



# Bobcat Bits

Hemingford Public Schools



February 2013

## District 12 Champions!

**FFA Welding team of Vogel, Irene, and Horstman**

### Hemingford FFA Welding Team District Champions

The Hemingford FFA welding team consisting of Brady Horstman (Mig) Kipp Irene (Arc) and Trey Vogel (Gas) won the 2013 District 12 welding contest held at WNCC on January 9<sup>th</sup>. On an individual basis Brady placed first in Mig, Kipp placed second in Arc and Trey placed fourth in Gas.



On the same day, The Livestock Management Team consisting of Danny Manning, Jonny Manning, Matt Davis, Ethan Skinner, Cash Weber, Lee Jespersen and Cole Walters placed seventh out of fourteen teams.

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**Special points of interest:**

- *District 12 Welding Champions*
- *Family Fun Festival*
- *Accelerated Reader*
- *Giorgi's Gym*
- *Honor Roll 2nd & 1st Semester*
- *Senior Parents*
- *Bobcat Speech*
- *Activity Calendars*
- *Lunch Menus*
- *Pep*
- *Nutrition Nuggets*

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## Foster's Facts

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

Your support in requiring your son or daughter to attend SST is very beneficial. If they are on the warning week of eligibility, attending SST and making progress will keep them eligible for the following week. Everyone is welcome to stay and work on homework; which helps students since activities are continuing in full swing. Activity practices begin at 4:00 after SST. Please call if you have any questions about eligibility. A quick review is that the eligibility is determined on a weekly basis (Monday-Friday) with eligibility for a week period (Wednesday-Tuesday). Students that are still in the building after 4:00 must be with a teacher or they will be asked to leave. Please continue to ask your child about assignments, projects, grades and behavior.



Times for activities to begin continue to change. Sometimes it just happens at the last minute. You receive most current calendar at the time of the mailing of the newsletter; however, we all know how events can be changed.

### Progress Reports



Believe it or not the 3<sup>rd</sup> quarter will shortly be mid-way over. Progress reports are scheduled to be mailed out on February 13<sup>th</sup>. In between time, PowerSchool Parent Portal is available for use to check the status of grades. Feel free to call or email your son's/daughter's teacher if you have any questions about a grade.

### School Wide Events – State-Wide Writing

Grades 8 and 11 will take part in State Writing. The date is set for January 29-30 for Juniors and February 4-5 for Grade 8. Please mark your calendar—we need all students present at that time. Grades 7, 9, 10, and 12 will write the end of February. Grades 4, 8, and 11 writing tests will be submitted to the state and will be scored by an independent group while the other grades plus grades 4, 8, 11 will be scored by the Hemingford faculty on the next assessment day in March. It is great to compare how the state scoring against faculty scoring. This test ranks our school against others so it is very important that students give their best efforts.

### Honor Roll

The honor roll can be found in the newsletter includes grades 4-12 for the 2<sup>nd</sup> Quarter and 1<sup>st</sup> Semester. Earlier the honor roll was previously published in the Ledger. The Distinguished List will include the names of those students who have earned all "A's". The Honor List will include the names of those students who have all "A's" and "B's" and have earned an average of 90% and above. The school presented pens to students that were on the honor roll.



### Homework Sheets

When you request a homework sheet for your student because they are ill, it comes with the expectation that the student is well enough to complete the work that evening. If the student plans on returning only after 1 day of illness, it may be advantageous to spend the time resting and recovering. The homework policy does allow a student to have 2 days to make up the work that they missed (page 15 of the student handbook). Also when a student is absent, they should automatically plan on staying in SST the day they return to receive additional help on the material they missed.



## Foster's Facts

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- **Curriculum/Activity News**
- **No School on February 15 or 18**
  - ◇ Teachers have inservice on Monday. It is an inservice provided by the ESU.
- **PLAN Test –February 13**
  - ◇ All sophomores. This test provides career information as well as a score range that a student might achieve on their ACT. It charts the student's academic strengths and where additional work may be needed. The school pays the fee for this test. Students will also do a portion of the John Baylor test prep to help prepare.
- **John Baylor Test Preparation**
  - ◇ Prior to Nebraska State Testing for Juniors all juniors will go through test prep program to help with reviewing strategies in reading, math, and science.
- **Subdistricts**
  - ◇ Starting February 8 are subdistricts for Wrestling at Sutherland then move to Girls basketball followed by Boys basketball the following weeks.

## Family Fun Festival



Family Fun Festival will be held on Thursday, March 7, 2013, in the High School Gym. This is the annual fund raiser for the sixth grade field trip to South Dakota, and the sixth grade will also be donating some of the proceeds to local charities.

Plan for a night of fun including bingo, a tattoo station, and a spinning wheel game.

A sloppy joe or beefy nacho meal will also be available for \$5.00.

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## Fostering Education

### HEADING TOWARDS FEBRUARY

We are into the third quarter of school, it just doesn't seem possible. It seems like yesterday that I was welcoming the students back for the beginning of the school year. Progress reports will be coming home again very soon. It has been an excellent school year so far. I'm very proud of both students and teachers for all of their hard work and dedication. Our goal is to help each student reach and pass their potential. This can be achieved when teachers, students, and parents work together as one.



### 5 WAYS TO RAISE A READER

1. Make stories come alive for your child when you read. Be animated and use different voices.
2. Be patient – let your child read aloud at his or her own pace. Offer help only when needed.
3. Discuss what you read together. Ask questions, and listen attentively to your child's answers.
4. Continue reading together even after your child learns to read.
5. Take along your child's favorite books wherever you go.

### STATE WRITING

Grades 4, 8, and 11 will participate in the state writing. Grades 4 and 11 will take place on Wednesday, January 30<sup>th</sup> and Thursday, January 31<sup>st</sup>. Grade 8 takes place on Monday, February 4<sup>th</sup> and Tuesday, February 5<sup>th</sup>. It will be extremely important that you mark these days on the calendar. Please help us by making sure that your child is in attendance.

### UPCOMING DATES OF INTEREST

Feb. 13<sup>th</sup> Progress reports sent home

Feb. 15<sup>th</sup> – MID-WINTER BREAK (NO SCHOOL FOR STUDENTS OR STAFF)

Feb. 18<sup>th</sup> – NO SCHOOL FOR STUDENTS - STAFF INSERVICE



### FRONT DOOR ENTRY

The front door of the elementary is accessible for parents to enter. We have a system that requires you to push a button (like a doorbell) and talk to identify yourself. This system is located on the west wall (on the left) by the front door. We then can open the left door (one with a ribbon on it) for you. When using the left door please pull towards you with steady pressure and we will buzz you in. Please feel free to visit our school. Remember we are very concerned with the safety of our children. Please give this system a try; it will be very easy to use.

THANK YOU FOR YOUR UNDERSTANDING.

### SCHOOL WEBSITE

Please remember to visit our school website for the latest happenings. The address is: [www.hemingfordschools.org](http://www.hemingfordschools.org)

### COMMUNICATION

**Together we can make a difference** 😊 Call us with any questions at 487-3330.

## Take the Challenge

### Take Charge

### Turn Screens Off.....Turn Life On



Congratulations!

You've taken the first step by reading this article to change your viewing habits. The main objective is to reduce the amount of time children spend watching television and playing computer/video games and to replace that time with positive, healthy, family friendly alternatives.

It would be pretty unrealistic to throw the television, cell phone, and video games out the window. What would be realistic is to figure out where screens fit into your family's life and turn them on then--and only then.

Some suggestions include:

- Designating certain times throughout the day when screens should be turned off such as meal time, in the evening before homework has been finished and late at night.

Helping your child choose video games and television shows that are appropriate and worthwhile.

As parents you may wonder what impact excessive screen use may have on your child. Research shows:

- Students who watch less TV are more able to pay attention and follow directions resulting in better academic performances.
- Playing violent computer/video games and watching violent TV shows/movies makes children more aggressive and teaches them that violence is a way to solve problems.

#### Television's Effect on Reading and Academic Achievement

##### Did you know?

- American children, ages 2-17, watch television on average almost 25 hours per week or 3 ½ hours a day. Almost one in five watch more than 35 hours of TV each week (Gentile & Walsh, 2002).
- Children spend more time watching television than any other activity except sleeping.

Successful readers read often.

##### 1 Suggested guidelines

1. The American Academy of Pediatrics recommends that total television time be limited to no more than 1 to 2 hours per day.
2. They also recommend that programs watched should be geared to the age of the child, non-violent in nature and should reinforce language and social skills.
3. Parents should establish healthy television viewing habits in the pre-school years. Young children's television viewing should be limited to careful, thought-out, educationally-oriented programs.
4. To foster reading skills, give your young child exposure to books. Read to them often.

## Renaissance Place Home Connect for AR is HERE!!

Your child is using a computer software program called Renaissance Place at school for Accelerated Reader Access. This program has a special feature called Renaissance Home Connect. Renaissance Home Connect allows your child, you, and the teacher to share in the educational experience by viewing progress in Accelerated Reader while outside of school. You can view Renaissance Home Connect from any computer with an Internet connection using these browsers:

Internet Explorer® 6.02 or later

Firefox® 1.5 or later

Safari™ 2.0.3 or later

### To log in to Renaissance Home Connect Website:

<https://hosted360.renlearn.com/739959//HomeConnect/Login.aspx>

Type in your child's AR username. Your child should be able to tell you. We sent home a parent letter with the child's username and password.

Type in your child's password.

Click Log In. In AR Home Connect you can also:

Click **Email Setup** at the top of the screen to sign up to receive emails showing your student's quiz or test results.

Click **Help** to get answers to your questions about Renaissance Home Connect.

Click **View My Bookshelf** to view tests your child has previously taken.

Click **AR Book finder** to search for AR books.

### Home Connect is also on the school website.

Easy access to Home Connect is on our school webpage. [www.hemingfordschools.org](http://www.hemingfordschools.org)

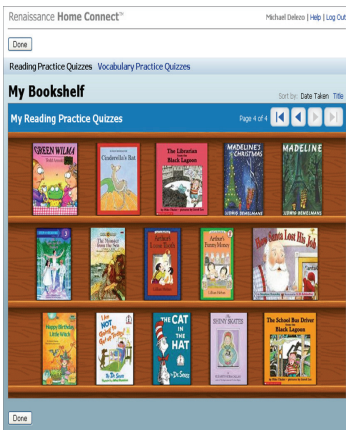
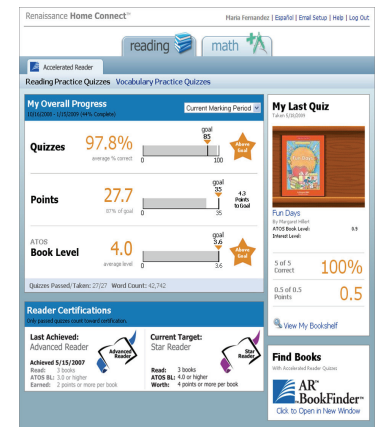
Click the Parents button, click the link HomeConnect AR.

Click the Home Connect Logo

This will direct you to the logon screen.

### See What Your Students See for Accelerated Reader Overall Progress

Renaissance Home Connect gives parents and students a snapshot of the student's Accelerated Reader progress, including average percent correct on quizzes, number of points earned, and ATOS book level.



### My Bookshelf

Parents and students can see all the books the student has read. Clicking a book shows details about it such as book level, word count, points, and more.

# GIORGI'S GYM

## CPR CLASS



If a cardiac arrest happened to your loved one or a close friend would you know what to do? Nurse Judy will be teaching Family & Friends CPR to the 9<sup>th</sup> graders during their physical education class this month. This class does not provide certification in CPR, but does teach the students how to perform life-saving CPR which can double a victim's chance of survival.

## SKIP'N CATS START

Level 1 Skip'n Cats started on January 8. Thirty five Level 1 jumpers joined the fourteen Level 2 and 3 Skip'n Cats who will be teaching jump roping tricks to the Level 1 group.



## Kids Like to Win; Adults Need to Win

by Michael Josephson on September 17, 2012 Character Counts

Whether you're a sports fan or not, you have to acknowledge the powerful cultural influence that sports have on our culture. The values of millions of participants and spectators are shaped by the values conveyed in sports, including our views of what is permissible and proper in the competitive pursuit of personal goals.

Professional sports and even highly competitive intercollegiate sports seem irreversibly addicted to the idea that sports is basically a business and that the only thing that makes sports profitable is winning. And if that means we have to tolerate egocentric self-indulgent showboating or whining, violence or even cheating, so be it. Clearly these attitudes have invaded youth sports as well. Everywhere we see that a lot of adults — both coaches and parents — need to grow up and realize the game is not about either their egos or ambitions.

The appropriate mission of youth sports is to provide kids a safe environment in which they have fun, build character, learn to practice sportsmanship, and develop skills and traits that help them become responsible citizens and live happy, healthy lives. Striving to win is an important aspect of competition and teaching kids how to compete effectively and honorably is important, but youth sports is not primarily about winning; it's about trying to win and learning through effort and improvement.

Of course winning is fun and kids like to win, but it's the adults who distort the experience because of their need to win. No matter how much we try, only a few youngsters will move beyond high school sports, and an even tinier percentage will make a living from athletics. But when youth sports are done right, every participant can build positive life skills and gain lifelong memories from the pursuit of victory with honor.

**Mrs. Giorgi**

## Honor Roll High School –2nd Quarter

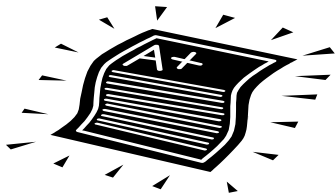
High School Honor Roll 2012-2013 Quarter 2			High School Honor Roll 2012-2013 Quarter 2		
Student Name	Grade Level	Level	Student Name	Grade Level	Level
Jespersen, Kaitlyn S	12	Distinguished List	Kramer, Kristina R	12	Honors List
Kumpf, Kyle T	12	Distinguished List	Orr, Vance W	12	Honors List
Wood, Kelsy J	12	Distinguished List	Benge, Trevor M	11	Honors List
Hansen, Blake T	11	Distinguished List	Bergfield, Kaitlyn N	11	Honors List
Phillips, Paige E	11	Distinguished List	Irish, Isabella L	11	Honors List
Fessler, Hannah L	10	Distinguished List	Kaman, Kyle N	11	Honors List
Foster, Colt W	10	Distinguished List	Phillips, Alexis A	11	Honors List
Grumbles, MaKayla A	10	Distinguished List	Rohrbouck, Cali G	11	Honors List
Nelson, Kaelia S	10	Distinguished List	Carlson, Asa L	10	Honors List
Rozmiarek, Christian E	10	Distinguished List	Galles, Ashleigh M	10	Honors List
Rozmiarek, Joseph M	10	Distinguished List	Skinner, Ethan E	10	Honors List
Wood, Matthew J	10	Distinguished List	Turek, Brady E	10	Honors List
Cullan, Carli A	8	Distinguished List	Bright, Abigail F	9	Honors List
Gasseling, Natalie M	8	Distinguished List	Davis, Mathew K	9	Honors List
Mekolon, Allison M	8	Distinguished List	Horstman, Jacob D	9	Honors List
Randolph, Mikayla B	8	Distinguished List	Jespersen, Lee C	9	Honors List
Rohrbouck, Faith C	8	Distinguished List	Klaes, Kelsey J	9	Honors List
Horstman, Kelli M	7	Distinguished List	Laursen, Cody R	9	Honors List
Adam, Delaney R	12	Honors List	Mazanec, Jon N	9	Honors List
Christianson, Kayla A	12	Honors List	Thomas, Brittany D	9	Honors List
Forgey, Jayleen J	12	Honors List	Agler, Ashley R	8	Honors List
Horstman, Brady W	12	Honors List	Hansen, Emily M	8	Honors List
Hughart, Anna L	12	Honors List	Kumpf, Kaitlyn N	8	Honors List
			Mayer, Jonathan P	8	Honors List
			Riggs, Sydney M	8	Honors List
			Sutphen, Peyton J	8	Honors List
			Raben, Paul W	7	Honors List
			Wobig, Riley J	7	Honors List
			<b>Distinguished--all A's</b>		
			<b>Honors--all A's or B's @ least 90%</b>		





## High School Honor Roll-Semester 1

High School Honor Roll					
Student Name	Grade Level	Level			
Jespersen, Kaitlyn S	12	Distinguished List	Benge, Trevor M	11	Honors List
Kumpf, Kyle T	12	Distinguished List	Bergfield, Kaitlyn N	11	Honors List
Wood, Kelsy J	12	Distinguished List	Irish, Isabella L	11	Honors List
Hansen, Blake T	11	Distinguished List	Kaman, Kyle N	11	Honors List
Phillips, Paige E	11	Distinguished List	Phillips, Alexis A	11	Honors List
Fessler, Hannah L	10	Distinguished List	Rohrbouck, Cali G	11	Honors List
Foster, Colt W	10	Distinguished List	Carlson, Asa L	10	Honors List
Grumbles, MaKayla A	10	Distinguished List	Galles, Ashleigh M	10	Honors List
Nelson, Kaelia S	10	Distinguished List	Skinner, Ethan E	10	Honors List
Rozmiarek, Christian E	10	Distinguished List	Turek, Brady E	10	Honors List
Rozmiarek, Joseph M	10	Distinguished List	Bright, Abigail F	9	Honors List
Wood, Matthew J	10	Distinguished List	Davis, Mathew K	9	Honors List
Cullan, Carli A	8	Distinguished List	Horstman, Jacob D	9	Honors List
Gasseling, Natalie M	8	Distinguished List	Jespersen, Lee C	9	Honors List
Mekolon, Allison M	8	Distinguished List	Klaes, Kelsey J	9	Honors List
Randolph, Mikayla B	8	Distinguished List	Laursen, Cody R	9	Honors List
Rohrbouck, Faith C	8	Distinguished List	Mazanec, Jon N	9	Honors List
Horstman, Kelli M	7	Distinguished List	Thomas, Brittany D	9	Honors List
Adam, Delaney R	12	Honors List	Agler, Ashley R	8	Honors List
Christianson, Kayla A	12	Honors List	Hansen, Emily M	8	Honors List
Forgey, Jayleen J	12	Honors List	Kumpf, Kaitlyn N	8	Honors List
Horstman, Brady W	12	Honors List	Mayer, Jonathan P	8	Honors List
Hughart, Anna L	12	Honors List	Riggs, Sydney M	8	Honors List
Kramer, Kristina R	12	Honors List	Sutphen, Peyton J	8	Honors List
Orr, Vance W	12	Honors List	Raben, Paul W	7	Honors List
			Wobig, Riley J	7	Honors List
			<b>Distinguished--all A's</b>		
			<b>Honors--all A's or B's @ least 90%</b>		



## 4th-6th Honor Roll-2nd Quarter

<b>Elementary Honor Roll 2012-2013 Quarter 2</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Cullan, Luke C	6	Distinguished List
Gasseling, Lauren J	6	Distinguished List
Ansley, John P	4	Distinguished List
Hanson, Danae J	4	Distinguished List
Poyzer, Andrea M	4	Distinguished List
Wyland, Kenneth T	4	Distinguished List
Coryell, Kobe J	6	Honors List
Mazanec, Mercedes Kia	6	Honors List
Stewart, Josie Joylene	6	Honors List
Anglesey, Melissa A	5	Honors List
Buchheit, Carter S	5	Honors List
Clouse, Jacob B	5	Honors List
Hanson, Rebecca J	5	Honors List
Jespersen, Storm J	5	Honors List
Knote, Emily R	5	Honors List
Plog, Alexander M	5	Honors List
Robb, Xavier Z	5	Honors List
Del Toro, Dali R	4	Honors List
Jespersen, Rayne J	4	Honors List
Knote, Sara C	4	Honors List
Mendiola, Kylie M	4	Honors List
Meyring, Jayce L	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
Rozmiarek, Zachary A	4	Honors List
Swanson, Tatum E	4	Honors List
Thompson, Ian E	4	Honors List
Turek, Brian E	4	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		







# Attention Senior Parents

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It is very hard for me to believe that we are on the downhill slide for our kids to be graduating soon. As you know this is a first for me, and I don't quite know how I feel about it. This group of seniors has been a complete joy to watch grow up and now it is time to let them go. It is especially difficult for me as I have grown to care for your child just as much as if they were my own. With that being said, I just need to let you know about a few deadlines that need to be met for the yearbook staff and for the group of yearbook girls creating the senior slide show.

First--Please submit 15-20 pictures to be used in the slide show. I have accumulated several pictures over the last 8 years with them, but of course I do not have very many of them when they were little. Please feel free to submit any video you wish to share as well. Each student will be given 45 seconds of fame at the graduation. These pictures will be scanned and returned immediately to your child.

The deadline for this is March 1<sup>st</sup>. Obviously if you can get this in sooner, we would be so appreciative!

Secondly--The yearbook committee is in dire need of the following from your son/daughter:

- 1 Senior Picture for the hall composite
  - ◆ This one **HAS** to be a printed out billfold that we keep forever...
- 1 Senior Picture for the newspaper
  - ◆ This one we scan and give back...
- 1 Senior Picture for the yearbook
  - ◆ This one we also scan and give back...
- 1 Baby Picture for the yearbook
  - ◆ This one we scan immediately and give back...

The deadline for this is April 1<sup>st</sup>. Obviously if you can get this in sooner, we would be so appreciative!

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# Attention Senior Parents



Lastly, from you, the parent, it is your opportunity to give recognition to your senior son/daughter by purchasing a PDA ad. (Public Display of Affection)

It is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. The cost ranges from:

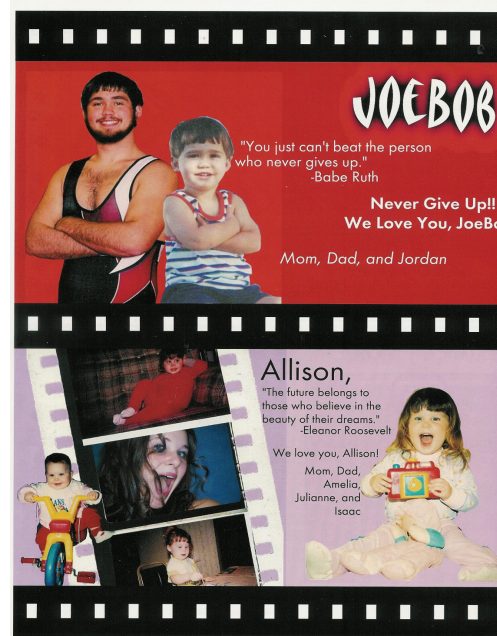
- \$50.00 for a 2.5 x 3.5 inch ad
- \$90.00 for a 5 x 3.5 inch ad
- \$125.00 for a 5 x 7.5 inch ad

Past examples included 1-3 pictures including their youth, current pictures, and a poem or special message. Basically it is anything you wish to use that will show a tribute to a graduate.

Deadline for placing a PDA ad is April 1st.

As always, if you have any questions, please call 487-3328 or email Kay Horstman at [kayh@panesu.org](mailto:kayh@panesu.org). Thanks so much.

2.5 inch long X 3.5 inch wide <b>\$50.00</b>	5 inch long x 3.5 inch wide <b>\$90.00</b>
5 inch long x 7.5 inch wide <b>\$125.00</b>	



# Bobcat Speech

## Speech

**DUET**     **DITZIES**  
Tegan Yardley  
Davina Berg

**DUET**     **BOTTLED UP**  
Devan Hansen  
Lexi Olson

**DUET**     **SEAFOOD**  
              **SCIENCE LAB**  
Nicole Schekall  
Kayla Hansen

**DUET**     **1-800**  
Robert Heule  
Miguel Rodriguez

**OID**     **WHO YOU GONNA**  
              **DATE**  
Sarah Mracek  
Miguel Rodriguez  
Ana Rodriguez  
Belle Irish

**OID**     **ALICE IN WONDERLAND**  
Lexi Olson  
Tegan Yardley  
Davina Berg

**OID**     **MY BIG FAT GREEK**  
              **DIVORCE**  
Zachary Grumbles  
Taeller Ansley  
Robert Heule  
Devan Hansen  
**6<sup>th</sup> place at Gordon Rushville**

**POETRY**  
Danika Adam  
Belle Irish  
Sarah Mracek

**INFORMATIVE**  
Annie Hughart  
Abigail Bright  
Britt Thomas  
Makenna Wortham  
Matthew Davis

**HUMOROUS**  
**PROSE**  
Zachary Grumbles  
Devan Hansen  
Matthew Davis

**EXTEMP-**  
Annie  
Hughart

Please  
come to  
watch  
Speech  
is a  
spectat  
or event  
!!!!!!



**Speech Schedule**  
February 2 Chadron  
February 6 WTC @ Kimball  
February 16 Ogallala  
February 23 Mitchell  
March 2 Hemingford  
March 11 Districts @ Perkins County  
March 21-22 State Speech @ Kearney



# COUNSELOR'S

## ORN E R

**Seniors – It's FAFSA Time!** If you're a college-bound senior, it's time to get serious about the FAFSA (Free Application for Federal Student Aid). Make sure you read your Education Quest Handout. It gives you step by step instructions on how to complete the FAFSA.

**Juniors** – If you are thinking about going to college after you graduate, this is the time for you to take the ACT.

**The next registration date for the ACT is March 8. The test date is April 13.**

**9 – 11 graders** will soon start filling out the registration sheet for classes next year. You need to be thinking about the classes you will need to fit into your schedule.

I will be working with the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders during the month of February. We will be working on Emotion Management.

**Did you know?** We use the *Steps to Respect* program to create a safe and respectful learning environment for our students. The *Steps to Respect* program is a bullying prevention program. Kindergarten through 2<sup>nd</sup> grade received lessons from this program during the month of September. Third through 6<sup>th</sup> grade received lessons from this program during the month of October.

*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

## WorldStrides— 2013

WorldStrides – will be serving the Valentine dinner at the Parish Hall on February 10. Students are to wear formal black pants and white shirt.

FINAL PAYMENT DUE --- FEBRUARY 15

Thanks! MWade



## 5 Simple Ways to Control Your Temper

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<http://imom.com/ispecialists/tim-and-darcy-kimmel/5-simple-ways-to-control-your-temper/>

October 15, 2012

### Tim and Darcy Kimmel



Dr. Tim Kimmel has reached millions of parents with his message of building strong families.

Just about every parent, if they admitted it, has lost their temper with their child. After all, pushing a parent to the brink is a large part of a child's job description. They not only know which buttons to push, but how and when to push them to get the biggest rise out of us.

Although a typical day in the life of a parent has more than its share of challenges designed to test our patience, there are certain scenarios that are almost certain to make us lose our temper with our children.

### Five Top Reasons Parents Lose Their Temper

1. **Fatigue** We quickly come to the end of our rope when we have too much to do and too little energy with which to do it. Add to this the fact that kids seem to have a limitless amount of energy and you're already tired when you wake up in the morning.
  2. **Projected Anger** Often we are ticked off at someone else or about something that has little or nothing to do with the crisis of the moment. Unfortunately, our kids are the easiest, most accessible target of this displaced anger.
  3. **Unrealistic Expectations** We have an agenda that does not take into account the unpredictability of life in general and parenting in particular. Our kids catch the blame for our inability to fulfill these unrealistic goals.
  4. **Failure to Plan** Many times, our frustration and anger are of our own making, because we fail to put in the extra effort it takes to prepare us and our children for the unique demands of the day. Remember, when you fail to plan, you plan to fail.
  5. **A Distorted Perspective** We assume it is us against them and that they are out to get us. We see those little charges as the enemy who has us under siege. The psychological term is confirmation bias – once we assume this is true then real life seems to confirm it.
-



## Five Simple Ways to Control Your Temper

1. **Pace Yourself** Do your best to rest up when the chance presents itself. Even if your kids don't take a nap, institute a quiet time in the afternoon. If they protest, get that wild look in your eyes and tell them "If I don't get a break, you are going to regret it!" They'll run to their rooms.
2. **Identify and Deal with your Anger** Ask yourself, "What am I really angry about?" If you can't take care of it immediately, write down your course of action and then set it aside until you can deal with it.
3. **Keep it Real** Once you have a reality check on your perfectly executed day, calculate how much time, energy and money it will take to pull it off and then triple it. Barring a flooded basement or an outbreak of chicken pox, you may come close to meeting your expectations at the end of the day.
4. **Plan, Plan, Plan** As you anticipate what you need to prepare for the demands of the day, play "worst case scenario" and plan accordingly. Lists are incredibly helpful and sticky notes rule! There is only one thing more time consuming than preparation (preparing), it is re-preparation (repairing).
5. **The Truth will set your children free. This is when you need to act maturely and responsibly with their self-interest at heart.** Remember, our job is to love and train our children. We are the parent and they are just children. Don't take their goofiness and irritating behavior personally.

© 2008 Family Matters®



# 100th Day School



Kindergarten and First grade classes enjoyed celebrating the 100<sup>th</sup> day of school by doing different activities in each of their classrooms. Here the students are painting the number 100 with 100 different colored dots in Mrs. Benzel's room.

**Happy 100th Day!**

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## COMMUNICATION SOURCES

### HEMINGFORD PUBLIC SCHOOLS

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

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

PO Box 217  
911 Niobrara Avenue  
Hemingford NE 69348

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



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

<http://www.hemingfordschools.org>

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

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

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

Phone calls to students' homes when necessary.

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



### EQUAL OPPORTUNITY

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

### Web-Email Lunch Account System

Access your current account information online-at [www.hemingford schools.org](http://www.hemingford schools.org) and click the button on the right labeled "What's for Lunch".

### INCLEMENT WEATHER

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

### SCHOOL MESSENGER

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

## WHAT PARENTS SAY ABOUT PEP

"I learned a lot of great information. I feel relieved and empowered and know I am not alone."

"The 'couples must attend together' rule was puzzling to us at first. People have to work. We can't both take off three days and find a sitter! Ya! We get it now. This has started a movement in us to better our relationship like nothing ever has. Thank You So Much!"

"Life changing! I can't even express how amazing and encouraged I feel."

"I loved that it was parent focused and we were encouraged to share our feelings as well as our knowledge."

"I like that this conference is put on basically by 'lay people' with special needs kids who live this every day. Thank you!"

"I came thinking this wasn't for me and I am leaving understanding more than I could have imagined."

## WHAT EDUCATION PROFESSIONALS SAY ABOUT PEP

"I felt I was able to give some school side perspective as I visited with parents. It was also great to talk to parents about the IEP."

"I was able to take my professional hat off and listen to what parents with a child with a disability go through from the day they learn about the disability."

"Very Informative, best conference I've attended since I started teaching 7 years ago."

**PLEASE COPY AND SHARE THIS  
BROCHURE WITH PARENTS OR  
EDUCATIONAL PROFESSIONALS WHO  
MAY BENEFIT FROM ATTENDING PEP.**

This brochure was funded with Federal funds, Part B, IDEA, grant number H027A110079 with the State of Nebraska.

## CAPABLE PARENTS & CARING PROFESSIONALS

### COMMENTS SHARED ABOUT THE INFORMATIONAL SESSIONS AT PEP:

#### GOOD GRIEF!:

"Grieving is an emotional process so it was good to have the "words" put to the process. I could identify with the presenters even though our child has a different disability."

#### IFSP/IEP PROCESS:

"A tremendous amount of information presented well in clear understandable terms. Easy to follow. Simple steps to a complicated process."

#### BUILDING POSITIVE PARENT/SCHOOL PARTNERSHIPS:

"I liked that Building Positive Parent/School Partnerships was taught by parents and they shared from their own experiences."

#### SIBLINGS:

"It was great to hear these siblings share what they thought and felt about their family life."

#### ASSISTIVE TECHNOLOGY:

"Very helpful to have all the products in the room."

#### SOCIAL SKILLS:

"Excellent presenter. I learned actual tools to help my son in his most difficult area of social skills."

#### YOU ARE YOUR CHILD'S BEST ADVOCATE:

"I needed this for my kids so I know what to do for them and how to do it right"

#### PEARLS OF WISDOM:

"Real stories from real parents in the trenches. Gut wrenching, funny & tearful - the best part."

## CONFERENCE SCHEDULE

### Thursday, March 14

Registration (4:30 p.m. - 6:00 p.m.)  
Dinner  
Welcome  
Discussion Group

### Friday, March 15

Breakfast  
The IFSP/IEP Process  
Building Positive Parent-School Partnerships  
Lunch  
Good Grief!  
Discussion Group  
Dinner (on your own)  
Evening free to socialize, network and relax

### Saturday, March 16

Breakfast  
Concurrent Sessions

- Assistive Technology
- Estate Planning for Special Need Trusts
- For Men Only
- The Mediation Process
- Siblings
- Social Skills
- Transition
- You are Your Child's Best Advocate

Lunch  
Discussion Group  
Pearls of Wisdom  
Closing and Evaluations (3:30 p.m.)

# PEP

## PARENTS ENCOURAGING PARENTS

March 14-16, 2013

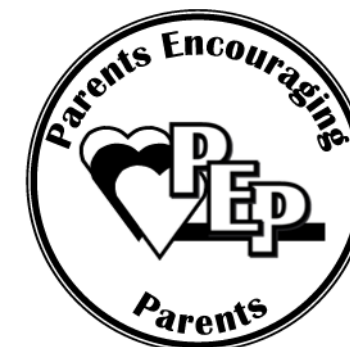
Midtown Holiday Inn  
Grand Island, Nebraska

Sponsored by Nebraska Department of  
Education, Special Education & ESU 16

Are you a Nebraska parent of a child with special  
needs? Does your child have an IFSP or an IEP?  
Then this conference is for you!

**NO REGISTRATION FEE**

Lodging and most meals provided



Website: [www.education.ne.gov/sped/parentinfo.html](http://www.education.ne.gov/sped/parentinfo.html)

## WHAT IS PEP?

The purpose of PEP is to bring parents of children with disabilities together in an accepting and confidential environment, giving them the opportunity to share ideas, feelings and common concerns, and to obtain information on parenting and educating a child with a disability. A major objective of the weekend is to help parents realize that each is doing the best he/she can do at this time. By the end of the conference, parents will go home with renewed energy, spirit, hope and a desire to work closely with professionals who serve their child so that every child can experience the fullest life.

## WHO SHOULD ATTEND?

This conference is open to all Nebraska parents who are raising a child with a verified disability. The child with the disability must have either an active IFSP or IEP.

A small number of openings are reserved for education professionals who serve children with disabilities and are employed in NE school districts. Professionals will experience PEP from a parent perspective.

Enrollment is limited to 100 participants and registration is on a first come, first serve basis.

If you cannot attend PEP this year, please fill out the Parent Registration form (your name and address only) and check the box that states you cannot attend this year. You will then receive a brochure directly to your address for PEP 2014.

## HOW DO I REGISTER?

To register, first read the Guidelines for Participation in the PEP Conference. Then complete and return the conference registration form. Confirmation will be mailed to you and a hotel room will be reserved in your name. **Do not** register with the hotel directly. For further information, call Ann Figard at the Nebraska Department of Education, Special Education Office, at 402-471-2471 (Voice/TDD).

## GUIDELINES FOR PARTICIPATION

■ **Please share information about this conference** with other parents or professionals who might like to attend. Please do not register if you have attended PEP within the last 8 years.

■ **For married couples, both husband and wife are required to register and attend the conference.** The greatest benefits are gained when parents experience PEP together.

■ **Single parents are welcome to attend PEP.** A support person may accompany a single parent provided this adult shares responsibility in raising the child, is actively involved in the child's educational program and is willing to fully participate in PEP.

■ **Please make your own childcare arrangements as childcare is not provided at PEP.** Participants will gain the maximum benefit without the disruption of children. No children are allowed to stay at the hotel or attend PEP sessions.

■ **Participants must attend the entire conference and cannot be accepted on a part-time basis.**

■ **Dinner on Thursday, breakfast and lunch on Friday and Saturday, and lodging will be provided.** Dinner on Friday is on your own. Transportation costs to and from PEP will not be reimbursed.

■ **Dress for the entire conference is casual.**

■ **Participants are responsible** for any physical damage to the hotel's property as a result of misuse or recklessness, as well as charges for telephone calls or other incidentals.

■ **Once you have registered for PEP, you are expected to attend because the Nebraska Department of Education, Special Education Office, has financially committed to the hotel for your room and meals.** If an emergency arises that prevents you from attending PEP, please notify us at (402) 471-2471 immediately so we can cancel your reservation and allow others to register.

## CONFERENCE REGISTRATION (PLEASE PRINT LEGIBLY)

### PARENT REGISTRATION

I cannot attend. Please put me on next year's mailing list.

Participant 1: \_\_\_\_\_

#### PLEASE CHECK ALL THAT APPLY:

Marital Status:  Married  Single  
Relationship to Child(ren) with an IFSP/IEP:  Parent  Foster Parent  Legal Guardian  
 Other \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Email : \_\_\_\_\_

List Age and Disability of Child(ren) with an IFSP/IEP: \_\_\_\_\_

Participant 2: \_\_\_\_\_

Relationship to Participant 1:  Spouse  Significant Other  Support Person  
Relationship to Child(ren) with IFSP/IEP:  Parent  Step Parent  Foster Parent  
 Legal Guardian  Other

### PROFESSIONAL REGISTRATION If you are a parent of a special needs child and an education professional, you must register as a parent.

Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Home Phone: ( ) \_\_\_\_\_ Cell Phone: ( ) \_\_\_\_\_

Work Phone: ( ) \_\_\_\_\_ Email : \_\_\_\_\_

Position: \_\_\_\_\_ School: \_\_\_\_\_

Work with:  Birth to Age 5  Elementary  Secondary

### ALL PARTICIPANTS MUST SIGN BELOW

### I/WE UNDERSTAND AND AGREE TO THE GUIDELINES FOR PARTICIPATING IN THE PARENTS ENCOURAGING PARENTS (PEP) CONFERENCE

\_\_\_\_\_  
Participant 1 or Professional's Signature

\_\_\_\_\_  
Participant 2 Signature

Mark any accommodations needed: (The hotel is a smoke free facility.)

Need a wheelchair accessible sleeping room  Need a 1st floor sleeping room to avoid stairs  
 Need a language translator: (language: \_\_\_\_\_)  Need a signing interpreter  
 Special dietary needs \_\_\_\_\_  Other needs: \_\_\_\_\_

**RETURN TO: Ann Figard, Special Education Office, Nebraska Department of Education, P.O. Box 94987, Lincoln, NE 68509-4987**

# Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2013

Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### Egg dog

For a healthy meal in a bun, try this clever spin on scrambled eggs. Sauté diced vegetables (red pepper, onions, and potatoes, for example) until tender. Whisk eggs with fat-free milk, and add to the vegetables. Stir quickly until the eggs are set. Place in a whole-wheat hot dog bun, and drizzle on tomato salsa.

### Act out the weather

What's the weather outside? Let your child show you, instead of telling you, with this active idea. Have her look outside and then "become" the weather. She might whirl



around fast like the wind, stomp her feet and pound her arms for thunder, or dance with her arms outstretched on a sunny day.

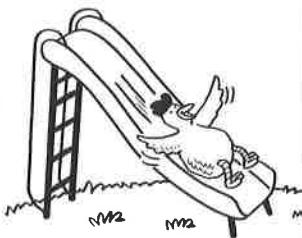
### DID YOU KNOW?

One way to learn if your youngster is at a healthy weight is to determine his BMI (body mass index). At his next checkup, the doctor can tell you the number and explain how it fits in with your youngster's growth pattern. That's also a good time to discuss his eating and exercise habits.

### Just for fun

**Q:** Why did the chicken cross the playground?

**A:** To get to the other slide!



## Healthier fast food

For many busy families, fast food can be a fact of life. If that's the case in your house, try to limit it to every now and then. And when you do get fast food, help your youngster make better choices with these ideas.

### Give options

Suggest several healthier items, and ask your child to choose among them. For instance, you might suggest a plain hamburger, a grilled chicken sandwich, or a yogurt parfait. At a sub shop, you could offer the chicken breast, ham, or veggie sandwich. Then, ask if she wants water or milk (but don't mention soda).

### Talk about toppings

Even the healthiest sandwich or salad can be derailed by high-fat or high-sodium toppings. Encourage your child to ask for "light" (reduced-calorie) cheese and to skip mayonnaise and "special sauces." On the other hand, let her add all the fresh vegetables she wants.



### Make it whole

Most fast food and sandwich shops offer healthier bread these days, so use the opportunity to get in a serving of whole grains. Order your child's sandwich on whole-wheat or whole-grain bread or rolls.

### Add healthy sides

Skip the fries, and go for the carrot sticks and apple slices instead. If you're bringing the food home, you could microwave frozen green beans or peas and cut up a cantaloupe or a pineapple to serve on the side. That will add important nutrients to any fast-food meal. 🍎

## Feeling good about sports

Participating in sports can build your child up ... or drag him down. Make athletics a positive experience for your youngster with these strategies:

- Keep games in perspective. At this age, sports should be about having fun and developing skills. Ask about his favorite part of practice or the most interesting play in the game, rather than focusing on his performance or the score.
- Encourage him to set goals—but make sure the goals are realistic. He might aim to touch the ball three times during a game or to try a move that he's been working on.
- Avoid comments about your youngster's size or body. Concentrate on the friends he is making, the places he is playing, and the effort he is putting forth ("I love how you tried to get the rebound"). 🏀



# Cafeteria plan

Why should your child buy school meals? Cafeteria meals are healthier than ever because of new national nutrition standards. Plus, if he gets lunch at school, you can knock “pack lunch” off your to-do list! Consider these three suggestions.



**1. Go over the school menu together.** He could circle his favorite items and decide what he will put on his tray the next day. Talk up the menu items (“The pork burrito sounds really good!”). If you’re excited about the choices, he’s likely to share your excitement.

**2. Discuss what he eats at school.** What does he like best? What does he throw in the trash? You might suggest that he write to the cafeteria manager to tell her about his favorite meals. He could also mention what he doesn’t like and make recommendations for new foods to serve.

**3. Join your youngster in the cafeteria.** Buy a school lunch, too, and be enthusiastic about what you’re eating. *Note:* If you can’t take time off work, perhaps a grandparent or other relative could stop by for lunch with your child sometime. ♥



## PARENT TO PARENT Rewards for eating vegetables?

Some of my friends give their children stickers or promise them dessert if they eat their vegetables. I didn’t know whether this was a good idea, so I asked my neighbor Kathy, who is a dietitian.

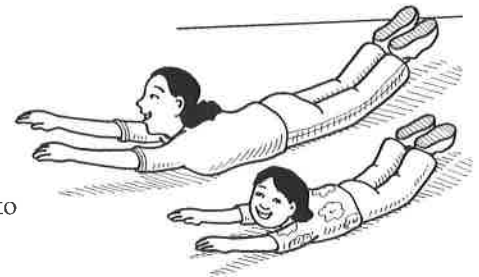
Kathy said rewards would get my kids to eat vegetables in the short term, but probably not in the long term. “The goal is to get them to *like* the vegetables, not just to eat them now,” she told me. Also, she said, if you give them cookies as a reward, you’re teaching them to value sweets over vegetables.



Her advice? Serve vegetables matter-of-factly as part of each meal. Set an expectation that the kids taste them, but if they don’t, try not to make a big deal about it. And most of all, she said, don’t give up. I was shocked when she told me it can take 14, 16, or even 20 tries before a child begins liking a new food! ♥

## ACTIVITY CORNER Exercise = fun

When children are young, exercise isn’t exercise—it’s just plain fun! Try these ideas for putting more physical activity into your youngster’s day.



### Superman

Lie on your tummy with your arms straight out in front of you (as if you’re flying). Lift your arms and legs off the ground at the same time, and hold for five seconds. Put your arms and legs back down. “Fly” 10 more times.

### Bubble jumping jacks

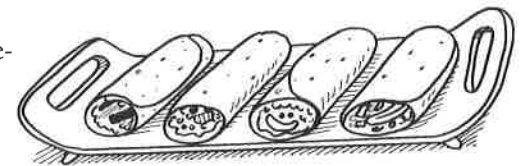
Have your child do jumping jacks as you blow bubbles toward her. How many bubbles can she catch as she jumps? Switch, and let her blow the bubbles as you do jumping jacks.

### Freeze dance

Play music, and dance up a storm. When you stop the music, everyone freezes. Hold your poses for 10 seconds, and start the music back up. ♥

## IN THE KITCHEN It’s a wrap

Start with a whole-grain tortilla, add healthy ingredients, and roll it all up into a handheld meal or snack. Here are recipes for wraps that are sure to be a hit with your family.



**Rainbow.** Chop vegetables of various colors (tomatoes, carrots, yellow squash, green pepper). Spread a thin layer of hummus on a tortilla, and add the vegetables in rows by color.

**Greek.** Cover a tortilla with tzaziki (yogurt-cucumber dip) or Greek yogurt. Top with cooked beef or lamb, chopped cucumbers, chopped onions, shredded lettuce, and feta cheese.

**PB&B.** Spread reduced-fat peanut butter on a tortilla. Layer on sliced bananas and granola, and drizzle honey on top.

**Chicken.** Spread a tortilla with a thin layer of pesto. Add cooked chicken, sun-dried tomatoes (not packed in oil), and spinach leaves.

*Tip:* Leftover meat and vegetables are perfect for wraps. Be creative with last night’s dinner! ♥

### OUR PURPOSE

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

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
540-636-4280 • rfeustomer@wolterskluwer.com  
www.rfeonline.com

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



ISSN 1935-4630



# Hemingford Public Schools Breakfast Menu

**February 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CINNAMON ROLL</b> <b>Fruit or Juice</b>
<b>4</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>5</b> <b>OMELET</b> <b>Fruit or Juice</b>	<b>6</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>7</b> <b>PANCAKES</b> <b>Fruit or Juice</b>	<b>8</b> <b>BREAKFAST PIZZA</b> <b>Fruit or Juice</b>
<b>11</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>12</b> <b>PANCAKE &amp; SAUSAGE on A STICK</b> <b>Fruit or Juice</b>	<b>13</b> <b>BREAKFAST PIZZA</b> <b>Fruit or Juice</b>	<b>14</b> <b>SCRAMBLED EGGS</b> <b>Fruit or Juice</b>	<b>15 No School</b>  <b>Mid-Winter Break</b>
<b>18</b>  <b>No School Teacher In Service</b>	<b>19</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>20</b> <b>BREAKFAST PIZZA</b> <b>Fruit or Juice</b>	<b>21</b> <b>FRENCH TOAST STICKS</b> <b>Fruit or Juice</b>	<b>22</b> <b>CINNAMON ROLL</b> <b>Fruit or Juice</b>
<b>25</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>26</b> <b>EGG &amp; CHEESE BISCUIT</b> <b>Fruit or Juice</b>	<b>27</b> <b>CEREAL</b> <b>Fruit or Juice</b>	<b>28</b> <b>WAFFLES</b> <b>Fruit or Juice</b>	

**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***


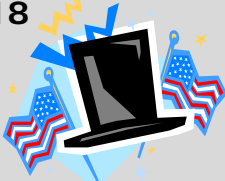




# Hemingford Public Schools Lunch Menu

**February 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>4</b> <b>FRITO PIE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>5</b> <b>TACOBURGER</b> Vegetables Fruit <b>SALAD BAR &amp; Chicken Rice</b>	<b>6</b> <b>CORNDOG</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>7</b> <b>HAMBURGER</b> Vegetables Fruit Dill Slices <b>SALAD BAR &amp; Potato Soup</b>	<b>8</b> <b>TERIYAKI CHICKEN</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>11</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>12</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Broccoli Cheese</b>	<b>13</b> <b>CHEESE PIZZA</b> Vegetables Fruit <b>SALAD BAR</b>	<b>14</b> <b>CHICKEN SANDWICH</b> Vegetables Fruit Cookie <b>SALAD BAR &amp; Chicken Pot Pie</b>	<b>15 No School</b>  Mid-Winter Break
<b>18</b>  No School Teacher In Service	<b>19</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Chicken Noodle</b>	<b>20</b> <b>CRISPITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>21</b> <b>POPCORN CHICKEN</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Beef &amp; Barley</b>	<b>22</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup <b>SALAD BAR</b>
<b>25</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie <b>SALAD BAR</b>	<b>26</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Cr. Of Mushroom</b>	<b>27</b> <b>SLOPPY JOE</b> Vegetables Fruit <b>SALAD BAR</b>	<b>28</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Bean &amp; Bacon</b>	

**Menus are subject to change**

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

### Calendar Events February 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 White Day FFA State Applications Due WTC G-B BB @ WNCC	2 FFA State Interviews Speech @ Chadron WTC G-B BB @ WNCC Wr at Southeast (Yoder)
3	4 Red Day	5 White Day JV/V G-B BB vs Morrill	6 Red Day FFA Ag Mech @ Gordon WTC Speech @ Kimball	7 White Day	8 Red Day JV/V G-B BB vs Kimball	9 Speech @ North Platte ? JH BBB vs Bridgeport ACT Test Date
10	11 White Day	12 Red Day	13 White Day Progress Reports Sent Home 8:30 AM PLAN Test (Sophs) 2:30 PM Big Brother/Sister	14 Red Day	15 No School - Mid Winter Break JH BBB at Crawford JV-V Boys BB @ Crawford	16 Speech @ Ogallala JH BBB at Bayard Tourney
17	18 No School - Teacher Inservice	19 White Day	20 Red Day	21 White Day	22 Red Day	23 Speech @ Mitchell
24 FCCLA Peer Retreat	25 White Day FCCLA Peer Retreat	26 Red Day District ProStart at CSC 6:30 PM FFA Meeting	27 White Day	28 Red Day		

### Calendar Events March 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 White Day Girls State Basketball	2 PHC Speech @ Hemingford Girls State Basketball
3	4 Red Day 6:00 PM County Government Day	5 White Day WTC Inst. Music @ Bridgeport	6 Red Day FFA Agr @ Kimball	7 White Day Boys State Basketball 5:00 PM 6th Grade Bingo Night	8 Red Day Boys State Basketball	9 Boys State Basketball
10	11 White Day 7:00 PM School Board Meeting	12 Red Day 6:00 PM "Are You More Coordinated Than Your 5th Grader?"	13 White Day 2:30 PM Big Brother/Sister	14 Red Day	15 White Day PHC Quiz Bowl @ Edgemont	16 State ProStart
17	18 Red Day 3rd Quarter Ends	19 White Day 4th Quarter Begins 6:30 PM FFA Meeting	20 Red Day WTC Quiz Bowl @ Morrill	21 White Day State Speech in Kearney	22 State Speech in Kearney Red Day FFA Rocky Mt Oyster Feed PHC Music @ Crawford	23 Track @ Kimball Invite 6:00 PM Dinner Theater
24 6:00 PM Dinner Theater	25 White Day 6:00 PM Dinner Theater	26 Red Day 1:00 p.m. Dismissal 2:00 PM Parent - Teacher Conferences	27 8:00 AM No School - Assessment Day	28 No School - Easter Break Track @ Bayard C-D Invite	29 No School - Easter Break	30
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