

Bobcat Bits

January 2014

Hemingford Public Schools

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Special points of interest:

- * Volleyball & Football Honors
- * Cheer Clinic
- * Italian Buffet
- * Fitness Challenge
- * Financial Aid Night
- * Activity Calendars
- * Lunch & Breakfast Menu

**FROM ALL THE STAFF
AT HEMINGFORD
PUBLIC SCHOOLS**

Foster's Facts **HAPPY NEW YEAR** pfoster@panesu.org

Hopefully students will have a restful holiday to catch up on sleep and get healthy because once we are back--off we go again. There are many activities throughout the month of January. Students have to juggle many schedules and still find time to eat and sleep as well as homework. To help with the homework piece, I suggest a New Year's Resolution for students to attend SST.

Please continue to monitor the website calendar for updates to the events on scheduled times. Enjoy your break; see you back here on Monday, January 6, 2014.

Academic Information

End of the Semester—January 10th

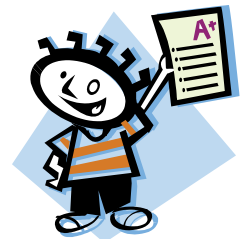
When students return from Christmas break, students will have a week or so for final presentations and review before semester testing which will occur during their regular class periods. Report cards will be mailed out January 14 or 15, 2014.

Semester Grades

The semester grade is the average of 1st and 2nd quarter which is how a student earns credit toward graduation. One of the first questions, you may ask your child is "Are you giving your best effort?" or "Was there something more you could have done to improve your grade?" If the semester grade is below 70%, no credit is issued and students will have to retake the class. Teachers are willing to help, but students need to make an effort to receive help. There is always room in SST.

Honor Roll

The honor roll includes grades 4-12 for the 2nd Quarter and 1st Semester. It will be published in the newspaper as well as the next newsletter. 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.



NeSA-Writing for Grades 8 and 11

The window is from January 20 through February 7 for students to write on a specific topic with the results being scored and ranked at the state level. This test is very important in having the students give their best efforts. Students are currently taking practice tests to help build familiarity with the program used by the state for testing.

Financial Aid Night—January 7 at 7:00 pm

Do you have a senior? Wondering what the FAFSA is? How do I get a pin? Mrs. Hucke will present a variety of information to help with the college process.

CSC High Plains—February 3 and 4

Four students were selected to attend the CSC High Plains Music Festival in Chadron. This is a great opportunity for students to work with other talented musicians.

Italian Buffet –Sponsored by World Strides Friday, January 31—Excellent Food and a Great Way to support the World Stride Students. Tickets may be purchased from a World Stride member.



FOSTERING EDUCATION

LOOKING TOWARDS JANUARY 2014

Christmas Day has come and gone already, but also brings a time for each of us to reflect. The kids are striving to reach their potential. We have very hard working kids that I'm pleased to be around each day. **GREAT JOB KIDS** 😊 I feel extremely lucky to be a part of such a **GREAT SCHOOL SYSTEM**. I'm blessed to be surrounded by a **WONDERFUL and DEDICATED STAFF**. Your children are getting the best! Please be safe if you are planning any travel over this holiday break. Reminder we will finish the second quarter of school on January 10th.



HOPE YOU HAD A MERRY CHRISTMAS!

DRESSING FOR THE WEATHER

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



UPCOMING DATES OF INTEREST

January 6th - School Resumes----Welcome Back 😊

January 10th - 2nd Quarter ends

BOX TOPS FOR EDUCATION

Please remember to save the box tops that are found on many different food items. They allow us to earn money for our school. This is another great way to help our school.



COMMUNICATION

Remember there's no "I" in team. It takes all of us working together to make a difference. Call us with any questions at 487-3330

GIORGI'S GYM



SKIP'N CATS START

Level 1 Skip'n Cats starts Wednesday, January 8, 2014, at 7:45 am in the Elementary Gym. The Skip'n Cats Rope Skipping Team is open to any 2nd - 12th grade student. Handbooks and medical release forms can be picked up from Mrs. Giorgi and must be signed and returned on the first day of practice.

THE AMERICAN HEART ASSOCIATION SAYS OUR CHILDREN ARE IN REAL PHYSICAL DANGER:

"The childhood obesity rate is simply staggering - one in three American children and teens is overweight or obese. Our children are now having health problems that were previously only typical for adults - like heart disease, type 2 diabetes and high blood pressure. Too many of our children are on the fast track to a premature death."

Solution? Eat right and exercise!

START THE NEW YEAR WITH A NEW PERCEPTION OF EXERCISE:

- A break from a stressful workday
- The only time you'll have to yourself all day
- A way to boost energy and mood
- A chance to get totally physical and let your mind rest
- A chance to reward your body for working so hard
- A way to improve your quality of life immediately



Then get out and move! Ride a bike, walk, hike, jog, jump rope, play sports.

Mrs. Giorgi



Mrs. Hucke-Counselor

C O U N S E L O R ' S

O R N E R

Seniors -- All students that are filling out the FAFSA need to request a Personal Identification Number (PIN) for you and one for a parent at pin.ed.gov. The PIN is your signature for the online FAFSA.

Don't forget to check your mailbox in my office. A list of all the scholarships that I receive have been put in your mailbox. If you need any help, please don't hesitate to contact me @ 487-3328 and we can set up an appointment.

Western Nebraska Community College's Financial Aid Office is again offering Parent Night financial aid presentations. Their goal is to educate students in their service area about the intricacies of financial aid and to provide them with as many funding opportunities as possible. We have been invited to attend any of the five Parent Night presentations.

Parent Nights are open to **any** student who plans to attend **any** college. Parent night dates will be as follows:

- Wednesday, **Jan. 22**, 2014 6:30 p.m. WNCC's Sidney Campus
- Thursday, **Jan. 23**, 2014 6:30 p.m. Bayard High School
- Wednesday, **Jan. 29**, 2014 6:30 p.m. WNCC's Alliance Campus
- Saturday, **Feb. 8**, 2014 10:00 a.m. WNCC's Harms Advanced Technology Center
- Tuesday, **Feb. 11**, 2014 6:30 p.m. Kimball Jr./Sr. High School

Please attend the date and location most convenient for you. They will be drawing for door prizes, including WNCC scholarships, for all students who attend.

Juniors –Juniors I will be starting your individual conferences right after Christmas break. We will discuss your transcript, requirements for graduation, plans after high school, careers you are pursuing, test results, and scheduling for next year.

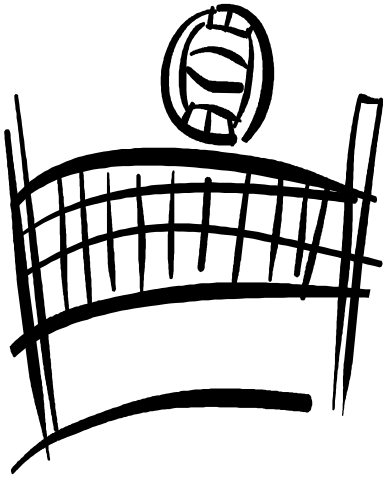
The next registration date for the ACT is January 10. The test date is February 8.

I will be working with the kindergarten, 1st, and 2nd graders during the month of January. We will be working on anger management.

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



Panhandle Athletic Conference



All Conference selections for Panhandle Athletic Conference for Hemingford Public Schools were Kaitlyn Bergfield, Alexis Phillips & Natalie Gasseling. Honorable Mention All-Conference for

Hemingford was Paige Phillips, Brooke Turek.

The Omaha World Herald reported the following selection for All State Volleyball, Class D 1: Honorable Mention- Kaitlyn Bergfield.

All State Football Honors

The Lincoln Journal Star reported the following selections for All-State Football, Class D1: First Team - Blake Hansen, Ethan Skinner, and Colt Foster HM - Matthew Wood, Kyle Kaman, and Brady Turek.

All State Defensive Football Captain - Blake Hansen!

The Omaha World Herald reported the following selections for All State Football, Class

D1: First Team - Blake Hansen, Ethan Skinner, and Matthew Wood HM - Colt Foster, Brady Turek, and Kyle Kaman

"These are great individual honors, and well deserved. First team selections for Hemingford over the years have been very rare."

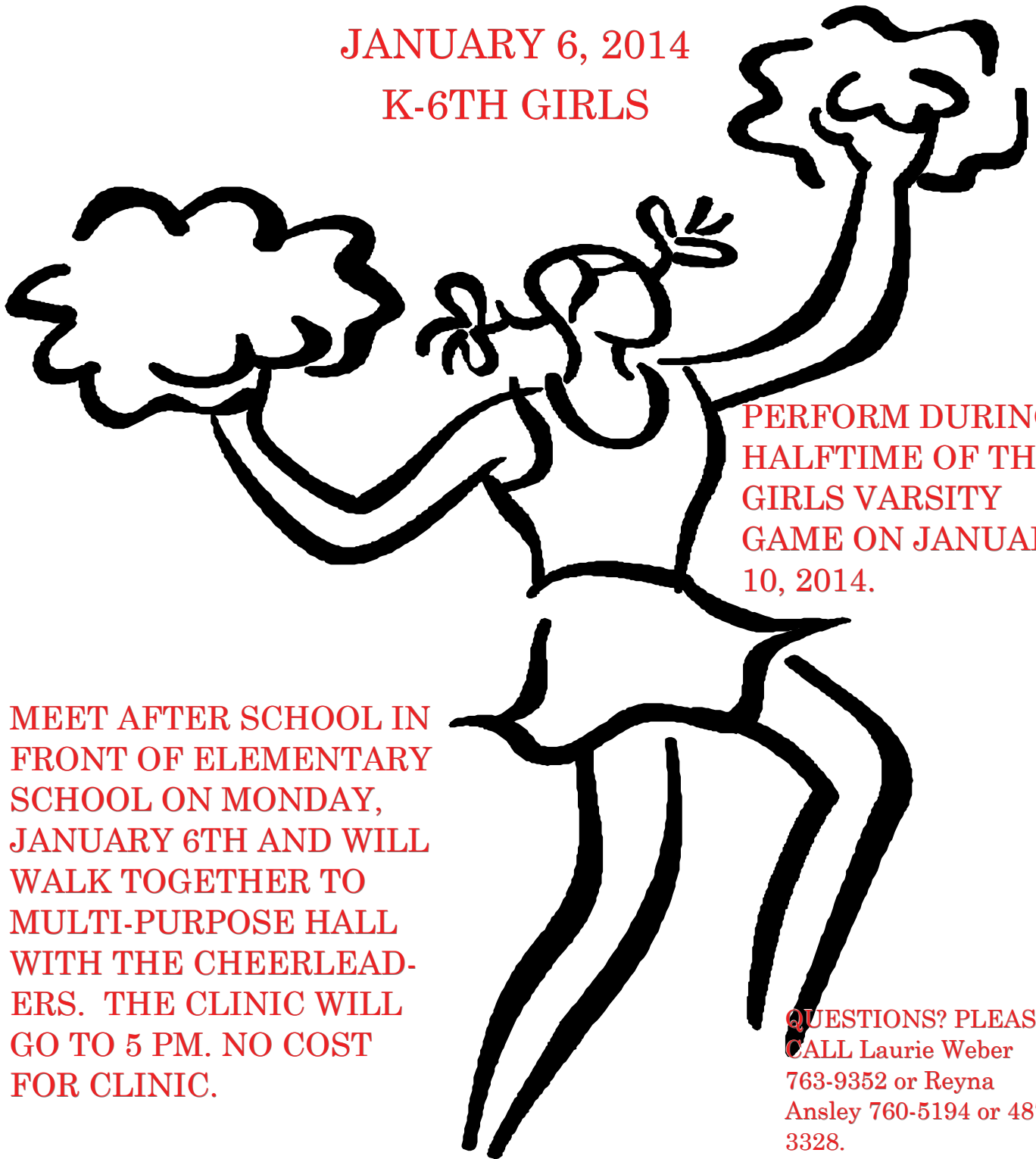


Congratulations!

MINI CHEER CLINIC

JANUARY 6, 2014

K-6TH GIRLS



PERFORM DURING
HALFTIME OF THE
GIRLS VARSITY
GAME ON JANUARY
10, 2014.

MEET AFTER SCHOOL IN
FRONT OF ELEMENTARY
SCHOOL ON MONDAY,
JANUARY 6TH AND WILL
WALK TOGETHER TO
MULTI-PURPOSE HALL
WITH THE CHEERLEAD-
ERS. THE CLINIC WILL
GO TO 5 PM. NO COST
FOR CLINIC.

QUESTIONS? PLEASE
CALL Laurie Weber
763-9352 or Reyna
Ansley 760-5194 or 487-
3328.



Hemingford Fitness Center

New Year Challenge

**Please join us on the road
to getting healthy in 2014!!**

We are having two challenges; the first will be based on a percentage of weight loss. The second is making a workout plan and sticking to it! You choose your challenge, (or you can even do both!) Each contest is \$20 to enter. The contest will start on January 6th and end on February 7th. We will do weigh-ins on January 6th at the Cat Shack at 5-7:30pm. We will also have registrations at this time for the workout challenge. At the end of the challenge if you have achieved your goal we will give you \$10! We will also have several drawings throughout the challenges and award a top prize in each category on February 7th. All proceeds from this challenge will go directly to funding the Hemingford Fitness Center. Make sure to join our group on Facebook so you can help encourage your friends to stick with it! Questions? Call Jenilee at 308-760-8431 or Jessica at 308-760-6492 or visit us on Facebook.



Hemingford Fitness Center

30 Day Challenge

Name _____ Age _____

Address _____

City _____ State _____

Current weight _____

Goal Weight _____

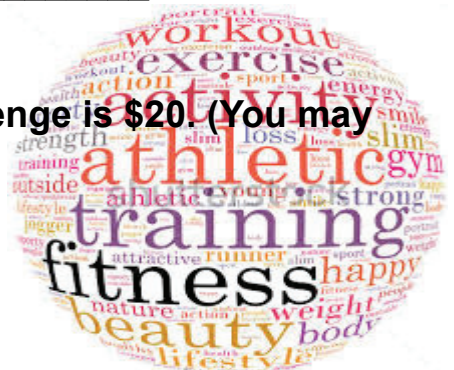
Current workout plan:

Goal workout plan:

Which challenge are you signing up for? Each challenge is \$20. (You may sign up for both)

Weight Loss Challenge _____

Fitness Challenge _____



Registrations will be taken from 5:00-8:00 pm on January 6th at the Hemingford Cat Shack. You do not have to weigh in at our facility if you would like to do the challenge on your own. Good Luck!!

Participation Guidelines and Waiver and Liability Statement

As a participant in "Hemingford Fitness Center Challenge," I recognize and understand that there are inherent risks of physical and mental conditions, illnesses and/or injuries associated with engaging in physical activity and participating in classes and events. I further recognize that any and all risks are further compounded by the fact that many of the exercises and/or activities are unsupervised at some or all times. I hereby consent to engage in any and all exercise programs and/or activities, supervised or unsupervised, solely at my own risk with full knowledge of the dangers and risks inherent within. I hereby release, waive, and forever discharge and covenant not to sue Hemingford Cat Shack, and Fitness Center and/or their agents, servants, and/or employees for any and all injuries, losses or damages and/or claims or demands of any type, known or unknown, on account of or in any way related to any illness, condition, and/or injury to my person or property, or which may result in my death. I further acknowledge the need for certain rules regarding the procedures related to activities during the "Hemingford Fitness Center Challenge" I therefore agree to abide by any and all such adopted rules. By signing below, I am also giving permission for my registered legal dependents to participate in "Hemingford Fitness Center Challenge" and accept full responsibility herein.

By signing below I acknowledge that if I undergo a medical procedure (i.e. surgery) to aid in weight loss during the 30 day Weight Loss Challenge, I will be ineligible to place in the contest and win cash.

Signed _____ Date _____



Driver's Education

Spring 2014

Scottsbluff

Date: Jan 6 - 21, 2014

Day: M - TH

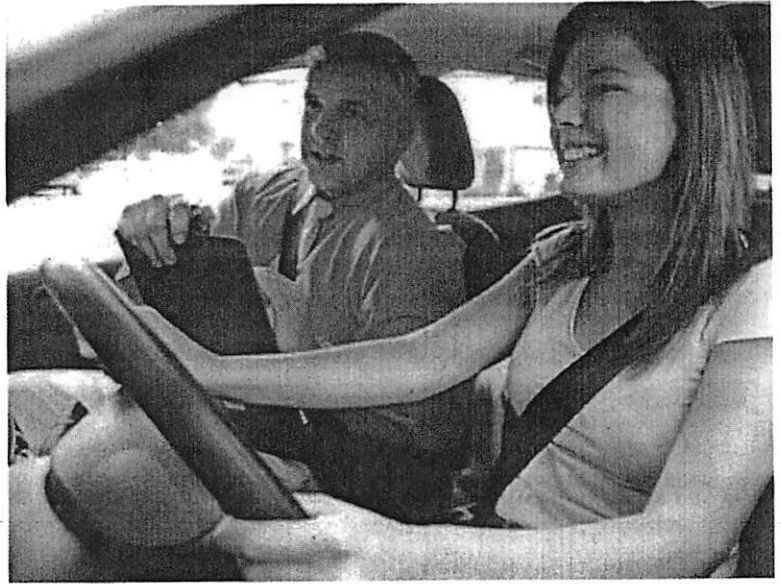
Time: 6:00 - 8:00 p.m.

Cost: \$195

Instructor: Rick Sides

Location: Harms Center

**Students must be 14 by Oct 15, 2014*



This course is a State approved driver safety course for High school students ages 14-18 years of age. This course is not State approved for Adults 19 years of age and older. Students eligible must obtain a valid learner's permit and be at least 14 years of age by October 15, 2014 to sign up.

Please fill out form completely, print, and return to address below.

First Name: _____ MI: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Date of Birth: _____ Email Address: _____

Home Phone #: _____ Cell Phone #: _____

Emergency Contact: _____ Emergency Phone #: _____

Parent Signature: _____

***Permit is REQUIRED prior to class - PERMIT # _____**
Payment is required upon registration.

Credit Card Credit Card #: _____ Exp. Date: _____

Check Enclosed Total Amount: _____ Signature: _____

To register, call 308.635.6700 or complete this form and deliver in person or mail to:

Western Nebraska Community College
John N. Harms Advanced Technology Center
2620 College Park
Scottsbluff, NE 69361



Western Nebraska
Community College

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>

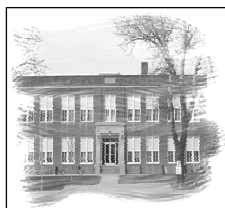
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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

SCHOOL MESSENGER

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

EQUAL OPPORTUNITY

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

Web-Email Lunch Account System

Access your current account information online-at www.hemingford schools.org and click the button on the right labeled "What's for Lunch".

Nutrition Nuggets

Food and Fitness for a Healthy Child

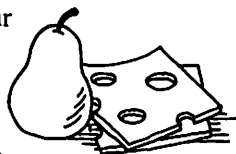
January 2014

Hemingford Public Schools
Nancy Yardley, Food Service

BEST BITES

Combine food groups

Snacks are healthiest if they include at least two food groups. Have your youngster draw a picture of the groups: protein, fruits, vegetables, grains, and dairy. Then, ask him to choose from two of them. For instance, he might have a pear (fruit) with cheese slices (dairy) or yogurt (dairy) with almonds (protein).



Me, too!

You can encourage your child to exercise more by what you do than by what you say. That's because children of active parents tend to be active, too. When you take a walk or try a Zumba class, mention it. Let your youngster know how good exercise makes you feel, and ask what activity she did that day.

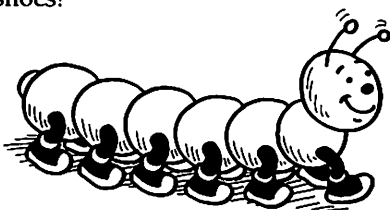
DID YOU KNOW?

When children are rewarded with ice cream or candy for getting good grades or doing chores, they learn to associate sweets with achievement. Consider other ways of showing your youngsters you're proud of them. For example, offer kind words, spend extra time with them, or give them hugs.

Just for fun

Q: Why was the centipede always late for soccer practice?

A: It took him too long to put on his shoes!



Eat your veggies (and more)

Can't get your child to eat her vegetables—or any other food that's good for her? Consider these strategies.

End the power struggles

Trying to force your youngster to eat new foods or clean her plate will most likely make her dig her heels in deeper. Instead, give her some control over her eating. Have her help choose the menu and prepare the food. At the table, offer choices: "Would you like broccoli or carrots?"

Do the unexpected

Throw your child off balance with a jolt of fun—she may surprise you and happily eat the healthy food. For example, serve cottage cheese in an ice cream cone. Decorate oatmeal with a "face" of raisins, banana slices, and blueberries. Let her eat with her fingers, or serve breakfast for dinner and dinner for breakfast. Mixing things up can be a powerful incentive for getting your youngster to try new foods!



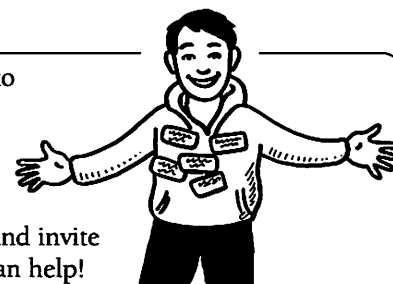
Don't offer substitutions

You don't have time to be a short-order cook, and you won't do your child any favors in the long run by making mac 'n' cheese for her every night. Tell her you expect her to try at least a bite of what you've made, and then don't focus on how much she eats or doesn't eat. Just try to relax and continue with your pleasant dinner conversation. She'll realize that what she eats is her responsibility. Remember, the goal is to get your youngster to eat a variety of foods long term—not just at one meal. ●

Tips for picky eaters

Try these ideas for encouraging fussy eaters to be...well, less fussy.

1. Offer new foods at the beginning of a meal when your youngster is hungriest.
2. Notice which of his friends are good eaters, and invite them to stay for meals. Positive peer pressure can help!
3. Many kids prefer raw vegetables over cooked. Try these: snap or snow peas, cherry tomatoes, green or yellow beans, asparagus tips, cauliflower florets, celery sticks, bell pepper strips, and spinach or lettuce leaves.
4. Get blank address labels, and write, "I tried it!" on each one. When your youngster samples a new food, give him a sticker to wear. ●



Protein: Make it lean

Most Americans get enough protein in their diets, but often it's not healthy, lean protein. Make sure your child eats mostly lean protein with these suggestions:

- Buy poultry, lean cuts of meat (flank steak, pork tenderloin, leg of lamb), and ground beef that is at least 90% lean. Also, meats marked "choice" or "select" tend to be leaner than "prime" cuts. *Idea:* Try veggie burgers instead of hamburgers.
- Serve fish or seafood at least twice a week. Grill, broil, or bake it rather than frying it.
- Build lean protein into breakfast with fat-free milk, hard-boiled eggs, or protein-enriched cereal.



Rice and beans

Put lean protein in your child's diet with these easy-to-make bean burritos. Heat a 15.5-oz. can of black beans (drained, rinsed). Add 2 cups cooked brown rice and 1 cup diced tomato. Stir until warm. Divide the mixture onto 4 tortillas. Top with shredded low-fat cheddar cheese, and fold into burritos.

- At snack time, offer a small handful of unsalted nuts or sunflower seeds.
- Add tofu to stews, soups, and stir-fry.

Note: Children should have 5½ ounces of protein a day. One egg, 1 tbsp. peanut butter, ½ ounce nuts or seeds, and ¼ cup beans each count as 1 ounce. ●

ACTIVITY CORNER

Catch it if you can!

A game of catch is a fun way for your family to stay active. Here are a few creative twists.

Sticky to it. Cover a Wiffle ball with squares of Velcro (available at craft stores). Let each player wear a knit glove or mitten, and play a game of "sticky catch and throw."

Sink a bucket. Have one person hold a bucket while the other players toss tennis balls toward it. The bucket holder runs around trying to catch as many balls as possible.



Score points. Throw a ball up in the air, and call out a number between 1 and 10. Whoever catches it gets that many points. Play to 100. ●

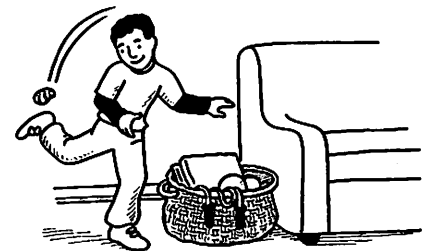
PARENT TO PARENT

A fit house

Recently I looked around our apartment and realized it's no wonder our son wants to watch TV or play electronic games all the time—we're surrounded by screens! I decided that I needed to make some changes if I wanted him to get more exercise.

My neighbor Laurie gave me a good idea. She said her family uses the "basket system." Cell phones, tablets, laptops, and video games are put into a basket in the closet for most of the day. Active gear goes in a basket displayed in the family room.

I explained the new system to my son and got him involved in stocking the workout basket. So far we've put in a jump rope, an indoor hopscotch mat, balls for juggling, and a Hacky Sack to kick around. Now we're working on powering down our screens and turning up the exercise. ●



IN THE KITCHEN

Simply squash

Embrace the season for winter squash with these kid-pleasing recipes.

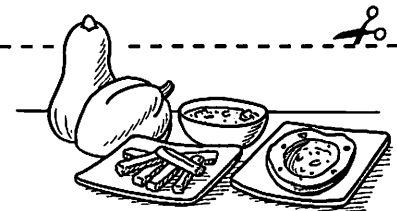
"Fries." Cut a (peeled) butternut squash into fry-shaped slices. Lay them on a baking sheet that's coated with nonstick spray. Bake at 425° for 20 minutes, turn them over, and bake 15 minutes more, until crispy.

Soup. In a stockpot, saute 1 chopped onion in 2 tsp. olive oil. When soft, stir in ¼ tsp. each of ground allspice and ginger. Add 4 cups butternut or acorn squash cubes and 4 cups low-sodium broth (chicken or vegetable). Simmer

until the squash is tender, about 15 minutes. Cool slightly, and puree in a blender until smooth.

Baked. Slice an acorn squash in half, and discard the seeds. Place the squash in a baking pan. Add 1 tsp. butter and 1 tsp. maple syrup to each half. Roast at 400° for 1 hour, until browned.

Note: Using frozen cubed squash saves time—and provides the same nutrients as fresh. ●



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
 540-636-4280 • rfcustomer@wolterskluwer.com
 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

January 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			<h2 style="margin: 0;">Christmas Break</h2>	
6 CEREAL Fruit or Juice	7 BREAKFAST TAC- GO Fruit or Juice	8 BREAKFAST PIZZA Fruit or Juice	9 PANCAKE & SAUSAGE on a STICK Fruit or Juice	10 CINNAMON ROLL Fruit or Juice
13 CEREAL Fruit or Juice	14 EGG & CHEESE BISCUIT Fruit or Juice	15 CEREAL Fruit or Juice	16 FRENCH TOAST STICKS Fruit or Juice	17 BREAKFAST PIZZA Fruit or Juice
20 CEREAL Fruit or Juice	21 PANCAKES Fruit or Juice	22 BREAKFAST PIZZA Fruit or Juice	23 OMELET Fruit or Juice	24 CINNAMON ROLL Fruit or Juice
27 CEREAL Fruit or Juice	28 SAUSAGE GRAVY/ BISCUIT Fruit or Juice	29 CEREAL Fruit or Juice	30 WAFFLES Fruit or Juice	31 BREAKFAST PIZZA Fruit or 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

January 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			<h2 style="margin: 0;">Christmas Break</h2>	
6 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR	7 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR & Chicken Noodle	8 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR	9 TACO Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	10 MAC & CHEESE Vegetables Fruit Roll & Butter SALAD BAR
13 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR	14 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter S BAR& Tomato	15 BURRITO Vegetables Fruit Roll & Butter SALAD BAR	16 CHICKEN STRIPS Vegetables Fruit Roll & Butter SBAR Tomato	17 SLOPPY JOE Vegetables Fruit Cookie SALAD BAR
20 PIG in BLANKET Vegetables Fruit No Bake Cookie SALAD BAR	21 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR & Broc.Cheese	22 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR	23 CHICKEN SANDWICH Vegetables Fruit SALAD BAR& Broc.Cheese	24 GRILLED CHEESE Vegetables Fruit Tomato Soup SALAD BAR
27 FRITO PIE Vegetables Fruit Roll & Butter SALAD BAR	28 CHICKEN & NOODLES Vegetables Fruit Roll & Butter SBAR& Potato	29 PIZZA Vegetables Fruit SALAD BAR	30 CHILI Vegetables Fruit Cinnamon Roll SBAR& Potato	31 ITALIAN DUNKERS Vegetables Fruit Dipping Sauce SALAD BAR

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Calendar Events January 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
			1 No School – Christmas Break	2 No School – Christmas Break	3 No School – Christmas Break	4
5	6 Red Day School Resumes	7 White Day 7:00pm Sr Financial Aid Night	8 Red Day 8:00am FFA District Ag Contest @WNCC	9 White Day 9:00am WTC W@Gordon-Rushville	10 Red Day Quarter 2 & Semester 1 End 2:00pm BBw/Garden County (GBGB)	11 TBD Speech @ Bridgeport Invite 9:00am W@Garden County Invitational 1:00pm BB@Banner County (GBGB)
12 FFA @ Denver Stock Show	13 White Day Quarter 3 Begins FFA @ Denver Stock Show 7:00pm School Board Meeting	14 Red Day 5:00pm JH BB @Crawford	15 White Day 2:30pm Big Bro/Sis	16 Red Day 6:00pm W w/Hay Springs (Parents Night)	17 White Day 4:00pm BB@Bayard (GBGB)	18 TBD Speech@Gordon/Rushville Invite 9:30am W @Dunning (Sandhills Invitational) 2:00pm BBw/Sioux County (GBGB)
19	20 Red Day TBD PHC GB/BB Tourn	21 White Day TBD PHC GB/BB Tourn	22 Red Day FCCLA Star @ Sidney	23 White Day 5:00pm JH BB @Mitchell	24 Red Day TBD W @Chadron Invitational TBD PHC GB/BB Tourn	25 TBD W @Chadron Invitational TBD Speech@Gering Invitational TBD PHC GB/BB Tourn
26	27 White Day 3:30pm BB@BPort Invitational (JV-G-B) 4:00pm JH BB w/Morrill	28 Red Day 2:00pm G/B BBw/Hay Springs (Girls Parent Night)	29 White Day FCS Culinary Contest @ Scottsbluff	30 Red Day TBD BB@BPort Invitational (JV-G-B) 5:00pm JH BB @Hay Springs	31 White Day World Strides Italian Buffet 6:00pm FFA Meeting	

Calendar Events February 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						1 FFA State Degree Interviews Speech@ Chadron Invite FFA State Degree Apps Due 8:30am W @Mitchell Invitational 1:00pm BB@Edgemont (GBGB)
2	3 Red Day 10:00am JH BB PHC@ Morrill	4 White Day 2:30pm BB@Minatare (GBGB)	5 Red Day FFA Ag Mechanics Contest @ Gordon	6 White Day TBD WTC BB-Hemingford/WNCC	7 Red Day TBD WTC BB-Hemingford/WNCC (Varsity G-B)	8 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 4:00pm BB@ Morrill (GBGB)	12 White Day Progress Reports Sent Home TBD WTC Speech@Mitchell	13 Red Day 4:00pm JH BB w/Alliance	14 White Day 10:30am Jump Rope for Heart (HS Gym) 4:00pm BB@ Kimball (GBGB)	15 9:00am JH BB @BPort
16	17 School In Session Teacher In-Service (not attending) White Day	18 Red Day	19 White Day 2:30pm Big Bro/Sis	20 Red Day 6:00pm FFA Meeting	21 White Day 4:00pm JH BB w/Crawford 6:00pm BBw/Crawford (Boys JV/V) (Parent Night)	22 FCCLA Peer Retreat ?? Speech@Ogallala Invitational 9:00am JH BB @Bayard Tournament
23 FCCLA Peer Retreat	24 Red Day FCCLA Peer Ed	25 White Day	26 Red Day	27 White Day	28 Red Day	