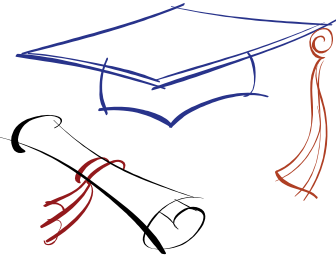


May 2014

BOBCAT BITS

Hemingford Public Schools

GRADUATION 2014



SPECIAL POINTS OF INTEREST :

- > Graduation
- > Upshift Day
- > Honor Society Induction
- > Honors Night
- > Jr. High Awards Day
- > Art Dimension
- > Athletic Banquet
- > Swim Team
- > Panhandle Youth Run
- > Volleyball Tournament
- > Athletic Banquet
- > Menu
- > Activity Calendars
- > Bike Walk to School Day

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The Senior Class

Of

Hemingford High school

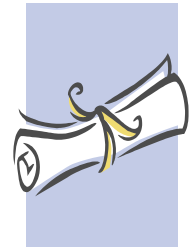
announces its

Commencement Exercises

Sunday afternoon, May 18th, 2014

2:00 p.m.

Hemingford High School Gymnasium



Class Motto

*“Do not go where the path may lead;
go instead where there is no path and leave a trail.”*

Class Flower

Class Colors

Red rose tipped in Silver

Scarlet and Charcoal

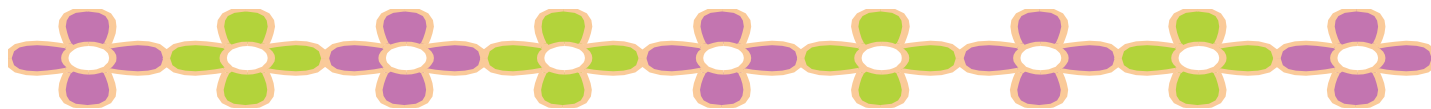
Class Song

“Hall of Fame”

By the Script



Honor Society induction Ceremony changed from May 1st to May 8th –7:00 p.m. in the High School Library.



FOSTER'S FACTS

PFOSTER@HEMINGFORDSCHOOLS.ORG

A Big Thank You for supporting our school system and our students this past year. Wow!! The end of the school year is just around the corner and it seems that just last week I was helping the 7th graders locate their classrooms. It is mind-boggling to see all the final preparations and activities in progress. I am so very happy that state testing is wrapped up. Now we wait for results.

Thank You Parents and Students for a great year!

For a number of students the countdown has begun but we still have a solid three weeks of instruction. This is a great opportunity for students to make the final push to improve their grades. SST (Supervised Study Time) should be a priority. This time is for any and all students to receive assistance, finish homework, and ask questions. I wish more students would take advantage of this time. Progress Reports were mailed last week to provide an update of current grades. Also Happy Mother's Day

Student Appearance

Thanks for your help in keeping shorts at their proper length --the current trendy short is not necessarily the proper length and should be saved and worn on weekends or after school. The student handbook, page 28, states appropriate length is mid-thigh. Shirts should provide coverage of bare skin (midriffs, spaghetti straps, and cleavage) and contain appropriate messages. The office does have clothing that students may borrow if changing is deemed appropriate. The most comfortable I could think of is a pair of athletic shorts and a bobcat t-shirt. In addition it would be a super way to show school spirit.



UPSHIFT DAY FOR GRADE 6

Tuesday, May 20 8:30-10:30 am

6th grade students will be in the high school building for part of the morning. At that time, they will visit with representatives from student council and current 7th graders; participate in a building tour, and visiting with next year's teachers. They will return to their classroom for the rest of the day.



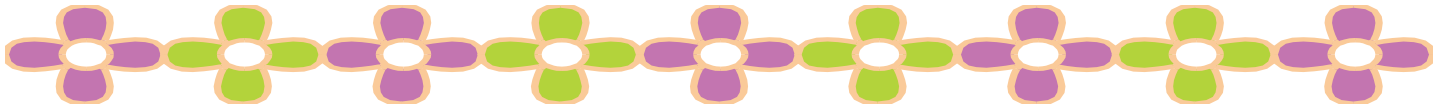
World Strides and Juniors

Any junior that is leaving for World Strides must be completely checked out for the school year on Wednesday, May 21. This includes all homework or tests completed as well as fines, locker cleaned out, etc. Teachers are required to have all grades completed by end of the day on May 23rd, the last day of school. Sponsors traveling with the group are Dave and Cathy Chatelain.



Last Day of School

The final day of school, we will run all 7 periods for a shortened length. This is the time that students will receive papers/tests back, turn in books, pay library fines, lunch, clean out lockers (school and gym) and class dues before being released. Checkout sheets will be given to the students on Thursday to have completed before leaving for the day.



FOSTER'S FACTS

Other School Events:

- **May 5—FCCLA Awards
- **May 7—Art students view Art Show in Alliance
- **May 7—FFA Farm Safety Day
- **May 7—Walk/Bike to School Day sponsored by FCCLA
- **May 8—National Honor Society Induction –7 pm Library
- **May 8—High Ability Learner Trip (HAL) to Rapid City
- **May 10—Paint-A-Thon World Strides 2015 group
- **May 16--FFA Banquet

Academic and Senior Honor Night-----Thursday, May 15-----6:00 pm

• Seniors and Grades 9-11

Honoring all Students, a combination of Senior Honors Night and Gr 9-11 Awards Program. This night will showcase the academic skills of Hemingford students in grades 9-12. Open to the public to help celebrate the academic achievements of our student body. A list will be posted in the school for students receiving awards. These students should be in attendance to receive their award. I will be explaining this night also to individual classes of students. Parents are highly encouraged to attend this event. Since this is a more formal event, we are asking that students dress accordingly.

- Jr. High Awards Day will be held on Monday, May 19th beginning at 1:30 pm

SENIOR EVENTS CALENDAR

Senior Schedule for Last Days

May 14 **Wednesday—Senior Testing**

May 15 **Thursday – Senior Check-Out**
Regular Day of School. Seniors will turn in books, locker clean out, etc.

May 15 **Thursday– Honor Night 6:00**
(Appropriate dress for this special event)

Other Senior Notes

- Caps and Gowns will be handed out on Friday
- Honor’s Night—All seniors are expected to attend and will be seated as group.

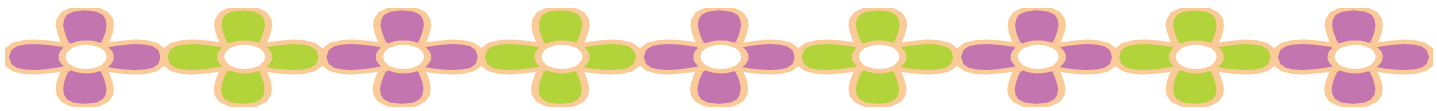


May 16 **Friday –Senior Grad Practice**

- Need Cords/Medals for Picture
- Receive Cap and Gown
- Practice with Band
- Cap and Gown Pictures
- Senior Slide Show
- Draw for Seating

Senior Picture Ceremony(10:15 am or so—Open to Public)

May 18 **Graduation—2 pm**



IS IT REALLY MAY?

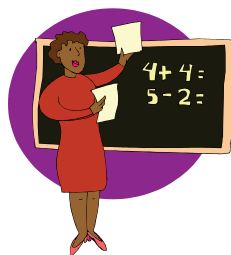
I can't believe that we are into the last month of school. The year just seems like it got started. I have thoroughly enjoyed this year, the kids have been great. The support we've received from everyone has been fabulous. Let's finish strong!

WORDS TO PONDER

Every minute should be enjoyed and savored.

For every minute you are angry you lose sixty seconds of happiness.

Live your life so that when people think of fairness and integrity, they think of you.



STUDENTS' CLASS ASSIGNMENTS FOR NEXT YEAR

Students will be informed by their present teacher whose class they are assigned to for next year at the end of the school year either on May 22nd or May 23rd. These class assignments will also be posted on the front window of the elementary all summer long as well.

MARK YOUR CALENDARS

May 6th – Kdg. – 6th Grade Spring Music Concert @ 6:00 p.m.

May 7th – FFA Farm Safety/Petting Zoo Day for Elementary

May 8th – Kindergarten(Frost) Field Trip to Scottsbluff Zoo

May 9th – Kindergarten(Heusman) Field Trip to Scottsbluff Zoo

May 20th – 3rd Grade Field Trip to Scottsbluff

May 20th – 4th Grade Field Trip to Fort Robinson

May 22nd – 1st Grade Field Trip to Scottsbluff YMCA

May 22nd – 2nd Grade Field Trip to Mammoth Site

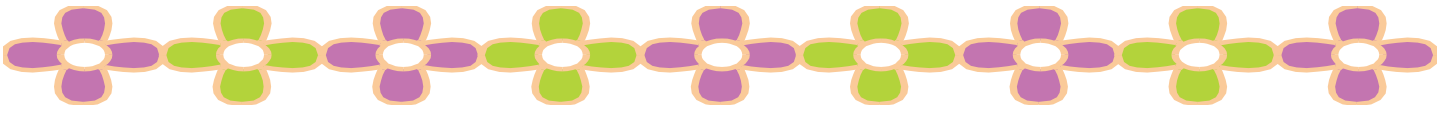
May 23rd – 11:30 a.m. Dismissal – LAST DAY OF SCHOOL 😊



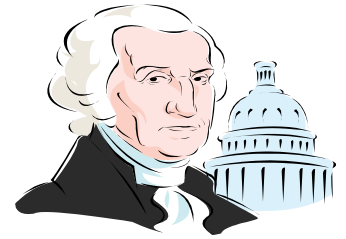
COMMUNICATION

Together we can make a difference for kids 😊

Call us with any questions at 487-3330



WORLD STRIDES IN MAY



This school year has gone by so quickly! The **2014** group will be leaving this month. Once everything comes in the mail I will be holding one last meeting with this group to give them all of their information they will need for their trip.

The **2015** World Strides group is already getting started on their fundraising. On April 28th they served at the Telephone company dinner. Then on May 3rd there will be a few Garage sales around town with the World Strides name on them. On May 10th we will be having our annual Paint-A-Thon out at the fairgrounds. Then to finish the month off we will be catering and serving the meal at the annual Alumni dinner on May the 25th.

If you have any questions, please feel free to call or text me after school at 760-8641.

Thank you all for your continuing support,
April Hanson

ART DIMENSION SHOW

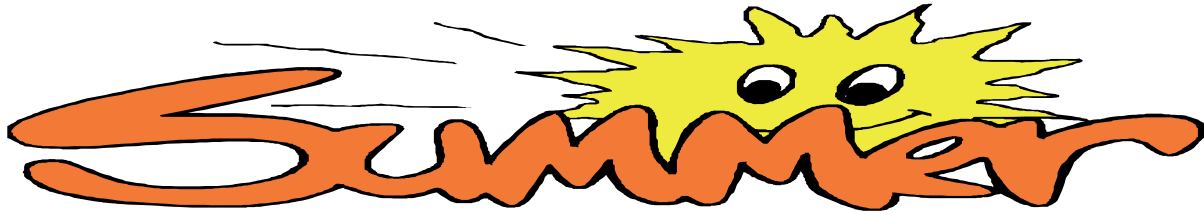
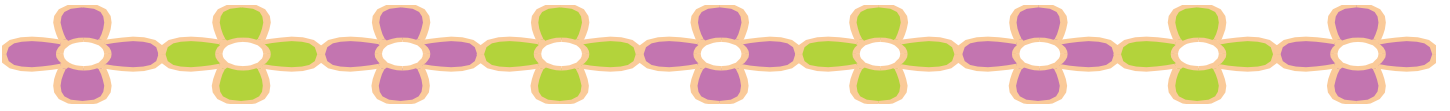
Art students have submitted their work for the Dimensions Show at the Carnegie Arts Center in Alliance. The show will be up until May 17 and we encourage you to go see what all the students have entered. They are well represented with over 60 pieces. The hours at the center are 10-4 Tuesday thru Saturday. MWade – Art teacher

8th GRADE FUNDRAISER



8th grade Flip-flops/slides and ear warmers.

Thank you to all who pre-ordered flip-flops, slides and ear warmers from the 8th Grade class. Unfortunately, we were informed that the production is slower than anticipated and the products won't be delivered to us until the first week of June. We will get your purchases to you as soon as we can. Sorry for the inconvenience and thank you for your patience. We will have a number of extra ear warmers, so keep us in mind next fall.



Beat the heat of a summer day
with a reading break!!!!



"There is no substitute for books in the life of a child."
- May Ellen Chase

HOT LUNCH ACCOUNTS

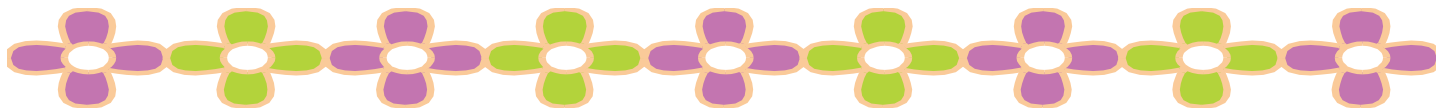


End of school is fast approaching please check and make sure your accounts have enough money so your child will continue to be served a tray until the last day of school. Also remember payments are welcome over the summer months, send to PO Box 217, Hemingford and Deb will send a receipt to you. It always helps to be ahead of the "game" instead of behind.

Bus Routes

Also, we will once again be re-designing routes for the 2014-2015 school year. We will be eliminating one of the routes driven by Jennifer Lashley and those students will be absorbed to other bus routes. Please watch for your letters the first week in August as to which bus your child will be on! If you do not receive a letter please contact me (Sandy Haas) at school Monday through Friday 8-4.





ATHLETIC BANQUET

April 10, 2014

Dear Parents, Patrons and Students

The athletic banquet will be held on Tuesday, May 20th beginning at 6:00 p.m. in the multipurpose building at the fairgrounds. This ceremony is to recognize 9-12 grade students and the accomplishments of the teams. Please be punctual, dress appropriately in semi-formal or bobcat attire, and restrict use of cell phones during all presentations. This event has the possibility of taking a while due to the great successes of our students this year, so we are asking ahead of time to be patient and respectful as we celebrate the accomplishments as efficiently as possible.

This year, we are asking the families to provide a main dish item along with a salad or dessert item. The basic table accompaniments will be provided.

We will be recognizing those high school athletes who participated in fall, winter and spring sports, and cheer leading. The numerous awards and honors received in activities will be presented at Honors Night. (May 15th) We will not be recognizing the Junior High athletes at this banquet, but they are certainly invited to attend with their families. The junior high students will be recognized on May 19th at 1:30 pm in the Big Gym.

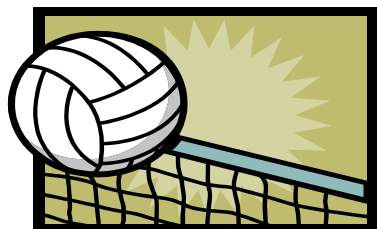
We are asking that the athletes sit with their families during the banquet. This procedure has worked well in the past so we would like to return to this format again.

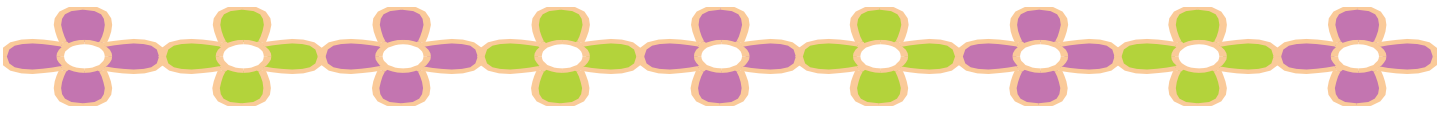
If you have any questions or suggestions that might make our banquet better, please contact us at school (487-3328) or at home.

Sincerely,

Peter Gomez
308-665-1359

Jordan Haas
308-760-2621





Giorgi's Gym



Skip'n Cats

SKIP'N CATS PERFORMANCE: May 6, 5:45pm, prior to the Elementary Spring Concert. The last day for Skip'n Cats is

Wednesday, May 7. Mrs. Frost and Mrs. Wood will coach the Skip'n Cats next year.

Congratulations to the new Level 2 Skip'n Cats: Jazmin Burri, Avery Davies, Samantha Rozmiarek, Tatum Swanson and Lillian Welch.

Fitness Testing will be the first week of May. Make sure your child can do a proper pushup at home. The test also includes: mile walk/run, sit ups, sit and reach, and trunk lift.

The annual 5th and 6th Grade Track Meet has started and will continue through the last week of school. The classes compete during their regular scheduled PE times with times and distances recorded for the final placing. Check the school website for results.

FIELD DAY

FRIDAY, MAY 23, 8:40 AM - 11:15 AM

The annual Field Day will be held on the last day of school. The 6th grade class will be running the events with the rest of the elementary students on teams, each led by a 5th grader. The field day will start at 8:40 and end at 11:15 with school being dismissed at 11:30. Parents, friends and family members are encouraged to come and watch, but will not be allowed to participate.



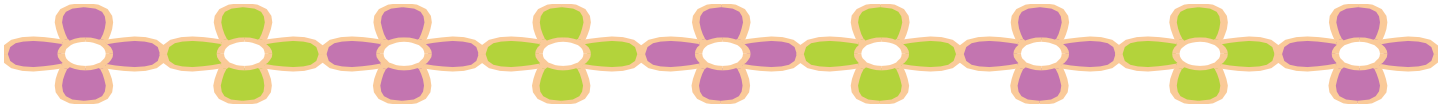
grade



FAREWELL

I want to thank Hemingford Schools and all the Hemingford students, past and present, who allowed me to be part of their lives. It's been an awesome 25 years!

Mrs. G



SWIM TEAM SIGN UP



Swim Team Sign Ups/Parent Meeting

May 3rd at 5 pm

Hemingford Pool

(Ages 7 and up)

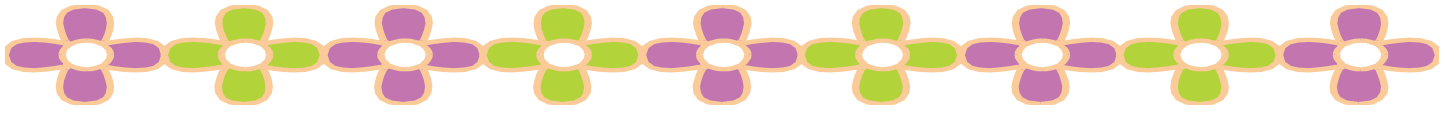
Questions Call Ammie Frost

308-207-5180

GIRLS ON THE RUN



The Hemingford Girls on the Run will wrap up the program by participating in the Panhandle Public Health 5K/Fun Run on May 17th in Chadron. They will join the many other GOTR teams from around the Panhandle to share their journey with the community. Hemingford GOTR invites the community to participate with them in this amazing event. Registration is open from 9:00-9:45 the morning of May 17th. There are already over 250 registered! Many family activities, food, demos, and freebies will be taking place from 9-noon, so whether you are cheering on the girls or running with them we would love to see you there!



Panhandle Public Health District & Chadron Public Schools

Panhandle Run for Youth 5K & Fun Run

May 17th 2014

MUST Register by **APRIL 25, 2014**, to **guarantee event T-shirt**.
Race day registrations will be accepted. (Cannot guarantee shirts.)

Proceeds will help sustain Panhandle Girls on the Run and Morning Marathon Club

Make checks payable to Chadron Public Schools
Please return to (mail or drop off):
Chadron Primary School, Attn: Linda Rischling
732 Ann St, Chadron, NE 69337

PLEASE PRINT

Participant Full Name: _____

Mailing address: _____ Email _____

Run Day Phone number: _____ Run Day Age: _____ Gender: M F

Youth (under 14) entries are \$20, this includes an event t-shirt and finisher medal if registered by April 25. Youth must also run with registered Run Buddy. A Run Buddy is someone over the age of 18 who will be responsible for the participant during the event.

Adult entries are \$20 and includes an event t-shirt if registered by April 25.

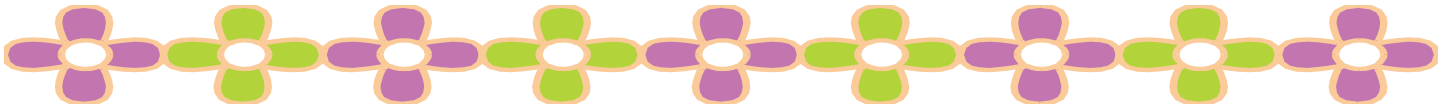
- Circle ONE:
- ADULT 5K - \$20
 - ADULT Fun Run - \$20
 - Youth 5K (age 14 & under) - \$20
 - Youth Fun Run (age 14 & under) - \$20

Please indicate **t-shirt** size below (if registered by April 25):

Youth Sizes:	Small	Medium	Large	
Adult Sizes:	Small	Medium	Large	XLarge
Add \$3 per size up:		XXLarge	XXXL	

WAIVER: I know that entering the Panhandle Public Health Run for Youth is a potentially hazardous activity. I should not enter unless I am medically able and properly trained to run or walk the event. I agree to abide by any decision of the race official relative to my ability to participate. I assume all risk associated with this event, including but not limited to: falls, contact with other participants, the effect of the weather including high humidity, and any traffic or unnatural conditions of the road race course, such as rough surfaces or motorists. I, for myself and dependents entered in the event if under 18, and anyone entitled to act on my behalf, waive and release Girls on the Run of Nebraska, Panhandle Public Health, Chadron Public Schools, all sponsors, race officials, their representatives and successors from claims and liabilities of any kind arising out of my participation or my dependents participation in this event, though that liability may arise out of the negligence or carelessness on the part of the persons named in the waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, or other record of this event for any legitimate purpose without compensation to me.

Date _____ Signature of participant _____
(Parent or guardian signature of participants under 18)



**Chadron Public Schools &
Panhandle Public Health District**
**Panhandle Run for Youth
5K & Fun Run**

Saturday, MAY 17, 2014

Join us in Supporting & Celebrating

Girls on the Run and **Morning Marathon Club**

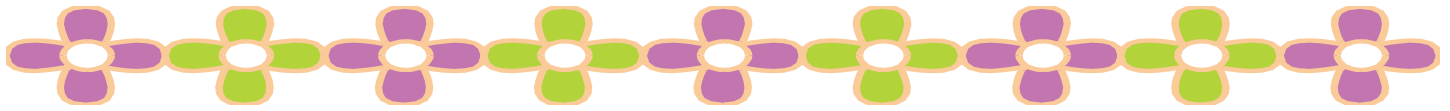


Cheer them on...or better yet, cross the finish line with them!

Registration 9:00-9:45a.m. Start - 10:00a.m.

Chadron High School Track

- **Bring the family! Enjoy our first Family Expo**
- Proceeds to be given to Girls on the Run and Morning Marathon Club
- Non-competitive - no official timing
- May register the day of the event
- Entry fee of \$20.00 - register by **April 25** to guarantee shirt; Youth under 14 will receive shirt and finisher's medal (if **registered by April 25**)
- Registration forms available at Chadron Primary, Intermediate, Middle, & High Schools, and at the Outlaw Printers
- Please have entry form & fee to Linda Rischling by April 25, to guarantee event shirt. Mail to 732 Ann St, Chadron, NE or drop off at Chadron Primary School



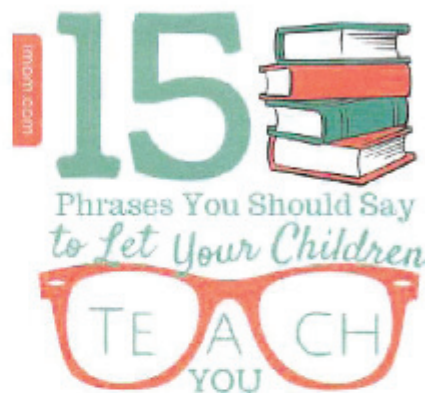
15 Phrases You Should Say to Let Your Children Teach You

imom.com/mom-life/encouragement/15-phrases-you-should-say-to-let-your-children-teach-you/

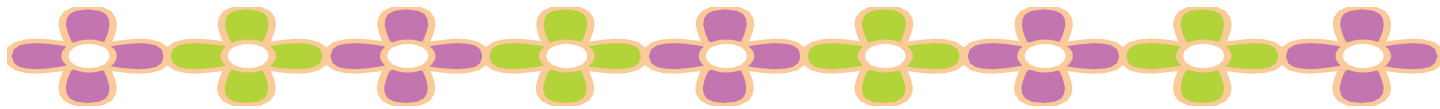
Most of the time, it's the parent teaching the child. But letting your child take the lead once in a while will help your child develop leadership skills, and help hone his thinking-through-things skills as he figures out the best way to convey his thoughts on how to get things done.

So as you spend time with your child, look for opportunities to encourage and allow him to teach you. Use these phrases as you do. Oh, and try not to correct your child or give advice after you've let him take the lead—unless it's necessary for safety. Let him experience the joy of teaching.

1. How do you think we should do this?
2. How did you figure that out?
3. Hmm, what do you think we should do next?
4. I can't get the hang of this—how do you do it so well?
5. What's another way we could try this?
6. What are the steps we should take?
7. How have you seen other people do this?
8. Can you show me what you learned in _____ class today?
9. When I was in school we did it like this. How do you do it?
10. I'd love to learn how you _____. Will you show me?
11. You are a great teacher!
12. The way you explained that to me really helped.
13. Can you explain that again, please?
14. Will you please show your brother/sister how to do that?
15. Good teachers make good leaders—that's you!



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Women's Volleyball Tournament

&

Coed Volleyball Tournament



Location: Hemingford, NE High School Gymnasium

Date: (**W o m e n ' s**) June 7th & (**C o e d**) June 8th

Time: (**W o m e n ' s**) Check in is at 8:00 am, rules meeting at 8:30 am, and tournament starts at 9:00 am. (**C o e d**) Check in is at 11:00 am, rules meeting at 11:30, and tournament starts at Noon.

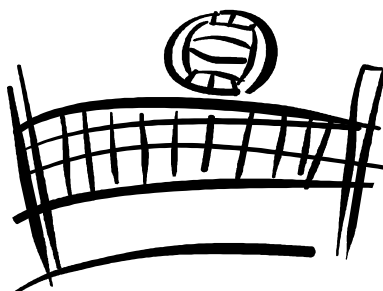
Cost: \$20 per player (ALL AGES WELCOME!)

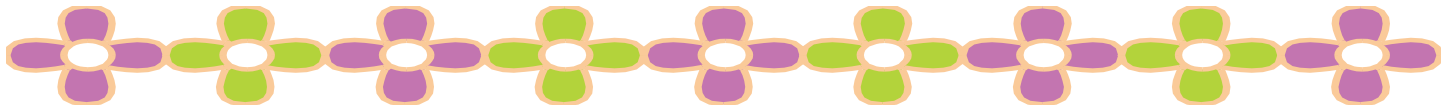
Deadline: June 2nd to enter a team

Contact: Kerri Heusman at (308)760-2062 or kheusman@panesu.org, or Heather Jensen at (402) 480-4414

Awards: 1st & 2nd place will receive T-shirts

There will **NOT be food and drinks for sale this time. Adults bringing their children must make sure they are supervised at all times.*





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

Hemingford Schools to celebrate International Bike or Walk to School Day on May 7th, 2014

Join us on May 7th to help us celebrate "Bike or Walk to School day!" Hemingford Public Schools will join schools from around the world to celebrate International Walk to School Day on May 7th, 2014.

Please meet us at the Cat Shack at 7:45 and walk or bike to school with us! Bus drivers will drop off the kids who wish to participate at 7:55. **All bus drivers will need to have a permission form and notify their bus driver that they will be participating.** We will leave at 8:00 am to walk or bike to school. Parents may drop their kid's bikes off at the Cat shack on Tuesday but the Cat Shack will not be responsible for any lost or damaged bikes.

In 2011, International Walk to School Day was celebrated at more than 4,000 events at schools across the United States, along with children and adults in 40 countries around the world. We had over 100 people join us last spring and 125 last fall! Don't be left out.

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

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

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

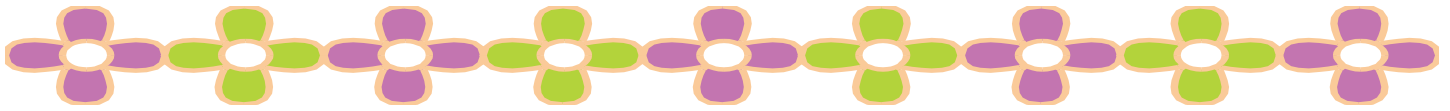
For additional local information, please contact **Suzanne Neefe** at **308-760-7212**.

For additional information, please visit these websites:

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

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





Was there someone in your life.....

Who gave you that extra boost as a youth?
Stuck with you through thick and thin as a young adult?
Helped you become what you are today?

If so, nominate them as your *Forever Person*. Just fill in this form and submit it to the address below.

Ten persons will be selected to have their portrait taken and to share your story in an exhibit.

A *Forever Person* is that person that has been there for you through thick and thin. They are usually outside of the family, give emotional support, are available, help you with things you need, and or to help you to survive. "*Forever People* are those rare individuals who walk into your life and become like family,"

1. Who would you like to nominate?

- Name
- Phone Number
- Address

2. How long have you known this person? _____ years
How did you meet this person? (1-2 sentences)

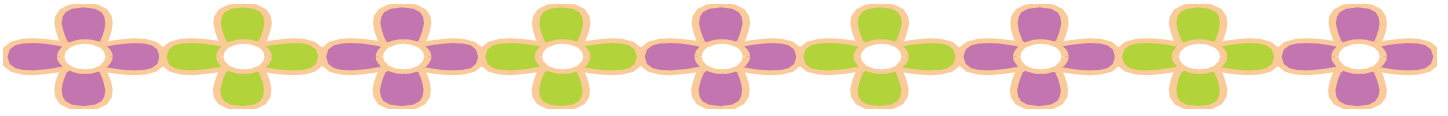


3. How has this person helped you and supported you in your life? (A couple of sentences)

4. A bit about you:

- Name
- Phone number
- Email
- Address

Is there anything more we should know?



COUNSELOR'S

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Seniors – End of the year activities

May	16	Seniors Last Day
May	15	Honors Night
May	16	Senior Picture Hanging
May	18	Graduation – 2:00 p.m. – High School Gym

You will be receiving a letter in the mail very soon. We wish to make sure we have all the honors that you have received. It is imperative that you fill out the enclosed form by May 12, and return it to the counselor's office. We appreciate your cooperation in this matter so you will receive the recognition that you deserve.

Juniors – Summer is the time for serious college planning.

- Start narrowing your college choices.
- Update your resume.
- Identify teachers, coaches and community members who will write letters of recommendation for you.
- Look for scholarships.
- Find a summer job to help pay for college expenses.

Last ACT test needs to be registered for by **May 9, 2014**. The test will be administered on **June 14, 2014**.

6th graders: May 20th is up shift day.

Children either live up to...or down to...our expectations.

Dr. Charles Fay

HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

Casper Ningen, Superintendent
Mrs. Peggy Foster, High School Principal
Mr. Ron Foster, Elementary Principal
Mrs. Mandy Plog, Special Education Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Phone: 308-487-5252 Distance Learning
Fax: 308-487-5215



COMMUNICATION SOURCES

In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

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

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage.

Notices sent home with students
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



EQUAL OPPORTUNITY

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

Web-Email Lunch Account System

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

INCLEMENT WEATHER

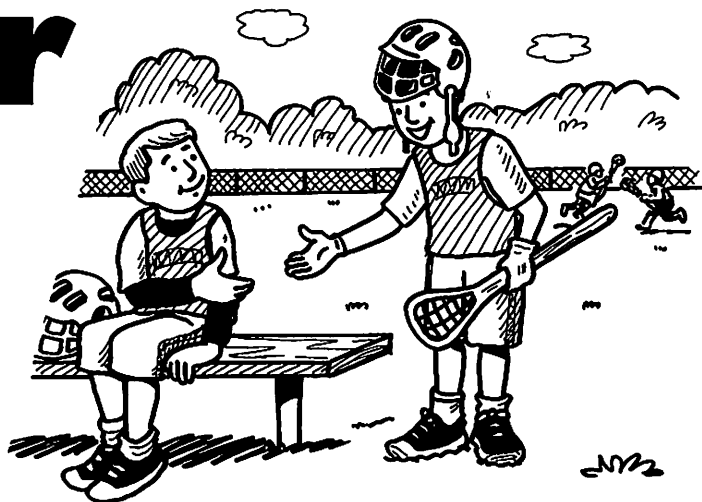
The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5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

SCHOOL MESSENGER

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

Count on Good Character

Your child's everyday behavior and decisions help shape his character. Encourage him to make good choices that build positive character traits with these ideas.



Respect

Guide your youngster to better understand what it means to treat others with respect.

Listen without interrupting

When your child talks, he wants other people to listen. Explain that this is a sign of respect and that when he listens to others politely, he shows respect, too. If it's hard for him not to jump in during conversations, suggest that he tightly close his lips and focus on what the person is saying. Agree on a hand sign to give him as a reminder, like an L (for "listen")—with your thumb out and other fingers up.

Celebrate diversity

Learning about cultures can help your youngster appreciate others' traditions and beliefs. Expose her to diversity by reading books and watching shows with characters from different backgrounds. Explore neighborhoods in your city, try ethnic foods, and attend cultural events at libraries, museums, or art galleries. *Idea:* Help her learn to say hello and good-bye in languages used by classmates or neighbors. Greeting people this way shows your child that "her way" isn't the only way—and it will show respect for their backgrounds.



Responsibility

Help your youngster see how it feels to be accountable for one's actions.

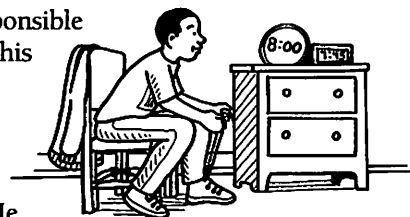
Take charge of chores

One way to help your child build responsibility—and help her feel grown-up at the same time—is to give her chores.

Children this age can make their beds, set the table, vacuum, and do other things around the house. Keep in mind that your youngster's covers may not be perfectly straight and someone might be missing a fork, but she's learning anyway!

Go by the clock

Make your child responsible for being on time with this activity. Have him draw paper clocks with the time he needs to leave for school, choir practice, or a soccer game. He can post them next to a clock in the kitchen or by his bed. Then, he should get ready as the real time approaches the time he has drawn. Or suggest that he set an alarm for 10 or 20 minutes before he needs to be ready—then he is in charge of getting himself out the door on time.



Kindness

When you're kind to someone else, it doesn't just make that person feel good—it makes you feel good, too.

Make a friend

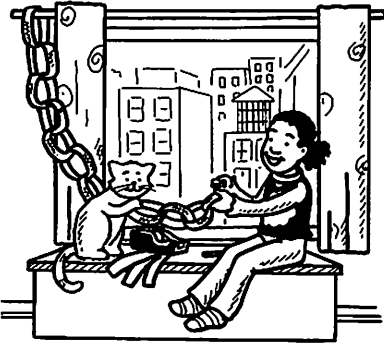
Encourage your youngster to be friendly to classmates or teammates who seem lonely or don't have many friends. He might sit next to the child at lunch or strike up a conversation after practice. If he wonders how to approach someone like this, you can practice together. He could ask the youngster about his favorite school subject, sport, video game, or action figures—once they find something in common, conversation will be easier.

continued

Build a kindness chain

Suggest that your child decorate her room with acts of kindness! First, have her cut a few sheets of construction paper into strips. Then, each time she does something kind, she could write about it on a strip and tape or staple it into a link. (Examples: Called Aunt Sybil just to say hello. Let a friend go first in a game.) This will

inspire her to look for opportunities to be kind so she can add more links to her chain.



Honesty

Honesty isn't just about telling the truth, it's also about being trustworthy and sincere.

Be a reporter

Your youngster could gather stories from relatives and friends about what it means to be honest. Start by sharing one of your own examples—maybe an online retailer sent you two copies of a book by mistake, and you returned the extra one. Then, have her interview other people about times they were honest. She can write up and illustrate the stories and make a book to show to the people she interviewed.

Notice actions

When you're watching television or reading books together, talk about the characters' actions. You might ask questions like, "Why do you think it was hard for her to tell the truth?" or "What would you have done differently in that situation?" By bringing up the topic, you will guide your child toward thinking more about his own actions and how he can be honest and trustworthy.

Cooperation

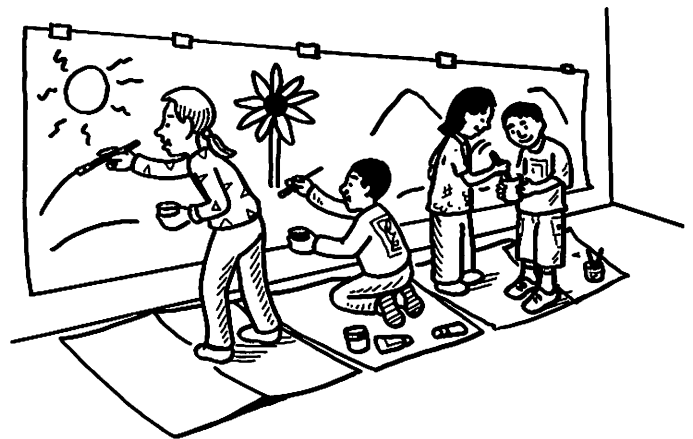
Working with others to accomplish something is what cooperation is all about.

Dine on teamwork

Discuss how making dinner would be simpler—and save time all around—if everyone pitched in. On a whiteboard or sheet of paper, write down your dinner menu, and divide up the tasks. For instance, your youngster might make a salad while you prepare the chicken, and later your spouse can load the dishwasher. Together, decide on a menu of dinners for the week. Have your child write down what part he'll do for each meal.

Create a mural

Doing a project with others allows your youngster to understand how working together benefits the group. Let her invite a few friends over to make a mural. They could

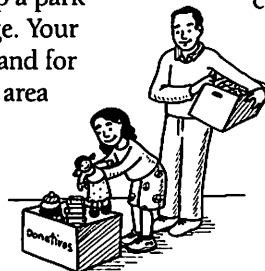


decide on a theme and lay out paper on a driveway or hang it on a basement or garage wall. Then, they can each select an area to paint. *Idea:* Suggest that each child use a different material (watercolors, markers, acrylic paint). They'll see how a variety of materials, techniques, and people can work together to create a great picture!

Family community service

Develop good character traits in your youngster—and help her see the good in doing good—by getting involved in community service projects together. Consider these suggestions.

- **Attend a cleanup day.** Cleaning up a park or playground can send a powerful message. Your child will understand respect for property and for the earth as she clears litter and makes the area nicer for everyone to enjoy.
- **Donate items.** Ask your youngster to go through her clothes and toys for items to donate to a homeless shelter, a veterans group, or an organization like Value Village



or Goodwill. She'll learn about charity and compassion as she thinks about what others could use.

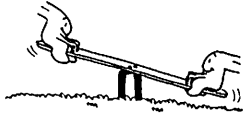
- **Visit a senior center.** Young children can do a lot to cheer up lonely seniors. Encourage your kids to show caring, friendliness, and courtesy as they visit with residents, read books to them, or even perform magic tricks or play the piano. Call local senior centers to see when they would welcome a visit.

Note: To find other community service opportunities, check with your child's school, your house of worship, or local organizations like the YMCA or Red Cross. Or look online at unitedway.org and volunteermatch.org.

Home & School

Working Together for School Success

CONNECTION®



Hemingford Schools
Nancy Yardley, Food Service Director

SHORT NOTES

Celebrate progress

Suggest that your child create a fun reminder of all the things she has accomplished. Let her cover a container with construction paper and label it "I did it!" Then, she can write each success ("I memorized the state capitals") on a slip of paper and put it in the container. When she's feeling discouraged, have her read the slips.

Play is for everyone

Play boosts imagination and relieves stress for kids of all ages. Try to make sure your youngster has time each day that's free of structured activities. You might encourage him to take out toys he hasn't used in a while—many elementary schoolers still enjoy building with blocks or racing toy cars.

Eating together

You may have heard that it's important for families to eat dinner together. But other meals count, too. If you work in the evenings, maybe you could make time for a family breakfast. On a weekend, try a picnic lunch! Research shows that children who regularly eat meals with their families tend to do better in school and avoid risky behavior.

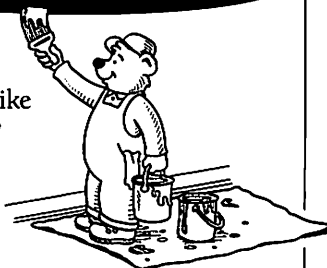
Worth quoting

"The best way to cheer yourself up is to try to cheer somebody else up!"
Mark Twain

JUST FOR FUN

Q: What's yellow and smells just like green paint?

A: Yellow paint.



Critical thinking

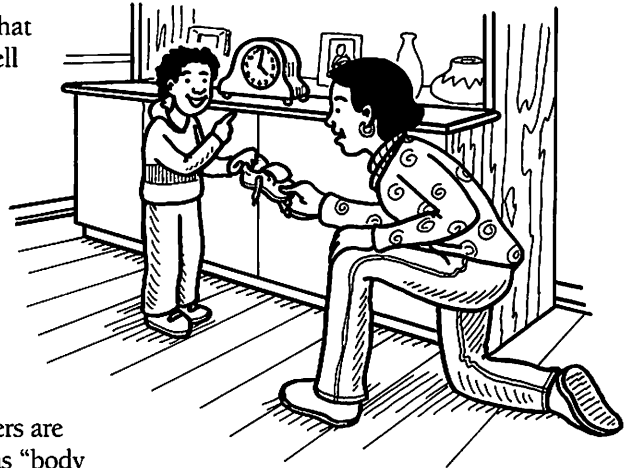
There's an important skill that can help your youngster do well in every school subject: thinking! Consider these ideas for helping him to think critically.

Spot similarities

Choose two objects in the room that don't appear to have anything in common (say, a clock and a sneaker). Ask your child to find at least one thing that's similar about them. He could say that numbers are printed on both or that each has "body parts" (the clock has a face and hands, the shoe has a tongue and a heel).

Flip a fairy tale

Critical thinkers can look at situations through different lenses. Encourage your youngster to write a fairy tale from another character's point of view. For instance, how would the wolf tell *The Three Little Pigs*? He might think of himself as hungry rather than "big and bad." If the mother pig were the narrator, how might the story be different?



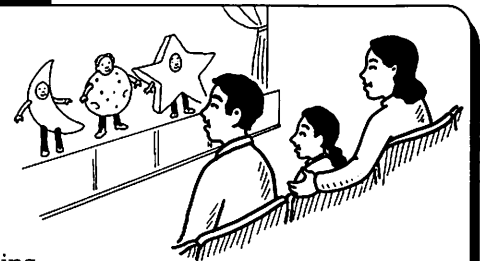
Be strategic

Games like checkers, chess, Connect Four, and Mastermind build thinking skills. Play some of these together, and share your thought process: "If I move here, you'll probably move there, and then I could capture your piece." Suggest that your child talk himself through his moves, too. *Idea:* Solo games and activities like Sudoku, Rubik's Cube, and Rush Hour can also make him a better thinker. ♥

Let's go to school tonight!

Attending evening events at school is a good way for you and your child to get more involved. Plus, she'll be happy to show you the place where she spends her day. Consider these suggestions:

- Check the school calendar for talent shows, musicals, and plays. Try to go whether or not your youngster is performing. She'll get to see her friends on stage and perhaps be inspired to join in next year.
- Keep an eye out for parent education nights. Special programs on Internet safety or ADHD, for example, can help you with difficult issues.
- Go to a curriculum event. A literacy or math night, science fair, or cultural celebration lets your child share what she is studying in school—and the two of you can learn something new together. ♥

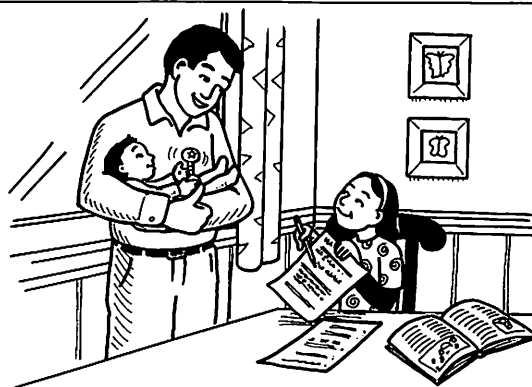


Three steps to homework success

You've probably noticed that your child has a little more homework each year. Help her get a handle on this year's workload with a daily plan.

1. Discuss. Begin each afternoon or evening by asking what homework she has. You can set a positive tone with comments like "I loved writing in my journal when I was your age" or "It's exciting that you're old enough for long division."

2. Plan. Ask your youngster what order she will do the work in. You might suggest that she finish her hardest subject or



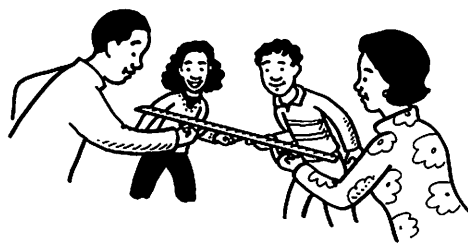
longest assignment as soon as she gets home and save easier ones for after dinner. Or perhaps she prefers to get simpler assignments out of the way so she'll have fewer tasks ahead of her. She could try each way to see which works best for her.

3. Review. Look over her finished work together. You might compliment your child on something she did particularly well. Then, if you see careless mistakes, have her double-check her work—but avoid telling her any answers. Her teacher needs to know what she's able to do all by herself.♥

ACTIVITY CORNER

Work together

Whether your youngster is doing a group project or playing Hacky Sack, a team effort is needed. Everyone's a winner with these games that will show him teamwork in action.



Lower the yardstick. Together, hold a yardstick horizontally so that everyone has one finger underneath. Then, lower the yardstick to the ground—but if anyone's finger drops away, you have to start over. See how many tries it takes to get the yardstick to the floor.

Family ball pass. Sit in a circle with your feet out toward the center. Pass a ball around the circle—using only your feet. How many times can the ball go around before it drops on the ground?♥



Q & A

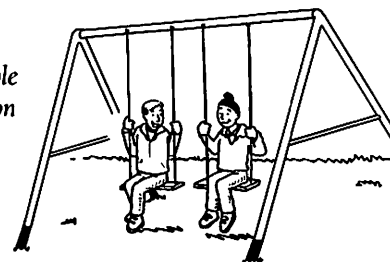
Respect differences

Q: We recently moved to an area where people speak several different languages, and our son has a lot of questions. How should we answer him?

A: It's great that your son is being exposed to a variety of cultures. You can use his curiosity to help him learn about respecting differences.

Explain that in many parts of the United States, people speak different languages, eat different foods, and wear different clothing than your family does. At the same time, they do many of the same things (play at the park, watch movies).

To help him understand, ask him to name one classmate who speaks English and one who speaks another language. Have him tell you something he has in common with each child (skateboarding, wearing sneakers) and one thing that they don't share (number of siblings, language spoken at home). He'll discover that language is just one of the many things that makes a person similar to or different from him.♥



PARENT TO PARENT

Talking about money

My kids were always asking to buy things such as dress-up shoes or new games. They didn't seem to understand that these items weren't in our budget.

I wanted them to learn about how we spend our money—and that it is limited. So I got a spiral notebook and labeled it "Family Spending Journal." I explained that for two weeks, everyone would keep track of what they spent money on. I listed items like my subway fare, the

electric bill, and the taxes taken out of my paycheck. The children wrote down expenses such as school lunch, soccer cleats, and field trip fees.

After a few days, they were surprised by how many things we needed money for. Our kids had no idea, for example, that we paid for taxes on our income, several types of insurance, and membership in our homeowners' association. Sometimes they still ask to buy too many things at the store, but when I say no, at least they understand why.♥



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

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

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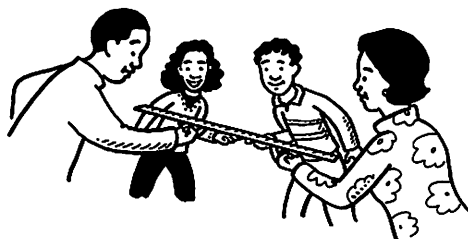
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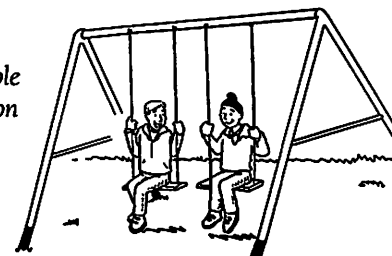
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Hemingford Public Schools Breakfast Menu

May 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 PANCAKE & SAUSAGE on a STICK Fruit Juice	2 CINNAMON ROLL Fruit Juice
5 CEREAL Fruit Juice	6 FRENCH TOAST STICKS Fruit Juice	7 CEREAL Fruit Juice	8 OMELET Fruit Juice	9 BREAKFAST PIZZA Fruit Juice
12 CEREAL Fruit Juice	13 EGG & CHEESE BISCUIT Fruit Juice	14 BREAKFAST PIZZA Fruit Juice	15 PANCAKES Fruit Juice	16 CINNAMON ROLL Fruit Juice
19 CEREAL Fruit Juice	20 PANCAKE & SAUSAGE on a STICK Fruit Juice	21 WAFFLES Fruit Juice	22 SAUSAGE GRAVY / BISCUIT Fruit Juice	23 BREAKFAST PIZZA Fruit Juice DISMISS 11:30
26	27	28	29	30

Have a safe summer!!

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

May 2014

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
			1 FRITO PIE Vegetables Fruit Roll & Butter SALAD BAR & Bean & Bacon	2 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR
5 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR	6 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	7 HOT HAM & CHEESE SAND. Vegetables Fruit SALAD BAR	8 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	9 PIZZA Vegetables Fruit Cookie SALAD BAR
12 TERIYAKI CHICKEN Vegetables Fruit Roll & Butter SALAD BAR	13 CHILI Vegetables Fruit Cinnamon Roll SALAD BAR & Tomato Soup	14 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR	15 TACO Vegetables Fruit Roll & Butter SALAD BAR & Tomato Soup	16 GRILLED CHEESE Vegetables Fruit Tomato Soup SALAD BAR
19 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR	20 PIG in a BLANKET Vegetables Fruit No Bake Cookie SALAD BAR & Broc. Cheese	21 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR	22 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR & Broc. Cheese	<div style="border: 2px solid black; padding: 10px; background-color: #004a7c; color: yellow; font-weight: bold; font-size: 1.2em;"> School Dismisses At 11:30 </div>
26	27	28	29	30
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Calendar Events May 2014

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

Calendar Events June 2014

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1 Boys/Girls State @ UNL	2 Boys/Girls State @ UNL 8:00am HS Summer School	3 Boys/Girls State @ UNL 8:00am HS Summer School	4 Boys/Girls State @ UNL 8:00am HS Summer School	5 Boys/Girls State @ UNL 8:00am HS Summer School	6 Boys/Girls State @ UNL 8:00am HS Summer School	7 Adult VB Tournament Boys/Girls State @ UNL
8 Adult VB Tournament	9 Girls Law Cadet 8:00am HS Summer School 7:00pm School Board Meeting	10 Girls Law Cadet 8:00am HS Summer School	11 Girls Law Cadet	12 Girls Law Cadet	13 Girls Law Cadet	14 FB West NE All Star Game @ SBluff
15 Football Camp at Chadron	16 Football Camp at Chadron Boys Law Cadet	17 Football Camp at Chadron Boys Law Cadet	18 Football Camp at Chadron Boys Law Cadet	19 Boys Law Cadet	20 Boys Law Cadet	21 FB 8-Man All Star @ Hastings
22	23 Gym Closed June 23-July 6	24	25 Gym Closed June 23-July 6	26	27 Gym Closed June 23-July 6	28
29	30					