



Inside this issue:

<i>Mr. Ningen</i>	2
<i>Mr. Foster</i>	3
<i>Mrs. Foster</i>	4-5
<i>International Walk to School</i>	6
<i>Mrs. Giorgi</i>	7
<i>Title 1</i>	8
<i>Free Computers</i>	9
<i>Conversation Starters</i>	10
<i>Dig Pink</i>	12
<i>Mrs. Hucke</i>	13

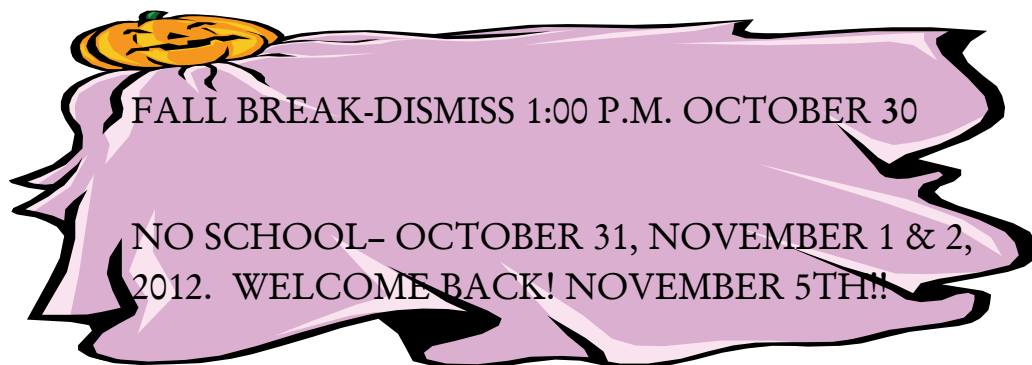
Parent Teacher Conferences



Pre-K-12th Parent -Teacher Conferences on Tuesday October 30, 2012 from 2:00-8:00 P.M.

Special points of interest:

- Parent Teacher Conferences Oct. 30th
- Principal Notes
- Worldstrides wreath sales
- International Walk to School Day, Oct. 3rd
- Students health fitness zone
- Title 1 Meeting-October 9th
- Free Computers
- Lunch Menus
- Activity Schedules
- Bullying
- Family Dinner Hour





Harvest – Being Thankful

Mr. Ningen, School Superintendent
October, 2012



Harvest has begun in our Hemingford community and surrounding area. As odd as the weather has been, and even though we have asked our outlying patrons to help our bus routes out till more moisture arrives, this time of year gives all of us a chance to step back and be thankful for all that we have.

We have a wonderful place to raise our children – Hemingford is a little off the main highway, but with that distance, there comes some comfort and some peace of mind. Our little community and the homes that surround Hemingford in the country provide a safe and wholesome place to bring our children up.

There are great people that make up our little corner of the world – Do you ever need to run to the grocery store at night or on Sunday? Raben's really goes out of their way to keep their doors open for all of us. What a great little grocery store we have!

Do you ever have car trouble? Harold Adamson and Jess Huss bend over backwards to get you running again. If it's just a small problem or if it's a big one, they will drop what they're doing and help a person in need out. Our mechanic shops in Hemingford are the best!

When the wind blows, (and it does seem to blow), and branches fall or snow begins to drift, the City of Hemingford is Johnny on the spot to help take down a dangerous limb, or to keep our roads clear and safe. Many of us probably take the city and all of their great workers for granted, but we are truly blessed with their hard work!

Our town might be a small one, but our Hardware store is another great example of a place that tries to provide the best selection of things a person needs for those home improvement jobs, and Tom and Shawn are always willing to either help you find what you need, or get it ordered. They also have flexible hours, and have helped many of us out when we were cutting things close.

As we sometimes experience illness, we have a tremendous medical staff in town, with Dr. Ruffing,

P.A. Brittney Bauer, and some very understanding, patient nurses to be thankful for. Having the convenience and gifted personnel available right here in Hemingford is a great blessing.

While we're talking medical needs, how about Doug Shaver at Shaver Pharmacy? He is an amazing man, and continually helps others here. His support for our schools, our people, and our town has no limit. What a blessing he and his wife Sue are to Hemingford!

Even though I am part of our faculty at our school, I must also take this opportunity to tell everyone how good our teachers, paras, principals, cooks, custodians, bus drivers, and secretaries are! We are such a small, comfortable, solid school, and our faculty, students, and parents work so very well together, achieving very positive results.

What a warm feeling it gives me to see teachers and staff up at school after hours and on week-ends, preparing so they can do their very best for our students. What a treat it is as well to stop and visit with any of our students – young or old, and be able to see them growing and reaching new heights!

Thank you for all of the churches that we have to choose from in Hemingford, and all of the Pastors, Priests, Sisters, and Elders that give so much of their time for us; thanks to our hardworking county roads employees for doing the best they can on our bus routes with no moisture; thanks to our city, county, and state police officers that live and work in and around Hemingford. They do a GREAT job!

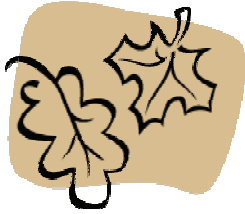
Thanks to Deb for her ongoing work at our local city library! Thanks to Ryan and Kathy and their staffs at our local bank and at our local Credit Union. We are blessed! Thanks to Rick at the Post Office for his help and understanding; Thanks so much to Farmer's Coop and to Hemingford Telco for employing so many local people and serving the Hemingford area so well!

Thanks to Aaron, Jo, and especially Lyle at the Ledger for their many hours of service to our town!

Enjoy this time of the year, and enjoy where we are - it's Harvest time in Hemingford, Nebraska!

Mr. N.

Fostering Education



OCTOBER HAS ARRIVED

It is hard to believe that we are into October and almost done with one quarter of school. The kids have done a good job of adjusting to their new classrooms and teachers. The teachers are constantly striving to help each child reach their fullest potential. I'm very pleased with how things have started.



TESTING

We will administer the fall MAP tests in October this year to students in 2nd -11th grade. The tentative dates are October 1st -5th for 2nd - 6th grade and October 8th -12th

for the High School students. Please help by making sure your child/children are in school and have had a good night's sleep. We appreciate the support and encouragement you give your child/children each day to do their best in school.



OCTOBER HAPPENINGS

1st - 5th -- Grades 2nd - 6th MAP Testing

15th - 19th Fall Writing Window

22nd - Ms. Osmotherly's 4th grade field trip to Historical School in Banner County

23rd - Ms. Kresl's 4th grade field trip to Historical School in Banner County

23rd End of the 1st quarter

30th 1:00 p.m. Early Dismissal for Parent / Teacher Conferences

30th -Parent/Teacher Conferences will run from 2:00 - 8:00 p.m.

31st - No School for kids - Teacher In-Service.

Nov. 1st and Nov. 2nd - No school for kids or staff. (Fall Break)

PARENT/TEACHER CONFERENCES



Please plan to attend your child's parent/teacher conference on Tuesday, October 30th. 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. At the conference remember both you and the teacher want to help your child succeed. Also, ask to see your child's work, ask the teacher to explain terms that are new to you, sum up what has been discussed, and finally establish the best way to contact each other. Email? Phone? 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.**

Let's continue the great communication that we have established. Please feel free to contact us with any concerns.

Mr. Ron Foster, Principal

rfoster@panesu.org



Foster's Facts

pfoster@panesu.org

Time management is a must for students. I wish that more students would use the SST time to finish homework or receive assistance. What a good feeling, I would think--not have to think about school/homework for an evening since you finished it at school. One of the reasons that SST was put into place was so that students should be eligible as long as they attend and show effort at improving their grade. The eligibility committee wants all students to be able to be part of an activity for there are many benefits of being part of a team (social, physical and mental). Academics are in the fore-front and SST is a positive opportunity for our students. I am not sure why students would rather be ineligible than to attend SST.



ACT Prep Class -John Baylor Test Prep Program

Those individuals that plan on enrolling for an ACT exam (after visiting with Mrs. Hucke) are required to attend the ACT practice test twice a week in lieu of their SSR reading time. Juniors should not sign up for the ACT until they have gone through the prep class which has been incorporated into the school day during SSR (Sustained Silent Reading) time. During this time, are test taking strategies for the students and practice tests. The plan is to provide these mini sessions prior to each testing period. Students can also go out to the ACT website (address above) for additional questions.



ACT test dates are posted throughout the building.

<http://www.actstudent.org/>

Fall Writing—Time to practice those writing skills. Fall writing is scheduled for October 3. Each class will be given a prompt to write which will be either a narrative, descriptive or persuasive argument. Students will have one hour for writing. The rough draft and polished copy will be completed in a single setting. This will help prepare students for the state writing test. Students in Grades 8 and 11 will use computers for their writing. The reasoning behind this is to simulate the State Writing done in the spring. During the Teacher Assessment Day on October 31st (no school for kids), the full K-12 faculty will use the 6-traits method and score the student work. These results will then go back into the classroom where teachers can polish areas of need. Hopefully there will not be much illness in the building and all students are present.



Parent/Student/Teacher Conferences –for the Junior High and High School will be held on Tuesday, October 30 beginning at 2 pm and concluding at 8 pm. The office will provide a copy of your son/daughter schedule so that you can visit with each individual teacher. The conferences are held in the individual classrooms –no appointments are scheduled. To get all parents through, we allot about 5 minutes for each conference. As always, please do not wait for conference time if you have questions for a teacher. Leave a message in the office and they will return your call. I hope to see you there. (Feel free to bring your son or daughter along).





Foster's Facts

pfoster@panesu.org

Student and Parent Portal

PowerSchool

Have you tried the Parent Portal? Your log-on and password were mailed and the parent portal side is ready. A quick lesson is: 1—Go to the Hemingford School web-site 2—Click the PowerSchool button under Parents. 3—Enter the username and password. 4—Student information should load. **Students were given their passwords during English class the 1st full week of school so they could access the information also.**

If you have questions or forgot your password, please call the office or email me pfoster@panesu.org for assistance.

Other Events

- October 8-12 NWEA Testing Grades 7-11
- October 17 PSAT test for Juniors (contact Mrs. Hucke)
- October 17 Box Butte County Business and Industry Day
- October 23 End of 1st Quarter
- October 27 ACT Test Date
- October 30 No School Parent/Student/Teacher Conferences 2-8 pm
- October 31-November 2 No School Fall Break

WorldStrides – Wreaths and greenery are now on sale for the WorldStrides juniors. Items may be purchased for local delivery or may be mailed to recipients out of town/state. Please be sure to note on the order form if you want it mailed and the correct mailing address complete with zip code. Orders **HAVE** to be turned in by October 26th **WITH** money! We appreciate all the support for these students!





CONTACT:
Suzanne Neefe
308-487-3328
sneefe@panesu.org

Hemingford school to celebrate International Walk to School Day on October 3, 2012

Join us on October 3rd, 2012 to help us celebrate "Walk to School day!" Hemingford Public Schools will join schools from around the world to celebrate International Walk to School Day on October 3, 2012.

Please meet us at the Cat Shack at 7:45 and walk to school with us! Bus drivers will drop off the kids who wish to participate at 7:55. We will leave at 8:00 am to walk to school.

In 2011, International Walk to School Day was celebrated at more than 4,000 events at schools across the United States, along with children and adults in 40 countries around the world. We had over 100 people join us last spring! Don't be left out.

Permission forms will be sent home with elementary students. All students need to have a permission form turned in, in order to participate, (especially bus students!)

Walk to School Day events raise awareness of the need to create safer routes for walking and bicycling and emphasize the importance of issues such as increasing physical activity among children, pedestrian safety, traffic congestion and concern for the environment. The events build connections between families, schools and the broader community.

The event is being organized by **FCCLA**. **Thanks to Panhandle Health, the Cat Shack and Hemingford bus drivers and parents for helping out with this activity.**

For additional local information, please contact **Suzanne Neefe** at **308-760-7212**.

For additional information, please visit these websites:

Walk to School Day in the USA
National Center for Safe Routes to School
International Walk to School Day

www.walkbiketoschool.org
www.saferoutesinfo.org
www.iwalktoschool.org





Giorgi's Gym

FITNESSGRAM COMING HOME



Watch for the Fitnessgram, which is a print out of your child's fitness scores. The fitness tests include: Mile run/walk, Pacer (Aerobic capacity), Curl Ups and Push Ups (Muscle Strength and Endurance), Trunk Extension and Sit & Reach (Flexibility). These components of physical fitness are important because of their relationship to overall health and optimal function. For each of the above tests, a Healthy Fitness Zone has been identified depending on the child's age. This is a national norm for all children of that age and means that is the score found necessary for good health and improved function.

Look over the Fitnessgram and see where your child needs improvement. During each PE class the students work on improving their fitness. Please encourage them to do their best and work on the suggested exercises at home.

Congratulations to the following students who achieved the Health Fitness Zone in all areas:

Kindergarten: Cody Galles, Cabrayella McGowan and Kyran Walker.

1st Grade: Petar Carlson, Jonathan Fritzler and Lauren Garner.

2nd Grade: Avery Davies, Jayden Fritzler, Caiden Hill, Jordan Hollinrake, Jayda Meyring, Jacob Picket Pin, Cody Rathjen, Riley Swanson, Darin Turek, Kambree Walker and Landyn Woodbeck.

3rd Grade: Kylie Allen, Kamryn Ash, Braden Connor, Tiffany Hall, Hunter Jordan, Olivia Raben, Samatha Rozmiarek, Hannah Rudloff, Ethan Specht and Logan Thompson.

4th Grade: John Ansley, Danae Hanson, Jayce Meyring, Zachary Rozmiarek, Tatum Swanson and Kyla Walker.

5th Grade: Melissa Anglesey, Isaiah Bryner, Tayson Ernesti, Aaron Farritor, Kaitlyn Fritzler, Rebecca Hanson, Taylor Manion, Brett Prella, Gregory Randolph, Wiley Rudloff, Jori Stewart, Jaydon Walker and Shanna Weaver.

6th Grade: Luke Cullan, Lauren Gasseling, Casey Lashley, Jacob Olson, and Josie Stewart.

LEVEL 2 SKIP'N CATS

Level 2 Skip'n Cats will have their first practice Tuesday, October 2. Each rope skipper will be notified personally of the starting date and time. Level 1 Skip'n Cats will not start practice until after Christmas.



Mrs. Giorgi



Title 1 Reading-Mrs. Folkerts

News from Title 1 Reading

A meeting for parents of Title 1 Reading students will be held Tuesday, October 9, 2012 at 3:00 pm in the Title 1 Room of the Elementary Building. The purpose of this meeting is to explain the Title 1 program and answer any questions you may have. The meeting will last 30-45 minutes and refreshments will be served.

Hope to see you there!!

Linda Folkerts, Title 1 Reading Teacher

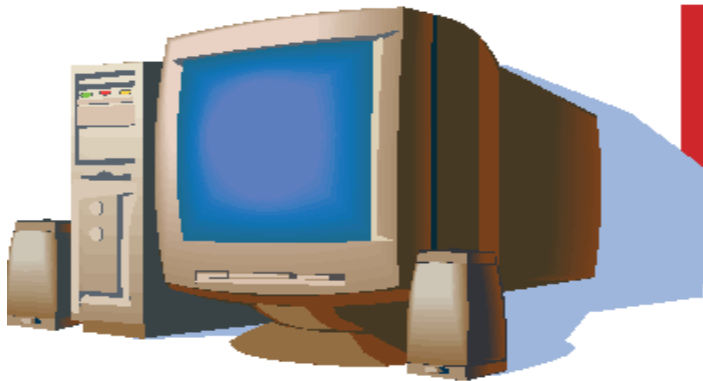
Mandy Plog, Title 1 Director



News flash – just in! High School Art Day will be November 5 at CSC. Ten advanced art students will go with Mrs. Wade. Letters will be sent home with details.



FREE Computers



**FREE
Computers for
students!!!**

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

308-487-5214



Who do you look forward to seeing the most at school each day?

What's the best thing about being in _____ grade?

What's the worst thing about being in _____ grade?

What are you learning now in _____ class?

If you could pack your own lunch, what would you pack?

Who's the friendliest person in your class?

Who is someone at school who needs a friend?

What does your teacher do really well?

What's your favorite part of the school day?

What food did you like the most at lunch?

Who did you sit by at lunch today?

Who did you hang out with the most today?



TALK

AFTER SCHOOL



Family Conversation Starters

What's been your biggest challenge at school this week?

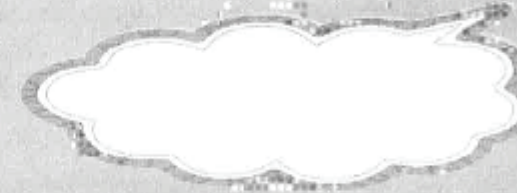
Who was kindest to you today?

Have you had your feelings hurt at school lately? What happened?

What's one nice thing you did for someone today?

If you had to rate today on a scale of 1 - 10, what would you give it?

If you had been the teacher today, what would you have done differently?





Dig Pink-WTC Conference

The annual WTC fundraiser is to bring schools together and increase the awareness of breast cancer during the month of October. Please support your school and join us at the tournament on Oct. 20th in Hemingford. The money raised will go to a local community member battling breast cancer. Thank you in advance for your support!

Tshirts are (pink) \$12. Checks payable to Bobcat Volleyball.

Order forms in High School and Elementary Office.

Need order turned in by October 7th.





C O U N S E L O R ' S

O R N E R

I will be working with the 3 – 6 graders during the month of October. The third, fourth and fifth grade will be using a curriculum called Steps to Respect – A Bullying Prevention program. The sixth grade will be working with life situations and how to get along with other students.

Seniors: Don't forget to check your mail box in my office for the scholarship list.

Juniors: The PSAT/NSMQT test will be given on October 17. It will be given here at the school. If you have any questions, please come in and see me. The cost is \$14.

Register for a college fair barcode!

Students - if you plan to attend a College Fair or Educational Planning Program (smaller college fairs held at statewide locations), register for a barcode that will streamline your visits with college representatives.

Here's how it works:

1. Before you go to a College Fair or Educational Planning Program (EPP), visit NebraskaCollegeFairs.org and select the event you plan to attend.
2. Complete and submit a confidential online form providing details such as contact information, age/gender/ethnicity, year in school, academic information, extracurricular activities, and ACT/SAT test scores.
3. Print the barcode that appears on your screen.
4. **Important!** Take the barcode to the College Fair(s) and/or EPP(s) you attend. College reps participating in the barcode/scanner process will scan your barcode to retrieve your information – and you won't have to complete information cards.

Visit www.educationquest.org/college-fairs for the dates and locations of Nebraska College Fairs and Educational Planning Programs

Sophomores, Juniors, and Seniors – Make sure and attend the college night that is being held Monday, October 8, 2012, at Alliance High School at 7:00 p.m.

***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

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>

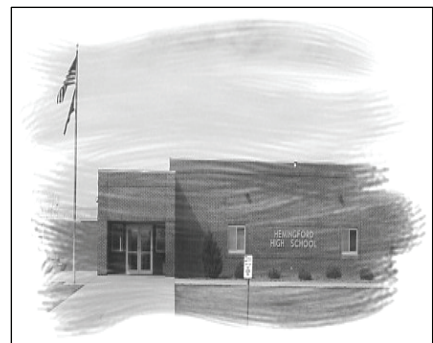
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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.

THE FAMILY DINNER HOUR

Mealtime is about more than just food. Sitting around the table at the end of the day gives everyone in the family a chance to unwind and enjoy time together. Added to that, experts say eating dinner together has a list of benefits, from boosting children's achievement in school to helping them stay healthy and have higher self-esteem.

To make dinner easier to pull together—and more fun—consider these ideas.



TAKE TIME

It can be tough to find a way to sit down for dinner as a family every night. Here are strategies that can help.

Review your calendar

On Sunday evenings, look over your family's calendar for the coming week. Instead of trying to have dinner the same time each night, consider ways to accommodate work and activity schedules. Perhaps you'll eat early Tuesday before your child's play practice or late on Thursday when you have a 5 p.m. meeting.



Plan ahead

Turn meal planning into a game. On separate slips of paper, have everyone write meals they would like that week. Put the papers in a hat, and let your children pull out a slip for each day. This is a good time to make assignments, such as who will

shop, set the table, cook, clear the table, put away leftovers, and do the dishes.

Move up the meal

Who says family mealtime has to be in the evening? If your schedules don't fall in line for dinner, try for another time that

day. The important thing is spending time together over a meal—not which meal it is. For example, you might be able to have breakfast together on weekdays, lunch on Saturday afternoon, or brunch on Sunday.

Make it simple

You've worked all day, picked up two kids from day care, and you're exhausted. How can you possibly cook dinner now? Try combining ready-made items with food you have at home. For instance, stop at the grocery store and put together a salad there. You could add hard-boiled eggs, chicken salad, or tofu at the salad bar to include protein in the meal. Then, at home, microwave sweet potatoes or a bag of frozen vegetables, and cut up a melon.

Eat away from home

If your child can't be home at dinnertime, consider going where she is. For instance, you could pack a simple picnic and eat at the field before or after lacrosse practice. Or consider having an inexpensive meal at a restaurant near her Girl Scouts meeting.



Try "partial meals"

For those days when someone can't be home for dinner, what about coming together for part of the meal? For example, maybe your youngster has gymnastics practice, so he needs to wait until afterward to eat. As a family, you could have vegetables and a dip an hour before practice. Or you could have dessert together when he gets home.

LET'S TALK!

Kids love to chat about their day. These ideas can spark the discussion and help your family enjoy your time talking together.

Keep it light

Leave discussions about bad grades, messes that were not cleaned up, or tough family finances for another time. When you're at the dinner table, talking about pleasant topics will make things nicer for everyone. You might mention something funny that happened in your day and ask others to share funny moments from theirs. Give someone a compliment ("Ashley painted a beautiful picture in school today") and ask her to elaborate ("What made you think of using purple for the sky?"). Also, try to give everyone a chance to talk—if one person monopolizes your dinner conversations, they won't be as enjoyable for the others.

Create a discussion menu

Let your children take turns making a menu for dinner—but instead of listing food, they can write topics to discuss. Be sure each person has a copy of the "menu" so you can move easily from one idea to the next. You might be surprised to find out what's been on your youngsters' minds!



Play a game

Your dinner napkin does double duty with this activity. Every night, have someone write a different word (*dance, kangaroo, baseball*) on

each family member's napkin (or write the words on sticky notes and attach them to the napkins). Then, each person should secretly look at his word and use it three times during dinner. After dinner, family members try to guess each other's words.

Try "good thing, bad thing"

Take turns going around the table, and let each person explain one good thing that happened in her day and one bad



thing. For example, your second-grader might say she made a new friend at recess as her good thing. And for her bad thing, she could mention she didn't do as well on her spelling test as she wanted. Not only will this get everyone talking, it can

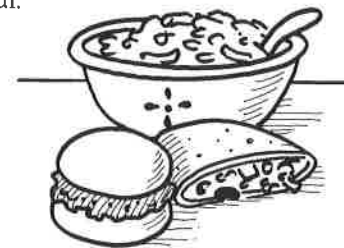
lead to interesting or helpful discussions (how to meet new friends, how to study for tests).

15-MINUTE MEALS

These healthy dinnertime ideas take minutes to prepare, so you can take your time eating instead of cooking. *Note:* Each recipe serves four.

Chicken pitas

Remove the meat from a rotisserie chicken, and cut into bite-sized pieces. For each person, fill a pita pocket with chicken, canned chickpeas (drained and rinsed), and chopped tomatoes. Make a sauce by mixing together $\frac{1}{2}$ cup plain yogurt, $\frac{1}{4}$ cup diced cucumber, and $\frac{1}{2}$ tsp. each lemon juice and garlic powder.



Rainbow pasta

Cook one box tri-color penne pasta and one package frozen vegetables according to directions. Drain, and place in a large bowl while they're still warm. Stir in 1 cup low-fat shredded mozzarella cheese.

Sloppy Joes

In a skillet, sauté 1 lb. lean ground beef with 1 cup each diced onion and green pepper until the meat is cooked through and the vegetables are soft. Drain off the fat. Add a 15 oz. can tomato sauce, 1 tsp. prepared mustard, 1 tbsp. brown sugar, and $\frac{1}{2}$ tsp. garlic powder. Simmer until the sauce thickens slightly, and spoon onto whole-wheat hamburger buns.

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

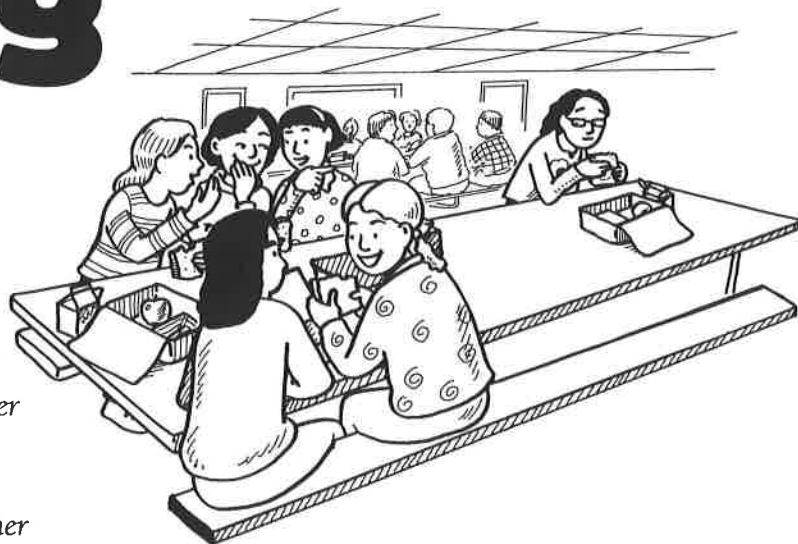
Nutrition Nuggets™

Resources for Educators, a division of CCH Incorporated ■ 128 N. Royal Avenue, Front Royal, VA 22630 ■ 540-636-4280

© 2012 Resources for Educators, a division of CCH Incorporated

NN12x389E

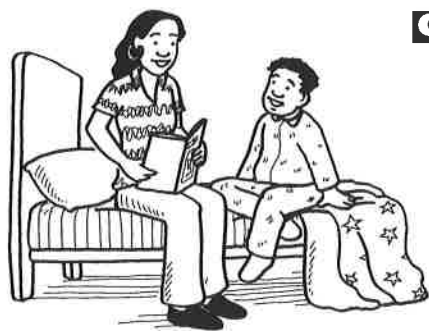
Bullying Q&A's



Jack sits quietly at lunch while his friends laugh at a classmate who has a learning disability. Katie doesn't want to go to school because she says other girls tease her about her glasses. On the basketball court, Christopher and his buddies repeatedly trip a younger boy.

These children are all affected by bullying. And whether your child is a witness, a victim, or a bully, it's likely that she has been touched by the problem at some point, too. So what can a parent do? Here are answers to common questions about bullying.

of self-confidence, or depression. In the most extreme examples, bullying has been linked to violent behavior or suicide.



Q My son and his friends tease each other a lot. Is that bullying?

A Playful teasing that takes place among friends usually isn't considered bullying. A good friend knows if his buddy has had

enough and no longer thinks the joking is funny. Bullying, on the other hand, is mean spirited and is not a joke to the victim. In addition, a bully is persistent and has an advantage over his victim. For instance, he might be bigger, older, or more popular. Examples of bullying include making threats, name calling, pushing, or punching. All these behaviors—verbal and physical—should be taken seriously.

Q I've been hearing a lot about bullying lately. Is it more frequent these days?

A Although it's not clear that bullying is on the rise, it's true that the problem is getting more attention as we learn about its serious consequences for both bullies and victims. For instance, youngsters who bully other children are more likely to get into trouble with the law as adults. And victims can suffer from poor grades, increased school absences, lack

Q Why do kids bully each other?

A Experts used to believe that most bullies had low self-esteem and that they hurt others to feel better about themselves. While this does happen, it is also common for popular children to be bullies. They're motivated by social power, and they take advantage of less popular kids to gain even more power. For instance, a well-liked youngster might decide who gets to jump rope during recess or where other kids can sit at lunch. On the other hand, a less popular child might bully others in an effort to gain more friends. If a classmate doesn't do what she says, she might push her or call her names.



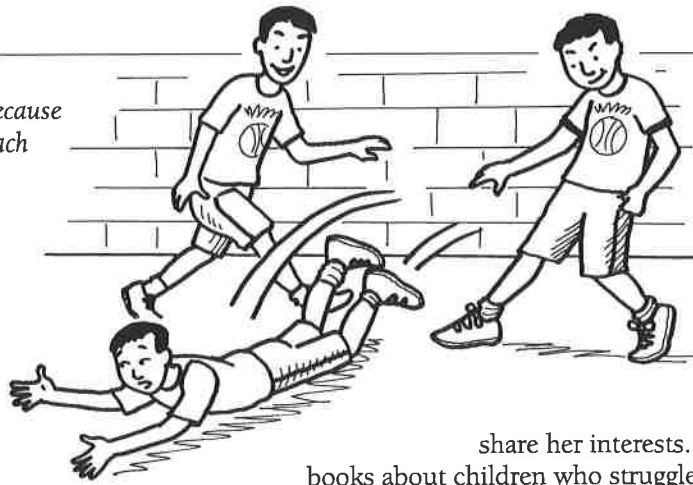
Q What should my youngster do if she witnesses bullying?

A Bullies love a crowd, so the best thing your child can do is to pay attention to the victim and ignore the bully. If someone is being physically attacked, your youngster should tell the nearest adult. If a classmate is being teased, your child might walk up and ask the child to play. Let your youngster know that you understand it takes courage—but if she stands up to a bully, others might, too. *Tip:* Be sure to explain the difference between reporting a bully and tattling: telling is to help get someone out of trouble, and tattling is to get someone in trouble.

continued

Q My son doesn't want to go to school because kids make fun of his weight. How can I teach him to stand up for himself?

A While your son can learn strategies for standing up to his classmates, bullying isn't usually a problem that a youngster can handle alone. He will probably need adult help to solve the problem in the long run. Consider calling or meeting with his teacher or school counselor. She might suggest a support group or an older student—a bullying "survivor"—who can share his experiences with your child. In the meantime, tell your son that most bullying takes place when adults aren't looking, and help him plan ahead. ("Who are you going to play with at recess today?" "Where will you sit on the bus?") Finally, tell your son to think "SAFE": Say what you feel, Ask for help, Find a friend, Exit the area. When someone bullies him, he can try one or more of those strategies. For example, he might say, "I don't want to hear this," and walk away.



way?") It's likely that your youngster is being excluded from a clique that she wants to be a part of. You can gently suggest that she make friends with children who treat people kindly. Also, she could attend an after-school activity to find friends who

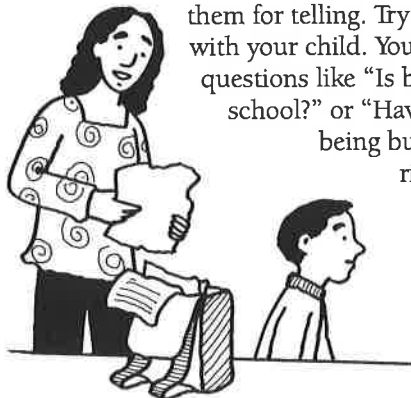
share her interests. *Tip:* Ask a librarian for books about children who struggle to make friends. Knowing that other youngsters go through the same thing can help her feel less alone, and she can read about ways to build friendships.

Q I overheard my son and his friends threatening another child at the playground. How should I handle this?

A Ask your son how he would feel if he was the child being threatened. Let him know that his behavior is unacceptable, and tell him what the consequences will be if it continues. Also, help your youngster become more empathetic by talking regularly about others' feelings ("Your brother is disappointed that his football team lost, so let's try to cheer him up"). Look around for role models ("That actor helped rebuild houses for people who were in a flood"). Also, consider getting involved in community service as a family. Your son might read to children at a shelter, serve food in a soup kitchen, or walk for a cause like autism or cancer research.

Q How will I know if my child is being bullied?

A Youngsters often keep bullying a secret because they are ashamed or are afraid the bully will punish them for telling. Try bringing up the subject with your child. You can ask him general questions like "Is bullying a problem at your school?" or "Have you ever seen anyone being bullied?" Also, know the



risk factors—children who are overweight, have a disability, or are perceived as different are often targets. Finally, be aware of the warning signs. Keep in mind

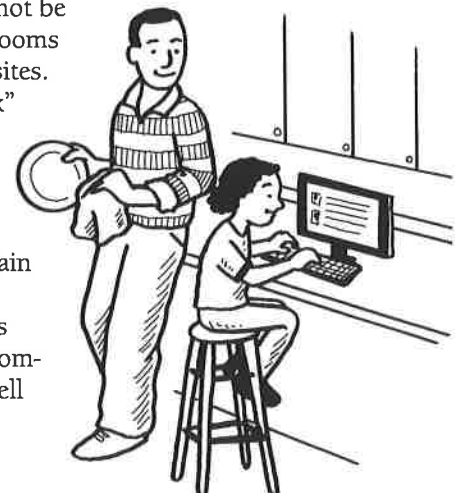
that you might not see bruises. More frequently, a victim will avoid favorite activities, ask to stay home from school, misbehave, lose belongings with no explanation, or come home with torn or messed-up papers or books.

Q My daughter has been unhappy lately. She finally told me it's because her classmates don't want her around. Is there anything I can do?

A When a child is repeatedly left out on purpose, it is a form of bullying. First, ask specific questions to learn what is going on. ("Where is this happening?" "Who is treating you this

Q I know that cyberbullying is a big problem among older kids. Do I need to worry about it now?

A Keeping an eye on your child's online activities is one of the best ways to prevent cyberbullying. If you have a computer at home, keep it in a common area (kitchen, living room) rather than in your youngster's bedroom. Also, consider writing a list of rules for using the Internet. For example, your daughter might not be allowed to visit chat rooms or social networking sites. You might "bookmark" a list of safe sites and tell her she can't visit other pages without your permission. And explain that if she ever sees something that upsets her or makes her uncomfortable, she should tell you right away.




Home & School CONNECTION®



Hemingford Public Schools Breakfast Menu

October 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
1 CEREAL Fruit or Juice	2 PANCAKES Fruit or Juice	3 CEREAL Fruit or Juice	4 BREAKFAST BURRITO Fruit or Juice	5 BREAKFAST PIZZA Fruit or Juice
8 CEREAL Fruit or Juice	9 SCRAMBLED EGGS Fruit or Juice	10 BREAKFAST PIZZA Fruit or Juice	11 FRENCH TOAST Fruit or Juice	12 CINNAMON ROLL Fruit or Juice
15 CEREAL Fruit or Juice	16 PANCAKE & SAUSAGE on A STICK Fruit or Juice	17 CEREAL Fruit or Juice	18 OMELET Fruit or Juice	19 BREAKFAST PIZZA Fruit or Juice
22 CEREAL Fruit or Juice	23 EGG & CHEESE BISCUIT Fruit or Juice	24 BREAKFAST PIZZA Fruit or Juice	25 BREAKFAST TAC- GO Fruit or Juice	26 CINNAMON ROLL Fruit or Juice
29 CEREAL Fruit or Juice	30 WAFFLES Fruit or Juice	31  Fall Break Oct. 31 - Nov. 2		

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

October 2012

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
1 CRISPITO Vegetable Fruit Roll & Butter SALAD BAR	2 CHICKEN NUGGETS Vegetable Fruit Roll & Butter SALAD BAR & Bean&Bacon	3 FRITO PIE Vegetable Fruit Roll & Butter SALAD BAR	4 HAMBURGER Vegetable Fruit Dill Slices SALAD BAR & Potato Soup	5 CORNDOG Vegetable Fruit Roll & Butter SALAD BAR
8 CHICKEN FRIED STEAK Vegetable Fruit Roll & Butter SALAD BAR	9 CHICKEN STRIPS Vegetable Fruit Roll & Butter SALAD BAR & Broc./ Cheese	10 PIZZA Vegetable Fruit Cookie Cake SALAD BAR	11 BURRITO Vegetable Fruit Roll & Butter SALAD BAR & Cream of Asparagus	12 SPAGHETTI & MEAT SAUCE Vegetable Fruit Garlic Bread SALAD BAR
15 HOT HAM & CHEESE SAND Vegetable Fruit SALAD BAR	16 TACO Vegetable Fruit Roll & Butter SALAD BAR & Vegetable Beef	17 SLOPPY JOE Vegetable Fruit Cookie SALAD BAR	18 MAC & CHEESE Vegetable Fruit Roll & Butter SALAD BAR & Turkey Noodle	19 CHILI Vegetable Fruit Cinnamon Roll SALAD BAR
22 ITALIAN DUNKERS Vegetable Fruit Dipping Sauce SALAD BAR	23 BEEFY NACHOS Vegetable Fruit Roll & Butter SALAD BAR & Chicken Rice	24 CHICKEN & NOODLES Vegetable Fruit Roll & Butter SALAD BAR	25 GRILLED CHEESE Vegetable Fruit Tomato Soup SALAD BAR & Tomato Basil	26 PIG in a BLANKET Vegetable Fruit No Bake Cookie SALAD BAR
29 BOBCAT TACO Vegetable Fruit Roll & Butter SALAD BAR	30 CHICKEN SAND. Vegetable Fruit NO SALAD BAR	31  Fall Break Oct. 31 - Nov. 2		

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

Calendar Events October 2012

Sun	Mon	Tue	Wed	Thur	Fri	Sat
	<p>1</p> <p style="text-align: center;">White Day</p> <p>NWEA Map Testing for Elem</p> <p>4:00 PM JH VB vs Crawford</p> <p>5:00 PM JHFB w/Crawford @Home</p>	<p>2</p> <p style="text-align: center;">Red Day</p> <p>FCCLA Leadership Conference</p> <p>JV/V VB vs Crawford</p> <p>NWEA Map Testing for Elem</p>	<p>3</p> <p style="text-align: center;">White Day</p> <p>FCCLA Walk to School Day</p> <p>NWEA Map Testing for Elem</p> <p>Fall Writing for HS</p>	<p>4</p> <p style="text-align: center;">Red Day</p> <p>FFA Area Land Judging</p> <p>NWEA Map Testing for Elem</p>	<p>5</p> <p style="text-align: center;">White Day</p> <p>WTC CC @ Bayard</p> <p>NWEA Map Testing for Elem</p> <p>6:00 PM VFB @Paxton</p>	<p>6</p> <p style="text-align: center;">JV VB at Gor/Rush Invite</p>
7	<p>8</p> <p style="text-align: center;">School Board Meeting</p> <p>NWEA Map Testing for HS</p> <p style="text-align: center;">Red Day</p> <p>JH VB vs Hay Springs</p> <p>6:00 PM JVFB @Morrill</p>	<p>9</p> <p style="text-align: center;">White Day</p> <p>NWEA Map Testing for HS</p> <p>3:00 PM Title I Parent Meeting</p>	<p>10</p> <p style="text-align: center;">Red Day</p> <p>NWEA Map Testing for HS</p>	<p>11</p> <p style="text-align: center;">White Day</p> <p>NWEA Map Testing for HS</p> <p>VB Triangular @ Morrill</p> <p>JH VB vs Bayard</p> <p>District CC</p>	<p>12</p> <p style="text-align: center;">Red Day</p> <p>NWEA Map Testing for HS</p> <p>7:00 PM VFB w/Morrill @Home</p>	<p>13</p> <p style="text-align: center;">PHC VB @ Morrill</p>
14	<p>15</p> <p style="text-align: center;">White Day</p> <p>F/JV VB at Gor/Rushville</p> <p>6:00 PM JVFB @Gordon/Rushville</p>	<p>16</p> <p style="text-align: center;">Red Day</p> <p>JV/V VB at Hay Springs</p> <p>5:00 PM JH FB vs Kimball</p>	<p>17</p> <p style="text-align: center;">White Day</p> <p>Box Butte Business & Industry Day</p> <p>8:30 AM PSAT Test (Juniors)</p>	<p>18</p> <p style="text-align: center;">Red Day</p> <p>2:30 PM Big Brother/Sister</p>	<p>19</p> <p style="text-align: center;">White Day</p> <p>Giant Map of Asis</p> <p>State Cross Country</p> <p>6:00 PM VFB @Maxwell</p>	<p>20</p> <p style="text-align: center;">WTC VB @ Hemingford</p>
21	<p>22</p> <p style="text-align: center;">Red Day</p> <p>VB Triangular @ Hemingford</p>	<p>23</p> <p style="text-align: center;">White Day</p> <p>1st Quarter Ends</p>	<p>24</p> <p style="text-align: center;">Red Day</p> <p>2nd Quarter Begins</p> <p>FCCLA Districts</p>	<p>25</p> <p style="text-align: center;">White Day</p> <p>6:30 PM FFA Meeting</p>	<p>26</p> <p style="text-align: center;">Red Day</p>	<p>27</p> <p style="text-align: center;">JH Wr at Banner Cty</p> <p>ACT Test Date</p>
28	<p>29</p> <p style="text-align: center;">White Day</p>	<p>30</p> <p style="text-align: center;">Red Day</p> <p>1:00 p.m. Dismissal</p> <p>2:00 PM Parent - Teacher Conferences</p>	<p>31</p> <p style="text-align: center;">FFA State Land Judging @ Beatrice</p> <p>8:00 AM No School - Assessment Day</p>			

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	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
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	