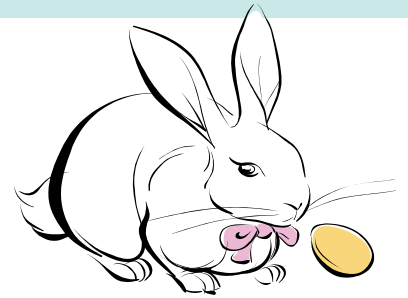


**Special points of interest:**

- > Honor Roll-3rd Quarter , 4th – 12th Grades
- > Junior High Track Schedule
- > 2012 Prom and After Prom Party-April 21, 2012
- > Famous Nebraskan Night-April 16, 2012
- > 6th Grade Bingo Night- April 19, 2012



## Academic All-State-Winter 2012

LINCOLN – The Nebraska School Activities Association (NSAA) is proud to recognize Nebraska High School students who have earned the Winter 2012 Nebraska Chiropractic Physicians Association (NCPA) Academic All-State Awards. This NSAA program recognizes students who meet the criteria for nomination by their school in the season of their activity.

Hemingford High School students earning this honor for 2012 Winter Sport and Activities include: **Brady Horstman** and **Kyle Kumpf** in Boys Basketball; **Kaitlyn Heitz** and **Kelsy Wood** in Girls Basketball; **Hans Hansen** and **TJ Starman** in Speech; and **Asa Carlson** in Wrestling! Congratulations to these young men and women of Hemingford High School!

**CRITERIA FOR SELECTION**

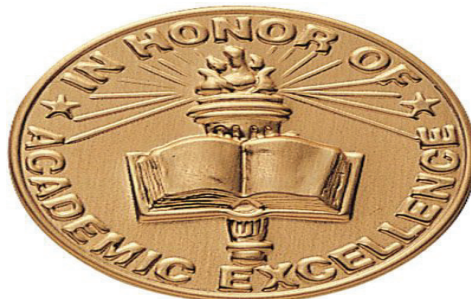
*The following leadership and scholarship guidelines*

*Apply to all of the students receiving this honor:*

- 1.) *A nominated student must be a varsity player or organizational leader who has played a significant role on the team or in the organizational activity that season.*
- 2.) *A nominated student must have a minimum cumulative grade point average, in all curricular subjects, of 93% or A- (3.7 on a 4.0-point scale or the equivalent).*

NSAA member schools may nominate two students for each NSAA-sponsored activity. A list of the 2011 NCPA Academic All-State honorees for the fall championship season can be found at the following link on the NSAA website:

[\\_http://www.nsaahome.org/awards/11fallwinners.pdf](http://www.nsaahome.org/awards/11fallwinners.pdf)



As I turn the page to the April calendar, I wonder where another year has gone. It is exciting to see how a student has grown from the beginning of the school year until now. In April, comes weather that is beautiful and activities that tend to have students out for a major part of the day. It may be difficult for students to focus on school work; however this quarter is crucial for students to maintain their grades for semester credit. This semester is especially important to juniors where often the 6th semester GPA is used for college applications and scholarships. Please continue to promote the SST time for students. This is a great resource for HHS students. As you can see elsewhere in the newsletter and calendar, activities of all sorts are still in high gear.



### Did you notice??

Attached on the 8<sup>th</sup> grade and 11<sup>th</sup> grade report card was a copy of your son/daughter('s) state writing sample. Students had about 90 minutes to write via computer on the following topics: 8<sup>th</sup> Grade Descriptive Essay: Describe a place that you know well that is interesting to you; 11<sup>th</sup> grade topic: Persuasive Essay: A millionaire has agreed to fund a one-week trip for a group of ten students from your school. Where would you go? These essays are scored by independent scorers hired by NE Dept of Education. Scoring Rubric 35%-Idea/Content(on topic and examples); 25%-Organization (parts and connectors); 20%-Voice/Word Choice (language that convinces); 20% Sentence Fluency/Conventions (grammar punctuation).

### April—The Month of State Testing NeSA (Nebraska State Accountability Testing)

During the month of April, students in grades 7, 8, and 11 will be taking the state tests in reading, math, and science (only grades 8 and 11). These are state-wide tests that Hemingford students are compared to other students in the state. The testing sessions will be approximately 90 minutes for each test.

### Supervised Study Time (SST)



A great opportunity for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student's grade and reinforce material presented. All students are welcome to use this time.

How does SST tie to eligibility? Students that are on the warning week may stay eligible for activities by attending SST (Supervised Study Time) that is held on Monday-Thursday from 3:30-4:00. To stay eligible students must show progress toward raising their grade.

### Prom Eligibility

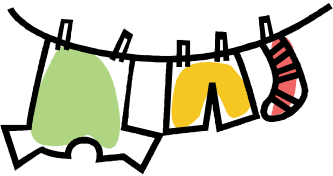
The juniors are in planning stages for the 2012 Prom (April 21). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period beginning Wednesday, April 18 through Tuesday, April 24, 2012.



### Scheduling Process

Scheduling for next year is in full swing. Students are meeting with Mrs. Hucke and will be turning in their course selections for next year. Mrs. Foster will then have students use computers to mark their course requests. This would include what courses are being offered and which period. It is hoped that students will have their schedule for 2012-2013 prior to end of this school year.

### Student Appearance



Daylight Savings Time brings out the shorts. The general rule of thumb is that the short length should touch finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. The most comfortable I could think of is a pair of longer athletic shorts and a bobcat t-shirt. In addition it would be a super way to show school spirit.

### Spring Music Concert High School Concert—Tuesday, April 17th 6:30pm

Come join us in an entertaining evening of music. The pieces played will be some from which will be used for the District Contest. District Music is on April 18 in Alliance.



### Parent/Teacher Conferences—



Conference turnout for grades 7-12 averaged 48%. 7<sup>th</sup> grade had the best turnout—21 of the 29 families (72%). Other class percentage turn out—8<sup>th</sup> (43%); 9<sup>th</sup> (36%); 10<sup>th</sup> (50%); 11<sup>th</sup> (65%) and 12<sup>th</sup> (19%). If you have any ideas on how to make these conferences better attended, please contact Mrs. Foster via phone or email.

Progress reports for 4<sup>th</sup> quarter should be in the mail on April 18 for seniors and April 24 for other students.

### Busy, Busy, Busy

The April calendar is full of student activities; please check the calendar for current happenings. At this time of year, there are great potential for changes. A good way for students to stay on track academically is to plan to be in SST the day before and after an event.

- April 1-3: FCCLA: State Convention
- April 13: CSC Scholastic Contest
- April 14: ACT test date
- April 17: Spring Concert
- April 18: District Music in Alliance
- April 21: Prom
- April 24: Progress Reports for Grades 7-11
- April 25: Ag Field Trip to Gudmundsen Sandhills Laboratory
- April 25: State Quiz Bowl Competition
- April 27: FFA Banquet
- Sports: JH/SH Track (see school calendar)

## Fostering Education



### HEADING TOWARDS APRIL

We are into the fourth quarter of school. It is time for me to start to reflect on this school year. We



have had a very productive and rewarding year so far. I've seen what the kids have done and believe together we can achieve even more.

**We are just getting started!** Please continue to encourage your child to finish the school year in a strong manner.

**Remember our motto kids: FINISH STRONG!**

### SPRING WRITING



The staff evaluated and scored all students papers on March 15<sup>th</sup>. This opportunity provided both the students and staff with information necessary to improve our writing process. We made progress from the fall to the spring. We will continue to work at getting even better. **Remember being a good writer is one of the cornerstones to being successful.**

### PARENT / TEACHER CONFERENCES

Thank you for your attendance during our spring conferences. We had a 93% turnout.

**GREAT JOB, PARENTS!** I know how busy our lives can be, but remember 10 – 15 minutes is a small amount of time that can make a world of difference in your child's life. Thanks again for your commitment to our school. Please feel free to visit us anytime.

### UPCOMING DATES OF INTEREST



April 6<sup>th</sup> – April 9<sup>th</sup> NO SCHOOL --Easter Break

April 16<sup>th</sup> – 4<sup>th</sup> Grade (Osmotherly)Famous Nebraskans Speeches from 5:30 – 7:00

April 19<sup>th</sup> – 6<sup>th</sup> Grade Bingo Night

May 7<sup>th</sup> - 10<sup>th</sup> – NO SCHOOL FOR STUDENTS – STAFF INSERVICE TRAINING

May 11<sup>th</sup> – 6<sup>th</sup> Grade Field Trip to Mount Rushmore

May15<sup>th</sup> – Kdg. – 6<sup>th</sup> Grade Spring Music Concert

May18<sup>th</sup> – Kindergarten Field Trip to Scottsbluff Zoo

May 22<sup>nd</sup> – 2<sup>nd</sup> Grade Field Trip to Mammoth Site

May 22<sup>nd</sup> – 3<sup>rd</sup> Grade Field Trip to Scottsbluff

May 24<sup>th</sup> – 4<sup>th</sup> Grade Field Trip to Fort Robinson

May 25<sup>th</sup> – 11:30 a.m. Dismissal – LAST DAY OF SCHOOL ☺

### BOX TOPS FOR EDUCATION

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



### STATE READING, STATE MATH TEST, and STATE SCIENCE TEST

We will administer the NeSA-R, NeSA – M, NeSA – S (Nebraska State Accountability Reading, Math, and Science) tests this April for students in grades 3, 4, 5, 6, 7, 8, and 11. This is a state requirement to measure student growth against schools throughout our state. **THESE TESTS ARE VERY IMPORTANT. Let's show everyone how great our school is by doing our very best. Please ask them about their testing.** In addition to these tests the teachers have also been administering many other forms of

assessments to measure your child's progress this year. I have been very pleased with the results so far, but remember **FINISH STRONG IS OUR MOTTO!** We appreciate the support and encouragement you give your child each day to do their best in school.

### INTERNET SAFETY

I've listed some useful Web sites with information about how to keep children safe while they use the internet.

[www.webwisekids.org](http://www.webwisekids.org)

[www.safekids.com](http://www.safekids.com)

<http://kids.getnetwise.org>

### ACCELERATED READING

We use the accelerated reading program to supplement their reading in the classroom. I used this program when I was a teacher. I found it provided the kids with great opportunities to enhance their reading. You can help by asking your child questions about their AR book or letting them read to you.



### WORDS TO THINK ABOUT ☺

The biggest room in the world is the room for improvement.

What you get by achieving your goals is not as important as what you become by achieving your goals.

You can't have a better tomorrow if you are thinking about yesterday all the time.

### COMMUNICATION

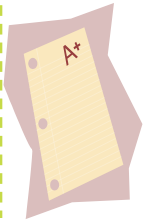
**Together we can make a difference for kids ☺**

Call us with any questions at 487-3330.



<b>Elementary Honor Roll 2011-2012 Quarter 3</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Mathews, Julia Mae	6	Distinguished List
Cullan, Luke C	5	Distinguished List
Gasseling, Lauren J	5	Distinguished List
Hanson, Rebecca J	4	Distinguished List
Jespersen, Storm J	4	Distinguished List
Mathews, Andrew James	4	Distinguished List
Plog, Alexander M	4	Distinguished List
Walters, Elijah J	4	Distinguished List
Davis, Madison M	6	Honors List
Horstman, Kelli M	6	Honors List
Raben, Paul W	6	Honors List
Wobig, Riley J	6	Honors List
Coryell, Kobe J	5	Honors List
Mazanec, Joe New	5	Honors List
Mazanec, Mercedes Kia	5	Honors List
Mutchie, Ashley R	5	Honors List
Buchheit, Carter S	4	Honors List
Clouse, Jacob B	4	Honors List
Glass, Kyle L	4	Honors List
Knote, Emily R	4	Honors List
Lawhorn, Arial M	4	Honors List
Neefe, Rashell S	4	Honors List
Robb, Xavier Z	4	Honors List
Sellman, Jake M	4	Honors List
Stumpff, Jace R.R.	4	Honors List
Walker, Jaydon A	4	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

**FANTASTIC!!**



# HIGH SCHOOL HONOR ROLL 7-12TH 3RD QUARTER



High School Honor Roll 2011-2012 Quarter 3			High School Honor Roll 2011-2012 Quarter 3		
Student Name	Grade	Level	Student Name	Grade	Level
Hansen, Hans C	12	Distinguished List	Benge, Trevor M	10	Honors List
Heitz, Kaitlyn A	12	Distinguished List	Forgey, Jameson E	10	Honors List
Kaman, Rachel A	12	Distinguished List	Huddle, Tyler J	10	Honors List
Koerbl, Lena	12	Distinguished List	Irish, Isabella L	10	Honors List
Mendiola, Sandra Y	12	Distinguished List	Kaman, Kyle N	10	Honors List
Horstman, Brady W	11	Distinguished List	King, Ryan P	10	Honors List
Wood, Kelsy J	11	Distinguished List	Manning, Daniel J	10	Honors List
Hansen, Blake T	10	Distinguished List	Olson, Alexis N	10	Honors List
Phillips, Paige E	10	Distinguished List	Rohrbouck, Cali G	10	Honors List
Ludlow, Amelia	9	Distinguished List	Fessler, Hannah L	9	Honors List
Bright, Abigail F	8	Distinguished List	Galles, Ashleigh M	9	Honors List
Horstman, Jacob D	8	Distinguished List	Nelson, Kaelia S	9	Honors List
Cullan, Carli A	7	Distinguished List	Rozmiarek, Joseph M	9	Honors List
Gasseling, Natalie M	7	Distinguished List	Swanson, Hanna N	9	Honors List
Hansen, Emily M	7	Distinguished List	Wood, Matthew J	9	Honors List
Rohrbouck, Faith C	7	Distinguished List	Ansley, Taeller N	8	Honors List
Adamson, Tiffany B	12	Honors List	Hiemstra, Madison A	8	Honors List
Aguallo, Kanela S	12	Honors List	Jespersen, Lee C	8	Honors List
Brakensiek, Christian T	12	Honors List	Laursen, Cody R	8	Honors List
Carlson, Violette N	12	Honors List	Randolph, Jason B	8	Honors List
Casey, Kaitlin C	12	Honors List	Thomas, Brittany D	8	Honors List
Starman, Taylor J	12	Honors List	Agler, Ashley R	7	Honors List
Sutphen, Morgan R	12	Honors List	Huddle, Austin A	7	Honors List
Carlson, Caralina J	11	Honors List	Kumpf, Kaitlyn N	7	Honors List
Christianson, Kayla A	11	Honors List	Mekolon, Allison M	7	Honors List
Elder, Casandra B	11	Honors List	Randolph, Mikayla B	7	Honors List
Hughart, Anna L	11	Honors List	Riggs, Sydney M	7	Honors List
Huss, Samantha C	11	Honors List	Sutphen, Peyton J	7	Honors List
Jespersen, Kaitlyn S	11	Honors List	Turek, Brooke E	7	Honors List
Kramer, Kristina R	11	Honors List	Wood, Jameson W	7	Honors List
Kumpf, Kyle T	11	Honors List			
<b>Distinguished--all A's</b>			<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>			<b>Honors--all A's or B's @ least 90%</b>		

**Great Job!**



# COUNSELOR'S

# ORNER

## Seniors ... it's decision time!

Attention seniors: Now that you have been accepted by the colleges that you have applied to, it's time to make the big college decision and determine where you'll spend the next 4-5 years of your life!

As you make your decision, have a heart-to-heart talk with your parents to make sure you pick your college for the right reasons, not because it's where your friends - or your girlfriend or boyfriend - are going. Talk about:

**Location.** Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If travel costs are prohibitive, you may not make it home as often as you'd like.

**Cost.** Can your family afford the school? What can you expect for financial aid beyond the freshman year? Did you receive renewable scholarships?

**Academic program.** Does the college offer the program that interests you? What happens if you change majors—does the college offer other programs of interest?

**Juniors** – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Are you asking the college representatives about the high school requirements that the college expects you to have to get into their college? Are you thinking about the classes you will need to register for next year?

**The next test date for the ACT is April 14.** They had to be registered by March 9.

If your child wants to take the ACT in the summer they need to be registered by May 4. Test date is June 9. It is only given one time during the summer.

I will be working with the 3 – 6 graders during the month of April. In the 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade we will be working on problem solving. 6<sup>th</sup> grade will be a combination of making right choices for themselves and registering for classes for the next school year. Upshift day for the 6<sup>th</sup> grade is set for the 22<sup>nd</sup> of May.

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

*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*





## 2012 Junior High Track Meet Schedule

Page 9

Tuesday, April 3 @ Bayard	Bus leaves at 7:00 am Field Events start at 9:00 am
Friday, April 13 @ Gordon	Bus leaves at 11:45 am Field Events start at 2:00 pm
Thursday, April 19 @ Kimball	No information yet, but will leave early --meet is all day
Saturday, April 28— PHC at Chadron	Meet is all day and it will also be with the high school track team
Tuesday, May 1 @ Morrill	No information yet, but will leave early --meet is all day
Saturday, May 5 @ Alliance	No information yet, but will leave early --meet is all day

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Parents: Please help us out and remind your son or daughter that cell phones cannot be used during the meets! It would help if you could refrain from texting them as their phones will not even leave the bus. In case of emergency, please call the coaches and we will let you talk with your athlete:

Lisa Janssen (308-360-1820)

Kay Horstman (760-3935)

Athletes will get their phones back when they return on the bus immediately after the meet. We hope you understand that not only are the kids on school time, but meet officials also ask that phones are not being used. Hundreds of junior high kids at the meet with cell phones would not result in a very productive day.

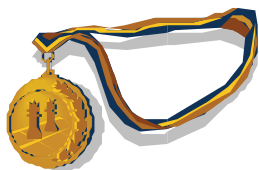
Thanks for your understanding. ☺





# Giorgi's Gym

## PACER RECORDS BROKEN!



Congratulations to Darin Turek (1<sup>st</sup>), Catherine Bryner(1<sup>st</sup>), Kaylee Connell(4<sup>th</sup>), Mason Hiemstra(5<sup>th</sup>), for setting new pacer records this school year.

## Pacer Records

K	42	Darin Turek	2011
	32	Mia Skinner	2011
1	64	<i>Darin Turek</i>	2012
	55	<i>Catherine Bryner</i>	2012
2	72	Jacob Fingar	2011
	53	Syndi Campbell	2010
3	93	Mason Hiemstra	2010
	60	Kaylee Connell	2011
4	102	Mason Hiemstra	2011
	75	<i>Kaylee Connell</i>	2012
5	92	<i>Mason Hiemstra</i>	2012
	71	Kelsy Wood	2005
6	100	Jason Randolph	2010
	83	Brooke Turek	2010



The annual 5<sup>th</sup> and 6<sup>th</sup> Grade Track Meet will begin in April. The classes compete during their regular scheduled PE times with times and distances recorded for the final placing.

## 5<sup>th</sup> - 6<sup>th</sup> TRACK MEET RECORDS

Event	Time	Boys	Time	Girls
Mile	6:18	Joe Klahn '00	7:09	Rachel Ullrich '94
800	2:58	Andrew Osborn '99	3:21	Angela Osborn '99
400	1:13	Andrew Osborn '99	1:19	Angela Osborn '00
200	28.89	Ethan Skinner '09	34.36	MaKayla Grumbles '09
100	12.2	Adam Osborn '98	13.2	Jessica Linegar'98
40	5.03	Ethan Skinner '09	5.91	Shelby Schleicher '09
Long Jump	13' 7"	Allen Osborn '01	11'6.5"	Jessica Linegar'98
Shot Put	30'9"	Colt Foster '09	21' 4"	Jessica Mazanec '01
Cross Country	11:22	Jason Randolph '10	13:15	Faith Rohrbouck '10



The Junior Class of 2013 Presents:  
Prom Night 2012: "A Midnight Rendezvous"  
Saturday, April 21st



- 6:00 Banquet** *held at the Catholic Parish Hall*
- 8:00 Grand March** *open to the public at the Multi-Purpose Hall*
- 8:15-Midnight Prom Dance** *for high school students*
- After Prom** *immediately following held in HS Gymnasium*

**WorldStrides-Mrs. Wade**



WorldStrides – The 2013 trip is already under way! March 17 was their first fundraiser as they served the Firemens' Spouses' Night. Thank you to Shawn and Tom Phillips, and Tonya Mayer for their assistance with this event.

April 26 – the students will serve the Phone Company Dinner at the Multi-purpose Hall at the fairgrounds. Be there at 5:00 P.M. in white shirts and black pants.

**Plan ahead!** The Paint-a-Thon is scheduled for May 5 at 9:00 at the American Legion. If the great weather continues, we will have a lot of the prep work done. Students need to bring a paint brush, bucket for water, rags, and be sure to wear OLD clothes! Students have already been bringing in pledges. Remember – that is how you make your money.

May 12 is the Womens' Volleyball Tournament. Jody Sellman is the contact person. I have a sign-up list for the students who wish to work concession or referee.

May 27 – Alumni Dinner. Time TBA. Again at the Fairgrounds and wear white shirt and dark pants.

Pam Huddle, Dave Chatelain and his wife, Kathi, will be the sponsors for this trip. This is a great group of kids to work with – they are anxious to get out there and work.



# 2012 AFTER PROM PARTY

Saturday, April 21, 2012

12:30 am to 3:30 am

At the Hemingford High School Gym

\*\*Door open at 12:30 am

\*\*No one will be admitted after 1 am

- FOOD~~GAMES~~PRIZES~~MUSIC~~FUN
  - EVERYONE WINS A PRIZE
- GRAND PRIZES WILL BE DRAWN AT THE END

All students grades 10-12 and their dates are invited to attend.

Watch the High School Lobby for more information!!

Parents, if you wish to be called should your child leave before the end of the party, please call Lisa Haas by Friday, April 20<sup>th</sup>.

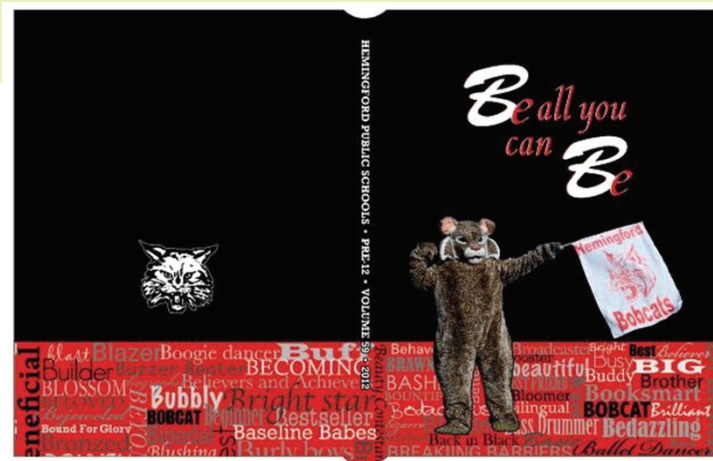




Order your 2011-2012 Yearbook!!  
\$45.00 March Madness Sale until March 31st

Starting April 1<sup>st</sup> price will be \$50.00

Reserve and pay for yours today!!  
Call Kay Horstman at school for more details.  
487-3328

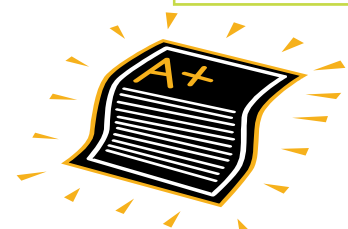


### Quiz Bowl-Mrs. Wade



High School Quiz Bowl will be attending State Quiz Bowl at Holdrege on April 25. Two schools are chosen to represent the district (ESU 13) and due to the team's success at Panhandle Conference and Western Trails Conference, Hemingford was chosen. It is a different format than the one previously used so it will be a learning experience for all. Six players play instead of four and the time frame is 15 seconds, as opposed to 30 or 60 seconds. Approximately 30 teams will compete from across Nebraska. Senior players and leaders include Hans Hansen, Sandra Mendiola, T.J. Starman, Morgan Sutphen, and Katie Heitz. Underclassmen are Cash Weber, Annie Hughart, Brady Horstman, Asa Carlson, and alternates Blake Hansen, Tyler Huddle and Jameson Forgey. This has been an outstanding group. In the last two years they have garnered championships at all five meets they have attended.

**"In the last two years they have garnered championships at all five meets they have attended."**





# FCCLA Events:



April 1-3: State FCCLA. Good luck to **Cassie Elder** who will be competing for a 2012-13 FCCLA state office. Also, good luck to **Taylee Neefe, Sheyenne Weaver, and Mikayla Randolph** in their Focus on Children Project: Recipe for Life. **Cassie Elder** will also be competing with her Teach and Train STAR project.



## National Walk to School Day: April 25th



April 25: National Walk to School Day: Everyone (all students, teachers, parents, community members) are invited to attend! Meet at 7:45 and walk to school as a group! Buses will be dropping off kids that wish to walk to school. Please let your bus driver know that you want to walk to school! Parents, look for permission slips in your elementary student's backpacks! FCCLA members meet at the Cat Shack at 7:45 and walk to school with your little brother/sister!

### Big brother/big sister:



April 26<sup>th</sup>: Last Big brother/big sister of the year.



## Prostart Culinary Competition:



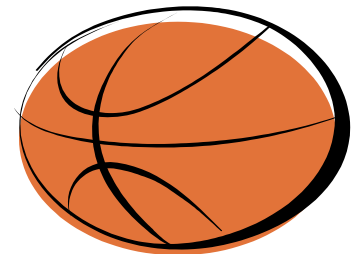
Congratulations to Tegan Yardley, Rebecca Ashing, Kaitlyn Bergfield and Amber Adamson for competing in the State Prostart competition. These students completed a 3-course meal within an hour and received a 2<sup>nd</sup> place trophy for professionalism! Great job girls!

## Western Trails Conference Honors



### GIRLS BASKETBALL

First Team - Kelsy Wood; HM went to Katie Heitz and Sammy Huss  
Coaches were Dave Chatelain, Steve Morava, and Lisa Janssen



### BOYS BASKETBALL

First Team - Matthew Wood; HM went to Blake Hansen and Colt Foster  
Coaches were Randy Hiemstra, Joe Collins, and Taryn Wood



### WRESTLING

First Team - Tanner Lembke; HM went to Cash Weber and Asa Carlson

**Congratulations!!**



# Join Us As We Visit

## Pine Ridge

### Job Corps Center

Chadron, Nebraska

*Success Lasts a Lifetime!*



Have you heard about The Job Corp in Chadron? This is your opportunity to visit the center and learn first hand about who they are and what they do.



Job Corps is a no-cost education and career technical training program located near Chadron, Nebraska. Young people ages 16 through 24 are able to improve their quality of life by learning skills they need to become employable, independent, and working in meaningful jobs.

**Vocational Options include:** Bricklaying, Carpentry, Cement Masonry, Construction Crafts, Facilities Maintenance, Health Occupations, Material Handling, Painting, Office Administration, and Welding.



Campus of Pine Ridge Job Corps

#### Tour Details:

**Tuesday, May 1, 2012**

**Meet the bus at : Harms Advanced Technology Center Parking Lot**

**Bus will leave at 11:30 a.m.**

**Tour the center from 1:00—2:30.**

**Bus will return to Scottsbluff by 4:00 p.m.**

**No food will be offered on this tour.**

Tour is open to students, educators, and parents who desire more information and a personal tour. ( Bus holds 30 persons)  
Register by name to [jbarber@esu13.org](mailto:jbarber@esu13.org) by Monday, April 23, 2012, or call 635-3696.

This activity is made possible through ESU # 13 Transition Services and SCIP Grant Funds.



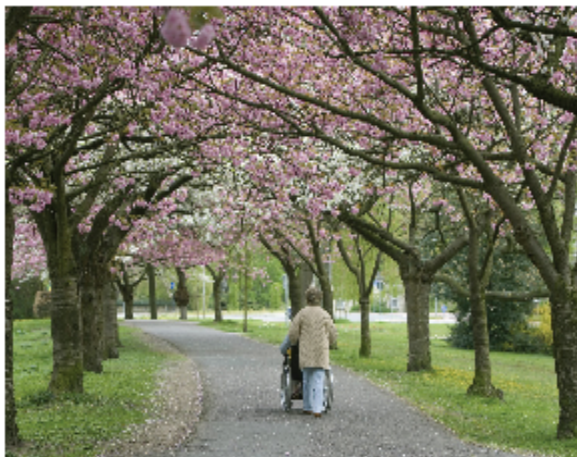


# A Time for You

## Family Caregiver Retreat

Wednesday & Thursday, April 25 & 26, 2012

Quality Inn Hotel & Conference Center  
Ogallala, Nebraska



**COMMENTS FROM  
PAST PARTICIPANTS**

*What a fantastic group – never felt more welcome. Thank you all. And for a great line up of presenters. I felt that I learned a lot of information that I had no knowledge of. All the presenters were knowledgeable. Humor is needed/necessary during the times of being a caregiver and post caregiver. This was very good for me – I constantly thought I was not keeping up well, after hearing her today I realize it is all OK. Really enjoyed the personal stories. Great lessons combined with interesting stories with appropriate humor. Phenomenal. Useful – helpful information and fun.*

### Speakers

- Julie Masters, associate professor and chair of the Department of Gerontology at the University of Nebraska at Omaha.
- Alexandra Dillon, Associate Director, Alzheimers Association, Great Plains Chapter.
- Judy Malone, M.S., Programming Manager & Professional Trainer, Mid-Plains Community College, McCook Community College
- T. Marni Vos, M.A., President of Laughter's Echo, Inc.
- Tracie Foreman, health educator and personal trainer, Aging Partners.

### Who Should Attend?

Anyone who cares for a person of any age with special needs. As a family or professional caregiver, you are integral to the independence and well being of a person who depends on you. But, who takes care of you? This two-day retreat will give you emotional, physical, spiritual and mental respite that is so vital. You will have the opportunity to reflect, energize and create.



### Topics Covered

- Experiencing the challenges faced by caregivers supporting loved ones of all ages can create a sense of meaning and purpose.
- How to communicate with a person with memory loss.
- Learn the importance of a good sense of humor/ positive attitude in relation to health, work, relationships and life challenges.
- How the Power of Humor can help us to heal and learn.
- How to find a "New Normal".
- How exercise helps with stress relief.

### Enjoy Time for Yourself

Make your time as structured or unstructured as you want. Choose from daytime activities such as card making, scrap booking and possibly Tai Chi. Ogallala is home to Lake McConaughy so feel free to take a drive out to the lake and enjoy the beauty or perhaps fishing. Be sure to stop in at the Visitor Center. You will need to purchase a Nebraska Game and Parks entry permit if you choose to visit Lake Mac.





FAMOUS  
NEBRASKAN  
NIGHT!

April 16th @ 5:30pm  
Little Gym

# Spring

Come join the 4th grade class Monday night to learn about some famous Nebraskans. The students will be dressed up and giving speeches about people such as President Gerald Ford, Larry the Cable Guy, and much more. It will be a fun filled night with treats and refreshments. Hope to see you there.

Mrs. Osmotherly's  
4th grade Class



# BINGO NIGHT

**April 19, 2012**

**5:00 P.M. – 7:00 P.M.**

**6th Grade Field Trip Fundraiser**

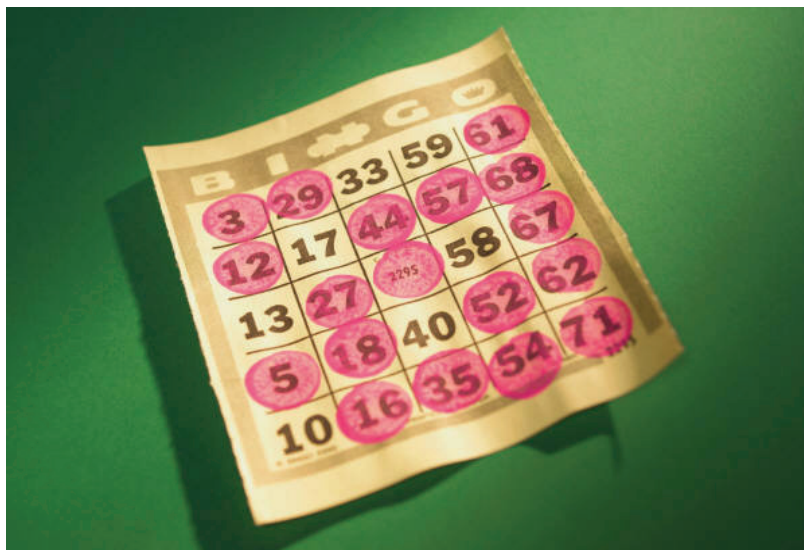
**HEMINGFORD HIGH SCHOOL BIG GYM**

**BINGO**

**COLORING CONTEST**

**TATTOO CORNER**

**SLOPPY JOES & BEEFY NACHOS!**



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

## COMMUNICATION SOURCES

### HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

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

April 2012

Hemingford Public Schools  
Nancy Yardley, Food Service

**BEST BITES**

## Clean hands

Encourage your child to keep germs from spreading by washing her hands before eating or preparing food. She should wet her hands, spend 15–20 seconds lathering with soap, and rinse off. Help her gauge the time by having her say the alphabet or sing “Happy Birthday” twice as she washes.



## Be a “star”

Here’s a fun exercise for the whole family. Lie on your back with arms and legs stretched out to make a star shape. Lift your left leg, raise your head and shoulders off the ground, and reach to touch your left foot with your right hand. Alternate sides. *Idea:* See who can do the most “star touches” in a minute.

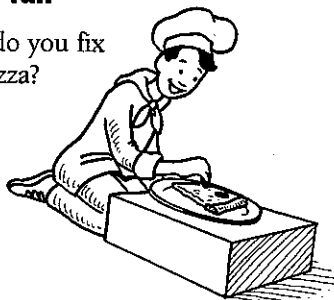
## Use up food

Consider designating one night a week as “leftovers night.” Let your youngsters help out by heating up food from previous meals in the microwave (with your supervision) and arranging the food attractively on dishes. They’ll see that you try not to waste food—and you’ll get a night off from cooking.

## Just for fun

**Q:** How do you fix a torn pizza?

**A:** With tomato paste!



## Step up to whole grains

What do popcorn, oatmeal, and wild rice have in common? They are all whole grains. And nutritionists recommend that children have at least three servings of whole grains a day. Here are ways to put these healthy foods into your youngster’s daily routine.

### Make it gradual

Get your child used to whole grains by working them in gradually. For instance, make both white and brown rice and mix them together, or prepare regular and whole-grain pasta and toss them in a bowl with sauce. As he becomes used to the taste, build up to three-quarters whole grains, and then eventually to all whole grains.

### “Hide” them here

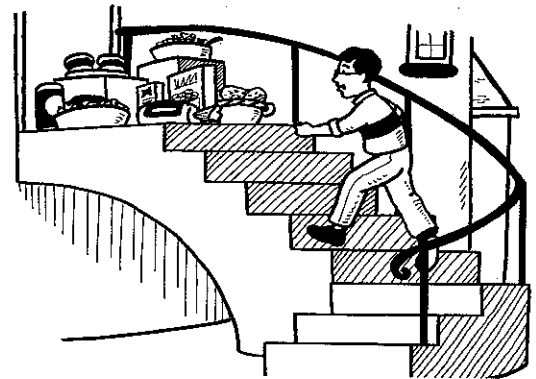
Try adding whole grains to foods your youngster regularly eats. You can stir oats into ground beef or ground turkey when you’re fixing hamburgers, meatballs, or meatloaf. Or add barley or bulgur wheat to soups and casseroles.

### Water break

Switching from soda and fruit juice to water is one of the biggest changes you can make to cut sugar from your child’s diet. Consider these strategies:

- Serve water—and water only—with dinner every night. You could put it in a pretty pitcher with ice cubes, and let your youngster be in charge of pouring.
- Make different “flavored” water each day. Fill a pitcher with water, and add fresh fruit or vegetables. *Examples:* cucumber or orange slices, strawberries, raspberries.
- Kids who like soda may have an easier time drinking water with “bubbles.” Get sparkling water (no sugar added) in your child’s favorite flavor, such as cherry or lemon-lime.

*Tip:* If your youngster complains that she doesn’t like water, pick a time you know she is thirsty and ask her to drink three sips. Once she has a little, she just might keep going. ●



### Find new favorites

When you’re food shopping with your child, help him look for whole-grain versions of foods he already likes. He might prefer whole-wheat bread marked “soft”—the texture will be closer to the white bread he is used to. Or let him pick out whole-grain varieties of cereals and crackers. If he helps choose the foods, he’s more likely to eat them.

*Note:* Teach your youngster to check nutrition labels—if a food has 3 grams or more of fiber, it is a good source of whole grains. ●



# Spring forward!

As the days grow longer and warmer, let your children take advantage of the season to enjoy active time outside. Try these ideas.

**Hunt for signs of spring.** Together, make a list of things you can find in spring (buds on trees, daffodils, birds' nests). Take the list with you for a walk through a nature trail or around your neighborhood. The first person to spot each item marks her initials by it. Who can find the most signs of spring?



**Play in the rain.** Don't let rainy days keep you inside! Take a walk under an umbrella and listen to the pitter-patter of raindrops. Or have your youngsters put on rain boots or old sneakers and jump in and over puddles.

**Go to parks.** Visit playgrounds after school, after dinner, or on weekends. Try to get to different ones (parks, schools, neighborhoods) that feature various kinds of climbing equipment, play structures, or balance beams. *Tip:* Take along balls to bounce on blacktops, Frisbees to throw in grassy areas, or bikes to ride along paths. If the playground is close enough, you can bike there and back. ●

## ACTIVITY CORNER

### Roll the dice

This exercise game is as much fun to make as it is to play.

First, have your youngster make a pair of "activity dice." She'll need two large Styrofoam blocks (available at craft stores) or square wooden blocks. Have her cut construction paper to fit each of her "dice" (12 squares total).

Next, ask her to think of six actions (forward rolls, jumping jacks, running to a tree and back). She should write each one on a paper square. On the other six papers, have her write numbers (1–6). She can tape the activities to one die and the numbers to the other.



To play, take turns rolling the dice. Players do the action shown on one die for the number of times shown on the other die (on a roll of "hop on one foot" and "6," you hop 6 times). For a new game, let your child come up with new activities. *Tip:* To increase the activity, renumber the die with higher numbers (15–20). ●

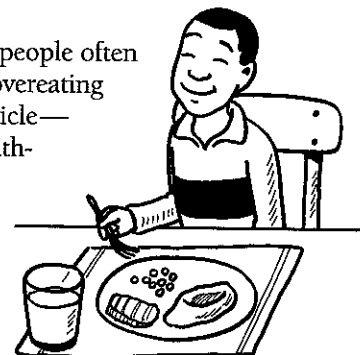
## PARENT TO PARENT

### "Mindful" eating

I recently read an article that said people often eat "mindlessly," which can lead to overeating and gaining weight. I recognized my son in this article—he eats so fast that I feel like he inhales his food without even knowing what he has eaten!

I asked my aunt, who works in a school cafeteria, for advice. She suggested that we make it a habit at mealtime to slow down and talk about what we're eating. She said I should discuss the ingredients I used and ask everyone to describe what they taste. A good trick is to close your eyes while chewing so you can concentrate on the textures and flavors.

My aunt also said to make sure we don't eat with the television on, as then we're focusing on the show rather than on the food. I'm hoping that eating "mindfully" will slow my son down—and help him realize when he's full so that he doesn't overeat. ●



## IN THE KITCHEN

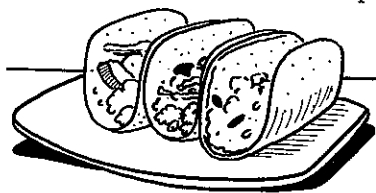
### Taco nights

For an easy meal that combines protein and vegetables, consider tacos. Try fillings like these, and spoon them into corn, whole-wheat, or multigrain tortillas.

**Fish.** Mix together 1 can salmon (drained), 1 can black beans (rinsed, drained), 1 cup salsa, ½ avocado (diced), and a handful of grape tomatoes (cut in half).

**Beef.** Brown lean ground beef in a skillet, and drain. Mix in low-sodium taco seasoning and salsa to taste. Serve with shredded lettuce, diced tomatoes, and shredded low-fat cheddar cheese.

**Roasted vegetables.** Spread vegetable pieces (cauliflower, zucchini, bell pepper) on a cookie sheet. Drizzle lightly with olive oil, and bake at 350° until soft, 20–30 minutes. Add feta cheese and a spoonful of guacamole. ●




**OUR PURPOSE**  
 To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.  
 Resources for Educators,  
 a division of CCH Incorporated  
 128 N. Royal Avenue • Front Royal, VA 22630  
 540-636-4280 • rfeustomer@wolterskluwer.com  
 www.rfeonline.com  
 Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
 ISSN 1935-4630



# Hemingford Public Schools Breakfast Menu

**April 2012**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CEREAL</b> Fruit or Juice	<b>3</b> <b>SCRAMBLED EGGS</b> Fruit or Juice	<b>4</b> <b>CEREAL</b> Fruit or Juice	<b>5</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>6</b>  Easter Break April 6-9  
<b>9</b>    Easter Break April 6-9	<b>10</b> <b>CEREAL</b> Fruit or Juice	<b>11</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>12</b> <b>PANCAKES</b> Fruit or Juice	<b>13</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>16</b> <b>CEREAL</b> Fruit or Juice	<b>17</b> <b>BREAKFAST BURRITO</b> Fruit or Juice	<b>18</b> <b>CEREAL</b> Fruit or Juice	<b>19</b> <b>PANCAKE &amp; SAUSAGE on A STICK</b> Fruit or Juice	<b>20</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>23</b> <b>CEREAL</b> Fruit or Juice	<b>24</b> <b>OMELET</b> Tater Tots Fruit or Juice	<b>25</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>26</b> <b>FRENCH TOAST STICKS</b> Fruit or Juice	<b>27</b> <b>CINNAMON ROLL</b> Fruit or Juice
<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

**April 2012**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>BURRITO</b> Green Beans Fruit Cocktail Roll & Butter <b>SALAD BAR</b>	<b>3</b> <b>CHICKEN STRIPS</b> Carrots Pineapple Roll & Butter <b>SALAD BAR&amp; Chicken Noodle</b>	<b>4</b> <b>TURKEY GRAVY</b> Mashed Potatoes Peaches Roll & Butter <b>SALAD BAR</b>	<b>5</b> <b>SPAGHETTI</b> Coleslaw Pears Garlic Bread <b>SALAD BAR&amp; Beef&amp; Barley Soup</b>	<b>6</b>  Easter Break April 6-9  
<b>9</b>    Easter Break April 6-9	<b>10</b> <b>FRITO PIE</b> Mixed Veggies Fresh Fruit Roll & Butter <b>SALAD BAR&amp; Tomato Soup</b>	<b>11</b> <b>TACOBURGER</b> Corn Pears Cookie <b>SALAD BAR</b>	<b>12</b> <b>CHICKEN FRIED STEAK</b> Mashed Potatoes Peaches Roll & Butter <b>SALAD BAR&amp; Turkey Noodle</b>	<b>13</b> <b>CHICKEN &amp; NOODLES</b> Green Beans Pineapple Roll & Butter <b>SALAD BAR</b>
<b>16</b> <b>MAC &amp; CHEESE</b> Green Beans Applesauce Roll & Butter <b>SALAD BAR</b>	<b>17</b> <b>CHICKEN NUGGETS</b> Carrots Peaches Roll & Butter <b>SALAD BAR&amp; Nacho Potato</b>	<b>18</b> <b>HAMBURGERS</b> French Fries Fresh Fruit Dill Slices <b>SALAD BAR</b>	<b>19</b> <b>BEEFY NACHOS</b> Lettuce Salad Fruit Cocktail Roll & Butter <b>SALAD BAR&amp; Chicken Rice</b>	<b>20</b> <b>PIG in a BLANKET</b> Baked Beans Pears No Bake Cookie <b>SALAD BAR</b>
<b>23</b> <b>CRISPITO</b> Corn Pineapple Roll & Butter <b>SALAD BAR</b>	<b>24</b> <b>CHILI</b> Carrots & Celery Applesauce Cinnamon Roll <b>SALAD BAR&amp; Bean &amp; Bacon</b>	<b>25</b> <b>PIZZA</b> Peas Pears Pudding <b>SALAD BAR</b>	<b>26</b> <b>CHICKEN SANDWICH</b> Green Beans Peaches <b>SALAD BAR&amp; Cooks Choice</b>	<b>27</b> <b>ITALIAN DUNKERS</b> Mixed Veggies Fruit Cocktail Dipping Sauce <b>SALAD BAR</b>
<b>30</b> <b>CORNDOG</b> French Fries Peaches Roll & Butter <b>SALAD BAR</b>				

**Menus are subject to change**

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## Calendar Events April 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 State FCCLA at Lincoln	2 Red Day State FCCLA at Lincoln	3 White Day Golf at Bayard JH Trk at Bayard	4 Red Day NeSa-R 11th	5 White Day 1:00 PM Track at Mitchell	6 No School - Easter Break	7
8	9 No School - Easter Break School Board Meeting	10 Red Day	11 White Day NeSa-S 11th	12 Red Day Golf at Bridgeport	13 White Day 2:00 PM JH Trk at Gor/Rush CSC Scholastic Day @ Chadron	14 8:00 AM ACT Test Date 1:00 PM WTC Trk at Kimball
15	16 Red Day 6:30 PM 4th Grade (Osmotherly) Famous Nebraskans Night	17 White Day HS Spring Concert Golf at Morrill	18 Progress Reports for Seniors Red Day District Music @ Alliance NeSa-S 8th	19 White Day JH Trk at Kimball Bingo Night	20 Red Day FFA Officer Interviews	21 Golf at Alliance Trk at Chadron Invite Prom
22	23 White Day NeSa-M 8th	24 Progress Reports Sent Home Red Day Trk at Best West NeSa-M 11th	25 White Day State Quiz Bowl Ag Field Trip to Sandhills Facility FCCLA Walk to School Day	26 Red Day 2:30 PM FCCLA Big Brother/Sister Wild Strides (Phone Comp Dinner) NeSa-M 7th 6:30 PM FFA Meeting	27 White Day 7:00 PM FFA Banquet	28 PHC Track at Chadron WTC Golf at Bayard
29	30 Red Day					

## Calendar Events May 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 White Day PHC Golf - Hay Springs 8:30 AM JH Trk at Morrill	2 Red Day	3 White Day Golf at Kimball	4 Red Day Track at Bayard	5 JH Trk at Alliance Paint-A-Thon
6	7 White Day No School for Students - Teacher APL Training	8 Red Day No School for Students - Teacher APL Training	9 White Day Blood Drive No School for Students-Teacher APL Training	10 Red Day Track Districts No School for Students-Teacher APL Training	11 White Day 6th Grade Field Trip	12 Womens VB (World Stride)
13	14 Red Day School Board Meeting Golf Districts	15 White Day EL Spring Concert Golf Districts	16 Red Day Senior Last Day	17 White Day 7:00 PM Senior Honors Night	18 Red Day Senior Picture Hanging State Track Kindergarten Field Trip to Scottsbluff	19 State Track
20 2:00 PM Graduation	21 White Day 6:00 PM Athletic Sports Banquet	22 Red Day State Golf Grade 6 Upshift Day 3rd Grade Field Trip to Scottsbluff 2nd Grade Field Trip to Mammoth Site	23 White Day State Golf	24 Red Day World Strides to DC 6:30 PM FFA Meeting	25 World Strides to DC Last Day of School Dismissal 11:30 End of 4th Qtr/2nd Semester White Day 11:30 AM Teacher Work Day	26 World Strides to DC
27 World Strides to DC	28 Memorial Day World Strides to DC	29 World Strides to DC	30	31		