



Bobcat Bits

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Special points of interest:

- CDC "Take 3" Actions To Fight The Flu
- NDESU
- Nutrition Nuggets
- Lunch & Breakfast Menus
- Activity Calendars

Superintendents Thoughts-Mr. Ningen

SCHOOL SUCCESS

Notes from Mr. Ningen

Students and staff have seemed to settle in during the first several weeks in our elementary and in the upper grades as well.

The transition from a summer schedule that involved going places and being able to move around to one of sitting in one place while doing assignments sometimes takes some adjustment.

Adjustment is also needed when daily assignments, preparation for exams, and sports and activity practice all take additional time in our schedules.

Even our younger students are faced with expectations of not running; staying in line; and talking in quiet voices, things that may have been put aside during the months of summer.

I would encourage parents and students to reach out and get the most they can from their school experiences. Besides just studying and answering questions, students need to be prepared and involved enough to ask questions and offer their own perspective to discussions.

Parents can play a large role in developing that trait by being specific when asking about the school day – from old or young students. As you've heard me say before, a person that needs to reply specifically will give much more substance to an inquisitive parent, than the more general, "how was school today?"

Parents are more apt to gain a greater insight into what their children are doing or learning by asking a class specific question, such as, "where did you travel today in history class", or "show me your papers that you brought home from school today, and tell me about them."

Younger students respond quite well to this type of interest, while older students will at first wonder why there is increased interest at first. Even they will appreciate a true interest from parents in what they are doing at school.

This weekly or twice weekly practice will also give parents indications of how well things are going and allow them to know in advance if things are not going well.

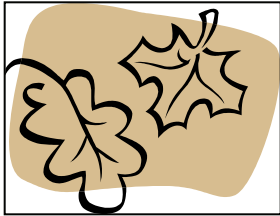
Parents and students alike benefit from doing work ahead of time, or planning projects. There is much less anxiety and much greater satisfaction when this occurs.

Lastly, I would invite and encourage students in need of additional study time or additional help from teachers, as well as those students who are failing in a class or classes to take advantage Monday-Thursday, from 3:30-4PM, to utilize Supervised Study Time or "SST".

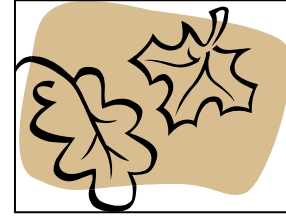
Parents need to also push their children in all grades to do their best, but to really encourage/require their older children in the secondary grades to stay after school to catch up on work, or have questions answered.

Have a GREAT October!

Fostering Education



OCTOBER HAS ARRIVED



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



MAPS TESTING

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

OCTOBER HAPPENINGS

12th - 14th The kids will continue to practice their writing skills using a fall prompt. We are following the state writing format that will be used in the spring.

13th - 6th graders take part in Nebraska Risk and Protective Factor Student Survey

14th - 3rd graders take part in the Nebraska Kids Fitness and Nutrition Day at the YMCA in Alliance

15th - The first AR Store of the year.

19th End of the 1st quarter

26th - **Kids will be dismissed at 1:00 p.m. today. Parent/Teacher Conferences will run from 2:00 - 8:00 p.m.**

27th - No school for kids. Teachers will score the students' fall writing samples.

28th - 29th - No school for kids or staff.



PARENT/TEACHER CONFERENCES



Please plan to attend your child's parent/teacher conference on Tuesday, October 26th. 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. At the conference remember both you and the teacher want to help your child succeed. Also, ask to see your child's work, ask the teacher to explain terms that are new to you, sum up what has been discussed, and finally establish the best way to contact each other. Email? Phone? I hope to see all of you in attendance. Thanks for your support. **Remember it takes all of us working together to help your child.**

BOX TOPS FOR EDUCATION

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

The first submission of box tops will be October 31st.

Fostering Education-Cont.



PARENTS PLEASE HELP WITH BANDZ BRACELETS



The Bandz bracelets are becoming a concern in school. Students fiddle with them during class and arrange swaps — trading one bracelet for another when they should be concentrating on schoolwork. Sometimes a trade goes bad or a student changes their



mind and hard feelings occur leading to scuffles and arguments at a later time. Parents I'm asking that you visit with your child about these bracelets and their place in school. Please encourage your child to leave these bracelets at home.

Fire Safety Day

Wednesday, October 6, 2010 (White Day)

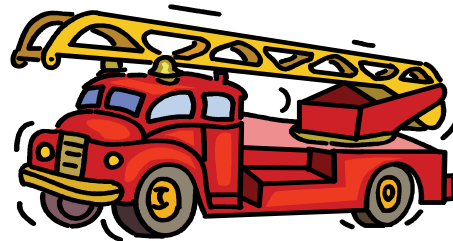
9:00A.M. – 10:00 A.M. A.M. Pre- School and Kdg. (44)

10:00 A.M. – 11:00 A.M. 1st Grade (24)

11:00 A.M. – 12:00 P.M. 2nd Grade (35)

1:00 P.M. – 2:00 P.M. 4th Grade (24)

2:00 P.M. - 3:00 P.M. 3rd Grade (38)



Fire Safety Day will be held at the Fire Hall this year. Students in grades Pre-School – 2nd will deal with general fire safety. Students in grades 3 and 4 will be dealing with more real life situations concerning fire (campfires, etc.) The fire department will have a real fire for the older students to see and show them the proper way to put it out.

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

Mr. Ron Foster, Principal

rfoster@panesu.org



Upcoming date to put on your calendar Christmas Concerts will be:

December 16, 2010

Elementary—6:00 P.M.

High School— 7:15 pm

Foster's Facts

pthayer2panesu.org

September was busier than usual with a Homecoming as part of the first week's activities. Time management is a must for students. I wish that more students would use the SST time to work on homework or receive assistance. First, I want all students to be able to be part of an activity for there are many benefits of being part of a team. One of the reasons that SST was put into play was so that students should be eligible as long as they attend and show effort at improving their grade. Academics are in the fore-front and SST is a positive opportunity for our students. I am not sure why students would rather be ineligible than to attend SST.



On a different note I am so very proud of the way students are being on-time (thanks for your help), welcoming new students to our school, and keeping the school climate positive.

Rings and Things: It's time to be ordering items for seniors and to show the sophomore's class rings. Jostens will be here on Monday, October 11 to provide the information and then they will return on Tuesday, October 19 for the orders. For seniors, you need to be thinking about announcements and quantity if you plan on ordering. There are many options for seniors and the school does not have a requirement about graduation announcements format. Graduation has been set for May 8.



Marching in Oktoberfest

Heading back to Sidney this year; Ms. Schmidt will be taking the band to march in the parade. The date is October 2. Parents were sent a letter earlier in September. I believe she is still looking for chaperones for the day. Please call if you would be willing to help out.

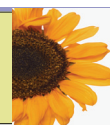
Senior/Parent Meeting: Mrs. Hucke will be mailing a letter to senior parents with the details and topics. Monday, October 4, is the scheduled date.

Student Assembly Presentation

On Tuesday, October 5 students will have the opportunity to hear Monica Bartling and State Patrolman Chuck Elley's presentation on sexting, internet stalkers and dating violence. They will be giving presentations in 75 minute blocks. We are breaking down the groups into girls 7, 8, and 9; girls 10, 11, and 12; boys 7, 8, and 9; and finally boys 10, 11, 12. This way they can gear the information to the appropriate age group and have time for questions that are of interest to that group. In speaking with Mr. Elley he stated that they were very upfront and honest with the information. If you do not want your child to participate, please contact the HS office. This presentation has come highly recommended from other Panhandle schools.

Fall Writing—Time to practice those writing skills. Each class will be given a prompt to write which will be either a narrative, descriptive or persuasive argument. Students have one hour for the rough draft and one hour the following day to polish the piece.

Foster's Facts-Cont.



During the Teacher Assessment Day on October 27th (no school for kids), the full K-12 faculty will use the 6-traits method and score the student work. These results will then go back into the classroom where teachers can polish areas of need. Fall writing is scheduled for the window of October 12 -14. Hopefully there will not be much illness in the building and all students are present.

ACT Prep Class

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



Those individuals that plan on enrolling for an ACT exam (after visiting with Mrs. Hucke) are required to attend the ACT practice test twice a week in lieu of their SSR reading time. Juniors should not sign up for the ACT until they have gone through the prep class which has been incorporated into the school day during SSR (Sustained Silent Reading) time. During this time, are test taking strategies for the students and practice tests. The plan is to provide these mini sessions prior to each testing period. Students can also go out to the ACT website (address above) for additional questions. ACT test dates are posted throughout the building.

Parent/Teacher Conferences –for the Junior High and High School will be held on Tuesday, October 26 beginning at 2 pm and concluding at 8 pm. The office will provide a copy of your son/daughter schedule so that you can visit with each individual teacher. The conferences are held in the individual classrooms –no appointments are scheduled. If you feel that you need more than 5 minutes, you may want to think about scheduling a separate appointment on a different day. I hope to see you there.



Prom is scheduled for April 9, 2011

Student and Parent Portal

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

If you have questions, please call the office or email me pthayer@panesu.org for assistance.

Other Events

- October 7 CSC Theatre Day—One Act Practices are beginning
- October 13 PSAT test for Juniors (contact Mrs. Hucke)
- October 20 End of 1st Quarter
- October 21 NE Risk Survey and Youth Tobacco Survey (Grades 8, 10, 12)



Don't hesitate to contact me if you have any questions 487-3328 or pthayer@panesu.org



Prescription Drug Abuse

Know What Is In Your Medicine Cabinet!

Prescription medicines are critical to treating legitimate health problems and are safe and effective when taken under a healthcare professional's care for medical reasons and at the right dose. When used for medical reasons, **painkillers** (opiates or opioids)—which are the most-abused prescription drug class—are meant to be used only for a short time. Since opiates affect the brain and spinal cord, continued abuse can leave you hooked.

Another category of prescription drugs that is often abused is **stimulants**. Prescription stimulants are used for ADHD and severe obesity. Stimulants generally work well for people for whom they are prescribed who take them in the right dosage. But when stimulants are abused, the side effects can be extremely unpleasant. People can become addicted to them, and they take higher and higher doses. They may feel very angry or suspicious of other people. There are also physical dangers. The stimulant abuser might experience a severely high body temperature, irregularities in heartbeat, and possibly a heart attack or seizure. Withdrawing from addiction to stimulants is like diving into a deep, black pool of depression.

Sedatives and tranquilizers are prescribed for people who are nervous, anxious, or can't sleep. They work for people who need them because they slow down the brain's activity. People who abuse sedatives and tranquilizers become dependent on them, take higher and higher doses, and may experience poor memory and judgment, lack of coordination, and even ideas about suicide. Suddenly stopping these drugs is a shock to the brain that can cause seizures. Combining sedatives and tranquilizers with painkillers can cause breathing and heartbeat to slow down to a dangerously low point, and can even result in death.

News From Title 1



Parents of Title 1 Reading students should have received an invitation in the mail to attend the annual Title 1 Parent Informational meeting. The meeting will be held Wednesday, October 6, 2010 at 2:30 pm. The meeting will be held in the Curriculum Room (located on the 2nd floor of the Elementary Building). Refreshments will be served. Hope to see you there!

Sally Engelhaupt
Title 1 Reading Teacher

Mandy Plog
Title 1 Director

FCCLA-MRS. NEEFE



October Happenings:

October 2, 2010: FREE Coats for Kids Giveaway! 10 am to noon! Any leftover coats will be given to Good Will. Members need to volunteer to help out.



October 4, 2010: Gift sales are due! Turn in to Mrs. Neefe.

October 11, 2010: District registration which is November 3 is due. Sign up to attend. Cost is \$7.50. Lunch is provided.

October 20, 2010: Big brother/sister at 2:30 pm.

November 3, 2010: Districts

Junior High Volleyball



The Junior High volleyball team is in full swing with four volleyball games played, one tournament and panhandle conference. The girls will finish their season with a home game on October 11th against Hay Springs and an away game at Bayard.

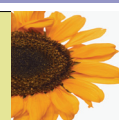
The girls have shown a big improvement in their skills over the last month and a half. The scores may not always show it but their passing, serving and understanding of the game has increased tremendously.

The 7th and 8th grade girls have been split into two teams, the red and the white team. The white team earned their first win against St. Agnes in the Alliance Tournament. Their dedication to the sport has paid off as they continue to grow in all areas on the court. The red team pulled a win against our opening game against Morrill and fell short to Bridgeport. They had two nice wins in the Alliance Tournament against Chadron and Torrington.

We look forward to all our Bobcat fans coming out Thursday, October 14th to cheer on the Lady Cats against Hay Springs in our last home game of the season.



Giorgi's Gym



FITNESSGRAM COMING HOME



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

PE class, the students work on improving their fitness.

The following students achieved the Health Fitness Zone in all areas:

6	Berg	David	3	Bryner	Isaiah	2	Jayce	Meyring
6	Cullan	Carli	3	Buchheit	Carter	2	Jack	Payne
6	Huddle	Austin	3	Fingar	Nathen	2	Zachary	Rozmiarek
6	Mayer	Jonathan	3	Hansen	Betsy	2	Turek	Brian
6	Paul	Cody	3	Manion	Taylor	1	Connor	Braden
6	Prince	Shayla	3	Plog	Alexander	1	Haas	Vernon
6	Randolph	Mikayla	3	Randolph	Gregory	1	Hunter	Jordan
5	Campbell	Korby	3	Campbell	Syndi	1	Lawhorn	Marius
5	Connell	Dylan	3	Glass	Kyle	1	Ludlow	Isaac
5	Davis	Miles	3	Hanson	Rebecca	1	Specht	Ethan
5	Horstman	Kelli	3	Honstein	Lucas	1	Thompson	Logan
5	Walker	Kaleb	3	Lawhorn	Arial	1	Turek	Alysen
4	Connell	Mason	3	Walker	Jaydon	K	Turek	Darin
4	Cullan	Luke	2	Ansley	John	K	Woodbeck	Landyn
4	Davis	Justin	2	Carlson	Haden			
4	Gasseling	Lauren	2	Fingar	Jacob			
4	Hiemstra	Mason	2	Frazee	Jessica			
4	Mutchie	Ashley	2	Hanson	Danea			
4	Schnell	Kylen	2	Huss	Kendall			

LEVEL 2

SKIP'N CATS



Level 2 Skip'n Cats will have their first practice Tuesday, October 5. Each rope skipper will be notified personally of the starting date and time. Level 1 Skip'n Cats will not start practice until after Christmas.

Keep on moving!

Mrs. Giorgi

COUNSELOR'S

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

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

Seniors: The Senior Parent meeting will be held on October 4, 2010, in the high school library @ 7:00 p.m. You will be receiving a letter in the mail. Please plan to attend.

Juniors: The PSAT/NSMQT test will be given on October 13. It will be given here at the school. If you have any questions, please come in and see me. The cost is \$13.

Sophomores, Juniors, and Seniors – Make sure and attend the college night that is being held Monday, October 11, 2009, at Alliance High School at 7:00 p.m.

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

ScholarshipQuest at Education Quest.org

www.scholarshipmonkey.com

ScholarshipExperts.com

<https://studentaid2.ed.gov/logon.asp>

Schoolsoup.com

Scholarships.com

Collegeboard.com

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

School Bus– Sandra Haas



TO ALL PARENTS OF DISTRICT 10 STUDENTS:

Due to the increase number of bus students, we are requesting prior notice before your child(ren) ride a different bus or are taking friends home with them. We will let you know upon request if there is room on the bus for the child(ren)that day. This also applies to non-bus students.

If you have any questions or bus request, please call Sandra Haas @ 487-3330.
Thank you for your cooperation with this matter.

Math Tips for Parents-Cindy Ahrens



Here are some suggestions to help your child in solving their math

1. Encourage Them! - You can improve your children's learning ability by providing them a positive environment. Be involved!

2. Follow up on Homework - Monitor the progress of your child to make sure that they are doing fine. Encourage them for their good performance.

3. Demonstrate the use of Math - Use real life examples to teach math to your children. Children can learn a lot from every day examples. Simply ask them to calculate the money you have to pay for tickets, next time you go out to the movies. Try multiplying the number of cars of two different colors.

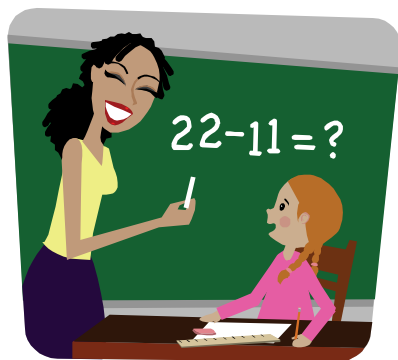
4. Real Life Math- Explain how they can use math to solve their problems. They should understand that math is not about using simple arithmetic skills; it is much more than that. Children can use their mathematics skills to solve every day problems. They can find out how many pieces of pizza you need to cut so that it can be shared in your family. Just go beyond the daily assignments and let your children explore the real world problems to improve their mathematics. This will show them the true value of math in their lives.

5. Get them to talk! - Encourage your kids to talk. Tell your child to solve their math problems by talking about the correct steps. This will allow you to monitor what he or she is thinking. You can detect the problem areas while your child is talking his way through the steps.

6. Everybody loves money - Teach your children money skills. Your kids can use fractions and percentages to find out how much savings they have made on a particular purchase. For example if your children went to a movie that costs \$30 and they have saved \$10, so in terms of fractions they have saved $\frac{1}{3}$ of the amount or 33%

7. Telling Time - Teach your children how to tell the accurate time. Use digital and analog clocks for this purpose. You can talk with them about, seconds, minutes, hours and days.

8. Make Math Games - Learning mathematics should be a fun activity for your children. You can combine math with various games to make it interesting for your children. Use flash cards that test your child's math skills to help them get better in mathematics.



9. Use Computers -You can increase your child's learning speed by using computers and various educational software.. There are many computer games that involve the use of math skills. Look online at www.glencoe.com for help with homework

10. Talk to Teachers -Parents and Teachers should communicate with each other on a frequent basis. They should assist the students in learning the proper mathematics skills. Parents can play an essential role in improving their children's performance by regularly communicating with the teachers. They can work with the teachers to solve their children's problems.

FFA Officer Retreat



Imagine standing on top of a mountain in Wyoming with breath taking scenery all around and a 100 foot cliff below your feet. The look down causes your muscles to bunch up as the adrenalin starts coursing through your body. Now imagine you are about to descend this cliff attached to a ½ inch rope secured to a piton anchored in the granite rock you are standing on. As you slowly creep backwards down the rock you are thinking “this is better than any carnival ride I have ever taken”. Five Hemingford FFA Officers were able to partake in this experience during the annual HOLT (Hemingford Officers Leadership Training) held at Vedauwo, Wyoming on August 19th and 20th. While at the training officers Brandon Roland, Jose Campos, Casey Stangle, Cash Weber and Kipp Irene camped out for two days, climbed mountains, and (of course) rappelled. The trip was not all fun and games, during the time spent at the retreat they also went over the activities planned for the chapter this year and hammered out a chapter budget. Local FFA Advisor Gordon Karney had this to say about the trip. “The entire trip was a success. The officers got to work together and get to know each other; we were able to take care of essential chapter business and we had a little fun along the way. I’m really looking forward to working with our chapter this year. We have a strong group of leaders with these five officers and a lot of talent in our local membership.”



Cash Weber



Hemingford FFA Members Attend Leadership Training

On Wednesday September 8th 15 members of the Hemingford FFA attended the annual Impact leadership training at Scottsbluff, NE. The theme of the training was “Discover the Power”—Helping Students Discover Their Personal Strengths, Talents and ways to Serve through FFA. The Nebraska State FFA Officers put together the activities for FFA members and students were divided into learning groups for the day and participated in the following sessions:

9th & 10th: Discovering Our Super Strengths; FFA Super Opportunities; Working Together Equals Success; and Take Time to Make Time

11th & 12th: Discovering Our Super Strengths; Define Ourselves; Agriculture, The Impact; and Service the FFA Way. Sponsors for this year’s IMPACT workshop were the Nebraska Corn Growers Association, Heartland Ag and the Nebraska Cattlemen Foundation.

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.

NDEESU

PRESENT:



Secondary Transition Webinars

Nebraska Department of Education and Educational Service Unit # 13 are excited to present a 6-part free webinar series dealing with innovative practices in Secondary Transition.

Webinars bring current, expert information from the field to busy professionals and parents in convenient, interactive sessions. Webinars will be 90 minutes in length and require only a computer and high-speed Internet connection to participate. We are excited to present information from some of the most notable national names in the field.

Live Broadcast Times 3:30 - 5:00 CT/2:30 - 4:00 MT

October 19, 2010- "What's Up in Nebraska"
Through Technology we will visit 3 transition programs in our state which are providing a variety of unique services to youth:
1. Project Search with Grand Island Public Schools and St. Francis Medical Center
2. South City Public Schools Vocational Transition Program
3. LifeLink Nebraska in Scottsbluff on the campus of Western Nebraska Community College

November 16, 2010- "Transitioning to Adulthood: A Story of Bipolar Disorder"
Mother and Daughter, Cinda and Linea Johnson of Seattle, WA, share the story of Linea's journey to adulthood with a diagnosis of bipolar disorder. Visit their Website at: www.lineacinda.com

January 18, 2011- "An Overview of Transition Assessment Choices"
Dr. Mary Morningstar of University of Kansas will present an overview of appropriate transition assessment choices and information on how to use assessment information to plan and deliver transition services.

February 15, 2011- "Think College Initiative" Debra Hart and Cate Weir from the Institute for Community Inclusion at The University of Massachusetts/Boston will discuss the national initiative, "Think College." New and innovative programs are beginning across the nation providing college options for people with intellectual disabilities.

March 15, 2011 - "The Community Supports Program"
An overview of the program will be followed by two case studies of young adults who are using the funding model to improve their quality of life in the community.

April 12, 2011 - "Creating Unique Employment Possibilities"
Dr. Wendy Parent of The Beech Center at The University of Kansas will share her experiences in creating supported and customized employment options for youth with disabilities.

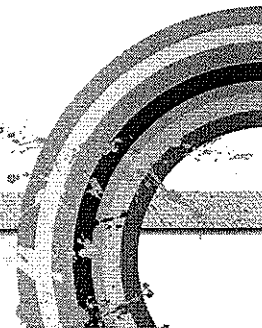
SIGN UP FOR OUR WEBINAR



REGISTRATION

To register for all 6 webinars in the series go to: www.esu13.org. On the left side of the screen click Registration Form. Complete the form in total and submit. One week prior to the event, you will receive a link to enter the virtual conference room. Then, sit back and enjoy! Times not right for you? Webinars will be recorded and available for viewing at a later time/date.

Register for delayed viewing with the same procedure. Questions?: jbarber@esu13.org



Flu is a **serious contagious** disease that can lead to **hospitalization** and even **death**.

Flu-like symptoms include:

- fever
- cough
- sore throat
- runny or stuffy nose
- body aches
- headache
- chills
- fatigue

Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

CDC Says
“Take 3”
Actions
To Fight The Flu

For more information, visit
<http://www.flu.gov>
or call
800-CDC-INFO



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

#1 Take time to get a flu vaccine.

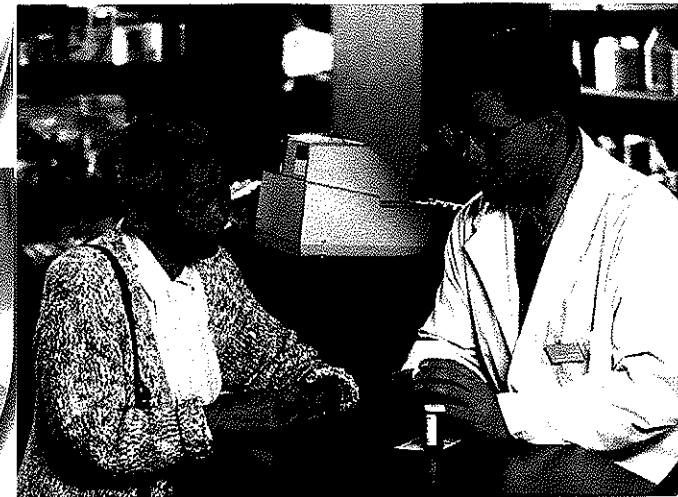
- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.
- The 2010–2011 flu vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the 2009 H1N1 virus that caused so much illness last season.
- Everyone 6 months of age and older should get vaccinated against the flu as soon as the 2010–2011 season's vaccine is available.
- People at high risk of serious flu complications include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

#2 Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- While sick, limit contact with others as much as possible to keep from infecting them.

#3 Take flu antiviral drugs if your doctor prescribes them.

- If you get the flu, antiviral drugs can treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
- It's very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.
- Flu-like symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.



Nutrition Nuggets

Food and Fitness for a Healthy Child

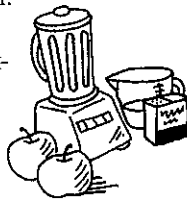
October 2010

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES

Awesome applesauce

Here's a simple recipe you can use to make homemade applesauce this fall. Peel and core three apples, and cut them into pieces. Place in a microwave-safe bowl, and add ¼ cup water and ½ tsp. cinnamon. Microwave for 5–6 minutes. Put the mixture into a blender, and blend until chunky.



Ready to play

Keep play equipment handy, and your children will be more likely to use it to stay active. Try organizing items into plastic bins in your hall closet or garage. For example, one bin could be for balls (soccer, basketball, tennis, football). Others could hold skates, a jump rope, a Frisbee, or badminton and tennis racquets.

DID YOU KNOW?

Certain foods can help your youngsters' teeth stay healthier by removing sugar and protecting against plaque. Good choices include mozzarella and other cheeses, peanuts, yogurt, fat-free milk, and sugar-free chewing gum. *Note:* Be sure your children brush their teeth twice and floss once every day.

Just for fun

Q: What runs around a baseball field but never moves?

A: A fence!



Calcium counts

Most kids want to be strong. Let your child know that calcium builds strong bones, and she may be more inclined to meet the calcium challenge. Try these ideas.

Calcium bank. Your youngster can think of her bones as being like a bank account—and eating foods rich in calcium is like making deposits in the bank. Encourage her to get enough calcium by having her make a piggy bank out of a plastic milk jug. Lay it on its side and cut a slit in the top. She can glue on pictures of foods with calcium (milk, cheese, dark green leafy vegetables). Each time she has one, she can put a penny in her bank. How many pennies can she add each day?

Every meal. Get your child used to having calcium at every meal. You can point out the foods she's already eating (milk on her breakfast cereal, macaroni and cheese for lunch), and help her think of more she could have (cheese on her sandwich, banana yogurt as a dip for fruit). If she's a milk drinker, you're in luck. An 8-ounce glass with each meal will give a 4- to 8-year-old child the calcium she needs each day, and four glasses daily will supply almost enough calcium for a 9- to 12-year-old.

Calcium cooking. You can add calcium to your youngster's diet by using dairy products and other calcium-rich foods when you fix meals and snacks. For instance, use fat-free milk instead of water when heating up canned tomato or mushroom soup. Melt cheese onto cooked broccoli or green beans. Put tofu into a stir-fry, or add white beans to chili.



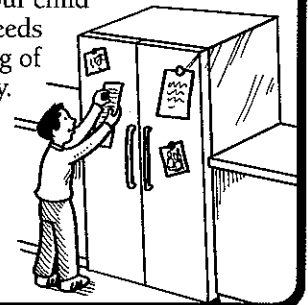
Where is it?

Calcium is found in a variety of foods. Hang this list on your refrigerator as a guide.

Food	Serving	*Calcium (mg)
Orange juice (calcium-fortified)	1 cup	350
Cereal (calcium-fortified)	¾ cup	350
Milk (fat-free)	1 cup	300
Yogurt	1 cup	300
Cheddar cheese	1 oz.	200
Spinach, cooked	½ cup	140
Tofu	½ cup	130
White beans	½ cup	113
Instant oatmeal	1 cup	100
Almonds	½ cup	90
Bok choy	½ cup	75

*Calcium amounts vary by brand.

Note: If your child is 4–8, he needs about 800 mg of calcium a day. If he's 9 or older, he needs about 1,300 mg.



Quick cooking tips

Getting healthy meals on the table can be a challenge for busy families. Here are a few suggestions:

- Set aside a weekend morning or one evening a week to do “prep” work for future meals. You might dice onions and celery or make bread crumbs (grind bread in a food processor or blender). Freeze the items in separate zipper bags.

- At night or in the morning, prepare ingredients for your next dinner. For example, sauté vegetables that go into a dish, or prepare parts of a casserole. *Tip:* Before you begin cooking, get all the ingredients and utensils out that you will need.



- Think through what you’re making, and look for ways to use pockets of time. For instance, while the water boils for pasta, prepare the vegetables and heat the sauce. Or thaw the meat in the microwave as the oven preheats.

- Cook with leftovers in mind. You might double the batch when you make rice and use the extra in soups or stews. Or roast two chickens, and freeze one for another night. If you’re grilling, cook two meals at once (put tomorrow night’s chicken skewers on, along with tonight’s salmon).



ACTIVITY CORNER

Fall adventures

This fall, find active ways for your family to enjoy the new season. Here are three ideas:

1. Read the classic tale of Hansel and Gretel, and recreate their “bread trail.” Have your child gather pebbles and put them in a small bag. Then, take a walk together (through a park or your neighborhood), and have her drop pebbles along the way. Turn around, and follow her trail home.

2. Check the newspaper or search online for farms or orchards that have fall activities. You might find corn mazes to run through, haystacks to climb on, or materials for making scarecrows.



3. Sign up for fun runs or walks. Many charities hold these events in the fall. Your family can get exercise—and maybe contribute to a good cause, too.

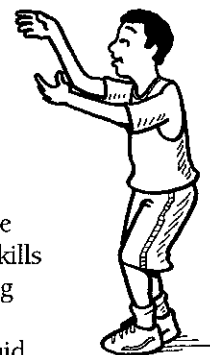
PARENT TO PARENT

Self-esteem and sports

My son Nick struggles with reading, and as he has gotten older, I have seen his self-confidence begin to drop. When I spoke with his school counselor, he gave me good advice, including one idea that had nothing to do with school.

Mr. Forest suggested that we encourage Nick to play sports. He said being part of a team can boost a child’s self-esteem. As his skills improve, Nick would feel a sense of accomplishment, and hearing others cheer him on would make him feel good about himself.

He suggested that we let Nick pick the sport to try. He also said it was important for him to be on a team that is friendly and supportive—with a coach who is interested in teaching skills and puts fun over winning. So I spoke to other parents and local league officials for help in finding the right team. Nick has decided on basketball, and I’m hoping that he’ll dribble his way to more self-confidence!



IN THE KITCHEN

Egg-stra good

Eggs have it all: they’re full of protein, they don’t cost much, and they can be prepared many quick and delicious ways. Try these egg dishes at breakfast time—or any time.

Egg in a cup. Press a slice of oatmeal bread into a muffin tin. Crack an egg into the bread. Add 1 chopped asparagus stalk, and sprinkle with shredded cheddar cheese. Bake at 325° for 10–15 minutes until the egg is fluffy.

Mexican scrambled eggs. Whisk 2 eggs with fat-free milk, and set aside. Heat a skillet coated with cooking spray. Cut 2 corn tortillas into thin strips, and sauté until crisp. Add ¼ cup sliced scallions and ¼ cup chopped



tomato, and sauté another minute. Pour in the eggs, and stir with a wooden spoon until set.

Egg casserole. Spray a square baking dish with cooking spray, and line with 4 slices whole-wheat bread. In a bowl, beat 4 eggs with ½ cup fat-free milk. Pour the mixture over the bread, cover, and refrigerate overnight. Then, bake (covered) at 350° for 25 minutes. Uncover, sprinkle with 1 cup Monterey Jack cheese, and bake 5 minutes more.

OUR PURPOSE


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

Resources for Educators,
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Nutrition Nuggets is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630

October 2010	Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1 BREAKFAST PIZZA Fruit or Juice
4 CEREAL Fruit	5 EGG & CHEESE BISCUIT Fruit or Juice	6 BREAKFAST PIZZA Fruit or Juice	7 PANCAKE & SAUSAGE on a Stick Fruit or Juice	8 CINNAMON ROLL Fruit or Juice
11 CEREAL Fruit	12 PANCAKES Fruit or Juice	13 CEREAL Fruit	14 SAUSAGE GRAVY/ Biscuit Fruit or Juice	15 BREAKFAST PIZZA Fruit or Juice
18 CEREAL Fruit	19 FRENCH TOAST Fruit or Juice	20 BREAKFAST PIZZA Fruit or Juice	21 SCRAMBLED EGGS & Toast Fruit or Juice	22 CINNAMON ROLL Fruit or Juice
25 CEREAL Fruit	26 SAUSAGE GRAVY/ Biscuit Fruit or Juice	27 	28	29 NO SCHOOL Fall Break Oct. 27-29

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

**October
2010**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				1 GRILLED CHEESE Carrots & Celery Applesauce Tomato Soup SALAD BAR
4 BEEFY NACHOS Lettuce Salad Fresh Fruit Roll & Butter SALAD BAR	5 CHICKEN STRIPS Mashed Potatoes Pineapple Roll & Butter SALAD BAR & Soup	6 CRISPITO Corn Pears Roll & Butter SALAD BAR	7 MAC & CHEESE Green Beans Peaches Roll & Butter SALAD BAR & Soup	8 HAMBURGER French Fries Fruit Cocktail Dill Slices SALAD BAR
11 CHICKEN NUGGETS Green Beans Fresh Fruit Roll & Butter SALAD BAR	12 SPAGHETTI & MEAT SAUCE Coleslaw Pears Garlic Bread SALAD BAR & Soup	13 PIG IN BLANKET Corn Fruit cocktail No Bake Cookie SALAD BAR	14 TACO'S Refried Beans Applesauce Roll & Butter SALAD BAR & Soup	15 ITALIAN DUNKERS Tater Bar Peaches Marinara Sauce SALAD BAR
18 CHICKEN FRIED STEAK Mashed Potatoes Peaches Roll & Butter SALAD BAR	19 BOBCAT TACO Lettuce Salad Fresh Fruit Roll & Butter SALAD BAR & Soup	20 CORN DOG Green Beans Pineapple Roll & Butter SALAD BAR	21 CHILI Carrots & Celery Applesauce Cinnamon Roll SALAD BAR & Soup	22 HOT HAM & CHEESE French Fries Pears SALAD BAR
25 PIZZA Corn Pears SALAD BAR	26 CHICKEN SAND. Green Beans Fresh Fruit NO SALAD BAR	27 	28 NO SCHOOL Fall Break Oct. 27-29	

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Calendar Events October 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 Red Day 6:00 PM V FB @ Dunning	2 Oktoberfest in Sidney
3	4 White Day JH Wr Practice 7:00 PM Senior/Parent Meeting	5 Red Day Student Assembly 5:00 PM JV V VB Crawford @ Home	6 White Day 8:00 AM CSC Health Professions Day 2:30 PM Title 1 Parent Meeting	7 Red Day CSC Theatre Day 5:00 PM JV V VB @Hay Springs 6:00 PM JV FB @ Alliance	8 White Day 10:00 AM JH V CC WTC @Home 5:00 PM V FB @ Maxwell	9 10:00 AM JV VB@Gordon/R'ville Invite
10	11 4:00 AM School Board Member Wkshp School Board Meeting Red Day 10:00 AM Jostens Information 5:00 PM JH VB Hay Springs @Home	12 White Day Fall Writing	13 Red Day PSAT Test for Jr (optional) Fall Writing	14 CC Districts NE Fitness Day-3rd gr Fall Writing White Day 5:00 PM V Triangular @ Home Morrill/Bayard 5:00 PM JH VB @ Bayard 6:00 PM JV FB @ Gordon/R'ville	15 Red Day 7:00 PM V FB Crawford @ Home Double Q Country Live Broadcast	16 TBD V VB Panhandle Conference @Hay Springs
17	18 White Day 5:00 PM F-JV VB @Gordon/Rushville	19 End of 1st Quarter Red Day 9:15 AM Jostens Ordering	20 2nd Quarter Begins White Day 2:30 PM Big Brother/Sister 5:30 PM Booster Meeting (HS Lib.)	21 Youth at Risk Survey Red Day 9:00 AM International Credit Union Day 3:30 PM 1st & 2nd Grade Girl Scouts 6:30 PM FFA Meeting	22 White Day CC State 7:00 PM V FB @ Garden Co.	23 ACT Test CSC Homecoming Parade 1:00 PM WTC VB @Bayard
24	25 Red Day 4:30 PM JV VB Triangular @ Crawford w/ Hay Springs	26 White Day 2:00 PM Parent/Teacher Conference Release 1:00 5:00 PM V VB Triangular @ Harrison w/Crawford	27 No School - Teacher Assessment	28 No School - Fall Break	29 No School - Fall Break	30
31						

Calendar Events November 2010

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 Red Day	2 White Day VB Subdistricts	3 Red Day FCCLA @ Bridgeport	4 White Day VB Districts 3:00 PM JH W @ Gor/Rush Inv.	5 Red Day VB Districts	6
7	8 White Day School Board Meeting Art Clinic @ CSC (WTC & PC)	9 Red Day 5:00 PM JH G BB @ Crawford	10 White Day 2:30 PM Big Brother/Sister	11 Red Day VB State Veterans Day 10:00 AM Children's Theatre	12 White Day VB State 12:00 PM JH Wr Invite-Hemingford	13 VB State 9:00 AM JH W @ Chadron Inv. 10:30 AM JH G BB HaySprings @ Home
14	15 Red Day	16 White Day WTC Vocal Music @ Gordon/Rushville 5:00 PM JH G BB Crawford @ Home	17 Red Day Panhandle Conf. One Act @ Hay Springs 5:30 PM Booster Meeting (HS Lib.)	18 Winter Pics and Retakes Progress Reports Sent Home White Day FFA Fruit Sales 3:30 PM 1st & 2nd Grade Girl Scouts 6:30 PM FFA Meeting	19 Red Day 9:00 AM JH W @ Morrill Inv.	20 Speech @ Bayard Inv 8:00 AM JH W @ Alliance Inv.
21	22 White Day 12:00 PM JH W @ Bridpt Inv. 7:00 PM One Act Public Performance	23 Red Day WTC One Act @ WNCC 4:00 PM JH G BB Morrill @ Home	24 No School - Thanksgiving Break	25 No School - Thanksgiving Break	26 No School - Thanksgiving Break	27
28	29 White Day District One-Act One Act Student Performance	30 Red Day District One-Act 9:00 AM JH W @ Bayard Inv.				