

HAPPY ST. PATRICK'S DAY

BOBCAT BITS

March 2014

Hemingford Public Schools



Hemingford FFA Welders Repeat as District Champs!

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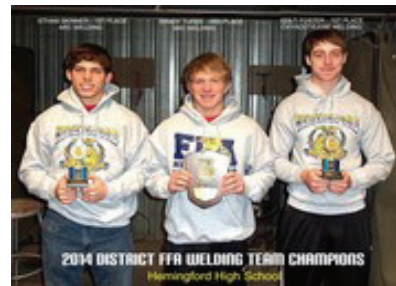


For the second year in a row the Hemingford FFA welding team has won first place at the district competition held on January, 8th on the WNCC campus. Team members had 30 minutes to complete a small welding project off a blueprint and took a 25 question test for each of the three areas of welding at the contest.

Ethan Skinner placed first in arc welding and Cole Foster placed first in oxyacetylene welding. Brady Turek then assured the team its first place finish with his third place finish in the MIG welding area.

The members will go on to compete in the state competition this April where our team placed 4th last year. There were 11 teams at the district competition and are 70 teams at the state competition.

The Livestock Management team consisting of Johnny Manning, Cole Walters, Danny Manning, Matt Davis, Ashley Angler and Sidney Riggs and the Floriculture team consisting of Toby Phillips, Wyatt Stricker and Tierra Vogel competed but did not place high enough to qualify for state.



Skinner, Foster, and Turek take First in Team Competition

FFA

On March 14 at 6:00 P.M. the Hemingford FFA will hold its annual Rocky Mountain Oyster Feed/ Fish Fry in the Multi-Purpose Hall at the Box Butte County Fairgrounds. Activities for the night will include the meal, door prizes, labor and project auction. As a grand finale we will give away a used car. Cost for a meal ticket is 9\$ at the door and also enters you in car drawing. So come on out and show your support for the Hemingford FFA.





Foster's Facts

pfooster@panesu.org

Already—Yes! Set those clocks ahead on March 9th. Daylight-Savings time is upon us. Until everyone's internal clock adjusts, please work with your son or daughter in getting them up and moving to be at school on time. Being on time is a skill that needs to be developed. School is the primary "job" for students and should be treated as such. The season for shorts also begins again at this time. Please help us with the length of shorts that girl's wear. They should rest at mid-thigh is a good visual ruler for you.



NeSA State Testing —This year April is the primary month for state testing. Testing will be for students in grades 7, 8, and 11 in reading, math and science. The dates are noted on the school calendar. Due to the importance of these tests for our school, the students will have a testing schedule. Students should not schedule appointments during these times.

ACT Test Preparation—The school is using the John Baylor Test Prep material which has data that provides evidence that this program is successful in raising test scores. All juniors will go through the 10 sessions during the school day. This will be beneficial as a review for state testing as well as in preparation for those juniors that might take the ACT test in April. This is free to the students, which is an advantage for our students. Some schools charge for this prep activity.

Please help support your child and school by letting them know how important it is to give

Parent/Teacher Conferences—End of 3rd Quarter is March 17

Please plan to spend some time at the high school on **Tuesday, March 25** for parent/teacher conferences.



Conferences run from 2:00 – 8:00 pm. At that time you may pick up your son or daughters report card as well as discuss with teacher the strengths/concerns of your child. This is an excellent opportunity to discuss what projects may be upcoming or ask questions. Feel free to bring your son/daughter to conferences with you. It is useful for them to hear the good as well as how they could do better. Remember conferences are for all the students in grades 7-12.

Teacher Assessment Day

The morning of March 26, teachers will spend time with 6-trait writing scoring. Teachers will score the writing that was completed March 6. These results help provide data to the English department which they use to adjust curriculum.

Scheduling for Next Year—Course Selection

The scheduling process for the 2014-2015 school year has begun. Please review these forms with your child and help them to choose classes that will best fit his/her needs. All parents must sign the form indicating that they are aware of courses their son/daughter may be taking. The period the student circles a class does not mean that is the period that the student will have the class. During the scheduling process, we try to honor all student requests; however sometimes it is not possible and students will need to make choices.



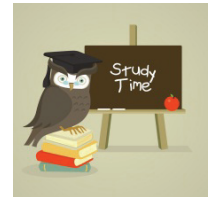
Foster's Facts

pfooster@panesu.org

Lock-Down Drill: A school-wide drill will occur during March. We practice many types of drills; fire, tornado, and lockdown. These are required by the state of Nebraska, but also are of great benefit in the case of an actual emergency. Staff members talk to the students each year about the different drills and what to expect from each.

Supervised Study Time (SST)

It happens from 3:30-4:00 Monday-Thursday. Looking 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 grade and understand material presented. All students are welcome to use this time. SST also helps to keep students eligible by receiving the one-to one assistance that may be needed to understand a concept or complete some unfinished work.



Absent or Truant? Thank you for making the calls as early as possible.



When it is necessary for a student to be absent for a non-school related activity, the parent or guardian is asked to call the school prior to 8:45 am. You can leave a message on the school answering machine early in the morning if that works best for you. This is to ensure safety and accountability for your child. Also if you would like an assignment sheet for your son/daughter, it needs to be requested when you call in. Normally when your child is ill enough to be at home, it may be more beneficial for them that they sleep during the day and plan on staying for SST the next day to work on missed assignments.

Also, attendance is a direct correlation for student success. Please try to schedule necessary appointments during breaks or when little time from school can be missed. Your help in keeping students in school as long as possible is much appreciated.

School Activities

During the month of March, the focus is pulled from athletic competitions to the fine arts and academic competitions. Band clinics, instrumental music, quiz bowl teams are all part of the March activities. The Dinner-Theatre is set for the weekend of March 21-23 with District Speech (March 17) and WTC Instrumental Music (March 11). Quiz Bowl competitions will be March 21 at Hay Springs and March 26 at Bayard.

Capital Forum

Mr. Chatelain and four students will be attending the Capital Forum on March 24 and 25 in Lincoln. During this time students attend mini-sessions where they discuss and deliberate over issues that have been raised in the forum. (Some of the issues, I believe are those currently being discussed in the legislative session.)



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.



Fostering Education

rfoster@panesu.org

HEADING TOWARDS MARCH

We are heading towards the fourth quarter of school starting on March 18th, it just doesn't seem possible. We have had a very productive and rewarding year so far. I love walking into the classrooms and seeing the kids engaged in learning. As principal I feel blessed having children who are coming to school each day eager to learn. Our teachers are doing an excellent job helping the kids reach their potential.

STATE WRITING

Grades 4, 8, and 11 participated in the state writing assessment. The students in all other grades will write using the spring prompts that have been developed by our staff. The staff will be evaluating and scoring all papers the morning of March 26th.



DATES OF INTEREST

March 17th – Quarter 3 Ends

March 25th – 1:00 P.M. Dismissal

March 25th - Parent / Teacher Conferences will run from 2:00 – 8:00 p.m.

March 26th, 27th, and 28th-- No School - Spring Break

PARENT - TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, March 25th. Conferences will run from 2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. I hope to see all of you in attendance. Thanks for your support. Remember it takes all of us working together to help your child succeed.

STATE READING, MATH, and SCIENCE TESTS



We will administer the NeSA-R and NeSA – M, (Nebraska State Accountability Reading and Math) tests this April for students in grades 3, 4, 5, 6, 7, 8, and 11.

We also will administer the NeSA-S (Nebraska State Accountability Science) to grades 5, 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.

ACCELERATED READING

We use the accelerated reading program to supplement their reading in the classroom. I used this program when I was a teacher. I found it provided the kids with great opportunities to enhance their reading. You can help by asking your child questions about their AR book or letting them read to you.

THANK YOU

Parents and students I want to say thank you for your efforts at our sporting events held in our gym. I noticed the kids sitting watching the games and not running around, or being outside. I've had many positive comments from fans (both ours and visiting) commending the kids and our fans. They remarked it was an enjoyable experience to visit our school. GREAT JOB!

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



ATTENTION SENIOR PARENTS

Lastly, from you, the parent, it is your opportunity to give recognition to your senior son/daughter by purchasing a PDA ad. (Public Display of Affection)

It is your chance to not only support your local yearbook, but to also purchase an ad in regards to a senior. The cost ranges from:

\$50.00 for a 2.5 x 3.5 inch ad

\$90.00 for a 5 x 3.5 inch ad

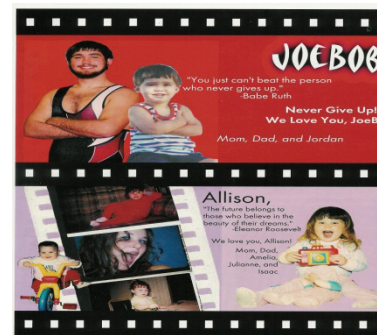
\$125.00 for a 5 x 7.5 inch ad

Past examples included 1-3 pictures including their youth, current pictures, and a poem or special message. Basically it is anything you wish to use that will show a tribute to a graduate.

Deadline for placing a PDA ad is April 1st.

As always, if you have any questions, please call 487-3328 or email Kay Horstman at kayh@panesu.org. Thanks so much.

2.5 inch long X 3.5 inch wide \$50.00	5 inch long x 3.5 inch wide \$90.00
5 inch long x 7.5 inch wide \$125.00	





World Strides News

We would like to say thank you to all of those who have helped support the 2013 – 2014 World Strides kids. We would like to list you all individually but since we have had so much community support we are afraid that there just wouldn't be enough room on the paper or that somebody would be forgotten. They say it takes a village to raise a child and I can say it definitely takes a village to help some amazing kids go to Washington D.C. on a trip of a life time. With that being said we are finishing up all the final arrangements for the 2014 trip. I will soon be contacting students and parents with any last minute details.

2015 World Strides parent and informational meeting

Who: Any upcoming juniors or seniors and their parents

When: 6:30 p.m. Tuesday March 18, 2014

Where: Mr. Olson's science room

Why: To learn about the trip and fundraisers

I hope to see you all there!!!

If any questions please call April Hanson at 760-8641 (any time after school hours)





SUMMER SCHOOL 2014



It's hard to believe that planning for summer school has already begun! Some new changes have been made this year. ONLY the students, who participate in the Title 1 program, receive Resource Services or by teachers request will be invited. If you have a child that participates in either of these programs, please be on the lookout during Parent Teacher Conferences for your parent letter!

If you have questions please call Ammie Frost or Sarah McCabe at the school. 308-487-3330

**NEBRASKA
FAMILY
HELP
LINE**

Your call for **HELP** is answered.

1-888-866-8660

Call 24/7/365 to speak with a trained, caring counselor.

Children's behavioral issues
Parent/child conflict resolution
Juvenile mental health

A statewide Help-Line supported by the Nebraska Department of Health and Human Services



Giorgi's Gym

According to a study from the British Medical Journal, sitting too much shortens your life span. If you were able to sit 2 hours less per day, you could live 2 years longer.



103 Elementary Students collected \$5,578.26

for the American Heart Association and jumped rope to help their hearts on February 14, 2014. Celia Buskirk was the top fundraiser with \$395 followed by Rebecca Hanson, Arielle Stallings, Landrie Nelson, Danae

Hanson, and Avery Davies collecting over \$200. The following students collected over \$100: Kylie Allen, Jacob Ferguson, Jazlyn Ferguson, Keegan Hitchcock, Laura Kolle, Alexis McGowan, Brayden McGowan, Ryggin Meyer, Bailey Sellman, Jake Sellman, Mia Skinner, Bayden Solberg, Tegan Straub, and Ava Trickler. Thanks to everyone who helped contribute to this event and to the 9th grade PE class for running the event.

Sponsored by



*Nebraska
Game and Parks
Commission*

BOATER EDUCATION CLASS FOR FRESHMEN

Starting March 17, a 6 day Boating Safety class will be offered free of charge to all interested 9th grade students during their PE class.

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.

Mrs. Giorgi





Family Fun Festival



Family Fun Festival will be held on Thursday, April 3 2014, in the High School Gym. This is the annual fund raiser for the sixth grade field trip to South Dakota, and the sixth grade will also be donating some of the proceeds to local charities.

Plan for a night of fun including bingo, and a tattoo station.

A sloppy joe or beefy nacho meal will also be available.

COUNSELOR'S

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Seniors – Do you have your taxes done? Do mom and dad have their taxes done? You need that information to fill out the FAFSA. Go to www.fafsa.gov to fill out the FAFSA. If you have any questions, call me at 308-487-3328.

Juniors – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Come and get an idea of what the college is like. I will be conferencing with all juniors to talk about their plans for the future and to make sure that they meet the requirements of the college of their choice.

Sophomores – The sophomores will take the PLAN test on March 4, 2014. I will be going over their test results during an individual conference and looking at class selections for next year.

The next registration date for the ACT is March 7. The test date is April 12.

I will be working with the K, 1st and 2nd graders during the month of March. We will be working on identifying our feelings.

How many parents battle with their child over homework? What if there is a way to work on this problem? Would you be interested in finding out more? If you are interested, call me at 308-487-3328.

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



PARENT TEEN DRIVER FACT SHEET

*Parents play a key role
when it comes to keeping
their teen safe on the road.*

Why teens crash

Teens don't get into a crash because they don't know the basic rules of the road. Rather it is because of their inexperience, immaturity and driving in high-risk situations. Motor vehicle crashes are the leading cause of death for Nebraska teens.



What can parents do?

Be involved with your teen driver.



Involved parents who set rules and monitor their teen's driving behavior in a supportive way can lower their teen's

crash risk by half. Setting rules can be done through parent-teen driving agreements. These agreements help set clear driving guidelines/rules and allow for adjustments in driving privileges based on a teen's driving experience, judgment and overall safe driving.

Be a good role model.

Drive the way you would want your teen to drive. Buckle up, don't use a cell phone while driving and obey traffic laws.

Learn about the Nebraska Graduated Driver Licensing (GDL) laws.

GDL laws work in reducing teen driver crashes because they keep teens out of high-risk driving situations such as nighttime driving, driving distracted (cell phones and teen passengers), drinking and driving as well as requiring the use of a seat belt. Utilize these laws to protect your teen driver.

Practice driving.

Teen drivers need many hours of driving practice and need to gain driving experience on various roadway types and in different environments. Continue to drive with your teen even after they get their license as that should not be the only indicator that they have developed all the driving skills they need.



It takes years to become an expert at something and driving is no different.

Limit primary access to a vehicle.

Teens who are the main driver of a vehicle are more than twice as likely to report to having been in a crash as teens who share a car. If you choose to provide your teen with his or her own car, buy one with safety in mind. Go to www.iihs.org/ratings for the Insurance Institute for Highway Safety vehicle safety ratings.

Five Rules for Teen Drivers. Whoa video.

www.safercar.gov/parents/getinvolved.htm



Show your talent and
design the poster for the
2014 Harvest Moon Fall Festival

For DETAILS visit our website at:
www.hemingfordharvestmoonfallfestival.com



BINGO NIGHT

**April 3, 2014
5:00 P.M. – 7:00 P.M.**

HEMINGFORD HIGH SCHOOL BIG GYM

BINGO

TATTOO CORNER

SLOPPY JOES & BEEFY NACHOS!



ENJOY A NIGHT OF FAMILY FUN!!

March 2014

HEMINGFORD PUBLIC SCHOOLS

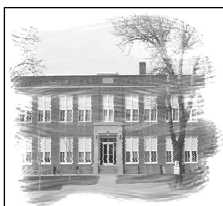
Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career 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

Check out our Website:
<http://www.hemingfordschools.org>



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.hemingfordschools.org and click the button on the right labeled "What's for Lunch".

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>

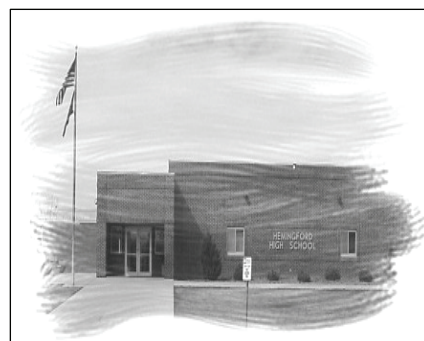
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

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.



INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SCHOOL MESSENGER

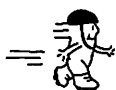
If you have not been contacted by "School Messenger" our web based calling system to alert parents of school cancellations, late starts or any other events, please contact the school. You may have changed phone numbers, or disconnected numbers the school is unaware of. Also, if you don't want to be contacted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

Nutrition Nuggets

Food and Fitness for a Healthy Child

March 2014

Hemingford Public Schools
Nancy Yardley, Food Service



BEST BITES

Veggie spaghetti

Whether you make spaghetti sauce from scratch or pour it from a jar, you can make it healthier by adding vegetables. Heat frozen peas and carrots, and stir them into your sauce. Or add sauteed zucchini, onions, and mushrooms. Spoon the sauce over whole-grain pasta or—for another serving of veggies—over spaghetti squash.

Be a tourist

Exploring new places is a great way to combine exercise and family time.



Drive to a nearby town, park the car, and walk

around. You might find an exciting playground, a kid-friendly museum, or a path with pretty scenery. Or look in the newspaper for festivals or flea markets. They could provide fun walking adventures, too.

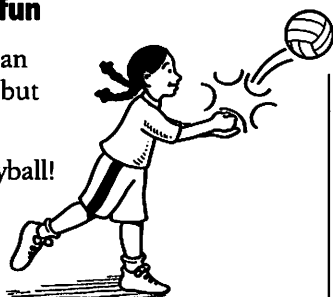
Helping out

Let your child see that cooking is a way to help people in need. When friends or relatives are sick, make nutritious meals for them together. Your youngster can rinse produce for a salad or measure ingredients for a casserole. *Idea:* For someone who is seriously ill, he might help you organize meals for the family on a site like mealtrain.com or lotsahelpinghands.com.

Just for fun

Q: What can you serve but never eat?

A: A volleyball!



Healthy ways to lose weight

Establishing good habits now can help an overweight child get on the road to better health. Consider these commonsense strategies.

Eat nutrient-dense foods

If you focus only on limiting calories, fat, and sugar, your youngster could wind up eating lots of foods that are low in the nutrients she needs. Instead, encourage her to eat healthy foods that are rich in nutrients, such as fruits, vegetables, whole grains, low-fat dairy, and lean protein. For a shopping list, see nutrientrichfoods.org/living-nutrient-rich/nutrient-rich-shopping-list/.

Don't drink your calories

On average, Americans drink about 400 calories a day. Help your child cut back on soda, juice drinks, and fruit punch by gradually replacing those daily drinks with water. Send reusable water bottles with her when she goes to activities. At home, she can drink tap water with meals and in between meals—it's



not only healthier than sugary drinks, it's also much cheaper.

Get plenty of exercise

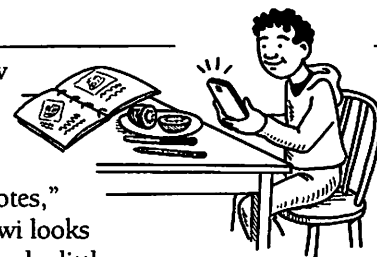
Make sure your youngster gets at least 60 minutes of physical activity a day. This could be in large blocks or in small bursts throughout the day. Take advantage of activities she already likes (going to parks, walking the dog). Since children follow their parents' lead, let her see you being active, too. Find things your family will enjoy doing together, such as biking, kayaking, or playing backyard games. ●

My tasting book

Your youngster can feel proud of tasting new foods by making a book of his experiences.

Each time he tries something, he could sketch the food and record the date on construction paper. Suggest that he add "tasting notes," too. For instance, he might write about how kiwi looks ("oval, brown, and fuzzy") and tastes ("sweet and a little sour all at once"). He could also do what food bloggers do and snap a photo of the dish to glue on the page.

Help him hole-punch his pages and put them into a binder. Every time he samples new foods, you can remind him that he's doing research for his book! ●

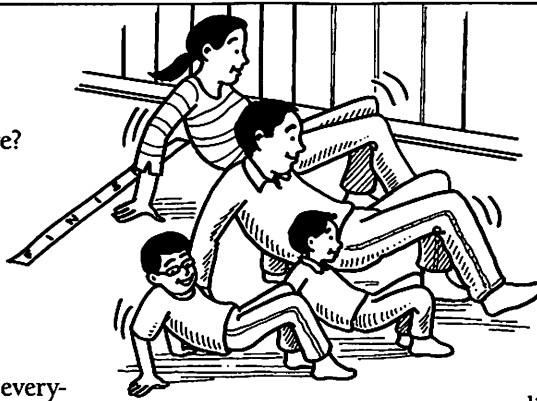


"Core fun"

Why does your child need a strong core? And what is a core anyway? Here are answers to these questions, along with activities to try.

What? The muscles around the abdomen, pelvis, hips, and back make up the body's core.

Why? Core muscles play a part in almost everything your youngster does, including sitting, standing, walking, and running. Core strength leads to better posture, more energy, better digestion, and even more self-confidence.



How? Build time into each day for "core fun":

● **Dead cockroach.** Lie on your back with your arms straight up and legs (bent out at the knees) in the air. Alternating sides, straighten one leg and reach for it with the opposite arm (lifting your shoulder off the ground).

● **Crab race.** Mark start and finish lines. Then, each person should get into "crab position"—tummy side up, torso off the ground, and balancing on your feet and hands. Going backward, race to the finish line.

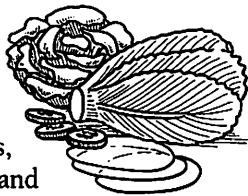
● **Family ball pass.** Sit in a circle with your feet out toward the center. Pass a ball from one person to the next—using only your feet. How many times can the ball go around without dropping? ●

IN THE KITCHEN

Rock-and-roll

These recipes for "roll ups" are designed with kids in mind—they're fun to make and fun to eat.

Chicken. Cut up leftover chicken, and toss with chopped apples, halved grapes, and a mixture of honey and peanut or almond butter (say, $\frac{1}{2}$ tsp. honey to 1 tbsp. nut butter). Divide onto large lettuce leaves, and roll up.



Shrimp. Soak rice paper wrappers (available in grocery stores) in warm water for about 10 seconds, until soft. Lay each one flat, and add cooked shrimp, cucumber slices, and shredded carrot. Drizzle on a little hoisin sauce, and roll up tightly.

Vegetarian. Stir together shelled edamame, corn (canned, drained), diced mango, diced avocado, and low-fat ranch dressing. Cut the stem from a large green leaf (collard, spinach, Chinese or savoy cabbage, or kale). Top the leaf with a few spoonfuls of the mixture. Tuck in the sides, and roll. ●

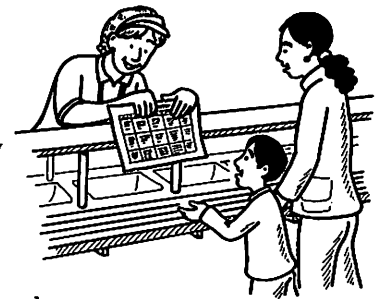
PARENT TO PARENT

A child with celiac

Recently we found out that our son, Josh, has celiac disease and can't eat gluten anymore. I was worried about how to handle this, so I spoke with the school nurse.

She suggested giving Josh control over his own diet as much as possible. For instance, she said to read labels together and show him words to watch out for, such as *wheat, flour, graham, grain, barley, and rye.*

The nurse also advised us about what to do at school. We talked to the cafeteria manager about the school meal options for Josh and spoke with the lunchroom supervisor to make sure she knew Josh couldn't swap food. For the classroom, we gave Josh's teacher a bag of gluten-free treats so she'll have something to give him when other kids are getting treats. We know that having celiac isn't going to be easy for Josh, but we're glad to have strategies to start with. ●



ACTIVITY CORNER

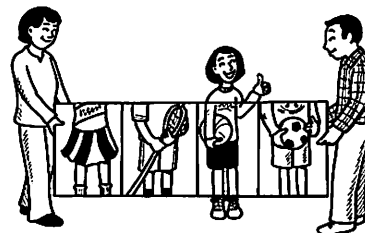
Finding the right sport

When it comes to sports, there is something for everyone. The key is finding an activity your child can succeed at and enjoy. These two ideas could help.

1. Let your youngster's interests guide you. What sports does she talk about, watch, or play with friends? If she's always running around, she might prefer a sport with more continuous movement like soccer, basketball, lacrosse, or

swimming. If she loves to dance, look at activities with more precise moves, such as gymnastics, figure skating, martial arts, or cheerleading.

2. Have your child try a sport for a season or two. If it's not her cup of tea, she could switch to a different one the next season.
Tip: Be sure she finishes the season rather than quitting. She may get comfortable as she acquires skills—and she'll learn perseverance and responsibility. ●



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 • rfeustomer@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.

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Hemingford Public Schools

Breakfast Menu

March 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 CEREAL Fruit or Juice	4 PANCAKE & SAUSAGE on a STICK Fruit or Juice	5 BREAKFAST TAC- GO Fruit or Juice	6 BREAKFAST PIZZA Fruit or Juice	7 CINNAMON ROLL Fruit or Juice
10 CEREAL Fruit or Juice	11 EGG & CHEESE BISCUIT Fruit or Juice	12 CEREAL Fruit or Juice	13 BREAKFAST PIZZA Fruit or Juice	14 FRENCH TOAST STICKS Fruit or Juice
17 CEREAL Fruit or Juice	18 WAFFLES Fruit or Juice	19 BREAKFAST PIZZA Fruit or Juice	20 OMELET Fruit or Juice	21 CINNAMON ROLL Fruit or Juice
24 CEREAL Fruit or Juice	25 PANCAKES Fruit or Juice	26 	27 No School Spring Break March 26-28	28 
31 CEREAL 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

March 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
3 FRITO PIE Vegetables Fruit Roll & Butter SALAD BAR	4 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR & Chicken Noodle	5 MAC & CHEESE Vegetables Fruit Roll & Butter SALAD BAR	6 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	7 ITALIAN DUNKERS Vegetables Fruit Pizza Sauce SALAD BAR
10 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter SALAD BAR	11 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR & Tomato Soup	12 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR	13 CHICKEN & NOODLES Vegetables Fruit Roll & Butter SALAD BAR	14 CHEESE PIZZA Vegetables Fruit SALAD BAR
17 CHICKEN STRIPS Vegetables Fruit Roll & Butter SALAD BAR	18 CHILI Vegetables Fruit Cinnamon Roll SALAD BAR & Broc. Cheese	19 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR	20 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR & Broc. Cheese	21 GRILLED CHEESE Vegetables Fruit Tomato Soup SALAD BAR
24 PIG in a BLANKET Vegetables Fruit No Bake Cookie SALAD BAR	25 CHICKEN SAND. Vegetables Fruit No Salad Bar DISMISS 1:00	26 	27 No School Spring Break March 26-28	28 
31 BURRITO Vegetables Fruit Roll & Butter SALAD BAR				

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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 9:20am Spring Writing for Gr 7,9,10,12	6 Red Day Girls Basketball State Tournament 9:20am Spring Writing for Gr 7,9,10,12	7 White Day Girls Basketball State Tournament	8 Small School Speech/ PHC Speech@Bdpt Girls Basketball State Tournament
9 Daylight Savings Time Begins	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 6:00pm FFA Meeting	21 White Day PHC Quiz Bowl @ Hay Springs 6:00pm Dinner Theatre	22 Hemingford Club Wrestling 6:00pm Dinner Theatre
23 Capital Forum (Govt Class) 6:00pm Dinner Theatre	24 Red Day Capital Forum (Govt Class)	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					

Calendar Events April 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 White Day	2 Red Day	3 White Day 5:00pm 6th Grade Bingo Night 6:00pm NHS Induction Ceremony	4 Red Day CSC Scholastic Day	5 Track@Bayard C-D Invitational
6 FCCLA State	7 White Day FCCLA State	8 Red Day FCCLA State JH Track@Bayard Invitational Golf@Bayard Invitational	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 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	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
27	28 Red Day HTC Annual Dinner	29 White Day Best of the West Track@SBluff	30 Red Day			