

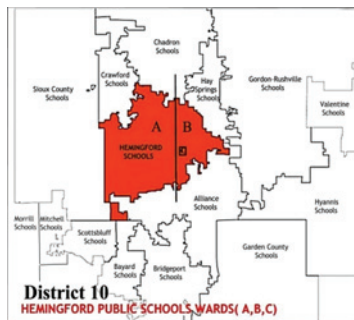
# Bobcat Bits

## Hemingford Public Schools

### Connector Building Project Reaches Final Planning Stage

April 2014

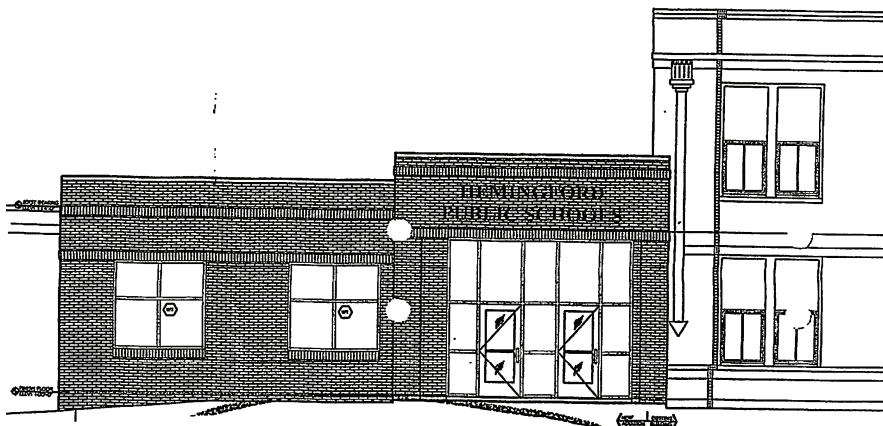
#### Board to Open Bids on April 14th at 4:30 PM



District 10 Board of Education members will soon have bids to consider for the much anticipated “connector” project that is being considered a second time in the past several years.

The project will connect the east end of the High School, the west end of the Elementary School, and the south side of the Central Office Building. Some of the major points and facts about the project:

- Architect is Lee Davies of North Platte
- Estimated cost is \$800,000
- The new building will utilize three existing walls (HS, Elem. And Central Office)
- Bathroom renovations in the high school will also be included in the project
- The main doors to our school will become the south entrance to the new addition
- Students and staff will be protected from traffic and the elements when going between buildings
- An office with a secretary and administrator (the elementary principal) will be located at the main entrance
- Rainwater from the roofs will be funneled to the front lawn and trees and plants there.
- Bids will be collected for the next three weeks, and then opened at 4:30 PM in the HS Library on Monday, April 14<sup>th</sup>.
- The Board of Education will act to either award a bid or not award a bid that same evening at 7PM in the HS Library as part of their regular April meeting



#### Inside this issue:

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#### Special points of interest:

- After Prom Party
- Academic All-State
- State Speech Qualifier
- Pennies for Leukemia Fun!
- Activity Calendar
- Menus
- Nutrition Nuggets
- Connector Project
- Honor Rolls

# Fostering Education

## HEADING TOWARDS APRIL



We are into the fourth quarter of school. It is time for me to start to reflect on this school year. We have had a very productive and rewarding year so far. I've seen what the kids have done and believe together we can achieve even more. **We are just getting started!** Please continue to encourage your child to finish the school year in a strong manner.

**Remember our motto kids: FINISH STRONG!**

## KINDERGARTEN ROUND UP - APRIL 8<sup>th</sup>

We will be contacting parents who have children that will turn 5 years of age on or before the July 31<sup>st</sup> deadline. **(The new date deadline was passed by the Nebraska Legislature.)** If you are new to the district and have a child who will meet the age requirement, please contact us at 487-3330. We will be having a meeting on April 8<sup>th</sup> from 5:45 - 6:45 p.m. in the school cafeteria. **Items you will need to bring to that meeting are the original or copies of the following: Birth Certificate, Immunization Records, and Social Security Card.**



## PARENT / TEACHER CONFERENCES

Thank you for your attendance during our spring conferences. I know how busy our lives can be, but remember 10 - 15 minutes is a small amount of time that can make a world of difference in your child's life. Thanks again for your commitment to our school. Please feel free to visit us anytime.

## UPCOMING DATES OF INTEREST



April 3<sup>rd</sup> - 6<sup>th</sup> Grade Bingo Night From 5:00 - 7:00 p.m.

April 8<sup>th</sup> - Kindergarten Round - Up 5:45 p.m. in Cafeteria

April 10<sup>th</sup> - 4<sup>th</sup> Grade Famous Nebraskans Speeches from 5:30 - 7:00

April 18<sup>th</sup> and April 21<sup>st</sup> - NO SCHOOL -Easter Break

April 25<sup>th</sup> - 6<sup>th</sup> Grade Field Trip to South Dakota Sites

April 30<sup>th</sup> - Kindergarten Egg Drop @ 2:15 p.m.

May 6<sup>th</sup> - Elementary Spring Music Concert starting @ 6:00 p.m.

May 20<sup>th</sup> - 3<sup>rd</sup> Grade Field Trip to Scottsbluff

May 22<sup>nd</sup> - 2<sup>nd</sup> Grade Field Trip to Mammoth Site

May 23<sup>rd</sup> - 11:30 a.m. Dismissal - LAST DAY OF SCHOOL ☺

## STATE READING, STATE MATH , and STATE SCIENCE TEST

We will administer the NeSA-R, NeSA - M, NeSA - S (Nebraska State Accountability Reading, Math, and Science) tests this April for students in grades 3, 4, 5, 6, 7, 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. Please ask them about their testing.**

# STATE READING, MATH, and SCIENCE TESTING SCHEDULE

**Wednesday, April 2<sup>nd</sup> - Red Day**

All 5<sup>th</sup> Grade - 8:25 - 9:45 NeSA-Science Test

**Thursday, April 3<sup>rd</sup> - White Day**

All 6<sup>th</sup> Grade - 8:25 - 10:20 NeSA-Reading Test

All 3<sup>rd</sup> Grade - 1:15 - 3:10 NeSA-Reading Test

**Friday, April 4<sup>th</sup> -Red Day**

All 5<sup>th</sup> Grade - 8:25 - 9:45 NeSA-Science Test

**Monday, April 7<sup>th</sup> - White Day**

4<sup>th</sup> Grade - 1:10 - 3:10 NeSA-Reading Test

**Tuesday, April 8<sup>th</sup> - Red Day**

All 5<sup>th</sup> Grade - 8:25 - 10:25 NeSA-Reading Test

All 6<sup>th</sup> Grade - 1:10 - 3:10 NeSA-Reading Test

**Wednesday, April 9<sup>th</sup> - White Day**

4<sup>th</sup> Grade - 1:10 - 3:10 NeSA-Reading Test

**Thursday, April 10<sup>th</sup> - Red Day**

All 3<sup>rd</sup> Grade - 9:15 - 11:15 NeSA-Reading Test

**Friday, April 11<sup>th</sup> - White Day**

All 5<sup>th</sup> Grade - 10:00 - 12:00 NeSA-Reading Test

**Monday, April 14<sup>th</sup> - Red Day**

All 6<sup>th</sup> Grade - 1:15 - 3:10 NeSA-Math Test

**Tuesday, April 15<sup>th</sup> - White Day**

All 6<sup>th</sup> Grade - 8:25 - 10:20 NeSA-Math Test -

All 4<sup>th</sup> Grade - 1:00 - 3:00 NeSA-Math Test

**Wednesday, April 16<sup>th</sup> - Red Day**

All 5<sup>th</sup> Grade - 8:25 - 10:20 NeSA-Math Test

**Thursday, April 17<sup>th</sup> - White Day**

3<sup>rd</sup> Grade - 1:00 - 3:00 NeSA-Math Test-

**Wednesday, April 23<sup>rd</sup> - White Day**

All 4<sup>th</sup> Grade - 1:00 - 3:00 NeSA-Math Test

**Friday, April 25<sup>th</sup> - White Day**

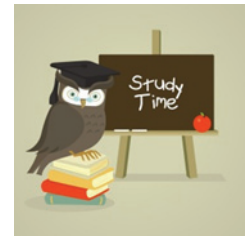
All 5<sup>th</sup> Grade - 10:00 - 12:00 NeSA-Math Test

**Tuesday, April 29<sup>th</sup> - White Day**

3<sup>rd</sup> Grade - 1:00 - 3:00 NeSA-Math Test



As I turn the page to the April calendar, I wonder where another year has gone. It is exciting to see how a student has grown from the beginning of the school year until now. In April, come activities that tend to have students out for a major part of the day. It may be difficult for students to focus on school work; however this quarter is crucial for students to maintain their grades for semester credit. This semester is especially important to juniors where often the 6th semester GPA is used for college applications and scholarships. Please continue to promote the SST time for students. This is a great resource for HHS students. As you can see elsewhere in the newsletter and calendar, activities of all sorts are still in high gear.



## April—The Month of State Testing ~ NeSA (Nebraska State Accountability Testing)

During the month of April, students in grades 7, 8, and 11 will be taking the state tests in reading, math, and science (only grades 8 and 11). These are state-wide tests that Hemingford students are compared to other students in the state. Each test is scheduled for at least a 55 minute block covering two back to back days. Students are allowed as much time as needed to complete these tests.

## National Honor Society Induction—6:00 pm

All are welcome to celebrate with the new National Honor Society Inductees. Induction will begin at 6:00 p.m. May 1, 2014 at in the HS Library. This group of students is selected on four pillars: leadership, scholarship, character and service. When requested, the NHS students serve as tutors to other students. Miss Jungck is the sponsor of this organization.



## Supervised Study Time (SST)

A great opportunity 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's grade and reinforce material presented. All students are welcome to use this time.



How does SST tie to eligibility? Students that are on academic probation (warning week) may stay eligible for activities by attending SST (Supervised Study Time) that is held on Monday-Thursday from 3:30-4:00. To stay eligible students must show progress toward raising their

grade.

## Student Appearance

Daylight Savings time brings out the shorts. The general rule of thumb is that the short length should be longer than finger tips when arms are at side. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate.



## Spring Music Concert High School Concert—Tuesday, April 15<sup>th</sup> 6:30pm

Come join us in an entertaining evening of music. The pieces performed will be some that will be used for the District Contest. District Music is on April 23<sup>rd</sup> in Alliance.



## April Event: Prom Eligibility

The juniors are in planning stages for the 2014 Prom (April 12). 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 9 through Tuesday, April 15, 2014.

**Parent/Teacher Conferences** were an opportunity for you to check on the progress of your student academically and socially. Report cards were mailed to those whom could not be in attendance. In addition, Progress reports for 4<sup>th</sup> quarter should be in the mail on April 16 for seniors and April 23 for other students.

## Busy, Busy, Busy

The April calendar is full of student activities; please check the calendar for current happenings. At this time of year, there are great potential for changes. A good way for students to stay on track academically is to plan to be in SST the day before and after an event.



- April 9-May 1: NeSA test schedule for students grades 7, 8, 11
- April 2: Spring Team Pictures
- April 2: HAL Open House
- April 4: CSC Scholastic Contest
- April 4: JH Quiz Bowl at Gering
- April 6-8: State FCCLA
- April 9-11: FFA: State Convention
- April 12: ACT test date
- April 12: Prom
- April 16: Progress Reports for Seniors
- April 15: HS Spring Concert
- April 23: District Music in Alliance
- April 23: Ag Field Day in Gudmundsen
- April 23: Progress Reports for Grades 7-11
- Sports: JH/SH Track (see school calendar)

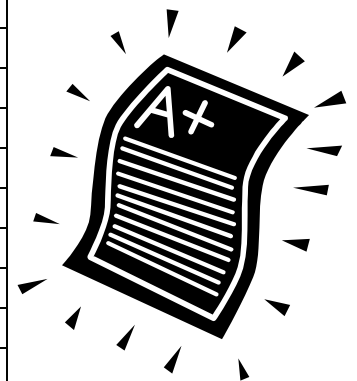
## Graduation Activity Dates:



- \* Thursday, May 15:
  - ◇ Senior Turn in and Grade Check
  - ◇ Honors Night (9-12 HS Academic)—6 pm
- \* Friday, May 16: Senior Last Day
  - ◇ Graduation Practice
  - ◇ Picture Hanging and Farewell
- \* Sunday, May 18: Graduation Ceremony—2:00 pm

## 3rd Quarter Honor Roll-Elementary

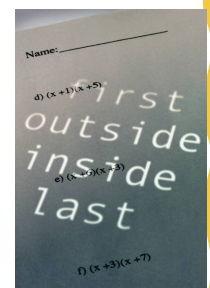
<b>Elementary Honor Roll 2013-2014 Quarter 3</b>		
<b>Student Name</b>	<b>Grade Level</b>	<b>Level</b>
Hanson, Rebecca J	6	Distinguished List
Plog, Alexander M	6	Distinguished List
Meyring, Jayce L	5	Distinguished List
Specht, Ethan C	4	Distinguished List
Anglesey, Melissa A	6	Honors List
Buchheit, Carter S	6	Honors List
Clouse, Jacob B	6	Honors List
Jespersen, Storm J	6	Honors List
Knote, Emily R	6	Honors List
Neeffe, Rashell S	6	Honors List
Stumpff, Jace R.R.	6	Honors List
Swanson, Kinzee M	6	Honors List
Ansley, John P	5	Honors List
Ernesti, Tayson Lander	5	Honors List
Hanson, Danae J	5	Honors List
Jespersen, Rayne J	5	Honors List
Knote, Sara C	5	Honors List
Neeffe, Alex N	5	Honors List
Nelson, Landrie S	5	Honors List
Randolph, Gregory D	5	Honors List
Reed, Rune X	5	Honors List
Rozmiarek, Zachary A	5	Honors List
Swanson, Tatum E	5	Honors List
Thompson, Ian E	5	Honors List
Wyland, Kenneth T	5	Honors List
Allen, Kylie R	4	Honors List
Del Toro, Dali R	4	Honors List
Jacobs, James D	4	Honors List
McConville, Daren W	4	Honors List
Mendiola, Kylie M	4	Honors List
Payne, Jack A	4	Honors List
Rozmiarek, Samantha R	4	Honors List
Thompson, Logan T	4	Honors List
Turek, Alysen K	4	Honors List
Turek, Brian E	4	Honors List
Welch, Lillian (Lillie) F	4	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		



# 3rd Quarter Honor Roll-High School

## High School Honor Roll 2013-2014 Quarter 3

Student Name	Grade	Level
Hansen, Blake T	12	Distinguished List
Phillips, Paige E	12	Distinguished List
Rohrbouck, Cali G	12	Distinguished List
Fessler, Hannah L	11	Distinguished List
Rozmiarek, Christian E	11	Distinguished List
Rozmiarek, Joseph M	11	Distinguished List
Bright, Abigail F	10	Distinguished List
Laursen, Cody R	10	Distinguished List
Cullan, Carli A	9	Distinguished List
Gasseling, Natalie M	9	Distinguished List
Mekolon, Allison M	9	Distinguished List
Coryell, Kobe J	7	Distinguished List
Cullan, Luke C	7	Distinguished List
Gasseling, Lauren J	7	Distinguished List
Benge, Trevor M	12	Honors List
Bergfield, Kaitlyn N	12	Honors List
Irish, Isabella L	12	Honors List
Phillips, Alexis A	12	Honors List
Carlson, Asa L	11	Honors List
Foster, Colt W	11	Honors List
Galles, Ashleigh M	11	Honors List
Grumbles, MaKayla A	11	Honors List
Nelson, Kaelia S	11	Honors List
Turek, Brady E	11	Honors List
Wood, Matthew J	11	Honors List
Horstman, Jacob D	10	Honors List
Jespersen, Lee C	10	Honors List
Klaes, Kelsey J	10	Honors List
Thomas, Brittany D	10	Honors List
Agler, Ashley R	9	Honors List
Ernesti, Dylan A	9	Honors List
Hansen, Emily M	9	Honors List
Neefe, Taylee M	9	Honors List
Randolph, Mikayla B	9	Honors List
Rohrbouck, Faith C	9	Honors List
Davis, Madison M	8	Honors List
Horstman, Kelli M	8	Honors List
Swanson, Conner L	8	Honors List
Mazanec, Joe New	7	Honors List
Mazanec, Mercedes Kia	7	Honors List
Mutchie, Ashley R	7	Honors List
Stewart, Josie J	7	Honors List
Stumpff, Jacobi R	7	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		





## Abby Bright Qualifies for 2014 State Speech

### Placed Third in Informative Speaking

STATE SPEECH MEET QUALIFIER FOR HHS!

Hemingford's Speech team, Directed by Judy Stewart, traveled to the C2-6 NSAA District Speech Meet at Grant this week, returning with three place winners.



Those finishing in First, Second, or Third qualify for State.

Qualifying for the State Speech Meet in Kearney was Abby Bright, who made finals in both Extemporaneous Speaking and Informative Speaking. She placed Fifth in Extemp, and qualified for the State Meet with her Third place finish in Informative. GREAT JOB ABBY!

Lexi Olson and Belle Irish also made finals and placed Sixth in Duet Acting. Great Job Girls! Other members of the 2014 HHS Speech Squad were Macee Buchheit, Madison Glendy, Brianna Grumbles, Taylee Neefe, Alexis Olson, and Brittany Thomas.

## PAC Contest combined with Small Schools Contest

Panhandle Conference speech results for Hemingford: Lexi Olson 1st Serious, Lexi Olson/Belle Irish 1st in Duet, Abby Bright 1st in Informative and 1st in Extemporaneous, Belle Irish 2nd in Poetry, Taylee Neefe 2nd in Informative And Britt Thomas 4th in .poetry.

We also had a "small schools speech meet" at Bridgeport today that included other schools besides PAC schools, and Abby Abby Bright got 2nd in Extemp and 3rd in Informative and Taylee Neefe got 6th in Informative!





# Giorgi's Gym

## MARCH MADNESS HEMINGFORD STYLE

Elementary students participated in their own version of March Madness. Team work was the focus as each class competed in 5 events which emphasized cooperation: Hula Hoop Pass, Volleyball Keep It Up, Team Jump Rope, Step It Up, and Team Free Throw Shooting. The results are as follows, class winners in bold:

	3rd	4th	5th	6M	6P
Hula Hoop Pass	45	60	48	<b>65</b>	57
Volleyball Keep It Up	16	14	<b>26</b>	23	16
Team Jump Rope	86	166	147	<b>239</b>	176
Step It Up	<b>53.4</b>	47.6	46.9	52.2	51.4
Team Free Throws	<b>18</b> dotted line	7	16	<b>17</b>	15

Sponsored by



Nebraska  
Game and Parks  
Commission

## **BOATER EDUCATION GRADUATES**

Eight 9<sup>th</sup> grade physical education students completed a 6 hour Boater Education class with Officer Scott Eveland, from Nebraska Game and Parks, sharing his expertise. As of January 1, 2004, Nebraska law requires any motorboat operator (including personal watercraft - PWC - jet skis) under 18 years of age to complete a Boating Safety Course and be in possession of a course certificate when operating a boat. You must be at least 14 years of age to operate a motorboat (including personal watercraft) in Nebraska.

Congratulations to the following students who received their certificates: Beau Edwards, Trey Eitler, Hadley Elder, Jacob Hollinrake, Austin Huddle and Jonathan Mayer.

*Mrs. G*

# Famous Nebraskan Night



THURSDAY, APRIL 10th  
5:30 In the Little Gym

Come and support the 4th graders as they present their speeches on their famous Nebraskans. Learn about Larry the Cable Guy, Tom Osborn, Mari Sandoz, Red Cloud and much more.

We will also have a special presentation provide by the Humanities of Nebraska. Beverley Beavers will be portraying Lady Vestey, the highest paid woman executive in the world in the early 1900's.

Refreshments and treats will be provided. It will be a night you won't want to miss.



Humanities Nebraska (HN) provides major funding for this program. HN receives support from the National Endowment for the Humanities, the Nebraska State Legislature, the Nebraska Cultural Endowment, and private donations.

## World Strides 2015

April 25<sup>th</sup> - World Strides 2015 registration and \$49 deposit is due.

April 28<sup>th</sup> - World Strides 2015 will be serving the Hemingford Telephone Company Dinner.

If you didn't make it to the meeting and would like to sign your student up for this once and a lifetime trip please feel free to call me after school at 760-8641.

Thank you,  
April Hanson  
World Strides Coordinator



## Family Fun Night



Family Fun Night will be Thursday April 3, 2014.

Please plan to attend our Family Fun Festival. Join us for an evening of Fun and entertainment Thursday, April 3rd from 5:00 - 7:00 p.m. in the High School Gym. This will help defray costs for the Sixth Grade Field Trip to South Dakota. Some of the money will also be donated to local Charities.

Sloppy joe or Beefy nachos meals will be served.

# Welcome Spring!



## 2014 4-H Annual Fundraiser



Tuesday, April 29<sup>th</sup>

5:00-8:00 p.m.

Westside Event Center - Alliance

Meal: Hot beef sandwiches (mashed potatoes & gravy), vegetable, dessert and drink

Tickets \$10 from any 4-H member or \$15 at the door

Tickets can also be purchased at the Extension Office at 415 Black Hills – Alliance - 762-5616

Silent Auction ..... Great items provided by 4-H Families

### **BBC Foundation's Annual Alumni Basketball Tournament**

#### **Volunteers Needed**

The BBC Foundation's annual alumni basketball tournament is set to kick off Friday, May 23rd and Saturday, May 24th **Volunteers are needed to referee, run the score clock, and work at the concession stand.** If you are able to help or would like to sign up a team please contact Taryn Wood (308) 629-7331. Visit the Bobcats Beating Cancer Facebook page for more information.



Coach Eckland, J. Planansky, R. Speer, B. Engel, D. Shaver, T. Ustohol,  
W. Dyer, E. Kriz, R. Kampbell, E. Dyer, and D. Turek.

# Pennies for Leukemia

The sliming was a HUGE success. Many, many, many thanks to the participants who were willing to get slimed by the lovely green concoction made with very nutritious ingredients:

- Peas. Lots of peas
- Pineapple
- Cottage cheese
- 3 enchiladas
- Spaghetti sauce
- Rice
- Pudding
- Milk
- And more peas.

⇒ Brittany Collins



This activity alone raised \$560 for the fund and there are two activities left to go besides just the donations. !! yay!!

Again, thanks so much to:

- Sarah McCabe
- Sara Schmidt
- Brittany Collins
- Lisa Haas
- Jordan Haas

Student council thanks you for your support!!!

⇐ Sarah McCabe



⇐ Sara Schmidt

⇒ Lisa Haas



⇐ Jordan Haas

# Pennies for Leukemia



As the student council sponsor I am thrilled to announce that a check will be written to the Leukemia Foundation in the amount of almost \$850.00!! Not bad for a two week project with three activities and donations! The k-12 student body response was overwhelming with the Sliming of the Teacher activity which raised over \$560 alone. Then the 7-12 graders held a movie night with a minimal cost of \$1.00 and the Wear a Hat Day was held for

Pre-12 graders and any staff that wished to participate. The students were gracious with their donations and I could tell they really cared about this years' service project. Special thanks to the "Slimees" for donating their time to get slimed: Sarah Schmidt, Sarah McCabe, Brittany Collins, Lisa Haas, and Jordan Haas. Thank you to the townspeople who donated to

the drop boxes around town and to everyone at school that donated their loose change.

Kay Horstman-Student Council Sponsor



Lots of Fun!

# Academic All State-Spring 2014

Boys Basketball

Blake Hansen

Kyle Kaman

Girls Basketball

Paige Phillips

Cali Rohrbouck

Wrestling

Tyler Huddle

Cooper Weber

Speech

Isabella Irish

Lexi Olson



# Congratulations!

## Transitioning Your Student Who Is On The Spectrum



It's that time of year! As the end of the school year is closing in, we have to make plans for a smooth transition to a new grade, school or teacher(s) for all of our students who are on the the Autism Spectrum. Pre-planning and preparation is essential. Join me for a mini-webinar on tips and strategies to implement *now* to make the start of next year GREAT for your students and teachers! Parents are also encouraged to attend to make the continuum of services seamless.

Date: April 15, 2014

Time: 2:00-3:00 MT (3:00-4:00 CT)

Location: Your computer!

Presented by: Kelly Anne Ergle, Western Nebraska ASD Coordinator

**DEADLINE FOR REGISTRATION IS APRIL 10, 2014 – REGISTRATION IS FREE**

Please register for the webinar via email at [SOAR@esu13.org](mailto:SOAR@esu13.org)

When you send the registration request, *please be sure to include in the body of your email:*

Your Name

Current email address

Position/School

The training name and date

If you are unable to attend the live webinar, it will be possible for you to access the recorded webinar after the date of presentation. **YOU MUST REGISTER FOR THE WEBINAR TO RECEIVE THE LATER ACCESS LINK.**

# 2014 AFTER PROM PARTY

## BACK YARD FUN

**Who:** all Students Grades 10-12 and their dates

**What:** after prom party

**When:** following prom on April 12, 2014

12:15 a.m. to 3:30 a.m.

prom ends at midnight...doors open at 12:15 a.m. and  
will be locked at 12:45 a.m.

(No one will be admitted after the doors are locked)

**Where:** Hemingford high school gym

LOTS OF FUN, FOOD AND PRIZES!!

PRIZES WILL BE AWARDED BEGINNING AT 3 A.M.

**MUST BE PRESENT TO WIN**

please call or email with any questions....

Lori Glendy 487-5574 or [lglendy@panesu.org](mailto:lglendy@panesu.org)



## Public Notice

On Tuesday, April 15, at 3:30PM, a meeting will be conducted by Hemingford Public Schools taking place in the Hemingford Special Education Office (down the ramp from the cafeteria, enter through the administration office door.) The purpose of the meeting is to provide an opportunity for parents and representatives of nonpublic schools to participate in the development of a plan for providing special education services to children with disabilities who attend nonpublic schools and home schools which are within the district boundaries for the upcoming school year. Parents of a homeschooled child or a child attending a nonpublic school who has been or may be identified with a disability and attend a non-public school within the boundaries of Hemingford district, are urged to attend. If you have any questions pertaining to this meeting, please contact Mandy Plog at 308-487-3330.



Are you the primary caregiver of a child with  
a physical disability aged 6 to 12?

If so, you may qualify to participate in a study on  
parenting and children's independence with  
routines and be entered into a drawing for a chance  
to win a \$25 gift card!

**Participation:**

-Primary caregivers will be asked to complete a series of online questionnaires relating to parenting practices, parent emotions, child assistive technology use, and child independence with routines.

**Benefits:**

-Assist with research that may lead to the identification of factors that increase a child with a physical disability's independence.  
-Each participating caregiver will be entered into a drawing for one of four \$25 gift cards.

**Requirements for Participation:**

-Primary caregivers must be 18 years or older.  
-Primary caregivers must be legally responsible for a child between the ages of 6 and 12.  
-Primary caregivers must be legally responsible for a child that has a physical disability without diagnosis of a mental impairment.



For Further Information, Contact  
Kelsey Shinnick at  
[Kelsey.Shinnick@eagles.usm.edu](mailto:Kelsey.Shinnick@eagles.usm.edu)

## National Poison Prevention Week

**What is a poison?** A poison is anything that someone eats, breathes, gets in the eyes, or on the skin, that can cause a sickness or death.

A poison can be a drug or medication, which involves over half of the calls to the poison center. The fastest growing drug problem in the United States is the abuse of prescription medications. It is estimated that 30,000 Americans will die from prescription drug abuse and overdoses this year. Poisonings are the leading cause of unintentional injury deaths for ages 15 to 59, largely resulting from unintentional drug overdoses of prescription medications.

A poison can be a household, garden or personal care product; chemicals at home and work; plants; bites and stings; food poisoning or any item that can give an individual an unwanted or unexpected reaction.

You shouldn't wait for symptoms to develop—even if you aren't sure an individual was poisoned. If you wait for symptoms, look up information on the internet, call your physician's office or local emergency room— you are wasting precious time.

**The number to your poison center is 1-800-222-1222. This number should be programmed into and located near every phone in the United States.**

Nine out of ten calls to the poison center will be managed at home. There is unlikely any other number you program into your phone that will save you more money or time. You will immediately talk to a registered nurse who is available 24 hours a day, 7 days a week and 365 days a year.

Since 1962, the President of the United States has proclaimed the third week of March as National Poison Prevention Week, to raise awareness about the dangers of poisoning and how to prevent them.

**Remember to call 1-800-222-1222 when...**

"I just turned my back for a second and didn't think my child could climb that high and open the medicine cabinet!"

"My husband gave her the medicine earlier and so did I!"

"I just took my medicine and forgot I took it earlier!"

"I was just stung by a bee!"

"I just sprayed a cleaner into my eye and it burns!"

Sponsored by **The Nebraska Medical Center • University of Nebraska Medical Center**

Panhandle Independent Living Services

Presents the

**J**oint  
**A**gency  
**M**eeting



THURSDAY, MAY 1, 2014

**IF** you have any **disability**;  
**IF** you are in need of a **service** of any sort;  
**IF** you need **assistance** in any  
area of your life;

**COME, FIND OUT HOW  
WE CAN HELP YOU!**

LOCATION:

**GERING CIVIC CENTER**

**4:30** Providers display information  
on services and products.

*Ask questions and collect information.*

**5:30** Welcome and Dinner is served.

*Dinner is on us as long as you make reservations.*

**6:00** PILS Board President Speaks,  
Directs your questions, and  
Draws for Door Prizes.

**6:30** Revisit Booths

**DOOR  
PRIZES**

To Reserve Dinner with us or  
for more information call:

**308-635-7901 or 1-800-644-5352**

The deadline to reserve

**"Dinner on Us"** is April 22nd.

Sponsored by:



*Respite Care and Interpreters  
available upon request.*

Happy Easter!!

April 2014

### 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

April 2014

Hemingford Public Schools  
Nancy Yardley, Food Service

## BEST BITES

### Recipe exchange

Swapping recipes isn't

just for grown-ups. Encourage your youngster to exchange healthy recipes with her friends. Maybe she'll give her best friend a recipe for vegetarian chili and get one back for spaghetti with turkey meatballs. Make the dish together, and then suggest another swap.



### How many times?

Here's a fun way to get your child used to doing "reps"—or repetitions—of exercises: tell him to match his age. So a six-year-old could do six jumping jacks, and an eight-year-old might do eight jumping jacks. Have your youngster try two sets for each exercise (do 10 toe-touches, rest for 30 seconds, and do 10 more).

### DID YOU KNOW?

Eating fruits and vegetables that contain a lot of water can help your child stay hydrated. And some of these are likely to be ones your youngster already enjoys, such as watermelon, oranges, carrots, and cucumbers. Other produce with high water content includes grapefruit, zucchini, cantaloupe, peaches, pineapples, tomatoes, bell peppers, and cabbage.

### Just for fun

**Q:** What do you take before a meal?

**A:** A seat!



## Power foods

Remember how Popeye ate spinach to get strong? There was truth in that. Spinach is filled with iron—an important nutrient for strengthening the body. Here's how you can use spinach and other "power foods" to help your child grow up strong.

### Dark, leafy greens

Spinach and its cousins—kale and chard—contain iron that can boost thinking. Other good plant sources of iron include black beans, kidney beans, lima beans, chickpeas, lentils, soybeans, pumpkin, and winter squash. *Tip:* Vitamin C helps the body absorb iron from plants. Toss papaya chunks or strawberry slices with fresh spinach or kale for a tasty salad.

### Bananas

Though the old saying is "an apple a day keeps the doctor away," a banana a day isn't a bad idea either. Its potassium supports heart and muscle function—and can even prevent muscle cramps after exercising. *Tip:* Let your child make a "butterfly banana" by sticking on raisins for eyes, apple slices for antennas, and pretzel twists for wings.

### Hop to it!

Your youngster can combine learning and physical activity with these hopscotch games.

**Math.** In each block, write an equation ( $4 + 11$ ,  $64 \div 8$ ). Have your child toss a pebble into the first box, hop to it, and solve the problem. If she gets it right, she throws the pebble into the next box and tries that one. When she solves them all, she could write math problems for you.

**Vocabulary.** Ask your youngster to write her vocabulary words, one per block. As she hops to each one, she gives the definition. On the way back, she uses each word in a sentence. ●

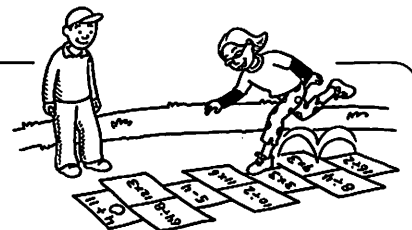


### Oatmeal

Starting the day with oatmeal can increase your child's concentration in school. That's because oatmeal is a "slower-burning" carbohydrate, the opposite of sugary, "faster-burning" carb cereals. *Tip:* Stir blueberries into cooked oatmeal for a bonus power food—blueberries contain antioxidants that fight disease.

### Salmon

Give your youngster's brain a boost with salmon and other foods high in omega-3 fatty acids. Avocados, chunk light tuna, sardines, flax seeds, walnuts, soybeans, and halibut also fall into this category. *Tip:* For an after-school snack, combine  $\frac{1}{2}$  cup canned salmon with 1 tbsp. each olive oil and lemon juice. Serve with whole-grain crackers. ●



# Ice cube magic

A simple ice cube tray is a handy tool for keeping healthy ingredients on hand. Try these ideas with your youngster:

- Encourage your child to drink more water by making pretty ice cubes. She could place a blackberry or raspberry into each section of a tray and cover with water. Freeze. Then, she can use the cubes to add flavor—and fun—to water or seltzer.
- Prepare smoothie ingredients. Puree ripe fruit in a blender. Put the puree into some sections of a tray, and spoon Greek yogurt into other sections. Your youngster can combine



freezer bag. Use when only a small amount of broth is needed, such as for stir-frying vegetables. ●

the frozen cubes in a blender for smoothies. *Idea:* For “green smoothies,” puree and freeze cooked collard greens.

- Pour low-sodium chicken, beef, or vegetable broth into a tray. When the cubes freeze, your child gets to pop them out and store in a

## Q & A School snacks

**Q:** My child is supposed to bring a healthy snack to school every day, but she’s bored with what I’m packing. Any suggestions?

**A:** Why not let her pack her own snack? That will help her take responsibility, plus she’s more likely to eat something she put together herself.



Have her choose whole-grain cereal, dried fruits, and seeds from the bulk aisle. Then, she could make trail mix by measuring 1 tbsp. of each item into a container. Or help her air-pop popcorn and add seasonings like cinnamon, chili powder, or Old Bay.

Your youngster also might enjoy snacks she can assemble at school. For instance, suggest that she pack turkey slices to roll around breadsticks or graham crackers with low-fat cream cheese for spreading.

*Note:* Be sure to send perishable snacks (meat, dairy) in an insulated bag. ●

## ACTIVITY CORNER

### Young runners

For an exercise that is free, always available, and a natural for young children, you can’t do better than running! Consider these tips for becoming runners together.



**Build up stamina.** Begin with short runs, maybe just a block. Then, run two blocks, and then three. Or start by combining walking and running. For example, run for 30 seconds, and walk for two minutes. Gradually, run more and walk less.

**Vary paths.** You might run in your neighborhood, on a nearby jogging path, or around a school track. Or try trails through a park—your child will enjoy a feeling of freedom from running through the woods.

**Set goals.** Working toward a goal can keep your youngster motivated. Look online or in the newspaper for a 1-mile fun run or a 5K race. Suggest that he keep a log to track his progress so that he’s ready and confident on race day. ●

## IN THE KITCHEN

### DIY nut butter

Whether you like to be creative in the kitchen or need an alternative to peanut butter for an allergic child, do-it-yourself nut butters might be your answer. Follow these easy steps.

1. Place 16 oz. of nuts (peanuts, almonds, pecans, pistachios, cashews) in a food processor or blender.
2. Process several minutes, until finely ground. Add up to 1 tbsp. canola or coconut oil, a little at a

time, until creamy. For a chunky version, drop in up to 1 cup chopped nuts, and pulse to blend.

3. The beauty of making homemade nut butter is that you can flavor it however you like. For 2 tbsp. nut butter, choose mix-ins like 1 tsp. marshmallow creme and ¼ tsp. vanilla, or 1 tsp. cocoa and 1 tsp. honey.



*Note:* Store in the refrigerator for 6–8 weeks. If the oil separates, just stir. ●

**OUR PURPOSE**

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

Resources for Educators,  
a division of CCH Incorporated  
128 N. Royal Avenue • Front Royal, VA 22630  
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www.rfeonline.com



Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.  
ISSN 1935-4630



# Hemingford Public Schools Breakfast Menu

**April 2014**

Milk is served with all meals

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

Menus are subject to change

USDA is an equal opportunity provider & employer.

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

*The cost of a breakfast is as follows: PreK-12 - \$1.25 Adult Breakfast - \$1.75*



*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.75      7 - 12 Lunch - \$2.05      Adult Lunch - \$2.85*



# Hemingford Public Schools Lunch Menu

**April 2014**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Chicken Noodle</b>	<b>2</b> <b>FRITO PIE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>3</b> <b>HAMBURGER</b> Vegetables Fruit Dill Slices <b>SALAD BAR &amp; Chicken Noodle</b>	<b>4</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>7</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>8</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Tomato Soup</b>	<b>9</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>10</b> <b>B.B.Q. SAND.</b> Vegetables Fruit <b>SALAD BAR &amp; Tomato Soup</b>	<b>11</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup <b>SALAD BAR</b>
<b>14</b> <b>PIZZA</b> Vegetables Fruit <b>SALAD BAR</b>	<b>15</b> <b>TURKEY GRAVY</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Broc. Cheese</b>	<b>16</b> <b>CRISPITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>17</b> <b>SLOPPY JOE</b> Vegetables Fruit Cookie <b>SALAD BAR &amp; Broc. Cheese</b>	<b>18</b>  Easter Break
<b>21</b> Easter Break 	<b>22</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Potato Soup</b>	<b>23</b> <b>CORNDOG</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>24</b> <b>CHICKEN SAND.</b> Vegetables Fruit <b>SALAD BAR &amp; Potato Soup</b>	<b>25</b> <b>SPAG. &amp; MEATBALLS</b> Vegetables Fruit Garlic Bread <b>SALAD BAR</b>
<b>28</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie <b>SALAD BAR</b>	<b>29</b> <b>TACOBURGER</b> Vegetables Fruit <b>SALAD BAR &amp; Vegetable Soup</b>	<b>30</b> <b>CHICKEN &amp; NOODLES</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>		

Menus are subject to change

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*The cost of a lunch is as follows: PreK - 6 Lunch - \$1.75      7 - 12 Lunch - \$2.05      Adult Lunch - \$2.85*



## Calendar Events April 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 White Day	2 Red Day Spring Pictures 3:30pm HAL Open House – Cafeteria	3 White Day 5:00pm 6th Grade Bingo Night	4 Red Day CSC Scholastic Day JH Quiz Bowl @ Gering	5 Track@Bayard C-D Invitational 8:00am Youth VB
6 FCCLA State	7 White Day FCCLA State	8 Red Day FCCLA State JH Track@Bayard Invitational Golf@Bayard Invitational 5:45pm Kindergarten Round- Up	9 White Day State FFA	10 Red Day Track@Mitchell Invitational State FFA 5:30pm 4th Grade Famous Nebraskan Night	11 White Day State FFA	12 JH Track@Chadron Invitational State FFA PROM ACT Test Date
13	14 Red Day 7:00pm School Board Meeting	15 White Day 6:30pm HS Spring Concert	16 Red Day Progress Reports for Seniors Mailed	17 White Day WTC Track@Morrill Golf@BPort Invitational	18 No School -- Easter Break	19
20	21 No School -- Easter Break	22 Red Day Golf@Morrill Invitational	23 White Day Progress Reports Sent Home Ag Field Day @ Gudmundsen District Music @ Alliance	24 Red Day JH Track@Kimball Invitational	25 White Day 6th Grade Field Trip to South Dakota 6:00pm FFA Meeting	26 Track@Chadron Invitational Golf@Alliance Invitational Happy Feet Dance Recital
27	28 Red Day HTC Annual Dinner	29 White Day Best of the West Track@SBluff	30 Red Day			

## Calendar Events May 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
				1 White Day 6:00pm NHS Induction Ceremony	2 Red Day Golf@Chadron Invitational	3 PHC Track@Morrill PHC JH Track @Morrill WTC Golf@Gordon-Rushville
4	5 White Day FCCLA Awards 2:30pm Big Bro/Sis	6 Red Day JH Track @Morrill Invitational PHC Golf@Morrill 6:00pm EL Spring Concert	7 Art Show in Alliance White Day	8 Red Day	9 White Day Track@Bayard B-C-D Invitational	10 JH Track @Alliance Invitational
11	12 Red Day 7:00pm School Board Meeting	13 White Day	14 Red Day	15 Golf@Crawford White Day Last Day of Pre-School TBD Honor's Night 8:30am District Track at Bayard	16 Red Day FFA Banquet Picture Hanging/Grad Practice Seniors Last Day	17
18 2:00pm Graduation	19 White Day Distract Golf @ Sutherland	20 Red Day 3rd Grade Field Trip to Scottsbluff	21 White Day Wld Strides lv for Denver 6:00pm FFA Meeting	22 Red Day World Strides 2nd Grade Field Trip to Mammoth Site 5:58am Wld Strides DC Flight	23 White Day Quarter 4 & Semester 2 End Last Day of School World Strides 11:30 A.M. Dismissal State Track Teacher Work Day 11:30-3:00	24 World Strides State Track
25 World Strides	26 World Strides Memorial Day	27 World Strides 8:00am HS Summer School 8:45pm Wld Strides arrive in Denver	28 State Golf @ Kearney 8:00am HS Summer School	29 State Golf @ Kearney 8:00am HS Summer School	30 8:00am HS Summer School	31