

YMCA FITNESS DAY

The third grade classes of Mrs. Huddle and Mrs. Kresl participated in the YMCA fitness day held in Alliance on Tuesday, September 24, 2013. The day was sponsored in part by Panhandle Public Health District (PPHD). Stations were set up included Tai Chi, Recycling, Zumba, Cheer Squad, Tumbling, Boot Camp, Stretching and Karate, while nutrition education included Portion Distortion, My Plate, Label Logic, Healthy Snack, Hand Washing and Energy Balance.

The Day is scheduled from 9:15 a.m. -1:15 p.m.

and students get time for each station, rotating through physical activities half the day, and through nutrition education the second half.



One Act Auditions

One Act auditions will be held on Tuesday, October 15, 2013 at 6:30 p.m. in the High School Gymnasium. This year we will be doing the play To See the Stars

by Cynthia Mercati. Please come and tryout everyone is welcome.

Inside this issue:

Mrs. Foster	2
Mr. Foster	4
Mrs. Giorgi	5
Mrs. Folkerts-Title 1	6
Counselor-Mrs. Huckle	7
World Strides & Wrestling Meeting	8
College Night	9
HAL Learners	10
Homecoming	11
Hemingford Fitness Center	12

Special points of interest:

- Homecoming Activities
- MAPS Testing Dates
- College Night
- Hemingford Fitness Center
- Menus
- Activity Calendars
- Harvest Moon Fall Festival Flyer

Time management is a must for students. I wish that more students would use the SST time to finish homework or receive assistance. What a good feeling, I would think--not have to think about school/homework for an evening since you finished it at school. One of the reasons that SST was put into place was so that students should be eligible as long as they attend SST and show effort at improving their grade. The eligibility committee wants all students to be able to be part of an activity for there are many benefits of being part of a team (social, physical and mental). Academics are in the fore-front and SST is a positive opportunity for our students. I am not sure why students would rather be ineligible than to attend SST.



Homecoming Week —September 30- October 5

Theme: Lights! Camera! Action!

- **Theme: (based on PIXAR movies) Seniors: Toy Story Juniors: The Incredibles Sophs: Monster's Inc. Freshmen: Cars 8th: Up! 7th: Finding Nemo**
- **Monday--Coronation beginning at 2:30 in the HS Gym**
- **Tuesday—Locker decorating**
- **Wednesday—Olympic Game Day**
- **Thursday—Burning of the H at 8:00 pm**
- **Friday, October 4 Homecoming Parade Time: 1:15 Begin Parade Route Ends at Fairground Grandstand for the Pep Rally**
- **Football Game against SMC starting at 6:00 pm**
Friday, October 4 Homecoming Dance for High School Only—8:30 (after game) to 11:30
- **More information on Homecoming Week was outlined in the Ledger**

Fall Writing—Time to practice those writing skills. Fall writing is scheduled for October 14 or 15. Each class will be given a prompt to write which will be either a narrative, descriptive or persuasive argument. Students will have one hour for writing. Students in Grades 8 and 11 will use computers for their writing. The reasoning behind this is to simulate the State Writing done in the spring. During the Teacher Assessment Day on October 30th (no school for kids), the full K-12 faculty will use the 6-traits method and score the student work. These results will then go back into the classroom where teachers can polish areas of need. Hopefully there will not be much illness in the building and all students are present.



ACT Prep Class –John Baylor Test Prep Program



Those individuals that plan on enrolling for an ACT exam (after visiting with Mrs. Huckle) are required to attend the ACT practice test twice a week in lieu of their SSR reading time. Juniors should not sign up for the ACT until they have gone through the prep class which has been incorporated into the school day during SSR (Sustained Silent Reading) time. During this time, are test taking strategies

for the students and practice tests. The plan is to provide these mini sessions prior to each testing period. Students can also go out to the ACT website (address above) for additional questions. ACT test dates are posted throughout the building.

<http://www.actstudent.org/>

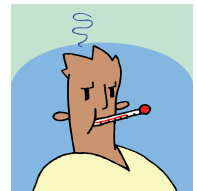
Parent/Student/Teacher Conferences –for the Junior High and High School will be held on Tuesday, October 29 beginning at 2 pm and concluding at 8 pm. The office will provide a copy of your son/daughter schedule so that you can visit with each individual teacher. The conferences are held in the individual classrooms –no appointments are scheduled. To get all parents through, we allow about 5 minutes for each conference. As always, please do not wait for conference time if you have questions for a teacher. Leave a message in the office and they will return your call. I hope to see you there. (Feel free to bring your son or daughter along).



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 when you call your son/daughter in (morning) 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 an illness when they return to school. Rather than request a homework sheet, the student should plan on staying in SST to receive the one-to-one help from the teacher.



Other Events

- October 7-11 NWEA Testing Grades 7-11
- October 16 PSAT test for Juniors (contact Mrs. Huckle)
- October 18 (Tentative) Student Assembly
- October 21 End of 1st Quarter
- October 26 ACT Test Date
- October 29 No School Parent/Student/Teacher Conferences 2-8 pm
- October 30-November 1 No School Fall Break



Fostering Education



OCTOBER IS NEAR

It is hard to believe that we are almost into October and almost done with one quarter of school. The kids have done a good job of adjusting to their new classrooms and teachers. The teachers are constantly striving to let each child reach their fullest potential. I'm very pleased with how things have started.

TESTING

We will administer the fall MAP tests in September/October this year to students in 2nd -11th grade. The tentative dates are September 30th - October 4th for 2nd - 6th grade and October 7th -11th for the High School students. Please help by making sure your child/children are in school and have had a good night's sleep. We appreciate the support and encouragement you give your child/children each day to do their best in school.



OCTOBER HAPPENINGS

September 30th – October 4th -- Grades 2nd – 6th MAP Testing

14th – 18th Fall Writing

21st End of the 1st quarter

29th –Students dismissed at 1:00 p.m.

29th –Parent/Teacher Conferences will run from 2:00 – 8:00 p.m.

30th – No School for kids – Teacher In-Service.

(Fall Break) Oct. 31st and Nov. 1st – No school for kids or staff. (Fall Break)



PARENT/TEACHER CONFERENCES

Please plan to attend your child's parent/teacher conference on Tuesday, October 29th. Conferences will run from

2:00 – 8:00 p.m. This is a great time to discuss with the teacher your child's strengths and any concerns you may have. At the conference remember both you

and the teacher want to help your child succeed. Also, ask to see your child's work, ask the teacher to explain terms that are new to you, sum up what has been discussed, and finally establish the best way to contact each other. Email? Phone? I hope to see all of you in attendance. Thanks for your support.

Remember it takes all of us working together to help your child.

Let's continue the great communication that we have established. Please feel free to contact us with any concerns.

Mr. Ron Foster, Principal

rfoster@panesu.org



FITNESSGRAM COMING HOME

Watch for the Fitnessgram, which is a print out of your child's fitness scores. The fitness tests include: Mile run/walk, Pacer (Aerobic capacity), Curl Ups and Push Ups (Muscle Strength and Endurance), Trunk Extension and Sit & Reach (Flexibility). These components of physical fitness are important because of their relationship to overall health and optimal function. For each of the above tests, a Healthy Fitness Zone has been identified depending on the child's age. This is a national norm for all children of that age and means that is the score found necessary for good health and improved function.

Look over the Fitnessgram and see where your child needs improvement. During each PE class the students work on improving their fitness. Please encourage them to do their best and work on the suggested exercises at home.

Congratulations to the following students who achieved the Health Fitness Zone in all areas:

1st Grade: Gavin Bell, Body Cornish, Michael Helmink, Cody Galles, Seth Meyring, Korissa Miller and Kyran Walker

2nd Grade: Petar Carlson, Lauren Garner, Dax Powell, Payton Swanson, Tate Thompson and Drew Varner

3rd Grade: Catherine Bryner, Avery Davies, Jayden Fritzler, Zane Hinman, Hayden McDonald, Jayda Meyring, Jacob Picket Pin, Neo Powell, Cody Rathjen, Mia Skinner, Darin Turek, Kambree Walker and Landyn Woodbeck.

4th Grade: Michael Cornish, Ethan Specht, Logan Thompson and Alysén Turek.

5th Grade: Brody Hitchcock, Jayce Meyring, Zach Rozmiarek and Tatum Swanson.

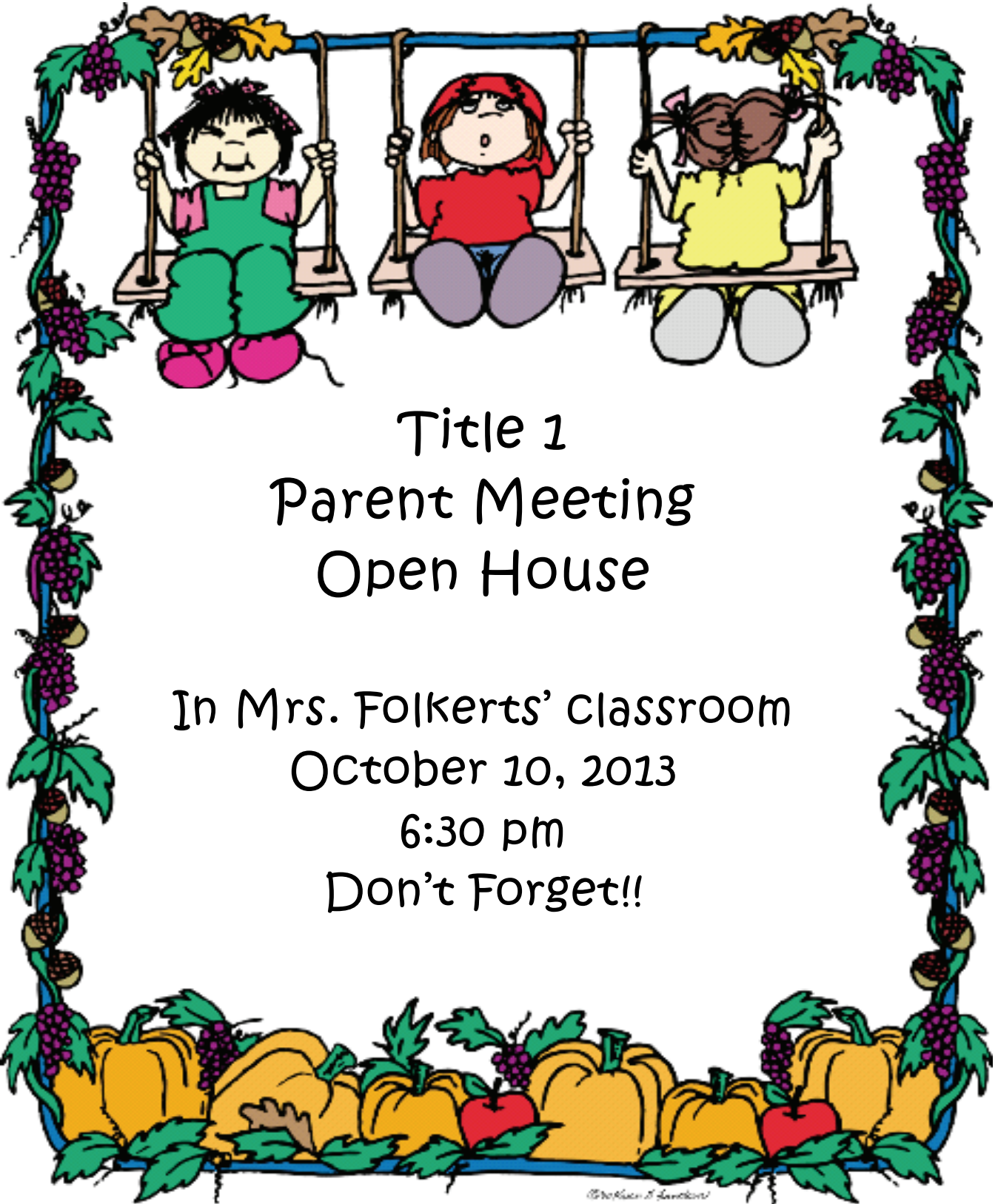
6th Grade: Isaiah Bryner, Hunter Childers, Tayson Ernesti, Aaron Farritor, Rebecca Hanson, Wiley Rudloss, Jori Stewart and Jaydon Walker.



LEVEL 2 SKIP'N CATS

Level 2 Skip'n Cats will have their first practice Tuesday, October 1. Each rope skipper will be notified personally of the starting date and time. Level 1 Skip'n Cats will not start practice until after Christmas.

Mrs. Giorgi





COUNSELOR'S

ORNER

I will be working with the 3 – 6 graders during the month of October. The third, fourth and fifth grade will be using a curriculum called Steps to Respect – A Bullying Prevention program. The sixth grade will be working with life situations and how to get along with other students.

Seniors: Don't forget to check your mail box in my office for the scholarship list.

Juniors: The PSAT/NSMQT test will be given on October 16. It will be given here at the school. If you have any questions, please come in and see me. The cost is \$14.

Register for a college fair barcode!

Students - if you plan to attend a College Fair or Educational Planning Program (smaller college fairs held at statewide locations), register for a barcode that will streamline your visits with college representatives.

Here's how it works:

1. Before you go to a College Fair or Educational Planning Program (EPP), visit NebraskaCollegeFairs.org and select the event you plan to attend.
2. Complete and submit a confidential online form providing details such as contact information, age/gender/ethnicity, year in school, academic information, extracurricular activities, and ACT/SAT test scores.
3. Print the barcode that appears on your screen.
4. **Important!** Take the barcode to the College Fair(s) and/or EPP(s) you attend. College reps participating in the barcode/scanner process will scan your barcode to retrieve your information – and you won't have to complete information cards.

Visit www.educationquest.org/college-fairs for the dates and locations of Nebraska College Fairs and Educational Planning Programs

Sophomores, Juniors, and Seniors – Make sure and attend a college night Sunday, October 13, 2013, at Gering Civic Center between 1 – 3 p.m. or Monday, October 14, 2013, at Alliance High School at 7:00 p.m.

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

Dr. Charles Fay

WORLD STRIDES in OCTOBER



Welcome to another fun filled and busy October month. We have our Wreath's and Greenery sales underway. We will be selling thru October 24th. All orders and money will need to be in by the night of the 24th. If you would like to put in an order please see any of the World Stride students, or please feel free to call me, April Hanson, at 760-8641. I would be happy to help get you an order made.



World Strides is trying a new and exciting fundraiser. We will be hosting a Haunted Maze at the Harvest Moon Festival October 19th. Hope to see everyone there.



We would like to thank you for any and all support involving World Strides.



Wrestling-Mr. Gomez



Parents and Athlete meeting for High School Wrestling will be on October 21, 2013 at 7:00 p.m. in the High School Science Room 128.



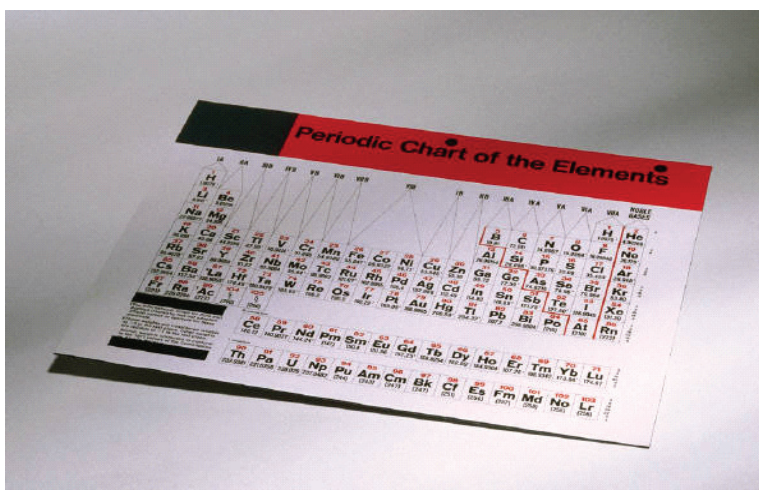
Alliance High School College Night 2013

**Monday, October 14th, 2013
7:00-8:00pm
PAC Commons**

**Representatives from over 30 colleges, the
military and EducationQuest will be
available to answer your questions. Please
bring your parents and plan to attend!!**



Help us Congratulate our High Ability Learners 2013-2014 School Year



5th Grade:

John Ansley
Ian Thompson

6th Grade:

Carter Buchheit
Gregory Randolph
Rebecca Hanson
Dylan Wickham
Alex Plog

7th Grade:

Kobe Coryell
Luke Cullan
Lauren Gasseling

9th Grade:

Austin Wobig

11th Grade:

Joseph Rozmiarek

12th Grade:

Paige Phillips
Tyler Huddle

In order to be eligible for the High Ability Learner program, students must score in the 95%ile or above on district-wide assessments (NeSA or NWEA/MAPS,) in two subject areas, two testing periods in a row.

If you have any questions about the HAL program, please contact Mandy Plog, 487-3330.

Tentative Schedule for Homecoming Week: September 30-October 4

The student council kids have been very busy with meetings so far and have come up with a few ideas for the week. Please note that there may be some minor changes and times have not been set in stone yet, but the ideas on the dates are accurate.

Theme: Lights! Camera! Action!

(the floats and the week are based on Pixar Movies)

Floats:

Seniors: Toy Story

Juniors: The Incredibles

Sophomores: Monster's Inc.

Freshmen: Cars

8th Grade: Up!

7th Grade: Finding Nemo



Lockers:

The locker decorating will take place during 2nd hour on October 1st. Judging will begin at 3:30 on that day.

Spirit Stick:

Points will be awarded all week during Homecoming for a chance to earn your class the spirit stick! You will earn points for dressing up for spirit days. It will be based on the percentage of your class. Sponsors that dress up can earn your class extra points!! Points also for Olympic Games, locker decorating, and floats! Get involved! School spirit starts with YOU!



Spirit Week Schedule

Monday:

Dress-up day will be:



Super Hero Day worth 3 pts for your class
Decking out in Neon will gain you 2 pts.
Wearing a Crazy Hat or a pair of Crazy socks that show

will get you 1 pt.

Coronation will be located in the high school gymnasium once again with the fall sport athletes dressed in their uniforms and forming a human tunnel.

Coronation will begin at 2:30 with the candidates and athletes getting released in time to get ready.

***Coronation sponsored by the 8th grade student council representatives.

Tuesday:

Dress-up day will be Zombie for 3 pts.
 Salad Dressing for 2 pts.
 Crazy Hair or decking out in Bling will be worth 1 pt.



Salad Dressing explanation for the new people: If your favorite dressing is *Ranch* then you can dress up as a cowboy. If your favorite is *1000 Island* then you can dress up as an island person such as Hawaiian. If your favorite is *Dorothy*, then dress up as one of the Wizard of Oz characters. If your favorite is *Ceaser*, then wear a toga that day. I am sure there are many others, just be creative!!

Students will decorate their lockers and two teacher doors during 2nd period SSR.

***Locker decorating is sponsored by the 7th grade student council representatives.

Wednesday:

Dress-up day will be Dress like a Celebrity for 3 pts
 Gender Switch Day for 2 pts.
 PJs, or Wear a sports shirt, or wear your class color shirt—1 pt.



Olympic Game Day will be held at 2:00 until 3:10. There will be sign-up sheets in the lobby to sign up for all the games. Each person can only sign up for one game. Scoring will be kept for points to win the spirit stick. Everyone in each class will have the opportunity to participate in the tug-o-war and the ball pass.

***Olympic Day activities brought to you by the Junior and Sophomore student council representatives

Thursday:

Dress-up day will be Pixar Cartoon Day for 3 pts.
 Wacky Tacky Day for 2 pts.
 Husker wear or sunglasses for 1 pt.



Today's activity will be the burning of the H and the bonfire starting at 8:00 pm. All are welcome to attend!

***Sponsored by the Freshmen student council representatives.

Spirit Week Schedule

Friday:

Dress up day is, of course, SPIRIT DAY!!

First thing in the morning students will check in with class sponsors for lunch and roll count. Classes will have approx. 1 ½ to 2 hrs. to decorate floats, then lots of fun outdoor games, followed by a school sponsored barbeque! After the barbeque students will change into costumes and be ready to leave the parking lot at 1:15 sharp!

2013 Homecoming Pep Rally Schedule

1:40-2:00 Floats will arrive at the fairgrounds and each class is limited to 2-3 minutes to present their floats. Winner will be announced at the end of the rally.

2:00-2:03 Senior stucco officers introduce selves and middle school student council. Activity with elementary.

2:03-2:14 Divide the volleyball, cross country, football teams into two groups. They must “find” each other.

2:14-2:15 Cheerleaders

2:15-2:18 Mrs. Shavers’ Class—dance

2:18-2:20 Pixar characters revealed

2:20-2:45 Third Annual *Miss Kitty* Contest

Selected football players and cross country boys will dress the part in their most pageantry styled attire! Selected volleyball players and CC runners will be their escort for the pageant. Overall style, “talent”, and question will be the three categories that they will be judged on. Winner will be announced at the end of the rally.

2:45-2:48 Pie in Face—Name drawn will get to throw

2:48-2:50 Cheerleaders

2:50-3:05 Class representatives will be the hands for their sponsors and get ready for the big game.

3:05-3:08 Float winners announced and Miss Kitty is crowned!

3:08-3:10 School song played by the band – Cheerleaders perform

Tailgate 5:00

Football game at 6:00!

Dance from 8:30-11:30.

***Friday’s activities brought to you by the Senior student council representatives!



Competition Throughout the Week:

Grand Prize is: The coveted spirit stick!

Winner will be announced at the pep rally on Friday.



- ✓ Dress Up Days: Based on a percentage of students who are dressed up within the theme for that day. If a student is dressed up, but does not fit the theme, he/she does not count.. Highest %= 40 points, then 30, 20, 10.

- ◊ Sponsors that dress up with their class will count as 2 votes!! 😊

- ✓ Locker Decorating:
 - Each student will have their locker to decorate.
 - Each class will decorate their class sponsors' doors as well.
 - Decorating must be completed in the time allotted!! This will allow time for the judges to see the lockers and vote for the best decorations.
 - Rules:
 - Must match the theme of the float
 - Please no super tape that will take off the paint.
 - First place 40 points, then 30, 20, 10.

- ✓ Olympics on Wednesday: Placing for each game- First place 40 points, then 30, 20, 10.

- ✓ Floats for Parade on Friday: First place 100 points, then 80, 60, 40.
 - Floats can be started off of school property with a class sponsor present.
 - Time will be given on Friday morning to work on floats.
 - Make sure that after the pep rally floats are disassembled. Please, please, please remember to take your larger, cool float items to the little gym to be used for decorations at the dance!! Thanks.

GO BOBCATS!



Hemingford Fitness Center Coming Soon, Your Help is Needed!



We have an exciting opportunity before us to collaborate for a non-profit fitness center in downtown Hemingford. The Cat Shack has been providing service to Hemingford area youth for the past several years. However, the back portion has not been used. Plans are now underway to renovate and create a place for community members to be physically active in a safe, inviting environment.

Many community members are already aware that there is a definite need for a place to be physically active in our community. Additionally, this space will open doors for other opportunities for our youth like dance classes and fitness classes for adults and a keyless card entry system for use when it would be most convenient for members. With your help we can make this possible.

How can you or your organization help?

- Consider a monetary donation to help offset renovation expenses.
- Consider providing your time and talent in helping renovate the building.
- Consider donating a piece of fitness equipment that is no longer being used at your home.

All funds raised will go back into the renovation and creation of a Hemingford Fitness Center as a nonprofit organization!

Rebecca Thompson 308-760-3456	Jenilee Woltman 308-760-8431	Jessica Davies 308-760-6492
---	--	---------------------------------------



**INTERNATIONAL
WALK TO SCHOOL DAY 2013**

OCTOBER 9, 2013

**MEET AT THE CAT SHACK AT 7:45 AND WALK TO SCHOOL AS A
BIG GROUP!**

LAST YEAR, WE HAD 125 PEOPLE! DON'T BE LEFT OUT!

**LOOK FOR MORE INFORMATION IN YOUR CHILD'S
BACKPACK!!!**

EVERYONE'S INVITED!!!!

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

COMMUNICATION SOURCES

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

<http://www.hemingfordschools.org>

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

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

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

Phone calls to students' homes when necessary.

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



INCLEMENT WEATHER

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

SCHOOL MESSENGER

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

Nutrition Nuggets™

Food and Fitness for a Healthy Child

October 2013

Hemingford Public Schools
Nancy Yardley, Food Service



BEST BITES

Brush your teeth

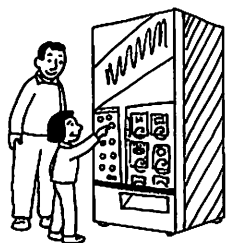
Encourage your child to brush her teeth after every meal and snack at home. It will help prevent cavities—and it will signal to her that she has finished eating. When she has a nice minty taste in her mouth, she won't be as likely to "ruin" it with potato chips or a piece of candy.

DID YOU KNOW?

Early-morning exercise can help your youngster learn better by improving his attention span and ability to listen. Set your alarms for 10 minutes earlier so he can shoot hoops or play catch after breakfast. Or if you live close enough, walk or bike to school instead of driving.

Vending machines

Children love to put coins in a vending machine, press a button, and have food pop out. Keep the fun, but suggest healthy choices by using vending machines as a teachable moment. Talk



about the foods in the machine, and ask your youngsters which ones they think have more "good stuff" like vitamins, protein, or calcium.

Just for fun

Q: What has 100 legs but can't walk?

A: Fifty pairs of pants.



Add a dash of fun

Making it fun to eat nutritious foods is a surefire way to get your youngster on board. So go ahead, make it cool to be healthy! Here are a few ideas to get you started.

Who am I?

Come to the table as your favorite vegetable. Your child could blow up green balloons and tape them to his shirt—he's peas. Or you might put on an orange shirt, orange shorts, and a green hat—you're a bunch of carrots. Then, be sure to serve the vegetable your youngster is wearing. He will definitely want to eat it!



The name game

It's amazing what a few words can do. Call healthy foods by clever or funny names, and your youngster will be more apt to try them. In fact, studies have shown that children are twice as likely to eat healthy foods when they have amusing names. For instance, serve Shark Attack Salmon or Touchdown Turkey Tacos. *Idea:* Announce the name

ahead of time, and ask your child to decorate a menu card for the table.

All about me

Relating healthy foods to your youngster's special interests can make all the difference. Is he fascinated with outer space? Arrange a fruit salad to look like the solar system, and offer him Mercury (a blueberry) or Jupiter (orange slices). Even better, have him help pick out the fruits and create the dish. If baseball is his passion, tape a picture of a player with a milk mustache to his glass of milk. Or serve a container of applesauce or yogurt in his catcher's mitt. ●

Playground challenges

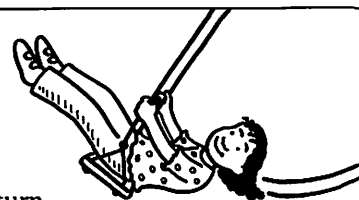
Help your child work up a sweat at the playground by heading there with specific activities in mind. Try these options.

Follow the leader. The challenge is to use every piece of equipment at least once. Your youngster could be the leader first, and then you can take a turn.

Swing high. Pump your legs five times to see how high you can go. Then try 10 times.

Chase each other. Have your child be "It" while you run around the perimeter of the playground. When she tags you, you're "It," and you have to catch her.

Tip: Double the fun by meeting another parent and child at the playground. Or let your youngster take along a friend. ●



Dinner in a jiffy

You just got home from work. You're tired. The kids are hungry. How can you get dinner on the table quickly? A little advance planning and tips like these can help:

- Develop a repertoire of quick recipes. You could search online for "healthy three-ingredient recipes" or "healthy 10-minute recipes."



Save the recipes in a computer folder, or print and keep them in one easy-to-find place (a binder on your kitchen counter, clipped to your refrigerator).

- Each weekend, plan the meals you'll make in the coming week. You could ask each person for a suggestion (if there are four people in your family,

that takes care of four dinners). Try to include a meal that will cover two nights, such as baked chicken on Monday that can become chicken salad on Tuesday.

- Nothing delays dinner more than having to run to the store for an ingredient. Avoid that by reading recipes through ahead of time to make sure you have what you need. Also, be flexible. You can often substitute one vegetable or spice for another—and you might even prefer the new dish you create!

- Use shortcuts. You can get pre-cut, bagged vegetables or cut-up fruit from the salad bar at the grocery store. Making pasta? Buy (low-sodium) pasta sauce and (low-fat) grated cheese—all you'll need to do is boil the noodles and warm the sauce. ●

ACTIVITY CORNER

I'm a yogi, you're a yogi!

Stand tall like a tree, stretch like a cobra, or make your body into a bridge. Doing yoga together is a great way to build your child's strength and coordination—and his confidence. Begin by holding each pose for 10 seconds, and work up to 30 seconds or more.

Be a tree. Standing straight, shift your weight onto your right leg, and bring your left foot up so it rests below or above your right knee (but not on your knee). Raise your arms up high like the branches on a tree. Repeat on the other side.



Be a cobra. Lie stomach down with your palms flat and under your shoulders. Press into your palms, and lift your head and chest up (your lower body stays on the floor).

Be a bridge. Lie on your back with your knees bent (feet hip-width apart) and arms by your sides. Press into your feet, and lift your hips up. Reach toward your ankles with your arms. ●



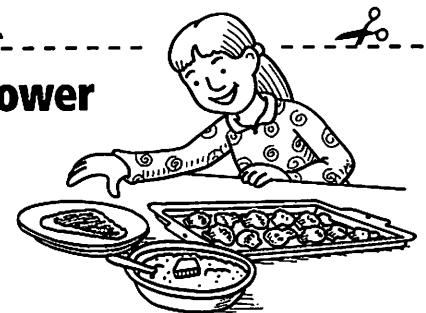
IN THE KITCHEN

Crazy for cauliflower

There are so many ways to use a head of cauliflower! Consider these suggestions for cooking with cauliflower, a good source of vitamin C, potassium, and other nutrients.

The basics: With a knife, cut off the core and leaves. Let your child break the cauliflower into *florets* (or small pieces that look like flowers). Rinse under cool running water. Or you can use frozen cauliflower.

Pizza crust. Microwave the florets until tender, and puree in a blender or food processor. Combine 1 cup pureed cauliflower with 1 egg, 1 cup shredded skim mozzarella cheese, and 1 tsp. oregano. Press the mixture onto a greased cookie sheet. Bake at 450° for 12–15 minutes. To make your pizza, add marinara sauce, toppings, and cheese. Broil until hot.



Roast. Spread cauliflower pieces in a single layer on a baking sheet. Drizzle with a little olive oil. Bake at 350° until tender, stirring occasionally (30–45 minutes).

"Mashed potatoes." Microwave florets 6–8 minutes, and puree. Mix with $\frac{1}{2}$ cup fat-free milk, 1 tbsp. butter, and freshly ground pepper. Stir until smooth.

Tip: To add extra nutrients to everyday dishes, cook cauliflower, and chop into small pieces. Then, layer them into lasagna, or stir into soups, stews, or macaroni and 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
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-4630



Hemingford Public Schools

Breakfast Menu

October 2013

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 OMELET Fruit & Juice	2 CEREAL Fruit & Juice	3 PANCAKE & SAUSAGE on a STICK Fruit & Juice	4 BREAKFAST PIZZA Fruit & Juice
7 CEREAL Fruit & Juice	8 PANCAKES Fruit & Juice	9 BREAKFAST PIZZA Fruit & Juice	10 BREAKFAST TAC-GO Fruit & Juice	11 CINNAMON ROLL Fruit & Juice
14 CEREAL Fruit & Juice	15 SCRAMBLED EGGS Fruit & Juice	16 CEREAL Fruit & Juice	17 WAFFLES Fruit & Juice	18 BREAKFAST PIZZA Fruit & Juice
21 CEREAL Fruit & Juice	22 FRENCH TOAST STICKS Fruit & Juice	23 BREAKFAST PIZZA Fruit & Juice	24 EGG & CHEESE BISCUIT Fruit & Juice	25 CINNAMON ROLL Fruit & Juice
28 CEREAL Fruit & Juice	29 SAUSAGE GRAVY / Biscuit Fruit & Juice	 Fall Break Oct. 30 - Nov. 1 		

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

October 2013

Milk is served with all meals

Monday	Tuesday	Wednesday	Thursday	Friday
	1 CHICKEN STRIPS Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	2 BURRITO Vegetables Fruit Roll & Butter SALAD BAR	3 FRITO PIE Vegetables Fruit Roll & Butter SALAD BAR & Chicken Noodle	4 HAMBURGER Vegetables Fruit Dill Slices SALAD BAR
7 B.B.Q. Sand. Vegetables Fruit Cookie SALAD BAR	8 BOBCAT TACO Vegetables Fruit Roll & Butter SALAD BAR & Tomato Soup	9 CRISPITO Vegetables Fruit Roll & Butter SALAD BAR	10 CHICKEN NUGGETS Vegetables Fruit Roll & Butter SALAD BAR & Tomato Soup	11 MAC & CHEESE Vegetables Fruit Roll & Butter SALAD BAR
14 CHICKEN FRIED STEAK Vegetables Fruit Roll & Butter SALAD BAR	15 CHILI Vegetables Fruit Cinnamon Roll SALAD BAR & Broc. Cheese	16 CORNDOG Vegetables Fruit Roll & Butter SALAD BAR	17 HOT HAM & CHEESE Vegetables Fruit SALAD BAR & Broc. Cheese	18 CHICKEN & NOODLES Vegetables Fruit Roll & Butter SALAD BAR
21 PIG in a BLANKET Vegetables Fruit No Bake Cookie SALAD BAR	22 BEEFY NACHOS Vegetables Fruit Roll & Butter SALAD BAR & Potato Soup	23 SLOPPY JOE Vegetables Fruit SALAD BAR	24 TACO Vegetables Fruit Roll & Butter SALAD BAR & Potato Soup	25 GRILLED CHEESE Vegetables Fruit Tomato Soup SALAD BAR
28 PIZZA Vegetables Fruit SALAD BAR	29 CHICKEN SAND. Vegetables Fruit NO SALAD BAR Dismiss 1:00	 Fall Break Oct. 30 - Nov. 1 		

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

Calendar Events October 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 Red Day Homecoming Week EL NWEA Testing 5:00pm JH FB@Alliance 5:00pm JV/V VB Tri @Bayard	2 White Day Homecoming Week EL NWEA Testing	3 Homecoming Week EL NWEA Testing Red Day 2:30pm CC@Bayard Inv. (JH/V) 4:00pm JH VB@Crawford 5:00pm JH FB@Crawford	4 White Day Homecoming Week CC@Torrington Inv. (JH/V) (not going) EL NWEA Testing 6:00pm VFB w/SMC	5 Homecoming Week 10:00am JH VB at Hemingford Quad
6	7 Red Day JVFBw/GardenCounty--Cancelled HS NWEA Testing	8 White Day HS NWEA Testing 5:00pm JV/V VB @Crawford	9 Red Day Walk to School Day HS NWEA Testing 8:30am Fire Safety Day PK-3rd 2:30pm Big Bro/Sis	10 White Day HS NWEA Testing 6:30pm Title I Parent Meeting	11 Red Day HS NWEA Testing 11:00am WTC CC@BPort 6:00pm VFB w/Paxton	12 9:00am JV VB @Gor/Rush
13	14 School Board Meeting HS Fall Writing White Day 5:00pm JVFB@Chadron Frosh 5:00pm JH VB@Hay Springs 7:00pm College Night @ Alliance P A C	15 Red Day HS Fall Writing 6:30pm One-Act Tryouts	16 White Day Jr PSAT Test	17 Red Day District CC @ Bayard 5:00pm JH VB@Bayard 5:00pm V VB Tri @Hemingford	18 White Day 1:00pm HS Assembly 7:00pm VFB @Morrill	19 V VB PHC @Sioux Co Hemingford Fall Festival
20	21 Red Day Quarter 1 Ends 5:00pm F/JV VB vs Gor/Rush	22 White Day Quarter 2 Begins 4:00pm JH FB@Kimball 5:00pm JV/V VB vs Hay Spgs	23 Red Day FCCLA Districts	24 White Day 6:00pm FFA Meeting	25 Red Day 6:00pm VFB w/Maxwell	26 V VB WTC @Kimball ACT Test Date
27	28 White Day 5:00pm V VB Tri @Sioux Co	29 Red Day 1:00 P.M. Dismissal P/T Conferences 2 - 8 P.M.	30 No School -- Assessment Day	31 No School -- Fall Break National FFA Convention FB Playoffs		

Calendar Events November 2013

Sun	Mon	Tue	Wed	Thur	Fri	Sat
					1 No School -- Fall Break	2 JH W@Banner County Invitational
3	4 White Day VB Subdistrict	5 Red Day VB Subdistrict	6 White Day FB Playoffs	7 Red Day JH W@Gordon-Rushville Invite (Rushville) VB District Final	8 White Day	9
10	11 Red Day Art Clinic- PHC and WTC @CSC 7:00pm School Board Meeting	12 White Day JH Girls BB@Crawford FB Playoffs	13 Red Day 2:30pm Big Bro/Sis	14 White Day State VB 10:00am CSC Children's Theatre	15 Red Day JH Wr Inv @Hemingford State VB	16 JH Girls BB@Hay Springs State VB
17	18 White Day WTC Vocal Music @ Mitchell FB Playoffs 10:00am NeKota Author Assembly	19 Red Day JH Girls BBw/ Crawford	20 White Day Progress Reports Sent Home FFA Dist Leadership @Chadron	21 Red Day 6:00pm FFA Meeting	22 White Day FCCLA Clusters JH W@Morrill Invitational PHC One Act @Crawford	23 FCCLA Clusters JH W@Alliance Invitational
24 FCCLA Clusters	25 Red Day JH Girls BBw/ Bayard FB Playoffs	26 White Day JH Girls BB@ Morrill WTC One Act @Kimball	27 Red Day 1:00 P.M. Dismissal	28 No School -- Thanksgiving Break	29 No School -- Thanksgiving Break	30