



# Bobcat Bits

Hemingford Public Schools

## Panhandle Conference Champions 2014 Boys & Girls

Comments: Coach Chatelain: On Friday in the Panhandle Conference Tournament in Edgemont our team was able to get by Hay Springs 51-31. This was another nice team win for us as we had 8 different players score, and played pretty good defense. Our rebounding was suspect on a number of possessions which is something we really need to work on if we want to achieve our goals for the season."

"In the championship game of the Panhandle Conference we were able to defeat Crawford for the third time this season 52-44. This was a very hard fought game with both teams having runs offensively and quality defensive stops. We need to take our hats off to the Rams as they were very ready to play in this in-

tense atmosphere. Kaitlin Rudloff led them in scoring piling up 25 points against us to get more on the board than any other player this season. We outscored the Rams 28-15 in the second half to seal the win. The highlight for us was going 8 for 9 from the foul line in the fourth quarter. This is a win that we can really build on and for the first time in many years our Lady Cats brought home a conference championship."

Comments: Coach Randy Hiemstra:"In Saturday's championship game versus Edgemont we again got out to an outstanding start, beginning with our defensive intensity, to jump out to a 19-3 at the end of the first stanza. Up 39-16 at the half allowed us to extend

our bench play and again, I felt we were very solid on both ends of the court. We are proud to be 4 time defending PAC champs and would like to extend our congratulations to the Lady Cats for their championship efforts and also thank our many loyal Bobcat fans for their continued support.



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## Girls on the Run Update

Just a reminder - A Girls on the Run informational meeting for girls and their parents grades 3-6 will be held on February 3rd at 5:30 in the elementary computer lab. The tenta-

tive start date is the week of March 3rd and the 5k will be held in the middle of May with a date TBA. The cost per girl is \$60 (includes t-shirt, wa-

ter bottle, backpack, entrance to the 5k, and materials needed for the lessons)...do not let the cost be a deal breaker yet! We already have possible fundraiser ideas to lower the tuition cost. Brochure Enclosed in Newsletter.



# Fostering Education

## HEADING TOWARDS FEBRUARY

We are into the third quarter of school, it just doesn't seem possible. It seems like yesterday that I was welcoming the students back for the beginning of the school year. Progress reports will be coming home again very soon. It has been an excellent school year so far. I'm very proud of both students and teachers for all of their hard work and dedication. Our goal is to help each student reach and pass their potential. This can be achieved when teachers, students, and parents work together as one.



## 5 WAYS TO RAISE A READER

1. Make stories come alive for your child when you read. Be animated and use different voices.
2. Be patient – let your child read aloud at his or her own pace. Offer help only when needed.
3. Discuss what you read together. Ask questions, and listen attentively to your child's answers.
4. Continue reading together even after your child learns to read.
5. Take along your child's favorite books wherever you go.

## STATE WRITING

Grades 4, 8, and 11 will participate in the state writing during the January 20<sup>th</sup> – February 7<sup>th</sup> testing window. Grade 4 does their state writing using the paper pencil method. They are tested over two consecutive days. Grades 8 and 11 take their test on line using the computer. Their testing takes place during one day.

## UPCOMING DATES OF INTEREST

Feb. 12<sup>th</sup> Progress reports sent home

Feb. 17<sup>th</sup> – REGULAR DAY OF SCHOOL FOR STUDENTS AND STAFF



## FRONT DOOR ENTRY

The front door of the elementary is accessible for parents to enter. We have a system that requires you to push a button (like a doorbell) and we can identify you through a camera. This system is located on the west wall (on the left) by the front door. We then can open the left door **(one with a ribbon on it)** for you. When using the left door please pull towards you when you hear the buzzer. Please feel free to visit our school. Remember we are very concerned with the safety of our children. Please give this system a try; it will be very easy to use.

THANK YOU FOR YOUR UNDERSTANDING.

## SCHOOL WEBSITE

Please remember to visit our school website for the latest happenings. The address is: [www.hemingfordschools.org](http://www.hemingfordschools.org)

## COMMUNICATION

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



Our School System has had great success in academics, sports, and activities this year, as well as in the past. As a school staff, we want to continue to do our very best.

Please take a few minutes and complete the survey below. You may either mail or deliver your completed survey to Mr. Ningen, so he can share the results with staff members as well as with School Board Members. Thank You !

**HEMINGFORD PUBLIC SCHOOLS**

P.O. Box 217 , Hemingford, NE 69348 (308) 487-3328 [www.hemingfordschools.org](http://www.hemingfordschools.org)

**2014-2015 SCHOOL CLIMATE SURVEY**

Please return by February 15th

	<u>AGREE</u>	<u>DISAGREE</u>	<u>DON'T KNOW</u>
1. Our school has clear and consistent rules.	_____	_____	_____
2. Our Staff cares about students.	_____	_____	_____
3. Our School encourages students to be responsible.	_____	_____	_____
4. Our staff members listen to concerns and work with parents.	_____	_____	_____
5. Our school is a safe place for my child or children.	_____	_____	_____
6. Our school <b>buildings</b> are clean, and well maintained.	_____	_____	_____
Our school <b>grounds</b> are neat and well maintained.	_____	_____	_____
7. Our school administrators are willing to listen to concerns.	_____	_____	_____
8. Our school administrators try to work with parents.	_____	_____	_____
9. Our teachers strive to do their best and encourage all students.	_____	_____	_____
10. Our teachers make parents feel welcome in our school.	_____	_____	_____
11. Our school does a good job keeping the public informed.	_____	_____	_____
12. Our teachers are doing a good job teaching their various subjects.	_____	_____	_____
13. Transportation is accessible to all who need it.	_____	_____	_____
14. Our students are taught to treat each other with respect.	_____	_____	_____
15. Our school system overall is a strong one.	_____	_____	_____
	(AGREE)	(DISAGREE)	(DON'T KNOW)

PLEASE **CIRCLE** THE CHOICE THAT **BEST DESCRIBES** YOUR ASSOCIATION WITH OUR SCHOOL

- A. SCHOOL EMPLOYEE
- B. PARENT OF A PRESENT STUDENT
- C. DISTRICT PATRON

**Use the back of the paper if you want to add any specific comments.**

One survey per person please.





## **2014-2015 SCHOOL CLIMATE SURVEY**

Please return to Mr. Ningen by February 15<sup>th</sup>

Comments:





# Foster's Facts

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

Your support in requiring your son or daughter to attend SST is very beneficial. If they are on academic probation (warning week), attending SST and making progress will keep them eligible for the following week. Everyone is welcome to stay and work on homework; which helps students since activities are continuing in full swing. Activity practices begin at 4:00 after SST.



Please call if you have any questions about eligibility. A quick review is that the academic probation (eligibility) is determined on a weekly basis (Monday-Friday) with eligibility for a week period (Wednesday-Tuesday). Students that are still in the building after 4:00 must be with a teacher or they will be asked to leave. Please continue to ask your child about assignments, projects, grades and behavior.

Times for activities to begin continue to change. Sometimes it just happens at the last minute. You receive a calendar at the time of the mailing of the newsletter; however, we all know how events can be changed. Changes are put on the website and Facebook page.

### Progress Reports

Believe it or not the 3<sup>rd</sup> quarter will shortly be mid-way over. Progress reports are schedule to be mailed out on February 12<sup>th</sup>. In between time, PowerSchool Parent Portal is available for use to check the status of grades. Feel free to call or email your son's/daughter's teacher if you have any questions about a grade.



### School Wide Events – State-Wide Writing

Grades 8 and 11 will take part in State Writing. Juniors wrote on January 23 with plans for Grade 8 to write on February 4. Please mark your calendar—we need all students present at that time. Grades 7, 9, 10, and 12 will write the end of February. Grades 4, 8, and 11 writing tests will be submitted to the state and will be scored by an independent group while the other grades plus grades 4, 8, 11 will be scored by the Hemingford faculty on the next assessment day in March. It is great to compare how the state scoring against faculty scoring. This test ranks our school against others so it is very important that students give their best efforts.

### Honor Roll

The honor roll can be found in the newsletter includes grades 4-12 for the 2<sup>nd</sup> Quarter and 1<sup>st</sup> Semester. Earlier the honor roll was previously published in the Ledger. The Distinguished List will include the names of those students who have earned all "A's". The Honor List will include the names of those students who have all "A's" and "B's" and have earned an average of 90% and above.



### Homework Sheets



When you request a homework sheet for your student because they are ill, it comes with the expectation that the student is well enough to complete the work that evening. If the student plans on returning only after 1 day of illness, it may be advantageous to spend the time resting and recovering. The homework policy does allow a student to have 2 days to make up the work that they missed (page 15 of





## Foster's Facts

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

the student handbook). Also when a student is absent, they should automatically plan on staying in SST the day they return to receive additional help on the material they missed.

- **Curriculum/Activity News**
- **School on February 17**
  - ◇ No Teacher inservice on Monday. This day will be counted back in the calendar to help with the number of days that Hemingford has missed due to weather and the football playoffs.
- **PLAN Test – March 4**
  - ◇ All sophomores. This test provides career information as well as a score range that a student might achieve on their ACT. It charts the student's academic strengths and where additional work may be needed. The school pays the fee for this test. The John Baylor test program also has different prep to be used with students prior to taking the PLAN test.
- **John Baylor Test Preparation**
  - ◇ Prior to Nebraska State Testing for Juniors all juniors will go through test prep program to help with reviewing strategies in reading, math, and science. This will also help any Junior who is a 4-year college bound student that plans to take the ACT in April.
- **Subdistricts**
  - ◇ Starting February 14 are Districts for Wrestling at North Platte then move to subdistricts of Girls and Boys basketball the following weeks.
- **Other Calendar Dates**
  - ◇ February 5: Quiz Bowl at Mitchell
  - ◇ February 12: Box Butte County Spelling Bee (Grades 6-8)
  - ◇ February 21: Snow Coming Dance (Grades 7-12) 8:30 to 11:30 pm
  - ◇ February 27: County Government Day (Junior Class)

STUCCO Talent Show





## Take the Challenge

### Take Charge

### Turn Screens Off.....Turn Life On



Congratulations!

You've taken the first step by reading this article to change your viewing habits. The main objective is to reduce the amount of time children spend watching television and playing computer/video games and to replace that time with positive, healthy, family friendly alternatives.

It would be pretty unrealistic to throw the television, cell phone, and video games out the window. What would be realistic is to figure out where screens fit into your family's life and turn them on then- -and only then.

Some suggestions include:

- Designating certain times throughout the day when screens should be turned off such as meal time, in the evening before homework has been finished and late at night.

Helping your child choose video games and television shows that are appropriate and worthwhile.

As parents you may wonder what impact excessive screen use may have on your child. Research shows:

- Students who watch less TV are more able to pay attention and follow directions resulting in better academic performances.
- Playing violent computer/video games and watching violent TV shows/movies makes children more aggressive and teaches them that violence is a way to solve problems.

Spending too much time watching TV and playing computer/video games make kids less fit and overweight.

### Television's Effect on Reading and Academic Achievement

#### Did you know?

- American children, ages 2-17, watch television on average almost 25 hours per week or 3 ½ hours a day. Almost one in five watch more than 35 hours of TV each week (Gentile & Walsh, 2002).
- Children spend more time watching television than any other activity except sleeping.

Successful readers read often.

#### Suggested guidelines

1. The American Academy of Pediatrics recommends that total television time be limited to no more than 1 to 2 hours per day.
2. They also recommend that programs watched should be geared to the age of the child, non-violent in nature and should reinforce language and social skills.
3. Parents should establish healthy television viewing habits in the pre-school years. Young children's television viewing should be limited to careful, thought-out, educationally-oriented programs.
4. To foster reading skills, give your young child exposure to books. Read to them often.







## 7-12th Grade Honor Roll-2nd Quarter

<b>High School Honor Roll 2013-2014 Quarter 2</b>		
Student Name	Grade Level	Level
Hansen, Blake T	12	Distinguished List
Kaman, Kyle N	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
Wood, Matthew J	11	Distinguished List
Bright, Abigail F	10	Distinguished List
Laurson, Cody R	10	Distinguished List
Cullan, Carli A	9	Distinguished List
Gasseling, Natalie M	9	Distinguished List
Randolph, Mikayla B	9	Distinguished List
Horstman, Kelli M	8	Distinguished List
Cullan, Luke C	7	Distinguished List
Gasseling, Lauren J	7	Distinguished List
Bergfield, Kaitlyn N	12	Honors List
Irish, Isabella L	12	Honors List
Manning, Daniel J	12	Honors List
Olson, Alexis N	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
Skinner, Ethan E	11	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

<b>High School Honor Roll 2013-2014 Quarter 2</b>		
Student Name	Grade Level	Level
Turek, Brady E	11	Honors List
Ansley, Taeller N	10	Honors List
Bright, Abigail F	10	Honors List
Davis, Mathew K	10	Honors List
Heule, Robert W	10	Honors List
Horstman, Jacob D	10	Honors List
Klaes, Kelsey J	10	Honors List
Thomas, Brittany D	10	Honors List
Walters, Cole E	10	Honors List
Weber, Cooper T	10	Honors List
Agler, Ashley R	9	Honors List
Dahl, Kate-Lynn A	9	Honors List
Hansen, Emily M	9	Honors List
Kumpf, Kaitlyn N	9	Honors List
Neefe, Taylee M	9	Honors List
Rohrbouck, Faith C	9	Honors List
Wobig, Austin C	9	Honors List
Buchheit, Macee M	8	Honors List
Manning, Anna M	8	Honors List
Coryell, Kobe J	7	Honors List
Dahl, Shawn W	7	Honors List
Mazanec, Joe New	7	Honors List
Mazanec, Mercedes	7	Honors List
Stewart, Josie J	7	Honors List
<b>Distinguished--all A's</b>		
<b>Honors--all A's or B's @ least 90%</b>		

# Great Job!







# 7-12th Semester Honor Roll

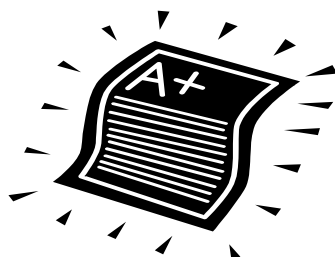
High School Honor Roll 2013-2014 Semester 1			High School Honor Roll 2013-2014 Semester 1		
Student Name	Grade Level	Level	Student Name	Grade Level	Level
Hansen, Blake T	12	Distinguished List	Nelson, Kaelia S	11	Honors List
Kaman, Kyle N	12	Distinguished List	Skinner, Ethan E	11	Honors List
Phillips, Paige E	12	Distinguished List	Turek, Brady E	11	Honors List
Rohrbouck, Cali G	12	Distinguished List	Ansley, Taeller N	10	Honors List
Fessler, Hannah L	11	Distinguished List	Bright, Abigail F	10	Honors List
Rozmiarek, Christian E	11	Distinguished List	Davis, Mathew K	10	Honors List
Rozmiarek, Joseph M	11	Distinguished List	Heule, Robert W	10	Honors List
Wood, Matthew J	11	Distinguished List	Horstman, Jacob D	10	Honors List
Bright, Abigail F	10	Distinguished List	Klaes, Kelsey J	10	Honors List
Laursen, Cody R	10	Distinguished List	Thomas, Brittany D	10	Honors List
Cullan, Carli A	9	Distinguished List	Walters, Cole E	10	Honors List
Gasseling, Natalie M	9	Distinguished List	Weber, Cooper T	10	Honors List
Randolph, Mikayla B	9	Distinguished List	Agler, Ashley R	9	Honors List
Rohrbouck, Faith C	9	Distinguished List	Dahl, Kate-Lynn A	9	Honors List
Horstman, Kelli M	8	Distinguished List	Hansen, Emily M	9	Honors List
Cullan, Luke C	7	Distinguished List	Kumpf, Kaitlyn N	9	Honors List
Gasseling, Lauren J	7	Distinguished List	Neefe, Taylee M	9	Honors List
Benge, Trevor M	12	Honors List	Rohrbouck, Faith C	9	Honors List
Bergfield, Kaitlyn N	12	Honors List	Wobig, Austin C	9	Honors List
Campbell, Precious K	12	Honors List	Buchheit, Macee M	8	Honors List
Irish, Isabella L	12	Honors List	Manning, Anna M	8	Honors List
Manning, Daniel J	12	Honors List	Coryell, Kobe J	7	Honors List
Olson, Alexis N	12	Honors List	Dahl, Shawn W	7	Honors List
Phillips, Alexis A	12	Honors List	Mazanec, Joe New	7	Honors List
Carlson, Asa L	11	Honors List	Mazanec, Mercedes Kia	7	Honors List
Foster, Colt W	11	Honors List	Stewart, Josie J	7	Honors List
Galles, Ashleigh M	11	Honors List			
Grumbles, MaKayla A	11	Honors List			
			<b>Distinguished--all A's</b>		
			<b>Honors--all A's or B's @ least 90%</b>		





## 4-6th 2nd Quarter Honor Roll

<b>Elementary Honor Roll 2013-2014 Quarter 2</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Hanson, Rebecca J	6	Distinguished List
Meyring, Jayce L	5	Distinguished List
Rozmiarek, Zachary A	5	Distinguished List
Allen, Kylie R	4	Distinguished List
Specht, Ethan C	4	Distinguished List
Bryner, Isaiah T	6	Honors List
Buchheit, Carter S	6	Honors List
Clouse, Jacob B	6	Honors List
Ernesti, Tayson Lander	6	Honors List
Jespersen, Storm J	6	Honors List
Knote, Emily R	6	Honors List
Plog, Alexander M	6	Honors List
Robb, Xavier Z	6	Honors List
Ansley, John P	5	Honors List
Hanson, Danae J	5	Honors List
Neeffe, Alex N	5	Honors List
Nelson, Landrie S	5	Honors List
Reed, Rune X	5	Honors List
Swanson, Tatum E	5	Honors List
Thompson, Ian E	5	Honors List
Wyland, Kenneth T	5	Honors List
Mayer, Elizabeth P	4	Honors List
McConville, Daren W	4	Honors List
Rozmiarek, Samantha R	4	Honors List
Rudloff, Hannah R	4	Honors List
Turek, Alysen K	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>		





## 4-6th Honor Roll Semester 1

<b>Elementary Honor Roll 2013-2014 Semester 1</b>		
<b>Student Name</b>	<b>Grade</b>	<b>Level</b>
Hanson, Rebecca J	6	Distinguished List
Plog, Alexander M	6	Distinguished List
Meyring, Jayce L	5	Distinguished List
Bryner, Isaiah T	6	Honors List
Buchheit, Carter S	6	Honors List
Clouse, Jacob B	6	Honors List
Ernesti, Tayson Lander	6	Honors List
Jespersen, Storm J	6	Honors List
Knote, Emily R	6	Honors List
Robb, Xavier Z	6	Honors List
Swanson, Kinzee M	6	Honors List
Ansley, John P	5	Honors List
Hanson, Danae J	5	Honors List
Neefe, Alex N	5	Honors List
Nelson, Landrie S	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
McConville, Daren W	4	Honors List
Rozmiarek, Samantha R	4	Honors List
Rudloff, Hannah R	4	Honors List
Specht, Ethan C	4	Honors List
Turek, Alysén K	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>		

**Way to Go!**





# GIORGI'S GYM



February is heart month and physical education classes will be focusing on the heart this month.

## JUMP ROPE FOR HEART



On Friday, February 14, Hemingford Elementary School will be participating in the American Heart Association's Jump Rope for Heart. These events are held at schools nationwide and not only help students learn about the benefits of regular physical activity and heart health, but also raise funds to support vital heart and stroke research as well as educational programs.



## CPR CLASS

If a cardiac arrest happened to your loved one or a close friend would you know what to do? Nurse Judy will be teaching Family & Friends CPR to the 9<sup>th</sup> graders during their physical education class this month. This class does not provide certification in CPR, but does teach the students how to perform life-saving CPR which can double a victim's chance of survival.



## SKIP'N CATS

Level 1 Skip'n Cats started on January 8. Twenty seven Level 1 jumpers joined the ten Level 2 Skip'n Cats who will be teaching jump roping tricks to the Level 1 group.



Keep your heart healthy:  
Eat right and exercise!

Mrs. Giorgi





## 2013-2014 Yearbooks



### How to order 2013-2014 Yearbooks

The yearbook company that Hemingford Schools continues to use is Jostens. Last year Jostens took over all the ordering of yearbooks as well as taking care of all paperwork. When you receive a notice in the mail from Jostens, please respond to it if you plan on ordering a yearbook. You will notice that there will be several additional options to personalize the yearbook as well.

This is the only way to pre-order yearbooks, so please look for notices at the beginning of each month until April. You will receive an envelope for each student that you have enrolled in Hemingford Schools.

Thank you for supporting the journalism students by also rewarding your own student with a lifelong book of memories!

If you have any questions you may contact Kay Horstman, the yearbook advisor, at school 487-3328

## C O U N S E L O R ' S

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**Seniors – It’s FAFSA Time!** If you’re a college-bound senior, it’s time to get serious about the FAFSA (Free Application for Federal Student Aid). Make sure you read your Education Quest Handout. It gives you step by step instructions on how to complete the FAFSA.

**Juniors** – If you are thinking about going to college after you graduate, this is the time for you to take the ACT.

**The next registration date for the ACT is March 7<sup>th</sup>. The test date is April 12<sup>th</sup>.**

**Sophomores** – All sophomores will be taking the PLAN test on March 4<sup>th</sup>. The PLAN test is a great way to prepare for the ACT college readiness assessment. It covers the same subjects and gives an estimated ACT score.

**9 – 11 graders** will soon start filling out the registration sheet for classes next year. You need to be thinking about the classes you will need to fit into your schedule.

I will be working with the 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> graders during the month of February. We will be working on Emotion Management.

**Did you know?** We use the *Steps to Respect* program to create a safe and respectful learning environment for our students. The *Steps to Respect* program is a bullying prevention program. Kindergarten through 2<sup>nd</sup> grade received lessons from this program during the month of September. Third through 6<sup>th</sup> grade received lessons from this program during the month of October.

***Children either live up to...or down to...our expectations.***  
Dr. Charles Fay



## Family Fun Night

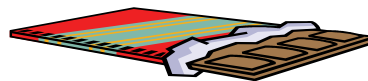


Please plan to attend our Family Fun Festival. Join us for an evening of Fun and entertainment Thursday, March 20th from 5:00 - 7:00 p.m. in the High School Gym. This will help defray costs for the Sixth Grade Field Trip to South Dakota. Some of the money will also be donated to local Charities. If we cannot hold the Family Fun Night on March 20<sup>th</sup>, our alternate date will be Thursday, April 3<sup>rd</sup>.

Sloppy joe or Beefy nachos meals will be served.

## CANDY BARS FOR SELL!

Mrs. Gasseling will be selling candy bars for \$1.00 in her classroom after school. All proceeds will go to the improvements of the football field. Selling until they are gone.



### Hemingford Speech

Alexis Olson and Belle Irish – Duet Acting  
 Alex Allen, Matthew Davis, Taylee Neefe and Britt Thomas – OID  
 Abbie Bright- Informative and Extemporeous  
 Taylee Neefe- Informative  
 Britt Thomas- Poetry  
 Matthew Davis- Informative



#### Speech Contest Schedule

February 1- Chadron  
 February 8- Scottsbluff  
 February 12- WTC @ Mitchell  
 February 22- TBA  
 March 8- Bridgeport Panhandle Conference  
 March 17- District Speech @ Perkins County  
 March 27 and 28- State Speech @ Kearney



## 21 Creative Consequences



[imom.com/parenting/tweens/parenting/training/21-creative-consequences/](http://imom.com/parenting/tweens/parenting/training/21-creative-consequences/)

*Disciplining our children takes dedication and effort. It also helps to mix in a little creativity when needed.*

- 1. If time-outs don't work, try a "time-in." This can be accomplished by sending your child to a designated spot where he must complete a task that has a definite beginning and end. This could be putting together a small puzzle, stringing 50 beads on a piece of yarn, or tracing the alphabet. A time-in diverts his energies and encourages him to focus on something positive.*
- 2. Timers set definite boundaries. For example, with a timer, you can say, "I'm setting the timer. I want your room cleaned (or your shoes on, or the dishes unloaded) in 15 minutes. If you haven't finished by then, your correction is..." This method not only spurs on easily distracted children, but it also leaves little room for arguing about a job that isn't finished and whether the correction is warranted.*
- 3. Make a homemade "Correction" can and fill it with tickets or slips of paper with various consequences written on them. Instead of giving your child a time-out, send her to the can for a slip. A few ideas might include no TV or computer for a night, early bedtime, or an extra chore. Toss in a blank piece of paper, a "mercy" ticket. This gives you an opportunity to talk about how God gives us mercy even when we deserve punishment.*
- 4. If you repeatedly open the door to your child's room only to catch him in an act of disobedience, take your child's bedroom door off the hinges. It sounds harder to do than it actually is. And it works wonders!*
- 5. Adjust bedtimes according to your children's behavior that day. For each infraction, they must go to bed five minutes earlier, but if they've been good, they can earn the right to stay up an extra five minutes.*
- 6. An especially tough but effective correction for teenagers who forget to wear their seat belts is to add an additional day past their sixteenth birthday before they can take their driver's test. Hey, it's important!*
- 7. If you have dawdlers, try this: Whoever is last to the table at dinnertime becomes the server. But there's a catch. Even if you're first, your hands must be clean, or you'll end up serving the food, pouring the drinks, and fetching the condiments (after washing your hands, of course!).*
- 8. If your children are constantly turning in sloppy schoolwork, get a few photocopied pages of printing or cursive exercises. (These can be found at any teachers supply store.) Then ask your haphazard child this: "What takes longer: a report done neatly in 15 minutes or one you've sped through in 10 that must be redone and warrants a page of handwriting practice?"*
- 9. You've heard the reprimand "Hold your tongue!" Make your child do it-literally. Have her stick out her tongue and hold it between two fingers. This is an especially effective correction for public outbursts.*
- 10. My friend, Becki, tried a variation on this idea in the car. If things got too raucous or there was too much fussing between siblings, she would cry, "Noses on knees!" Her children then had to immediately touch their noses to their knees until she determined that they had learned their lesson.*
- 11. Next time your child "forgets" to put something away, like video games or sports equipment, put it away for him. When he asks where it is, tell him that he'll just have to look for it. Believe me; he will learn that it's a lot more trouble to find something that Mom has hidden than it is to put it away in the first place.*
- 12. If you have younger children who are messy, try this: Put their toys in a "rainy day" box to bring out later. This has the added benefit of making an old toy seem new again. Or set the toy somewhere out of reach but within sight for a predetermined number of days. This increases the impact of the correction by keeping the forbidden toy fresh in their minds.*







13. I heard from a mom who had tired of her three sons' ceaseless noises and sound effects—so she got creative. If her boys did not take their commotion outside, she would make them sit down and listen to the "Barney" theme song cassette for 10 minutes. For adolescent boys, it's torture!

14. If your little one gets too hyper, come up with a code word to remind him to stop the action without embarrassing him. Whenever Tucker started getting too rowdy in a group, I would yell, "Hey, Batman." He knew that he needed to calm down before I had to take more drastic measures.

15. Does your child slam the door when she's angry? You might tell her, "It's obvious that you don't know how to close a door properly. To learn, you will open and close this door, calmly and completely, 100 times."

16. If your child likes to stomp off to his room or stomp around in anger, send him outside to the driveway and tell him to stomp his feet for one minute. He'll be ready to quit after about 15 seconds, but make him stomp even harder.

17. The same goes for throwing fits. Tell your child to go to her room to continue her fit. She isn't allowed to come out and she has to keep crying for 10 minutes. Ten minutes is an awfully long time, and it's no fun if your parents tell you to cry.

18. Another way to handle temper tantrums is to simply say, "That is too disruptive for this house. You may continue your fit in the backyard. When you're finished, you are welcome to come back inside." When there isn't an audience, the thrill of throwing a temper tantrum is gone.

19. If a job is not done diligently, have your child practice doing it. She'll learn to be more thorough if she's made to sweep the floor three or four times because her first effort wasn't good enough.

20. When one of my children is acting disrespectful, disobedient, or defiant, I will instruct him or her to choose a chore from the Job Jar. The jobs include scrubbing the toilet, organizing the pots and pans, moving and vacuuming underneath the furniture, weeding the garden, matching up odd socks, defrosting the refrigerator, and cleaning the closet, garage, or under the bed. And those are just a few possibilities. You could add ironing, vacuuming the refrigerator coils, scrubbing the inside of small wastebaskets, polishing the silver, cleaning the window wells, brushing the animals, cleaning the fireplace, shaking the kitchen rugs, vacuuming the couch, alphabetizing the spices, and using wood cleaner on the dining room chairs. Not only does the Job Jar help to get my house clean, but it also keeps my little ones from complaining that they're bored. They know that with the Job Jar, Mom will always have an antidote for boredom.

21. I have a friend whose son's morning chore was to get the pooper-scooper and clean up the doggie gifts littering the backyard. The boy was not doing this job with much diligence, so his father came up with this creative solution: After the boy had completed the task, he would be required to run through the yard barefoot! From then on, their lawn was perfectly clean.

**Taken from *Creative Correction* by Lisa Whelchel.**

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## 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>

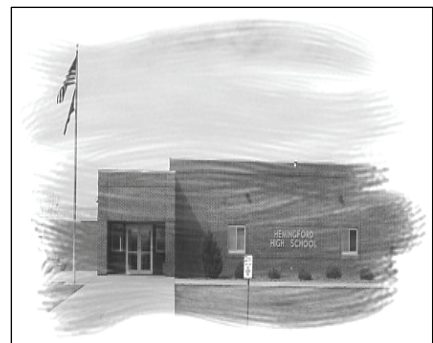
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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.



### 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.

### 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".

# Nutrition Nuggets

Food and Fitness for a Healthy Child

February 2014

Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### After-school programs

Sign-ups are probably starting now for spring after-school activities. Look at the lineup with your youngster, and consider a nutrition-related program. Her school might have a gardening club, or your community center may offer a kids' cooking class. Being involved in growing and cooking healthy foods can get her excited about eating them!

### Enjoy a rainbow

Work with your child to plan meals that include a variety of colors. For instance, you could serve orange carrots and brown rice at dinner or white chicken strips and yellow pineapple chunks at lunch. During meals, take turns calling out a color to have next. As your youngster eats the colors, he will get a good variety of vitamins and minerals.

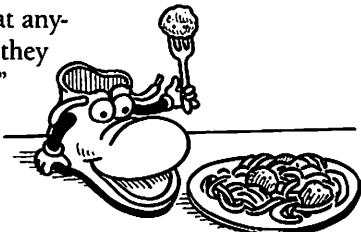
### Be active indoors



For a fun change of pace this winter, let your children bring outdoor toys inside. Suggest that they jump on a pogo stick in the basement, roller-skate in a garage "rink," or play badminton (without the net) in a bedroom. Mixing things up like this can inspire them to get more physical activity.

### Just for fun

**Sign in a cafeteria:** "Shoes are required to eat in the cafeteria. Socks can eat anywhere they want."



## Making good choices

How does your child decide what to eat? At this age, his choices are influenced by the food you buy, where you keep it, and how much you serve for meals and snacks. Consider these strategies for making your home a "healthy eating zone."

### At the store

Food decisions at home all start with what's there in the first place. If you buy three kinds of cookies or three flavors of ice cream, your youngster will want to taste them all. Instead, bring home three kinds of fruits and three kinds of vegetables. Likewise, skip the soda and fruit drink aisle. When the only choices are water or fat-free milk, that's what your child will drink when he's thirsty.

### Front and center

Your youngster will most likely snack on the foods he sees. Keep a bowl of fruit on the kitchen table. Cut up vegetables, and put them at the front of the refrigerator shelf at his eye level. Freeze grapes in small bags on the freezer shelf he can



reach. On the flip side, if you buy chips, cookies, or candy, place them out of sight. If he doesn't see them, he's less apt to eat them.

### Serving sizes

It's no secret restaurant portion sizes have grown larger. What you may not know is that serving sizes at home are bigger, too. Try plating meals yourself with smaller amounts, and put away leftovers. Use smaller dishes and utensils—eating stews or pudding with a teaspoon rather than a tablespoon will cut down on how much everyone eats. ♡

## Games for snow (or no snow)

When your children wake up to a snow day, make the most of it with these active ideas.

**Treasure hunts.** To encourage your kids to run around in the snow, have them take turns burying a plastic toy and shouting out clues for the others to find it. *No snow?* Hide the toy in bushes, in tall grass, or behind a shed.

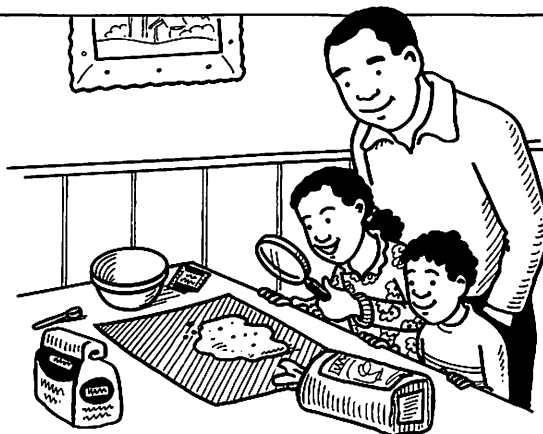
**Colorful trails.** Let your children fill spray bottles with water and food coloring. Then, they can make colorful trails for each other to follow. *No snow?* Spray the color onto grass (it will wash away in the rain), or make trails with pebbles. ♡



# Yikes— yeast is alive!

Your youngster may not know that her bread is “alive.” Have her experiment with a main ingredient in bread—the live organism known as yeast—and she’ll learn more about the foods she eats.

1. Ask your child to empty a yeast packet onto dark construction paper and examine it with a magnifying glass. Does it move or look alive?



2. Let her pour the yeast into a bowl and add 1 tsp. sugar and  $\frac{1}{4}$  cup warm water.

3. Have her wait 20 minutes and observe (she’ll see bubbles in the mixture). She can pour the mixture back onto the dark paper and look with a magnifying glass again (she’ll see movement).

What happened? The bubbles are carbon dioxide, the gas produced when the yeast “eats” the sugar. The movement is the yeast making more yeast as the chemical reaction continues.

Show your youngster a few pieces of bread. If she looks closely, she will find the bubbles baked right in—making the bread lighter and fluffier. ♥

## ACTIVITY CORNER

### Everyday activity boosts

Small bursts of activity will help your child reach the recommended 60 minutes of daily physical activity. Try these suggestions:

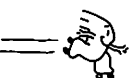
- Encourage him to walk, Rollerblade, bike, or ride a scooter everywhere that he can. If you live close enough, you could travel by “foot power” to the bank, a store, or friends’ houses.

- Typically, you want to get through chores as quickly as possible. Not so with this idea.



Have your youngster deliver folded laundry piece by piece to its destination (his drawer, the linen closet). He can count his trips—and multiply his exercise!

- When you drive to the library, community center, or mall, park far from the entrance and “take a hike” to the front door. Or park in one central location in town, and walk to your different errands. Your child just might get into a lifelong habit of walking extra steps. ♥



## Q & A Price of healthy food

**Q:** It seems like healthy food costs more. Is that really true?

**A:** While it might be that way sometimes, it depends on what you get and how you shop. In fact, some produce can cost less than snacks like chocolate candy or chips, and you’ll save on sugar and fats in addition to money. For instance, a bunch of bananas might work out to 25 cents per banana—less than the price of most packaged snacks. And a 5-lb. bag of potatoes will cost only a little more than one order of French fries at the drive-thru.

To keep prices down, purchase fruits and vegetables in season, or buy them frozen. “Join” your supermarket so you get member prices, and be sure to use coupons. Also, buying in bulk could save you money on cereal, nuts, seeds, and other healthy items. If those quantities are too much for your family, try shopping at a warehouse store with a neighbor and splitting the amounts. ♥



## IN THE KITCHEN

### Make-ahead breakfast “cupcakes”

Making breakfast can be challenging on busy mornings. Instead, whip up these savory cupcakes with your child on a weekend, and freeze them. Then, pop them in the microwave for a hot and healthy breakfast.

*Note:* For each recipe, use a 12-cup muffin pan with liners or coated with nonfat cooking spray. Freeze the cupcakes in the pan until solid, and then store them in a freezer bag.

#### Oatmeal

In a saucepan, combine 2 cups rolled oats and  $3\frac{1}{2}$  cups water, and bring to a boil. Boil, stirring frequently, for 3–5 minutes. Mix in 1 tbsp. honey



or brown sugar. Spoon the oatmeal into the muffin tin, and add raisins, dried cherries or cranberries, chopped nuts, or pumpkin seeds to each cup.

#### Eggs

Beat a dozen eggs, and stir in a 20-oz. bag of shredded hash brown-style potatoes (thawed, if frozen), 1 cup shredded mozzarella cheese, 1 chopped bell pepper, and 4 tbsp. flour. Divide the mixture into the muffin cups. Bake at 400° for 25–30 minutes, until set. ♥

## 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 Lunch Menu

**February 2014**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>CHICKEN NUGGETS</b> Vegetables Fruit Roll & Butter SALAD BAR	<b>4</b> <b>TACOBURGER</b> Vegetables Fruit <b>SALAD BAR &amp; Chicken Noodle</b>	<b>5</b> <b>CORNDOG</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>6</b> <b>HAMBURGER</b> Vegetables Fruit Dill Slices <b>SALAD BAR &amp; Chicken Noodle</b>	<b>7</b> <b>MAC &amp; CHEESE</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>
<b>10</b> <b>CHICKEN FRIED STEAK</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>11</b> <b>BEEFY NACHOS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Tomato Soup</b>	<b>12</b> <b>CHICKEN STRIPS</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>13</b> <b>SPAGHETTI</b> Vegetables Fruit Garlic Bread <b>SALAD BAR &amp; Tomato Soup</b>	<b>14</b> <b>HOT HAM &amp; CHEESE</b> Vegetables Fruit Cookie <b>SALAD BAR</b>
<b>17</b> <b>BOBCAT TACO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>18</b> <b>CHICKEN SANDWICH</b> Vegetables Fruit <b>SALAD BAR &amp; Broc. Cheese</b>	<b>19</b> <b>CRISPITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>20</b> <b>PIG in a BLANKET</b> Vegetables Fruit No Bake Cookie <b>SALAD BAR &amp; Broc. Cheese</b>	<b>21</b> <b>B.B.Q. SANDWICH</b> Vegetables Fruit <b>SALAD BAR</b>
<b>24</b> <b>BURRITO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR</b>	<b>25</b> <b>TACO</b> Vegetables Fruit Roll & Butter <b>SALAD BAR &amp; Potato Soup</b>	<b>26</b> <b>PIZZA</b> Vegetables Fruit <b>SALAD BAR</b>	<b>27</b> <b>GRILLED CHEESE</b> Vegetables Fruit Tomato Soup <b>SALAD BAR &amp; Potato Soup</b>	<b>28</b> <b>SLOPPY JOE</b> Vegetables Fruit Cookie <b>SALAD BAR</b>

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 Breakfast Menu

**February 2014**

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> CEREAL Fruit or Juice	<b>4</b> PANCAKE & SAUSAGE on a STICK Fruit or Juice	<b>5</b> BREAKFAST PIZZA Fruit or Juice	<b>6</b> SCRAMBLED EGGS Fruit or Juice	<b>7</b> CINNAMON ROLL Juice or Juice
<b>10</b> CEREAL Fruit or Juice	<b>11</b> HAM & CHEESE TAC-GO Fruit or Juice	<b>12</b> CEREAL Fruit or Juice	<b>13</b> FRENCH TOAST STICKS Fruit or Juice	<b>14</b> BREAKFAST PIZZA Fruit or Juice
<b>17</b> CEREAL Fruit or Juice	<b>18</b> WAFFLES Fruit or Juice	<b>19</b> BREAKFAST PIZZA Fruit or Juice	<b>20</b> OMELET Fruit or Juice	<b>21</b> CINNAMON ROLL Fruit or Juice
<b>24</b> CEREAL Fruit or Juice	<b>25</b> SAUSAGE GRAVY/ Biscuit Fruit or Juice	<b>26</b> CEREAL Fruit or Juice	<b>27</b> PANCAKES Fruit or Juice	<b>28</b> BREAKFAST PIZZA Fruit or Juice

Menus are subject to change

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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

## Calendar Events February 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 FFA State Degree Interviews FFA State Degree Apps Due 8:30am W @Mitchell Invitational 1:00pm BB@Edgemont (GBGB) 8:00pm Speech @ Chadron
2	3 Red Day High Plains Music @ Chadron 10:00am JH BB PHC@ Morrill	4 White Day NeSA-Writing Gr 8 High Plains Music @ Chadron 4:00pm BB@Minatare (GBGB) Time Change	5 Red Day FFA Ag Mechanics Contest @ Gordon Quiz Bowl at Mitchell	6 White Day 6:00pm WTC Boy's BB- Hemingford VS Morrill @ Home	7 Red Day TBD WTC BB- Hemingford/WNCC (Varsity G-B)	8 ACT Test Date TBD WTC BB- Hemingford/WNCC (Varsity G-B) TBD Speech@ Scottsbluff Invite 10:00am W @Southeast Invitational (Yoder)
9	10 White Day 7:00pm School Board Meeting	11 Red Day 8:30am Hemingford Foundation Scholarship Meeting 4:00pm BB@ Morrill (GBGB)	12 White Day Progress Reports Sent Home Box Butte County Spelling Bee TBD WTC Speech@Mitchell	13 Red Day 4:00pm JH BB w/Alliance	14 White Day District Wrestling @ NPlatte 10:30am Jump Rope for Heart (HS Gym) 4:00pm BB@ Kimball (GBGB)	15 District Wrestling @ NPlatte 9:00am JH BB @BPort
16	17 School In Session Teacher In-Service (not attending) White Day	18 Red Day TBD GBB SubDistrict	19 White Day 2:30pm Big Bro/Sis	20 Red Day State Wrestling TBD GBB SubDistrict 6:00pm FFA Meeting	21 State Wrestling White Day 4:00pm JH BB w/Crawford 6:00pm BBw/Crawford (Boys JV/V) (Parent Night) 8:30pm Snow Coming Dance	22 FCCLA Peer Retreat Speech@Ogallala Invitational (not attending) State Wrestling 9:00am JH BB @Bayard Tournament
23 FCCLA Peer Retreat @ Kearney	24 Red Day FCCLA Peer Ed	25 White Day TBD BBB Subdistricts	26 Red Day	27 White Day County Government Day TBD BBB Subdistricts 2:30pm STUCCO Activity	28 Red Day GBB District Finals	



### Calendar Events March 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1
2	3 White Day Pro-Start Regional @Scottsbluff	4 Red Day So PLAN Test BBB District Finals	5 White Day FFA Ag Ed Contest @ Kimball	6 Red Day Girls Basketball State Tournament	7 White Day Girls Basketball State Tournament	8 Small School Speech/ PHC Speech@Bdpt Girls Basketball State Tournament
9	10 Red Day 7:00pm School Board Meeting	11 White Day WTC Inst. Music @ Bayard	12 Red Day	13 White Day Boys State Basketball Tournament	14 Red Day FFA Rocky Mt Oyster Feed Boys State Basketball Tournament	15 Boys State Basketball Tournament
16	17 White Day Quarter 3 Ends C2-6 District Speech @ Perkins County (Grant)	18 Red Day Quarter 4 Begins 6:30pm World Strides 2015 Organizational Meeting	19 White Day 2:30pm Big Bro/Sis	20 Red Day 5:00pm 6th Grade Bingo Night 6:00pm FFA Meeting	21 White Day PHC Quiz Bowl @ Hay Springs	22 TBD Dinner Theatre
23 Capital Forum (Govt Class) TBD Dinner Theatre	24 Red Day Capital Forum (Govt Class) TBD Dinner Theatre	25 White Day P/T Conferences 2 - 8 P.M. 1:00 P.M. Dismissal Capital Forum (Govt Class)	26 No School -- Assessment Day WTC Quiz Bowl @ Bayard	27 No School -- Spring Break State Speech @ Kearney	28 No School -- Spring Break PHC Music @ Edgemont	29 Track@Kimball Invitational
30	31 Red Day					



# What makes Girls on the Run so much fun?

**Girl Power!**

**The 5K!**

**Friends & Fitness!**

**Volunteers!**



## Girl Power!

Girls on the Run of Nebraska offers unique after-school programming to help girls in grades 3 through 6 put their best foot forward. Participants play interactive running games and learn valuable life skills as they train to complete a 5K (3.1 mile) run/walk. Along the way, they learn to celebrate themselves and one another in a noncompetitive and ultra-supportive environment.

*Girls on the Run gave my daughter something to be proud of. It was such a blessing to pick her up each time and see a smile on her face and the sparkle back in her eye. —a Lincoln Mom*

## Friends & Fitness!

Girls on the Run combines exercise, education, mentoring and Girl Power to promote healthy habits and self-esteem in young girls. An innovative curriculum incorporates fun games and lively discussions on topics important to girls—things like gossip, body image, and the pressure to look, act and be a certain way to fit in. The noncompetitive and supportive atmosphere encourages girls to work at their own pace to reach their goals.

*My daughter learned that you could run without always trying to be first. It showed her that it was more important to participate and finish than worry about what place she came in. —an Omaha Mom*

## The 5K!

At the end of every season, hundreds of girls from GOTR teams across the area come together for the grand finale 5K. It's not a typical road race—it's a party! Participants bask in the fun and supportive environment where everybody's accomplishments are celebrated. It's an unforgettable and life-affirming experience for all involved.

*The 5K was tremendously positive and very uplifting! It was great to see everyone cheering each and every one of the girls as they got to the finish line. —a Lincoln Mom*

## Volunteers!

Committed volunteers are key to the success of Girls on the Run of Nebraska. We're always looking for energetic women and men who want to make the world better for girls. You don't have to be a runner to get involved. There are many opportunities available.

*Girls on the Run of Nebraska is such a great program to be a part of. Seeing the transformation in the girls is mind-blowing. Enjoy the ride! —a Lincoln Coach*





## Hemingford Girls on the Run

A Girls on the Run informational meeting for girls and their parents' grades 3-6 will be held on February 3rd at 5:30 in the elementary computer lab. The tentative start date is the week of March 3rd and the 5k will be held in the middle of May with a date TBA. The cost per girl is \$60 (includes t-shirt, water bottle, backpack, entrance to the 5k, and materials needed for the lessons)...do not let the cost be a deal breaker yet! We already have possible fundraiser ideas to lower the tuition cost. At the meeting we would like to discuss possible group fundraiser activities, and of course, each girl can raise money for their tuition on their own. Check out the attached flyer! Hope to see you all at the meeting!

**Want to sign up for Girls on the Run now? You can visit [www.GOTRNebraska.org](http://www.GOTRNebraska.org) - Join a Team - Click **HERE** to register. No payment is due until we determine the exact cost per girl (after donations & fundraisers) closer to the start date.**

**Last day to register is February 10th.**

Contact Natalie Wood (308) 279-0580 [nwood@panesu.org](mailto:nwood@panesu.org) or Ammie Frost (308) 207-5180 [afrost@panesu.org](mailto:afrost@panesu.org) with questions.