



D1-10 District Champions

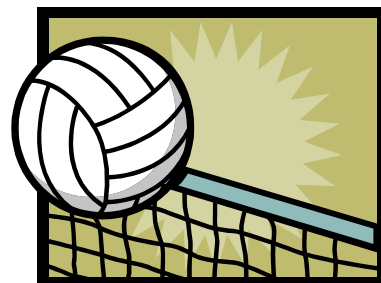
Congratulations to the football team winning the D-10 District Championship!! They are not finished yet 9-0!!



State Football Play-off Update: With the first round victory over Clearwater-Orchard (38-12), Hemingford will host a second round FB game on Wednesday, Oct. 31st, at 1:30 PM. We will play Loup City (7-2) ==GO CATS==

Volleyball 2012

Lady Cat Volleyball ends season with tough three-set loss to Bridgeport. L-Cats finish with (14-14) record! GREAT Season! Best record in five, count 'em, five years!



Congratulations to all the student athletes at Hemingford Public Schools!

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Special points of interest:

- District D-10 Champions
- Honor Roll
- Menus
- Activity Calendar
- Nutrition Nuggets



Mr. Ningen, School Superintendent, November, 2012

Fall Sports Show Great Success:

As you are all aware, this has been a great fall sports season for Hemingford! Many younger Cross Country runners have shown some real potential, led by the work ethic of our older harriers; our Volleyball team has finished the season with a winning record (the first in six years) ; and the football team made it to the state play-offs with an undefeated record! Congratulations to all of the coaches, parents, and student competitors for their hard work and their well-deserved honors!

Open Gyms and Club Practices

Thanks to the many parents that are helping to sponsor club athletic activities in our gyms. There are practices for boys and girls basketball as well as wrestling. Basketball practice and game times for our gym must be coordinated through Tim Lanik, our Activities Director 487-3328. When Federation Wrestling begins, it will be coordinated by High School coach, Kyle Walker. A reminder to all coaches and parents, club practices or club home contests may **not be** on Wednesdays and Sundays.

Opportunities for adult patrons

In the past, on Wednesday evenings and Sunday afternoons, adults have participated in volleyball and basketball, using our gymnasiums. Participants have done a good job taking care of the facilities, except for the occasional unlocked door or left-on lights. Two areas of concern include bringing along younger children and leaving them unattended on the stage or outside the gym; and allowing older students take part in the adult activities. Those two situations need to improve dramatically for gym use to continue.

Opportunities to walk indoors

As soon as the annual winter time-change goes into effect, the large gym will be open for walkers each day there is school, from 5AM -7AM. Please either bring along a second pair of shoes to wear when coming indoors, or completely clean off the shoes being worn. Our floor looks beautiful, let's keep it that way. Thank you to Christy Ningen for unlocking the gym each day.

Speech and One-Acts are underway

as well on the heels of our fall seasons. Hemingford's One-Act play this year is "The Light in the Library", and will include a home matinee on Thursday, November 15th at 2:30 PM in our big gym, Friday, November 16th at Harrison -Sioux County for our PAC contest; as well as the WTC contest performance at the Alliance PAC Center on Tuesday, November 20th.

Academic progress and success

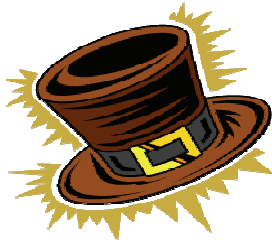
With all of the activities and sports that occupy our students, it is sometimes possible to forget the part of the mission and purpose here that we call academics! I remind all staff members, parents, and students to finish this first semester with a flourish! Complete your assignments, spend time with friends studying for exams, and most of all, do your very best! Christmas break will be much more enjoyable if there are no incompletes to make up, or low grades to worry about. ***There are just six short weeks left till Christmas break.***

Christmas Concerts on the Horizon

The Hemingford Music Department will present their (K-12) Christmas Concert on Tuesday, December 18th, beginning at 5:45 PM in the big gym. Plan on attending the early elementary section and the secondary concert after a short intermission to get into that Holiday Spirit.

Stop in at school anytime, or visit us on the world-wide web at <http://www.hemingfordschools.org>
Our phone numbers are: Elementary – 487-3330; High School – 487-3328, and fax: 487-5215.

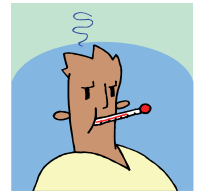




As the days slip into November, the close of the fall activities and the beginning of Junior High wrestling and girls' basketball is upon us. Students are very busy with activities, jobs, friends and homework; however, it is my hope that students maintain their focus on academics. School is still the primary "job" for students with attendance and grades as top priority. Just a reminder--course selection or graduation hinges on passing the current courses that the students are enrolled during this school year. SST is a great tool for students to finish projects or receive additional assistance from the teachers.

Activities/Illness/Homework Sheet

Students that are home due to illness or fever should not be at school activities in the evening. There is a policy on activities that if a student is not in school they cannot participate or practice in the evening. This should also be followed by the student body. Even though the student may be feeling better, staying home and resting helps them recover more quickly.



It is the expectation that if you request a homework sheet for your child that the work will be completed and ready to turn in when they return to school. Students are allowed two days to complete any work missed due to after an illness when they return to school.

Fine Arts –Activities for Music, Art, and One-Act

- Music--Band will be performing at the Alliance Veteran's Parade on November 10th and **WTC Vocal Chorus** at Kimball on **November 12**.
- Upcoming activities will showcase the talents of the fine art students with the conference **Art Clinic** in Chadron on **November 5th**.
- Hitting the stage for performances will be our **One-Act** troupe. Elementary and High School students will be able to view the dress rehearsal during school time. Competition begins on November 16 and again on November 20 with the final performance at District. At this time a **public performance** is scheduled for Monday, November 19 at 8 pm.

Daylight Savings Time Ends—Fall Back

Not only do we need to change the clocks, but also a change in clothing. Beginning Monday, November 5, students may no longer wear shorts. This policy is referenced on page 29 in the student handbook.



Passwords: Your son or daughters password can be found on the bottom of the 1st quarter report card. If you have misplaced yours, give the office a call or email me at pfoster@panesu.org Have you tried the email piece? Grades can be sent to your email account. This is set up in the parent portal.

NWEA Student Progress Reports

Attached to your son/daughter's report card (either you picked the report card up at conferences or it was mailed) are the results of Fall MAP testing. The report shows growth from previous years as well as giving you the student growth and typical growth and district growth comparisons. School-wide all grades did have growth. Faculty will continue to use this information to adjust curriculum to meet student needs.

Check the School Calendar on the website.

It is the hope of the school that sending out school newsletters will improve the communication that exists currently. Please check the school website for the most current activities. It is updated as events change. It is found on the school website: www.hemingfordschools.org

School Message System

Did you receive the message about Parent/ Teacher Conferences? In an effort to improve communication, Hemingford School District has an automated message system which can be used for a variety of announcements; however, it will be used mainly for weather-related morning announcements. If you do not want to receive these calls, please contact the office and we will pull your number from the system.



HEADING TOWARDS NOVEMBER

Where has the school year gone? November will be upon us before we know it. Things are moving right along here at school. I believe that we are making wonderful progress each day. We are all working together as a team (**parents, kids, and teachers**) which makes the biggest difference in creating a successful learning environment for the kids. **Thank you for your support.**



DRESSING FOR THE WEATHER

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

MAPS TESTING

We administered the MAPS tests during October. The results have been very positive. I have seen good gains in their scores from last fall to this fall. The kids really worked hard and stayed focus during the testing. **GREAT JOB KIDS!**

UPCOMING DATES OF INTEREST

October 31st- November 2nd – No School – FALL BREAK

November 4th – Daylight Savings Time Ends --- Set Clocks back 1 Hour –

Remember NO MORE WEARING OF SHORTS

November 15th – High School One Act performs for Elementary At 2:20 p.m.

November 21st – 23rd No school (Thanksgiving Break)

FALL WRITING

The kids did their practice writing for the fall the week of October 15th – 19th. The students are practicing the 6 traits of writing they are learning here at school. The teachers scored the fall writing on October 30th. These results will be shared with the kids.

Here are the 6 traits that we want students to model their writing after:

Ideas: The ideas are the heart of the message, the content of the piece, the main theme, together with the details that enrich and develop that theme.

Organization: Organization is the internal structure of a piece of writing, the thread of central meaning, the logical and sometimes intriguing pattern of the ideas.

Voice: The voice is the heart and soul, the magic, the will, along with the feeling and conviction of the individual writer coming out through the words.

Word Choice: Word choice is the use of rich, colorful, precise language that moves and enlightens the reader.

Fluency: Sentence fluency is the rhythm and flow of the language, the sound of work patterns, the way in which the writing plays to the ear - not just to the eye.

Conventions: Conventions are the mechanical correctness of the piece - spelling, grammar and usage, paragraphing, use of capitals, and punctuation.

COMMUNICATION

Let's continue the great communication we have established with each other.

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





GIORGI'S GYM

CONGRATULATIONS TO SECOND GRADERS DARIN TUREK AND CATHERINE BRYNER FOR SETTING NEW RECORDS IN THE PACER!

70 for Catherine and 77 for Darin.

The following calendar is a sample of what can be found each month on the Hemingford Schools website: Schools, Elementary, Academics, Physical Education. Be sure and get out and exercise as a family after your Thanksgiving meal - take a hike, a walk, or play softball!

Mrs. G

November 2012

Duplicated with permission from the National Association for Sport and Physical Education (NASPE).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Practice dribbling a ball with one hand, now the other hand. Now change hands with each bounce.	2 Throw underhand at a target. Take one step away and practice some more. Keep stepping back to make it harder.	3 Practice hula hooping today. Get your parent or another adult to try too!
4 Practice frog jumps across the backyard or down a sidewalk.	5 Use two empty water bottles to tap out rhythms. Tap your name, making a new pattern for each letter. Make up new patterns.	6 Pretend you are a horse and gallop around the playground at school today.	7 Walk on a board or crack in the sidewalk-can you stay on the line? Now balance on one foot. Switch feet. Strike a pose!	8 Jog laps around the playground at school today. Can you jog without getting tired? Take slow and deep breaths.	9 Practice jumping off of something and landing softly. Start with a low step.	10 Stand on one foot and practice hopping. Change feet and practice on both legs. Now hop backwards.
11 Place a ball on the ground and see if you can jump forward and backward over the ball.	12 Play catch with a friend during recess today. Try for 100 good catches!	13 Practice your jump roping skills today.	14 Jump side to side over a line. Now jump from one spot to another spot. Change the distance for a long jump.	15 Crab walk around the playground today.	16 Play partner tag with a friend today. Play until you are tired. Try again later.	17 Sing a happy song and skip around the neighborhood today.
18 Practice dribbling a ball with your feet today.	19 Practice leaping from one leg to another. Pretend you are leaping over a turtle.	20 Try catching a ball that you throw to yourself using a plastic cup. Keep your eyes on the ball.	21 Practice kicking a ball with a friend. Can you kick the ball right to your partner?	22 Play Blob Tag today with your family after your Thanksgiving feast!	23 Think up activities that start with every letter of the alphabet and do them. A is for alligator crawl, B is for bouncing. Make up your own.	24 Practice sliding to the right and sliding to the left. What sports use sliding?
25 Bounce a ball under each leg and catch it.	26 Play tag today at school. Include all of your friends. Use different locomotor activities in the game.	27 Make an obstacle course in your house or backyard. Now try it out!	28 Practice vertical jumping today-jump high and reach for the sky.	29 Do ten curl ups. Find ten times to do this today.	30 Use a stuffed animal to play catch with somebody.	





COUNSELOR'S

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

Seniors you need to be:

- Working on college applications. Many applications are due in early January.
- Check with your prospective colleges about additional financial aid application forms and requirements.

Juniors you need to be:

- Thinking about your college choice.
- We will be meeting for a 15 minute conference in the near future to talk about your life after high school.

Sophomores you will be:

- Taking the PLAN test in the future. The PLAN test is a great way to prepare for the ACT test. It covers the same subjects and gives you an estimated ACT score. It also lets a student know if they are on track for college, points out academic strengths and areas that need improvement, helps find careers that match interests, and connects a student with colleges.

Here are some scholarship resources on the web available for anyone to check out

- ScholarshipQuest at Education Quest.org
- www.scholarshipmonkey.com
- ScholarshipExperts.com
- <https://studentaid2.ed.gov/logon.asp>
- Schoolsoup.com
- Scholarships.com
- Collegeboard.com

The Bullying Prevention Program we are using is *Steps to Respect*. Students will be practicing friendship-making skills, learning to recognize bullying, learning bullying-refusal skills, learning how to reach out to someone who is being bullied, and developing bullying-reporting skills. It also prepares students for conflicts that may arise working in a group. If you have any questions, I can be reached at (308)487-3330 or (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

One Act & Christmas Pageant

You don't miss the one act performance of

THE LIGHT IN THE LIBRARY

The public performance will be November 19th at 8am.

You are welcome at any of our competitions.

Panhandle Conference, November 16th in Sioux County time TBD.

Western Trails Conference, November 20th in Alliance at 2:30p.

Districts, December 27th in North Platte.

Thank you for supporting the students' involvement in the arts!
We hope to inspire them to be creative problem solvers on and off the stage!

Be a part of Hemingford's Fifth Annual Holiday Play!

In celebration we are bringing back the Herdmans in

The Best Christmas Pageant Ever

In this hilarious Christmas tale, a couple struggling to put on a church Christmas pageant is faced with casting the Herdman kids-- probably the most inventively awful kids in history. You won't believe the mayhem-- and the fun-- when the Herdmans collide with the Christmas story head on!

Actors and Technicians of all ages needed!

There is no one too old and if you are in school or have a parent involved you are old enough!

Auditions will be November 8, 4p-6p at the Multipurpose Hall on the Fair Grounds.

If acting is not your cup of tea but you would like to be involved give me a call!

I am thrilled to be able to share my love for theater with the community!



Tabi Bryner & Irene Prochazka
760-1120





Picture Opportunity

My exceptional seven yearbook girls and I have been extremely busy taking an abundant amount of photos. We would like to extend an invitation to you to not only support Hemingford Yearbook, but to also benefit you as well with a variety of photos.

Here's how it works:

You bring in a flash drive. The more memory it has—the more pictures it will hold.

Write a check to Hemingford Yearbook for \$20.00 or pay cash...

You will get to upload as many pictures that you want from our fall activities!

It is a Win-Win!



The festivities will be held on Wednesday, November 29 from 6:00-7:00 in the high school computer lab. All the yearbook students will be available for assistance. We ask that you copy an entire folder and take



To the group of parents that made the gifts for the teachers to enjoy during parent teacher conferences. Thank you so much for thinking of us and we appreciate it!

4 Wrong Ways Parents Encourage Their Kids



<http://www.markmerrill.com/2012/10/22/4-wrong-ways-parents-encourage-their-kids/>

Posted on: October 22, 2012

Most parents want to encourage their kids and motivate them to be the best they can be. But, in attempting to do so, well-intentioned parents sometimes end up discouraging their kids instead. Here are 4 ways you can discourage your child:

1. You offer too much help. So, your child wants to learn how to rollerblade. You wisely bundle him up in a helmet and pads and walk with him outside. At that point, he wants to try on his own. But you start shouting suggestions, walking along beside him and instinctively reach for him every time he falters. To you, this is just safety 101. To him, it's you showing that you don't think he can do it on his own.

The same thing can happen when your child is working on a paper for school, trying a new hairstyle, or learning a new skill. You see all of the ways to make their task easier and more efficient and you tell them all of your ideas. Unfortunately, your offer of help sends the message that you don't believe in them. Your child will either say something like, "I can do it myself!" Or, they'll give in to your suggestions, do it your way, and miss an opportunity to grow.

2. You compare them to others. Sure, you're just trying to motivate them by pointing out the successes, or failures, of others. "Josh, I noticed that Caden stands with his feet a little further apart when he's batting. You should try it, too." Or, "Sophia, your sister had that project when she was in second grade. Let me find her old project for you to review."

Again, your intentions are noble, but by comparing your child to someone else, you're telling them that they are not good enough.

3. You always expect more. There is a time and place for everything. But, when your child tells you they got a B on a really hard test, it is not the time to say, "That's great. Do you think you can make an A next time?"

Our children want us to praise them for their hard work and success, without having us always look for how to make their performance even better. So if your son tells you his coach thinks he's really coming along with his football training, don't jump in and suggest ways he can do even better. Let your child bask in the praise, minus any ideas for improvement you might have.

4. You minimize their victories. This can happen in a couple of ways. First, you just don't realize what a big deal it is to them so you offer half-hearted comments. To prevent this from happening, really tune in. If your child is soft-spoken, you might need to really listen to see if something is important to him. If it is, lavish him with praise.

The other way parents minimize their children's victories is by being too busy or distracted to fully join in the celebration. This one can be tough. You've just walked in the door when your daughter wants to show you her 10-page project with a million details. As much as you want to put her on hold, give her the praise she's craving.

1st Quarter Honor Roll-4th-6th Grade



Elementary Honor Roll 2012-2013 Quarter 1		
Student Name	Grade	Level
Coryell, Kobe J	6	Distinguished List
Cullan, Luke C	6	Distinguished List
Gasseling, Lauren J	6	Distinguished List
Meyring, Jayce L	4	Distinguished List
Poyzer, Andrea M	4	Distinguished List
Lashley, Casey M	6	Honors List
Mazanec, Mercedes Kia	6	Honors List
Stewart, Josie Joylene	6	Honors List
Stumpff, Jacobi R	6	Honors List
Buchheit, Carter S	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
Ansley, John P	4	Honors List
Hanson, Danae J	4	Honors List
Jespersen, Rayne J	4	Honors List
Mendiola, Kylie M	4	Honors List
Neefe, Alex N	4	Honors List
Nelson, Landrie S	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
Wyland, Kenneth T	4	Honors List
Distinguished--all A's		
Honors--all A's or B's @ least 90%		

Great Job!!



Have a Great Thanksgiving!



1st Quarter Honor Roll—7th-12th

High School Honor Roll 2012-2013 Quarter 1

Student Name	Grade	Level
Wood, Kelsy J	12	Distinguished List
Phillips, Paige E	11	Distinguished List
Foster, Colt W	10	Distinguished List
Nelson, Kaelia S	10	Distinguished List
Rozmiarek, Christian E	10	Distinguished List
Rozmiarek, Joseph M	10	Distinguished List
Bright, Abigail F	9	Distinguished List
Gasseling, Natalie M	8	Distinguished List
Rohrbouck, Faith C	8	Distinguished List
Wobig, Austin C	8	Distinguished List
Horstman, Kelli M	7	Distinguished List
Adam, Delaney R	12	Honors List
Carlson, Caralina J	12	Honors List
Connor, Whisper L	12	Honors List
Elder, Casandra B	12	Honors List
Forgey, Jayleen J	12	Honors List
Horstman, Brady W	12	Honors List
Hughart, Anna L	12	Honors List
Huss, Samantha C	12	Honors List
Jespersen, Kaitlyn S	12	Honors List
Kumpf, Kyle T	12	Honors List
Weber, Cash J	12	Honors List
Benge, Trevor M	11	Honors List
Bergfield, Kaitlyn N	11	Honors List
Hansen, Blake T	11	Honors List
Kaman, Kyle N	11	Honors List
Rohrbouck, Cali G	11	Honors List
Carlson, Asa L	10	Honors List
Fessler, Hannah L	10	Honors List
Galles, Ashleigh M	10	Honors List
Grumbles, MaKayla A	10	Honors List
Skinner, Ethan E	10	Honors List
Turek, Brady E	10	Honors List
Wood, Matthew J	10	Honors List

High School Honor Roll 2012-2013 Quarter 1

Student Name	Grade	Level
Ansley, Taeller N	9	Honors List
Davis, Mathew K	9	Honors List
Heule, Robert W	9	Honors List
Horstman, Jacob D	9	Honors List
Jespersen, Lee C	9	Honors List
Klaes, Kelsey J	9	Honors List
Laursen, Cody R	9	Honors List
Manning, John P	9	Honors List
Randolph, Jason B	9	Honors List
Sorensen, Matthew L	9	Honors List
Thomas, Brittany D	9	Honors List
Agler, Ashley R	8	Honors List
Cullan, Carli A	8	Honors List
Kumpf, Kaitlyn N	8	Honors List
Mekolon, Allison M	8	Honors List
Randolph, Mikayla B	8	Honors List
Riggs, Sydney M	8	Honors List
Sutphen, Peyton J	8	Honors List
Buchheit, Macee M	7	Honors List
Davis, Madison M	7	Honors List
Grumbles, Brianna N	7	Honors List
Manning, Anna	7	Honors List
Jespersen, Kage	7	Honors List
Raben, Paul W	7	Honors List
Ray, Ezra G	7	Honors List
Stanley, Kati A	7	Honors List
Swanson, Conner L	7	Honors List
Wobig, Riley J	7	Honors List
Distinguished--all A's		
Honors--all A's or B's @ least 90%		



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 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), and Mobius web site (www.bbc.net).**

SCHOOL MESSENGER

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

Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2012

Hemingford Public Schools
Nancy Yardley, Food Service



BEST BITES

Skip the freebies

Eating out? Ask the waiter not to bring bread and butter, rolls, or breadsticks to the table. They can fill your youngster up with unnecessary calories and keep her from eating the meal that follows. Instead, consider ordering a small salad, a cup of broth-based soup, or a side of vegetables to start with.

Strong teeth

Show your child another reason not to drink soda. Have him put water in one cup and soda in another and drop half an eggshell in each. (Eggshells, like teeth, contain calcium.) Let the cups sit for several days. He'll see the eggshell in the soda crack, decay, and eventually dissolve.

DID YOU KNOW?

In the 1970s, only 1 out of 100 households had a microwave.



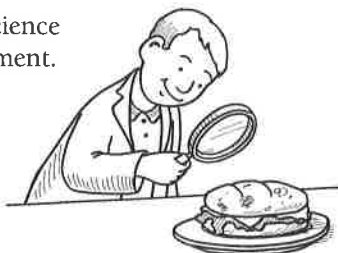
Today, just 5 of 100 don't have one.

Try to keep healthy foods on hand that microwave well, such as fresh or frozen vegetables. Or make extra for dinner so that nutritious leftovers can be zapped for an after-school snack the next day.

Just for fun

Q: What do you call a week-old sandwich?

A: A science experiment.



Colorful food adventures

Pssst...does your child know that "eating in color" can help him be healthy and grow strong? That's because the colors in fruits and vegetables each signify different vitamins and minerals. Try these ideas to encourage your youngster to eat a rainbow of produce.



Match. Let him take a box of crayons along when you shop for produce at the grocery store, farmers' market, or fruit stand. As you walk around, he can match fruits and vegetables with the colors in the box. Suggest that he pick out a new fruit or vegetable to take home each week. If he selects it, he will be more likely to eat it.

List. Have your child label a notebook "I Eat in Color!" Then, he could name a color to look for on each shopping trip and list the produce he finds. For example, if he's searching for dark green, he may see bok choy, broccoli, chard, collard greens, mustard greens, spinach, zucchini, and turnip greens. *Tip:* Look for produce in unusual colors. Your

youngster might get a kick out of—and be willing to try—purple potatoes or orange cauliflower.

Track. Your child could track his eating adventures to see how colorful they really are. Ask him to make a calendar, and every day he can color a small circle representing each color he eats. For instance, he would color a red circle for a tomato or a yellow circle for summer squash. How many different colors does he eat each week? *Idea:* Have him set a goal of, say, four colors a day. ♥

Hold the salt

Cutting down on salt consumption can keep your youngster healthier today and in the long run. Consider these tips:

- Cook with little or no salt. Your family will get used to the taste of food without added salt—and won't miss it.
- Limit packaged and canned foods. They can have particularly high sodium content because salt is used to extend shelf life. *Note:* Be cautious even of foods marked "low salt." They might have less salt than others, but still too much.
- Rinse canned beans and vegetables under running water to get rid of extra sodium.
- Keep salt off the dinner table. If it's not there, your child won't add salt to her food. ♥



Food-group fun

Learning about food groups can help your child follow the new MyPlate healthy eating plan. Let her design her own meals with these ideas.

Say a meal

This game for five people can help your youngster identify foods in each group (fruits, vegetables, grains, protein, dairy) as she puts together a meal. The first player says her name, a favorite food, and the food group it's in ("Talia, bananas, fruits"). The next person repeats that and adds his name and a favorite food from another group. ("Talia, bananas, fruits. Charlie,



chicken, protein.") Keep going until the last person says five foods—and completes the "meal."

Draw a meal

Show your child a picture of MyPlate (choosemyplate.gov/downloads/mini_poster_English_final.pdf). Then, ask her to draw her own plate and fill in a meal she just had. Next, have her draw a new plate and design the most delicious healthy meal she can think of. Help

her compare nutrients in the meals by picking one (protein, fat, carbohydrate) and looking up how much is in each ingredient. How do the meals add up? *Idea:* Set a date for when you'll make the meal she designed! ♥

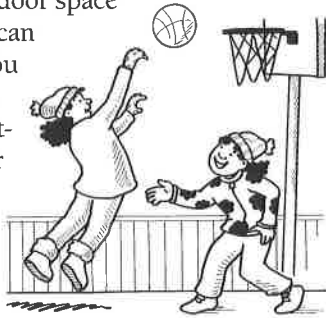
Q & A Too cold to play?

Q: The days are getting shorter and colder. How can I keep my children active?

A: Here's one idea: Let them play outside anyway! Unless it's raining hard or bitterly cold, your kids could still get fresh air and physical activity outdoors. Just make sure they dress for the weather. Wearing layers will help keep them warm and allow them to shed or add layers depending on the weather or how hard they're playing.

For days when they can't go outside, create an indoor space where they can be active. You might put a small basketball hoop or a tunnel to crawl through in the basement.

Or you could call your family room the "dance room" on rainy days or use towels from your linen closet for a "tumbling hallway." ♥



ACTIVITY CORNER

Reach for it

After running around or practicing a sport, encourage your youngster to cool down his muscles with simple stretches like these.

Reach up. Standing with his feet shoulder-width apart, he should stretch his arms straight up (palms facing up), lace his fingers together, and reach for the sky.

Reach down. Have him stand with his feet together, bend from the waist, and gently reach for his toes. (It doesn't matter if he can touch his toes—he'll stretch as he reaches.)

Reach back. Let him stand with his feet shoulder-width apart and hold his arms out to the side. Ask him to move both arms back toward each other.

Safety tips: Children shouldn't stretch cold muscles. Have your child stretch after exercising. Or he could warm up his muscles by jogging, marching, or walking briskly for 5–10 minutes, and then stretch before exercising. Also, youngsters this age should hold stretches for only 10 seconds. ♥



IN THE KITCHEN

Salsa time

Made of fruits and vegetables, salsas are nutritious and naturally low in fat. They're a snap to put together, and they're good on everything from salads and burgers to burritos and baked tortilla chips.

Try these combinations. Just stir together, and serve chilled or at room temperature:

- 2 cups corn (canned and drained, or frozen and thawed), 2 tbsp. lime juice, 1 tbsp. olive oil, ½ tsp. honey, 1 diced tomato, and 1 minced jalapeno chile (seeded), if desired

- 2 diced apples, 2 tbsp. lime juice, ½ cup chopped oranges, ½ cup finely chopped onion, ½ cup finely chopped green bell pepper, 1 tbsp. apple cider vinegar, and 1 tsp. canola oil

- 1 cup chopped fresh pineapple (or canned in its own juice and drained), ¼ cup chopped red onion, ½ cup chopped red bell pepper, 1 can black beans (drained, rinsed), ½ tsp. ground cumin, and ¼ cup orange juice ♥



OUR PURPOSE

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

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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

November 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			 Fall Break Oct 31-Nov 2	
5 CEREAL Fruit or Juice	6 OMELET Fruit or Juice	7 CEREAL Fruit or Juice	8 PANCAKES Fruit or Juice	9 BREAKFAST PIZZA Fruit or Juice
12 CEREAL Fruit or Juice	13 PANCAKE & SAUSAGE on a STICK Fruit or Juice	14 BREAKFAST PIZZA Fruit or Juice	15 SCRAMBLED EGGS Fruit or Juice	16 CINNAMON ROLL Fruit or Juice
19 CEREAL Fruit or Juice	20 WAFFLES Fruit or Juice	21	 Thanksgiving Break No School November 21-23	
26 CEREAL Fruit or Juice	27 FRENCH TOAST Fruit or Juice	28 CEREAL Fruit or Juice	29 BREAKFAST TAC-GO Fruit or Juice	30 BREAKFAST PIZZA 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

November 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
				Fall Break Oct 31-Nov 2
5 CORNDOG Vegetable Fruit Roll & Butter SALAD BAR	6 CHICKEN NUGGETS Vegetable Fruit Roll & Butter SALAD BAR & Chicken Rice	7 CHICKEN FRIED STEAK Vegetable Fruit Roll & Butter SALAD BAR	8 HAMBURGERS Vegetable Fruit Dill Slices SALAD BAR & Potato Soup	9 CRISPITO Vegetable Fruit Roll & Butter SALAD BAR
12 FRITO PIE Vegetable Fruit Roll & Butter SALAD BAR	13 CHICKEN STRIPS Vegetable Fruit Roll & Butter SALAD BAR & Veg. Beef Soup	14 BURRITO Vegetable Fruit Roll & Butter SALAD BAR	15 MAC & CHEESE Vegetable Fruit Roll & Butter SALAD BAR & Broc. & Cheese	16 TURKEY GRAVY Vegetable Fruit Roll & Butter SALAD BAR
19 BEEFY NACHOS Vegetable Fruit Roll & Butter SALAD BAR	20 CHICKEN SAND. Vegetable Fruit Cookie SALAD BAR & Chicken Noodle		Thanksgiving Break No School November 21-23	
26 TACOBURGER Vegetable Fruit SALAD BAR	27 PIG in a BLANKET Vegetable Fruit No Bake Cookie SALAD BAR & Bean & Bacon	28 SPAGHETTI Vegetable Fruit Garlic Bread SALAD BAR	29 GRILLED CHEESE Vegetable Fruit Tomato Soup SALAD BAR & Tomato Soup	30 PIZZA Vegetable Fruit SALAD BAR

Menus are subject to change

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Calendar Events November 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 No School - Fall Break JH Wr at Gor/Rushville	2 No School - Fall Break	3
4	5 White Day PHC/WTC Art Clinic @ CSC 7:00 PM Cheerleading Parent Meeting	6 Red Day JH GBB vs Crawford	7 White Day	8 Red Day JH Wr at Hemingford Invite	9 White Day	10 JH GBB vs Hay Springs Alliance Veteran's Parade (Band)
11	12 Red Day WTC Vocal Music @ Kimball	13 White Day JH GBB at Crawford	14 Red Day	15 White Day	16 Red Day PHC One Act @ Sioux Cty. JH Wr at Morrill	17 JH Wr at Alliance
18	19 White Day JH Wr at Bridgeport (cancelled) JH GBB at Bayard	20 Red Day WTC One Act@ Alliance PAC(Hemingford Hosts) JH GBB vs Morrill	21 No School - Thanksgiving Break	22 No School - Thanksgiving Break	23 No School - Thanksgiving Break	24
25	26 White Day	27 Red Day JH Wr at Bayard 6:30 PM FFA Meeting	28 White Day 2:30 PM Big Brother/Sister	29 Red Day JH GBB vs Gor/Rushville	30 White Day Wr at Crawford JV/V G-B BB @ Gord/Rush	

Calendar Events December 2012

Mon	Tue	Wed	Thur	Fri	Sat
					<p>1</p> <p style="text-align: right;">Speech @ Gering</p> <p style="text-align: right;">JV/V G-B BB vs Hyannis</p> <p>5:00 PM Dining out with St. Bridget's</p>
<p>Day</p> <p>JH GBB at Alliance St Agnes</p>	<p>4</p> <p>White Day</p> <p>JV/V Girls BB vs Crawford</p>	<p>5</p> <p>Red Day</p> <p>Progress Reports Sent Home</p> <p>FFA Leadership @ Chadron</p>	<p>6</p> <p>White Day</p> <p>JH GBB at Bridgeport</p> <p>Wr at Hay Springs (Dual)</p>	<p>7</p> <p>Red Day</p>	<p>8</p> <p>Speech @ Morrill</p> <p>Wr at Banner Cty</p> <p>JV/V G-B BB @ Mitchell</p> <p>ACT Test Date</p>
<p>White Day</p> <p>JH GB @ Crawford</p>	<p>11</p> <p>Red Day</p>	<p>12</p> <p>White Day</p>	<p>13</p> <p>Red Day</p>	<p>14</p> <p>White Day</p> <p>JV/V G-B BB @ Bridgeport</p>	<p>15</p> <p>Wr at Bridgeport</p> <p>JV/V G-B BB vs Leyton</p>
<p>Red Day</p>	<p>18</p> <p>White Day</p> <p>2:30 PM Big Brother/Sister</p> <p>5:45 PM EL and HS Christmas Concert</p> <p>6:30 PM FFA Meeting</p>	<p>19</p> <p>Red Day</p>	<p>20</p> <p>White Day</p> <p>WTC WR @ Bridgeport</p>	<p>21</p> <p>Red Day</p> <p>1:00 p.m. Dismissal</p>	<p>22</p>
<p>School - Christmas Break</p>	<p>25</p> <p>No School - Christmas Break</p>	<p>26</p> <p>No School - Christmas Break</p>	<p>27</p> <p>No School - Christmas Break</p>	<p>28</p> <p>No School - Christmas Break</p> <p>Varsity G-B BB @ Chadron Holiday Inv.</p>	<p>29</p> <p>Varsity G-B BB @ Chadron Holiday Inv.</p>
<p>School - Christmas Break</p>					