



## HEMINGFORD PUBLIC SCHOOLS

November 2013

### Special points of interest:

- State Football Playoffs
- Volleyball Sub-Districts
- One-Act Play
- Honor Rolls-Elementary & High School
- Volleyball Tournament
- Menus
- Activity Schedules

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### Weather Issues 2013-2014

By Mr. Ningen, Superintendent

If what you are reading seems familiar, that would please me. Repeating information helps me to understand it better as well. One theme that seems to be repeated is the short season of Fall, and the longer season of Winter. Our early blizzard in October this year may be an indicator of more storms during the next few months, so you will find information regarding that below.

#### Attendance Issues

Each year District 10 schedules the NDE required number of student days and hours for our students. There are other days that call for teachers to be in school for additional education or learning. Our school administrative team tries to build in a few days in excess of those requirements each year, allowing a small number of "snow days" if needed. Usually that means three days of missed classes will not require any make-up days. In the event that classes are not held due to State athletic events, those days missed also count against our total.

#### Notification

If severe weather threatens our students and staff, we will inform our students and parents in four ways: 1.) Our **School Messenger System** allows us to place

electronic calls to home and cell phones that are listed in our data base. 2.) Our **school web site** [www.hemingfordschools.org](http://www.hemingfordschools.org) will have updated information on the front page if a schedule change is planned. 3.) **News Outlets** in Hemingford, Chadron, Alliance, and Scottsbluff will also have this information; 4) New this year is our school **Facebook page**, which also alerts our parents and students to important information.

Ultimately the decision to start late, get out early, or not have classes because of weather conditions is based on safety of students and staff members.

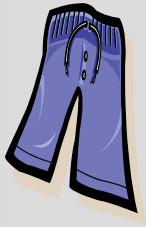
#### Parents Decisions

Because of our districts travel distance and district size, and also because our parents are in a far better position to decide individually how their own roads and conditions are, I encourage parents to keep their kids at home, even if classed are still being held, if conditions in that part of the district warrant it. Also, having your own kids leave class early to head home with you is an option that we encourage if weather in your neck of the woods calls for it.

#### Activities and Sports

On days when classes are cancelled because of severe weather, there will normally be no activity or sports contests or practices held. On days when there is an early dismissal for severe weather, the same procedure will usually be followed. A rare exception occurred just this week when Parent-Teacher Conferences continued as schedule in late October even though icy roads caused the cancellation of our morning classes.

I would end this article about approaching weather with what many already know – that whatever the winter of 2013-2014 brings, we will all do our best to stay safe, and to educate our students. Stay warm!



No More Shorts until  
Daylight Savings  
Time!

"Please put  
their name or  
at least initials  
inside coat,  
hats and  
gloves"



Fall Writing

## Fostering Education

### HEADING TOWARDS NOVEMBER

Where has the school year gone? November will be upon us before we know it. Things are moving right along here at school. I believe that we are making wonderful progress each day. We are all working together as a team (**parents, kids, and teachers**) which makes the biggest difference in creating a successful learning environment for the kids. **Also I will be attending a workshop that deals with bullying in November to gain additional information that will assist our school if any bullying issues arise**  
Thank you for your support..

### DRESSING FOR THE WEATHER

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

### MAPS TESTING

We administered the MAPS tests during October. The results have been very positive. I have seen good gains in their scores from last fall to this fall. The kids really worked hard and stayed focus during the testing. **GREAT JOB KIDS!**

### UPCOMING DATES OF INTEREST

**October 29<sup>th</sup> –Students dismissed at 1:00 p.m.**

**October 29<sup>th</sup> –Parent/Teacher Conferences will run from 2:00 – 8:00 p.m.**

**October 30<sup>th</sup> – No School for kids – Teacher In-Service.**

**October 31<sup>st</sup> - November 1<sup>st</sup> – No School – FALL BREAK**

**November 3<sup>rd</sup> – Daylight Savings Time Ends --- Set Clocks back 1 Hour –**

### **Remember NO MORE WEARING OF SHORTS**

**November 27<sup>th</sup> - Students dismissed at 1:00 p.m. for Thanksgiving Break**

**November 28<sup>th</sup> – 29<sup>th</sup> No school (Thanksgiving Break)**

### FALL WRITING

The kids did their practice writing for the fall the week of October 14<sup>th</sup> – 18<sup>th</sup>. The students are practicing the 6 traits of writing they are learning here at school. The teachers scored the fall writing on October 30<sup>th</sup>. These results will be shared with the kids.

**Here are the 6 traits that we want students to model their writing after:**

**Ideas:** The ideas are the heart of the message, the content of the piece, the main theme, together with the details that enrich and develop that theme.

**Organization:** Organization is the internal structure of a piece of writing, the thread of central meaning, the logical and sometimes intriguing pattern of the ideas.

**Voice:** The voice is the heart and soul, the magic, the will, along with the feeling and conviction of the individual writer coming out through the words.

**Word Choice:** Word choice is the use of rich, colorful, precise language that moves and enlightens the reader.

**Fluency:** Sentence fluency is the rhythm and flow of the language, the sound of word patterns, the way in which the writing plays to the ear - not just to the eye.

**Conventions:** Conventions are the mechanical correctness of the piece - spelling, grammar and usage, paragraphing, use of capitals, and punctuation.

## Fostering Education Cont.

### COMMUNICATION

Let's continue the great communication we have established with each other.

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

## MEDICAID AND EA(SNAP, Energy, Child Care, ADC NUMBERS

Starting September 30, 2013 MEDICAID and Economic Assistance (EA) will each have their own telephone numbers.

### **MEDICAID**

Questions about Medicaid programs call:

**1-855-632-7633**

Calls from Lincoln local numbers call:

**402-473-7000**

Calls from Omaha local numbers call:

**402-595-1178**

TTY: **402-471-7256**

Fax: **402-471-9209**

*Customer service hours for Medicaid:  
8:00 am to 5:00 pm Monday - Friday  
Closed weekends & federal and state holidays*

*Clients who currently receive benefits do not need to call. However, they must continue to comply with program requirements and report necessary changes.*

### **EA (SNAP, Energy, Child Care, ADC)**

Questions about EA programs call:

**1-800-383-4278**

Calls from Lincoln local numbers call:

**402-323-3900**

Calls from Omaha local numbers call:

**402-595-1258**

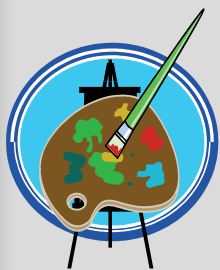
TTY: **402-471-7256**

Fax: **402-595-1901**

*Customer service hours for Economic Assistance:  
8:00 am to 5:00 pm Monday - Friday  
Closed weekends & federal and state holidays*

**Para traducción en otros idiomas llame o Ingrese a [ACCESSNebraska.ne.gov](http://ACCESSNebraska.ne.gov)**



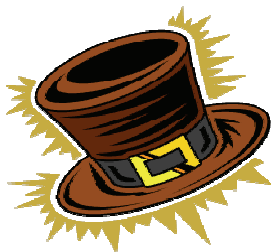


**“Please plan  
on attending  
the One-Act  
Play “To See  
the Stars”**



## Foster's Facts

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



As the days slip into November, the close of the fall activities and the beginning of Junior High wrestling and girls' basketball is upon us. Students are very busy with activities, jobs, friends and homework; however, it is my hope that students maintain their focus on academics. School is still the primary “job” for students with attendance and grades as top priority. Just a reminder--course selection or graduation hinges on passing the current courses that the students are enrolled during this school year. SST is a great tool for students to finish projects or receive additional assistance from the teachers.

## Activities/Illness/Homework Sheet

Students that are home due to illness or fever should not be at school activities in the evening. There is a policy on activities that if a student is not in school they cannot participate or practice in the evening. This should also be followed by the student body. Even though the student may be feeling better, staying home and resting helps them recover more quickly.



It is the expectation that if you request a homework sheet for your child that the work will be completed and ready to turn in when they return to school. Students are allowed two days to complete any work missed due to after an illness when they return to school.

## Fine Arts –Activities for Music, Art, and One-Act

- **Music:**--WTC Vocal Chorus at Mitchell on November 18.
- **Art Related**
  - WTC and PHC Art Workshop in Chadron on November 4<sup>th</sup>.
  - Mrs. Wade's classes will be helping the Chamber members to decorate the Mini-Park on Wednesday, November 13<sup>th</sup>
  - Mr. Karney's students will help set up the Christmas diorama once the flats have been set by Job Corp.
- **One-Act**--Elementary and High School students will be able to view the dress rehearsal of “To See the Stars” during school time.
  - WTC Competition—November 26
  - PHC Competition—November 22
  - One-Act District—December 4



## Daylight Savings Time Ends—Fall Back

Not only do we need to change the clocks, but also a change in clothing. Beginning Monday, November 2<sup>nd</sup>, students may no longer wear shorts. This policy is referenced on page 29 in the student handbook.

## FCCLA Presentation “It Can Wait”

Presentation on Distracted Driving by FCCLA students. This is part of the state public service project. The assembly will be on Thursday, November 14.

## Foster's Facts

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

**Passwords:** Your son or daughters password can be found on the bottom of the 1<sup>st</sup> quarter report card. If you have misplaced yours, give the office a call or email me at [pfoster@panesu.org](mailto:pfoster@panesu.org). Have you tried the email piece? Grades can be sent to your email account. This is set up in the parent portal.

PowerSchool

### NWEA Student Progress Reports

Attached to your son/daughter's report card (either you picked the report card up at conferences or it was mailed) are the results of Fall MAP testing. The report shows growth from previous years as well as giving you the student growth and typical growth and district growth comparisons. Faculty will continue to use this information to adjust curriculum to meet student needs. In addition this information is one of the pieces used in forming the Reading Enhancement Groups and High Ability Learner selection.

### Check the School Calendar on the website

It is the hope of the school that sending out school newsletters will improve the communication that exists currently. Please check the school website or the facebook page for the most current activities. It is updated as events change. It is found on the school website: [www.hemingfordschools.org](http://www.hemingfordschools.org)

### School Message System

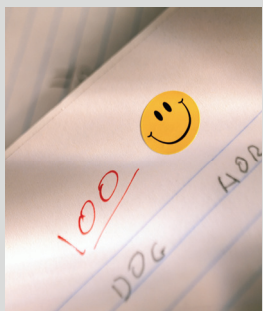
Did you receive the message about Parent/ Teacher Conferences? In an effort to improve communication, Hemingford School District has an automated message system which can be used for a variety of announcements; however, it will be used mainly for weather-related morning announcements. If you do not want to receive these calls, please contact the office and we will pull your number from the system. No message---please contact the school to update your information for future announcements.



Hemingford currently sports a (17-12) won-loss record heading into Sub-Districts.

**GOOD LUCK AT SUB-DISTRICTS!!**

## Elementary Honor Roll



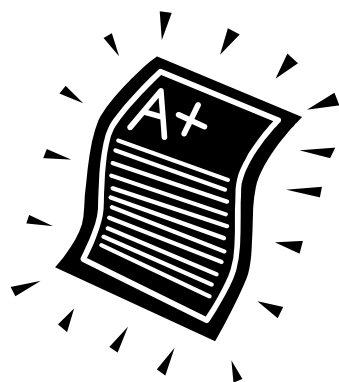
### Elementary Honor Roll 2013-2014 Quarter 1

| Student Name                              | Grade | Level              |
|-------------------------------------------|-------|--------------------|
| Hanson, Rebecca J                         | 6     | Distinguished List |
| Plog, Alexander M                         | 6     | Distinguished List |
| Meyring, Jayce L                          | 5     | Distinguished List |
| Bryner, Isaiah T                          | 6     | Honors List        |
| Buchheit, Carter S                        | 6     | Honors List        |
| Clouse, Jacob B                           | 6     | Honors List        |
| Ernesti, Tayson L                         | 6     | Honors List        |
| Jespersen, Storm J                        | 6     | Honors List        |
| Knote, Emily R                            | 6     | Honors List        |
| Robb, Xavier Z                            | 6     | Honors List        |
| Swanson, Kinzee M                         | 6     | Honors List        |
| Ansley, John P                            | 5     | Honors List        |
| Hanson, Danea J                           | 5     | Honors List        |
| Neefe, Alex N                             | 5     | Honors List        |
| Nelson, Landrie S                         | 5     | Honors List        |
| Reed, Rune X                              | 5     | Honors List        |
| Rozmiarek, Zachary A                      | 5     | Honors List        |
| Swanson, Tatum E                          | 5     | Honors List        |
| Wyland, Kenneth T                         | 5     | Honors List        |
| Allen, Kylie R                            | 4     | Honors List        |
| McConville, Daren W                       | 4     | Honors List        |
| Rozmiarek, Samantha R                     | 4     | Honors List        |
| Specht, Ethan C                           | 4     | Honors List        |
| Turek, Alysén K                           | 4     | Honors List        |
|                                           |       |                    |
|                                           |       |                    |
| <b>Distinguished--all A's</b>             |       |                    |
| <b>Honors--all A's or B's @ least 90%</b> |       |                    |
|                                           |       |                    |

Great Job!

## High School Honor Roll

| High School Honor Roll 2013-2014 Quarter 1 |       |                    | High School Honor Roll 2013-2014 Quarter 1 |       |             |
|--------------------------------------------|-------|--------------------|--------------------------------------------|-------|-------------|
| Student Name                               | Grade | Level              | Student Name                               | Grade | Level       |
| Hansen, Blake T                            | 12    | Distinguished List | Grumbles, MaKayla A                        | 11    | Honors List |
| Kaman, Kyle N                              | 12    | Distinguished List | Nelson, Kaelia S                           | 11    | Honors List |
| Phillips, Paige E                          | 12    | Distinguished List | Turek, Brady E                             | 11    | Honors List |
| Rohrbouck, Cali G                          | 12    | Distinguished List | Wood, Matthew J                            | 11    | Honors List |
| Rozmiarek, Christian E                     | 11    | Distinguished List | Ansley, Taeller N                          | 10    | Honors List |
| Rozmiarek, Joseph M                        | 11    | Distinguished List | Davis, Mathew K                            | 10    | Honors List |
| Bright, Abigail F                          | 10    | Distinguished List | Heule, Robert W                            | 10    | Honors List |
| Laursen, Cody R                            | 10    | Distinguished List | Horstman, Jacob D                          | 10    | Honors List |
| Weber, Cooper T                            | 10    | Distinguished List | Keegan, Taylor A                           | 10    | Honors List |
| Cullan, Carli A                            | 9     | Distinguished List | Klaes, Kelsey J                            | 10    | Honors List |
| Gasseling, Natalie M                       | 9     | Distinguished List | Randolph, Jason B                          | 10    | Honors List |
| Randolph, Mikayla B                        | 9     | Distinguished List | Thomas, Brittany D                         | 10    | Honors List |
| Rohrbouck, Faith C                         | 9     | Distinguished List | Agler, Ashley R                            | 9     | Honors List |
| Horstman, Kelli M                          | 8     | Distinguished List | Hansen, Emily M                            | 9     | Honors List |
| Cullan, Luke C                             | 7     | Distinguished List | Neefe, Taylee M                            | 9     | Honors List |
| Gasseling, Lauren J                        | 7     | Distinguished List | Davis, Madison M                           | 8     | Honors List |
| Benge, Trevor M                            | 12    | Honors List        | Manning, Anna M                            | 8     | Honors List |
| Bergfield, Kaitlyn N                       | 12    | Honors List        | Wobig, Riley J                             | 8     | Honors List |
| Huddle, Tyler J                            | 12    | Honors List        | Coryell, Kobe J                            | 7     | Honors List |
| Irish, Isabella L                          | 12    | Honors List        | Dahl, Shawn W                              | 7     | Honors List |
| Olson, Alexis N                            | 12    | Honors List        | Mazanec, Mercedes Kia                      | 7     | Honors List |
| Phillips, Alexis A                         | 12    | Honors List        | Mutchie, Ashley R                          | 7     | Honors List |
| Carlson, Asa L                             | 11    | Honors List        | Payne, Cade W                              | 7     | Honors List |
| Fessler, Hannah L                          | 11    | Honors List        | Stewart, Josie Joylene                     | 7     | Honors List |
| Foster, Colt W                             | 11    | Honors List        | Topliss, Ashton N                          | 7     | Honors List |
| Galles, Ashleigh M                         | 11    | Honors List        |                                            |       |             |
| Distinguished--all A's                     |       |                    | Distinguished--all A's                     |       |             |
| Honors--all A's or B's @ least 90%         |       |                    | Honors--all A's or B's @ least 90%         |       |             |
|                                            |       |                    |                                            |       |             |



# WAY TO GO!

# STATE FOOTBALL PLAY-OFFS

## Second Straight District FB Championship

The Franklin Flyers will be coming to town on Thursday, October 31st at 1PM (MT) to take on the Fighting Bobcats of Hemingford High!

Hemingford High School (8-0) won their second straight District Football Championship, beating parent's night foe Maxwell (64-30) in action last Friday.

With the win, the Cats earned the third seed in the State D1 West Bracket. 32 teams have qualified in the class, creating a west bracket and an east bracket, each with 16 teams. The higher seeds hosting first round games. The dividing line that creates the "east" and "west" state brackets for D1 runs north and south from Central City to Niobrara. Putting it another way, the North/South line is 30 miles east of Grand Island.



### THE VISITORS:

The Flyers come from a town south of Minden, not far from the Harlan Reservoir, seven miles north of the Kansas boarder. Hemingford is easily the farthest West team in the entire D1 Class, and Franklin the farthest South in D1.

### SEASON STANDINGS:

Franklin has a (3-5) season record, but are state play-off veterans, losing the past two years to State Champion Elgin/Elgin Pope John each time in the play-offs. Their losses this season have largely been to highly rated teams, including Top Rated (8-0) Bruning - Davenport (BDS); (6-2) Arapahoe; (7-1) Heartland; and (6-2) McCool Junction. They also own a 28-14 win over (4-4) state qualifier Alma.

### TICKET PRICES:

The Nebraska School Activities Association sets the admission rates for the state play-offs, including the stipulation that no passes will be accepted. Only those helping with the game will be admitted free of charge, including concession workers, chain gang, crowd's nest personnel, and team members.

Admission rates will be : \$7 for adults, and \$5 for K-12 Students.

The increased gate charges help to reimburse the visiting team for their travel, meals, and overnight stay.

### DOWN THE ROAD:

The winner of this first round game in D1 will play the winner of the South Loup vs. Chambers/Wheeler Central game on Wednesday, November 6th.

A complete D1 NSAA 2013 State Football Play-off bracket can be found at : <https://nsaahome.org/>

# GOOD LUCK!!



## GIORGI'S GYM

WOOPS! The following Kindergartners also met the Fitnessgram Standards: Jacob Bryner, Banyan Stark and Micah Woodbeck.

The following calendar is a sample of what can be found each month on the Hemingford Schools website: Schools, Elementary, Academics, Physical Education. Be sure and get out and exercise as a family after your Thanksgiving meal - take a hike, a walk, or play softball! Mrs. G

| Sunday                                                                         | Monday                                                           | Tuesday                                                                                                                         | Wednesday                                                                      | Thursday                                                                                                                     | Friday                                                                                                              | Saturday                                                                                                           |
|--------------------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|
|                                                                                |                                                                  |                                                                                                                                 |                                                                                |                                                                                                                              | 1<br>Practice dribbling a ball with one hand, now the other hand. Now change hands with each bounce.                | 2<br>Throw underhand at a target. Take one step away and practice some more. Keep stepping back to make it harder. |
| 3<br>Practice hula hooping today. Get your parent or another adult to try too! | 4<br>Practice frog jumps across the backyard or down a sidewalk. | 5<br>Use two empty water bottles to tap out rhythms. Tap your name, making a new pattern for each letter. Make up new patterns. | 6<br>Pretend you are a horse and gallop around the playground at school today. | 7<br>Walk on a board or crack in the sidewalk-can you stay on the line? Now balance on one foot. Switch feet. Strike a pose! | 8<br>Jog laps around the playground at school today. Can you jog without getting tired? Take slow and deep breaths. | 9<br>Practice jumping off of something and landing softly. Start with a low step.                                  |
| 10                                                                             | 11                                                               | 12                                                                                                                              | 13                                                                             | 14                                                                                                                           | 15                                                                                                                  | 16                                                                                                                 |



Women's Volleyball Tournament

&

Coed Volleyball Tournament



Fundraiser



**Location:** Hemingford, NE High School Gymnasium

**Date:** (**W o m e n ' s**) November 16th & (**C o e d**) November 17th

**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.

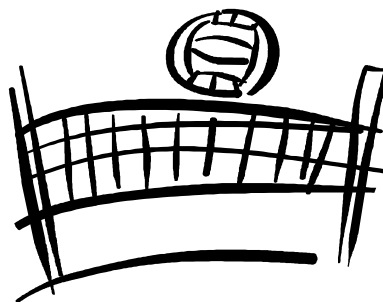
**Cost:** \$20 per player (ALL AGES WELCOME!)

**Deadline:** November 12th to enter a team

**Contact:** Kerri Heusman at (308)760-2062 or [kheusman@panesu.org](mailto:kheusman@panesu.org), Heather Jensen at (402) 480-4414, or Jodi Sellman at (308)430-2604

**Awards:** 1<sup>st</sup> & 2<sup>nd</sup> place will receive T-shirts

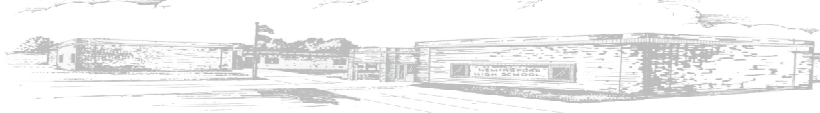
*\*There will be food and drinks for sale. Adults bringing their children must make sure they are supervised at all times.*



## Hemingford Public Schools

PO Box 217  
Hemingford NE 69348  
CASPER NINGEN Superintendent  
PEGGY FOSTER High School Principal  
RON FOSTER Elementary Principal  
MANDY PLOG Special Education Director

High School (308) 487-3328  
Elementary (308) 487-3330  
Fax (308) 487-5215



Parents who are interested in the professional qualifications of their child's teacher may request this information by contacting the superintendent in writing. This information will be provided to parents in a timely manner and at no charge.

### Junior High Girls Basketball Schedule

|                         |         |
|-------------------------|---------|
| Nov. 12 @ Crawford      | 5:00pm  |
| Nov. 16 @ Hay Springs   | 10:30am |
| Nov. 19 HOME Crawford   | 5:00pm  |
| Nov. 25 HOME Bayard     | 4:00pm  |
| Nov. 26 @ Morrill       | 4:00pm  |
| Dec. 5 @ Rushville      | 5:00pm  |
| Dec. 9 HOME St. Agnes   | 4:30pm  |
| Dec. 12 HOME Bridgeport | 4:00pm  |
| Dec. 16 @ Crawford PHC  | TBA     |



## STATE CROSS COUNTRY



Jason Randolph placed 83rd at the State Meet in Kearney with a time of 19:32. The course had more hills than we had run all year, but was a great experience for Jason. He had a great season and I am looking forward to having him back next year.



**"Thank you for  
supporting the  
students  
involvement in  
the arts!"**



You don't want to miss the one act performance of

## ***To See the Stars***

The public performance will be December 3<sup>rd</sup> at 8pm.

You are welcome at any of our competitions.

***Panhandle Conference***, November 22<sup>nd</sup> in Crawford at the High School.

***Western Trails Conference***, November 26<sup>th</sup> in Scottsbluff at WNCC.

***Districts***, December 4<sup>th</sup> in Ogallala.

Thank you for supporting the students' involvement in the arts!

We hope to inspire them to be creative problem solvers on and off the stage!

## **Be a part of Hemingford's Sixth Annual Holiday Play!**

Actors and Technicians of all ages needed!

There is no one too old and if you are in school or have a parent involved you are old enough!

Auditions will be November 6, 4p-6p at the Multipurpose Hall on the Fair Grounds.

If acting is not your cup of tea but you would like to be involved give me a call!

I am thrilled to be able to share my love for theater with the community!

Tabi Bryner & Irene Prochazka

760-1120



## MRS. HUCKE– COUNSELOR

## COUNSELOR 'S

O  
R  
N  
E  
R

**Juniors and Seniors** need to listen to announcements and sign up on my door if they want to attend the college representatives coming to school.

**Seniors** you need to be:

- Working on college applications. Many applications are due in early January.
- Check with your prospective colleges about additional financial aid application forms and requirements.

**Juniors** you need to be:

- Thinking about your college choice.
- We will be meeting for a 15 minute conference in the near future to talk about your life after high school.

**Sophomores** you will be:

- Taking the PLAN test in the future. The PLAN test is a great way to prepare for the ACT test. It covers the same subjects and gives you an estimated ACT score. It also lets a student know if they are on track for college, points out academic strengths and areas that need improvement, helps find careers that match interests, and connects a student with colleges.

Here are some scholarship resources on the web available for anyone to check out

- ScholarshipQuest at Education Quest.org
- [www.scholarshipmonkey.com](http://www.scholarshipmonkey.com)
- ScholarshipExperts.com
- <https://studentaid2.ed.gov/logon.asp>
- Schoolsoup.com
- Scholarships.com
- Collegeboard.com

The Bullying Prevention Program we are using is *Steps to Respect*. Students will be practicing friendship-making skills, learning to recognize bullying, learning bullying-refusal skills, learning how to reach out to someone who is being bullied, and developing bullying-reporting skills. It also prepares students for conflicts that may arise working in a group. If you have any questions, I can be reached at (308)487-3330 or (308)487-3328.

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

Dr. Charles Fay

November 2013

## 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](http://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](http://www.hemingfordschools.org)), and Mobius web site ([www.bbc.net](http://www.bbc.net)).**

## SCHOOL MESSENGER

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

# Nutrition Nuggets

Food and Fitness for a Healthy Child

November 2013

Hemingford Public Schools  
Nancy Yardley, Food Service



## BEST BITES

### Skip the toy

When stopping for fast food, let your child know that restaurants aren't toy stores—meaning he should focus on the meal and not the toy. In fact, avoiding kids' meals altogether can lead to healthier choices. Encourage him to order from the regular menu and look for words like *grilled* and *baked*, rather than *fried* or *breaded*.

### Hallway races

Do you run out of ideas for physical activity as the weather turns colder? Here's a thought: Turn your hallway into a speedway! Your youngster could race down the hall and back. Or she might do laps by running around the perimeter of the hallway. You can even tape up crepe paper streamers for her to break through at the "finish line."

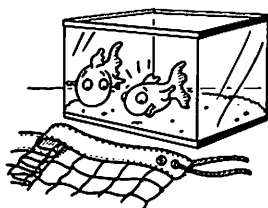
### DID YOU KNOW?

Most school districts have a school wellness council of parents, school staff, and community members who advise them on ways to keep kids healthy. As a member, you may help survey families or discuss new policies. To get involved, check at the school office for more information.

### Just for fun

**Q:** Why don't fish play tennis?

**A:** Because they're afraid they might get caught in the net.



## Cut down on screen time

Time spent in front of a screen—whether it's a TV, computer, video game, cell phone, or tablet—is time spent not being active. Plus, children are more likely to over-eat when they mix screens and snacks. Consider these ideas.

### Find a starting point

For one week, have your child record her screen time and her active time (outside play, sports practices, games, dancing). Then, set a goal for balancing them, shooting for at least equal screen and active time—and preferably *more* time for activity. *Note:* Experts recommend no more than 1–2 hours of screen time a day.

### Plot your strategy

Cutting back gradually will help your youngster get used to the changes. For instance, reduce daily screen time by 15 minutes each week. Decide together which TV shows she will watch, and make sure she turns off the set when each program ends. Also, schedule in her computer or



video game time, and have her set an alarm as a signal to stop.

### Look for alternatives

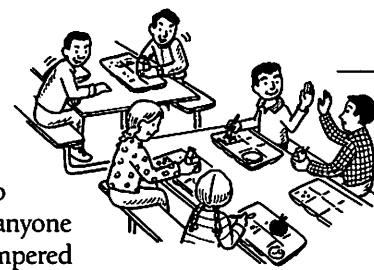
While it may be tempting to let your child entertain herself with electronics, encourage her to find other things to do. Suggest a game, ask her to cook dinner with you, or plan fun family activities. When you go out, leave the video games at home and listen to music or talk in the car instead. *Tip:* Avoid using screen time as a reward or a punishment—that just makes it seem even more important to your youngster. 🍎

## Bullying & food allergies

As if food allergies themselves aren't enough to deal with, children with these allergies are sometimes targeted by bullies.

If your youngster has allergies, remind him to stay away from trouble foods—no matter what anyone says to him. If he suspects his food has been tampered with (for example, kids are laughing and watching to see whether he'll eat something), he should not touch it. And if he feels threatened, he should remain calm—so he doesn't give the bullies any satisfaction—and immediately tell an adult.

Encourage your child to have a close friend be his "allergy buddy" and watch out for problems. Finally, if you fear he is being bullied, talk to his teacher right away. This isn't a problem he should have to handle alone. 🍎



## Sounds healthy? Think again

Some foods catch us by surprise. They sound like they're nutritious, but they really aren't. Here are a few to watch out for.

**Prepared salads.** When you hear the word *salad*, you might automatically think "healthy." Think again if it's made with regular mayonnaise (chicken salad, potato salad, carrot-raisin) or topped with regular dressing. *Healthier alternative:* Greens and fresh vegetables with a drizzle of low-fat dressing.



**Drinks.** Flavored water and sports drinks may contain added sugar, artificial sweeteners, or sodium. *Healthier alternative:* Water with a "fruit ice cube" (freeze water with lemon or orange slices in a muffin tin).

**Frozen yogurt.** While healthier than ice cream, this frozen treat is often just a vehicle for candy and other high-calorie toppings. Also, at self-serve fro-yo

shops, people tend to serve themselves a large portion. *Healthier alternative:* Freeze a container of nonfat Greek yogurt (stir fruit from the bottom first). Eat when slushy. ●



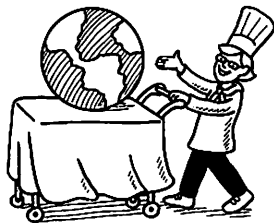
## PARENT TO PARENT

### International Night

Last spring, our daughter's school held an International Night, where families brought in foods from their cultures. Megan was so interested in the foods she sampled that she asked if we could have International Night at home. We decided that once a month we would pick a country and find recipes to make.

Last month we celebrated Denmark with *smørbrød* (open-faced) sandwiches. We put out rye bread and toppings like sliced tomatoes, mustard, roast beef, smoked salmon, cheese, and sliced hard-boiled egg. Everyone had fun making their own sandwiches and practiced saying "*Tak for mad*"—"Thanks for the meal" in Danish.

Next we're thinking about having Korean or Russian night. I'm glad our daughter is learning more about other cultures—and we're enjoying new foods at the same time! ●



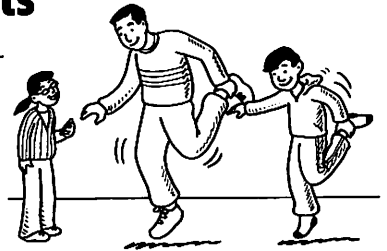
## ACTIVITY CORNER

### Family fitness contests

There's nothing like a little competition for encouraging your youngster to get exercise. Try these ways to step up the action in your house.

#### How high, how far?

Pick a contest that begins with "How" for each day of the week. *Examples:* "How high can you jump?" "How many jumping jacks can you do?" Keep track of everyone's scores, and declare a winner for each contest. *Idea:* Make the challenge a cooperative one. For instance, you could say, "How far can we walk?" and set off for a family walk in your neighborhood, on a trail, or downtown.



#### Beat the clock

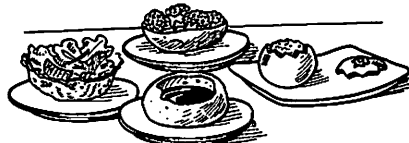
Brainstorm a list of individual activities like jumping rope, hopping on one foot, or doing cartwheels. Give each person a turn while someone times him (with a stopwatch or cell phone). Who can do the activity the longest? *Idea:* Name a sequence (do five push-ups, jump forward and backward five times, and do a cartwheel). Time each person to see who gets through the series the fastest. ●

## IN THE KITCHEN

### Edible bowls

What fun to make your bowl and eat it, too! Delight your child with these healthy ideas for edible bowls:

- Put 3 tbsp. Parmesan cheese on parchment paper, and microwave until golden brown, about 2 minutes. Turn a small bowl upside down on the countertop, flip the paper (with the cheese) onto it, and mold the cheese around the bowl. When cool, peel off the parchment paper and remove the molding bowl. Fill your cheese bowl with a tossed salad.



- Hollow out a whole-wheat roll. Heat tomato soup, and spoon it into the bread bowl.

- Scoop out cherry tomatoes, and fill with hummus. Or remove the insides of a regular tomato, and put in tuna salad (made with light mayonnaise).

- Microwave a potato for 8–10 minutes. Slice in half and scoop out most of the flesh. Fill with cooked broccoli and shredded low-fat cheddar cheese, then microwave to melt the cheese. ●

## 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  
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540-636-4280 • [rfeustomer@wolterskluwer.com](mailto:rfeustomer@wolterskluwer.com)  
[www.rfeonline.com](http://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

# November 2013

Milk is served with all meals

| Monday                                       | Tuesday                                                                                   | Wednesday                                                       | Thursday                                                                                          | Friday                                                                                        |
|----------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
|                                              |                                                                                           |                                                                 |                                                                                                   | <b>1</b><br><b>NO</b><br><b>SCHOOL</b>                                                        |
| <b>4</b><br><b>CEREAL</b><br>Fruit or Juice  | <b>5</b><br><b>PANCAKE &amp;</b><br><b>SAUSAGE on</b><br><b>A STICK</b><br>Fruit or Juice | <b>6</b><br><b>CEREAL</b><br>Fruit or Juice                     | <b>7</b><br><b>OMELET</b><br>Fruit or Juice                                                       | <b>8</b><br><b>BREAKFAST</b><br><b>PIZZA</b><br>Fruit or Juice                                |
| <b>11</b><br><b>CEREAL</b><br>Fruit or Juice | <b>12</b><br><b>SCRAMBLED</b><br><b>EGGS</b><br>Fruit or Juice                            | <b>13</b><br><b>BREAKFAST</b><br><b>PIZZA</b><br>Fruit or Juice | <b>14</b><br><b>FRENCH</b><br><b>TOAST</b><br>Fruit or Juice                                      | <b>15</b><br><b>CINNAMON</b><br><b>ROLL</b><br>Fruit or Juice                                 |
| <b>18</b><br><b>CEREAL</b><br>Fruit or Juice | <b>19</b><br><b>PANCAKES</b><br>Fruit or Juice                                            | <b>20</b><br><b>CEREAL</b><br>Fruit or Juice                    | <b>21</b><br><b>BREAKFAST</b><br><b>TAC-GO</b><br>Fruit or Juice                                  | <b>22</b><br><b>BREAKFAST</b><br><b>PIZZA</b><br>Fruit or Juice                               |
| <b>25</b><br><b>CEREAL</b><br>Fruit or Juice | <b>26</b><br><b>WAFFLES</b><br>Fruit or Juice                                             | <b>27</b><br><b>BREAKFAST</b><br><b>PIZZA</b><br>Fruit or Juice | <b>28</b><br> | <b>29</b><br><b>Thanksgiving</b><br><b>Break</b><br><b>No School</b><br><b>November 28-29</b> |

**Menus are subject to change**

This facility is operated in accordance with U.S. Department of Agriculture policy which does not permit discrimination because of race, color, sex, age, handicap, or national origin. More information may be obtained here or from the Office of Equal Opportunity, USDA, Washington, D.C. 20250. Any person who believes that he or she has been discriminated against in any USDA- related activity should write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

*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

# November 2013

Milk is served with all meals

| Monday                                                                                    | Tuesday                                                                                                    | Wednesday                                                                                                  | Thursday                                                                                               | Friday                                                                                           |
|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|                                                                                           |                                                                                                            |                                                                                                            |                                                                                                        | <b>1</b><br><b>NO</b><br><b>SCHOOL</b>                                                           |
| <b>4</b><br><b>FRITO PIE</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR         | <b>5</b><br><b>CHICKEN STRIPS</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR & Chicken Noodle    | <b>6</b><br><b>CRISPITO</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR                           | <b>7</b><br><b>HAMBURGER</b><br>Vegetables<br>Fruit<br>Dill Slices<br>SALAD BAR & Chicken Noodle       | <b>8</b><br><b>SPAGHETTI &amp; MEATBALLS</b><br>Vegetables<br>Fruit<br>Garlic Bread<br>SALAD BAR |
| <b>11</b><br><b>BOBCAT TACO</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR      | <b>12</b><br><b>CHICKEN FRIED STEAK</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR & Tomato Soup | <b>13</b><br><b>CORNDOG</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR                           | <b>14</b><br><b>CHICKEN NUGGETS</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR & Tomato Soup | <b>15</b><br><b>GRILLED CHEESE</b><br>Vegetables<br>Fruit<br>Tomato Soup<br>SALAD BAR            |
| <b>18</b><br><b>MAC &amp; CHEESE</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR | <b>19</b><br><b>CHICKEN SANDWICH</b><br>Vegetables<br>Fruit<br>Cookie<br>SALAD BAR & Broc. Cheese          | <b>20</b><br><b>BURRITO</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR                           | <b>21</b><br><b>BEEFY NACHOS</b><br>Vegetables<br>Fruit<br>Roll & Butter<br>SALAD BAR & Broc. Cheese   | <b>22</b><br><b>TURKEY GRAVY</b><br>Vegetables<br>Fruit Roll & Butter<br>SALAD BAR               |
| <b>25</b><br><b>PIZZA</b><br>Vegetables<br>Fruit<br>SALAD BAR                             | <b>26</b><br><b>TACOBURGER</b><br>Vegetables<br>Fruit<br>SALAD BAR & Potato Soup                           | <b>27</b> Dismiss 1:00<br><b>PIG in a BLANKET</b><br>Vegetables<br>Fruit<br>No Bake Cookie<br>NO SALAD BAR |                    | <b>29</b><br><b>Thanksgiving Break</b><br><b>No School</b><br><b>November 28-29</b>              |

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## Calendar Events December 2013

| Sun                   | Mon                                                                                  | Tue                                                                                  | Wed                                                                    | Thur                                                                        | Fri                                                                                    | Sat                                                                                                                                                     |
|-----------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1                     | 2<br>White Day                                                                       | 3<br>Red Day<br>9:00am JH W@Bayard Invitational<br>8:00pm One-Act Public Performance | 4<br>White Day<br>TBD District OneAct @ Ogallala<br>2:30pm Big Bro/Sis | 5<br>Red Day<br>5:00pm JH Girls BB@ Rushville (Gordon-Rushville)            | 6<br>White Day<br>2:00pm BBw/Gordon-Rushville (GBGB)<br>2:00pm W@Crawford Invitational | 7<br>Speech@Gering Invitational (Novice)<br>1:00pm BB@Hyannis (GBGB)<br>4:00pm "Kris Kringle" Soup Supper<br>6:30pm Nutcracker by Hemingford Happy Feet |
| 8                     | 9<br>Red Day<br>4:30pm JH Girls BBw/St. Agnes<br>7:00pm School Board Meeting         | 10<br>White Day<br>6:00pm BB@Crawford (Girls JV-V)                                   | 11<br>Red Day<br>FFA LSE (Snow Date)                                   | 12<br>White Day<br>4:00pm JH Girls BBw/BPort<br>6:00pm W@Hay Springs (Dual) | 13<br>Red Day<br>FCCLA SS Breakfast                                                    | 14<br>Speech@Morrill Invitational<br>ACT Test Date<br>9:30am W@Banner County Invitational<br>2:00pm BBw/Mitchell (GBGB)                                 |
| 15                    | 16<br>White Day<br>?EL/HS Winter Concert<br>TBD JH Girls BB PHC Tournament @Crawford | 17<br>Red Day                                                                        | 18<br>White Day                                                        | 19<br>Red Day<br>FFA Christmas Party                                        | 20<br>White Day<br>1:00 P.M. Dismissal<br>2:00pm BBw/BPort (GBGB)                      | 21<br>7:30am W@Sidney (BPort-Sidney Invitational)<br>2:00pm BB@Leyton (GBGB)                                                                            |
| 22<br>NSAA Moratorium | 23<br>No School -- Christmas Break<br>NSAA Moratorium                                | 24<br>No School -- Christmas Break<br>NSAA Moratorium                                | 25<br>No School -- Christmas Break<br>NSAA Moratorium                  | 26<br>No School -- Christmas Break<br>NSAA Moratorium                       | 27<br>No School -- Christmas Break<br>TBD BB@Chadron Holiday Tournament (V)            | 28<br>TBD BB@Chadron Holiday Tournament (V)                                                                                                             |
| 29                    | 30<br>No School -- Christmas Break                                                   | 31<br>No School -- Christmas Break                                                   |                                                                        |                                                                             |                                                                                        |                                                                                                                                                         |

## Calendar Events November 2013

| Sun                                 | Mon                                                                                                                  | Tue                                                                                        | Wed                                                                                       | Thur                                                                                                                                                                | Fri                                                                                                                  | Sat                                                                                             |
|-------------------------------------|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|
|                                     |                                                                                                                      |                                                                                            |                                                                                           |                                                                                                                                                                     | 1<br>No School -- Fall Break                                                                                         | 2<br>9:00am JH W@Banner<br>County Invitational                                                  |
| 3                                   | 4<br><br>White Day<br>VB Subdistrict<br>@Bayard<br><br>8:30am Art Clinic- PHC and<br>WTC @CSC (change)               | 5<br><br>Red Day<br>VB Subdistrict<br>@Bayard<br><br>10:30am Americanism Essay<br>Assembly | 6<br><br>White Day<br>FB Playoffs<br><br>9:00am NSAA District VI<br>Meeting in Alliance   | 7<br><br>Red Day<br>VB District Final<br><br>1:00pm JH W@Gordon-<br>Rushville Invite<br>(Rushville)                                                                 | 8<br><br>White Day                                                                                                   | 9                                                                                               |
| 10                                  | 11<br><br>Red Day<br>7:00pm School Board<br>Meeting                                                                  | 12<br><br>White Day<br>FB Playoffs<br><br>5:00pm JH Girls<br>BB@Crawford                   | 13<br><br>Red Day<br>1:00pm Help Decorate Mini-<br>Park<br><br>2:30pm Big Bro/Sis         | 14<br><br>State VB<br>White Day<br><br>10:00am CSC Children's Theatre<br><br>1:45pm FCCLA -"It Can Wait"<br>Assembly<br><br>4:00pm Wr Body Fat Testing<br>@Alliance | 15<br><br>Red Day<br>State VB<br><br>12:00pm JH Wr Inv<br>@Hemingford                                                | 16<br><br>State VB<br>9:00am Women's VB<br>Tournament<br><br>10:30am JH Girls BB@Hay<br>Springs |
| 17<br>12:01pm Coed VB<br>Tournament | 18<br><br>White Day<br><br>WTC Vocal Music @<br>Mitchell<br><br>FB Playoffs<br><br>10:00am NeKota Author<br>Assembly | 19<br><br>Red Day<br><br>5:00pm JH Girls BBw/<br>Crawford                                  | 20<br><br>White Day<br><br>Progress Reports Sent Home<br><br>FFA Dist Leadership @Chadron | 21<br><br>Red Day<br><br>TBD EL Performance One-<br>Act<br><br>6:00pm FFA Meeting                                                                                   | 22<br><br>White Day<br><br>FCCLA Clusters<br><br>PHC One Act<br>@Crawford<br><br>9:00am JH W@Morrill<br>Invitational | 23<br><br>FCCLA Clusters<br><br>8:00am JH W@Alliance<br>Invitational                            |
| 24<br><br>FCCLA Clusters            | 25<br><br>Red Day<br>FB Playoffs<br><br>HS Performance of<br>One-Act<br><br>4:00pm JH Girls BBw/ Bayard              | 26<br><br>White Day<br>WTC One Act<br>@Kimball<br><br>4:00pm JH Girls BB@ Morrill          | 27<br><br>Red Day<br><br>1:00 P.M. Dismissal                                              | 28<br><br>No School -- Thanksgiving<br>Break                                                                                                                        | 29<br><br>No School -- Thanksgiving<br>Break                                                                         | 30                                                                                              |