



Bobcat Bits

Hemingford Public Schools

CHRISTMAS PROGRAM 2012

SPECIAL POINTS OF INTEREST:

- Christmas Program
- NeSA Reports
- Published Authors
- Holiday Play
- Computers
- Peace Contest Winners
- Love & Logic
- Sports Boosters
- Cat Shack
- Activity Calendars

Please join us for our Christmas Programs, December 18, 2012. Elementary Program will start at 5:45 p.m. Pre-School—6th grade will be performing. Skip n’ Cats will start performing at 5:30 p.m.. High School Program will follow approximately 6:30 p.m. 7th-12th grades band and choir.



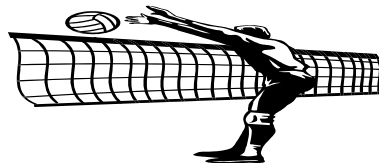
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WESTERN TRAILS HONORS

Western Trails –Volleyball

First Team-Kelsy Wood, Senior
 Honorable Mention-Davina Berg, Senior, Kaitlyn Bergfield, Junior



Western Trails-Football

All Conference-Brady Turek, Sophomore, Blake Hansen, Junior, Ethan Skinner, Sophomore, Colt Foster Sophomore.

Honorable Mention– Kyle Kaman, Sophomore, Kyle Kumpf, Senior





FOSTER'S FACTS

PFOSTER @PANESU.ORG



The squares on my calendar are filling fast with a variety of activities. My to-do list is getting longer for Christmas break; however this is a needed time to relax and recharge. Our students have very busy schedules and they also need some down time. Please take time during the breaks to visit with your children about what is happening in their lives. Time is a great gift and it is free. I always learn something from their perspective when I chat with them.

On another note, Progress Reports will be mailed out on December 5th; they are an indication of what changes may need to be made for your student for the remaining of the quarter. Some are meeting the academics standards while some students may need to push to maintain a passing grade and earn credit for the semester. One of the first questions, I ask a student is "Are you giving your best effort?" A "C" or a "D" grade may be ok if the student is taking advantage of the opportunities provided and they really are trying. Teachers are willing to help, but students need to make an effort to receive help. More students need to take advantage of SST. Those that are find improved grades and less homework when they go home for the evening. Teachers do start homework in class, but it still needs to be completed and ready for the next day. Often times a few extra minutes makes a major difference in grades.

Thank you, Thank you! We asked and you responded.



School Contacts— A morning call or providing a note about upcoming appointments and ill children has really helped the office keep track of students. We will continue to call if your son or daughter is reported absent and not accounted for.

--Did you know? If a student needs to go home due to illness and is not picked up the office has them call when they get home to make sure they arrive safely.

Cell Phones-- If you need to get a message to your child, please call the school and we will gladly pass it on. Text messages sometimes do not come in when students have availability to their phones which is before school, lunch and after school.



Notice on Use of Electronic Readers—

(including iPads, Kindles, Nook, E-reader, electronic devices, etc.)

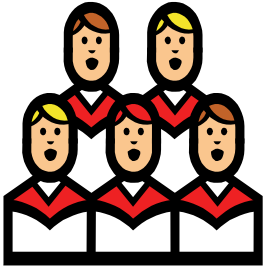
From November 26 Until the start of the 2nd semester, (January 14), The HS Staff has asked that we tell students that the electronic reading devices will not be allowed in their classrooms. The reason behind this decision was that teachers are finding that students are not using for the intended purpose—reading. Some students are trying to bypass the school filters for facebook access and game playing.

Anytime the school can promote reading to develop skills in vocabulary, comprehension and enjoyment—we do. This is the reason that the school was allowing these devices for reading purposes. Unfortunately not all technology is used for its intended educational purpose. Thank you in advance for supporting this request.



FOSTER'S FACTS CONT.

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Music—Christmas Concert

An evening of music entertainment where patrons can enjoy listening to a large selection of music. Hemingford is again planning to combine the EL and HS Christmas Concert to be held on Tuesday, December 18th. There will be a short break to reset needed areas.

- **Elementary Christmas Concert –at 5:45 pm**
- **High School Christmas Concert—estimated: 6:30 pm**

There have been numerous schedule changes and additions since the Booster Club calendar has been published. Please check the school website for the most current activities. It is updated as events change. It is found on the school website: www.hemingfordschools.org

NSAA has placed a 5-day moratorium of practice/competition for students in school activities starting Saturday, December 22nd running through Wednesday, December 26th. No practicing or coaching is allowed in the facility during this time.

Academic Information

End of the Semester after Christmas

The semester ends on **January 11th**. Students will be dismissed at 1:00 pm on December 21st for the holiday break. When they return from Christmas break, they will have a week or so for final presentations and review before the end of the semester.

Distance Learning Classes (DL)

Most on-line college classes or DL classes wrap up before Christmas so if a student is thinking about rearranging their schedule, they will need to stop in the office and visit with Mrs. Foster. Very few schedule changes are allowed; however students do need to pick up the add or drop form from either Mrs. Huckle or Mrs. Foster to be signed by the teacher and parent if they wish to make a schedule change. This also needs to be completed prior to Christmas break.

Progress Reports

2nd Quarter update--Mailed to families on December 5th. Student grades may be checked anytime through PowerSchool. The parent log-in and password can be found on your son/daughter's 1st Quarter Report Cards.



FOSTERING EDUCATION

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HEADING TOWARDS DECEMBER

We are over half way into the second quarter of school already. Progress reports will be coming home again on December 5th for a second time; I hope you are pleased with them. Please don't hesitate to contact your child's teacher with any concerns. Please ask your child about their day at school when you see them. I know that they will be excited to share with you. We hope your child is as excited about learning as we are about teaching them. I

believe that we are making wonderful progress each day, but can always strive for more.

Our goal is to help each student reach and pass their potential.

****December 18th – Pre-K – 12**

Christmas program starting at 5:45 p.m.**

The program will start at 5:45 p.m. with the elementary, have a short break, and conclude with the high school program.



UPCOMING DATES OF INTEREST

December 21st --- 1:00 p.m. Dismissal

December 22nd – Jan. 1st --- (Christmas Break)

Jan. 2nd ---- School Resumes

FEDERAL ACCOUNTABILITY

I would like to congratulate our students and teachers on all of their hard work. The AYP (Annual Yearly Progress) results of our NeSA (Nebraska State Accountability) testing last spring have been made public. Our school made the necessary scores to achieve AYP status for last year. Our school was one of the few in the entire panhandle region to make the necessary scores **at all levels**; the elementary (3-6), junior high (7-8), high school levels (9-12). AYP at the elementary and junior high levels are based on your NeSA Reading, Math, and Writing scores. At the high school level it is based on NeSA Reading, Math, and Graduation Rate. **GREAT JOB EVERYONE!**

STATE ACCOUNTABILITY

Listed below are the NePAS (Nebraska Performance Accountability) Rankings. This is a new ranking system this year where schools throughout the entire state are ranked according to how they scored on the NeSA tests administered in the spring of each year. The rankings are broken down by Grades 3-5, 6-8, 9-12, and 3-12. I've listed below some of our school's greatest achievements in the rankings.

CONGRATULATIONS STUDENTS and TEACHERS!

In grades 3-5 level: Our school was ranked 2nd in NeSa Math scoring out of 249 districts.

In grades 6-8 level: Our school was ranked 10th in NeSa Math scoring out of 249 districts.



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Nebraska Performance Accountability (NePAS)

HEMINGFORD PUBLIC SCHOOLS

Nebraska Performance Accountability (NePAS)

Elementary Grade-Level Configuration (Grades 3-5)

Indicator Type	Indicator	District Results	State Results	Rank	# of Ranked Districts
Status	Average NeSA Reading	121.69	111.50	33	249
	Average NeSA Math	132.86	107.56	2	249
	Average NeSA Science	104.46	101.12	139	224
Improvement from 2011 (Different Students)	Average NeSA Reading	13.41	4.49	29	248
	Average NeSA Math	6.47	4.62	89	248
Growth since 2011 (Same Students)	NeSA Reading	18.25	6.61	14	243
	NeSA Math	6.38	4.41	108	243

Middle Grade-Level Configuration (Grades 6-8)

Indicator Type	Indicator	District Results	State Results	Rank	# of Ranked Districts
Status	Average NeSA Reading	118.76	112.48	64	249
	Average NeSA Math	126.12	103.11	10	249
	Average NeSA Science	104.73	99.80	94	234
	Average NeSA Writing	40.84	44.19	180	231
Improvement from 2011 (Different Students)	Average NeSA Reading	7.87	4.05	51	248
	Average NeSA Math	19.77	4.13	7	248
Growth since 2011 (Same Students)	NeSA Reading	9.39	3.71	46	248
	NeSA Math	15.08	2.66	17	248



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**Secondary Grade-Level Configuration (Grades 9-12)
Grades 9-12 Membership:**

Indicator Type	Indicator	District Results	State Results	Rank	# of Ranked Districts
	Average NeSA Reading	102.89	101.98	140	227
	Average NeSA Math	110.75	95.59	70	227
Status	Average NeSA Science	106.68	98.81	89	227
	Average NeSA Writing	40.69	44.32	188	226
Improvement from 2011 (Different Students)	Average NeSA Reading	1.77	0.02	97	218
	Average NeSA Math	20.79	0.98	23	218
Graduation Rate	2012 Four-Year Cohort	100.00 % *	87.61 %		182

School District (Grades 3-12)

Indicator Type	Indicator	District Results	State Results	Rank	# of Ranked Districts
	Average NeSA Reading	117.96	110.58	56	249
Status	Average NeSA Math	127.09	104.01	4	249
	Average NeSA Science	105.28	99.93	123	249
	Average NeSA Writing	40.77	44.25	209	249
Improvement from 2011 (Different Students)	Average NeSA Reading	9.39	3.69	26	248
	Average NeSA Math	14.30	3.92	14	248
Growth since 2011 (Same Students)	NeSA Reading	12.92	4.90	14	248
	NeSA Math	11.61	3.37	28	248
Graduation Rate	2012 Four-Year Cohort	100.00 % - *	87.61 %		182



PUBLISHED AUTHORS-9TH GRADE STUDENTS HHS

Jason Randolph, 9th grader, has had a poem accepted and published in *Talented 2012 Poetry Collection*. The American Library of Poetry conducted a nationwide contest/search last year which the freshmen were encouraged to enter in English class. Jason's poem is on page 123.

The Bible

Silent, patient doest thou lie
 Battered and dusty do you cry
 You've been put aside, dishonored, and scorned
 For your displacement, no one mourns
 You've shed the light to many
 A strong rock where there isn't any
 Some men will gladly die
 To pass on your gift, to glorify
 They've been beaten, tortured, and even killed
 Because for you they would not yield
 Most just pass your off and take for granted
 The magnificent gift that you have planted
 So Brush off the dust and flee the bindings
 Cherish every verse, every spiritual finding
 Many have been martyred, their voices never heard
 Just to bring you God's Holy Word



Tim Finnell, 9th grader, has had a poem accepted and published in *Talented 2012 Poetry Collection*. The American Library of Poetry conducted a nationwide contest/search last year which the freshmen were encouraged to enter in English class. Tim's poem is on page 143.

Home

Lightning storms
 Dark nights
 Nebraska's home
 On all these types





HOLIDAY PLAY-2012



The 2012 one act season was a great success! I couldn't be more proud of the students. Thank you to the administration and parents for supporting the students involvement in the arts.

Don't miss Hemingford's Fifth Annual Holiday Play!



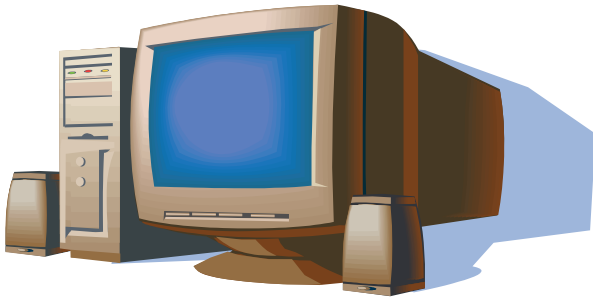
The Best Christmas Pageant Ever



Tickets will go on sale on December 5th at the Hemingford Community Federal Credit Union.

Performances will be December 16th and 17th at 7p at the Multipurpose Hall on the Fair Grounds.

Tabi Bryner & Irene Prochazka
760-1120



FREE

Computers for students!!!

HPS has working computers that are available to the student body. These computers have Microsoft Office 2003, Microsoft Security Essentials (virus protection), and are Internet capable. They come with a monitor, power cables, and keyboards, but NOT a mouse. If you are interested, please contact Brandy Stark in the high school for more details. (There is a limited supply available.)

We also have some carts available for sale (\$10 each).

These carts could be used in a garage or shed to store items on or to wheel items around. There are 6 carts available.

These have been used for computers and overhead projectors in the past. Please let us know if you are interested and you can have your choice of cart. First come, first serve

308-487-5214



GIORGI'S GYM

2012 STACK UP!



NEW WORLD RECORD SET!

From coast to coast, continent to continent, hundreds of thousands of kids and adults came together on November 15th in the name of sport stacking! The 7th annual event took place in nearly 1,500 schools and is sanctioned by the Guinness Book of World Records. This year, **482,221** stackers, representing schools or organizations from 28 countries (representing every continent except Antarctica) stacked together to set a new world record. Hemmingford Schools has been part of the record making process for the last 6 years and joined in again this year during physical education classes.



SKIP'N CAT START

Level 1 Skip'n Cats starts Wednesday, January 9, 2012, at 7:45 am in the Elementary Gym. The Skip'n Cats Rope Skipping Team is open to any 2nd - 12th grade student. Handbooks and medical release forms can be picked up from Mrs. Giorgi after Christmas break and must be signed and returned on the first day of practice.



Skip'n Cats

PHYSICAL ACTIVITY DOES MORE THAN CREATE GOOD HEALTH

The science is clear. Physical activity does more than create good health. It contributes to leadership, productivity and innovation. It lowers depression and crime, increases education and income levels, and generates return to businesses. It unleashes human potential, and this is what drives economies forward.

As children move into adolescence, their preferences and motivations, for physical activity, or anything else, become hard wired. Today's 10 year olds are the first generation expected to have a shorter life expectancy than their parents. Focusing on kids before the age of 10 could improve the trajectory for the next generation.

President's Challenge News, October 2012

Mrs. Giorgi

MERRY FITNESS!



PEACE CONTEST WINNERS

Alliance Lions Club is announcing the winners of the local competition in Lions International Peace Poster Contest. The Lions Club Peace Posters were selected for originality, artistic merit and portrayal of the contest theme, “Imagine Peace”.

These students have taken the first step to becoming an internationally recognized artist by winning a local competition sponsored by the Alliance Lions Club. These student’s posters are among more than 350,000 entries submitted worldwide in the 25th annual Lions International Peace Poster Contest.

Lions club international is sponsoring the contest to emphasize the importance of world peace to young people everywhere. The posters were selected for originality, artistic merit and portrayal of the contest theme, “Imagine Peace”.

Hemingford School winners were: First Place Jacobi Stumpff, Second Place: Mercedes Mazenec, Third Place: Emily Knot. Honorable Mention winners are: Luke Cullan, Lauren Gasseling, Cade Payne, Mackenzie Glendy, Joe Mazanec, and Justin Davis.

Each year’s contest consists of an original theme incorporating peace. Twenty four international finalists are selected each year, representing the work of



World Strides 2013

WorldStrides 2013 – upcoming events.

Italian Buffet at the Alliance Westside Events Center – Friday, January 25, 2013. Tickets will be on sale after Christmas.

The group will help serve the Catholic Church Sweetheart Dinner on Sunday, February 10, 2013. Be at the church at 5:00 p.m. Both events require formal dress – black pants/skirt and an all-white shirt, preferably button-down style.



Love & Logic Workshops ♥

Early Childhood Parenting Made Fun!

Creating Happy Families and Responsible Kids From Birth to Six.

This program provides parents with practical and proven tools for raising respectful, responsible, and happy kids. Created by Charles and Jim Fay along with Foster Cline, parents will learn techniques that:

- Are simple and easy to learn
- Teach responsibility and character
- Lower stress levels
- Have immediate and positive effects
- Up the odds that parenting can remain fun when the teenage years arrive

Program Contents:

- Handling Misbehavior Without breaking a Sweat
- Teaching Kids to Listen ... the First Time
- Avoiding Power Struggles
- Limits Create happier Parents, Happier Kids, and Happier Families

~When taking these classes, parents said they can't wait to start working on these techniques and wished they knew Love & Logic sooner!

Registration

To RSVP please call or email Leah Harris at (308) 747-2404 or ecs@wchr.net.

Presenter:

Leah Harris

Human Services Case Manager

Site:

Head Start

324 Spruce St.—
Chadron, NE 69337

Dates:

Jan. 9, 16, 23, 30th

Time:

6:00-7:30pm

Cost:

\$10 which covers all four classes & workbook

Scholarships are available.

Make checks payable to Love & Logic Dawes County

Childcare:

Free childcare provided

Certificate:

Parents receive signed certificate upon completion of workshop





STUDENT COUNCIL

Each year Hemingford Student Council Members are asked to spearhead a service activity for our community. The juniors and seniors service activity will be taking place Tuesday, December 11th. Students will be collecting non-perishable items for the food pantry. However, to have ALL the student body involved there will be a scavenger hunt! This idea came from a spinoff of an activity many students do at MYF. In the past, the same people seem to be donating all the items. So the officers discussed it and thought it would be fun if all the students went door to door and asked for donations. As the date comes nearer and you get more into the giving Christmas spirit, you will see that this activity will be a good thing. Each of the 6 classes will be assigned a particular area to cover that is in the realm of walking there and back within a class period. With the smallest group being 22 students, we will be able to cover a lot of ground in no time at all! Tentatively our thoughts include using our six main streets running north and south as our six areas to cover. Sponsors of each class and other volunteer helpers will assist with motivation! As the student council sponsor I just want the public to be aware that we may be knocking on your door Tuesday, December 11 between 12:45 and 1:20 and asking for non-perishable items to help stock the food pantry. The class that gets the most specialty items on the list will receive the "Christmas" Spirit Stick. Thank you for helping support Hemingford Student Council and also the Community Food Pantry. Happy Holidays from students at Hemingford Schools!

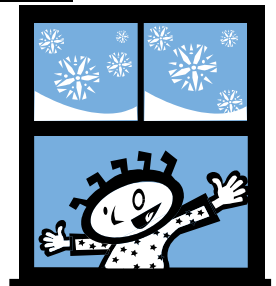
CAT SHACK WINTER HOURS

Winter Hours at the Hemingford Youth Center

Monday-Thursday 3:30-6:00pm

Friday 3:30-11:30 and Saturday 5:00-11:30pm

- Waiting for basketball practice? Wait at the Cat Shack!
- Waiting for a sibling to complete practice? Wait at the Cat Shack!
- From Thanksgiving to New Years, admission to The Cat Shack will be **free!**





COUNSELOR'S

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

Seniors – I will be conducting 15 minute individual academic conferences with all the seniors concerning next year. These conferences will be held during the month of December. We will be making sure that everything is set in place for graduation on May 20, 2012.

Seniors – There will be a Financial Aid Night sponsored by Education Quest on Monday, December 3, 2012 in the Distance Learning room at school. It will begin promptly at 5:00 p.m. If you are interested in learning how to fill the 2013 – 2014 FAFSA (Free Application For Federal Student Aid) form, please come.

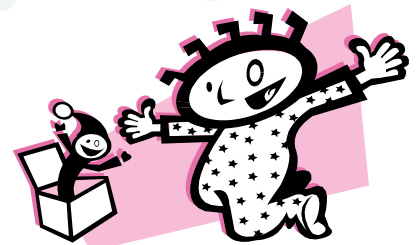
Juniors – I will be conducting 15 minute individual academic conferences with all the juniors concerning next year. These conferences will be held during the month of December. We will be discussing many different topics. These topics include transcripts, drop/add, academic requirements, plans for life after graduation, and many other topics as well. If you have any questions, don't hesitate to call me at (308)487-3328.

The next registration date for the ACT is January 11. The test date is February 9.

The third through fifth grade will again be working on social and academic responsibility. The sixth grade is continuing with learning social responsibility.

*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





SPORTS BOOSTERS FUND RAISER

Hemingford Sports Boosters is having a fund raiser during the home varsity basketball games. Here is how it will work:

If interested, you purchase a square for \$20.00 on a 100 square grid. Your name will be written on the square at the time of purchase or the soonest time available. At the first home game on December 1st, the numbers that will align the top horizontal row and the side vertical row will be drawn randomly. For example, in the picture below, the 0-9 across the top and side will be the numbers that will be randomly drawn. So the top COULD read 1-5-8-3-9-0-2-4-7-6. The reason behind this is so the squares could easily be sold and the end results will be totally random!

There will be a grid for the girls and a separate grid for the boys. Your \$20.00 only gets you one square total. If you wish to purchase one on both grids it will be \$40.00. These numbers randomly drawn for you will be good for the entire season. The winner will be determined by the final score at the end of the game by the last 2 digits. Ex. If the score is 67-45. The person with Bobcats 7 and visitor 5 would be the winner of \$100!!! Again, \$100 will be given away at every varsity home girls game and boys game for a total of \$200 a night. Supporting the Cats and the boosters is a win-win!! 😊

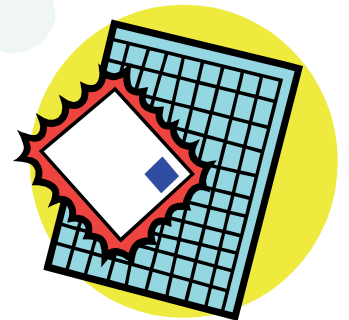
It's that easy...

If interested, contact any booster member as we anticipate the squares selling quickly! You are invited to buy as many squares as you wish. If there happens to be empty squares and that is the score of the game for that evening, the money will remain with the boosters. Also, if there are any available squares AFTER the first game, you will be able to buy in at any time until all squares are filled up. You do not need to be present to win.

At school your contacts are: Kay Horstman, April Hanson, Reyna Ansley, Jennifer Gasseling

Otherwise: Deb Kumpf, Tonya Mayer, Janelle Hansen, Fred and Heather Ash, Ron Wood, Harold Adamson, Molly Turek.

Thank you for helping the boosters raise money so we can continue to support our dynamic Bobcats!





SENIOR CLASS 2013

An important reminder to the Senior Class of 2013!

Baby pictures and senior pictures are needed as soon as possible for the 2012-2013 yearbook. Some of you may not have taken senior pictures yet, but baby pictures are a great start! In order to continue the senior page in the yearbook of 2012-2013 we must have senior and baby pictures; we don't want to wait until last minute, so PLEASE get them in to Kay Horstman A.S.A.P. Also, a reminder to the *parents* of the class of 2013: PDA's are available. These are public displays of affection for your senior student. These can involve pictures, poems, personal sentiments, or anything you'd like to say to your graduating son or daughter. The cost ranges from:

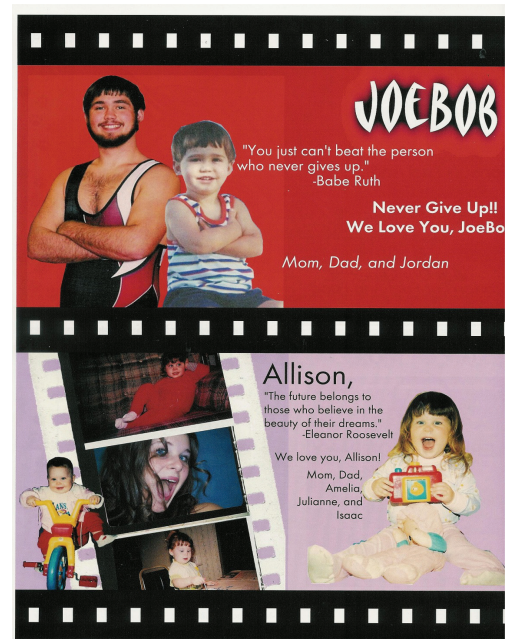
\$50.00 for a 2.5 x 3.5 inch ad

\$90.00 for a 5 x 3.5 inch ad

\$125.00 for a 5 x 7.5 inch ad

Your PDA will not only show a tribute to a graduate, but you will also be supporting your local yearbook. The PDA's need to be sent or delivered to Kay Horstman by March 1st. If you have any questions, please call Kay at school at 487-3328. Thank you for all of your help!

2.5 inch long X 3.5 inch wide \$50.00	5 inch long x 3.5 inch wide
	\$90.00
5 inch long x 7.5 inch wide	
\$125.00	



COMMUNICATION SOURCES

HEMINGFORD PUBLIC SCHOOLS

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

Casper Ningen, Superintendent
Mrs. Peggy Foster, High School Principal
Mr. Ron Foster, Elementary Principal
Mrs. Mandy Plog, Special Education Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Phone: 308-487-5252 Distance Learning
Fax: 308-487-5215



In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

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

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage.

Notices sent home with students
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SCHOOL MESSENGER

If you have not been contacted by "School Messenger" our web based calling system to alert parents of school cancellations, late starts or any other events, please contact the school. You may have changed phone numbers, or disconnected numbers the school is unaware of. Also, if you don't want to be contacted please notify us so we can take you off of the calling list. Please call the school of any changes at 487-3330.

EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities

Web-Email Lunch Account System

Access your current account information online-at www.hemingford schools.org and click the button on the right labeled "What's for Lunch".

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES



Musical meals

Playing background music during family meals can lighten the mood and make eating together feel like a special occasion. Take turns letting family members select a radio station or playlist. Your children will enjoy being at the dinner table more—and might stay longer for nice conversation and nutritious food.

DID YOU KNOW?

While a salad bar often seems like the healthiest choice when eating out, the ingredients can make all the difference in the world. Toppings like macaroni salad, bacon bits, croutons, and dressing, for example, can pile on calories and fat. Teach your youngster to reach for fresh fruit and vegetables first and to go easy on the other items.

Keep your balance



Use everyday tasks to help your child develop a better sense of balance. Challenge him to brush his teeth while standing on one leg. Or have him get dressed with his eyes closed. He'll improve his coordination, which will give him confidence when he plays sports and does physical activities.

Just for fun

Q: What do vegetables wear when they get married?

A: Onion rings.



Breakfast questions

Breakfast can set the tone for your youngster's whole day. When she eats a healthy breakfast, her brain "wakes up" and gets ready to work and play. Here are answers to questions you might have about this important meal.

When should my child eat breakfast?

It's best if she eats within an hour or so of waking up. But not everyone likes to eat right away. Experiment with having her eat before and after getting dressed. Or she might have a piece of fruit when she wakes up and then have a grain (oatmeal, whole-wheat toast) and dairy (fat-free milk, low-fat cheese) before she heads out the door. Another good idea is to let her eat breakfast at school. She can choose a healthy option in the cafeteria, and she'll have fun eating with her friends.

What breakfast foods will keep her going until lunch?

Encourage your youngster to eat something from at least three of the food groups (fruits, vegetables, grains, protein, dairy). Help her avoid sugary foods—they cause



an immediate rise in blood sugar, but when the levels drop in about an hour, she'll feel less energetic and be hungry again. *Note:* Breakfast should give your child a quarter of her calories and nutrients for the day.

Our mornings are rushed! What can I make ahead?

You could hard-boil eggs in advance, and your youngster can peel and eat one or two for breakfast. Wash grapes or slice oranges the night before and refrigerate. Or make egg dishes that keep well, such as breakfast burritos or quiche (fill a whole-wheat pie crust with whisked eggs, shredded cheese, and vegetables, and bake). ♥

Dessert know-how

Who doesn't like sweets? The trick is not to avoid desserts altogether, but to limit them to every now and then. These tips can help:

- Serve dessert with dinner only occasionally. That way, your child won't expect something sweet to finish each meal.
- Add a twist to fruit. For instance, shave dark chocolate on top of strawberry slices or raspberries. You could also melt dark chocolate, dip in cut-up fruit (bananas, apples, pineapple), and refrigerate until set. Or sprinkle brown sugar on grapefruit halves, and broil until bubbly.
- Go out for dessert rather than keeping cookies, cake, and ice cream at home. Your youngster can have a treat, but he won't be tempted to keep treating himself all week long! ♥



All in the presentation

Encouraging your child to eat healthy foods can be as simple as making the foods look more inviting. Consider these ideas.

Polka dots

With a melon baller, your youngster can make mix-and-match fruit. Let him scoop a few holes from an apple and a pear. Then, he can put the apple balls into the pear holes and the pear balls into the apple holes. Have him try this with red and green apples, cantaloupe and honeydew, or any other combination he can come up with.

Garnishes

You might think of garnishes as things that only caterers use. But you and your child can add healthy garnishes to food at home, too. A younger child could arrange patterns



of grape tomatoes and olives on a platter of fish or chicken. An older one might decorate a bowl of broccoli or green beans with carrot curls—help him use a vegetable peeler to shave carrot strips and place them in ice water to make them curl.

Containers

Eating out of fun containers can inspire your youngster to try foods he normally stays away from. Serve salad in a small (clean) flowerpot. Rinse Chinese takeout boxes, layer whole-wheat pasta and vegetables inside, and add chopsticks. Or put plastic toy eggs in a clean egg carton, and fill each one with a few bites of food like turkey chunks, edamame, and brown rice. ●

ACTIVITY CORNER

Alternatives to TV

Your youngster gets home from school. Bored, she wanders over to the television and flips it on. But wait! Wouldn't it be more fun—and healthier—for her to do something? Suggest activities like these:

1. Go roller skating or ice skating.
2. Play hopscotch.
3. Have a pillowcase race (each person stands in a pillowcase, holds the edges, and jumps to the finish line).
4. Build an indoor or outdoor fort.
5. Ride a scooter.
6. Go sledding.
7. Put on a play.
8. Practice throwing a ball in the air and catching it.
9. Take binoculars outside, and go on a nature walk to look for animals and birds.
10. Make up a new version of tag.



Idea: Tape the list to the TV, and invite your child to add more ideas. ●



PARENT TO PARENT

Cafeteria changes

When our school sent home a notice that cafeteria meals were changing this year, I didn't think much about it. But then our son, Max, began saying the food was different and he had to "take all these vegetables."

I asked my sister-in-law, who works in a school cafeteria, what was going on. She told me there are new federal rules that require schools to serve more vegetables, fruits, and whole grains. The point, she said, is to make school meals healthier and get kids in the habit of eating more nutritious foods.

She said we could help at home by offering two choices of vegetables and fruits at each meal and having Max try both. She also suggested that we ask him about the foods served in school and encourage him to taste them. We have been doing this, and it seems like Max is getting used to the new meals. The other day, he told us about the quinoa he had for lunch. He was proud to explain that it's pronounced *keen-wah*—and to say that he liked it! ●



IN THE KITCHEN

Muffin-tin recipes

You can use a muffin tin for so much more than muffins and cupcakes. Try these clever creations for meals and snacks.

Note: For each recipe, coat muffin cups with nonstick cooking spray first.

Mini meat loaves. Mix 1 lb. lean ground turkey with 1 egg (beaten), $\frac{1}{4}$ cup quick-cooking oats, 1 tbsp. ketchup, 1 tsp. Worcestershire sauce, and $\frac{1}{8}$ tsp. pepper. Divide the mixture among 8 muffin cups, and bake at 375° for 30 minutes.

Avocado eggs. Put an avocado half (cut to fit, if

necessary) in a muffin cup, and crack an egg into it. Bake at 350° for 10–15 minutes, until egg reaches desired doneness.

Tacos. Cut whole-wheat tortillas into small circles, and press in the muffin cups (they should go up the sides). In a skillet, brown 1 lb. lean ground beef, and add 1 tsp. chili powder, 1 tsp. paprika, $\frac{1}{2}$ tsp. cumin, and $\frac{1}{4}$ tsp. oregano. Put the meat mixture into the cups, and top with shredded cheddar cheese.

Bake at 350° for 20 minutes. Serve with salsa. ●



OUR PURPOSE

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

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Hemingford Public Schools Breakfast Menu

December 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 CEREAL Fruit or Juice	4 PANCAKES Fruit or Juice	5 BREAKFAST PIZZA Fruit or Juice	6 EGG & CHEESE BISCUIT Fruit or Juice	7 CINNAMON ROLL Fruit or Juice
10 CEREAL Fruit or Juice	11 PANCAKE & SAUSAGE on A STICK Fruit or Juice	12 CEREAL Fruit or Juice	13 SAUSAGE GRAVY/ Biscuit Fruit or Juice	14 BREAKFAST PIZZA Fruit or Juice
17 CEREAL Fruit or Juice	18 OMELET Fruit or Juice	19 BREAKFAST PIZZA Fruit or Juice	20 FRENCH TOAST Fruit or Juice	21 CINNAMON ROLL Fruit or Juice

24



25

26

27

28



Christmas Break
No School Dec 22-Jan 1

Menus are subject to change

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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

December 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR	4 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR & Chicken Rice	5 TACO Vegetables Fruit Roll & Butter SALAD BAR	6 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR & Vegetable Beef	7 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR
10 SLOPPY JOE Vegetables Fruit SALAD BAR	11 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	12 CHICKEN & NOODLES Vegetables Fruit Roll & Butter SALAD BAR	13 CHILI Vegetables Fruit Cinnamon Roll SALAD BAR & Bean & Bacon	14 ITALIAN DUNKERS Vegetables Fruit Dipping Sauce SALAD BAR
17 PIG in a BLANKET Vegetables Fruit No Bake Cookie SALAD BAR	18 PIZZA Vegetables Fruit SALAD BAR & Cream of Mush.	19 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter SALAD BAR	20 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR & Broc. & Cheese	21 CHICKEN SAND. Vegetables Fruit NO SALAD BAR

24



25

26

27

28



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No School Dec 22-Jan 1

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Calendar Events December 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 Speech @ Gering (moved to Dec 8) JV/V G-B BB vs Hyannis 5:00 PM Dining out with St. Bridget's
2	3 Red Day JH GBB at Alliance St Agnes	4 White Day JV/V Girls BB vs Crawford	5 Red Day Progress Reports Sent Home FFA Leadership @ Chadron	6 White Day JH GBB at Bridgeport Wr at Hay Springs (Dual)	7 Red Day	8 Speech @ Morrill (cancelled) Novice Speech at Gering Wr at Banner Cty JV/V G-B BB @ Mitchell ACT Test Date
9	10 White Day PHC JH GB @ Crawford	11 Red Day	12 White Day Winter Sports/Picture Retakes	13 Red Day 3:30 PM HAL Parent/Student Open House	14 White Day JV/V G-B BB @ Bridgeport	15 Wr at Bridgeport JV/V G-B BB vs Leyton
16	17 Red Day	18 White Day 2:30 PM Big Brother/Sister 5:45 PM EL and HS Christmas Concert 6:30 PM FFA Meeting	19 Red Day Assembly for Gr 6,7,8 (Tentative)	20 White Day WTC WR @ Bridgeport	21 Red Day 1:00 p.m. Dismissal	22 6:00 PM NSAA Moritorium (No Activities)
23 6:00 PM NSAA Moritorium (No Activities)	24 No School - Christmas Break 6:00 PM NSAA Moritorium (No Activities)	25 No School - Christmas Break 6:00 PM NSAA Moritorium (No Activities)	26 No School - Christmas Break 6:00 PM NSAA Moritorium (No Activities)	27 No School - Christmas Break	28 No School - Christmas Break Varsity G-B BB @ Chadron Holiday Inv.	29 Varsity G-B BB @ Chadron Holiday Inv.
30	31 No School - Christmas Break					

Calendar Events January 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 No School - Christmas Break	2 White Day School Resumes	3 Red Day	4 White Day JV/V G-B BB @ Garden Cty.	5 Wr at Garden County JV/V G-B BB vs Banner Cty.
6	7 Red Day	8 Poetry Out Loud Workshop White Day JV G-B BB vs Crawford 4:00 PM JH BBB vs Crawford	9 Red Day FFA CDE @ Scottsbluff	10 White Day Wr vs Hay Springs (Dual)	11 Red Day 2nd Quarter & 1st Semester End JV/V G-B BB vs Bayard	12 Speech @ Scottsbluff Wr at Sandhills (Dunning) JV/V G-B BB @ Sioux Cty.
13	14 White Day 3rd Quarter Begins	15 Red Day PHC G-B BB @ Crawford JH BBB at Alliance	16 White Day	17 Red Day 5:00 PM JH BBB vs Mitchell	18 White Day PHC G-B BB @ Crawford Wr at Chadron	19 Speech @ Gering Inv. PHC G-B BB @ Crawford Wr at Chadron
20	21 Red Day JH BBB at Morrill JV G-B BB @ Bridgeport Inv.	22 White Day JV/V G-B BB @ Hay Springs	23 Red Day FCCLA STAR Competition @ Hemingford	24 White Day JH BBB vs Hay Springs JV G-B BB @ Bridgeport Inv.	25 Italian Buffet Red Day	26 Speech @ Gord/Rush Wr at Mitchell JV/V G-B BB vs Edgemont
27	28 White Day PHC JH BB @ Hemingford	29 Red Day JV/V G-B BB vs Minatare 6:30 PM FFA Meeting	30 White Day 2:30 PM Big Brother/Sister	31 Red Day WTC G-B BB @ WNCC		

HAPPY HOLIDAYS

Casper Ningen

Peggy Foster

Ron Foster

Mandy Plog

Cindy Ahrens

Reyna Ansley

Gina Benda

Sue Benzel

Kassy Broadway

Tabi Bryner

Tobie Buchheit

Deb Campbell

Jeanette Chasek

David Chatelain

Joseph Collins

Joel Cullan

Brenda Davies

Linda Folkerts

Ammie Frost

Jake Frost

Shari Frost

Jennifer Gasseling

Nancy Giorgi

Lori Glendy

Lisa Haas

Jordan Haas

Sandy Haas

Dee Hannaford

April Hansen

Cathy Herstead

Kerri Heusman

Randy Hiemstra

Kelly Horn

Kay Horstman

Jeannette Hucke

Ramona Hucke

Pamela Huddle

Lisa Janssen

Phyllis Jesse

Kate Jungck

Gordon Karney

Joyce Klemke

Samantha Kresl

Cindy Lanik

Tim Lanik

Jennifer Lashley

Sarah McCabe

Jim Miles

Megan Miles

Suzanee Neeffe

Barb Nikont

Christy Ningen

Brad Olson

Michelle Osmotherly

Rachelle Poyzer

Robyn Prochazka

Brenda Robb

Terry Rotherham

Dorothy Rowe

Sara Schmidt

Jodi Sellman

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Brandy Stark

Judy Stewart

Tre Surbeck

Pat Vogel

Marla Wade

Kyle Walker

Rozie Wax

Lynn Weldon

Kim Wills

Kim Yardley

Nancy Yardley

