

# BOBCAT BITS



HEMINGFORD PUBLIC SCHOOLS

## Are you More Coordinated than 5th Grader?

The fifth annual Parent PE Challenge night was held Tuesday, March 12 from 6:00 PM - 7:00 PM in the high school gym. Thirteen 5<sup>th</sup> graders and their parents attended. Parents had a chance to challenge their 5<sup>th</sup> graders in 6 events: hula hoop, jump rope, partner throw and catch, volley up, paddle strike, and balance shuffle.



### Special points of interest:

- **OID Speech**
- **Foster's Facts**
- **Fostering Education**
- **4th Grade Famous Nebraska Night**
- **Worldstrides**
- **Art Dimension Show**
- **Honor Roll**
- **FFA Feed**
- **Counselor's Corner**
- **4-H "Fun" Raiser**
- **Giorgi's Gym**
- **Prom & After Prom**
- **Yearbook**
- **Family Fun Carnival**
- **Dental Day**
- **Nutrition Nuggets**
- **Lunch Menus**
- **Activity Calendar**

## OID SPEECH

**CONGRATULATIONS TO DAVINA BERG, TEGAN YARDLEY AND ALEXIS OLSON ON QUALIFYING FOR THE STATE SPEECH MEET IN KEARNEY. GREAT JOB!**

**Foster's Facts****pfoster@panesu.org**

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, come 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.

**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. Each test is scheduled for a 55 minute block covering two back to back days.

**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.

**April Event: Prom Eligibility**

The juniors are in planning stages for the 2013 Prom (April 20). 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 17 through Tuesday, April 23, 2013.

**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 (midribs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate.

**Spring Music Concert High School Concert—Tuesday, April 22<sup>nd</sup> 6:30pm**

Come join us in an entertaining evening of music. The pieces played will be some from which were used for the District Contest. District Music is on April 17 in Alliance.

**Foster's Facts-Cont.****[pfoster@panesu.org](mailto:pfoster@panesu.org)**

**Parent/Teacher Conferences** were an opportunity for you to check on the progress of your student.



Report cards were mailed to those whom could not be in attendance. In addition, Progress reports for 4<sup>th</sup> quarter should be in the mail on April 1 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 10-30: NeSA test schedule for students
- April 3-6: FFA: State Convention
- April 5: CSC Scholastic Contest
- April 7-9: FCCLA: State Convention
- April 12: JH Quiz Bowl at Gering
- April 13: ACT test date
- April 17: District Music in Alliance
- April 20: Prom
- April 22: Spring Concert
- April 24: Progress Reports for Grades 7-11
- May 1: City-Wide Cleanup with help from students in the pm
- Sports: JH/SH Track (see school calendar)

**Graduation Activity Dates:** *(Changes to the School Calendar)*

- \* Tuesday, May 14: Honors Night (9-12 HS Academic)—6 pm
- \* Wednesday, May 15: Senior Last Day
  - ◇ Graduation Practice
  - ◇ Picture Hanging and Farewell
- \* Sunday, May 19: Graduation Ceremony



## Fostering Education

[rfoster@panesu.org](mailto:rfoster@panesu.org)

### 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 27<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.**

### KINDERGARTEN ROUND UP – APRIL 16<sup>th</sup>



We will be contacting parents who have children that will turn 5 years of age on or before the July 31<sup>st</sup> 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 April 16<sup>th</sup> 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.**

### PARENT / TEACHER CONFERENCES

Thank you for your attendance during our spring conferences. 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 1<sup>st</sup> - NO SCHOOL --Easter Break**

**April 9<sup>th</sup> – 4<sup>th</sup> Grade (Osmotherly) Famous Nebraskans Speeches from 5:30 – 7:00**

**April 16<sup>th</sup> – Kindergarten Round – Up 5:45 p.m. in Cafeteria**

**May 7<sup>th</sup> – 3<sup>rd</sup> Grade Field Trip to Scottsbluff**

**May 9<sup>th</sup> - Elementary Spring Music Concert starting @ 6:00 p.m.**

**May 23<sup>rd</sup> – 2<sup>nd</sup> Grade Field Trip to Mammoth Site**

**May 24<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.



## Mr. Foster– Cont.

### 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.

<http://www.webwisekids.org/parents-teachers-resources.html>

<http://www.safekids.com/safety-advice-and-tools/>

<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.



## 4th Grade– LeRoy Louden

The 4<sup>th</sup> grade class has been studying the settlement of Nebraska in history class. We have learned about the Oregon Trail and the Homestead Act. The Homestead Act gave away land in Nebraska for a small fee with a few stipulations: Had to be 21 years old, live on the land for 5 years, build a house, and make improvements on the land. This triggered the curiosity of several students because a lot of them ranch or live on homesteads today.

Brody Hitchcock decided to go beyond his book and interview his grandpa, Senator LeRoy Louden,

about his family's homestead in Ellsworth, Nebraska. He wrote an article for his class newspaper on it which helped bring about his grandpa coming to visit to share about his family's history about homesteading.

LeRoy shared that his grandparents came from France on a boat to Ellis Island. Then they got on a train and rode it out to Alliance where they stayed with some family. Then they homesteaded in the Sandhills. LeRoy and his wife still

live on the same homestead today near Ellsworth, Nebraska. He talked about building a "soddy" and how family survival depended on growing a garden. He also shared some information about how ranching came about in Nebraska. Towards the end of his presentation he discussed a little about Nebraska's unicameral government which we will be studying later this year.





# Famous Nebraskan Night

Come and support the 4th graders as they present their speeches on their famous Nebraskans. Learn about Larry the Cable Guy, Tom Osborn, Mari Sandoz, Red Cloud and much more. Refreshments and treats will be provided. It will be a night you won't want to miss.

When? Tuesday, April 9th

Where? In the Little Gym

Time? 5:30– 6:30



## Worldstrides 2014

April 25 – Serving the Phone Company dinner. Wear black pants and a white shirt and be at the Fairgrounds at 4:30. This is for ALL WorldStrides participants.

May 4 – Paint-a-Thon. This year we are working at the fairgrounds. We will also do a couple of Diorama figures. Getting things spruced up for Memorial Day weekend!

May 23 - 28 – WORLDSTRIDES 2013 on their way! Bon Voyage!



## Art Dimension Show



Art classes are preparing for the Dimensions Show for high school students in Box Butte County at the Carnegie Arts Center in Alliance. The show will be up the first three weeks of May.

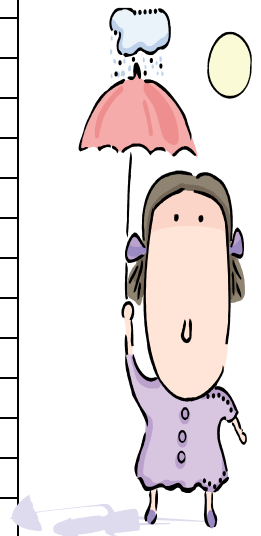




## 3rd Quarter Honor Roll 4th-6th

Elementary Honor Roll 2012-2013 Quarter 3		
Student Name	Grade Level	Level
Cullan, Luke C	6	Distinguished List
Gasseling, Lauren J	6	Distinguished List
Hanson, Rebecca J	5	Distinguished List
Ansley, John P	4	Distinguished List
Meyring, Jayce L	4	Distinguished List
Poyzer, Andrea M	4	Distinguished List
Rozmiarek, Zachary A	4	Distinguished List
Coryell, Kobe J	6	Honors List
Mazanec, Joe New	6	Honors List
Mazanec, Mercedes Kia	6	Honors List
Mutchie, Ashley R	6	Honors List
Stumpff, Jacobi R	6	Honors List
Buchheit, Carter S	5	Honors List
Ernesti, Tayson Lander	5	Honors List
Jespersen, Storm J	5	Honors List
Plog, Alexander M	5	Honors List
Randolph, Gregory D	5	Honors List
Stumpff, Jace R.R.	5	Honors List
Del Toro, Dali R	4	Honors List
Hanson, Danae J	4	Honors List
Jacobs, James D	4	Honors List
Jespersen, Rayne J	4	Honors List
Knote, Sara C	4	Honors List
Mendiola, Kylie M	4	Honors List
Neefe, Alex N	4	Honors List
Nelson, Landrie S	4	Honors List
Payne, Jack A	4	Honors List
Reed, Rune X	4	Honors List
Swanson, Tatum E	4	Honors List
Thompson, Ian E	4	Honors List
Turek, Brian E	4	Honors List
Wyland, Kenneth T	4	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

WAY TO GO!





**3rd Quarter Honor Roll 7th-12th**



Student Name	Grade	Level
Wood, Kelsy J	12	Distinguished List
Hansen, Blake T	11	Distinguished List
Phillips, Paige E	11	Distinguished List
Rozmiarek, Christian E	10	Distinguished List
Rozmiarek, Joseph M	10	Distinguished List
Wood, Matthew J	10	Distinguished List
Cullan, Carli A	8	Distinguished List
Gasseling, Natalie M	8	Distinguished List
Mekolon, Allison M	8	Distinguished List
Rohrbouck, Faith C	8	Distinguished List
Horstman, Kelli M	7	Distinguished List
Adam, Delaney R	12	Honors List
Christianson, Kayla A	12	Honors List
Connor, Whisper L	12	Honors List
Elder, Casandra B	12	Honors List
Forgey, Jayleen J	12	Honors List
Horstman, Brady W	12	Honors List
Hughart, Anna L	12	Honors List
Jespersen, Kaitlyn S	12	Honors List
Kramer, Kristina R	12	Honors List
Kumpf, Kyle T	12	Honors List
Milne, Caleb W	12	Honors List
Irish, Isabella L	11	Honors List
Rohrbouck, Cali G	11	Honors List
Carlson, Asa L	10	Honors List
Fessler, Hannah L	10	Honors List
Foster, Colt W	10	Honors List
Galles, Ashleigh M	10	Honors List
Nelson, Kaelia S	10	Honors List
Skinner, Ethan E	10	Honors List
Turek, Brady E	10	Honors List
Bright, Abigail F	9	Honors List
Davis, Mathew K	9	Honors List
Horstman, Jacob D	9	Honors List
Jespersen, Lee C	9	Honors List
Laursen, Cody R	9	Honors List
Randolph, Jason B	9	Honors List
Thomas, Brittany D	9	Honors List
Hansen, Emily M	8	Honors List
Kumpf, Kaitlyn N	8	Honors List
Neefe, Taylee M	8	Honors List
Sutphen, Peyton J	8	Honors List
Turek, Brooke E	8	Honors List
Davis, Madison M	7	Honors List
Manning, Anna Margaret	7	Honors List
Raben, Paul W	7	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

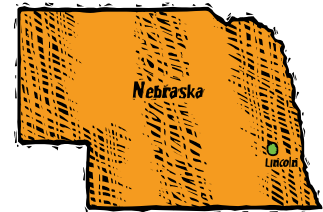




## Capital Forum 2013

**On Monday March 25<sup>th</sup> three Hemingford High school American Government students will be in Lincoln for our annual participation in Capitol Forum. This is the sixth year for Hemingford High School to participate in this program co-sponsored by the Secretary of State's office and**

**the Nebraska Humanities Council. Blake Hansen, Cali Rohrbouck, and Kaitlyn Bergfield are our schools representatives for this year. Dave Chatelain, American Government instructor will be sponsoring this trip."**



## FFA Hosts Annual Spring Feed and Auction

On Friday March 22<sup>nd</sup> the Hemingford FFA held its fifth annual Rocky Mountain Oyster Feed and labor/project auction. The night went well with around 230 people in attendance. Attendees enjoyed a meal of fish, mountain oysters, baked beans, potato salad and cookies for desert. Several door prizes donated by local businesses and individuals were also drawn for. Auctioneer Doug Anderson auctioned off thirty-one FFA members and six projects.

Helping with the auction this year were ring men Dennis Manion, Bruce Winten and clerk Phyllis Burkhart. The sale went pretty well this year with members averaging \$410.00 per head. The buyers are entitled to eight hours of labor during the course of one or more days depending on what the member and the buyer work out.

The highlight of the evening was the drawing for a 1995 Pontiac Grand Am that was won by Jamey Wood of Hemingford. Proceeds from the auction are used for or the Hemingford FFA chapter each year. These include dues, fees, travel expenses, meals, community service projects and leadership training for the members.





## COUNSELOR'S

O  
R  
N  
E  
R**Seniors ... its 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 13.** Registration date was March 8.

If your child wants to take the ACT in the summer they need to be registered by May 3. Test date is June 8. 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 21<sup>st</sup> of May.

Kindergarten roundup is April 16<sup>th</sup>. I am looking forward to meeting all the new smiling faces.

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.

***Do children need leaves blown in the wind or the security of rock-solid love?  
Keep your focus rock solid and simple: Limits, Accountability, and Love.***

Dr. Charles Fay



**2<sup>ND</sup> ANNUAL CELEBRATE 4-H  
“FUN”RAISER**

**SILENT AUCTION/FREE WILL OFFERING  
SOUP LUNCH, CINNAMON ROLLS,  
VEGETABLES, AND DRINKS**

**WHEN: APRIL 7TH**

**TIME: 11:00 A.M. TO 3:00 P.M.**

**WHERE: PERFORMING ARTS CENTER**

**14<sup>TH</sup> AND BOX BUTTE**



# Giorgi's Gym

## MARCH MADNESS HEMINGFORD STYLE

Elementary students participated in their own version of March Madness. Team work was the focus as each class competed in 5 events which emphasized cooperation: Hula Hoop Pass, Volleyball Keep It Up, Team Jump Rope, Step It Up, and Team Free Throw Shooting. The results are as follows, class winners in bold:

	K	1st	2nd	3rd	4th	5L	5M	6th
Hula Hoop Pass	29	41	28	41	56	<b>66</b>	44	61
Volleyball Keep It Up	7	8	17	11	21	27	21	<b>56</b>
Team Jump Rope	12	48	83	108	143	<b>274</b>	146	142
Step It Up	41	42	48	50	50	<b>58</b>	<b>58</b>	51
Team Free Throws	5	9	<b>23</b>	16	7	6	11	16

*Sponsored by*



Nebraska  
Game and Parks  
Commission

## **BOATER EDUCATION GRADUATES**

Sixteen 9<sup>th</sup> grade physical education students completed a 6 hour Boater Education class with Officer Scott Eveland, from Nebraska Game and Parks, sharing his expertise. As of January 1, 2004, Nebraska law requires any motorboat operator (including personal watercraft - PWC - jet skis) under 18 years of age to complete a Boating Safety Course and be in possession of a course certificate when operating a boat. You must be at least 14 years of age to operate a motorboat (including personal watercraft) in Nebraska.

Congratulations to the following students who received their certificates: Abby Bright, Moses Dawn, Devan Hanson, Levi Clouse, Tyrell Cotant, Mathew Davis, Robert Heule, Lee Jespersen, Cody Laursen, Toby Phillips, Jason Randolph, Matthew Sorensen, Cole Walters, Cooper Weber.

*Mrs. G*



## **Prom 2013**



**The Junior Class of Hemingford High School  
is**

**Honored to Present: Prom 2013 – Dancing in  
the Dark**

**It will be held on April 20<sup>th</sup> 2013 in the Multipurpose Hall**

**At 8:00 p.m.**

**The Grand March will begin at 8:00 p.m. followed by**

**Coronation and Senior/Parent Dance**

## **Kindergarten Round Up 2013-014**



**Kindergarten Round up will be held on Tuesday, April 16th at 5:45 p.m. in the school cafeteria. Any child that is 5 by July 31, 2013 is eligible to start kindergarten. Please contact the school at 487-3330 if you are new to the district. Letters will be sent to the families that have registered with the school district.**



## **Yearbook 2012-2013**

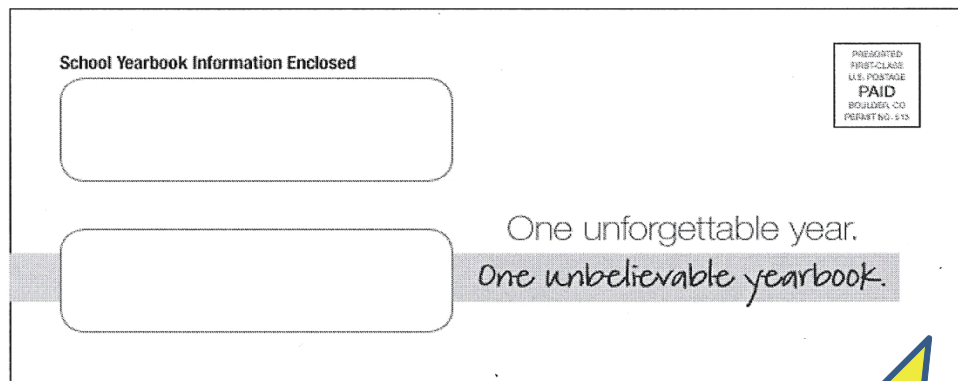
Dear Parent/Guardian,

We understand how busy life can be, so we'd like to make your student's yearbook purchase as easy as possible. That's why we have partnered with Jostens, our yearbook printer, to create a home-ordering program. Ordering your yearbook from home is quick and convenient, and eliminates the need for your student to bring any money to school.

In your ordering package, you will receive complete details on the yearbook offer, available add-ons and ordering instructions. We hope you find this service to be an easy and efficient way to purchase your yearbook this year!

Our staff is working very hard to create a great book and we know your student won't want to miss this opportunity to preserve the memories of this school year forever.

Watch for this envelope in the mail!



Sincerely,

The Yearbook Staff

This will be the **ONLY** way  
to order yearbooks this  
year. Watch for it!  
Don't Miss Out!







# 2013 AFTER PROM PARTY



Saturday, April 20, 2013

12:00 am to 3:30 am

At the Hemingford High School Gym

\*\*Door open at 12:00 am

\*\*No one will be admitted after 12:30 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 19<sup>th</sup>.

If you have any questions, would like to volunteer, or make a donation, please call Lori Glendy at 487-5574 or email [lglendy@panesu.org](mailto:lglendy@panesu.org).



## Hemingford Public Schools

PO Box 217  
Hemingford NE 69343

High School (308) 487-3328  
Elementary (308) 487-3330  
Fax (308) 487-5215

**CASPER RIDGEN** Superintendent  
**PEGGY FOSTER** High School Principal  
**RON FOSTER** Elementary Principal  
**MANDY PLOG** Special Education Director

Dear Nonpublic/Exempt School Parents:

In accordance with the requirements of 92 NAC 51, this letter is to invite you to a meeting where you will have an opportunity to participate in the discussion of a plan for child find and the provision of special education services to children with disabilities who attend nonpublic/exempt schools during the 2013-2014 school year. This meeting will take place on Tuesday, April 23, 2013, at 3:30PM, in the Curriculum room (Elementary Building, 2<sup>nd</sup> floor to the right.)

As you may know, a public school district is required to utilize a portion of its Federal Part B special education funds in order to provide children with disabilities parentally-placed in nonpublic/exempt schools which are within the school district's jurisdiction the opportunity to participate in special education services offered by the public school district. As part of this process, the public school district will consult with nonpublic/exempt school representatives regarding special education services for the coming school year and to afford you the opportunity to offer ideas and input.

In order to provide reasonable accommodations, we would appreciate receiving names and contact numbers for anyone planning to attend by no later than Friday, April 19, 2013.

We thank you for your willingness to participate in this process. If you have any questions or concerns pertaining to this meeting, please feel free to call Mandy Plog, Special Education Director, at 308-487-3330.

Sincerely,

Mandy Plog  
Special Education Director

**J. A. M.**

(JOINT AGENCY MEETING)

And

**Transition Fair**



- Do you want information about programs, services, and products for persons with disabilities?

- Do you have questions for program staff and disability leaders?

- Join us for an evening of information, food and fun!

**Thursday, April 18, 2013**

**Gering Civic Center**

**4:30 Display Booths Open**

**5:30 Dinner is Served Free of Charge**

**6:30 Panel and Questions (Moderator: Denise Wright)**

**To Register or For More Info:**

Call: PILS at 308-635-7901

Or 1-800-644-5352 to register.

Deadline: April 12, 2013

Door Prizes!

Over 25 Exhibits!!

Eight Panelists!!!

Please request need for respite care or interpreters at time of registration.

**Sponsored by:**

United Way

PILS

EQU # 13 Transition Services

Region 1 DD Council



**Transition Students Only:**

Visit the EQU # 13 Transition Booth and register to win a Kindle Reader

Don't Miss This chance! (For Youth Only)

We're so excited to meet you ☺

April 2013

## 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



## COMMUNICATION SOURCES

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.



# Family Fun Carnival

Sponsored by Alliance Early Childhood Program and the YMCA  
In conjunction with Week of the Young Child and Healthy Kids Day

Thursday, April 18

5:30 PM to 7:00 PM

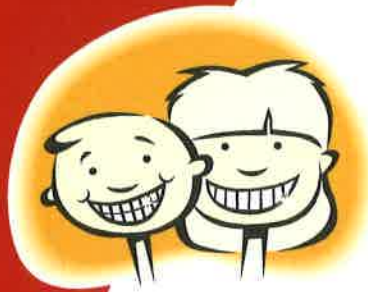
Performing Arts Center

Commons Area

Alliance High School



Information Booths sponsored by Alliance Businesses and  
Service Providers with Games for Young Children



# Dental Day

## What is Dental Day?

This day provides dental care for children without dental insurance. Care is provided by dental students from the University of Nebraska Medical Center, College of Dentistry in collaboration with local dentists and hospitals.

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## May 31 and June 1, 2013

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**Panhandle Sites: Chadron, Alliance  
Sidney, and Gordon**

Transportation may be available.

Contact **Panhandle Public Health District** at  
the Hemingford office at  
487-3600 Ext 105 to register.



\*A pre-exam by a participating local dentist is required at least 3 weeks in advance. There is no charge to receive this service if you qualify.

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**Panhandle**

**Public Health District**

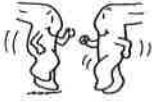
P O Box 337 ■ 808 Box Butte Avenue  
Hemingford, NE ■ 69348  
(308)487-3600 ■ (866)701-7173  
[www.pphd.org](http://www.pphd.org)

# Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2013

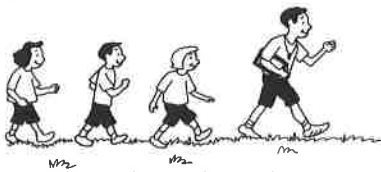
Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### Summer programs

Many communities offer summer youth programs that can boost your children's fitness or help them learn about healthy foods.



For instance, the parks and recreation department probably has a lineup of sports and outdoor activity camps. Your local community center may offer gardening and cooking programs. Take a look for sign-ups now.

### DID YOU KNOW?

Research shows that students who skip breakfast have shorter attention spans and don't do as well on tests. Make sure your youngster gets up in time to have a nutritious breakfast either at home or at school. *Tip:* If he's having trouble waking up early enough, move his bedtime back.

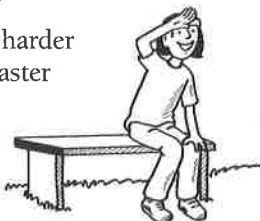
### Fiber-rich snack

For a quick and colorful snack that your child can make herself, try this lettuce wrap. Have her combine black beans, black-eyed peas, and corn (canned, drained). Let her add chopped tomato and avocado, along with low-fat ranch dressing. Finally, she can scoop  $\frac{1}{3}$  cup of the mixture onto a large romaine or Boston lettuce leaf, fold it over, and eat.

### Just for fun

**Q:** What gets harder to catch the faster you run?

**A:** Your breath.



## Smart portions

Oversized portions can lead to overweight kids. Consider these strategies to help your youngster get used to healthy serving sizes.

### See my hand?

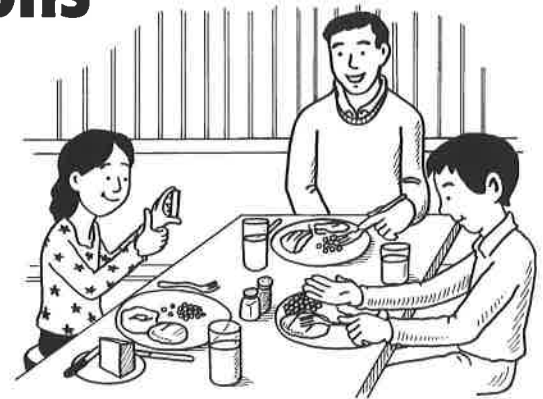
Your child carries along with her the easiest tools for measuring portions—her hands! Have her make a fist. That's how big a serving of pasta or rice should be. Let her look at her thumb—that's a good size for a piece of cheese. A portion of meat or chicken should fit in her palm, and a serving of pretzels or crackers can be a handful.

### Downsize

Using smaller plates is a clever way to control portions. Ask your youngster to set the dinner table with salad plates. Use teacups for soup or ice cream. And instead of large serving spoons, put table-spoons into bowls or platters of food—everyone will naturally take less.

### Think ahead

Before putting food on the table, cut it into smaller pieces. For instance, thinly



slice a steak, or cut chicken breasts into quarters. Another idea is simply to make less. Toast half of a bagel (rather than a whole one) for each person, make one baked potato for every two people, or cut down the quantity in a recipe. That way, there won't be enough for seconds or thirds.

### Make a plan

When you eat out, suggest that your child order an appetizer for her meal, or split an entrée with her. Try to avoid buffets—it's too easy to take large portions and overfill a plate. Also, stay away from supersizing. The name itself shows that it's too much! ●

### It's a sign

Want your family to get the message about healthy eating? Try putting it on your kitchen walls! Here's how.

1. Ask your child to create posters advertising healthy foods. He can think of a catchy or silly slogan ("Orange you glad we're having carrots?" or "Don't be mean, eat your beans"). Then, he can write it on a poster board and decorate it with pictures of the food.
2. Hang a dry-erase board, and let your youngster write each day's menus in brightly colored markers. He could draw special symbols by the fruits, vegetables, and whole grains.
3. Post a paper that says, "I like \_\_\_\_\_ because \_\_\_\_\_," and invite family members to fill in the blanks. One week the theme could be fruits and another week vegetables. What foods and reasons will your child add? ●

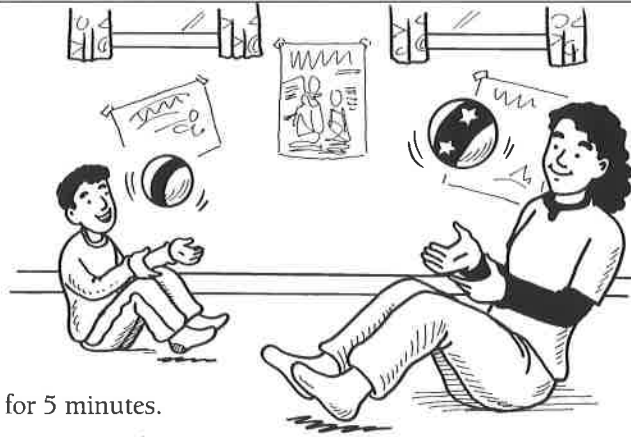


# Home gym

Your children may be too young to go to a gym, but they're not too young for the benefits of working out. Use these ideas for a home gym routine that is just their size.

**Jog.** Jogging in place can be like running on a treadmill. Stand facing each other (so you can talk), and run for 5 minutes. Over time, work up to 20 minutes.

**Climb.** Climbing up and down stairs can take the place of a stair machine. Step up the pace, and run the stairs instead.



ball or basketball, gently throw it in the air and catch it for 30–60 seconds. ♣

**Row.** Loop an old pair of tights (or a resistance band, if you have one) around a support beam or bedpost. Grip a leg of the tights in each hand, and row back and forth, bringing your elbows straight back.

**Toss.** For a “seated ball toss,” have each person sit with knees bent and feet slightly off the ground. Using a playground

## ACTIVITY CORNER

### Raining? Let's go outside!

When April brings showers, it doesn't mean your youngster has to stay indoors. Going outside in light rain, or after a rainfall, can be one of the joys of childhood. Try these ways to enjoy active time on rainy days:

- Let your child put on rain boots and jump in puddles. He can use his feet to make swirls or other patterns in the water.



- Together, follow the path of water running down a hill or sidewalk.

- How does he think frogs, birds, or squirrels move in the rain? Have him show you by acting it out.

- Suggest that your youngster call friends and play a muddy version of soccer, football, or baseball (wearing old clothes). ♣

## PARENT TO PARENT

### Dealing with diabetes

Our 10-year-old daughter, Angela, was recently diagnosed with Type II diabetes. Naturally, we were all very upset. On top of everything else, Angela seemed embarrassed about it and didn't want anyone to know. I asked the school nurse if she had any recommendations.

The nurse suggested we tell Angela it might be easier if her friends knew. Then they wouldn't wonder why she went to the health room every day or ask why she wasn't eating cake at a birthday party. When we told our daughter that, she actually seemed relieved.

The nurse also mentioned that Angela isn't the only child in the school with diabetes. She said the students meet for a support group and that she would invite Angela to join. The best part is that the nurse works with them on healthy eating and exercise habits that can help with diabetes. I'm hoping the support group will let Angela cope better—and even get healthier. ♣



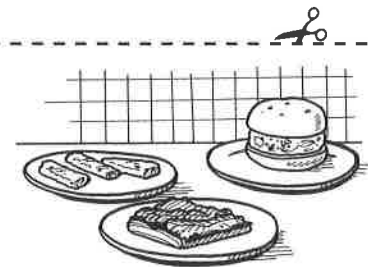
## IN THE KITCHEN

### Gone fishin'

Fish is an excellent source of lean protein and important nutrients. Encourage your children to eat fish with these recipes.

**Fish sticks.** Cut cod fillets into strips (½-inch wide). Soak in fat-free milk or yogurt for 10 minutes. Drain, and then dredge the fish in whole-wheat bread crumbs. Put in a baking pan, and bake at 450° for about 10 minutes, until fish flakes with a fork.

**Fish package.** For each serving, tear off a large piece of aluminum foil. On top, put 1 cup spinach leaves, 1 tilapia fillet, ½ cup sliced carrots, and ½ tsp. thyme. Drizzle with a little olive oil.



Tightly seal the foil, and place on a cookie sheet. Bake 15 minutes at 425°.

**Fish burger.** Mix 2 cans tuna (6 oz. each, packed in water, drained) with 1 egg, ½ cup whole-wheat bread crumbs, ¼ cup diced celery, ¼ cup diced onion, and ground pepper. Form into 4 burgers, and put on a baking sheet. Bake at 375° for 10 minutes per side. Serve on whole-grain buns. *Variation:* Make with canned salmon. ♣

## 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 • rfcustomer@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 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Easter Break 	<b>2</b> <b>CEREAL</b> Fruit or Juice	<b>3</b> <b>EGG &amp; CHEESE BISCUIT</b> Fruit or Juice	<b>4</b> <b>PANCAKE &amp; SAUSAGE on a STICK</b> Fruit or Juice	<b>5</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>8</b> <b>CEREAL</b> Fruit or Juice	<b>9</b> <b>OMELET</b> Fruit or Juice	<b>10</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>11</b> <b>WAFFLES</b> Fruit or Juice	<b>12</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>15</b> <b>CEREAL</b> Fruit or Juice	<b>16</b> <b>SAUSAGE GRAVY/ Biscuit</b> Fruit or Juice	<b>17</b> <b>CEREAL</b> Fruit or Juice	<b>18</b> <b>PANCAKES</b> Fruit or Juice	<b>19</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>22</b> <b>CEREAL</b> Fruit or Juice	<b>23</b> <b>SCRAMBLED EGGS</b> Fruit or Juice	<b>24</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>25</b> <b>FRENCH TOAST STICKS</b> Fruit or Juice	<b>26</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>29</b> <b>CEREAL</b> Fruit or Juice	<b>30</b> <b>BREAKFAST BAGEL</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 - \$1.20    Adult Breakfast - \$1.70*

*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.70    7 - 12 Lunch - \$2.00    Adult Lunch - \$2.80*



# Hemingford Public Schools Lunch Menu

**April 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> Easter Break</p> 	<p><b>2</b> <b>TACO</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR &amp; Chicken Noodle</b></p>	<p><b>3</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>4</b> <b>HAMBURGER</b> Vegetables Fruit Dill Slices <b>SALAD BAR &amp; Potato Soup</b></p>	<p><b>5</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>
<p><b>8</b> <b>CHICKEN &amp; NOODLES</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>9</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR &amp; Vegetable Beef</b></p>	<p><b>10</b> <b>CORNDOG</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>11</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR &amp; Chicken Rice</b></p>	<p><b>12</b> <b>BBQ SAND.</b> Vegetables Fruit <b>SALAD BAR</b></p>
<p><b>15</b> <b>FRITO PIE</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>16</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR &amp; Broc. Cheese</b></p>	<p><b>17</b> <b>CRISPITO</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>18</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup <b>SALAD BAR &amp; Tomato Soup</b></p>	<p><b>19</b> <b>SPAGHETTI</b> Vegetables Fruit Garlic Bread <b>SALAD BAR</b></p>
<p><b>22</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie <b>SALAD BAR</b></p>	<p><b>23</b> <b>CHICKEN SAND.</b> Vegetables Fruit <b>SALAD BAR &amp; Cr. Of Mushroom</b></p>	<p><b>24</b> <b>BURRITO</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR</b></p>	<p><b>25</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll &amp; Butter <b>SALAD BAR &amp; Nacho Potato</b></p>	<p><b>26</b> <b>SLOPPY JOE</b> Vegetables Fruit <b>SALAD BAR</b></p>
<p><b>29</b> <b>PIZZA</b> Vegetables Fruit <b>SALAD BAR</b></p>	<p><b>30</b> <b>TACOBURGER</b> Vegetables Fruit <b>SALAD BAR &amp; Cook's Choice</b></p>			

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### Calendar Events April 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 No School - Easter Break	2 White Day JH Trk @ Bayard Invite Golf @ Sidney (location change) 6:30 PM 2013-14 Cheerleading Parent Meeting	3 Red Day FFA State Convention	4 White Day Track @ Mitchell Invite FFA State Convention	5 Red Day FFA State Convention CSC Scholastic Day	6 FFA State Convention
7 FCCLA State @ Lincoln	8 White Day FCCLA State @ Lincoln School Board Meeting	9 Red Day FCCLA State @ Lincoln 5:30 PM 4th Grade Famous Nebraskans	10 White Day	11 Red Day Golf @ Bridgeport Invite	12 White Day JH Trk @ Gor/Rush Invite JH Quiz Bowl @ Gering	13 WTC Track @ Mitchell ACT Test Date Jr VB (Jodi Sillman)
14	15 Red Day	16 White Day Golf @ Morrill Invite 5:45 PM Kindergarten Round-Up	17 Red Day Progress Reports Mailed for Seniors District Music in Alliance	18 White Day JH Trk @ Kimball Invite 2:30 PM Big Brother/Sister 4:30 PM V Golf @ Crawford	19 Red Day	20 Track @ Chadron Invite Golf @ Alliance Invite Prom
21	22 White Day 6:30 PM HS Spring Concert	23 Red Day Track(Best in West) @ Scottsbluff 6:30 PM FFA Meeting	24 White Day Progress Reports Sent Home	25 Red Day Phone Comp Dinner	26 White Day Golf @ Chadron	27 PHC JH & HS Track @ Morrill WTC Golf @ Bridgeport
28	29 Red Day JH Trk @ Morrill Invite	30 White Day PHC Golf @ Alliance (Hemingford Hosts)				

### Calendar Events May 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 Red Day City-Wide Cleanup for School	2 White Day	3 Red Day Track @ Bayard B-C-D Golf vs Hay Springs @ Rushville	4 JH Trk @ Alliance Invite Paint-A-Thon
5	6 White Day	7 Red Day 3rd Grade Field Trip to Scottsbluff 4:30 PM JV Golf Dual @ Crawford	8 White Day	9 Red Day 6:00 PM Elementary Music Concert	10 White Day 6:30 PM FFA Banquet	11
12	13 Red Day School Board Meeting District Golf	14 White Day District Golf 6:00 PM Academic Honors Night	15 Red Day Senior Picture Hanging Senior Last Day	16 White Day	17 Red Day State Track	18 State Track
19 2:00 PM Graduation	20 White Day	21 Red Day State Golf Upshift Day for Grade 6	22 White Day State Golf World Strides Leave	23 Red Day World Strides in DC 2nd Grade Field Trip to Mammoth Site	24 White Day Last Day of School 11:30 a.m. Dismissal World Strides in DC Teacher Work Day 11:30 - 3:00 4th Quarter & 2nd Semester End	25 World Strides in DC
26 World Strides in DC	27 World Strides in DC	28 World Strides in DC	29 World Strides Home	30	31	