



## BOBCAT BITS

Hemingford Public Schools

January 2013



WE WISH YOU A HEALTHY, HAPPY NEW YEAR!

### Fall 2012 Academic All State

The Nebraska School Activities Association (NSAA) is pleased to announce the student recipients of the Fall 2012 Nebraska Chiropractic Physicians Association (NCPA) Academic All-State Awards. Since 2006 this NSAA Award Program has recognized students who meet the criteria for nomination by their school in the season of their activity.

Each year the NSAA and the NCPA recognize students during Fall, Winter and Spring Seasons who are nominated by their schools for their individual academic excellence, leadership and significant contributions in their NSAA activity.

**Boys Cross Country:** *Brady Horstman, Jason Randolph*

**Girls Cross Country:** *Caralina Carlson, Casandra Elder*

**Football:** *Blake Hansen, Kyle Kumpf*

**Play Production:** *Brady Horstman, Kelsy Wood*

**Volleyball:** *Kaitlyn Jespersen, Kelsy Wood*



#### Special points of interest:

- *Academic All State 2013*
- *Soup Supper*
- *Italian Buffet*
- *7 Secrets to Self - Disciplined Kids*
- *Heads Up - Concussion in Sports*
- *Lunch Menus*
- *Activity Schedules*

#### Inside this issue:

Mrs. Foster	2
Mr. Foster	3
Counselor's Corner	4
Giorgi's Gym	5
7 Secrets to Self - Disciplined	6-7
World Strides 2013	8
Heads UP	9
Menus	10-11
Activity Calendars	12-13



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

**HAPPY NEW YEAR**

Hopefully students will have a restful holiday to catch up on sleep and get healthy because once we are back--off we go again. There are many activities throughout the month of January. Students have to juggle many schedules and still find time to eat and sleep as well as homework. To help with the homework piece, I suggest a New Year's Resolution for students to attend SST.

Please continue to monitor the website calendar for updates to the events on scheduled times. Enjoy your break; see you back here on Wednesday, January 2, 2013.

**Academic Information**

**End of the Semester—January 11th**

When students return from Christmas break, students will have a week or so for final presentations and review before semester testing which will occur during their regular class periods. Report cards will be mailed out January 14 or 15, 2013.

**Semester Grades**

The semester grade is the average of 1<sup>st</sup> and 2<sup>nd</sup> quarter which is how a student earns credit toward graduation. One of the first questions, you may ask your child is “Are you giving your best effort?” or “Was there something more you could have done to improve your grade?” If the semester grade is below 70%, no credit is issued and students will have to retake the class. Teachers are willing to help, but students need to make an effort to receive help. There is always room in SST.

**Honor Roll**

The honor roll includes grades 4-12 for the 2<sup>nd</sup> Quarter and 1<sup>st</sup> Semester. It will be published in the newspaper as well as the next newsletter. 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.



**NeSA-Writing for Grades 8 and 11**

The window is from January 21 through February 8 for students to write on a specific topic with the results being scored and ranked at the state level. This test is very important in having the students give their best efforts.

**Poetry Out-Loud—January 8**

During the English periods, a guest presenter will work with a variety of classes and students.

**Oregon Trail Honor Band—January 14**

A group of talented musicians will accompany Ms. Schmidt to Gering to work with a guest clinician and then perform in a concert atmosphere.

**Italian Buffet –Sponsored by World Strides**

Friday, January 25—Excellent Food and a Great Way to support the World Stride Students. Tickets may be purchased from a World Stride member.





## Fostering Education

### LOOKING TOWARDS JANUARY 2013

Christmas Day has come and gone already, but also brings a time for each of us to reflect. The kids are striving to reach their potential. We have very hard working kids that I'm pleased to be around each day.

**GREAT JOB KIDS** ☺ I feel extremely lucky to be a part of such a **GREAT SCHOOL SYSTEM**. I'm blessed to be surrounded by a **WONDERFUL and DEDICATED STAFF**. Your children are getting the best! Please be safe if you are planning any travel over this holiday break. Reminder we will finish the second quarter of school on January 11<sup>th</sup>.



HOPE YOU HAD A MERRY CHRISTMAS!

**HAPPY NEW YEAR**

### DRESSING FOR THE WEATHER

Please help keep the kids healthy this year by seeing they have the needed clothing for the type of weather we can expect. **PLEASE PUT THEIR NAME OR INITIALS INSIDE COATS AND HATS.** Thanks, this will help us identify their coat or hat if they are misplaced. This will take a team effort to keep them healthy.



### UPCOMING DATES OF INTEREST

January 2<sup>nd</sup> - School Resumes---Welcome Back ☺

January 11<sup>th</sup> - 2<sup>nd</sup> Quarter ends

### BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.



### COMMUNICATION

Remember there's no "I" in team. It takes all of us working together to make a difference. Call us with any questions at 487-3330



## COUNSELOR'S

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**Seniors -- All students that are filling out the FAFSA need to request a Personal Identification Number (PIN) for you and one for a parent at [pin.ed.gov](http://pin.ed.gov). The PIN is your signature for the online FAFSA.**

Don't forget to check your mailbox in my office. A list of all the scholarships that I receive have been put in your mailbox. If you need any help, please don't hesitate to contact me @ 487-3328 and we can set up an appointment.

**Juniors** –Juniors I will be starting your individual conferences right after Christmas break. We will discuss your transcript, requirements for graduation, plans after high school, careers you are pursuing, test results, and scheduling for next year.

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

I will be working with the kindergarten, 1<sup>st</sup>, and 2<sup>nd</sup> graders during the month of January. We will be working on anger management.

How many of you parents have questions like this:

1. How do I get my child out of bed in time to catch the school bus?
2. How do I get my child to come home at the agreed-upon time?
3. How do I get my child to do their homework without a fight every night?
4. How do I help my child get along in a new building or school? ETC.

Are there any of you parents that would like to learn techniques that will help raise your child as a resourceful, respectful, and responsible lifelong learner that leads to success in school?

If you are one of these parents, we are going to start a program that will give you techniques to deal with these questions. Stay tuned for more.

***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



## GIORGI'S GYM



### SKIP'N CATS START

Level 1 Skip'n Cats starts Wednesday, January 9, 2013, at 7:45 am in the Elementary Gym. The Skip'n Cats Rope Skipping Team is open to any 2<sup>nd</sup> - 12<sup>th</sup> grade student. Handbooks and medical release forms can be picked up from Mrs. Giorgi and must be signed and returned on the first day of practice.

### **THE AMERICAN HEART ASSOCIATION SAYS OUR CHILDREN ARE IN REAL PHYSICAL DANGER:**

"The childhood obesity rate is simply staggering - one in three American children and teens is overweight or obese. Our children are now having health problems that were previously only typical for adults - like heart disease, type 2 diabetes and high blood pressure. Too many of our children are on the fast track to a premature death."

Solution? Eat right and exercise!

### **START THE NEW YEAR WITH A NEW PERCEPTION OF EXERCISE:**

- A break from a stressful workday
- The only time you'll have to yourself all day
- A way to boost energy and mood
- A chance to get totally physical and let your mind rest
- A chance to reward your body for working so hard
- A way to improve your quality of life immediately



Then get out and move! Ride a bike, walk, hike, jog, jump rope, play sports.

Mrs. Giorgi

A HAPPY  
NEW YEAR



## 7 Secrets to Self-Disciplined Kids | iMOM

One of the primary tasks of early childhood is to develop self-discipline. Parents often find themselves correcting their children for interrupting, being wild, not following instructions or for not controlling their hands or

mouths. These all require self-discipline or **self-control**. Young children are by nature impulsive. Some children have ADHD or other biological factors which increase impulsiveness. Part of the solution for impulse

control is to learn self-discipline. A child armed with self-discipline has a tremendous asset for addressing life's challenges. So many relational and personal problems can be avoided or controlled when one has self control.

Here are some suggestions for teaching it to children.

**1. Teach children to come when they are called.** When a parent calls a child, that child shouldn't yell, "What?" from across the house, parking lot or playground. Children can learn to come to the parent, within a few feet, in order to have a dialog with the parent. This helps children learn that self-control sometimes means that we must give up what we would like to be doing in order to do something else.

**2. Teach children to respond positively to correction.** Most children don't like to be corrected and respond negatively in either aggressive (anger) or passive (bad attitude) ways. This is unacceptable and becomes an excellent opportunity to teach self-discipline. One of the facts of life is that people often must follow directions which may not be their preference. Teach children to respond with a good attitude as well as right behavior. This requires self-control and helps children learn to control their impulses. A good response to correction is sometimes difficult to learn but work in this area will help a child develop a skill which will help them forever.

**3. A number of social skills require self-control.** Praise children when they demonstrate this quality and point out areas they need to work on. Listening, knowing when and how to interrupt, anger control, reporting back after completing a task all require self-discipline.

**4. Encourage children to take on activities which build self-discipline.** They may include sports, music lessons, a paper route, the responsibility of caring for a neighbor's pet, memorization of scripture, a clean room, or a host of other activities.

**5. When a child receives a reward like payment for a job accomplished or even a **star on a chart** or special treat, talk about self-discipline.** External rewards give a great opportunity to talk about internal rewards. The real benefit to a paper route is not the money, it's the building of self-discipline. "You are pretty determined and responsible to get up every morning." "I know you would have rather played the game but I like the way you took time to walk the dog. That shows self-discipline."

**6. Use bed times to teach self-discipline.** Some children have a hard time going to bed without creating a battle and this becomes a great opportunity to teach self-discipline to children. After all, it requires a lot of self-control for a child to stay quietly in bed while parents are still awake. Set a bedtime, develop a routine which covers all the necessary bedtime tasks and work at getting your child to stay in bed without Mom or Dad falling asleep in the room. This requires work on the part of the parent but will pay off tremendous dividends in the end.



## 7 Secrets to Self-Disciplined Kids | iMOM

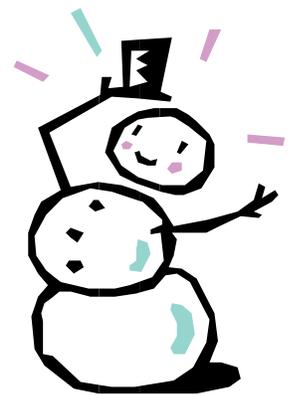
**7. Morning routines, chores, and family schedules become opportunities for children to learn responsibility and self-discipline.** Responsibility is “doing the right thing even when no one is watching.” The rewards for being responsible are called privileges. The child who is responsible to get ready and be at breakfast by 7:30 a.m. is allowed the privilege of staying up until their 8:00 p.m. bedtime. Being able to choose one’s clothes is the privilege for getting dressed before the deadline. Simple benefits of life are seen as privileges associated with basic responsibility.

Some parents try to give their children an easier life than they had or they try to make their children feel good at the expense of good character. Unfortunately, this often translates into more freedom and less self-control. A wise parent will use childhood to prepare a child for success as an adult. Self-discipline is one of the most important character qualities a child can develop. Ironically, spoiled children are not happy; self-disciplined children often are!

Self-discipline is a primary quality that will help children be successful in life. More techniques and ideas are available in the book, *Good and Angry, Exchanging Frustration for Character in You and Your Kids*.

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# HAPPY NEW YEAR 2013



## World Strides 2013

Friday, January 11, 2013, the students will be serving a soup supper in the cafeteria. Chili, chicken noodle and potato soup will be served with a relishes, cinnamon rolls and a drink. Cost is \$6 for adults and \$4 for 12 and under. Tickets may be purchased at the door. Serving 4:30 to 7:00 p.m.

Friday, January 25, 2013, is the Italian Buffet at the West Side Event Center in Alliance. The menu includes lasagna – both vegetarian and with meat, noodles and marinara sauce, meatballs, chicken strips, garlic bread, drink and desert. Adults are \$15 and children 12 and under, \$7.50. Serving is from 5-8 p.m. Students will be selling tickets. They can also be purchased at the door. Our thanks to McVickers and Helen lossi for hosting this each year. Also to BNSF for donating \$500 for supplies.

A HUGE thank you to Hemingford Telephone and Mobius for their \$3400 donation to the students. That is a real boost to their funds. The Hemingford Farmers' Coop also donated \$3000 earlier this fall. The fair, the volunteer firemen, PACE, and the Alumni association regularly provide opportunities for the students to make money for their trip. We thank all who participate and those who purchase tickets and greenery from the kids. The community is very supportive and we could not do this every year without their help! **Final payment is due February 15.** The four who will participate in the Arlington Cemetery presentation at the Tomb of the Unknown Soldier are Blake Hansen, Kyle Kaman, Matthew Mayer and Tyler Huddle. Others have made great strides in their fundraising and have worked hard to make this trip a reality.





## **HEADS UP: Concussions in Sports... A Fact Sheet for Parents & Students**

On April 14th, 2012, Governor Heineman signed into law LB260, the Nebraska Concussion Awareness Act with the bill taking effect July 1, 2012. The bill affects any schools having athletes 19 years old or younger, as well as any sports organization, including youth leagues, club sports, or any organization sponsoring a sporting activity where there is a cost to participants or where such costs are sponsored. There are three primary components of the act:

1. Education – (a) concussion educational training must be made available to all coaches on how to recognize symptoms of a concussion, and how to seek proper medical treatment. (b) Athletes and parents must be provided concussion information prior to an athlete's participation on an annual basis that includes (i) signs & symptoms of a concussion, (ii) risks posed by sustaining a concussion, and (iii) actions athletes should take in response to sustaining a concussion – including informing their coaches
2. Removal of Athlete – an athlete presenting signs or symptoms of a concussion, thereby being "reasonably suspected" of having sustained a concussion, (a) must be removed from participation, and (b) may not return to participation until evaluated by appropriate licensed health care professional, and
3. Written & Signed Clearance for Return to Play (RTP) – an athlete having been removed from participation for the purpose of presenting with signs or symptoms or "reasonably suspected" of having sustained a concussion must have, before RTP or participation is allowed by a coach, (a) written and signed clearance from an appropriate licensed health care professional, and (b) written and signed clearance from the athlete's parents.

A Licensed Health Care Professional means a physician or licensed practitioner under the direct supervision of a physician, e.g. PA-C or APRN; a neuropsychologist, an athletic trainer, or a qualified individual able to (a) provide health care services where doing so falls within one's scope of practice in Nebraska, and (b) is trained in the evaluation and management of traumatic brain injury among a pediatric population.

For further details please visit [www.nebsportsconcussion.org](http://www.nebsportsconcussion.org)

**What is a concussion?** A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious and could be a concussion.

### **What parents/guardians should do if they think their child has a concussion?**

1. OBEY the NEW LAW.
  - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
  - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

### **What are the signs and symptoms of a concussion?**

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

**STUDENTS**—If you think you have a concussion:

- **Tell your coaches & parents.** Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up.** A physician or other licensed healthcare provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal.** If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your healthcare professional.

### **Signs Reported by Students:**

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

### **PARENTS**—

#### **How can you help your child prevent a concussion?**

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

#### **Signs Observed by Parents or Guardians:**

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

\*Information on concussions provided by the Centers for Disease Control and Prevention, [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion).

## 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.



# Hemingford Public Schools Breakfast Menu

**January 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 	<b>2</b> <b>CEREAL</b> Fruit or Juice	<b>3</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>4</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>7</b> <b>CEREAL</b> Fruit or Juice	<b>8</b> <b>OMELET</b> Fruit or Juice	<b>9</b> <b>CEREAL</b> Fruit or Juice	<b>10</b> <b>PANCAKES</b> Fruit or Juice	<b>11</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>14</b> <b>CEREAL</b> Fruit or Juice	<b>15</b> <b>PANCAKE &amp; SAUSAGE on A STICK</b> Fruit or Juice	<b>16</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>17</b> <b>SCRAMBLED EGGS</b> Fruit or Juice	<b>18</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>21</b> <b>CEREAL</b> Fruit or Juice	<b>22</b> <b>SAUSAGE GRAVY / Biscuit</b> Fruit or Juice	<b>23</b> <b>CEREAL</b> Fruit or Juice	<b>24</b> <b>WAFFLES</b> Fruit or Juice	<b>25</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>28</b> <b>CEREAL</b> Fruit or Juice	<b>29</b> <b>FRENCH TOAST STICKS</b> Fruit or Juice	<b>30</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>31</b> <b>BREAKFAST BAGEL</b> Fruit or Juice	

**Menus are subject to change**

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes that he or she has been discriminated against in any USDA-related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

***The Hemingford Public School provides lunches in accordance with the National School Lunch Program.***

***The cost of a breakfast is as follows: PreK-12 - \$1.20 Adult Breakfast - \$1.70***

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



# Hemingford Public Schools Lunch Menu

**January 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> 	<b>2</b> <b>HAMBURGERS</b> Vegetables Fruit Dill Slices <b>SALAD BAR</b>	<b>3</b> <b>FRITO PIE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Chicken Rice Soup</b>	<b>4</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>7</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>8</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Cr. Of Mushroom</b>	<b>9</b> <b>TACOS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>10</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Broc. Cheese</b>	<b>11</b> <b>CORNDOG</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>14</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie <b>SALAD BAR</b>	<b>15</b> <b>PIZZA</b> Vegetables Fruit <b>SALAD BAR &amp; Potato Soup</b>	<b>16</b> <b>BURRITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>17</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup <b>SALAD BAR &amp; Tomato Soup</b>	<b>18</b> <b>SLOPPY JOE</b> Vegetables Fruit <b>SALAD BAR</b>
<b>21</b> <b>CHICKEN &amp; NOODLES</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>22</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Beef &amp; Barley</b>	<b>23</b> <b>CHICKEN SANDWICH</b> Vegetables Fruit <b>SALAD BAR</b>	<b>24</b> <b>CHILI</b> Vegetables Fruit Cinnamon Roll <b>SALAD BAR &amp; Bean &amp; Bacon</b>	<b>25</b> <b>ITALIAN DUNKERS</b> Vegetables Fruit Dipping Sauce <b>SALAD BAR</b>
<b>28</b> <b>HOT HAM &amp; CHEESE SAND</b> Vegetables Fruit <b>SALAD BAR</b>	<b>29</b> <b>SPAGHETTI</b> Vegetables Fruit Garlic Bread <b>SALAD BAR &amp; Chicken Noodle</b>	<b>30</b> <b>CRISPITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>31</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Nacho Potato</b>	

**Menus are subject to change**

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### 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 Wld Stride Soup Supper	12 Speech @ Scottsbluff Wr at Sandhills (Dunning) JV/V G-B BB @ Sioux Cty.
13	14 White Day 3rd Quarter Begins Oregon Trail Honor Band @Gering	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 NeSA-Writing Window 1-21 to 2-8	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		

### 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		