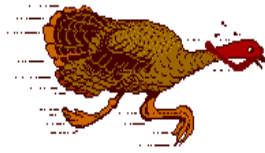


DEUS EX MACHINA

TENTATIVE REHAEARSAL/PERFORMANCE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	<b>31</b> <b>7a-8a</b> Rehearsal On Stage  or  <b>7p-8:30p</b> Rehearsal On Stage  Belinda's, Trevor AJ, Jordan, Kohl VB Sub Districts	<b>1-Nov</b> <b>7a-8a</b> Rehearsal On Stage  or  <b>4p-6p</b> Rehearsal On Stage  Belinda's, Trevor AJ, Jordan, Kohl VB Sub Districts	<b>2</b> <b>7a-8a</b> Rehearsal On Stage TBD  or  <b>4p-6p</b> Rehearsal On Stage  TBD FCCLA @ Bport	<b>3</b> <b>4p-6p</b> Rehearsal On Stage  or  <b>7p-8:30p</b> Rehearsal On Stage  Full Company Work Thru	<b>4</b> <b>7a-8a</b> Rehearsal On Stage  or  <b>4p-6p</b> Rehearsal On Stage  Full Company Work Thru VB Districts	5
6	<b>7</b> <b>5:30p-7p</b> Rehearsal On Stage Full Company Work, Run Art Day @ CSC	<b>8</b> <b>4p-6p</b> Rehearsal On Stage Full Company Work, Run JH BB	<b>9</b> <b>4p-6p</b> Rehearsal On Stage Full Company Work, Run	<b>10</b> <b>5:30p-7p</b> Rehearsal On Stage Full Company Work, Run State Vball	<b>11</b> <b>4p-6p</b> Rehearsal On Stage Full Company Work, Run State Vball	12
13	<b>14</b> <b>8p-9p</b> Rehearsal ??? Full Company Work WTC Vocal Music @ Hem	<b>15</b> <b>1p</b> Elementary School Performance On Stage Run	<b>16</b> <b>8:30a Performance</b> PHC @ Hem	<b>17</b> <b>8p-9p</b> Rehearsal On Stage Full Company Work 6:30 pm FFA Meeting	<b>18</b> <b>8p-9p</b> Rehearsal On Stage Full Company Run	19
20	<b>21</b> <b>7:30a</b> Line Thru On Stage <b>8p</b> Public Perf On Stage <b>8:30p</b> Strike and Load	<b>22</b> <b>8a Performance</b> WTC @ G/R	<b>23</b>	<b>24</b> Thanksgiving	<b>25</b>	<b>26</b>
27	<b>28</b> <b>8p-9p</b> Rehearsal On Stage Full Company Work, Run	<b>29</b> <b>9:30a</b> High School Performance On Stage	<b>30</b> <b>1:30p Start</b> Districts @ North Platte	<b>1</b> State is Friday December 9th in Kearney	<b>2</b> *This is a tentative schedule subject to change. WR @ Crawford JV BB @ G/R	<b>3</b>





# GIORGI'S GYM

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

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



<b>High School Honor Roll 2011-2012 Quarter 1</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Adamson, Amber L	12	Distinguished List
Casey, Kaitlin C	12	Distinguished List
Hansen, Hans C	12	Distinguished List
Heitz, Kaitlyn A	12	Distinguished List
Kaman, Rachel A	12	Distinguished List
Mendiola, Sandra Y	12	Distinguished List
Sutphen, Morgan R	12	Distinguished List
Jespersen, Kaitlyn S	11	Distinguished List
Wood, Kelsy J	11	Distinguished List
Hansen, Blake T	10	Distinguished List
Phillips, Paige E	10	Distinguished List
Ludlow, Amelia J	9	Distinguished List
Bright, Abigail F	8	Distinguished List
Laursen, Cody R	8	Distinguished List
Frazee, Kortney J	8	Distinguished List
Gasseling, Natalie M	7	Distinguished List
Rohrbouck, Faith C	7	Distinguished List
Wobig, Austin C	7	Distinguished List
Aguallo, Kanela S	12	Honors List
Stangle, Casey L	12	Honors List
Starman, Taylor J	12	Honors List
Adam, Delaney R	11	Honors List
Carlson, Caralina J	11	Honors List
Connor, Whisper L	11	Honors List
Elder, Casandra B	11	Honors List
Forgey, Jayleen J	11	Honors List
Horstman, Brady W	11	Honors List
Hughart, Anna L	11	Honors List
Kramer, Kristina R	11	Honors List
Kumpf, Kyle T	11	Honors List
Weber, Cash J	11	Honors List
Benge, Trevor M	10	Honors List
Huddle, Tyler J	10	Honors List
Irish, Isabella L	10	Honors List
Kaman, Kyle N	10	Honors List
King, Ryan P	10	Honors List
Manning, Daniel	10	Honors List
Olson, Alexis N	10	Honors List

<b>High School Honor Roll 2011-2012 Quarter 1</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Phillips, Alexis A	10	Honors List
Rohrbouck, Cali G	10	Honors List
Carlson, Asa L	9	Honors List
Fessler, Hannah L	9	Honors List
Foster, Colt W	9	Honors List
Galles, Ashleigh M	9	Honors List
Grumbles, MaKayla A	9	Honors List
Huss, Layne R	9	Honors List
Nelson, Kaelia S	9	Honors List
Rozmiarek, Joseph M	9	Honors List
Skinner, Ethan E	9	Honors List
Swanson, Hanna N	9	Honors List
Turek, Brady E	9	Honors List
Vogel, Tierra M	9	Honors List
Wood, Matthew J	9	Honors List
Ansley, Taeller N	8	Honors List
Horstman, Jacob D	8	Honors List
Jespersen, Lee C	8	Honors List
Keegan, Taylor A	8	Honors List
Klaes, Kelsey J	8	Honors List
Thomas, Brittany D	8	Honors List
Agler, Ashley R	7	Honors List
Cullan, Carli A	7	Honors List
Frazee, Kortney J	7	Honors List
Hansen, Emily M	7	Honors List
Huddle, Austin A	7	Honors List
Mayer, Jonathan P	7	Honors List
Neefe, Taylee M	7	Honors List
Randolph, Mikayla B	7	Honors List
Sutphen, Peyton J	7	Honors List
Turek, Brooke E	7	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

**Great Job!**



<b>Elementary Honor Roll 2011-2012 Quarter 1</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Coryell, Kobe J	5	Distinguished List
Cullan, Luke C	5	Distinguished List
Gasseling, Lauren J	5	Distinguished List
Buchheit, Carter S	4	Distinguished List
Hanson, Rebecca J	4	Distinguished List
Plog, Alexander M	4	Distinguished List
Buchheit, Macee M	6	Honors List
Davis, Madison M	6	Honors List
Horstman, Kelli M	6	Honors List
Mathews, Julia Mae	6	Honors List
Raben, Paul W	6	Honors List
Wobig, Riley J	6	Honors List
Mazanec, Joe New	5	Honors List
Agler, Katelin M	4	Honors List
Bryner, Isaiah T	4	Honors List
Farritor, Aaron M	4	Honors List
Knote, Emily R	4	Honors List
Mathews, Andrew James	4	Honors List
Moss, Maggie C	4	Honors List
Neefe, Rashell S	4	Honors List
Randolph, Gregory D	4	Honors List
Robb, Caleb A	4	Honors List
Sellman, Jake M	4	Honors List
Stumpff, Jace R.R.	4	Honors List
Walker, Jaydon A	4	Honors List
Walters, Elijah J	4	Honors List
Weaver, Shanna Jo	4	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		



**Way to Go!**



821 Morehead  
Chadron, NE 69337  
(308) 747-2405 or 1-800-717-1231

Nebraska is a national leader in providing early intervention services for infants and toddlers with disabilities. Thousands of children and their families have benefited from the state's early intervention program, known as the Early Development Network.

#### **How can the Early Development Network help?**

The Early Development Network provides services and supports that are designed based on the needs of children birth to age three and their families with the belief that parents know what is best for their families. These services are designed to act on what families think is important for their child and family. Friendly, supportive people who listen to and respect families staff the Network. These people can connect families with other families who have had similar experiences.

The goal of the Early Development Network is to provide coordinated services for Nebraska families as conveniently as possible. The program helps families to understand their child's disability and provides assistance in dealing with situations that interfere with the child's development. Families may choose a particular service or all services. Families also may refuse services at any time.

#### **How do I find out if a child is eligible?**

The Early Development Network serves children from birth to age three and their families. A child is eligible for Early Development Network services if he or she is not developing typically, or has been diagnosed with a health condition that will affect his or her development. Identifying such delays or disabilities usually involves both the family and a team of professionals.

If there are concerns that a child is behind in his or her development, people are encouraged to call the Chadron office at 1-308-747-2405 or 1-800-717-1231. Referrals are taken year-round from anyone with concerns, including parents, childcare providers, and others who have obtained the permission of the parents.

#### **Contact for More Information or for Information on Local Efforts:**

Autumn Calkins  
Western Community Health Resources  
821 Morehead Street  
Chadron, NE 69337  
1-800-717-1231 or 308-747-2405



# NEBRASKA FAMILY

Your call for

# HELP

is answered.

# LINE

## 1-888-866-8660

•  
Call 24/7/365 to speak with a trained, caring counselor.

•  
Children's behavioral issues

•  
Parent/child conflict resolution

•  
Juvenile mental health

A statewide Help-Line supported by the Nebraska Department of Health and Human Services

## SUPPORT GROUPS

**Support Group for  
Caregivers Who Take Care  
Of the Elderly**

Meets last Wed. of the month  
At 2:00 PM  
At the Scottsbluff Aging-Office  
For more information  
Contact 308-635-0851

**Domestic Violence  
Support Group**

For location and information  
Contact 436-4357 or 2787

**West Nile Support Group**

4th Saturday of the month,  
At RWMC Goshen Room  
Contact Reenie Berry  
308-436-7304

**Multiple Sclerosis  
Support Group**

RWMC Room 1  
10:00 AM, meets  
2nd Saturday of each month  
Contact Janice 308-783-2438

**Parkinson's Disease  
Support Group**

Meets at Northfield Villa  
2550 21st Street, Gering NE  
4th Wednesday of each month  
1:30 PM to 3:00 PM  
Contact 308-235-2513

**National Alliance for  
The Mentally Ill  
Support Group**

Meets every Tuesday  
at 4110 Avenue B  
in Scottsbluff, NE  
Contact John Butler  
For more information  
Call 222-5759

**Diabetic Support  
Group**

3rd Wed of the month  
2:30 PM - 3:30 PM  
Community Action  
Partnership of NE  
3550 N 10th Street  
308-635-3089

**Stroke and Brain  
Injury**

**Support Group**  
Box Butte Hospital  
2nd Tuesday  
Every Month  
Contact Martha Douglas  
308-761-3372

**Alzheimer's Support  
Group**

Meets at Heritage Estates  
2325 Lodge Drive  
Gering, NE, 7: PM  
Third Tues of the month  
For more information  
308-436-5007

**Stroke Survivors  
Support Group**

Meets 2nd Tuesday of  
each month  
RWMC 12:00-1:00 PM  
Contact 308-630-1440

**Visually Impaired  
Support Group**

Meets at the Senior Center  
In Chadron NE  
The 3rd Thursday of  
Every other month  
Contact Carolyn Schaffer  
For more information  
308-432-8185

**Brain Injury Support**

3rd Tuesday of the month  
ESU #13 - 4215 Ave I  
Time: 4:30 PM  
Contact Martha Douglas  
At 308 - 761 - 3372

**SPEAK OUT**

Meets the 2nd Thursday of  
Each month  
Contact Janay  
308-632-2051  
For more information

**Hearing Loss Support Group**

1st Tuesday of each month  
2:00pm - 4500 Ave I  
Contact Donita Mains  
800-545-6244

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

### SCHOOL MESSENGER

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

# Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2011

Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### Allergy tip

Is your child lactose intolerant or allergic to milk? Teach him to look for food packages marked “parve” or “pareve”—that means they contain no milk products. He can also find foods labeled “non-dairy,” but he should read the ingredient lists carefully. While they have no milk, butter, or cream, they may still contain milk proteins (watch for words like “caseinate” or “lactoglobulin”).

### DID YOU KNOW?

Swimming builds strength and endurance, works all muscle groups, and is easy on joints and bones.

Encourage your youngster to swim



year-round with trips to an indoor community pool. Or suggest that she sign up for a winter swim league. *Idea:* Join her in the pool and swim together, race against each other, or play tag.

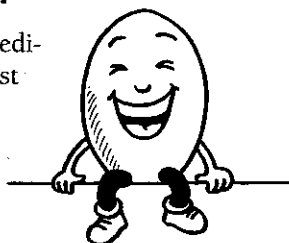
### Turkey treat

For a fun Thanksgiving snack, make “fruit turkeys.” Cut oranges in half, and scoop out the fruit. Then, let your child mix the orange sections with other fruit (grapes, banana slices, apple chunks) and put the mixture into the shells. He can turn each one into a turkey with a pretzel-stick neck, a pear-slice head, and dill feathers.

### Just for fun

**Q:** What ingredient works best when it’s broken?

**A:** An egg!



## Taste it!

As a parent, you want your children to eat a variety of foods. But getting them to try new ones isn’t always easy. Here are a few creative ways to encourage your youngsters to taste—and enjoy—new foods.

**Have a tasting party.** Pick a type of food, and conduct a taste test. For example, let your children pick out different pears at the market. Put slices of each kind on separate plates, and have them make signs for each one. Family members can sample the pears and write “tasting notes” (color, flavor, texture, rating on a scale of 1–5). Then, compare your findings.

**Serve samples.** Have you noticed how shoppers enjoy tasting samples at food stores—and often buy them afterward? Place samples of healthy foods around your kitchen, and invite your youngsters to try them after school. *Tip:* Spear each sample with a toothpick to make tasting even more fun.



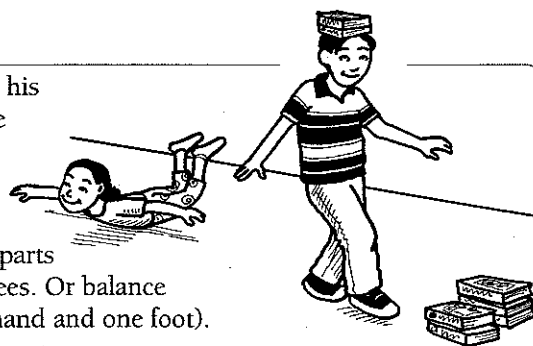
**Stage a contest.** Select a few ingredients, including a new one you would like your children to try (a vegetable, for instance). Then, divide into teams, give each side the same ingredients, and set a timer. The challenge is to arrange or prepare a dish using just those items. When the buzzer goes off, sample each other’s creations.

*Note:* Don’t get discouraged if your youngsters don’t like a new food right away. It can take many tastings—even up to 10 or 12—before children develop a taste for a new food. ♥

### Balancing act

Can your youngster balance on his knees? On his stomach? Challenge him with these balancing activities—they’re a fun way to build coordination and overall fitness.

- Try balancing on different body parts such as your side, stomach, or knees. Or balance on two different body parts (one hand and one foot).
- Stack paperback books at each end of a room. Walk to one stack, pick up a book, and place it on your head. Walk to the other stack, and add another book. How many books can you pile on your head before they drop off?
- Hold hands with someone, and balance on one foot each. Come up with other combinations for balancing together (one person on his back, the other on his knees). *Idea:* With three or more people, build a human pyramid. ♥



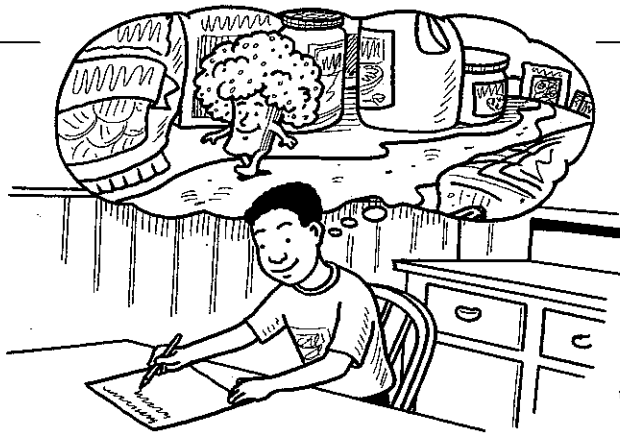


# Be a food writer

A fun way to explore good eating is to write about healthy foods. Suggest that your youngster try these ideas.

## Create a menu

What's for dinner tonight? On a sheet of construction paper, your child can list and describe the items. Encourage him to point out the nutrition



benefits of each (example: "Bright orange carrots filled with vitamins that are good for your eyes and your skin"). Put the menu on the dinner table for everyone to read. *Idea:* Have him create the menu on a computer and make copies to put at each person's place.

## Write a food tale

Encourage your youngster to write a story featuring healthy foods. He might make up characters like Ada the Avocado or Cauliflower Chris who get lost in Foodland and have to find their way back to the produce market. Or give him a story starter like, "If I were a banana, I would..."

*Note:* Younger children can dictate words or stories to you, or have them draw pictures and add letters and words they know. ●

## ACTIVITY CORNER

# Catch, throw, and play

Many sports and games call for catching and throwing a ball. Here are ways to give your child everyday practice:

- For little ones, start by tossing bean bags back and forth. They can be easier for small hands to grasp.
- Practice throwing "grounders" to each other. Roll a ball to your youngster, and have him scoop it up and throw it back to you.
- Encourage your child to play with balls of different sizes and shapes (tennis ball, basketball, wiffle ball, playground ball, football, small rubber ball). This will get him used to handling and reacting to balls for various games.
- Stand 2–3 feet apart, and throw a ball to your youngster. After he catches it, he can take a giant step back. Continue tossing a ball to each other and stepping back with each catch. How far apart can you get and still catch the ball?
- Suggest that your child throw a ball up in the air and catch it. How many times can he throw and catch without dropping the ball? *Tip:* Have him practice baseball skills by wearing a baseball mitt on one hand and tossing a baseball with the other. ●



## Q & A Bullying and weight

**Q:** My daughter Rachel came home in tears because other kids told her she's "too fat" to play with them during recess. What should we do?

**A:** First, listen carefully to her concerns. Then, talk to her teacher and the school counselor. They can give Rachel ways to handle teasing and bullying. For example, if she doesn't get angry or upset, she can take the "fun" out of teasing, and the bullies may give up after a while.

Also, watch for signs that your daughter is sad, spends too much time alone, or doesn't have friends. And make sure she knows you love her and value her interests and abilities.

Finally, try not to dwell on her weight. Instead, keep healthy foods in the house, and help encourage physical activity by playing outside together or taking family bike rides and walks. The important thing is to get her in the habit of being active no matter what her peers say. You'll help her build a lifetime habit of fitness. ●



## IN THE KITCHEN

# Spaghetti or squash?

If your children have never had spaghetti squash, they're in for a treat. It's a vegetable that looks like spaghetti! And the good nutrition news: it has no fat or cholesterol, is low in calories, and is a good source of fiber, vitamin C, and minerals.

To cook a spaghetti squash, pierce holes in it, and bake at 350° until tender (about an hour). Cool 10–15 minutes, cut in half lengthwise, and scoop out the seeds. Let your children scrape out the flesh with a fork—it will come out as spaghetti-like strands.

Then, try these ideas:

- Drizzle on a little olive oil, and add Parmesan cheese. Season with pepper.
- Toss with your favorite marinara sauce.
- Sauté chopped onions, minced garlic, and sliced mushrooms until soft. Stir into the spaghetti squash strands, and place in a casserole dish. Bake at 400° until hot.
- Mix with apple chunks (from 2 apples), 1 tbsp. melted butter, and 2 tbsp. maple syrup. Bake at 350° until hot. ●



**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  
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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  
Breakfast Menu**

**November 2011**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>PANCAKES</b> Fruit or Juice	<b>2</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>3</b> <b>OMELET</b> Tater Tots Fruit or Juice	<b>4</b> <b>CINNAMON ROLL</b> Fruit or juice
<b>7</b> <b>CEREAL</b> Fruit or Juice	<b>8</b> <b>EGG &amp; CHEESE</b> Biscuit Fruit or Juice	<b>9</b> <b>CEREAL</b> Fruit or Juice	<b>10</b> <b>BREAKFAST BURRITO</b> Fruit or Juice	<b>11</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>14</b> <b>CEREAL</b> Fruit or Juice	<b>15</b> <b>WAFFLES</b> Fruit or Juice	<b>16</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>17</b> <b>SAUSAGE GRAVY/ Biscuit</b> Fruit or Juice	<b>18</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>21</b> <b>CEREAL</b> Fruit or Juice	<b>22</b> <b>PANCAKE &amp; SAUSAGE on A Stick</b> Fruit or Juice	<b>23</b> 	<b>24</b>	<b>25</b> Thanksgiving Break No School November 23-25
<b>28</b> <b>CEREAL</b> Fruit or Juice	<b>29</b> <b>BREAKFAST Tac-Go</b>	<b>30</b> <b>CEREAL</b> 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 - \$1.15    Adult Breakfast - \$1.65  
The cost of a lunch is as follows: PreK - 6 Lunch - \$1.65    7 - 12 Lunch - \$1.95  
Adult Lunch - \$2.75***



# Hemingford Public Schools Lunch Menu

**November 2011**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1 CHICKEN STRIPS</b> Corn Fresh Fruit Roll & Butter SALAD BAR & Veg. Beef Soup	<b>2 TACO</b> Refried Beans Pears Roll & Butter SALAD BAR	<b>3 HAMBURGER</b> French Fries Peaches Dill Slices SALAD BAR & Turkey Noodle Soup	<b>4 CRISPITO</b> Green Beans Applesauce Roll & Butter SALAD BAR
<b>7 ITALIAN DUNKERS</b> Carrots Fruit Cocktail Dipping Sauce SALAD BAR	<b>8 CHICKEN NUGGETS</b> Green Beans Peaches Roll & Butter SALAD BAR & Minestrone Soup	<b>9 SPAGHETTI</b> Coleslaw Pears Garlic Bread SALAD BAR	<b>10 BOBCAT TACO</b> Lettuce Salad Fresh Fruit Roll & Butter SALAD BAR & Cheese Soup	<b>11 CHICKEN FRIED STEAK</b> Mashed Potatoes Pineapple Roll & Butter SALAD BAR
<b>14 BURRITO</b> Lettuce Salad Pears Roll & Butter SALAD BAR	<b>15 GRILLED CHEESE</b> Mixed Veg. Fruit Cocktail Tomato Soup SALAD BAR & Tomato Soup	<b>16 CORNDOG</b> Corn Fresh Fruit Roll & Butter SALAD BAR	<b>17 MAC &amp; CHEESE</b> Green Beans Applesauce Roll & Butter SALAD BAR & Lumberjack Veg. Soup	<b>18 TURKEY GRAVY</b> Mashed Potatoes Peaches Roll & Butter SALAD BAR
<b>21 PIZZA</b> Carrots Pineapple Dill Spear SALAD BAR	<b>22 CHICKEN SAND.</b> Tater Tots Peaches SALAD BAR & Potato Soup	<b>23</b> 	<b>24</b>	<b>25</b>
		<b>Thanksgiving Break No School November 23-25</b>		
<b>28 PIG in a BLANKET</b> Corn Pineapple No Bake Cookie SALAD BAR	<b>29 BEEFY NACHOS</b> Lettuce Salad Pears Roll & Butter SALAD BAR & Chicken Noodle Soup	<b>30 CHICKEN &amp; NOODLES</b> Green Beans Peaches Roll & Butter SALAD BAR		

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## Calendar Events November 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day VB Subdistricts FFA Fruit Sales Begin	2 White Day FCCLA Dist at Bridgeport	3 Red Day 1:00 PM JH Wr at Gor/Rush	4 White Day VB Districts	5
6	7 Red Day WTC and PHC Art Day at CSC	8 White Day 5:00 PM JH GBB vs Crawford	9 Red Day 2:30 PM FCCLA Big Brother/Sister	10 White Day State VB 12:01 PM JH Wr at Hem Invite ??Health Professions Field Trip	11 Red Day State VB FCCLA Cluster @ Denver	12 State VB FCCLA Cluster Denver 10:30 AM JH GBB at Hay Springs
13 FCCLA Cluster @ Denver	14 White Day School Board Meeting Winter Practice Begins WTC Vocal Music at Hemingford	15 Red Day 1:00 PM EL One-Act Performance 5:00 PM JH GBB at Crawford	16 White Day PHC One-Act	17 Red Day 6:30 PM FFA Meeting	18 White Day 9:00 AM JH Wr at Morrill	19 8:00 AM JH Wr at Alliant
20	21 Red Day 12:01 PM JH Wr at Bridgeport 8:00 PM One-Act Public Performance	22 White Day WTC One-Act at Gor/Rush 3:00 PM JH GBB at Morrill	23 No School - Thanksgiving Break	24 No School - Thanksgiving Break	25 No School - Thanksgiving Break	26
27	28 Red Day 6:00 PM FAFSA Financial Aid	29 White Day 9:00 AM JH Wr at Bayard 9:30 AM HS One-Act Performance	30 Red Day 8:00 AM Blood Drive District One-Act @ North Platte			

## Calendar Events December 2011

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1  Progress Reports Sent Home  White Day  5:00 PM JH GBB at Gor/Rush	2  Red Day  2:00 PM JV/V G-B BB vs Gor/Rush  3:00 PM Wr at Crawford	3  1:00 PM JV/V G-B BB at Hyannis
4	5  White Day  1:00 PM JH Wr at Mitchell  4:30 PM JH GBB vs St Agnes	6  Red Day  6:00 PM JV/V GBB at Crawford	7  White Day  FFA Leadership @ Chadron	8  Red Day  4:00 PM JH GBB vs Bridgeport  6:30 PM FFA Meeting and Fruit Sales End	9  White Day	10  Booster Supper  Wr at Banner County  Speech at Gering Invite (novice)  8:00 AM ACT Test Date  2:00 PM JV/V G-B BB vs Mitchell
11	12  Red Day  School Board Meeting  JH GBB at Sioux Cty (PHC)	13  White Day  6:00 PM EL/HS Christmas Concert	14  Red Day	15  White Day  FFA Christmas Party  2:30 PM FCCLA Big Brother/Sister	16  Red Day  2:00 PM JV/V G-B BB vs Bridgeport	17  Wr at Bridgeport  2:00 PM JV/V G-B BB at Leyton
18  7:00 PM Community Holiday Play	19  White Day  7:00 PM Community Holiday Play	20  Red Day	21  Dismissal at 1:00  White Day	22  No School - Christmas Break	23  No School - Christmas Break  Gym Moritorium	24  Gym Moritorium
25  Gym Moritorium	26  No School - Christmas Break  Gym Moritorium	27  No School - Christmas Break  Gym Moritorium	28  No School - Christmas Break	29  No School - Christmas Break  Holiday Tournament at Hay Springs	30  No School - Christmas Break  Holiday Tournament at Hay Springs	31