



Bobcat Bits



2012 Box Butte County Spelling Bee Gasseling 1st & Wobig 3rd

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Hemingford Junior High School students continued a recent tradition of doing well at the Box Butte County Spelling Bee, with 7th Grader Natalie Gasseling spelling "extemporaneous" to win the championship, while 7th grade classmate Austin Wobig finished in third place. Parents of the two trophy winners are Rick and Patti Wobig of Hemingford, and Ryan and Jennifer Gasseling of Hemingford.

The contest included students from all three county schools, St Agnes Catholic, Alliance Public, and Hemingford. Hemingford Public Schools has had the good fortune to provide the last three champions in a row, with Matthew Wood in 2011 and Asa Carlson in 2010 also reigning as Champions.

HJH Seventh graders entered include: **Natalie Gasseling**, **Sheyenne Weaver**, and **Austin Wobig**. HJH Eighth graders entered include **Robert Heule**, **Lee Jespersen**, and **Johnny Manning**. Congratulations to these six students for being chosen to represent our Junior High !

The win advances Natalie to the Nebraska State Spelling Bee!

Special points of interest:

- Box Butte County Spelling Champs
- Student Effort Awards
- American Heart Association Fundraiser
- National Merit Finalist
- Presidents Award
- High School Track
- Speech News
- Menu
- Activity Calendars



Mr. Foster –March Newsletter



HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 14th, it just doesn't seem possible. We have had a very productive and rewarding year so far. I love walking into the classrooms and seeing the kids engaged in learning. As principal I feel blessed having children who are coming to school each day eager to learn. Our teachers are doing an excellent job helping the kids reach their potential.

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. This took place on February 1st and 2nd. The students in all other grades will write using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers the morning of March 15th.



DATES OF INTEREST

March 15th – NO SCHOOL FOR STUDENTS

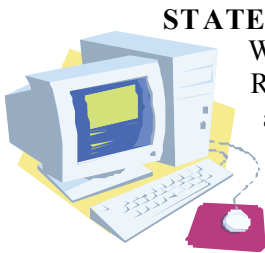
March 15th - Parent / Teacher Conferences will run from 2:00 – 8:00 p.m.

March 16th, 17th, 18th, and 19th -- No School - Spring Break

March 27th Kindergarten Round Up 5:45 – 6:45 p.m. in Cafeteria

PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Thursday, March 15th. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support. Remember it takes all of us working together to help your child.



STATE READING, MATH, and SCIENCE TESTS

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

Let's show everyone how great our school is by doing our very best.

ACCELERATED READING

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



KINDERGARTEN ROUND UP – MARCH 27th

We will be contacting parents who have children that will turn 5 years of age on or before the July 31st deadline. **(The new date deadline was passed by the Nebraska Legislature.)** If you are new to the district and have a child who will meet the age requirement, please contact us at 487-3330. We will be having a meeting on March 27th from 5:45 – 6:45 p.m. in the school cafeteria. **Items you will**

need to bring to that meeting are the original or copies of the following: Birth Certificate, Immunization Records, and Social Security Number.

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

Foster's Facts



Already—Yes! Set those clocks ahead on March 11th. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. Being on time is a skill that needs to be developed. School is the primary "job" for students and should be treated as such. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh (athletic length) is a good visual ruler for you.

NeSA State Testing—March and April are the primary months for state testing. Starting the end of March is the State Reading test for Grades 7, 8, and 11. In April students will complete the State Science and Math tests. The dates are noted on the school calendar. Due to the importance of these tests for our school, the students will have a testing schedule. Students should not schedule appointments during these times.

ACT Test Preparation—The school is using the John Baylor Test Prep materials which has data that provides evidence that this program is successful in raising test scores. All juniors will go through the 12 sessions during the school day. This will be beneficial in preparation for state testing as well as in preparation for those juniors that may take the ACT test in April. This is free to the students, which is an advantage for our students. Some schools charge for this prep activity.

Please help support your child and school by letting them know how important it is to give their best effort on these tests.



Parent/Teacher Conferences—End of 3rd Quarter

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

Teacher Assessment Day

The morning of March 15, teachers will spend time with 6-trait writing scoring. Teachers will score the writing that was completed earlier this month. These results help provide data to the English department which they use to adjust curriculum.



Supervised Study Time (SST)

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

Foster's Facts-Cont.



Absent or Truant?

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



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

School Activities

During the month of March, the focus is pulled from athletic competitions to the fine arts and academic competitions. Band clinics, instrumental music, quiz bowl teams are all part of the March activities. The Dinner-Theatre is set for the weekend of March 24/25 with District Speech (March 12) and WTC Music (March 6).



Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 26 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.)

Scheduling for Next Year

The scheduling process for the 2012-2013 school year will begin mid-March. Your son/daughter will be bringing home registrations forms. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign the form indicating that they are aware of courses their son/daughter may be taking.

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.



AAI American Athletic Institute—Life of an Athlete/Pure Performance

You may have seen these posters sponsored by Panhandle Prevention Coalition on the gym stage. There are opportunities for parents to listen to a community presentation about the education of athletes on the dangers of drugs and alcohol. Visit this website for times and locations. <http://panhandlepreventioncoalition.org/lifeofanathlete.asp>

Student Effort Award



Student Effort Award Fall 2011

- K-3 Mason Elford (K), Jacob Ferguson (K), Lauren Gardner (K), Ashly King (K), Ethan Plog (K), Jayden Fritzler (1), Maria Jacobs (1), Joshua Mathews (1), Keelyn Moss (1), Rick Turek (1), Emily Ward (1), Hunter Wyland (1), James Jacobs (3), Jack Payne (3), Katelyn Varner (3)
- 4-6 Kaitlyn Fritzler (4), Storm Jespersen (4), Ariel Lawhorn (4), Shaylynn McConville (4), Meghan Ward (4), Justin Davis (5), Mason Hiemstra (5), Joe Mazanec (5), Mercedes Mazanec (5), Ashley Mutchie (5), Mark Plog (5), Josie Stewart (5), Lora Wurst (5), Macee Buchheit (6), Gracious Carlson (6), Dylan Connell (6), Taylor Vogel (6), Kelsey Winner (6)
- 7-8 Kaitlyn Kumpf (7)
- 9-12 Tierra Vogel (9), Sarah Mracek (10), Hayden Walker (10), Kristina Kramer (11), Violette Carlson (12), Mollie Oetken (12), Mandie Oetken (12), Hannah Walker (12)

**Congratulations on your effort
and keep up the great work!**

If you have any questions about the student effort award, please contact Mandy Plog, 487-3330.

Giorgi's Gym



131 Elementary Students collected \$8,563.69

for the American Heart Association and jumped rope to help their hearts on February 14, 2012. Kindergartener Celia Buskirk was the top fundraiser with \$502. The following students collected over \$100:

Landrie Nelson, Brian Turek, Bayden Solberg, John Ansley, Hayden McDonald, Kaleb Walker, Ava Trickler, Hunter Wyland, Kyle Glass, Mason Elford, Avery Davies, Brinna Phillips, Kenny Wyland, Jaxon Keane, Jake Sellman, Jessica Frazee, Brianna Grumbles, Keagan Hitchcock, Rylie Wright, Katelyn Varner, Caiden Hill, and Rachel Schekall. Thanks to everyone who helped contribute to this event!



-COMING MARCH 13th- ARE YOU MORE COORDINATED THAN YOUR FIFTH GRADER?

The fourth annual Parent PE Challenge night will be held on Tuesday, March 13 from 6:00 - 7:00 PM in the high school gym. All 5th graders and their parents are invited to attend. Parents will have a chance to challenge their 5th graders in 6 events: hula hoop, jump rope, partner throw and catch, volley up, paddle strike, and balance shuffle. Be sure to come and see if you are more coordinated than your fifth grader!



BOATER EDUCATION CLASS

Starting March 22, a 6 day Boating Safety class will be offered free of charge to all interested 9th grade students during their PE class. This class is certified by the Nebraska Game & Parks Commission, and students who pass the final test will be issued a Boater Education Card which allows them to operate a boat as well as a personal watercraft (jet ski).

Mrs. Giorgi

Quiz Bowl-Mrs. Wade



We got off to an early start with an invitational on February 15 at Mitchell, which the students won. Those participating were Hans Hansen – also named to the All-Tournament Team, Sandra Mendiola, TJ Starman, Morgan Sutphen, Katie Heitz, Christian Brankensiek, Annie Hughart, Brady Horstman. We will have the Pan-handle Conference meet at Crawford on Monday, March 19 and the Western Trails at Kimball on Wednesday March 21. We have an exceptional group of kids and are looking forward to these meets!

MWade

WorldStrides-Mrs. Wade



We will have an organizational meeting for the sophomores D.C. trip in the spring of 2013. This year the trip cost \$2152 –six students made all of their money through the fund-raisers!!

We will meet at 7:00 P.M. in the science room on Tuesday, March 13, 2012. I ask that the students come with a parent so EVERYONE understands the rules and regulations for the trip. We have had great success traveling with our young people and hope this continues. Community service and citizenship and a huge part of the whole experience and the students are required to adhere to these rules to participate.

I look forward to seeing you there.

Hemingford Senior a National Finalist !

Congratulations to Sandra Mendiola! National Merit Finalist

Hemingford High School has just received notification that Sandra Mendiola has joined an elite group of National Merit Finalists. Sandra now is part of a group of outstanding students that are being considered for the National Merit Scholarships. The selection of some 8,400 winners from the group of more than 15,000 Finalists is now in progress. In March, Sandra will be notified if she will be one of the scholarship winners.

Sandra is the daughter of Jose and Genoveva Mendiola of Hemingford.



2012 National Merit Scholar Finalist
Sandra Mendiola, HHS
Presented by Principal Peggy Foster

4-H "Fun" draiser



Celebrate 4-H "Fun" draiser



Free will offering soup lunch with cinnamon rolls and vegetables

&

Silent Auction

When? March 25th

Where? Newberry's

402 Box Butte

Alliance

Time? 11:00 a.m.-3:00 p.m.

Hans Hansen Receives President's Award-Community Volunteer

Hans Hansen of Hemingford has been honored for his exemplary volunteer service with a President's Volunteer Service Award. The award, which recognizes Americans of all ages who have volunteered significant amounts of time to serve their communities and their country, was presented by The Prudential Spirit of Community Awards program on behalf of President Barack Obama. Hans participated in the Spirit of Community program this year as a representative of Hemingford.

Sponsored by Prudential Financial in partnership with the National Association of Secondary School Principals (NASSP), The Prudential Spirit of Community Awards program recognizes young people across America for outstanding community service activities. "The recipients of these awards vividly demonstrate that young people across America are making remarkable contributions to the health and vitality of their communities," said John r. Strangfeld, chairman and CEO of Prudential Financial.

Hans will be receiving a President's Volunteer Service Award certificate and a letter from the president.



Mrs. Hucke-Counselor



COUNSELOR'S

ORNERS

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

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

Sophomores – The sophomores took the PLAN test on February 22, 2012. I am looking forward to going over their test results during an individual conference and looking at class selections for next year.

The next registration date for the ACT is March 9. The test date is April 14.

I will be working with the K, 1st and 2nd graders during the month of March. We will be working on identifying our feelings.

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

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

High School Track



High School Track Schedule

- Sat. March 24 @ Kimball
- Sat. March 31 @ Bayard CD
- Thurs. April 5 @ Mitchell Twilight
- Sat. April 14 @ Kimball
- Sat. April 21 @ Chadron
- Tues. April 24 Best in the West
- Sat. April 28 @ Chadron PHC
- Fri. May 4 @ Bayard BCD
- Thurs May 10 @ Hershey Districts



Coaches: Tim Lanik, Cindy Ahrens

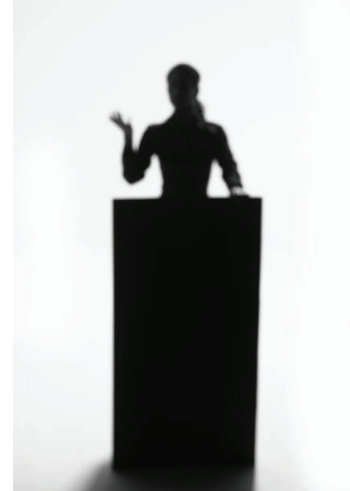
Asst.: Kay Horstman, Lisa Janssen

Hemingford Speech Team News



The speech season is winding down and we will be competing at District Competition on Monday, March 12th at Perkins County High School at Grant. We will be entering the following students:

Hans Hansen – Persuasive and Extemp
TJ Starman- Humorous and Informative
Lexi Olson- OID
Annie Hughart- Informative
Belle Irish- Poetry
Sarah Mracek- Poetry
Aubrey Picket Pin- Serious



Duet team #1 Lexi Olson and Tegan Yardley
Duet team #2 Annie Hughart and Nicole Schekall

OID team of Christian Brakensiek, Lexi Olson, Belle Irish, Sarah Mracek and Miguel Rodriguez

The First and Second place in each event advance to State Speech competition in Kearney on March 23, 2012 at 8:30am.

We have had a very successful season and look forward to District competition!!

Dinner Theater-March 24, 25 & 26



Don't miss the 2012 Dinner Theater
featuring Hemingford's talented and charming
cast and crew in:



and



March 24th, 25th and 26th!

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

Dinner Theatre Schedule



Hemingford High School Dinner Theater 2012: Schedule for Honk! & Wagon Wheels a Rollin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19	20 4p-6p Honk! 6p-8p Wagon Read Thru	21 7a-8a TBD BBB Sub Districts 5:30/6	22 7a-8a TBD 4p-6p Honk!	23 7a-8a TBD 4p-6p Honk! 6:30p-8:30p Wagon Wheels (Hopefully at Bball) BBB Sub Districts 7p	24 7a-8a TBD 4p-6p Honk! 6:30p-7p WWR AI S1 7p-8:30p Add for AI S2	25	
26	27 7a-8a TBD 4p-6p Honk! 6:30p WWR AI S3 7p Add AI S4 7:15p Add AII S2 7:45p Add AII S4 BB Districts	28 7a-8a TBD 4p-6p Honk! 6:30p-8:30p WWR	29 7a-8a TBD 4p-6p Honk!	1-Mar 7a-8a TBD 4p-6p Honk! 6:30p WWR AI S5 7p-8:30p Add to Run AI	2 7a-8a TBD 4p-6p Honk! 6:30p WWR AII S1 7:30p-8:30p Add for AII S3	3 GBB State	
4	5 7a-8a TBD 4p-6p Honk! 6:30p WWR AII S5 7:30p-8:30p Add to Run Act II	6 7a-8a TBD 4p-6p WWR Stumble Thru Full show 6:30p-8:30p Honk! WTC Band @ Bayard FFA Meeting	7 7a-8a TBD 4p-6p Honk! Location TBD FFA Oyster Food	8 7a-8a TBD 4p-6p Honk! Stumble Thru 6:30p-8:30p WWR BBB State	9 7a-8a TBD 4p-6p Honk! 6:30p-8:30p TBD Tabi Gone BBB State	10 BBB State	
11	12 7a-8a TBD 4p-6p Honk! 6:30p-8:30p WWR	13 7a-8a TBD 4p-6p Honk! 6:30p-8:30p WWR Run Clear Space!	14 7a-8a TBD 4p-6p Honk! Run	15 Rehearsal TBD Spring Break	16 Spring Break	17	
18	19 Time TBD Honk! Run Time TBD WWR Spring Break	20 4p-6p Honk! 6:30p-8:30p WWR Run	21 4p-6p Honk!	22 4p-5p Honk! 5p-6:30p Honk! Run 7p-8:30p WWR Run	23 4p-6p Honk! 6:30p-8:30p WWR FC Music - SC	24 6p Perf #1	
25 2p Perf #2	26 6p Perf #3	27 Hello Everyone! The shows are going to be a lot of fun for the us and the audience. Above is a tentative schedule for the next few weeks. Please be respectful of everyone's time - please call if you can not come for any reason. See you soon! Tabi & Irene 308-760-1120					28 31 1-Apr 2

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.



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.

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".

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2012

Hemingford Public Schools
Nancy Yardley, Food Service



BEST BITES

Family screen time

To get your youngster watching less TV, try cutting down on screen time for the whole family. Consider choosing a show or two to watch each day, and then leave the set off the rest of the time. *Idea:* When your show is over, use that as a signal to play outside or do something active inside.

DID YOU KNOW?

Your child's stomach is roughly the size of two of his fists. That image can give him (and you) an idea of how much food it takes to fill him up. Help him control portion sizes by serving smaller meals and healthy snacks that will satisfy his hunger but curb overeating.

Play "scoop ball"

For a fun game of catch, cut off the tops of a few empty plastic milk jugs (one for each player), and tape over the edges so they're not



sharp. Then, use your "scoopers" to throw a small ball back and forth. How many times can you toss the ball without it landing on the ground?

Just for fun

Q: Why did the tortilla chips start dancing?

A: Because they put on the salsa!



Salad tips

Make salad that is fun to eat, and your youngster is likely to turn into a salad eater. The benefit? She'll eat more vegetables and get the fiber, vitamins, and minerals that she needs. Try these ideas.

Make a "chopped" salad.

Put all your salad ingredients (lettuce, tomatoes, bell peppers, and broccoli, for instance) on a cutting board. Use a knife to chop everything into small pieces. Then, toss the salad in a bowl with a little low-fat dressing.

Wrap it up. Set out large lettuce leaves, and suggest that your child spoon salad on top of one. She can roll the lettuce up and use her hands to eat her "salad wrap."

Shake and eat. Somehow, shaking a salad makes it more fun to eat. Have your child put salad ingredients into a clean, small jar with a tight-fitting lid. Then, she can shake it and eat right out of the jar.



Keep it crisp. Crunchy lettuce and vegetables are more appealing than soggy ones. After rinsing the lettuce under running water, dry it in a salad spinner (or wrap it tightly in a towel to wring dry). *Idea:* Let your youngster rinse and spin the lettuce—this is a fun job for a child!

Serve ingredients separately. Instead of tossing ingredients together, create a "composed salad." On a pretty platter, line up separate rows of spinach leaves, avocado chunks, cucumber slices, and grape tomatoes, for example. Then, your youngster can serve herself. ♡

Support your child's sports

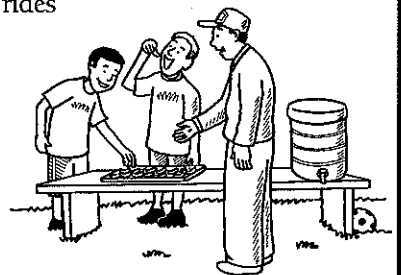
When your child participates in sports or other physical activities, let him know that you support him all the way. Use these suggestions.

Offer to help

If you enjoy sports yourself, consider signing up to be a coach or an assistant coach. Or you could volunteer in other ways: be a team parent, organize the snack schedule, help with a fund-raising drive, or give rides to children who need them.

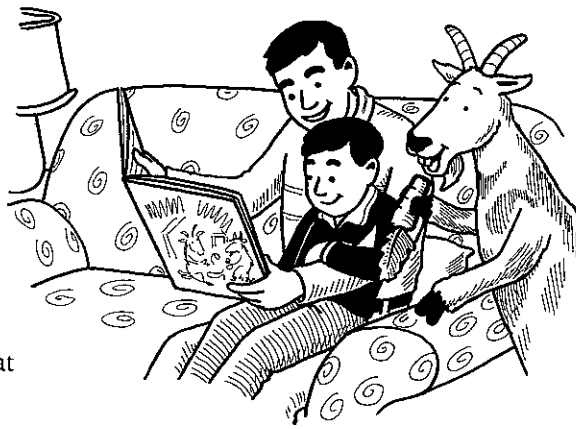
Be enthusiastic

Stay for practices to see what your child is learning, and try to attend all games, meets, or matches. Encourage your youngster by praising him for the skills he's developing, and try not to focus on wins, losses, or mistakes. Finally, cheer for the whole team, not just your child. ♡



Let's read about food

Facing a food challenge with your youngster? Reading a storybook can be a wonderful way to open up a discussion and encourage your child to eat nutritious foods—just like the characters in the book. Here are stories that can help.



Picky eaters

If your child balks at trying new foods, try approaching the problem in a playful way with the classic Dr. Seuss tale *Green Eggs and Ham*. When Sam I Am finally tries the green eggs and ham, he finds out he likes them. Or try *The Monster Who Ate My Peas* (Danny Schnitzlein), where a boy who hates peas makes a deal with a monster.

Too much junk food

Let your child learn about the benefits of eating a balanced diet along with Gregory the goat. In *Gregory the Terrible Eater* (Mitchell Sharmat), the little goat refuses to eat proper goat foods like shoes and garbage—he prefers the fruits and vegetables that his parents consider junk food. Or read about a girl who will eat only cookies in *Cookie* by Lisa Woomer. ●

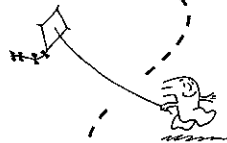
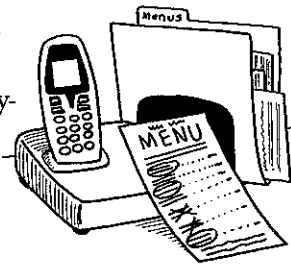
Q & A Takeout menus

Q: I have three kids and work full-time, so we wind up grabbing carryout food more often than I would like. What are the healthiest choices?

A: You're not alone. Americans get almost half their meals from restaurants or carryout places. The good news is that you can make healthier choices.

Collect carryout menus, and find a time to go through them, circling the most nutritious items. Look for key words like *grilled*, *baked*, or *broiled*—and highlight those foods. Cross out less healthy ones, such as those tagged *fried*, *smothered in*, *au gratin*, or *creamy*. Then, file the menus in a folder or binder, and keep them handy for ordering.

You can also use this opportunity to teach your children about healthy choices. Showing them the words to look for and avoid will help them know how to order when they're out with friends or on their own—which will be sooner than you think! ●



IN THE KITCHEN

Sweet treats

Looking for a sweet ending to a meal that won't break the calorie bank? Try these creative ways to lighten up dessert time:

- Let family members dip strawberries, melon chunks, and banana pieces in fat-free chocolate pudding for a "chocolate fondue."
- Make "creamsicle" freezer pops by mixing 1½ cups orange juice, 1½ cups nonfat vanilla yogurt, and 1 tsp. sugar. Freeze in cups or freezer-pop molds, about 6 hours.
- Have a berry sundae. Cover a small scoop of nonfat frozen yogurt with



fresh or thawed frozen berries, and shave dark chocolate on top.

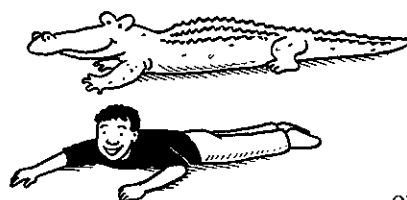
- Serve roasted honey pineapple. Heat ½ cup orange juice with ¼ cup honey in a small saucepan. Pour it over pineapple slices, and let stand for 30 minutes. Place slices on a baking sheet, and roast at 450° for 10 minutes. ●

ACTIVITY CORNER

Animal races

On your mark, get set, go! Challenge your family to races where they waddle like a duck, walk like a crab, or crawl like a crocodile—all in the name of fun exercise. Here's how.

Duck. Step your feet apart, bend your knees, and squat down. Hold onto your ankles with your hands. Then, mark off a circle in your room or outside, and race around the "lake."



Crab. Lie on your back, bend your knees with your feet flat on the ground, and put your palms down flat by your shoulders. Lift your body off the ground, and race (on hands and feet) along the "beach."

Crocodile. Lie on your stomach with your arms stretched out in front of you, and keep your feet together. To move, scoot forward with your hands and drag your feet behind you. Race across the "swamp" from one end of the room to the other. ●

OUR PURPOSE

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

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



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Hemingford Public Schools Breakfast Menu

March 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 SAUSAGE GRAVY Fruit or Juice	2 BREAKFAST PIZZA Fruit or Juice
5 CEREAL Fruit or Juice	6 PANCAKES Fruit or Juice	7 BREAKFAST BURRITO Fruit or Juice	8 OMELET Fruit or Juice	9 CINNAMON ROLL Fruit or Juice
12 CEREAL Fruit or Juice	13 PANCAKE & SAUSAGE on a STICK Fruit or Juice	14 BREAKFAST PIZZA Fruit or Juice	<div style="text-align: center;">  <p>15 16</p> </div>	
19 	20 CEREAL Fruit or Juice	21 WAFFLES Fruit or Juice	22 BREAKFAST TAC-GO Fruit or Juice	23 BREAKFAST PIZZA Fruit or Juice
26 CEREAL Fruit or Juice	27 EGG & CHEESE BISCUIT Fruit or Juice	28 BREAKFAST PIZZA Fruit or Juice	29 FRENCH TOAST Fruit or Juice	30

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

March 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 CHICKEN STRIPS Carrots Fresh Fruit Roll & Butter SALAD BAR & Turkey Noodle	2 ITALIAN DUNKERS Corn Fruit Cocktail Dipping Sauce SALAD BAR
5 FRITO PIE Green Beans Pears Roll & Butter SALAD BAR	6 CHICKEN FRIED STEAK Mashed Potatoes Peaches Roll & Butter SALAD BAR & Chic. & Dumpling	7 CRISPITO Corn Fresh Fruit Roll & Butter SALAD BAR	8 CHILI Carrots & Celery Applesauce Cinnamon Roll SALAD BAR & Bean & Bacon	9 CHEESE PIZZA Lettuce Salad Pineapple Cookie SALAD BAR
12 SAUSAGE GRAVY Tater Tots Pears SALAD BAR	13 BEEFY NACHOS Green Beans Peaches Roll & Butter SALAD BAR & Tomato Soup	14 CHICKEN NUGGETS Corn Fresh Fruit Roll & Butter SALAD BAR		
19 	20 PIG in a BLANKET Carrots Applesauce No Bake Cookie SALAD BAR & Chicken Tortilla	21 TACO Refried Beans Fruit Cocktail Roll & Butter SALAD BAR	22 HAMBURGER French Fries Peaches Dill Slices SALAD BAR & Potato Soup	23 MAC & CHEESE Green Beans Pineapple Roll & Butter SALAD BAR
26 PIZZA Carrots Fresh Fruit SALAD BAR	27 BOBCAT TACO Lettuce Salad Pears Roll & Butter SALAD BAR & Cheese Soup	28 SLOPPY JOE French Fries Cherries Cookie Cake SALAD BAR	29 CHICKEN SANDWICH Corn Pineapple SALAD BAR & Cook's Choice	30 GRILLED CHEESE Green Beans Peaches Tomato Soup SALAD BAR

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Calendar Events March 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 White Day Girls State BB Mrs. Horn Open House for Students	2 Red Day Girls State BB 11:00 AM Kdg. - 3rd Grade Movie Trip Hunter Safety Course	3 Girls State BB Speech at Mitchell Invite Hunter Safety Course
4	5 White Day 1:00 PM 4th Grade to Knight Museum Co Govt Day	6 Red Day WTC Instrumental at Bayard 6:30 PM FFA Meeting	7 White Day FFA Ag Ed Contest @ Kimball 2:30 PM FCCLA Big Brother/Sister	8 Red Day Boys State BB	9 White Day Boys State BB FFA Oyster Feed	10 Boys State BB
11	12 Red Day School Board Meeting District Speech @ Perkins County	13 End of 3rd Qtr White Day 7:00 PM World Strides 2013 Meeting	14 Begin of 4th Qtr Red Day HAL Field Trip	15 8:00 AM No School - Teacher Assessment 2:00 PM Parent/Teacher Conferences	16 No School - Spring Break	17
18	19 No School - Spring Break PHC Quiz Bowl at Crawford	20 White Day	21 Red Day WTC Quiz Bowl at Kimball	22 White Day State Speech @ Kearney	23 Red Day PHC Music at Sioux Cty	24 Track at Kimball Dinner Theatre
25 Afternoon Matinee and Evening Dinner Theatre	26 White Day Capital Forum @ Lincoln	27 Red Day Capital Forum @ Lincoln 5:45 PM Kindergarten Round - Up NeSa-R 8th	28 White Day State FFA Convention JH Quiz Bowl @ Chadron	29 Red Day State FFA Convention NeSa-R 7th	30 White Day State FFA Convention	31 Track at Bayard Wrestling Club Tournament

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	14 8:00 AM ACT Test Date 1:00 PM WTC Trk at Kimball
15 District Music Week-- Date TBD	16 Red Day	17 White Day HS Spring Concert Golf at Morrill	18 Progress Reports for Seniors Red Day 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	26 Red Day 2:30 PM FCCLA Big Brother/Sister 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					