

## Bobcat Bits

### Basketball 2012-2013



Making the drive to to the hometown Gering High School boys, (49-43).

for a C2-12 sub-district basketball game has been a path that many Hemingford fans have followed over the years, with victories coming now and then in opening rounds, but rarely in a sub-district final. That changed Thursday night, when long-time nemesis Bridgeport, a two time winner over the Hemingford Boys this season, was unable to stay with the defensive pressure the Bobcats kept bringing, and fell

With the win, Hemingford moves to (19-5) on the season, and advances to the 2013 C2-6 District Final, to be played Monday, February 25th, 6:30 PM at Sidney High School, vs (21-3) North Platte St. Patrick's. The winner will head to Lincoln in two weeks for the 2013 State Tourney!

Good Luck Boys and a job well done!



#### Special points of interest:

- *Speech Meet*
- *Parent Teacher Conferences*
- *Scheduling for Next Year*
- *FFA Rocky Mountain Oyster/Fish Fry*
- *Summer School*
- *Student Effort Award*
- *Boater Education Class*
- *Family Fun Festival*
- *Attention Senior Parents*
- *Lunch Menus*
- *Activity Calendars*

### Hemingford Speech Meet

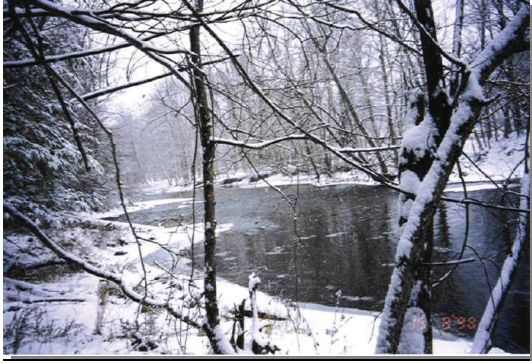


Hemingford will host the Panhandle Conference Speech Meet additional other smaller panhandle teams will be attending on Saturday, March 2, 2013. Events will be held in High School building, 1st round will start at 8:30 a.m., finals will start at approximately 2:00 p.m.

Please come and watch the talented speech kids.

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### February – March 2013

Superintendent's Notes – Mr. Ningen

*This time of year is a study in contrasts* as the weather and our activities are sometimes at odds. We have already had a few February days that would have been great days for a track meet, but should probably plan on a meet or two being postponed in March or April because of stormy weather. Like most Western Nebraskans, we will take the moisture whenever we can.

Congratulations to the wrestlers that made it to Omaha. **Cash Weber, Cooper Weber, and Lee Jespersen** represented our school well at the State meet, and the two freshmen, along with some team mates from this year, and some incoming junior high wrestlers should make 2013-2014 a solid one for HHS. Thanks to **Coaches Kyle Walker and Jake Frost** for their efforts this season.

**Coaches Chatelain, Janssen, and Morava** were able to keep the girls basketball team rolling this season, along with great Senior seasons by **Kelsy Wood, Kaitlyn Jespersen, Kristina Kramer, Jayleen Forgey, Cassie Elder, and Carolina Carlson**. Wood was able to score over 1,000 points in her four-year high school career, and the girls made it to the Sub-District Finals, finishing with a (14-8) won-loss record. Great Job!

The boys basketball team, with coaches **Hiemstra, Collins, and Wood** have worked their way into the finals of sub-districts as well, with a PAC Tourney Championship and a (17-5) won – loss record so far this season. Seniors **Brady Horstman** and **Kyle Kumpf** have done a good job showing the way for the rest of a very young team.

Speech has also been an involved activity this winter and spring. Sponsors are **Mrs. Stewart** and **Mrs. Herstead**, and the Speech team has been to several contests in and around the panhandle. Later this season, Hemingford will host the PAC Speech contest, on Saturday, March 2<sup>nd</sup>. Senior Speech team members include **Davina Berg, Kayla Christianson, Anna Hughart, and Nicole Schekall**.

Future Farmers and FCCLA are in the midst of contest seasons that will lead to state and national competition for FFA Sponsor **Gordon Karney** and FCCLA Sponsor **Suzanne Neefe**.

And so for a time of the school year that features cold weather, challenging sports and contests, Hemingford is fortunate that we have so many reasons to stay inside and support our students! We would still like to see an increase in moisture as well !

**Great Job!**

## Foster's Facts

pfooster@panesu.org

Already—Yes! Set those clocks ahead on March 10<sup>th</sup>. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. Being on time is a skill that needs to be developed. School is the primary "job" for students and should be treated as such. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh is a good visual ruler for you.



**NeSA State Testing**—This year April is the primary month for state testing. Testing will be for students grades 7, 8, and 11 in reading, math and science. The dates are noted on the school calendar. Due to the importance of these tests for our school, the students will have a testing schedule. Students should not schedule appointments during these times.

**ACT Test Preparation**—The school is using the John Baylor Test Prep material which has data that provides evidence that this program is successful in raising test scores. All juniors will go through the 10 sessions during the school day. This will be beneficial as a review for state testing as well as in preparation for those juniors that might take the ACT test in April. This is free to the students, which is an advantage for our students. Some schools charge for this prep activity.

**Please help support your child and school by letting them know how important it is to give their best effort on these tests.**

### Parent/Teacher Conferences—End of 3<sup>rd</sup> Quarter is March 18



Please plan to spend some time at the high school on **Tuesday, March 26** for parent/teacher conferences. Conferences run from 2:00 – 8:00 pm. At that time you may pick up your son or daughters report card as well as discuss with teacher the strengths/concerns of your child. This is an excellent opportunity to discuss what projects will be upcoming or ask questions. Feel free to bring your son/daughter to conferences with you. It is useful for them to hear the good as well as how they could do better. Remember conferences are for all the students in grades 7-12.

### Teacher Assessment Day

The morning of March 27, teachers will spend time with 6-trait writing scoring. Teachers will score the writing that was completed earlier this month. These results help provide data to the English department which they use to adjust curriculum.

**Lock-Down Drill: A school-wide drill** will occur during March. We practice many types of drills; fire, tornado, and lockdown. These are required by the state of Nebraska, but also are of great benefit in the case of an actual emergency. Staff members talk to the students each year about the different drills and what to expect from each one. The school will invite local law enforcement to participate. If you visit the high school you will see that the east door now has a buzzer system. It is very simple to use. After pushing the button, wait for the buzz sound and pull on the door as the buzz is sounding.

# HAPPY ST. PATRICKS DAY!

## Foster's Facts

pfooster@panesu.org

### Supervised Study Time (SST)

It happens from 3:30-4:00 Monday-Thursday. Looking for students that need time to make up work from being absent, use computers, finish projects, ask questions, or finish homework; all ways that can raise a student grade and understand material presented. All students are welcome to use this time. SST also helps to keep students eligible by receiving the one-to one assistance that may be needed to understand a concept or complete some unfinished work.



### Absent or Truant?



When it is necessary for a student to be absent for a non-school related activity, the parent or guardian is asked to call the school prior to 8:45 am. You can leave a message on the school answering machine early in the morning if that works best for you. This is to ensure safety and accountability for your child. Also if you would like an assignment sheet for your son/daughter, it needs to be requested when you call in. Normally when your child is ill enough to be at home, it may be more beneficial for them that they sleep during the day and plan on staying for SST the next day to work on missed assignments.

Also, attendance is a direct correlation for student success. Please try to schedule necessary appointments during breaks or when little time from school can be missed. Your help in keeping students in school as long as possible is much appreciated.

### School Activities

During the month of March, the focus is pulled from athletic competitions to the fine arts and academic competitions. Band clinics, instrumental music, quiz bowl teams are all part of the March activities. The Dinner-Theatre is set for the weekend of March 23-25 with District Speech (March 11) and WTC Instrumental Music (March 5). Quiz Bowl competitions will be March 15 at Edgemont and March 20 at Morrill.

**County Government Day—Monday, March 4:** The government class will be spending the day at the Box Butte County Courthouse to learn more about the different agencies/offices that serve our county.

### Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 25 and 26 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.)



## Scheduling for Next Year

The scheduling process for the 2013-2014 school year will begin mid-March. Your son/daughter will be bringing home request registrations forms. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign the form indicating that they are aware of courses their son/daughter may be taking. During the scheduling process, we try to honor all student requests; however sometimes it is not possible and students will need to make choices.

## Foster's Facts

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



### April Event: Prom Eligibility

The juniors are in planning stages for the 2013 Prom (April 20). This is a reminder to parents that students must meet the academic eligibility to attend. Numerous announcements will be made to the students so that they are fully aware of the time frame also. For students to be eligible to attend prom, they must be eligible for the period beginning Wednesday, April 17 through Tuesday, April 23, 2013.

## FFA Rocky Mountain Oyster/Fish Fry

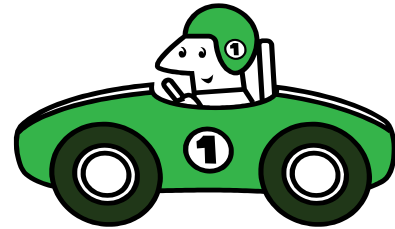
**What:** Rocky Mountain Oyster/Fish Fry.

**Where:** Multi-Purpose Hall at the fairgrounds.

**When:** Friday March 22nd @ 7:00pm.

**Why:** Fundraiser for the Hemingford FFA chapter

*The meal costs \$9.00 at the door. The dinner ticket also registers you for a chance to win a Car! There will also be a labor auction, project auction, 50/50 raffle and door prizes. For more information call Gordon Kearney @ 308-487-3328. Hope to see you there!*



## Hemingford FFA Wins Awards at Gordon District Event

### Veterinary Science Team takes Latest Championship

FFA Places First and Third at District Competition.

On February sixth the Hemingford FFA competed at the District 12 Curriculum Development Event competition at Gordon. The Veterinary Science team consisting of Caleb Milne, Jordan Glendy, Danny Manning, Moses Ash and Ethan Skinner placed first. Caleb Milne received the award for top individual score and Jordan Glendy placing fourth.

The Farm and Ranch Management team consisting of Kyle Kumpf, Brady Horstman, Cash Weber, Jesse Savala and Kipp Irene placed third with Cash Weber placing sixth individually and Brady Horstman placing tenth. The next competition and the last competition, at the district level, before the state convention will be at Kimball on March sixth.

2013 District Champions - Vet Science Team  
HEMINGFORD HIGH SCHOOL



2013 FFA District Farm and Ranch Team  
THIRD PLACE - HEMINGFORD HIGH SCHOOL



## Fostering Education

rfoster@panesu.org

### HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 19<sup>th</sup>, it just doesn't seem possible. We have had a very productive and rewarding year so far. I love walking into the classrooms and seeing the kids engaged in learning. As principal I feel blessed having children who are coming to school each day eager to learn. Our teachers are doing an excellent job helping the kids reach their potential.

### STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. The students in all other grades will write using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers the morning of March 27<sup>th</sup>.



### DATES OF INTEREST

**March 5<sup>th</sup> – Author Presentation in Big Gym @ 1:00 p.m.**

**March 7<sup>th</sup> – 6<sup>th</sup> Grade Bingo Night From 5:00 – 7:00 p.m.**

**March 12<sup>th</sup> – 5<sup>th</sup> grade parent PE challenge from 6:00 – 7:00 p.m.**

**March 26<sup>th</sup> – 1:00 P.M. Dismissal**

**March 26<sup>th</sup> - Parent / Teacher Conferences will run from 2:00 – 8:00 p.m.**

**March 27<sup>th</sup>, 28<sup>th</sup>, 29<sup>th</sup>, and April 1<sup>st</sup> -- No School - Spring Break/Easter Break**

### PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, March 26<sup>th</sup>. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support. Remember it takes all of us working together to help your child succeed.



### STATE READING, MATH, and SCIENCE TESTS

We will administer the NeSA-R and NeSA – M, (Nebraska State Accountability Reading and Math) tests this spring for students in grades 3, 4, 5, 6, 7, 8, and 11.

We also will administer the NeSA-S (Nebraska State Accountability Science) to grades 5, 8, and 11. This is a state requirement to measure student growth against schools throughout our state. **THESE TESTS ARE VERY IMPORTANT.**

**Let's show everyone how great our school is by doing our very best.**

### ACCELERATED READING

We use the accelerated reading program to supplement their reading in the classroom. I used this program when I was a teacher. I found it provided the kids with great opportunities to enhance their reading. You can help by asking your child questions about their AR book or letting them read to you.

### LOCKDOWN DRILL

We will be running a lockdown drill in the month of March. We practice many types of drills; fire, tornado, and lockdown. These are required by the state of Nebraska, but also are of great benefit in the case of an actual emergency. Staff members talk to the students each year about the different drills and what to expect from each one.

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

## Summer School 2013



It's hard to believe that planning for summer school has already begun! Changes have been made this year; due to the over whelming attendants last year, ONLY the students who participate in the Title 1 program or receive Resource Services will be invited. If you have a child that participates in either of these programs, please be on the lookout during Parent Teacher Conferences for your parent letter!

If you have questions please call Ammie Frost at the school. 308-487-3330





## Student Effort Award Fall 2012

- K-3 Emma Topliss (K), Gavin Bell (K), Nathan Randolph (K), Anthony Savala (K), Jacob Ferguson (1),  
Lauren Garner (1), Drew Varner (1), Ethan Plog (1), Jonathan Fritzier (1), Dax Powell (1), Maria Jacobs (2),  
Aliyah Lovato (3), Marius Lawhorn (3), Daren McConville (3), Olivia Raben (3), Hunter Jordan (3)
- 4-6 Mariha Woodbeck (4), Kenny Wyland (4), Tatum Swanson (4), Haden Carlson (4), Ariel Lawhorn (5),  
Tayson Ernesti (5), Xavier Robb (5), Katelin Agler (5), Jace Stumpff (5), Jacob Clouse (5), Elijah Walters (5),  
Melissa Anglesey (5), Lora Wurst (6), Lilvanne Carlson (6), Mackenzie Glendy (6), Casey Lashley (6),  
Cade Payne (6)
- 7-8 Gracious Carlson (7), Kaitlyn Kumpf (8), Hadley Elder (8), Faith Rohrbouck (8)
- 9-12 Jon Mazanec (9), Ana Rodriguez (9), Tyrell Cotant (9), Mathew Davis (9), Cole Walters (9), Jason Randolph (9),  
Sally Greene (10), Hayden Walker (11), Blake Hansen (11), Brady Horstman (12)

Congratulations on your effort  
and keep up the great work!

If you have any questions about the student effort award, please contact Mandy Plog, 487-3330.



# Giorgi's Gym



According to a study from the British Medical Journal, sitting too much shortens your life span. If you were able to sit 2 hours less per day, you could live 2 years longer.



## -COMING MARCH 12<sup>th</sup>- ARE YOU MORE COORDINATED THAN YOUR FIFTH GRADER?

The fifth annual Parent PE Challenge night will be held on Tuesday, March 12 from 6:00 - 7:00 PM in the high school gym. All 5<sup>th</sup> graders and their parents are invited to attend. Parents will have a chance to challenge their 5<sup>th</sup> graders in 6 events: hula hoop, jump rope, partner throw and catch, volley up, paddle strike, and balance shuffle. Be sure to come and see if you are more coordinated than your fifth grader!

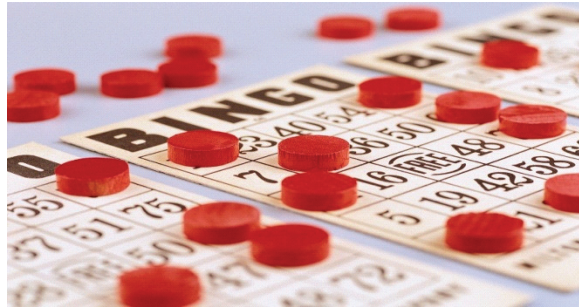


## BOATER EDUCATION CLASS

Starting March 22, a 6 day Boating Safety class will be offered free of charge to all interested 9<sup>th</sup> grade students during their PE class. This class is certified by the Nebraska Game & Parks Commission, and students who pass the final test will be issued a Boater Education Card which allows them to operate a boat as well as a personal watercraft (jet ski).

Mrs. Giorgi

## Family Fun Festival-March 7, 2013



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.

## 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

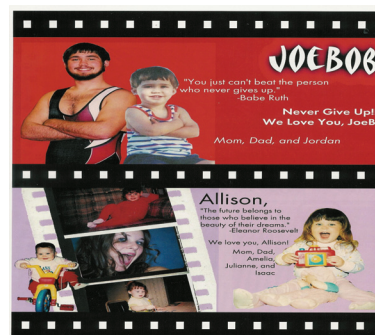
\$125.00 for a 5 x 7.5 inch ad

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>	



## Counselor-Ramona Hucke



## COUNSELOR'S

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**Seniors** – Do you have your taxes done? Do mom and dad have their taxes done? You need that information to fill out the FAFSA. Go to [www.fafsa.gov](http://www.fafsa.gov). to fill out the FAFSA. If you have any questions, call me at 308-487-3328.

**Juniors** – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Come and get an idea of what the college is like.

**Sophomores** – The sophomores will take the PLAN test on March 4, 2013. I will be going over their test results during an individual conference and looking at class selections for next year.

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

I will be working with the K, 1<sup>st</sup> and 2nd graders during the month of March. We will be working on identifying our feelings.

How many parents battle with their child over homework? What if there is a way to work on this problem? Would you be interested in finding out more? If you are interested, call me at 308-487-3328.

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

Dr. Charles Fay

## 2012-13 Speech Results



The Hemingford Speech team traveled to Kimball to compete in the Western Trails Conference Speech competition. The OID Davina Berg, Tegan Yardley and Lexi Olson received 2nd and were named All conference team members, the OID of Robert Heule, Devan Hanson, Zachary Grumbles and Tim Finnell placed 3rd. Individually, Annie Hughart received 4th in Informative and Abbie Bright received 6th in Informative.

Great Job Speech Team!



HHS Medalist from Rushville  
Invite



2013 HHS Medalist from Chadron Meet

March 2013

### HEMINGFORD PUBLIC SCHOOLS

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

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

PO Box 217  
911 Niobrara Avenue  
Hemingford NE 69348

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



## COMMUNICATION SOURCES

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

<http://www.hemingfordschools.org>

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

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

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

Phone calls to students' homes when necessary.

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



### EQUAL OPPORTUNITY

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

### Web-Email Lunch Account System

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

### INCLEMENT WEATHER

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

### SCHOOL MESSENGER

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

# Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2013

Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### Alphabet exercise

For a fun exercise, have your child lie on her back and use her legs to “draw” the alphabet in the air. She could form uppercase letters, take a break, and then do the lowercase alphabet. To give her arms a workout, she can stand up, hold her arms straight out, and move them around to make the letters.



### Drink think

Get your youngster thinking about what he drinks with this idea. Each day, have him write down the drinks he has and how much (1 glass milk,  $\frac{1}{2}$  can soda). Younger children could draw pictures of each one. Encourage him to have mostly milk and water—and tell him he can use his daily lists to see how he’s doing!

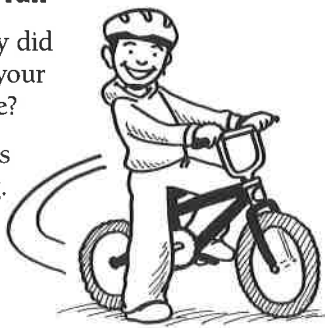
### DID YOU KNOW?

The healthiest foods tend to be placed around the perimeter of a grocery store. This is where you’ll find fresh foods, such as fruits, vegetables, meats, fish, eggs, and milk. Try to shop from the perimeter first, and then fill in with the canned, packaged, and bagged items that you need from the center aisles.

### Just for fun

**Dad:** Why did you ride your bike twice?

**Ben:** I was re-cycling.



## I’m a cook!

There are many benefits to having a youngster who cooks. He gains an important life skill, and you get to spend time together in the kitchen. Plus, he’s likely to be a healthier eater, because homemade meals tend to be more nutritious. Help your child enjoy cooking with these ideas.

**Play a starring role.** If Grandma is coming for dinner, put him in charge of a dish. He will feel proud when you say, “Isn’t this meatloaf delicious? Evan made it all by himself!” *Tip:* Teach him how to make one of your family’s favorite foods so it can become “his” contribution for get-togethers or holiday meals.

**Use the tools.** Give your youngster a children’s cookbook, and let him put his name in it. You can tell him that chefs make notes on their recipes, and he could do the same. He might write, “Great recipe” next to one he liked, or “Use strawberries instead” if he didn’t like the



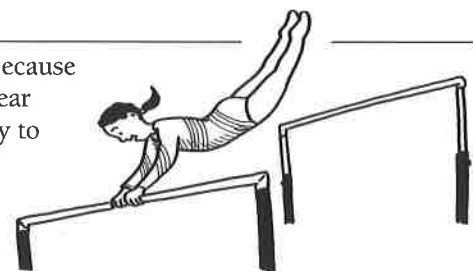
blueberries in a dish. Also, consider getting him his own apron, cookie cutters, or other “cook’s tools”—and let him keep his things in a special bin or drawer.

**Be creative.** Tell your child that a recipe is a guide. The fun in cooking can be personalizing the ingredients or coming up with his own creations. Encourage him to follow his tastes (and try not to cringe if they’re not yours). And remember, it doesn’t have to be perfect—if the cucumber slices are all different sizes, they will still taste good. If your child is comfortable in the kitchen, he’ll be more likely to cook now *and* when he’s older. ♥

### Relevant facts

Telling your child to eat something because it’s “healthy” can backfire—she may hear “healthy” and think “yuck.” Instead, try to relate the food to something she cares about. For example, you might say:

- “I know you love to solve brain-teasers. Guess what? Eating fish is good for your brain. Which piece of salmon do you want?”
- “Nuts give you energy to play hard. How about taking trail mix for your snack tomorrow—you’ll have lots of energy at recess time!”
- “I see you’re excited about going to gymnastics today! This spinach salad has extra calcium to help your bones grow strong so you can swing on the uneven bars. How much would you like?” ♥



# Frisbee games

Tossing a Frisbee is not only fun, it's a good way for your child to get more physical activity. Suggest these games.

## Catch

Stand a few feet apart, and toss a Frisbee to your child. She catches it, takes a big step back, and tosses it to you. With each catch, the person moves back a step. Soon you'll be tossing farther and farther and running to catch the disc.



## Obstacle course

Create a Frisbee obstacle course in your backyard or at a park. For instance, you might have to toss the Frisbee over a tree, in between swings, or into a soccer net. Time each person through the course to find the winner.

## Race

If you have a lot of space, you can have a Frisbee race. Mark a start and finish line, and give each runner a Frisbee. At "Go," each runner flings her Frisbee, races to it, tosses it again, and keeps going until she reaches the finish line. *Note:* Try this at a school track if there aren't other people running. ♡

## Q & A Should I coach?

**Q:** I love baseball. Should I sign up to coach my son's baseball team?

**A:** Volunteering is a wonderful way to show your child that you support his physical activity. You will also fill a need in your community—in fact, sports groups often have trouble getting enough coaches. And you can get tremendous satisfaction from helping a group of children.

But deciding to coach is a big decision, as it will affect your relationship with your son on and off the field. Ask yourself a few questions, such as, "How will I separate my role as parent and coach?" "How will my child respond when I pay attention to his teammates?" and "How will I react if my son doesn't play well?" It's also a good idea to talk to your youngster about how he would feel if you coached.

Finally, make a list of the pros and cons to help you come to the right decision for you and your family. ♡



## ACTIVITY CORNER

### Spice it up

How can your youngster take a tour of the world and learn about a healthy way to add flavor to food? By exploring spices and herbs! Try these steps:

1. Put out spice jars. For each one, have your child read the name, look inside, and smell the spice. Does it remind her of a food she eats? For example, oregano might smell like pizza, or curry might make her think of Indian food. Together, look at the label to see where the spice is grown (or search for the information online).
2. Help your youngster make a spice guide. She can put dots of glue on construction paper and sprinkle a spice on each one. Have her write the name underneath and list dishes to use it in. *Hint:* She can find recommendations on the label or in cookbooks.
3. When you're making dinner, ask your child to pick spices to add. Let her taste the food before and after—what does she notice? ♡



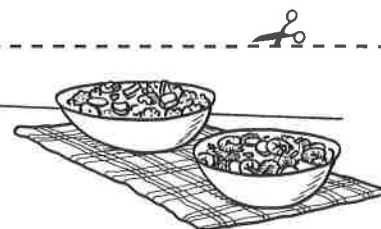
## IN THE KITCHEN

### No-cook dinners

Sometimes you just don't feel like cooking. On those nights, try one of these main-course salads that involve assembling—but no oven or stove.

#### Shrimp-bulgur salad

1. Put 1½ cups bulgur in a bowl, and cover with warm water. Let stand for about 2 hours, until the bulgur is tender. Drain.
2. Whisk ½ cup olive oil with the juice of 1 lemon and 3 tbsp. chopped dill. Add the bulgur, along with 1 lb. cooked shrimp (available from a grocery store or fish market), 3 cups fresh spinach, and 2 tbsp. chopped almonds. Season with salt and pepper.



#### Chicken-apple slaw

1. Shred the meat from a rotisserie chicken.
2. Toss with:
  - 1 cup broccoli slaw
  - 1 diced apple (cored)
  - 1 celery stalk, thinly sliced
  - 1 can water chestnut slices (drained)
  - ¼ cup low-fat ranch dressing
3. Using an ice cream scoop, put a portion on a bed of lettuce.
 

*Variation:* Use canned tuna (packed in water) instead of chicken. ♡

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


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# Hemingford Public Schools Breakfast Menu

**March 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>4</b> <b>CEREAL</b> Fruit or Juice	<b>5</b> <b>OMELET</b> Fruit or Juice	<b>6</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>7</b> <b>PANCAKE &amp; SAUSAGE on A STICK</b> Fruit or Juice	<b>8</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>11</b> <b>CEREAL</b> Fruit or Juice	<b>12</b> <b>FRENCH TOAST STICKS</b> Fruit or Juice	<b>13</b> <b>CEREAL</b> Fruit or Juice	<b>14</b> <b>SAUSAGE GRAVY/ Biscuit</b> Fruit or Juice	<b>15</b> <b>BREAKFAST PIZZA</b> Fruit or Juice
<b>18</b> <b>CEREAL</b> Fruit or Juice	<b>19</b> <b>SCRAMBLED EGGS</b> Fruit or Juice	<b>20</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	<b>21</b> <b>PANCAKES</b> Fruit or Juice	<b>22</b> <b>CINNAMON ROLL</b> Fruit or Juice
<b>25</b> <b>CEREAL</b> Fruit or Juice	<b>26</b> <b>BREAKFAST PIZZA</b> Fruit or Juice	 <p style="font-size: 2em; color: green; font-family: cursive;">Spring</p> <p style="font-size: 1.5em; font-weight: bold;">Spring/Easter Break Mar 27-April 1</p>		

**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

**March 2013**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>ITALIAN DUNKERS</b> Vegetables Fruit Dipping Sauce SALAD BAR
<b>4</b> <b>FRITO PIE</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>5</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll & Butter SALAD BAR & Chicken Rice	<b>6</b> <b>CORNDOG</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>7</b> <b>HAMBURGER</b> Vegetables Fruit Dill Slices SALAD BAR & Potato Soup	<b>8</b> <b>CHEESE PIZZA</b> Vegetables Fruit Cookie Cake SALAD BAR
<b>11</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>12</b> <b>CHILI</b> Vegetables Fruit Cinnamon Roll SALAD BAR & Bean & Bacon	<b>13</b> <b>BURRITO</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>14</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll & Butter SALAD BAR & Beef & Barley	<b>15</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll & Butter SALAD BAR
<b>18</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie SALAD BAR	<b>19</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll & Butter SALAD BAR & Broc. Cheese	<b>20</b> <b>TURKEY GRAVY</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>21</b> <b>CRISPITO</b> Vegetables Fruit Roll & Butter SALAD BAR & Chicken Pot Pie	<b>22</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup SALAD BAR
<b>25</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>26</b> <b>CHICKEN SANDWICH</b> Vegetables Fruit Cookie NO SALAD BAR	 <p style="font-size: 2em; color: green; font-family: cursive;">Spring</p> <p style="font-size: 1.5em; font-weight: bold;">Spring/Easter Break Mar 27-April 1</p>		

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### 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 County Government Day PLAN Test for Sophs G-Track Begins	5 White Day WTC Inst. Music @ Bridgeport 7:30 AM Eligibility Committee Meeting	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 Daylight Savings Time	11 White Day District Speech @ Perkins County B-Track Begins 7:00 PM School Board Meeting	12 Red Day 6:00 PM "Are You More Coordinated Than Your 5th Grader?"	13 White Day Spring Pictures 2:30 PM Big Brother/Sister	14 Red Day 6th Bingo Alt Night 7:00 PM Wld Strides 2014 Meeting	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 Hunter Safety Class State Speech in Kearney Red Day FFA Rocky Mt Oyster Feed PHC Music @ Crawford	23 Track @ Kimball Invite Hunter Safety Federation Wrestling 6:00 PM Dinner Theater
24 Lv for Capital Forum 6:00 PM Dinner Theater	25 White Day Capital Forum 6:00 PM Dinner Theater	26 No School -- Assessment Day Red Day 1:00 p.m. Dismissal Capital Forum 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

### Calendar Events April 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	1 No School - Easter Break	2 White Day JH Trk @ Bayard Invite Golf @ Bayard Invite	3 Red Day FFA State Convention	4 White Day Track @ Mitchell Invite FFA State Convention	5 Red Day FFA State Convention CSC Scholastic Day	6 FFA State Convention
7 FCCLA State @ Lincoln	8 White Day FCCLA State @ Lincoln	9 Red Day FCCLA State @ Lincoln	10 White Day	11 Red Day Golf @ Bridgeport Invite	12 White Day JH Trk @ Gor/Rush Invite	13 WTC Track @ Mitchell ACT Test Date
14	15 Red Day	16 White Day Golf @ Morrill Invite	17 Red Day Progress Reports Mailed for Seniors District Music in Alliance AG Field Trip to Sandhills	18 White Day JH Trk @ Kimball Invite 2:30 PM Big Brother/Sister	19 Red Day	20 Track @ Chadron Invite Golf @ Alliance Invite Prom
21	22 White Day	23 Red Day Track(Best in West) @ Scottsbluff 6:30 PM FFA Meeting	24 White Day Progress Reports Sent Home	25 Red Day Phone Comp Dinner	26 White Day	27 PHC JH & HS Track @ Morrill WTC Golf @ Bridgeport
28	29 Red Day JH Trk @ Morrill Invite	30 White Day PHC Golf @ Alliance (Hemingford Hosts)				