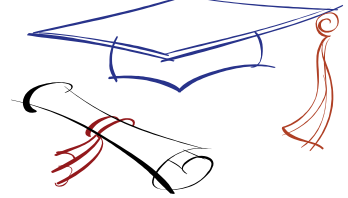


BOBCAT BITS

Hemingford Public Schools

May 2012



CLASS OF 2012

Class Motto

*"A milestone passed, new things begun, dreams
as shining as the sun, a goal achieved, a victory
won!"*

Class Flower

Dahlia

Class Song

"Tatoos on This Town" by Jason Aldean

The Senior Class

Of

Hemingford High School

Announces its

Commencement Exercises

Sunday afternoon, May 20th, 2012

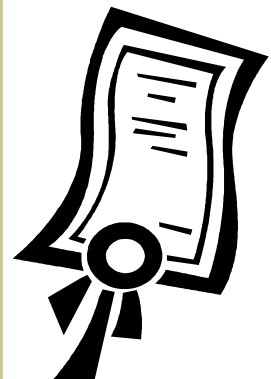
2:00 p.m.

Hemingford High School Gymnasium



Special points of interest:

- Mr. Ningen-End of Year Thoughts
- Principal Notes
- Giorgi's Gym
- Tutoring Help
- WorldStrides 2013 & Art News
- Volleyball News
- Scholastic Day Champions
- Counselor's Corner
- Cat Shack Programs
- Bingo Night
- No School May 7-10th





End of the Year Thoughts

By Mr. Ningen, Hemingford Superintendent

There are three topics that I want to touch on for this newsletter, two that speak to the immediate past, and one that addresses some changes and information about the approaching summer.

Chadron State Scholastic Contest

Each year for the past five decades or so, Chadron State College has hosted their annual Scholastic Contest. This is a yearly opportunity for our students in high school to test against students from high schools in Nebraska, Wyoming, and South Dakota. In years past Colorado has also been represented in the contest.

CSC has divided the large number of schools into three or more classes over the years, based on school size, with five classes in the last few contests. The actual tests given include students from all schools however, so Hemingford student placing's reflect how each of our students did against everyone in that test, regardless of school size.

There have been many years that Hemingford has placed in the top ten or top seven in its class, including the past eight years, but rarely has Hemingford won its division, such as it last did in 1981, and did again this year, in 2012! Congratulations to team sponsor and school counselor Ramona Hucke for her efforts in coordinating the placement of our students in their tests, along with the educational preparation provided by our high school teachers.

Students finishing in the top three places earn a medal, and students who finish in the top twenty percent of their tests are also specially mentioned. All HHS students that attended this year, 43 in all, had their scores count towards the winning team total.

Thanks to our students, our parents, and our teachers for bringing back a CSC division Championship to Hemingford after 31 years!

Royalty Selection for Prom

Whenever votes help to determine a winner, in school or in government, there are safeguards built in to ensure that a proper and correct vote is taken, as well as protecting vote-counters from suspicion or doubt.

During the selection of Hemingford Prom Royalty as well as Hemingford Homecoming royalty, our school always has at least two teachers, administrators, or class sponsors sit down together and tabulate the votes for our royalty selection. This allows a double-count at least to make certain that the election of eligible candidates occurs.

Gym Improvements (and conflicts) This Summer

There are several improvements that are planned for our big gym this summer.

New energy-efficient lights will be added in our big gym soon, so that we can all see more clearly, as well as helping us to save on electricity costs. It is also necessary to replace our existing furnaces in the gym, so that the heat is more evenly distributed, as well as providing more efficient heating for events there.

Our gym floor will look brighter as well, with red and black lines, and a more transparent finish on the floor. The surface will be sanded and re-painted in late July.

New bleachers will be installed that feature some color, some comfort (seat backs), and an automatic system of setting them up instead of pushing and pulling by hand.

Right after graduation ceremonies, during the week of May 21st – 24th shop and PE students and sponsors will work to remove the old bleachers. The new ones will be installed August 20th-24th.

All of the changes will be wonderful and are needed, but summer activities in the gym as well as early season volleyball practices will be impacted because of the time required to make the changes.

I ask that coaches and sponsors plan ahead to minimize conflicts, and fully utilize our small gym during the times in needed as much as possible.

Thank you for allowing me to share my thoughts and additional information with all of you!

Mr. Ningen, Superintendent

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

For a number of students the countdown has begun but we still have a solid three weeks of instruction. This is a great opportunity for students to make the final push to improve their grades. SST (Supervised Study Time) should be a priority. This time is for any and all students to receive assistance, finish homework, and ask questions. I wish more students would take advantage of this time. Progress Reports were mailed last week to provide an update of current grades.

NEW THIS YEAR

Academic and Senior Honor Night-----Thursday, May 17-----6:00 pm

Seniors and Grades 7-11

Honoring all Students, a combination of Senior Honors Night and 7-11 Awards Program. This night will showcase the academic skills of Hemingford students in grades 7-12. Open to the public to help celebrate the academic achievements of our student body. A list will be posted in the school for students receiving awards. These students should be in attendance to receive their award. I will be explaining this night also to individual classes of students. Parents are highly encouraged to attend this event.

UPSHIFT DAY FOR GRADE 6

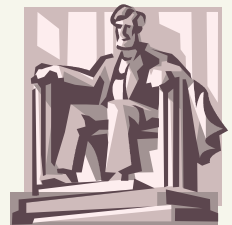


Tuesday, May 22 8:30-10:30 am

6th grade students will be in the high school building for part of the morning. At that time, they will visit with representatives from student council and current 7th graders; participate in a building tour, and visiting with next year's teachers. They will return to their classroom for the rest of the day.

World Strides and Juniors

Any junior that is leaving for World Strides must be completely checked out for the school year on Wednesday, May 23. This includes all homework or tests completed as well as fines, locker cleaned out, etc. Teachers are required to have all grades completed by end of the day on May 25th, the last day of school.

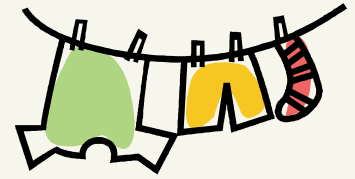


Semester Test Schedule—Grades 7-11

The final days for testing will be on **Thursday, May 24** for Periods 4-7 periods and on **Friday, May 25**, students will test during Periods 1-3. These tests will during their regularly scheduled class period. Checkout sheets will be given to the students earlier in the week to have completed before leaving for the day. Students will be expected to have lunch bills paid, library books returned and any fines paid prior to check out. We will do locker checkout after the end of 3rd until 11:30 when school is out for the school year.

Student Appearance

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

**Class Schedules for Next Year (2012-2013) Scheduling Process**

Scheduling for next year is in the course selection phase. Once this is completed, students will be slotted into courses they have selected. Some choices by the students may need to be made since at times it is not possible to schedule everything perfectly. The goal is to have student schedules the last week of school or mailed out with report cards.

Senior Schedule for Last Days

May 10 Thursday—AP Exam 8:00

May 16 Wednesday –Final
Testing/Checkout

May 17 Thursday – Grades Posted
No Class for Seniors unless they
are finishing work needed for
Graduation credit.

May 17 Thursday – Honor Night 6:00
(Appropriate dress for this special event)



May 18 Friday –**HS Gym**

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

Senior Picture Ceremony

(10:15 am or so)

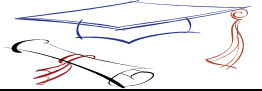
May 20 Graduation—**2 pm**

Other Senior Notes

- **Caps and Gowns will be handed out on Friday**
- **Honor's Night—All seniors are expected to attend and will be seated as group.**

Thank You Parents and Students for a great year!

Fostering Education



IS IT REALLY MAY?

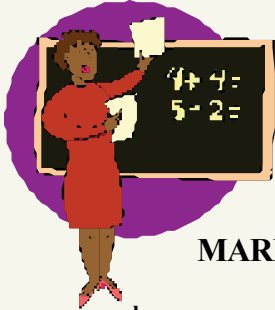
I can't believe that we are into the last month of school. The year just seems like it got started. I have thoroughly enjoyed this year, the kids have been great. The support we've received from everyone has been fabulous. Let's finish strong!

WORDS TO PONDER

Every minute should be enjoyed and savored.

For every minute you are angry you lose sixty seconds of happiness.

Live your life so that when people think of fairness and integrity, they think of you.



STUDENTS' CLASS ASSIGNMENTS FOR NEXT YEAR

Students will be informed by their present teacher whose class they are assigned to for next year at the end of the school year May 24th or May 25th. These class assignments will also be posted on the front window of the elementary all summer long as well.

MARK YOUR CALENDARS

May 2nd - Kindergarten Egg Drop @ 2:25 p.m.

May 3rd - 6th Grade Bingo Night 5:00 - 7:00

May 7th - 10th - NO SCHOOL FOR STUDENTS - STAFF
INSERVICE TRAINING

May 11th - 6th Grade Field Trip to Mount Rushmore

May 15th - Kdg. - 6th Grade Spring Music Concert @ 6:00 p.m.

May 18th - Kindergarten Field Trip to Scottsbluff Zoo

May 22nd - 2nd Grade Field Trip to Mammoth Site

May 22nd - 3rd Grade Field Trip to Scottsbluff

May 24th - 1st Grade Field Trip to Scottsbluff YMCA

May 24th - 4th Grade Field Trip to Fort Robinson

May 25th - 11:30 a.m. Dismissal - LAST DAY OF SCHOOL ☺



COMMUNICATION

Together we can make a difference for kids ☺

Call us with any questions at 487-3330

Giorgi's Gym

SKIP'N CATS PERFORMANCE: May 15, 5:45pm, prior to the Elementary Spring Concert. The last day for Skip'n Cats is Wednesday, May 16. Congratulations to Melissa Anglesey, Kaitlyn Fritzier, Danae Hansen, and Shanna Jo Weaver, who graduated to Level 2!



Boater Education Graduates



Nine freshmen received their Boater Education cards and are licensed to operate any motorized water vessel. Congratulations to: Bethany Fortner, Colt Foster, Ashleigh Galles, Kaelia Nelson, Aubrey Picket Pin, James Robb, Joseph Rozmiarek, Christian Rozmiarek, Deryck Topliss and Tierra Vogel.

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

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

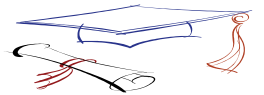


REDNECKS & HILLBILLIES FIELD DAY

FRIDAY, MAY 25, 8:40 AM - 11:15 AM

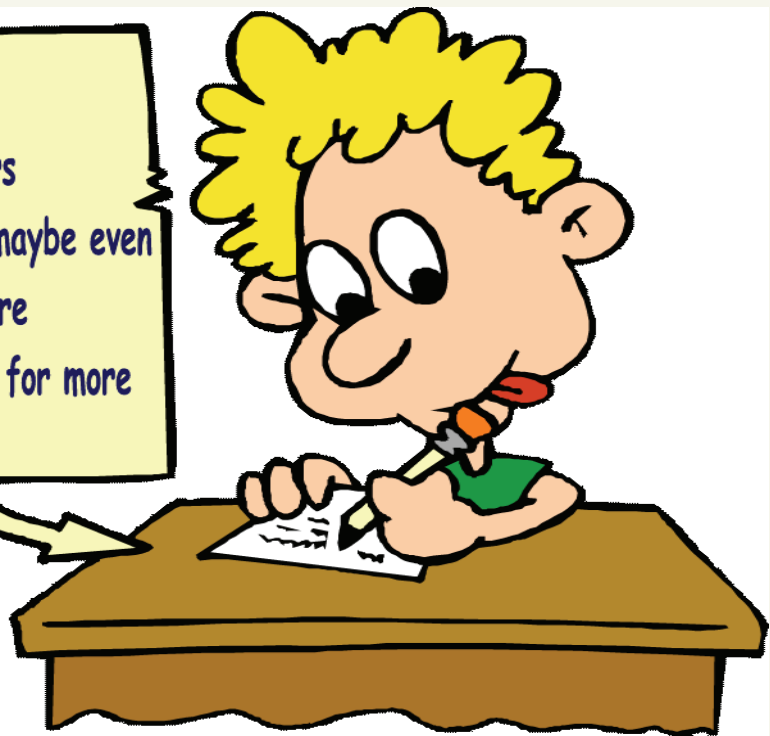
The annual Field Day will be held on the last day of school. The 6th grade class will be running the events with the rest of the elementary students on teams, each led by a 5th grader. The field day will start at 8:40 and end at 11:15 with school being dismissed at 11:30. Parents, friends and family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

Mrs. G



I need your help!

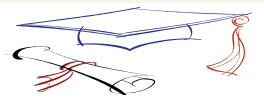
Would you tutor me a couple hours a week through the summer and maybe even during the school year? If you are interested, please call the school for more information. 487-3330



There are parents in our school system that are looking for one-on-one tutoring for their school age children. If this is something that you would be interested in, please call Deb in the elementary office. Materials can be made available and location if needed. Services will be worked out between tutor and parent.

Someone needs your help now!

Lunch Accounts

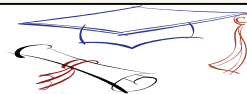


Attention Parents:

End of the year is fast approaching, remember lunch accounts need to be at a positive balance before your child(ren) can check out. Thank you for your cooperation.



WorldStrides-2013



May 5 – Paint-a-Thon. Will continue to work on the Legion downtown. Getting things spruced up for Memorial Day weekend!

May 12 – Women’s Volleyball Tournament in the big gym. 8:15 A.M. rules – Pool play followed by double elimination tourney. \$25/player (includes t-shirt) or \$15/player (no shirt) OR shirts may be purchased from Jodi Sellman for \$15! ajsellman@bbc.net or 308-665-1324

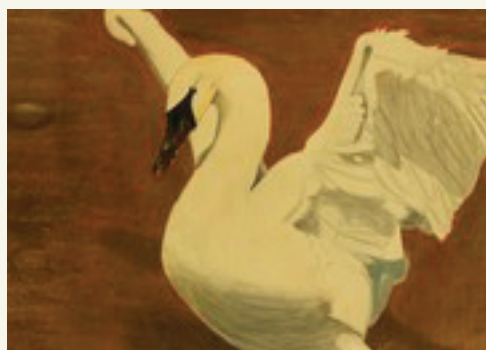
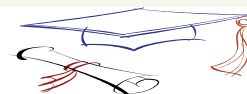
May 27 – serve Alumni Dinner at the fairgrounds. White shirt and dark pants (LONG shorts okay)

May 23 - 29 – WORLDSTRIDES 2012 on their way! Bon Voyage!

Looking ahead – June 2 – Participation in the community yard sale



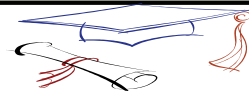
Art-Mrs. Wade



Hope you all saw the pictures in the Ledger from the Nebraska Duck Stamp competition. Out of 600 entries, Hemingford was well represented. Cash Weber (senior division) and Colt Foster (7-9) received first in our district; Matthew Wood, 2nd; Sandra Mendiola (sr.) and Amelia Ludlow (7-9), 3rd; Hanna Fessler, Makayla Grumbles, and Tanner Lembke, Honorable Mention; Asa Carlson, Layne Huss, Cole Connor, T.J. Starman, Danny Manning, Precious Campbell, Aubrey Picket Pin, Cali Rohrbouck, Caralina Carlson and Kate Casey, Top 50.

The Dimensions Show, a competition of Box Butte County high school artwork, will be on display at the Carnegie Arts Center in Alliance from May 1 until May 21. Again the students traditionally do very well in this show so please stop at the old library on 4th and Laramie and enjoy the work they have done this year. The center is open Tuesday through Saturday, 10 A.M. to 4 P.M. and on Sunday from 1-4 P.M.

Graduation May 20, 2012 - 2:00 P.M.



Volleyball News: 9-12th Grade Fall Students



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

I would like to see everyone attend at least one summer camp. I provided everyone that came to the meeting with different camps they can attend. These camps focus on individual skills and fundamental drills that will benefit players.

Reminder: CSC Coach and Staff are hosting a volleyball camp

Where: Hemingford Gym

When: June 4th-5th from 9:00-3:30 (90 minute lunch break)

For Whom: High School Players

Deadline: May 21st have waiver and money turned into me.

Last season we had several injuries. PLEASE stay active this summer and go to the weight room regularly so we can prevent these injuries from happening.

Is there a senior parent that would like to be in charge of arranging meals after games?

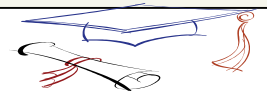
Please call or email if you have any questions!

Coach Heusman

"To be prepared is half the victory."

-Miguel Cervantes

HHS-2012 CSC Scholastic Day Champions



2012 Medalists and top placers gather after the Annual Scholastic Contest. (L-R), Paige Phillips, Caleb Milne, Katie Heitz, Rachel Kaman, Ethan Skinner, Kyle Kumpf, T.J. Starman, Cassie Elder, and Sandra Mendiola. Not pictured are Brady Horstman, Carolina Carlson, and Kelsy Wood



The entire HHS CSC Scholastic team poses after the 2012 contest.

Hemingford High School students made a very successful trip to the 52nd Annual CSC Scholastic Contest on April 13th, garnering three medals and 11 top twenty finishes in the various tests on the way to a Division Championship! Hemingford High School last won a CSC Scholastic Championship in 1981. High School Counselor Ramona Hucke was the team's sponsor and was pleased with the results that included two HHS student winning honors in multiple tests.

Top Three Medals went to Caleb Milne with a second place in Animal Science, TJ Starman, with a third place finish in Business Communication Systems, and Ethan Skinner, with a third place finish in Animal Science.

Double Placers for HHS included Milne who also placed 14th in English Usage; and Sandra Mendiola who placed 5th in Physics and 8th in Advanced Math.

Other HHS placers were Katie Heitz 11th in Advanced Math; Rachel Kaman 9th in Psychology; Carolina Carlson, 12th in Literature; Cassie Elder with a 4th in Nutrition, joined by Kelsy Wood with a 7th, also in Nutrition; Brady Horstman and Kyle Kumpf, tied with 5th place finishes in Wildlife Ecology, and a 4th place for Paige Phillips in Algebra II.

Points towards team championships include all student team members results in all tests taken, even if individually students did not earn medals or top twenty places.

Team Results for the contest, which is broken into different classes, based on school size showed Hemingford winning Division IV, which included Bayard, Crawford, Creek Valley, Garden County, Guernsey-Sunrise, Hemingford, Morrill, Niobrara County (Lusk); Perkins County (Grant), Pine Ridge Job Corp, Upton, WY, and Wall S.D.

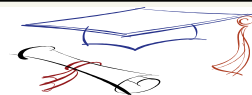
Congratulations to the entire team for their success!

2012 Division Champions included:

Division One – Rapid City Stevens HS, SD	(6 total schools)
Division Two – Sidney HS	(5 total schools)
Division Three – St. Thomas More HS, SD	(13 total schools)
Division Four – Hemingford HS	(12 total schools)
Division Five – Hyannis HS	(17 total schools)

2012 CSC Scholastic Contest

Great Job!!



COUNSELOR'S

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Seniors – End of the year activities

May	7	Athletic Banquet
May	16	Seniors Last Day
May	17	Honors Night
May	18	Senior Picture Hanging
May	20	Graduation – 2:00 p.m. – High School Gym

You will be receiving a letter in the mail very soon. We wish to make sure we have all the honors that you have received. It is imperative that you fill out the enclosed form by May 14, and return it to the counselor's office. We appreciate your cooperation in this matter so you will receive the recognition that you deserve.

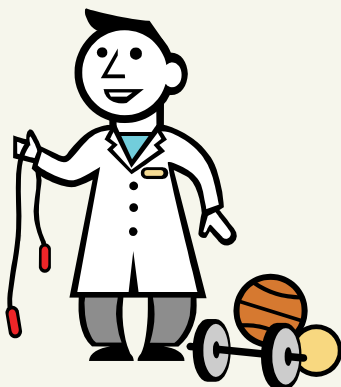
Juniors – Summer is the time for serious college planning.

- Start narrowing your college choices.
- Update your resume.
- Identify teachers, coaches and community members who will write letters of recommendation for you.
- Look for scholarships.
- Find a summer job to help pay for college expenses.

Last ACT test needs to be registered for by **May 4, 2012**. The test will be administered on **June 9, 2012**.

6th graders: May 22nd is up shift day.

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

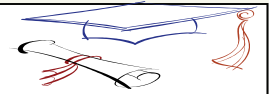


Physicals for next year 7-12th grade girls and boys will be:

Wednesday: June 13, 2012 &

Wednesday: July 11, 2012

From: 9 a.m.—12:00 p.m. various locations in High School



THIS SUMMER AT THE CAT SHACK

Spanish Culture Program - Kids of all ages can learn more about Spanish culture and explore the language through the Spanish Culture Program at the Cat Shack. Possible activities include learning and understanding conversational Spanish, making traditional Mexican dishes, constructing piñatas, playing Mexican games, and much, much more! All supplies will be included.

Instructors - Sandra and Karina Mendiola

Cost of Program - \$10

Art Workshop - Explore the basics of art at the Art Workshop. Through this program, students of all ages will learn colors, composition, dimension, shading, and many techniques in order to better understand and appreciate art. Observation will also be incorporated. All supplies provided.

Instructor - Hans Hansen

Cost of Program - \$10

Boys and Girls Basketball Clinic - Refresh drills and learn the fundamentals of basketball through the Basketball Clinic for kids in grades 3-7. The program will focus on skill-building as well as teamwork and will take advantage of the Hemingford Youth Center's new basketball court. Boys and Girls camps will be separate.

Cost of Program - \$20

Dancing Workshop - Discover the moves and grooves of jazz dancing during the Dancing Workshop. Kids in grades K-6 will be able to learn the basics of dance, how to recognize and use the rhythm, and the steps to become a better dancer.

Instructor - Katee Folkerts

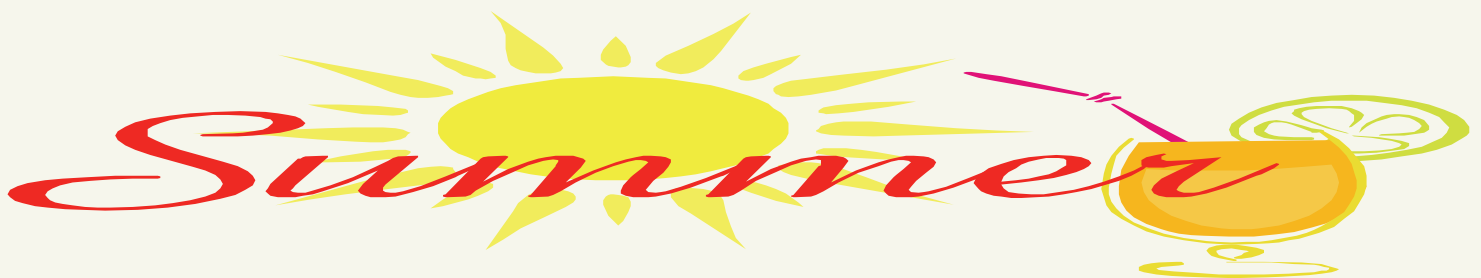
Cost of Program - \$25

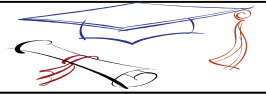
Game Nights - A monthly game night will be offered at the Cat Shack beginning in May. Attendees can play games ranging from classic board games to bunco free of charge with snacks and prizes provided.

Host - Violette Carlson

Parties - The Cat Shack is open for birthday parties and other events of all sizes. Use of the venue is free of charge and donations are welcome. Staffing is provided upon request. Reserve the Youth Center for your next event!

If you are interested in any of the programs at the Cat Shack, contact Rebecca Thompson at rthompson@bbc.net. Program dates are pending but will be scheduled soon.





BINGO NIGHT

May 3, 2012

5:00 P.M. – 7:00 P.M.

HEMINGFORD HIGH SCHOOL BIG GYM

BINGO

COLORING CONTEST

TATTOO CORNER

SLOPPY JOES & BEEFY NACHOS!



ENJOY A NIGHT OF FAMILY FUN!!

Summer Time

Congratulations to our student/athletes for another successful year in Bobcat athletics. As we eagerly jump into a summer away from the rigors of the classroom we will take the week of May 28 through June 1st to recharge our batteries and receive some well deserved rest and recovery. Beginning Monday, June 4 we will start our summer conditioning and open gym schedule. Below is an overview of our summer offerings to help us become better athletes and players.

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

The weight room will be open starting June 4th and will remain open until approximately July 20th when the coaches will be gone to their annual clinic. It will then reopen around August 1st until the start of fall practices. Signs will be posted in the locker rooms with further information.

** Open Gyms: To Be Announced

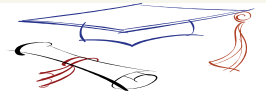
Due to summer construction projects scheduled for upgrades to our facilities we will announce Open Gym times as they are available to our athletes. We will make sure times are posted in the Hemingford Ledger.

** Physicals: Wednesday, June 13th
Wednesday, July 11th

Physicals for all students grade 7-11 will be given on these two days. They will run from 9 am - 12:00 pm. Cost will be \$20.

Sincerely,

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



May 7-10, 2012

back to

school

Hemingford Teachers

Remember no **SCHOOL** from May 7-10 for all students Pre-K-12th!!

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>

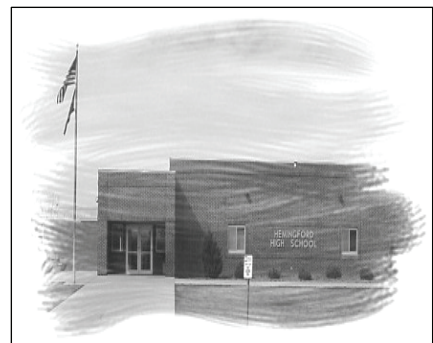
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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 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.

HOOPLA!

Fun Dayz at The Cat Shack Saturday, May 26

Full Day at The Cat Shack

Details are not yet available, but the day's events include a "celebrity" guest appearance by UNL and AHS basketball stand-out, Jordan Hooper. There will be food and games, Hooper will speak and sign autographs and The Cat Shack will host the annual Fun Days 3-on-3 basketball tournament. Watch the Ledger for more info!



3-On-3 Basketball Tournament



CONTACTS:

Janelle, Hans or Blake Hansen, 487-3838
Jodine Sorensen, 487-3880
Rebecca Thompson, 762-3462
Mary Wernke, 487-2706

- ◇ Food
- ◇ Fun
- ◇ Games

LAST DAY OF SCHOOL

PARTY AT CAT SHACK



- Games
- Food
- Fun

A complete meal will be served at 11:30 a.m.

\$5 each for students AND adults

Regular Cat Shack hours: Tues. & Thurs. 3:30-8p,
Friday 3:30-11:30p and Saturday 5-11:30p.

Nutrition Nuggets

Food and Fitness for a Healthy Child May 2012

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES



Pick your own

Going to a pick-your-own farm is a fun way to spend an afternoon—and a good way to encourage your youngster to eat more fruits and vegetables. He'll learn how they grow, and he's more likely to try produce that he picks himself. Check pickyourown.org for nearby farms and crop calendars.



Strike up the band!

Put on upbeat music, and join your child in marching to the beat. Suggest a "high step," where you raise each leg high (touching knee to elbow). You might get a baton at a dollar store or yard sale, and let her practice twirling outside. Then, she could be the drum majorette and lead your family on a march to the music.

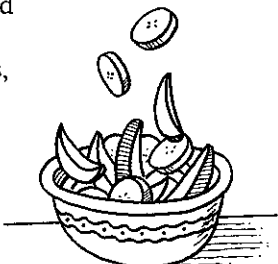
DID YOU KNOW?

You can make pasta sauce in a jiffy, and it will be much healthier than the store-bought kind. In a saucepan, combine 2 large cans whole tomatoes, 1 small can tomato paste, and 1 bay leaf. Bring to a boil, stirring often. Add a pinch of sugar, and season with oregano, basil, and pepper. Simmer for 30 minutes. *Bonus:* The sauce freezes beautifully.

Just for fun

Teacher: If I slice a banana into 10 pieces and cut a pear into 6 pieces, what will I get?

Jamie: Fruit salad!



What's in my food?

Teach your child to check the ingredient label on packaged foods, and you'll instill a life-long habit that can help her choose foods wisely. Here's how:

1. Have your youngster take a few items out of your pantry or refrigerator and read the ingredient lists out loud. What's first? Last? Explain that ingredients are listed in order by amount—the food contains the most of the first ingredient and the least of the last ingredient.
2. Ask her to check the labels for specific ingredients. For example, where in the order does whole wheat or sugar appear? Point out that sugar goes by different names, including many that end in "ose" (glucose, fructose, dextrose, maltose, sucrose, and high-fructose corn syrup).
3. Let your child count the number of ingredients. When it comes to ingredient lists, shorter is usually better. If she's reading, she should be able to recognize many



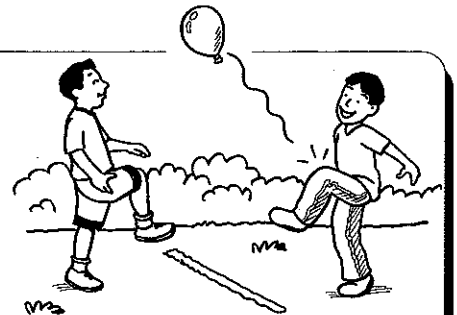
of the words. If they're long and complicated, they are likely to be chemicals rather than natural foods.

4. Finally, have your youngster put what she's learning into practice when you go grocery shopping. She can read ingredient lists to help you select products. Suggest that she look for varieties that list salt, oil, and sugar toward the end. Or you might agree on a rule of thumb, such as no more than five ingredients. ♥

Outdoor games

Encourage your youngsters to be active this summer with fun games like these.

Balloon ball. Blow up a balloon, and make a "net" from a jump rope or shaving cream on the ground. The object is to bat the balloon back and forth—if you let it drop, the other person (or team) scores a point. The twist? For each game, name a different body part (arms, knees, elbows) to use in hitting the balloon.



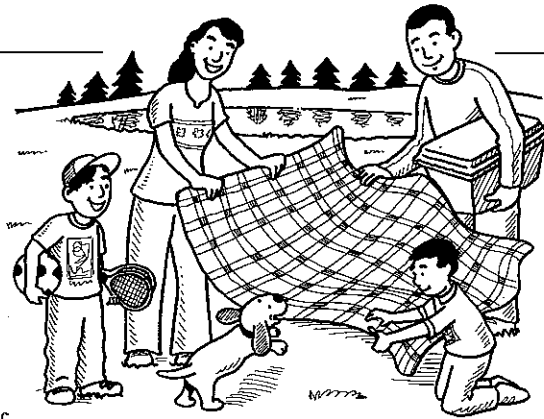
Land, sea, air. Listen closely, and jump the right way! Mark a line with chalk, and have players stand on it. Then, a "caller" yells "land" (jump backward), "sea" (jump forward), or "air" (jump straight up). Jump the wrong way, and you're out. *Idea:* For a faster-paced game, call out sequences ("land, sea, land, air") for players to follow. ♥

Picnic and play

We're not sure why, but food just seems to taste better outside! Put together a simple picnic with healthy ingredients, add a little exercise, and let your family enjoy meals *alfresco* (Italian for "outdoors").

Where to go

You can have a picnic any evening of the week—just spread a blanket out back, and take food out from your kitchen. Or pack food, and head to a nearby field, pond, or park. To keep picnic foods safe, be sure to put meats and other perishable items in a cooler with ice packs.



What to take

Keep your picnic healthy by updating a few classics. For instance, swap fried chicken for rotisserie chicken. Rather than chips and dip, pack raw vegetables (carrots, jicama, bell pepper) and hummus. And forget the mayonnaise-laden macaroni salad, coleslaw, and potato salad—instead, toss packaged broccoli slaw with low-fat poppy seed dressing.

What to play

Pack physical activity into your picnic by taking along balls, Frisbees, hula hoops, or a badminton set. Or tuck in a few cloth napkins, and have a "napkin race." Lay down a row of napkins (one for each runner) on a blanket or picnic table. Players line up opposite their napkins, about 50 feet away. At "go," race to your napkin, pick it up with your teeth, and race back. ●

ACTIVITY CORNER

A hiking we will go...



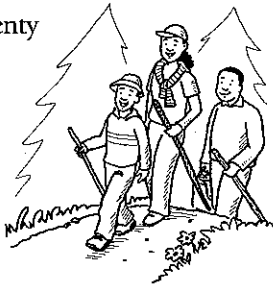
Looking for a way for your family to spend time together that is free and fun? Try hiking. These tips can help you get off to a good start:

- Make sure your child wears comfortable sneakers or hiking boots and dresses for the weather. Layers are especially good for when he warms up or if the weather cools down.

- Take along plenty of water and healthy snacks (almonds, peanut butter and crackers, dried fruit) to give him energy along the way.

Idea: Before your youngster gets tired or hungry, announce an "energy break," and stop to snack.

- Try to design hikes around places that will be interesting for your child. For instance, pick a route with a creek for skipping stones or historic sites to visit. *Tip:* Follow your child's lead. If he spots a rock formation or a hollow log he finds fascinating, give him time to explore. ●

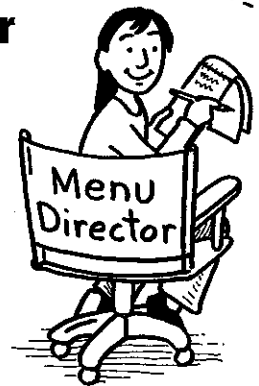


Q & A My child, the menu planner

Q: My youngster asks me to make spaghetti and meatballs or macaroni and cheese every night. I love those dishes, too, but how can I get her interested in more variety?

A: Why not get your child involved in planning menus with you. You might give her a job with a title ("Menu Director" or "Family Meal Planner"). Suggest that she interview family members about their favorite meals. She could even call relatives or friends to see what they like to eat at their houses. Then, she might compile a list of dishes and look through cookbooks or cooking websites for recipes.

Let her pick out a few and consult with you on good days to try them. Finally, involve her in shopping and cooking. You'll have a new partner in the kitchen, and she just might expand her eating horizons. ●



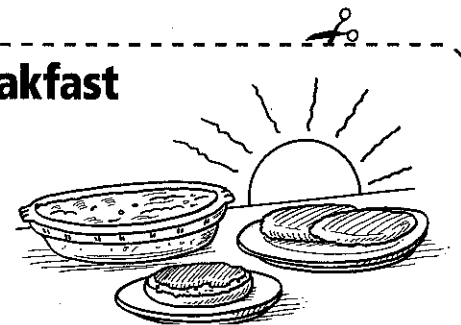
IN THE KITCHEN

Veggies for breakfast

When you think of breakfast, vegetables may not be the first food that comes to mind. But the first meal of the day is a wonderful place to start! Consider these ideas.

Quick frittata. Whisk together 5 eggs, $\frac{1}{4}$ cup fat-free milk, $\frac{1}{4}$ cup shredded cheddar cheese, salt, and pepper. Stir in vegetables (cut-up asparagus, broccoli pieces). Pour into a pie pan (coated with nonstick spray). Bake at 375° for about 20 minutes, until eggs are set.

Sweet potato spread. For a make-ahead breakfast, bake a sweet potato (wash, pat dry, and use a fork to poke holes) at 400° for an hour, until soft. Scoop out the flesh, and mash with a



fork. Use as a spread for whole-grain English muffins or toast.

Squash pancakes. Grate zucchini, and chop yellow squash. Sprinkle on salt, and set in a colander for 20 minutes (to remove moisture). Rinse well. Combine with diced onion and chopped bell pepper. Put large spoonfuls into a hot skillet (coated with nonstick spray), and sauté the pancakes until brown on both sides. ●

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
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www.rfeonline.com

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

ISSN 1935-4630

Calendar Events May 2012

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

Calendar Events June 2012

Sun	Mon	Tue.	Wed	Thur	Fri	Sat
					1	2 Community Yard Sale
3 Girls and Boys State @ Lincoln	4 Girls and Boys State @ Lincoln	5 Girls and Boys State @ Lincoln	6 Girls and Boys State @ Lincoln	7 Girls and Boys State @ Lincoln	8 Girls and Boys State @ Lincoln	9 8:00 AM ACT Test Date Girls and Boys State @ Lincoln
10	11 School Board Meeting	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30